

What If Your Mind Caught a Virus And You Didn't Realise It?

From the Forward by Dr Paul Stolz, Author of 'Adversity Advantage' and 'The Adversity Quotient'

"Some writers inspire. Others research and instruct. Few can do both. To the tremendous benefit of you, the reader, Stuart has achieved the Herculean task of integrating some of the most evolved thinkers of our time, weaving their best work into a single integrated strand of wisdom."

Thought Viruses is a truly integral achievement that is both provocatively inspirational, and intellectually stimulating. Each page is packed with more gems than some entire bookstore shelves. And rather than being targeted to the despondent and broken, this book is for anyone who wishes more from life.

Now is the time to address the deep, inner viruses that can hinder us from ever taking that first step. In this readable and potentially transformational work, Stuart shines a vital light on the mental dis-ease or Thought Viruses that can hobble our effectiveness and fulfilment.

Like termites eating away the framing of one's home, Thought Viruses can weaken, even collapse, one's optimism, energy and momentum. How much life is wasted worrying about life? As Stuart makes clear, with the proper principles and practices, you can readily begin to close the gap between your current and ideal life, living more fully in each moment".

To buy the adobe version of the book 'Your Quintessential Self – Eradicating Your Thought Viruses', paypal your payment of £15.00 to stuart@thoughtviruses.com (Your book will be sent within 24 hours.)
Guaranteed – Full 100% refund if dissatisfied in any way.

Your Mind Does Not Automatically Have It's Own Protective 'Firewall'Understanding The Ideas In This Book Will Be Like Installing One

We are all highly aware of the potential virus problems that can happen on our computer systems. In addition, over the last hundred years, we have become more and more aware of the various biological viruses that can literally zap our health and when they are extreme, they can even kill.

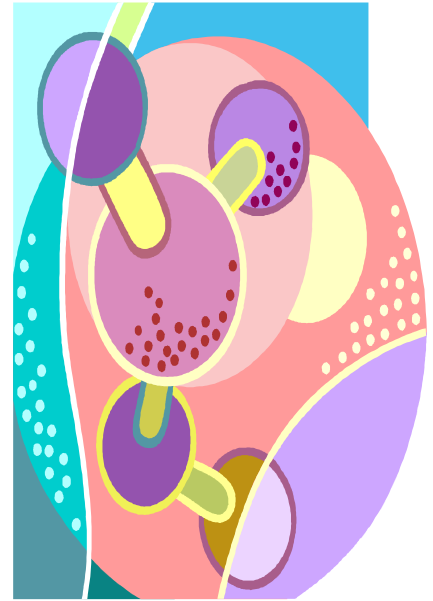
On our computer systems, we have virus-checking programmes, and we have virus-cleaning programmes. In the physical health world we have virus inoculation processes. We have drugs to cure viruses, and most of us are aware that we can take preventative measures to protect ourselves from diseases.

However, what happens when it comes to the diseases of the attitudes - the viruses of the mind? **What are you doing to protect yourself from the prolific bugs that can get inside your mind?** How do you keep check and inoculate yourself against the epidemics of dysfunctional thoughts that surround you most of the day?

"I have read extensively for twenty years or more, but never have I read anything as powerful and insightful as Thought Viruses. Despite reading the Personal Development genre of books, I was still stuck within the boundaries of my own thoughts in several areas. Sure, I had refurbished my mind with a better 'belief system'. However, no other body of work was strong enough to place my assumptions, beliefs and thoughts into a subservient role.

Rob Rave – Business Development Consultant and Coach - The Solutions Game

What are you doing about the Thought Viruses that can infect your neck-top computer?



*Are you responsible for creating your experience of reality?
Or do you leave it to your highly irrational Thought Viruses?*

Most people think that their enemies are external in the current climate, eg. competition, etc. However, the greatest enemy is within your own thought. If individuals are not provided with the awareness and tools to uncover their own errors, bugs and viruses, then our organisations, our homes, our lives run the risk of escalating problems and the continued crises and malaise can only get worse.

Now as you continue to read on you will discover that there is a cure. Your awareness of Thought Viruses is like installing the 'Firewall' for the mind.

Beware, no environment is a virus free zone, there are just varying degrees of toxicity. It is in your business, it is in your home and it is within your family. No group is ever totally free from these complaints, there are just varying degrees of dysfunction. (Part of my very strength today is that my family came complete with every extreme thought disorder known to man!)

Even though there is a vast amount of craziness in the world, you can personally set yourself free. **You can break the barriers of what once limited you.** You can even begin to Sculpt Your Life into a Masterpiece, and become part of the solution to the planets problems. There are a growing number of people working at curing this world's 'normal' stupor, so you will not be alone.

Achieving Your Material and Financial Dreams Is The Easy Part. Staying Fulfilled and Not Sabotaging Your Dreams is the Hard Part

I have been assisting people fulfil their dreams for twenty years now. In 1991 I created a development program known as "Sculpting Your Life". This programme today is still helping clients to create greater balance and become whole, whilst at the same time developing greater clarity and focus for what is of value to them. (See "Sculpting Your Life" here.)

It is still one of the best Goal Achieving programmes available. Client's like the "Million Dollar Round Table" selected it as the best workshop at their 1996 Conference in Anaheim.

"You faced a demanding audience and you performed with distinction. You personally achieved the highest overall rating as judged by the delegates. Your ability to make such an outstanding contribution at the world's most prestigious professional and personal development event is a special achievement!"

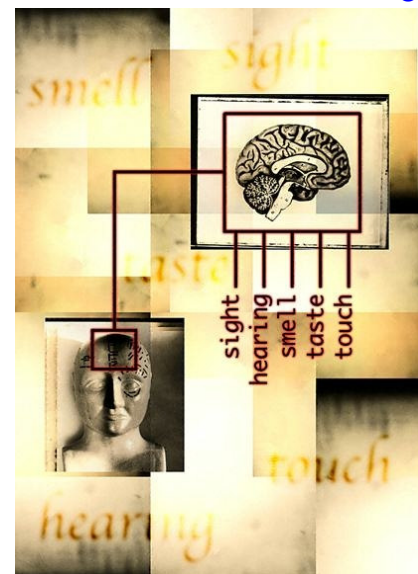
**Walter G. Schnee. President 1996,
Million Dollar Round Table**

Clients achieve their dreams much more quickly and easily as a result of this workshop module. Fifty percent of my clients become more creative, wealthier, more fulfilled and very importantly, continuously evolve.

However, for the other fifty percent of clients it is usually a different story. They achieve what it was they said they really wanted, but then they begin sabotaging their life in other destructive ways. Seeing this trend in clients was easy, as I had experienced a similar self-destruct mechanism in myself. In my mid twenties, I had experienced my mind playing many tricks causing many problems. I knew that I had to 'cure' whatever it was that was stopping myself and my client's from getting what they said they really wanted.

"The diseases of the mind are more destructive than those of the body."

Cicero



Diseases that are so common, so normal, that by the most part they go completely unchecked are strangling your achievement levels.

Therefore, as things went wrong for clients I began to pay close attention to what was going on. I did the same thing with my own life, particularly when I seemed to achieve the opposite of what I wanted. This is such a common occurrence that you would think that there was a large reward for achieving the opposite of what you say you want. A breakthrough soon began to emerge.

I discovered like many before, that my **thoughts** are the problem. At first, it did not seem possible that my problems and my client's problems could be just a result of dysfunctional thought.

The great truths of the greatest minds became clear to me like Cicero who said **'The diseases of the mind are more destructive than those of the body' were very accurate.**

Within the "Sculpting" work, I had developed a simple metaphor called Thought Viruses. It introduced some simple thought-beliefs that could stop a person succeeding. This seminar highlighted many patterns of thought that pull a person in the opposite direction to what they say they want. The most simple examples are those statements like "I can't" and "It's just not me". (However, there are 100's of others.)

Statements like this will stop you in your tracks from any form of growth and success. These patterns are 'standing in resignation' statements or 'frozen beliefs' and they are fatal to achievement and fulfilment. Rigid patterns like these will be a serious problem to anyone who wants to achieve more. Even though these are just thoughts, they have the power to trap you and mislead you.

By Curing The Invisible Enemies Anyone Can Become Their Quintessential Self

This model of discovering what is important to a client combined with Thought Viruses has proven to be very successful in helping many people. By curing the 'invisible enemies' anyone can become their Quintessential Self much more quickly and easily. Fact. It is the missing element in most personal development programmes. See the **Quintessential Self** Here

The difficulty lies in escaping from the viruses corrupting our neck-top computers.



If you don't 'see' your Thought Viruses, they are controlling you.

During 1997, a computer virus on my PC caused serious malfunctions and stopped its operation for over a week. A computer engineer carted the machine away in his van; it felt like he was taking away an infected loved one! Then it hit me. I woke up yet again to the Thought Viruses that corrupt our neck-top bio-computers.

In a flash, the insight took hold of me even deeper than before that Thought Viruses are the major problem in our world. **That 'thought' is wrong and that 'thought' is self-deceptive causes grave problems and errors.** From being just one of the many models in my coaching practice, Thought Virus became one of the major pieces for eradicating what is preventing clients' Quintessential Self from emerging. The 'real you' showing up in your life is the Missing Element in most development practices and without it, nothing can ever satisfy.

"The shift of mind achieved through Stuart's very unique book is like having a turbo charger attached to you, with one very important difference. Turbo chargers simply boost the power of an engine, they do nothing to inherently boost its inner workings or to make it more efficient.

When the turbo charger is removed, the output returns to 'normal'.

My experience over about 18 months has shown me that Stuart's Work is transformational. It's as if the turbo charger becomes integrated into the 'engine' of your being. **The authenticity and confidence of the Quintessential Self can never be taken from you because the 'source' is you.**

Richard Hammerton – Managing Director – Mortgages UK

Being Fulfilled Now and Not Going Back To Sleep, That Is The Challenge!

Within a couple of years of observing my own life, that of my family and my clients, I distilled from the many destructive thought-beliefs down to the seven major Thought Viruses. It became clear that these seven caused the majority of our problems and more importantly for clients, caused under-performance and self-sabotage.

Repeatedly hundreds of clients have worked towards their goals. Whether they were pursuing business, wealth, love or some kind of personal goal a similar problem would emerge. As I stated a moment ago, I would observe repeatedly, clients failing to achieve or sustain what it was they said they wanted. Some would find their dream partner, only to later sabotage the relationship. Some pulled off great financial and business feats, only to either loose it all a little later.

Other client's would sustain their success (whether relationship or business) but would totally loose their drive, purpose and passion after a while. They would fall asleep to what they had achieved and to the potential of what was still possible. **Only a tiny percentage of clients would feel alive most of the time, regardless of where they were on the road to their dreams and aspirations.** Until this body of work emerged.

Over the years whilst working with hundreds of entrepreneurs, business owners and artists of all kinds, the invisible enemies that prevent people from continually tapping their potential have evolved. What is available now is a vast body of work which shows how the societal conditioning that all of us receive, actually works against you, reducing your potential.

Think of Thought Viruses as simply comprising of miss-information. The vast media machines continually feed us failure messages, distraction messages, emotional incompetence messages. Miss-information is no longer just pouring through from your close social and family group. Oh no!

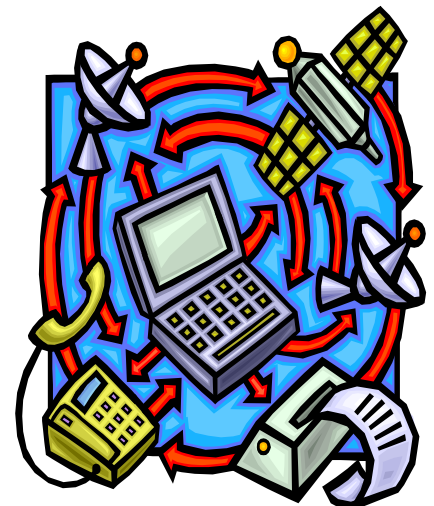
Because of the technological age that we live in now, we all receive a continuous drip feed of complete mumbo-jumbo that nobody can completely avoid. **The weapons of mass communication are everywhere now. Just as nobody can avoid all biological viruses, nobody can avoid all the psychological viruses.**

However, just as we can improve our biological immune system and can even strengthen it; we can drastically improve our psychological and emotional immune system. This is the 'Firewall' for the mind spoken about earlier.

This is what the first book is all about. This work provides hundreds of ways of eradicating the major Seven Thought Viruses. When you have these under your complete observation, you are then free of their control. There is then a huge pay-off for you. The problems that you once self-generated are no more and you begin to journey onwards and upwards without the usually accompanied self-generated problems.

Over the years, a software tool known as the Thought Virus Prognosis has continued to evolve which discovers what specific Thought Viruses a person suffers from. When a new client comes on board, this diagnostic tool is useful for providing some clues as to what holds them back from achieving what it is they said they want. [Take the Thought Virus Prognosis Here](#)

The Weapons of Mass-Communication Are Everywhere



The vast media–distraction machines continuously feed you failure messages and emotional incompetence.

It is relative easy to achieve what it is you say you want. The science of goal setting, (although still sadly lacking in the majority of individuals) works very well. What is extremely difficult is sustaining any achievements. Also rare is the person who can use those achievements as a springboard to move further towards the next level. Moreover, rarer still is the individual who is still fulfilled while they are working towards their achievements and after they have reached them.

Upon observing the myriad of ways in which high achievers would self-sabotage, I began to run clients through the Thought Virus Prognosis tool for a second time. To my amazement, a recurring pattern emerged from those clients who were achieving, but were not happy, or whom had lost most, if not all of what they had once achieved. What became clear was that there are seven major Thought Viruses that all of us are very susceptible to. All of us!

The Dis-ease of Mass-Mindedness

These Seven Deadly Viruses cause the great majority of your problems. They cause the decline of a business, the death of relationships, the inability to achieve the next level of performance and death creativity and innovation. They also create the inability to experience any satisfaction or sense of fulfilment

As you begin to look into what is happening in the world today you begin to realise just how many people and groups want to keep you in the dark. The media certainly do not want you to emerge with any degree of awareness or discernment. If more people woke up then who would read and watch their trash?



Do you want to be a 'normal human' and perpetually suffer from the same problems year-in, year-out?

The tabloids and many of the most popular magazines only teach us to be voyeurs into the latest so-called celebrity. There is a huge amount of useful knowledge on the Internet. The trouble is there is just as much garbage, junk and miss-information as well. It is so easy to be fuelling your mind with the equivalent of a mental junk-food diet.

Then there are all the marketing messages that are only conditioning us to be consumers and not creators. Look how brand crazy people are today. Do you think all those marketing messages work? Of course they work! ***They are another type of Thought Virus.***

Did you know there is even a type of marketing known as 'viral marketing'! This is another thought parasite that forces you to buy things you do not want or need. Scary! But where is the antidote? Not in your Doctor's prescription pad that is for sure.

Today with the information and technological explosions, all kinds of useless brain operating programmes infect us all. It is not your fault. It is like saying that the accent you have because of where you were born is your fault.

We are all infected and nobody is to blame. I struggle with the same Thought Viruses everyone else does. We are all born into various forms of insanity, into a world that deludes each of us in different ways. Self-deception is happening so often in most people's lives that it becomes the ultimate reality. However, ***it is thought and knowledge that are diseased – not you! But you are allowing yourself to be infected.***

“The moment I became aware of my old habitual conclusions, the momentum of thoughts began to reduce their hold. I began immediately to break out from my own self-induced limitations. If you are serious about moving beyond the mediocrity of ‘normalcy’ this is a truly liberating read!”

Ian Mayer – Managing Director, Mirata Ltd

All of Us Swim In A Sea of Dysfunctional and Harmful Thought

Aldous Huxley, in a 'Brave New World' warned us that humanity would come to love the technologies that will take away our creativity, our ability to think and our critical faculties. When these essential human faculties die and atrophy we are quickly taken advantage of. Today Huxley's warning is materialising, as entertainment, commercialism and brands have spread like a plague into every arena of politics, religion, the media and commerce. There are few arenas that are not infected with either a sense that they must 'entertain' or that they must 'sell'. *They do not want you to wake up and see what is going on!*

We swim daily in a sea of miss-information. This then forces us to live a life of mediocrity. Mediocrity in Latin means 'half way up the mountain'. You never arrive because you never really leave the past behind. This Thought Virus is 'Terminal Normality' because this kind of thinking only leads to being normal. 'Normal' in today's world is not healthy, not freeing, not creative and is not fulfilling.

Terminal Normality is everywhere so you do not see it. You take it for granted and very rarely challenge it. You do not see it usually unless you travel to where their 'normal' is different. Upon your return home, your own 'normal' then stands out.

Becoming aware of how the 'pull' and influence of the masses is towards mediocrity and unawareness is the first major Thought Virus for understanding the potential liberating nature of this work.

What you want to be is exceptional. As you keep reading, I will show you how.

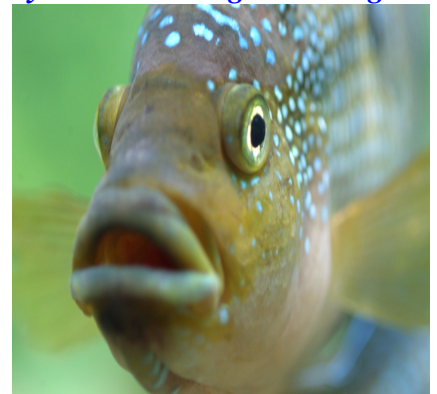
It seems initially that it is easier to go along with 'group-think' than it is to think for yourself, but this is an illusion. By taking the easier route in the early stages of life, life gradually becomes harder (and less fulfilling). However, by taking the harder route in the early stages of life, paradoxically life becomes easier and definitely more fulfilling. ('Harder' means to apply the effort to think for yourself, that is all.)

When Terminal Normality is realised you begin freeing yourself from societal conditioning and you find your own voice and your own 'way'. You realise how our most ordinary levels of 'thought' are collective in origin and are shared in a viral type way. Because of miss-information and much of society being mentally and emotionally a sick society, what happens is that fear, doubt and prejudices reach epidemic proportions very quickly.

Because we are swimming in delusions, they mostly go by unnoticed and unchecked. But not for you. Most people in the world just keep on reinforcing their stuckness and their problems. But this cannot be so for you if you really aspire to live a meaningful and achievement-filled life. Most people are so frightened of uncovering their own programming garbage that they just keep on repeating their errors.

To achieve your fulfilment, one only has to break free from the highly virulent, mediocrity inducing Thought Virus. Eradicating the way in which the mass-mind would have you 'thought' has always been the common denominator for leading a life full of meaning and purpose.

The cause of your problems lies in your un-investigated thought



*“What water?” asks the fish.
“What consequences of thought?”
asks the normal person.
“It is just telling me how things
are, isn't it?”*

“This work will awaken you to your Quintessential Self, which is about controlling your own mind, enabling you to create your life and your business the way you want it. By mastering your own mind you can begin reducing the infection of not only your own personal Thought Viruses that you are already carrying, but also the multitude of transmissions of dysfunctional thought created by our environments.”

Peter Griffin – Managing Director – The Really Huge Property Company

What Most People Believe They Are Prevents Them From Unfolding To What They Could Be

Most people are not aware of how their beliefs, thoughts and images they hold of themselves either shackle and limit their behaviours or enable and expand the possibilities of what they can do. The identity, image and concept most people have of themselves lies on a continuum ranging from an emotional pygmy on one end and an inflated egotist on the other end. However, the roles that people usually take on limit and bind their life regardless of their ego strength.

The Thought Virus body of work defines this as ‘Inflammation of Ego’ and a case of ‘Mistaken Identity’ and these complaints are behind most of humanity’s problems today and our inability to solve them.

What this Thought Virus states is that each individual takes from the collective pool of thought some images, roles, opinions, rules or even physical things. They then base their sense of self upon these things. Instead of perceiving these roles as just a passing and fragmentary aspect of the Self, over the years we become the same as these roles, the same as the things. This greatly restricts and reduces ones ability to function in the world.

The world is dynamically changing, but what Mistaken Identity will do is have you reacting today in ways that are no longer appropriate. Even if the way you reacted to the situation was appropriate yesterday, this reaction today will not suit the reality of the situation now. Also, because what most people take as who they are, there will also be high degrees of insecurity because their sense of self is built upon a fallacy that is very unstable.

This work builds upon the research of some of the greatest minds that have ever lived. It draws upon a vast body of research that spans fields of psychology, the neuro-sciences, memetics, philosophy, the great traditions and physics. It has some of the work from the Physicist and Philosopher Dr David Bohm whom many have heralded (alongside the likes of Albert Einstein) as one of the wisest individuals of the twentieth century.

What is new is the synthesis of all these ideas. What is new is the bringing together of ideas from some of the latest research together into the Quintessential Self and the Seven Major Thought Viruses models. These are easy to understand and easy to remember and once they are observed, the cure has begun. The history of Thought Viruses can be found here. More important than any of this research, is the work’s application in the world of real people and real business. The work has proven itself repeatedly. One of the world’s top Performance Coaches Paul Stolz has said this in the forward to the book;

“Finally we are offered a substantive book that enlightens us on why the gravitational pull of mediocrity and disengagement are so great, along with a real anecdote to live a robust and enthralling life.

Absorb these teachings, and your heightened consciousness will help you be more fully alive, as well as to be more awakened to the ripe glory of everyday life, in spite of whatever adversities you may face.”

The tendency for us humans is to identify with our roles, possessions, status, titles, positions, and bank balances. We then believe that this is all who we are.



“By seeing in yourself the viruses of ‘Mistaken Identity’ and ‘Inflammation of the Ego’, many of your nagging problems stop. Thought Viruses create blind spots and misperceptions. Therefore, when they are cured, most of your problems are eliminated.”

Are You Merely a Thought Process?

Are You Just Merely The Contents of Your Mind?

No!.....Not Any Longer Can Soon Be Your Reply

Once you read and understand this work:-

- ***Your Self-Control Will Increase*** – You will no longer be under the unnecessary submission of any of your lousy thought-beliefs longer than necessary. Neither will you be a victim to your cultural inheritance or your upbringing.
- ***Your Self-Understanding Will Improve*** – You will discover what it is like to finally ‘stand’ upon the rock- solid ground of your real authentic Self, your *Quintessential Self*.
- ***Clarity of Direction*** – When thoughts are not in control and integral awareness exists, your life will begin to unfold to a ‘higher order’ as you discover your relationship with the implicit order of the universe.
- ***The Experience of True Fulfilment Now*** – Not through striving for some future, promised ‘thing’ or achievement, but as a result of living with reality NOW.
- ***More Relationship Bliss*** – Everyone is guilty of adding *fuel to the fire* in relationship battles and conflicts unconsciously created merely through your habitual thoughts.
- ***Irrational Thoughts Force You to Underachieve*** – The ‘Thoughts’ you have had have enabled you to get as far as you are today. They will not get you to where you want to go. Without a realisation of your current restricting, limiting thoughts, you cannot get anywhere near your Goals and aspirations.
- ***To Expand Upon Your Emotional Strength*** – This is not some ‘touchy feely way of accessing your emotions. This is about eliminating self-defeating habits of thought and self-defeating ‘felts’. (Yes, ‘felts’, not feelings.)
- ***The Facts You Should Know About Your ‘Inner Enemies’*** – Immediately you will learn how to observe the boundaries, restrictions and barriers that usually have you creating a reality that is the opposite of what you really want.
- ***The 9 Integral Awareness Perspectives That Can Enable You to Master Yourself*** – With the control of Thought Viruses, you will uncover your authentic Quintessential Self.

This book contains hundreds of tools and methods that can break you from thoughts hold. The techniques can stop the recycling of old thought patterns for you. This book and its accompanying work reiterates repeatedly in different ways the distinction between the content of our memories (thought) and the capacity to think. Permanent change occurs when you are aware beyond thought. As Dr David Bohm informs us, “Observed thought behaves differently to unobserved thought.” By observing your thoughts, you do not have to act upon them. As you will discover, thought has extreme limitations. ***Thoughts, beliefs and dispositions no longer entrap or limit you.***

Remember that most diseases carry with them their own cure. Thought Viruses work in a similar way. Part of the path to the *Quintessential Self* is about catching yourself when you stumble and make an error. You will make some mistakes, everybody makes errors. ***With this work as a guide, you begin rapidly making fewer mistakes and begin to eliminate thought created problems. Then you begin the rapid ascent to your dream life. This is your pathway to you being the Quintessential Self.***

To buy the adobe version of the book ‘*Your Quintessential Self – Eradicating Your Thought Viruses*’, paypal your payment of £15.00 to stuart@thoughtviruses.com (Your book will be sent within 24 hours.)
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