



# 7 Tips to Keep Blockers at Bay While Learning CT

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## 1. TIMING



Select the best time of day when you are most relaxed and is most convenient for your schedule. One of the ways we sabotage our-self is when we cram too much into our day or try to learn something new when we are already tired. Don't let this blocker frustrate you. Do your practice first thing in the morning or right before sleep when you are the most relaxed and present. You will begin to look forward to it.

## 2. BE CONSISTENT



Develop a daily routine to practice 15 - 30 minutes a day. If you only pick CT up when you are frustrated or in desperate need you create a pressure on yourself to perform. No one performs as well under pressure. Far, far better to install a new success habit like when you went to school Do your practice daily whether you like to or not. This simple tip helps overcome the inertia of habits that don't want you to change.

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### 3. MOOD



Prepare your emotional state. Most humans have learned to live life from the head up. Emotions are suppressed and they have long forgotten how to feel the subtle messages of their body or listen to their intuition. Doing CT from the head up will not be effective.

CT is all about managing your unconscious mind which lives in the body. So you have to go where it lives to communicate. Think back to the last time you had a massage. You might have noticed how relaxed your body felt after a massage or how relaxed you felt after an intense workout. That is the perfect time to do CT.

If you are unable to get a daily massage :), try this. Listen to the True-Self grounding audio to calm and center yourself before your session. Get your free gift here:

<http://schoolofselfrevolution.com/tyfreegift/>

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## 4. ENVIRONMENT



Create a peaceful, comfortable, distraction-free environment with white noise background music that moves you from beta, a heightened anxious state to an alpha state which is more receptive to learning. When you are relaxed the blockers that trigger doubt that this will even work for you will not be activated. Keep your doubt blockers in a meditative sleep. Try Silencio Music <http://www.silenciomusic.co.uk/> or search on Youtube for meditation and relaxation music.

## 5. GET ORGANIZED



Set up a binder with tabs – Objectives, Blockers, Blank Forms, Notes, etc. Blockers love it when we are unprepared to do a task. At the first sign of frustration, they will distract us to move on to an activity that we are already comfortable with. By having everything in your binder you will always be ready to practice.

You can even grab your binder to enjoy your practice on the go under a tree at the park or at a coffee house.

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## 6. PREPARE FOR SUCCESS



Print needed forms, such as Blocker Clearing and Objective forms, that prepare you for what ever can come up during your practice. Blockers generally are impatient and won't wait for you to turn the computer, or get the paper in the printer, etc. If you are already prepared with the appropriate form the blocker has already lost. Don't allow blockers to sabotage you from following through.

## 7. RESPECT YOUR PRIVACY



Don't share what you are learning or working on with anyone else, until you have experienced at least one success. Believe it or not, even a loved one may interject fears and worry thinking they are protecting you from disappointment. Protect yourself from other people's doubts and negative opinions so they don't derail your enthusiasm and belief in this work.

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## ABOUT US



Positive change is not possible when your conscious and unconscious minds are at odds. In our online school, you learn how to motivate your inner will to align with your conscious intentions so you achieve your Objectives without forcing.

You also learn how to release mental blocks that were installed into your belief system before you had a say in the matter which enables you to experience deeper peace and presence of mind.

Intelligent, analytical people who are seeking a deeper meaning to their life thrive in our detailed and methodical curriculum.

## CONTACT US



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