

CYBERNETIC TRANSPOSITION

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In the nearly 40 years I've worked to develop and teach the Cybernetic Transposition process, I've seen a tremendous number of different approaches to trying to help people achieve. In my opinion, they fall into three categories:

1. Force yourself to focus on what you want and, by strength of will, exclude any thoughts that you won't succeed
2. Create affirmations describing what you want to achieve and repeat them daily
3. Visualize what you want and keep focused on that without losing track

For most people, these are what engineers call "necessary but not sufficient conditions." There's some truth in each but not enough.

What's different is that the Cybernetic Transposition system includes what's "necessary and sufficient."

In other words, it focuses on the three aspects of what's required to achieve anything - and in a way that is very clear and operationally effective.

These three steps are:

1. Create a target that all relevant parts of your brain agree on

The first step revolves around the fact that there are 4 major brain systems that are usually at war with each other. The result of that war is what we normally experience when trying to achieve something that seems impossible based on previous results: stress, fatigue, depression, loss of energy, trying and failing.

In the Cybernetic Transposition process, the objective that you consciously want to achieve is translated into the language of each of the three other major parts of the brain in way that gains their agreement. One element of that is the transposition of past successes in any area to the achievement of what you presently desire.

2. Prioritise that target in a way that keeps you unconsciously focused on it no matter what you are consciously doing

The second step revolves around the fact that almost no one can maintain a conscious focus on anything for more than 5 seconds. Thus, it's necessary to ensure that your unconscious mind maintains the focus on your target since your conscious mind simply can't do it.

In the Cybernetic Transposition process, the parts of the brain that excel at maintaining a focus, the frontal lobes, are energized in a way that maintains the necessary unconscious focus. The result is that, unconsciously, you "keep your eyes on the ball," on your target all of the time - even when you're sleeping.

3. Remove any unconscious roadblocks that would otherwise prevent achievement of the target.

Cybernetic Transposition is the only technique that allows you to confidently and permanently "peel off" any and all disempowering, negative beliefs you may have picked up on your journey through life.

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Cybernetic Transposition goes far beyond NLP and hypnosis because with Cybernetic Transposition, you have a single set of techniques that reliably translates every goal you have into the basic, easy-to-understand "language" of each part of the brain, respectively.

Cybernetic Transposition allows you to build upon any success in one area of your life, and apply it to create success in any other area of your life that you select.

BASIC 3 STEP PROCESS

(P22) SUMMARY

- Create a target
- Prioritise
- Identify and resolve unconscious resistance

(P32) Create a Metastory on a scale of 1 –10 on desirability and remove any elements that cause conflict and make it less than a 10

(P38-42) Create a target - based on Metastories

(P47-53) Prioritise a target

(P66-67) Resolving unconscious conflicts

(P76) Monitoring progress

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SUPER ACHIEVEMENT PROCESS

(P78-79 & 98-99) Overview of process

- Explicit visualisation – multi-sensory – holographic (P84)
- Anchoring - sustained unconscious focus on target
- Permanently remover blockers

TOOLS

- ❑ **Inner Anchor Point** (Bio feedback trigger mechanism – linked to personal survival)
(P102-4) Summary + Forms + MP3 File
(108-9) How to locate your Inner Anchor Point
(P110-20) The process
(P122-3) Summary
- ❑ **Framing**
(P125-7) How to identify targets and structure them to work via framing into logical elements
(P130 + 132/5) Tuning up Metastories of how you want to be different
(P136) Steps/Checklist for framing
(P152-6) Summary
- ❑ **Targeting**
Communicating with unconscious → putting framed (logical + sequenced) objectives into the unconscious in language it understands (transposing intense feelings past/imagined successes and linking to current objectives) and associating with survival mechanism to ensure unconscious priority.

(P172-5) Summary
See forms
- ❑ **Permanently removing blockers**
 - Base Reframing (P184-9) identifying body feelings of blocker linked to time line and reframing with feelings of how you want it to have been along the timeline
 - Sub-personality Negotiation (P191) finding out the purpose of the sub personalities and reassigning them roles consistent with your objectives
 - Super Achievement Clearing Process (P197+ 199-203) Resolving blocker feelings by finding out what they are saying and developing action alternatives to resolve what triggered them
(P204-8) Summary