

# The Paradigm Shift Blueprint

**“Feelings are always coming from Allah, via Thought in the moment.”**

**Feelings:** this includes all of our psychological experience of reality. It includes other words, such as ‘emotions’, ‘moods’, ‘attitudes’ – anything that could form part of our psychological experience in any given moment.

**Allah:** the Infinite Intelligence behind life. The Source of our experience. Also referred to as ‘Universal Mind’; ‘Consciousness’; ‘God’ and by many other names. We are not using this to refer to the ‘God’ of a particular religion, but to the essence of existence that all spiritual traditions point towards.

**Thought:** the divine gift we use to see our way through life. A formless power. Thought is not self-created. It cannot be broken down into smaller components. It is our only access-point to the divine. Sometimes we can control thought; sometimes we cannot. Thought is inseparable from feelings – they are two sides of the same coin.

**‘In The Moment’:** Thought in *this* moment is the source of our feelings in this moment. It is not our past experiences or possible future scenarios that cause our current moment feelings. The past and future can only be brought to life via our thinking in this very moment.

**‘Always’:** This word is what makes the Inside-Out a true paradigm of psychology. There are no exceptions to this Spiritual Truth. It is a psychological fact. Any time it does not appear to be true reveals a misunderstanding & often ego-based thinking on your part.

**Insight:** The truth of the Inside-Out often does not seem to be true when looked at in the context of our petty personal problems, but it is true 100% of the time. When you can see the truth of it in the context of your issues/hang-ups/ problems, you have a realization that causes ego to drop away. This is called ‘insight’. Transformation is an inevitable, effortless outcome of this.

Outlined below are a few of a seemingly infinite number of benefits of understanding the Inside-Out Paradigm in-depth:

### **INSIDE-OUT**

Feelings are coming from Allah via Thought in the moment.

**Peaceful Sadness:** I know my feelings are coming from thought, not the situation I'm thinking about. Thought changes.

**Control-Free:** I don't need to 'do' anything to feel good or bad. It comes from a divine source.

**Stress-Free:** meeting or missing deadlines is a neutral external event with no power over feelings.

**Endless Resilience:** "I can keep going" because I know feelings come from my state-of-mind, not the state of my affairs

**Fearlessness:** I don't want bad feelings. Feelings only come from Thought in the moment. It's impossible to be afraid of Thought when you know that it's just Thought.

**Security:** This is my natural, default state. It is always present because all feelings come from within.

**Natural Presence:** There is a lot less on my mind because I know the one and only source of feelings. I have nothing to worry about. My mind clear & free to focus. I'm in the zone.

### **OUTSIDE-IN**

Feelings are coming from somewhere other than Allah via Thought in the moment.

**Distraught sadness:** I honestly believe the situation is causing my feelings so I have little hope of feeling better. The situation may not change or improve.

**Control-Freak:** I need to control things or people, or make big achievements to feel good/ bad.

**Stressed-Out:** meeting deadline = success & happiness; missing deadline = failure & sadness

**Limited Resilience:** "I can't take any more of this..." because I believe feelings come from how hard my situation is.

**Fearfulness:** I don't want bad feelings. The outside can cause them. I become afraid of potential causes of bad feelings.

**Insecurity:** The outside world can cause feelings, therefore I have a lot of external things to feel insecure about.

**Forced Presence:** Presence seems like a good idea & I can do it sometimes by will. However there is a lot on my mind because an infinite number of things might be causing my feelings. I have to think & worry about all of them.