

# AS A MAN THINKS IN HIS "NEPES"

So is he

# AS A MAN THINKS...

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- INPUT: "As a man thinks, (calculates, compute, reckons, imagines, sees himself), in his heart (nepes: the realm where thoughts are processed, imagination is engaged, and emotions are experienced) so is he". (That's who he is essentially)
- We consciously and sub-consciously strive to become the person we see ourselves to be – "There we saw the giants (the descendants of Anak came from the giants); and we were like grasshoppers in our own sight, and thus we were in their sight." (Numbers 13:33)
- We seldom rise above our own image or expectations.
- Therefore, change how you see yourself using the tool of imagination.

# HOW THE LAW OF IMAGINATION CAN WORK AGAINST YOU

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- Imagination plays out like a movie in your mind. At some point in the process, you SEE.
- You've seen all along, but now you SEE.
- James 1:14-15 says, "But each one is tempted when he is drawn away (lured out) by his own desires (longings, cravings) and enticed (beguiled, caught with bait). 15 Then, when desire has conceived (taken hold of), it gives birth to (brings forth) sin; (a missing of the mark, to be without a share in, cannot claim the prize) and sin, when it is full-grown (accomplished, perfected, brought to an end), brings forth death. (that which is deadly)"

# HOW THE LAW OF IMAGINATION CAN WORK FOR YOU

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- The positive works the same way...
- But each one is tempted to believe when they are drawn towards (lured to) the Godly desires (longings, cravings) of their heart, placed by God from when He crafted you in your mother's womb and you're enticed, enraptured with the possibilities (caught with the bait of future accomplishment). 15 Then, when desire has conceived (taken hold of), it gives birth to (brings forth) corresponding behavior; so as not to miss the mark, or be without a share in the prize and reward). Appropriate behavior, when it is full-grown (accomplished, perfected, brought to an end), brings forth life and life more abundantly.

# USE IT FOR GOOD

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- I see all of you much different than you probably see yourselves. My perception of you is not cluttered with negative baggage, so it's easy for me to see what's possible for you, what I believe God intends for you.
- This necessitates the renewing of the mind with Scriptures that remind us that we are a new creation, a child of God, who is forgiven, redeemed, righteous and justified. We are in fact, His workmanship and the temple of the Holy Spirit. We are more than conquerors... We are ambassadors for Christ, holy and blameless, without blemish and free from accusation.
- We are well able and equipped to solve any problem or challenge. God gave us incredible abilities from birth, but then He took up residence in us and we have super powers!

# HOW TO SOLVE ANY PROBLEM

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- Clearly define the problem
  - Initially engaging with the problem consciously is important. This involves immersing yourself in the details, gathering relevant information, and exploring different perspectives. This "priming" process feeds the subconscious with the necessary inputs to work on.
- Turn your problem into a question
  - Instead of saying you need more sales, ask, "What are some creative ways that I can increase sales?"
- Research and explore
  - Provide all the relevant INPUT you can. Do private brainstorming. Invite the Holy Spirit to speak into your conscious and subconscious mind. He won't speak Icelandic to you if you don't know that language.

# HOW TO SOLVE ANY PROBLEM

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- Make it emotionally compelling
  - Why is it important? Who will be affected? How will you and they be affected? What reward will you have if problem solved?
  - Attach it to a real image, a memory or a story.
  - David recalled the lion and the bear. He also had the soldiers tell him a compelling story of the future for the man who killed Goliath.
  - Connect it with music. The people wrote songs about David's conquests.
- Visualize the desired result / outcome
  - Visualize the successful resolution of your problem. Picture what it would look and feel like to have the problem solved. Engage your senses in this visualization to make it as vivid as possible.
  - Make it vivid. Use affirmations. Practice regularly. Visualize the process as well as the outcome.

# HOW TO SOLVE ANY PROBLEM

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- Make it Part of your Daily Confession.
  - Use the W.A.S.P. Method to reinforce and urge your subconscious to keep working on the problem
- INCUBATE – Relax and Distract
  - Taking breaks and engaging in activities that allow your conscious mind to relax is essential. Activities like walking, meditating, exercising, or even daydreaming can facilitate subconscious processing by reducing mental stress and allowing the subconscious mind to operate more freely.
- Activate Subconscious Before Going to Sleep
  - Consciously think about the problem or state the question you want your subconscious to work on. Imagine a solution or the process of solving it while drifting off to sleep.
  - "I will bless the Lord who has given me counsel; My heart also instructs me in the night seasons." (Psalm 16:7)

# HOW TO SOLVE ANY PROBLEM

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- Engage in Creative Activities
  - Engage in activities like drawing, writing, or playing a musical instrument. These activities can help unlock subconscious ideas and associations. All the great innovators had hobbies.
- Capture and Evaluate Insights
  - Whenever you receive a sudden idea, intuition, or insight, write it down immediately. This can happen during the day or after waking up. (I use my phone to record those inspirations). Then, using your conscious mind, analyze their feasibility and how they might solve the problem. This will enable you to SEE. When you can see how it could really work out, you have belief.
- Take Action and Experiment
- Reflect and Reinforce

# WHY USE VISUALIZATION?

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- The brain cannot distinguish between a real and an imagined experience. This phenomenon, called "functional equivalence," means that visualization can reinforce neural pathways just like physical practice.
- A study conducted by the Cleveland Clinic Foundation found that participants who mentally visualized exercising experienced a 13.5% increase in muscle strength without actually performing physical exercises.
- A study published in the Journal of Applied Psychology (1996) on the effects of visualization in academic performance found that students who used visualization techniques for exam preparation scored significantly higher than those who did not.

# HOW IT WORKS

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- Activates the Brain's reward System
  - Releases dopamine—a neurotransmitter associated with pleasure, motivation, and learning. This makes the brain more receptive to finding solutions and taking actions that align with the visualized outcome.
- Enhances Neural Connections
  - This process strengthens the neural pathways associated with the desired behavior or solution, making it easier to execute in reality. (i.e. rehearsing basketball free throws)
- Increases Focus and Clarity
  - By vividly imagining the end result, you provide your brain with a clear target. This clarity allows your subconscious to filter out irrelevant information and focus on finding resources and opportunities that align with your goals.

# WHY VISUALIZE?

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- Improves Emotional State and Motivation
  - Creates a mental state conducive to creative problem-solving and sustained effort.
- Reduces Mental Barriers and Fear of Failure
  - You become more familiar with the experience, reducing the uncertainty and fear associated with new or challenging situations. This makes you more confident in your ability to achieve your goals.
- Influences Subconscious Behavior
  - When you repeatedly visualize your desired outcome, your subconscious mind starts to treat this visualization as a reality, aligning your actions, thoughts, and behaviors to match the visualized outcome.

# WHY VISUALIZE?

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- Engages the Reticular Activating System (RAS)
  - A filter for sensory information. It determines what information is relevant and brings to your conscious attention.
- Improves Problem Solving Abilities
  - Allows you to mentally simulate different scenarios and outcomes, helping you anticipate obstacles and plan solutions in advance.
- Boosts Resilience and Persistence
  - This mental reinforcement makes you more likely to stay committed and continue striving toward your goals.
- Synchronizes Conscious and Subconscious Efforts
  - Visualization helps align your conscious intentions with your subconscious processes.