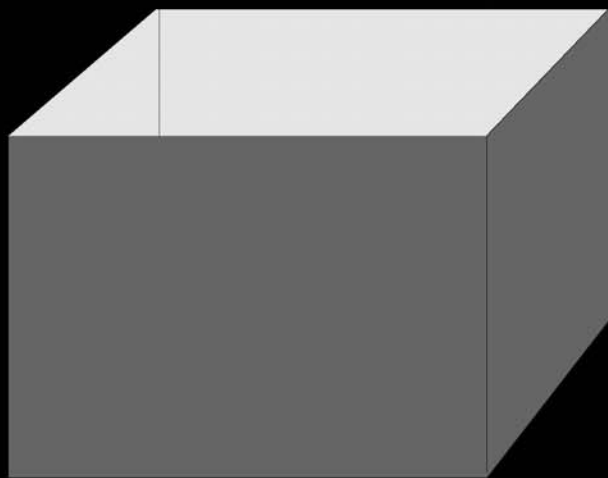


***HOW TO  
THINK  
OUTSIDE  
THE BOX***



**The  
Cure for  
Positive  
Thinking**

*Introduction to - - - -*

## *How to Think Outside the Box*

This essay is another of our attempts to breakdown the **chronic pattern of positive thinking** that is destroying the relationships between parents and children as well as blocking the performance of businessmen/women, politicians, athletes in every sport, even ministers, and the world in general. As amazing as it might seem to the reader, I've been writing and coaching for the past 20 years on how to **Think Outside the Box** or world of positive thinking. I've been mistaken for a sports psychologist, philosopher, and my message has been compared to other psychological or philosophical ideologies and training methods which I'll describe as simply other chronic patterns that block performance. Just to make sure the reader doesn't make that same comparison and miss the essence of the following messages, the author considers himself to be a **Business and Sports Architect** and will take the reader on a journey through the Architecture/structure of his/her mind.

The following brief introduction is also included in several of our other essays/books since it is intended to take the reader back to the year 1986 when I first began speaking and writing about The **Cure** for Positive Thinking. Many times I was met with a response that surprised me; however, after 21 years of coaching in business, sports, and life in general I've become accustomed to hearing someone say they're also a **Positive Thinker** ... even after they've listened to a 20 minute presentation on the cure for positive thinking. There's a reason why people **collapse** or **confuse** what's presently being heard with what they already learned in the past. We go into this way of thinking in greater depth throughout all of our essays and books.

Therefore, with all our essays and books we *underline words* and *create gaps* in our sentences intentionally to give readers the opportunity to *pause* and distinguish the words on the page from the thoughts in their head. Our coaching is designed to be heard as a *dialogue*.

We think there's enough conditioning in the home, schools, and work to narrow and limit the creative energies in all of us; therefore, we'll continue to *color outside the lines* or what we refer to as the world of opposites (*agreement and disagreement*). We also know you'll require a *breakdown* in your automatic way of reading and thinking from your *past* conditioning in order to have a *breakthrough* in the way you think and perform *in the future*.

Just to give you some background on my first speaking engagement in 1986 in Cheshire, Connecticut I'll provide the following to show where I introduced my first book on the *cure* for positive thinking. You might want to reflect on where you were in 1986 or if this conversation took place before your birth.

Just before I was ready to give the talk, the person next to me began to question me as follows. At the time, I didn't know that I was sitting next to a minister:

**Minister:** Have you heard of Norman Vincent Peale?

**Me:** Yes Sir!

**Minister:** Do you know that he wrote --The *Power* of Positive Thinking?

**Me:** Yes Sir!

**Minister:** Do you know that he is a personal friend of mine?

**Me:** No Sir!

**Minister:** (*Puts on his eyeglasses – looks down at the program and speaks*) - - - - It says here that you wrote – The **Cure** for Positive Thinking. Is that correct?

**Me:** Yes Sir!

**Minister:** Would you explain that to me?

**Me:** No Sir - - - - but I would be happy to speak with you after my presentation!

The minister got up and gave a beautiful invocation and prayed that God would inspire the speaker and then I was introduced and spoke about this new book. After the meeting, the minister and I spoke for about an hour and he told me - - - - ***“Sonny, you know something about God!”***

Out of respect for Pastor Ralph, I didn't disagree with him; although, I did say that I preferred to limit my conversations to what it's like when we are being effective in life. My book was not opposed to religion, yet, I preferred to leave those conversations to the religious leaders of the world and stick to my conversations relating to The **Cure** for Positive Thinking.

During the ensuing years I've stuck to my commitment and left the conversations about God to the religious leaders of the world and have talked about how to optimize performance ***effortlessly***. From that early beginning I uncovered the underlying structure of the mind and developed a science for the 21<sup>st</sup> century which we describe as ***Architectural Redirection***.

There are essays and books on our website including diagrams to show the structure of the mind ... which is universal in its design.

Before one compares these conversations to psychology or philosophy and puts this information *inside the box* of what they *already know* we'd like to point out that all of our conversations are designed to be heard without adding or subtracting from the message. One could consider these conversations as *ontological* instead of psychological or philosophical.

As mentioned earlier, I like to refer to myself as a Business and Sports Architect; especially, to breakdown the comparisons made to sports psychologists or philosophers as well as to other educational and ontological models for transformation. My focus has been on *designing* and *building* a model to demonstrate without question the underlying structure of the mind in order to get people to think outside the box that is limiting their performance in all aspects of life. *Architectural Redirection* is a scientific method for identifying and measuring the *structural rigidity* that blocks players in all walks of life from taking their game to the next level. It is also a step by step method for escaping from those rigid and fixed ways of thinking ... to move to *structural flexibility* ... and finally to arrive at *structural integrity* or what I like to refer to as *The Zone*.

My invitation is for the reader to focus on the message and not the messenger. While I've managed to remain somewhat anonymous for the past 21 years and written under the pen name of Robert Warren, it is my intent to bring The *Cure* for Positive Thinking to a wider audience through our websites ([www.inthetonetech.biz](http://www.inthetonetech.biz) and [www.inthetonetech.net](http://www.inthetonetech.net)).

In this essay we'll attempt to create another dialogue to bring the reader into a conversation with the author. The most effective way for the reader to interact with these words is to hear the message from a coach who has been talking about the **cure** for positive thinking and Architectural Redirection since 1986.

The underlying message in the following story takes place in a dream between Jack's unconscious mind and his subconscious. Jack is a middle aged businessman who suddenly becomes despondent and is having a mid-life crisis with work, tennis, his wife and even Mr. Chadwick, his son Robbie's soccer coach. The dialogue in the story is designed to be very **direct** and not concerned with literary rules - - - since it mirrors the **idiomatic** way most of us unconsciously speak to ourselves and others.

The story begins with Jack losing a tennis match to Pete which has never happened previously. Jack is beginning to wonder what has happened to him lately and why his depression at home and work is now with him during his tennis matches which he used to love. He's been so caught up in his own world that he never even thought of asking Pete what he's been doing to improve his game. Jack is unaware of the lessons Pete has been taking during the past six months and how those lessons have finally allowed Pete to win this match. Jack has also been noticing this old guy (*Bob*) sitting in the stands watching their matches of late and wonders why he's there.

The story contains a powerful universal message that goes beyond Jack's life to the bottom line of what keeps **many of us** trapped **inside the box of positive thinking**. If the reader pays close attention to **his/her thoughts** while reading this dialogue he/she will discover how positive thinking limits his/her performance.

# How to Think Outside the Box

As Pete leaves the match heading for the locker room we find Jack sitting on the bench with his head between his legs wondering what the hell has happened to his life. After several minutes of frustration, Jack finally puts his racquet away, picks up his bag, and starts walking off the court.

As he approaches the gate to leave the tennis court, Jack is still talking to himself and oblivious to everything else around him when he's surprised to hear another voice say - - - "***I know what your problem is Jack***".

As Jack looks up and opens the gate to leave the court he sees the old man standing by the gate and hears the deep voice echo once more - - - "***I know what your problem is Jack***".

Jack: Who are you and how do you know my name?

*Bob: My name is Robert Warren and most people I know call me Bob or Coach. If you'd like, you can call me Bob. I overheard Pete mention your name on the court so that's how I've come to know your name.*

Jack: Are you a tennis coach?

*Bob: Yes and no Jack. Some people mistake me for a Life Coach since I've coached people in all walks of life. I've also been referred to as a tennis coach, golf coach, etc., and I prefer to think of myself as a Business and Sports Architect.*

Jack: I don't think my life or tennis game is a problem. It's just that I had a bad day and that's the reason Pete won the match.

*Bob: Really Jack! You just had a bad day? From my observations I'd say you have a problem with the way you think **before** - - - **during** - - - and **after** the match. I also think you've had a lot of bad days recently.*

Jack: I guess you don't know me that well Bob since everyone else knows I'm a positive thinker.

*Bob: I've been coaching positive thinkers since 1986 Jack and I know the problems that result from thinking inside that box. Matter of fact I began talking about The **Cure** for Positive Thinking in 1986. What were you doing back in 1986 Jack?*

Jack: I was on summer break between my junior and senior year of college and assisting the local tennis pro with his summer camp. He's the pro who first introduced me to positive thinking and how to rehearse and strategize before my matches.

*Bob: Perhaps you've never realized how powerful that sort of thinking is since it's kept you from hearing about the cure for the past twenty years. Listen Jack I don't want to bore you with what I think is not working in your life and tennis game right now; however, you might want to see me next week before your match with Pete.*

*We could have a conversation prior to your match that I **promise** will make a difference in your future performance on and off the tennis court.*

Jack: Thanks Bob - - - but I don't think I'll have any problem with Pete next week. He just caught me on a bad day. If you're around next week I hope you'll enjoy watching me kick Pete's butt. Nice talking with you Bob.

*Bob: Same here Jack! Look forward to seeing you next week.*

As Jack left the club he was somewhat annoyed with Bob suggesting he had a problem with his life or tennis. Who the heck is this guy anyway and what the hell is a Business and Sports Architect? Furthermore, everyone else in the world is familiar with positive thinking and how to avoid negative thoughts. Throughout the week Jack found himself struggling with Bob's comments about his game and wondered how long Bob had been watching him play. He hadn't noticed Bob in the stands until just a few weeks ago.

During the week Jack struggled with his depression at work and even at home. Jean kept asking him if he was ok, and Jack was just too afraid to let her know how despondent he was with life. At work he tried to stay busy and still found himself daydreaming and not wanting to concentrate on the upcoming budgets for his department. At his son's soccer games he found himself thinking about what Bob had said to him.

By the time next week's match arrived, Jack found himself heading to the courts an hour early to see if Bob would be there again. He'd let Bob know that it was just his curiosity that got the best of him since he didn't think anything was wrong with his life or tennis game. Sure enough there was the Bob sitting in the stands as Jack approached him.

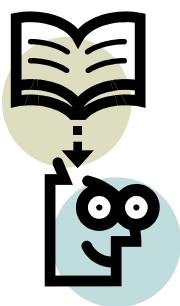
Jack: Hey Bob - - - I've been thinking about what we discussed last week and even though I don't think I need any help with my life I was wondering what you might know about my tennis strokes; especially, my forehand.

*Bob: Glad you decided to stop by Jack. Let's take advantage of the hour you have before your match with Pete and see what we might accomplish together. I don't work with tennis techniques Jack - - - matter of fact - - - I don't care how you hold the racquet - - - what sort of string or tension you use - - - the manufacturer of the racquet - - - type of tennis ball, etc., etc. I have **one thing** and **only one thing** I work with Jack and that's your conditioned mind. Everything else will take care of itself once we apply the **cure** for positive thinking to your life. Your self imposed restrictions will fall away once you're present to your chronic and compulsive thinking.*

*To take this a little further - - - it's not even **your** faulty thinking that I'm working with Jack since it's a common or universal problem with most people. **Common sense** is the most under utilized thinking in the world Jack. Life and tennis are inherently simple when you find the cure for positive thinking. So why don't we step outside the world of tennis and examine what might be bothering you at home, work, and on the tennis court. Why don't you start off with another question Jack?*



To continue reading *How To Think Outside The Box* and to learn more about **Architectural Redirection** ... the **Cure** for Positive Thinking, you can purchase this book download from our “Books” page on [www.inthetech.biz](http://www.inthetech.biz).



All our literature, both free and for purchase, consistently discusses the universal architecture of mind... and how to easily navigate through all the levels of thinking at will. This material is for a **lifetime** of ongoing development into how structure determines performance. As Albert Einstein said, “*One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery every day.*”

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