
The Evening Exercise



EVENING EXERCISE

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The Evening Exercise

In order to change our lives we must change our thinking and involve the heart.

This evening exercise will help you do just that.

It is always important to calm the mind and move down into lower brainwave states when you want to alter old, limiting beliefs holding you back.

There are many ways to calm the mind and get into lower brainwave states: mindfulness, meditation, yoga, walks in nature and so on. However, **the easiest way is when going to bed at night.**



Think about it - after a long day we are ready to rest. The brain has received a ton of information during the day and now it's time to relax and calm down to process all the information through a good night's sleep.

This is what you do **every single night**- you go to bed and calm down your mind and your body. It happens automatically.



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You slowly drift away from a conscious state to an unconscious state. Every night you move through the different brainwave states from *beta to alpha to theta to delta* and back up again when you wake up in the morning.

In fact, we are designed to do so. We do it 365 nights in a row every single year. So, someone who is, let's say 40 years old, have done this 14,600 times (40*365).

Imagine if that person used mental exercises every night to program him/herself with success. It would be very powerful “success programming” – 14,600 times in a row. Do you think the life of this person would change? You bet it would. He/she would think success thoughts on autopilot and would be living a successful life.

You are tuned in to relax at night. Our biology is wired to slow down when it's getting dark out. The brain recognizes the darkness and starts releasing a hormone called **Melatonin**, often referred to as the «sleep hormone».



Melatonin is a hormone secreted by the pineal gland in the brain. It helps regulate other hormones and maintains the body's circadian rhythm. The circadian rhythm is an internal 24-hour «clock» that plays a critical role when we fall asleep and when we wake up.

When it's dark, your body produces more melatonin. When it's light, the production of melatonin drops. So, when we are going to bed and it's dark out the pineal gland in the brain starts releasing Melatonin and we start getting tired. Our brainwaves slow down and so too the body.

This is why it's easy to get into lower brainwave states at night. As such, it's also the best time to do your mental exercises to change your limiting beliefs.

Let's now move on to the evening exercise.



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This evening exercise contains a simple **Two Part Plan** which will help you transform your life.

1

Part 1: Intention and Goal Setting

Please Note: You only need to do Part 1 once.

2

Part 2: Mental Exercises

Please Note: Part 2 you will do every night



Part 1: Intention and Goal Setting

(you will only do this part once)

Step 1: Strong Intention to change

Make up your mind that you really, really want to change your life. Simply wishing for something is not enough. Make sure you have a **strong intention** to change your life.

Step 2: Choose your goal

Make sure to choose a goal from within - from your **heart and your intuition**. Remember - you are trading your precious time and effort for whatever goal you want to achieve. It's so much easier to endure if your goal is one of **passion**. Think about what you **really want to achieve** in life. Choose only one goal. Don't try to reach a lot of goals at the same time. Decide to just work towards one goal. Give all your attention and focus towards that goal. Focus is very important to succeed. If you have to focus on many goals you are diluting your focus instead of concentrating all of it towards one goal.

If you don't know what you are passionate about please read the e-book **How To Find Your Purpose** in the Resource Section. It can help you get clarity.

Step 3: Set a start date

Set yourself a date when you want to start your transformational process. You have to tell yourself that you are going to reach your goal. No excuses. You will go all the way. Choose a date, be determined and start.

Step 4: Timeframe

We are all wired differently and there is no *one-timeframe-fits-all* when it comes to how many weeks or months you should do the evening exercise.

Some personal development programs talk about doing exercises for 3 weeks or 4 weeks or 2 months or even 90 days. Since we all have different limiting beliefs stuck in our subconscious mind there is no time frame that fits all.



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Over the years I have participated and enrolled in numerous self-development programs and courses. I followed their suggested time-frame, but many of them didn't really give me the expected results. Before deciding to do the different programs I read all the great testimonials and noticed that other people got great results so why didn't I get it too?

We are all shaped and conditioned by the environment we grow up in. So, the way I grew up, and was shaped, programmed and conditioned, is different from how the "testimonial people" grew up and were conditioned. And your upbringing is different from your colleagues or friends upbringing. And their upbringing is different from other people's upbringing and so on.

We are all "wired" differently. We all have different "baggage" which we carry with us from childhood. Some limiting beliefs are stronger and more "dominating" than others. This is just the way it is. As such a 3 week program may work for some people, but will not work for all. And a 30 day program or a 2 months program or a 90 days program may work for you, but not for me and vice versa.

There is no one time-frame that fits all.

A scientific study from health psychology researcher Phillippa Lally and her research team at University College London shows how different we all are. They decided to figure out just how long it actually takes to form a new habit.

In 2009 their findings were published in *The European Journal of Social Psychology*. The study examined the habits of 96 people over a 12-week period.



Each person wanted to create a new eating, drinking or activity habit like eating a fruit at every meal, jogging 15 minutes every day, or drinking a bottle of water with their daily lunch. Each day they reported on whether or not they did the behavior and how automatic the behavior felt



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At the end of the 12 weeks, the researchers analyzed the data to determine how long it took each person to go from starting a new behavior to automatically doing it.

On average it took 66 days before a new habit was incorporated for the participants.

Right now, you might think to yourself - *That long? Do I have to keep at it for 66 days?*

Don't lose all hope and beat yourself up with statements like - *this is such a long time* or *I can't do it for 66 days* or *I don't have time for this* or *I don't have the self-discipline if I have to do it for more than 2 months* etc.

Remember, 66 days **was the average**. The study showed **major differences** between the participants in how quickly they made a habit although everyone did their chosen behavior daily.

Several of the participants spent considerable less time than 66 days. And one participant created **a new, permanent habit in only 18 days**.

Another participant did not manage to establish a new habit during the allotted period of the study of 84 days (12 weeks). However, it was stipulated that this person would need as much as 254 days to create a lasting change.

The study also showed that there was considerable variation with regards to how well established and strong the new habit was among the participants.

All in all it was a great difference in **the creation of the new habit** as well as in **how strong it became**.

This indicates that **strong intention** - a burning desire – is one important ingredient to create a strong, lasting new habit.

How strong is your desire to change your life? The stronger the better because the new habit will become established faster.



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The great Andrew Carnegie used to say:

*People who know exactly what they want out of life and is determined to get it, do more than just wish for it. They intensify their wishes with **a burning desire**.*

An interesting thing is that scientific research in the last decade, carried out by prof. William Tiller and his team (Stanford University), shows that **intention** can **influence** physical reality.

Also, the research company HeartMath has showed how a **clear intention together with strong emotions** is the winning combination.



In other words, if you **really want** to change your life (clear intention and strong emotions) you can do it much faster than if the intention is weak. A weak intention will cause longer time for a habit to form and become well established than if the intention is strong and rooted in emotion.

The study from Phillippa Lally and her team said nothing about **how eager and strong intended** the participants were before embarking on their journey to change.

So, the «strength» of the desire to really create a lasting change can be one important factor explaining the time difference among the participants in the study (from 18 to 254 days).



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The brain has an amazing ability to change and alter, but it requires that we **really want to change**. If we have that burning desire to change, new habits may form in a short time.

The study from University College, London showed that it's possible to form a new habit in **just 18 days**.

Can it be done in less time?

Yes, I absolutely believe that it's possible **IF** the intention and emotions are strong enough. This of course, will vary from person to person.

The best thing you can do is to make a habit of doing this simple exercise every night. Let it become a habit like brushing your teeth. If you involve yourself **emotionally** and connect with the **heart** when you do your exercise your life will transform faster and faster.



Part 2: Mental Exercises (You will do this part every night)

This part only involves two simple steps:

Step 1: Do The Quick Coherence Technique

It's best to do subconscious exercises when you go to bed at night. It's easier for you to go down into lower brainwave states as we have discussed.

Go to bed and just relax, breathe deeply and follow *The Quick Coherence Technique* guidelines. You find it in Step 2 of this program.

The technique will get you into a heart-based feeling very quickly. It will only take 60 seconds.

When you're done move onto the next step in this exercise.



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Step 2: CREATIVE VISUALIZATION

Creative visualization is a very powerful technique if used right. To gain results from this easy and free technique it is important to involve yourself **emotionally**.

Please go to the **Resource Section** of this program to learn more about Creative Visualization before you read the rest of this step. (*You will find it on the menu next to the different steps*). After you have completed *The One Minute Quick Coherence Technique* close your eyes and start your creative visualization exercise. **See yourself reaching your goal**. See it as if it has **already happened**. Be happy and grateful. Keep an attitude of gratitude.

Involve **All Your Senses** in your imagination. Make it come alive and let the feeling of already being in your dream situation fill your whole body. You are so happy because you made it – you reached your goal. You did it and it **feels** great. Remember – the subconscious mind cannot tell the difference between what you imagine and visualize and what is real.

The feeling part is KEY. Involve your heart.

This will change your thinking patterns and your feelings. Since they dictate your vibrational frequency and the communication with *The Field* you will now start to attract what you want. Your conscious and subconscious mind start “working together”. They start playing on the same team. When this happens *The Field* will respond and provide you with what you want.

The One Minute Quick Coherence Technique will help you create a positive feeling and when you start your creative visualization exercise you actually «piggy back» on the already established positive feeling you created. The feeling you produced will already be flowing through your body when you start your Creative visualization exercise. And this is a great advantage since feelings and emotions are like glue when it comes to making new, neural networks permanent in your brain.

That’s it. This simple evening exercise only contains **two simple steps**. This easy process is powerful and will help you create new, neural networks in your subconscious mind which in turn will change your vibrational signature.



Summary

Here is a summary of the evening exercise.

The evening exercise contains two parts:

PART 1: Intention and Goal Setting involving 4 steps

You will only do this part once.

- Step 1: Strong Intention to change
- Step 2: Choose your goal – from passion – from your heart
- Step 3: Set a start date
- Step 4: Timeframe – make a habit of doing the exercise every night.

PART 2: Mental Exercises involving two steps

You will do this part every night.

- Step 1: Do *The One Minute Quick Coherence Technique* to enter into a positive emotional state
- Step 2: Do *Creative visualization* for your goal. You will be able to “piggy back” on the emotional state you achieved in step 1.

Feelings and emotions are like glue when it comes to making new, neural networks and thought patterns stick. Your thoughts and feelings will change and this will cause a change in your personal frequency.

As a result you will start sending and emitting a different vibrational signal to *The Field*. *The Field* will respond “sending” you people, events and circumstances which are in harmony with what you want in your life.

