

## **SESSION 7**

# **COMPETENCE PROGRAMMING: CODE SUCCESS BEHAVIORS INTO YOUR NERVOUS SYSTEM**

## **OBJECTIVES**

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At the end of this Session you'll be able to:

- *Explain the processing functions of the left cerebral hemisphere, right cerebral hemisphere, and the corpus callosum.*
- *List the steps involved in programming the left cerebral hemisphere.*
- *List the steps involved in programming the right cerebral hemisphere.*
- *List the steps involved in programming the corpus callosum.*
- *Program high-achiever behaviors and habits into your brain and nervous system using colors and eye shift positions.*

## **BACKGROUND**

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Functionally, the brain is divided into two sections, the **left cerebral hemisphere** and the **right cerebral hemisphere**. Joining the two sides together is a 4" long body of closely packed fiber called the corpus **callosum**, a structure of nervous tissue and fiber that acts as a bridge for the transfer and sharing of electrical impulses and information that travel between the left and right cerebral hemispheres.

The **left cerebral hemisphere** serves as the analytical side of the brain. Its function is rational and logical thinking, reading, writing, arithmetic, and mental construction. The left side of the brain is, in essence, the thinking man. It handles the planning, organizing and direction of the thinking being.

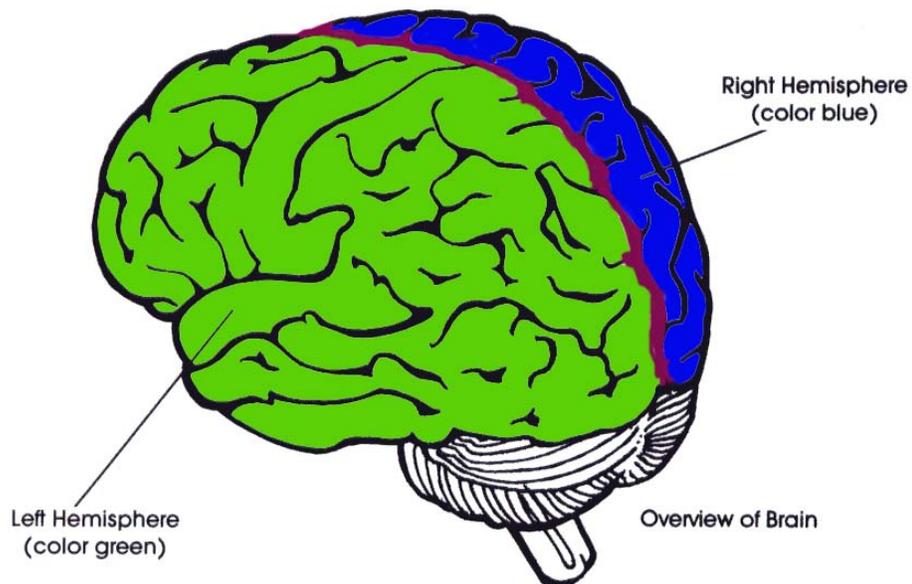
The **right cerebral hemisphere** handles non-verbal functions and the processing of sensory information relating to sight, sound, touch, smell, taste and emotions and is the source of instinctive, conditioned reflexes.

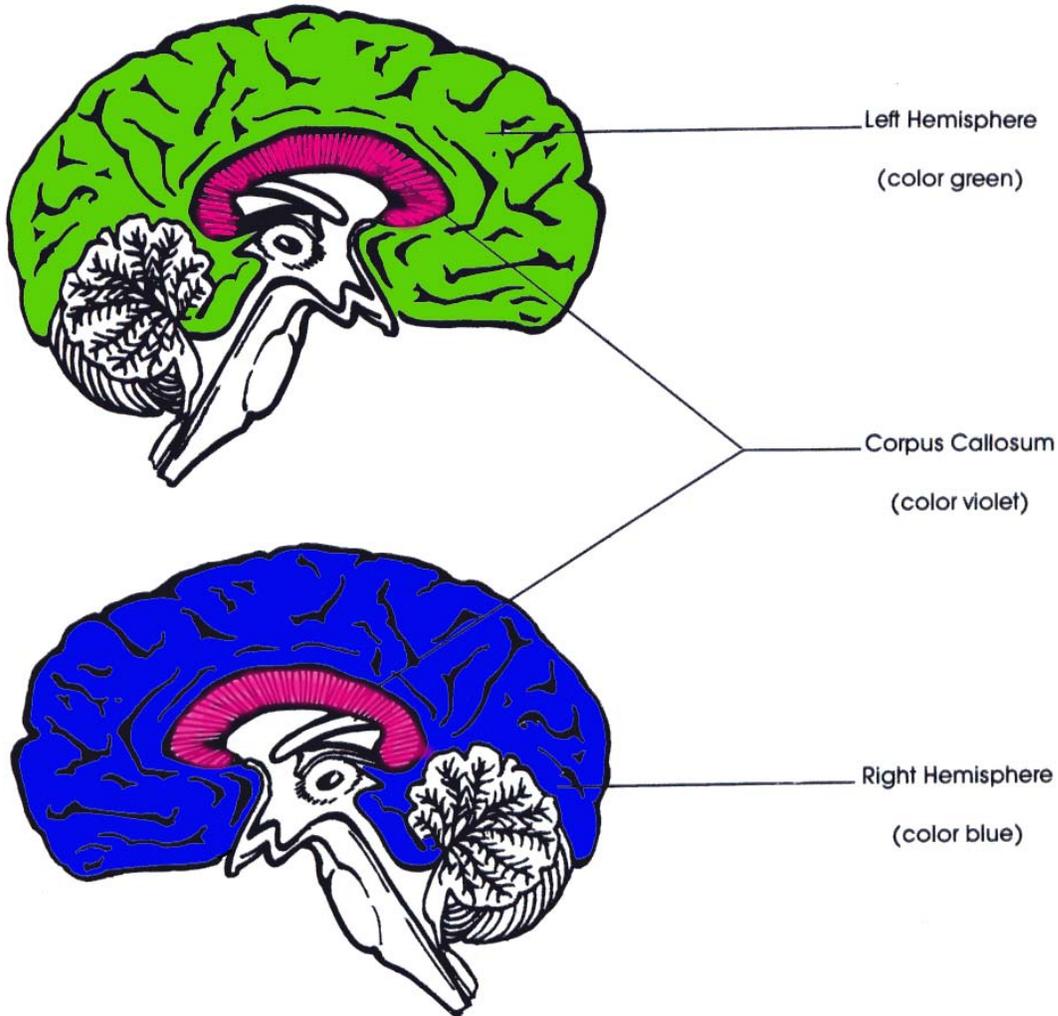
Through the association of eye movements and colors, you'll program your goal statement into your left brain, its sensory component parts into your right brain, and join both sides of the brain via the **corpus callosum** by pre-living its positive consequences in full sensory detail.

## PRACTICE

1. Listen to the discussion on the brain at the beginning of audio Session 7.
2. Look at the drawings of the human brain on the following pages and color each of the three brain zones the following colors:

- a. Zone 4: Left Hemisphere—Green 
- b. Zone 5: Right hemisphere—Blue 
- c. Zone 6: Corpus Callosum--Violet 





3. Preview the remainder of audio Session 7 to become acquainted with the step-by-step instructions for competence programming.
4. Replay the instructions a second time and practice each of the steps in the exercise as described. As you continue to practice, you'll be able to produce the entire experience from memory.
5. After you have followed the basic exercise twice daily for a minimum of one week, you should be ready to switch to the advanced version. At this point, you simply cue into the activation colors with **Central Focus Eye Shift Code**, progressing from red through violet for each of the six zones. Your total exercise for relaxation and competence programming is as follows:
  1. **Central Eye Shift Code**. Cue into the activating color **Red**.
  2. Repeat for color **Orange**.

3. Repeat with color **Yellow**.
4. Repeat for color **Green**. Verbalize in your mind your goal statement and the positive consequences you'll experience when you reach the goal.
5. Repeat for the color **Blue**. Create the total sensory impressions of your desired goal—sight, sound, touch, taste, smell, and emotion.
6. Repeat for color **Violet**. Pre-live in exquisite sensory detail the desirable consequences of your achieved goal.

## POINTS TO REMEMBER

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- Competence programming is an add-on to the Oxygenation/Relaxation exercise. It begins only after you have completed the first phase of the relaxation program—when you have graduated from the basic exercise to the intermediate exercise outlined in the last section of this study guide.
- Your eye shift movements should be slow, gentle glides. When you reach the appropriate position, hold it there for only a few seconds. Then release and let your eyes return to their normal, relaxed position.
- It will take approximately one week, twice per day, to condition the colors to the appropriate areas of the brain for the input of information. Then, after the period of one week and through the activation of a color with your eyes in the central focus position, you'll be able to access any area of your brain to store and replay images of success.

## PROGRESS CHECK

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Answer each of the questions by filling in the blanks with the correct answers.

1. The primary function of the brain's left hemisphere is:
  
  
  
  
  
  
  
  
  
  
2. The primary processing function of the brain's right hemisphere is:
  
  
  
  
  
  
  
  
  
  
3. The primary processing function of the brain's corpus callosum is:

4. List the steps involved in the programming of the left hemisphere:

5. List the steps involved in the programming of the right hemisphere:

6. List the steps involved in the programming of the corpus callosum.