



THE LIGHTS ON EFFECT

The Lights On Effect Part 3 Transcript

What is the lights on effect and why is it so important? We are here to absolutely ensure that our children can get switched on to learning that they can absolutely have a life exploring and something that they love to do. And having that financial freedom that comes with it, that they've got that entrepreneurial spirit and they really know who they are. They love who they are. That's really important. And they're able to show up fully authentically them, absolutely being able to express themselves.

Whenever we can get human beings who absolutely just love being them. And lots of things start absolutely falling into place for them. And they become incredible creators, creators of magical experiences, creators of extraordinary outcomes and just creators of joy.

The state of mind that a mom has, will have a direct impact on her family. And when we know this is actually really empowering, if we want to become an inspiring leader of our family, what it means is that we can focus our attention. Intentionally on creating a lights on energy field. Using what we know about our thoughts, create our

emotions, which create feelings in our body that other people can then pick up on easily.

So intuitively you know, this, when someone walks into the room and something feels a little bit, or when you're not happy, then other people know it. And like wise, when you are lights on, you might find that people are commenting saying like, you know, you're like my gosh, you really glowing and emotions are contagious.

Right. We pick up and we feel what other people are feeling. We can kind of sort of sense that. And, um, we all have a tendency towards the negative thoughts, right? It's called our negativity bias. And so much of the work we do as leaders of our families must start with becoming aware of those thoughts that we're having.

There's thoughts that we kind of have gotten loop and, and sort of on an automation so that we can really use it back to our advantage, to the science of the mental, emotional, and energetic states. And the lights and effect is really the energy field generated by the combination of your thoughts and your emotions supercharged.

When you're doing something. So that's why in the lights on world, we want to be doing more of what we love, right? Passion led learning. Find that thing that switches your lights on and then dedicate your life to expressing yourself through that particular switch. This is how we fast track. To create that lights on energy

field, that lights on effect, there is going to absolute sort of ripple out towards our, our families because when you go off from the inside, because you're tuning in and you're dining up, that sort of passion, that creativity, that kind of joy that you have for your life.

Then you can really use the lights on effects to switch on your family's individual and collective truest potential because ultimately that's why we're gathering here. Right? That's why we're tuning into what is it we're thinking? What are our lights on thoughts? What are I like soft thoughts? How can we use those lights off moments as growth opportunities?

How can we absolutely power up from the core energy? How can we power up our thoughts and really. Uh, think and feel the way that will create this positive lights on effect rippling out to our family. This is really how we transform whole families to become incredible self-lead passionate learners, and you can do it really fast.

If you're willing to become intentional, creating a lights on energy field. Are you ready to get intentional to use your power of your minds, really to increase the potential outcomes of your whole. Here, we've got the lights on and the lights off right there too. Emotional and mental states side by side.

And the great thing about this is we know what it feels like to be light som, and we can also get really, really clear on the thinking that creates those emotions. So the thinking that creates that, that.

Being awesome, excited, aligned, and confident I can do anything. Absolutely feeling energized. And you're kind of really forward-looking.

We can tune into those thoughts. I can do that. I've got what it takes to do hard things. And so I am a person who never gives up. Absolutely. I am. I am committed to being the most inspiring leader of my family so that my family makes a positive contribution to this world. And I can really step into my true purpose of being a mother of impact.

Absolutely committing to that when we start to tune into that kind of thinking and hardware. And so it's been going beyond just affirmations. We want to be doing brain priming and we're feeling in our body, those, those feelings of excitement. So can you see, without knowing anything about the science of human energy or, you know, brain science, the difference it's going to make, if you can dial up lights on, rather than stay stuck in lights off, as we can see here, lights off.

Well, we all know what that feels like. Oh, just a bit angry and annoyed and techy. And you know, maybe we're just sort of withdrawing a little bit, or we just don't want to be around anyone or we're stuck. We could become tired. And again, this can become very, very addictive lights off can create these stress hormones that can, um, really sort of become yeah.

Quite. That's sort of adrenaline because lights off really is sort of survival mode and focus is really kind of narrowing in on the threats and the threats might be something like I'm going to fail. I'm going to be, I'm going to feel like I'm a bad mom. If I try this and it doesn't work. What if I'm the only mom this doesn't work for?

So I want to look at this a little bit closer, go into a little bit of the science behind this. Um, but it's our thoughts create a chemical reaction in our brain, which is then felt in our. So when you think lights on thoughts, and I'm really intentional about activating that state, your brain releases, neurotransmitters like dopamine, and that makes you feel inspired.

Awesome. Motivated, joyful, like, yeah, I can do this. I can do anything often like that, that real sort of thought process when we can move someone and activate the lights on state, which is what we do inside the program, is that sense of like anything becomes possible when I'm operating from this state of mind.

So what happens is your body now is feeling excited and energized and this in turn fuels more thoughts that life is good. I've got this. I can do this. I love my life. Right. That's where I kind of want everyone to be landing up. Certainly want this next generation. I want our children to be loving who they are.

Loving their life and absolutely having that sort of independent life of freedom to explore and make money doing something they love.

That's how I spent my whole life. And I want that for this next generation. The world now requires our children to be entrepreneurial in spirit, whether they're an artist, a maker, or an engineer, a scientist and mathematician, having that little bit of an entrepreneurial spirit that lights on.

Behind them is absolutely essential. So once you are thinking it, your body is now feeling it, and now your body's now feeling it, your mind is not thinking it even more. Right. And it creates this loop, this state of mind and state of being. Um, and so what happens, whether we're in lights on or lights off, if we're thinking like soft thoughts, like I can't do this.

It's too hard. I already going to fail. So why even bother? Then we begin to beat ourselves up with negative self-talk and our brain creates and produces neuropeptides that make our body feel angry, kind of agitated. And possibly we start to alienate ourselves from others and we feel disconnect. It's really, really effective when you bring this into the heart for your educational strategy for your family.

Because over time, these thoughts and these emotions hardwire together, and they create the beliefs that are programmed into our subconscious mind. This is a lot of the work we're doing in the early stage. Of lights on when you're trying to introduce that culture and really drawn the lights on effect.

What we're doing is we are making sure that the beliefs that we've gotten programmed into our subconscious mind are ones that we have chosen to be there because of the negativity bias. Most of our thinking that we do 80 to 90,000 thoughts a day 95% of that automated, most of that comes from having been hardwired in during childhood, through that negativity bias.

That's perceiving threats. So it might be something I I'm not someone who has success. Maybe that's as simple as you were sat on the orange table and not the blue table. And it was the kids on the blue table that were on a level four of their reading. And you're only on a level two. And you created this identity that you weren't an eighth grader, or maybe you've got hardwired in there.

I'm someone who always quit when it gets hard. I can't do this. It's too hard. Why bother? So really important. It's these beliefs, right? The thoughts plus the emotions over time that have hardwired and that become our beliefs. That determine the way we act because our decisions come from what we believe to be true or possible.

But what we know from people who are successful in life is that the only thing that really sets, sets them apart from people who achieve great success and those who perhaps never reach their potential is that they didn't stop trying. That they kept going because yes, there are some natural born talents within all of us.

We will have something that we're naturally really, really good at. But if we don't exercise that muscle, if we don't learn the craft, then actually we may not become excellent at it. We may not have success through that natural born talent. And quite honestly, we also may put that talent to the work to the back.

We may start to not actually. So, this is where it's really important. A child who believes it's impossible for them to succeed academically. They are not going to be motivated to try and they are going to. Simple as that. And once they quit, when something gets hard, that can become an inbuilt identity.

It's really apparent. Now, when you see an adult who has a glass ceiling, that's been hardwired over them from when they were young, because there's this kind of like, stop start getting excited and having that sort of high or anything as possible. And then hitting the glass. Which they have placed over their heads through their subconscious minds.

If you want to use and draw on the lights on effect to increase the overall potential of your family is we need to think about what are we thinking and what are we feeling as a result of those thoughts? And how often are we feeling that the time element, and then let's be really intentional about hard-wiring them in how many times a day can we dial up that thought I can do it.

There's nothing stopping me. I can do. I want to do it, then really owning that identity. So it's, it's really important. If we shift that belief, then we can transform. Not only academic success, which is obviously, um, you know, one aspect of the educational strategy that we're gonna have in place, but we can also transform their potential for success, their enjoyment of success, and their ability to have success without the overwhelm as they grow.

And enter into that big wide world, which is ultimately what any parent that interacts with me. It's just like, not so bothered about the academic success, but you definitely want them to be happy. You want them to be mentally healthy and you want them to be pursuing a life that of something that they love to do.

Okay. So let's just be really honest about that. Um, and it really, really does start with a shifting those beliefs in our own minds, as the mothers, as the leaders of the family. First, so we can have a direct impact on our self-belief, um, that yes, absolutely. Can we do this? Can we lead our families? And, you know, to live incredible lives.

Yes, absolutely. We can. And that's how we sort of really supersize the future opportunities of not only of ourselves as mothers of impact, but equally of our whole families, ordinary may plus a little more, you times opportunity equals something extraordinary. And this is really about how together. We can create something extraordinary.

If we are aware of how on an energetic level we impact and influence each other. And this is why passionate learning is so exciting when you start to see teams of children or a family unit, um, working in learning collaboratively is that it's like what you can do together as a result of your natural talents, your switches and your, um, expanding lights on energy fields.

Is really, really something extraordinary. We've then got that as a benchmark of this is what I'm capable of doing at this point in time. Imagine if I didn't give up when he got hard, imagine if I could create that, um, and solve a problem to people who are switched on to a lights on state can achieve incredible things together is like, it's a no brainer.

And this is really the power and really the multiplier effect. Our guests are the lights on effect. Now you've probably heard people say, if you want to be successful, You need to surround yourself with successful people. I want to guarantee you that your child has at least one successful role model. Um, and that is you.

That is you as the mother, because when you truly know what it takes to be successful with ease, you can role model what it looks like when you don't know that's when you fall into teaching mode. So I often hear parents say, how can I teach my child to not quit? How can I teach my child to love themselves?

And it's kind of missing the point. You need to role model it. If you've got a child who maybe is beating themselves up a little bit, a lot of negative self-talk they don't particularly like who they are. I would ask you to look inside how much self love have you gone? Because when you can really know what it takes to have that self-love and love being who you are, you also know how to lead someone there and you know that you can't teach them that they've got to do the work and your role is to help guide them there to be someone who is so consciously in tune with their thinking and what you're feeling.

You are therefore able to show up in the world to get the results that you want. Consistently. Consistency is really, really key as a master neuro coach. I'm now really able to see the red flag in, you know, in someone who is butting up against that glass ceiling all the time. The number one telltale sign is they are inconsistent.

They are unpredictable. They are up, they're down, they're triggered, they sometimes Excel and they're incredible. And then suddenly they'll disappear and they kind of, they shrink away or they hide for a bit. Then they resurface with this renewed energy and the whole cycle starts again, being on the other end of someone who is.

Inconsistent, the trust breaks down, the connection breaks down because they don't necessarily know are you saying this today, but you're not going to mean it tomorrow. And if you've ever been around a leader who just, they show up consistently in the same

way, it's like a magnet you're attracted to them because you feel safe with you and you're with them.

So this is why it's really, really important. That consistency is key. If you want to be able to smash through your own glass ceiling, cause that's, what's keeping you been in sort of inconsistent. Um, but also then to be able to lead your family. Um, to that, to really, really understanding what does learning really look like in the 21st century when, um, it's not about the knowledge, it's about what you can do with that knowledge.

It's about how you can create how you can think critically, how you can communicate and how you can collaborate so that the ordinary you and the ordinary me with some opportunity behind us literally can create something extraordinary because there's lots of people who have opportunity to do nothing.

That stay in that victim mentality. They want all of the circumstances, all of the situation around them to be absolutely spot on and still, they might find something that is wrong. We are talking about taking absolute ownership. Self-leadership showing up at the highest level. Totally 100% tuning in thinking the thoughts.

The are going to create those emotions and feelings in your body that will create and generate that lights on effect that then absolutely draws other people in to the possibility as you believe anything is possible. So do. And this is what we're working on here.

And I like some universe, right? It's about us becoming incredible human beings.

So we, without a doubt, as mothers make a difference in this world, that may be is our purpose, right? To make sure this next generation have that strong, confident, reliable, calm, creative role model that makes them feel safe. To be brave enough to step into really exploring what it is they want to do in life from a position of empowerment, rather than fear.

The lights on effect is really all about creating that state of being where you have your sights set intentionally on your future desires. Reality get that clarity. What is it you really want for your family? You have to start with that clarity. Do you want your family to live that happy life with financial freedom, doing something that you all love or do you kind of only want that if it can be kind of dropped in your lap, if it's going to be really easy for you, be real and honest with yourself.

How do you expect your children? To achieve that dream. If you give up on yours, because you don't know what it's like, you won't have that experience of going through navigating each and every obstacle that comes your way, that tests you really want them. You sure you want this, there will be constant, constant obstacles that will come your way that will test your vision.

This is where you've got to get that real clarity with our desired future reality locked in. We want to get intentional with our thoughts. That's, what's going to create the emotions and the feelings in our body, and we can create that loop. I'm going to think it, and I'm going to feel it. And as I'm feeling it, I'm going to think it right.

I mean, really sort of, um, supercharge that thought feel new. And when we're really intentional with our thinking, we can rewire our brains and really use our lights on emotions to create that future reality. Here's where it gets really exciting. We can actually have that future reality today, if you're really, really crystal clear, because we don't have to wait for that elusive period in your future to get it, putting it off day by day, telling ourselves, well, when I have this, then I will be right.

You fill in the blanks, whatever your dream. When I have more money, then I'll be able to do this and then I'll be able to have that. And then I'm going to be happy in my family. This is how we show up. We fail big time and we might even cry about it. You might even feel that emotional wound, but we don't stay there on the floor.

We pick ourselves up. Let me try again. And we have sometimes a little tantrum about it and it's hard and we kind of have to reaffirm, are we really committed to this? Which bits can we let go? Of which bits do we not want to let go of? Where are we going to evolve? You know, if, if we take it down this new direction, that's what it's like in my family.

So what's it like in your family? What's that culture of learning in your home? Like at the moment, is it conducive to you getting that desired future reality? Because you are living it and you're stepping into it each and every single day. So we want to be the person in the present day. That is absolutely, um, attracting that future reality to us.

And this is how we can use the power of the lights and effect to ensure that we lead our families at the highest level possible. What does it really truly mean to become fulfilled? Being unfulfilled is not a very happy place. It's not a light som place to be when we are in that place. We also see that mirrored back to us because of this, this lights on effect, intentional thinking, plus lights and emotions really.

The illuminated you. Yeah. That's what we're going for to create that state of being you want to ensure you're using the lights and effect, creating a positive energy field that impacts your family to move away from some Five-O or stress mode and into one of creation. Okay. And this is really the formula.

What do you think. Really, really get intentional with that. So you can kickstart the emotions that are gonna get you into that, um, lights on energy state and that state of being, which is going to light you up, which is going to then have that ripple effect to your family, but also to the bigger, wider world.

When we get to 10 million families by 2025, all really committed to raising our state of being to being lights on and using lights off intentionally when it comes along, because it will come along, right? We're not talking about ignoring lights off. We're not doing positive thinking here we are doing intentional thinking to absolutely draw on the lights on effect, which is creating that energy field that, um, Lifts people up inspires us to believe that anything is possible when you're in that light self state, you are literally tapping into the lower states of being mystic, restricting your world to one of problems.

You're making decisions from a place of scarcity. You operate from lower energy levels, guilt, shame, anxiety, you know, you may be kind of having to push and force and drag yourself to do something and you kind of keep procrastinating and you're stuck in overwhelm. And you know, you're constantly telling yourself, well, when I finished that, then I'll have more time and then I will do it always in the future.

Never arrives. And you take action from a sense of obligation, regret, or fear of what might happen if you. No great strategy for creating a culture of learning in your house that is absolutely conducive to you all realizing your fullest potential and living that life hugely fulfilled and aligned with the person that you were born to be flip that over to lights on.

When we live in a world of solutions, right? When we are lights on, that's where we're hanging out. We see the world, um, with solutions problem, not. How could we navigate it? And you make that decision from that place of abundance. So lights off like mindset, scarcity, mindset, lights on a place of abundance.

You resonate at high energy levels and frequencies, and you tap into the curiosity, the creativity and the excitement and action. And it's your vision that pulls you forward into action with compassion and you find meaning through self-expression and contributing to the world around you. Lights on bright.

So. Both of those states of mind create states of being create an effect within our energy fields. Are you going to increment to intentionally moving into the lights on effect and really, really kind of making sure that your child or your children or your family has at least one role model that understands what it takes to be consistent, calm, creative, and committed to absolutely following.

That dreams to the fullest extent, the reality is we can't always be lights on, and this is not the objective. It's not what we're aiming for. Lights going out is where our growth happens. If we choose to live in that space of being truly courageously vulnerable is who we become in those moments. When our lights go off, how we show up in those moments when we are less than light.

So. What we choose to think and how fast we can grow from the lesson that is in front of us, that really, really determines how our life unfolds. So my invitation as always is absolutely for you to keep doing this work quick, keep tuning into your lights on thinking or observing when your lights go off and look at where you are.

Kind of getting caught up and almost addicted to the lights off. I'm thinking by creating that story around it, the invitation is for you to choose at that conscious level. I'm choosing to become a light son, mom, happy by choice, not circumstance. He leads my family from the highest level as possible and available to me on a particular day.

And I am committed to that growth from this point forward.