

# Your daily fun builder

The inner communication producer

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[Be.JoyReminder.com](http://Be.JoyReminder.com)

What does inner communication mean in this context?

Simple. Under inner communication I mean every step our mind takes. Whatever our mind asks, focuses on, produces and feels is communication built by us. Still simple?

We want to build fun, right? That's why we are here. Looking at our (re)actions we will see what skills we have.

You have been practicing your question setting and focus tuning, haven't you? Now we are going to take a look at the next step – pattern phase. It's the step where feelings start to produce and focus stops being involved. It's like an engine.

- Thought processor and feeling producer
1. Imagine someone rejects you. It's an important person/subject for you and suddenly you got rejected. How do you feel? Miserable? Humiliated? Awful? Angry? Are you in 'What's wrong with these people' mood?  
It can be: rejected for a loan, rejected for a promotion, rejected in relationship, rejected trying to reach a professional football team.
  2. Realize you were in a weak mood because of your old habits and if you want to hear ... it's because you've learned poor patterns from your environment. You put a thought into a poor established producer (pattern) and you get lousy feelings. It's normal. You get what you look for based on patterns you've learned. Put old lemons into a squeezer and you get tasteless lemonade.  
Write down 3 patterns you first think of.  
It can be: I never lose value. Everyone in the world is fair enough and can easily see my unconditional love. There are problems that appear in life and I'm not their creator neither I want for them to happen, because I want to live peacefully.
  3. When we look at our life as a game or an adventure or creation and so on, we can see life similar to a basketball game. We can play and lose but still have fun playing, we learn new things, new techniques, we meet new players and so on. We create fun. Yes we do lose the game, we do lose the ball and we do miss the target. But still we have fun. Because we know this is part of the game. Normally we miss the target in more than 50%. So what?

In life is similar. In some dreams we would have no obstacles (challenges), only smiles from people surrounding us, joy and love and so on. Can you imagine this? I know you can. But can you imagine it for a month or a year. You say yes. Well, I disagree that it's all as perfect after a year as it was in the first week. I tried to imagine all this... I was training for a long time. It might be just my experience (still I know it's not just mine) but guess what happened? It was like watching a great movie. The movie is perfect. A lot of fun, great story, perfect actress and actors. Couldn't wait to see it.

Then I watched it again. It was really great. Also I already knew the story; I felt this movie is huge. And the next day I watched it again. Ok it was fun, but I didn't laugh as much as the first day. After one hundred days of daily watching this movie ... guess again, I knew everything. I can say it's still a great movie but enough is enough. I won't watch it again. I know every second of it, I can repeat the words. There are no surprises, no new jokes and no new situations. It is ... well actually I became bored. Boredom is the element that appears after repeating the same story again and again. That's because of lack of uncertainty or lack of new things. It doesn't matter if they are nice or they want to challenge me. I prefer being challenged instead of being bored. So, I don't like those perfect dreams to come true. I want challenges, I want adventure, I want to discover every possible road in my life ... based on what excites me most.

Imagine your life as a game. You are actually a player behind the computer and you move the person on this planet. You as a player know far more than the person in the game. What if this is not merely imagination, but all a true story? Well just imagine and expand your perspective of life.

4. We all have patterns we have learned as children. Probably we don't like most of those patterns. So what do we do with files we don't like? Yes, we erase them or hid them or move them somewhere where they can't bother us anymore.

It's the same with our unpleasant patterns. We can erase them; we can set new patterns, new habits.

Now imagine a simple thing. Imagine you encounter a new pattern. You want to use it instead of the old poor habit. If you don't know what the pattern looks like or how you can act when having this pattern, try to copy a person that has it (this process is called modeling).

Imagine your behavior based on the new habit (habit is a strongly anchored pattern). Just imagine how it affects you. How do you feel? Is it better; is the feeling pleasant?

5. Now imagine you transform a few old habits. You replaced 5 old habits, that you used every day and had caused you tons of low feelings. Now you have successfully replaced them with 5 new habits that bring you tons of fun. Can you imagine?

If the imagination helped than I suggest you start doing transformations in real life.

## Thought cycles inside the mind

