



The Key to Solving Your Biggest Problems

You've heard it before.

The key to solving your problems lurks *inside you*.

If that's true, you wonder what this magical key could be. Where is it hiding? If the solution is within, you're thinking...

Why do I always wait until the last minute to finish something?

Why don't people listen to me?

Why don't I ever feel good enough?

Why does the same thing keep going wrong in my relationships, my career, my health?

Why are my goals still out of reach, even though I do all the right things and work hard?

Why isn't this magical inner solution helping me overcome my biggest challenges?

The Most Important Question

The first question to ask is not what this inner solution is, nor where it's hiding, although we'll get to those things.

The most important question is: What has kept this solution hidden from you all these years?

Answering this question will help you understand why other methods you've tried have failed.

And, it will help you discover the solution hiding within you.

The Giant Wall inside You

This wall divides where you *are* from where you *want to go*.

You may have bumped up against it from time to time, or you may have beaten your head against it for years.

Like when you try to break out of some pattern, only to slip right back into it.

Or, when you work hard and follow the rules, only to fail and continue to feel inadequate.

Or, when you try all the methods that are supposed to solve your problems, but you end up right back where you started.

The Wall That Pushes Back

Have you felt it pushing back? The wall is your resistance to change.

When your rational, thinking brain is operating, the wall is up. And, it's thick and high.

In order to change yourself at the deepest level, you must bypass that wall.

The Ugly Secret Hiding behind the Wall

The wall surrounds your sense of self, which stores how you *feel* about being yourself.

Early in life, you absorbed how it feels to be human from the way people around you felt about being themselves. Your brain transformed all of that feeling into how *you* feel about being *yourself*.

From the negative moments back then, your brain absorbed the feeling that there's something wrong with you being just the way that you are.

This Learned Distress® got trapped in your sense of self.

How Learned Distress Makes Your Life Miserable

Not only do you suffer from that lousy feeling, but your brain uses it to *generate* the negative moments of your life—automatically, without your conscious input or control.

For example, maybe you absorbed the feeling early in life that you don't matter. Now, your brain uses that feeling to generate situations in which you don't matter, such as instances when people don't listen to you.

Or, you absorbed the feeling that you don't know how to do things perfectly enough. That feeling becomes the generating force behind your procrastination.

So, no matter what specific negative feelings you absorbed, you *feel* that there's something wrong with you, and your situations *confirm* it. Over and over.

You're hit with it from all sides.

The Hope Hiding behind the Wall

I have good news. Your sense of self also contains something *wonderful*.

It's the kernel of energy you began life with, and it remains at the core of your being.

It's the feeling that *you are all good* being exactly the way you are.

I have more good news.

Just as your brain uses Learned Distress to automatically generate negative situations, it uses the natural well-being at your core to generate situations that feel good to you—effortlessly.

I'm not talking about good things that result from Herculean effort. I'm talking about the situations that work well easily. *Really* easily.

Are You Getting Excited?

Your core. . .yes, yours. . .is made of energy that your brain can use to generate the kind of moments—the kind of life—that feels great.

Energy that propels you to achieve your goals more easily than ever before.

Energy that radiates from you, which lets people see and hear you in unprecedented ways.

Energy that infuses you with the knowledge that you *are* good enough, just as you are.

The Catch

You're thinking, wait a second. If this well-being is the *core of who I am*, why hasn't it generated more of my moments? Why does Learned Distress win so often?

Learned Distress is greedy. It has kept intensifying throughout your life, so it just keeps generating more and more situations. For you, that might mean that life keeps feeling worse and worse. Or, you might be have to work harder and harder to make good things happen for you.

If you want well-being to generate more moments, you have to *remove* Learned Distress.

That returns us to your wall of resistance to change.

Getting Past the Wall

Have you ever tried to think your way out of a bad feeling? How long did that work? A day or two, maybe a week? Did you notice how that same feeling came back, sometimes even stronger?

Thinking mechanisms, including therapy and self-help methods, only control your Learned Distress temporarily, because your wall of resistance to change is always active while your rational brain is operating.

To remove Learned Distress, you have to get your rational, thinking brain out of the way *entirely*.

You might think that meditation or hypnosis could work. But, a certified hypnotherapist told me that in both meditative and hypnotic states, your thinking brain is just "on a shelf in the corner," ready to snap into action at the slightest trigger. Far from being shut down entirely.

The only time that your rational, thinking brain is closed for business is while you sleep.

So, sleep is when you can permanently remove layers of Learned Distress.

How to Talk to Your Sleeping Brain

Researcher Mimi Herrmann studied how the brain works for 20 years, and she discovered how to communicate with your sleeping brain and tell it to release layers of Learned Distress.

In a five-year collaboration with her and in the nine years since, I've refined how you tell your sleeping brain exactly what to change. Mimi and I distilled this Quanta Change Process into three integral elements:

Sleep: You play a recorded Sensory Message while you sleep. I wrote the script to tell your brain to release Learned Distress and recharge your sense of self with your core well-being, instead. The script is written in the language of your dreaming brain, and this recording is the catalyst that drives your Quanta Change.

Share: In Quanta Change phone sessions, we examine what you want to change, discuss how to tell that to your sleeping brain, navigate the repeating Quanta Change Cycle, and celebrate your big, positive changes.

Shift: You'll learn to use a simple, daytime method to shift to a better feeling when you notice your Learned Distress. This is how you tell your sleeping brain what to change.

What Quanta Change Participants Say

Relationships: “I didn’t think this kind of relationship was even available to me. All the quirks about me that I thought were wrong, he either doesn’t notice or that’s what he loves about me. I’ve been treated better than by anyone in my entire life. Things are also very different with my family. I don’t feel the pressure to live up to their expectations, anymore.”

Career and Creativity: “Quanta Change has helped me have my most productive and prolific year of work. As an artist, creativity is central to my livelihood. I’ve come to deeply trust and enjoy my unique way in the world.”

Health: “My surgeon said he never saw anyone recover so quickly from knee replacement surgery, especially at the age of 71! I have always hated exercising, but I did all my PT exercises and, just two weeks after surgery, hiked 1.3 miles on a steep mountain road.”

Food and weight-loss: “I thought it was impossible for me, but I’ve found peace with food. And, after 30+ years of trying everything, I’ve finally found a way of eating that allows me to lose weight.”

Anxiety: “It feels so good to sleep like a normal person. And, I’m blown away at the lack of anxiety, which was controlling my life. The panic attacks are gone.”

Self-image: “I feel so different about myself. I can actually say that I love myself! I’m beautiful, and I am an amazing person. I really deserve to have what I want in life. Everyone around me is noticing how different I am now, too.”

Your Next Step

Are you ready to discover how your core well-being can benefit you?

First, you have to uncover the Learned Distress that gets in its way.

Are you familiar with the voice that says "there's something wrong with me"?

Curious what specific patterns and pieces of Learned Distress make your life difficult?

Your Free Personal Quanta Change Profile will reveal the negative patterns that hold you back in your relationships, ability to achieve goals, physical or mental health, and self-expression. [Click to get started](#)