

A Course in Choices: Beginners

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IANDS Groups and Events
Moderated by Debra Ann Kaiser

My NDE

I drowned, I died, I came back – here's what happened

- Full story at the [Coming Home YouTube Channel](#)

I came back to talk to you about the importance of choice, of making good choices and replacing bad choices.

There's much information in this workshop, so I'll keep it up on my YouTube Channel until Feb 28

- <https://youtube.com/@exploringconsciousness411>

Workshop Outcomes

Importance of Choices

- Consciousness continues
- Your choices affect you, your family, friends, the world, and your afterlife; Take good choices and love with you

Awareness

- The depth and breadth of your thinking, beliefs, and choices
- Continuous recalibration; no shame, blame, or guilt
- The Fundamental Attribution Error (Personality vs Situation)

Empowerment

- How to make choices/changes

Take aways

- Techniques, tools, and resources

Good Choices, Bad Choices

We make good, and bad choices and decisions all the time.

These choices are based on our wants, needs, desires, belief systems, and ways of thinking.

They also are made with the quality of research we do when we have time to choose.

Types of Choices

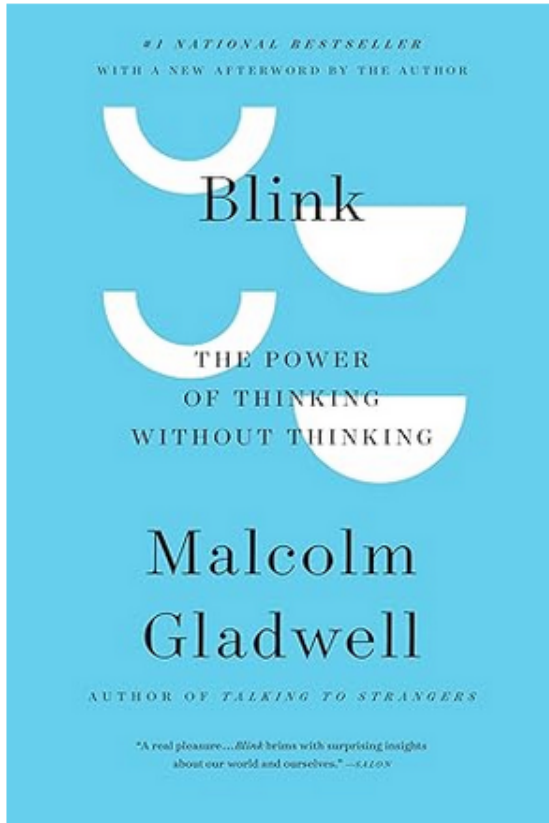
Quick Choice

- Something that's a great deal
- Quickly putting people into “categories” (*Blink* by Gladwell)
- When you are asked what you want...
 - Example, my NDE; “what do you want to do here....”

Surprise Choice

- Read something new to you and you might like to try it
- Contests – Door #3
- Scams
 - decide today
 - looks too good

Blink: Amazon, eBay, Library, etc.



Roll over image to zoom in

[Read sample](#)

[▶ Audible sample](#)

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Malcolm Gladwell

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Blink: The Power of Thinking Without Thinking Paperback –

April 3, 2007

by Malcolm Gladwell (Author)

4.5 ★★★★★  13,164 ratings

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Great on Kindle

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In his landmark bestseller *The Tipping Point*, Malcolm Gladwell redefined how we understand the world around us. Now, in *Blink*, he revolutionizes the way we understand the world within.

Blink is a book about how we think without thinking, about choices that seem to be made in an instant—in the blink of an eye—that actually aren't as simple as they seem. Why are some people brilliant decision makers, while others are consistently inept? Why do some people follow their instincts and win, while others end up stumbling into error? How do our brains really work—in the office, in the classroom, in the kitchen, and in the bedroom? And why are the best decisions often those that are impossible to explain to others?

In *Blink* we meet the psychologist who has learned to predict whether a marriage will last, based on a few minutes of observing a couple; the tennis coach who knows when a player will double-fault before the racket even makes contact with the ball; the antiquities experts who recognize a fake at a glance. Here, too, are great failures of "blink": the election of Warren Harding; "New Coke"; and the shooting of Amadou Diallo by police.

[▼ Read more](#)

Types of Choices

Conscious Choice

- Rational
 - Career, car, house
 - Relationships, family, health
- Diplomatic
- Research-based

Subconscious Choice

- Intuitive
- Subliminal
- Persuasive
- Emotional

** Your actual choice may be a combination of quick, surprise, conscious, and subconscious types*

What You'll Be Doing

1. You'll be listing your Choices on sticky notes
2. You will identify:
 - a. "Thinking" and "Belief;"
 - b. "Conscious" or "Subconscious;"
 - c. "Quick," or "Surprise"
 - d. "Research-based"
3. You will be listing the Consequences
 - a. Good
 - b. Bad
 - c. Neutral

Sticky Notes Lists

1. Visual representation of your list will be made with sticky notes
2. Decide on your sticky note colors
 - a. Yellow sticky note for each significant choice that I make
 - b. Teal sticky note for the thinking associated with that choice
 - c. Orange sticky note for the belief system associated with that choice
 - d. White – mark which “Type(s)” of Choice it is
 - e. Green sticky note for the good consequences of that choice
 - f. Red sticky note for the bad consequences of that choice

Choices, Thinking, Beliefs & Consequences

1. Choices:

You have to determine what is good and bad for yourself; use your own moral compass, examples are virtues (good), vices (bad) or appropriate actions (good).

2. Thinking:

Thoughts are often context-specific, and are fleeting and can change with new perspectives or information. Thoughts ARE things, act as if your guides are listening in.

3. Core Beliefs:

Beliefs are the deeply ingrained convictions and assumptions we hold about ourselves, others, and the world around us.

Choices, Thinking, Beliefs & Consequences

4. Consequences

- Good
- Bad
- Neutral

There is more information about “types” of choices – for example, [Bloomsoup - Types Of Decision Making](#)

Example

Show them how to do this

- a. Yellow – The choice
- b. Teal - I thought this
- c. Orange – I believed that
- d. White – “Conscious” or “Subconscious;” “Quick,” “Surprise,” or “Research-based”
- e. Green – the good was
- f. Red – the bad was

Goldenrod Sticky - Change

Note: First, awareness then replace it with a good choice.

1. Use a final goldenrod sticky note (put it on the bottom of your other choices chain) and call it CHANGE
2. Fundamental Attribution Error – Change it to “Situation First”
3. Bad Day – Change it to “This is Temporary”
4. Thinking in sentences – Change to “use a comma, not a period”
5. Insurmountable – Change to the motto “Inch by inch, it’s a cinch; yard by yard, it’s too hard”

** I’m willing to pay the price to make my dream come true

More Than Sticky Notes

1. Sticky Notes:
 - a. Take several weeks to make your sticky notes and see if you can see a pattern in your choices.
 - b. Raising your awareness and understanding your choices. Notice what type of choices you're making.
2. Do research. Make sure the information is reliable, that you use several professional resources.
3. Make a pro/con/ neutral list – what stands out as the “Best” choice
4. Conduct a “Ask 3 reliable (who you trust) people” survey.
5. Sometimes make the hard choice – be the adult in the room.

Other Considerations

- Create new habits. Old ones can be called triggers and go through the awareness, replace, make better choices process.
- You might be able to change after hearing someone's NDE.
- I suggest that you read the Fr. Nathan Castle [Afterlife Interrupted](#) series and hear from those on the other side with some good lessons for all of us.
- Realize that you can create new habits in order to help you change your thinking.... i.e., Arthur Ashe changed his bad eating habits the day after he received his heart diagnosis.

Other Considerations

- Hours of Power
 - Before you fall asleep, give yourself a nightly mantra: I am full of love and keep repeating it until you fall asleep. Ask your guardian angel to continue your mantra for you all night.
 - Before you get out of bed, give yourself a daily mantra: for example, today I will do my best to think good thoughts and say nice things to all people I encounter.
- Use a motto throughout the day: “ Make each decision of the options available to me of the most compassionate, life-affirming and fostering of well-being that I can.”

Final Points

- These concepts move you to the awareness of the depth and breadth of your “choices.”
- The most important choice is the conscious choice you make about yourself and others that resides in your heart.
- God was emphasizing that *He* gave us free will to make the choices that would help make us answer yes to the question of “Am I a better person for making this choice?”

Helpers On Your Journey

1. Find your Tribe
 - a. IANDS – online and chapter meetings in your State
 - b. Dr. Joe Dispenza's workshops:
Progressive, Week-Long, and Advanced retreats;
are expensive but people are friends for life. This is where I started.
 - c. Monroe Institute: they have online courses, or the Virginia Campus 5-day courses. These also foster friends for life and meeting like-minded individuals.

Helpers On Your Journey

2. Get Help with protecting yourself
 - a. Ask your helpers to protect you or you could say some prayers.
 - b. Set up a Monroe Institute REBAL (Resonant Energy Balloon); Click [here](#) to hear an explanation and how to use it; Read by Dr. Scott Taylor.



Helpers On Your Journey

3. Ask for help
 - a. Creator of the Universe and the Angels
 - who are they: angels are specifically made to be messengers
 - how to talk to them: like a friend
 - how they talk to you: they use “We, You, symbols, signs, books, dreams, music, etc.
 - b. Spirits are humans on the “other side”
 - c. Beings are sentient *beings* from different dimensions

Tools and Resources

Reading List

1. Suzanne Geismann – Messages of Hope
2. Anita Moorjani - Dying to Be Me: My Journey from Cancer, to Near Death, to True Healing
3. Dr. Joe Dispenza – Breaking the Habit of Being Yourself
4. Michael A Singer – The Untethered Soul
5. Don Miguel Ruiz – The Four Agreements

Also, phone push technology: Grateful Living – Word for the Day

Tools and Resources

Music

1. Relaxation and sleeping:
 - a. Hemisync – great meditations and music but can be expensive
 - b. YouTube – has tons of free music that can go for 12 hours; use search terms Calming, sleeping...
 - c. Tibetan, Chimes and Om singing – this one is two hours
2. Healing and Calm:
 - a. 432 Hz – on YouTube; love this one; 10 hours and great visuals too.

Tools and Resources

Podcasts

1. [The Happiness Lab](#) - Yale professor Dr. Laurie Santos will take you through the latest scientific research and share some surprising and inspiring stories that will change the way you think about happiness.
2. [The Mel Robbins Podcast](#) - You can change your life and Mel Robbins will show you how. Mel Robbins is one of the world's most widely booked and followed podcast hosts and authors.
3. [The One You Feed](#) - Listeners have called the show life-saving life-changing and the best antidote to feeling bad I've ever heard.

The One You Feed



Tools and Resources

YouTube

1. Suzanne Geismann – Messages of Hope; messages from the other side by the world's foremost evidential medium.
2. Candice Sanderson: The Reluctant Messenger ; former school psychologist, now spiritually minded; shares her advice and life lessons
3. Jenniffer Weigel – Jenniffer is an award-winning broadcast journalist who has been on a journey to bring spirituality into the mainstream media for over twenty years. Quick, sound advice from the author of I'm Spiritual, Dammit.

Streaming and Online Meditations

1. Online Streaming Untethered Soul - Michael A. Singer, Vol. 1 \$13.99
2. Guided Meditations – enroll for free. Sean McNamara – Mind Possible.

What's next

Currently working on the Choices for Intermediates™

Email Donna if you have any comments, questions, or suggestions... ec411explore@yahoo.com

Thank you for listening and coming to the workshop!