



Chapter Five

8 Gates to Success

An interview with...

Sandra W. Baker

David E. Wright (Wright)

Today we are talking with Sandra Baker. Sandra is a Master Rapid Eye Technician and trainer, an Intuitive Life Coach, author, and speaker. Through her personal experiences and private practice she has intimate knowledge of releasing emotional pain and stress and has assisted thousands of individuals transform pain and adversity to a life filled with passion, love, and joy. Her transformational sessions and seminars grab the core issue rather than the symptoms and replace limiting perceptions with possibilities. Her products are designed to bring individuals back to remembering their “True Self”—a state of wholeness. She is currently authoring a program called *Awaken the Light Within: How to Create a Life of Peace, Joy and Love*.

Sandra welcome to *GPS for Success*.

Sandra Baker (Baker)

Thank you, David.

Wright

Within the context of this book what does success mean to you?

Baker

My own definition of success has changed over the years of setting goals and achieving them, as well as *not* achieving them.

So many individuals are waiting for a specific goal to be accomplished or event to occur before they can claim success. I believe, as Ben Sweetland stated, "Success is a journey, not a destination."

It comes from the journey of life's lessons of wins and even more so in how we handle our losses. It is through these lessons that we have the opportunity to come to know our true selves. These experiences mold and develop us, if we allow them. Instead of asking, "Why me?" we can ask, "What can I learn from this?" It is through this seeking we can discover who we are and what our purpose on earth is.

Viktor Frankl, one of my heroes, was a psychiatrist and survivor of a Nazi concentration camp. Although he was stripped of all physical necessities and subjected to immense pain, he found meaning in his life through the most difficult circumstances. He discovered success in his journey of the Nazi concentration camp by learning *how to live* rather than giving up. He kept himself and others alive by remaining hopeful. He would imagine seeing his wife again and dream of giving lectures after the war on the psychological lessons he learned. While in the camp, he assisted those who were suicidal. He also gave lectures on health and cared for the sick. He learned how to keep his ultimate freedom, his mind. He was able to meditate and manage his thoughts. In his book, 'Man's Search for Meaning' he states, "Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation."

Instead of asking, "Why me?" He asked, "What can I learn from this?" He discovered his True Self through finding meaning and purpose to his life in the most dire circumstances. To me this was the ultimate success.

We each can realize our own success in the journey of our lives. We can discover our True Self—the love within us or our God-like nature. I believe our purpose in coming to this planet is this journey of self-realization. As we find this self that has been hidden from our view, we automatically experience more love, peace, gratitude and joy. This is success.

Our authentic or true self is hidden from our view with what I refer to as a “deceptive identity.”

Wright

What is a deceptive identity?

Baker

A deceptive identity is a false sense of self that we pick up at a very young age through programming of negative thoughts and feelings. These can come from parents, teachers, or anyone who may have influenced us. These also can come from our own self-talk. You know that inner voice. Sometimes it is referred to as a “drunken monkey” because it sits on your shoulder and chatters away. It just won’t shut up. This drunken monkey is more than limiting beliefs that tell us we’re not good enough or that we can’t do it. This is negative programming that becomes part of our identity. It feels like our truth. Examples include: I’m unlovable, I’m unimportant, I’m a mistake, and so on. These false perceptions become our reality and distract us from seeing our true, God-like self. This identity takes us further from feeling love or being the love that we are.

Growing up the youngest of seven children, and a twin, I often found myself competing with my sister for my siblings attention. Tammy and I are fraternal twins; she had strawberry blonde, natural curly hair, while mine was dirty blonde and straight. At a very young age, I took on the belief of being second best or unimportant when I noticed her getting more attention. This thought became a belief and ultimately my deceptive identity. I carried it with me throughout my life and it unconsciously affected the way I thought about myself. Anytime it came to competing for something such as a tennis match or even running for student body president in high school, I usually came in second. I assumed people saw me this way, and I self-sabotaged to live up to the unconscious belief. This deceptive

identity took me further from feeling love or being love. It took me further from being my True Self.

Wright

How do you measure this success or know when you have achieved the True Self you refer to?

Baker

Because success is a continual journey toward this True Self, or love, it can be measured by the quality of life you are experiencing now. I simplify this process by dividing it into three basic categories.

1. Career/Money
2. Health
3. Relationships

If you are not experiencing healthy relationships, for example, we would begin to look at all the parts of you that create unhealthy interactions or block you from experiencing love in your relationships.

I believe we are the full creators of our lives, and whatever we are thinking and feeling inwardly, we create outwardly. This of course applies to our physical and emotional health as well as our careers and the amount of money we bring in.

By being aware of how life looks for you now, we put together some proven strategies to create success in each area of your life.

Wright

What are some of your proven strategies to create success?

Baker

The steps I take clients through I call *8 Gates to Success*. Eight is a number that represents infinite possibilities. The gates represent openings or doorways to your True Self. By moving through these eight gates, you have the ability to experience more love and success. The gates are:

1. Seek
2. Desire to Change
3. Imagine—Create with the End First
4. Be Aware
5. Discover your Deceptive Identity
6. Find the Message of Love
7. Choose to Break the Pattern
8. Meditate on the Go

Seek

This means ask questions. Seek answers to the truth of who you are and what your purpose is here on earth. Our spiritual help is eager to assist us in discovering our truth, but without questions, it is difficult to receive answers. Begin asking to see yourself through God's eyes or the eyes of unconditional love. As I stated earlier, asking "Who am I?" and "What is my purpose?" are two of the most powerful questions you can ask in this lifetime.

Desire to Change

This sounds so obvious, but many individuals are going day to day letting life live them. They are putting out fires, struggling, and trying to make life work. The problem is that they don't realize they can have something else. They don't know what is possible for them. Pain is an incredible motivator. Most people don't desire to change when life is blissful. As problems become painful enough, we seek change. This is when we move into the possibility of choosing to live life. We become aware that we are the creator of our lives and can create something else.

Darin came to see me because his wife wanted a divorce. He thought their life was good and was blindsided when she requested separation. His job was successful, their children were all doing well, most of them grown and starting families of their own, and he considered his life a success. He did not realize how miserable his wife was. Relationships were not one of his strong points and he did not know how to connect to another person authentically. This had never been a

problem for him (he thought) until now. The divorce became a motivator for change.

Imagine—Create with the end first

Using imagination creates hopefulness or possibility of something else. Create with the end in mind first. Use your imagination to create a desired end result; this creates clarity of your mental picture. Everything that exists now began first as an idea born from imagination.

You may also use your imagination to choose an emotion to remember a time you felt love, joy, or peace. Most of us, at some point in our lives, have had experiences where we have felt love and gratitude.

I have come to realize that when we want to attain a goal in life, it is really a feeling that we are seeking—the feeling of success or achievement we strive for by obtaining that particular goal. For example, when we want a successful career and plenty of money, we may want the feeling of contentment, security, or freedom to do what we want. By imagining this as already so, you can bring in those feelings of security right now.

Get clear on the end result and as you focus on these wants, the action steps will come to you. When you are able to act out of inspiration to ideas rather than from a fear of lack, you are in harmony with your True Self.

Be Aware

Start paying attention to how you feel throughout the day. These feelings are in direct correlation with your thoughts. When we are able to change our thoughts and feelings, our outer world transforms. We have approximately sixty thousand thoughts or five thousand messages running through our head a day. It would be a bit overwhelming to track your thoughts, so track your emotions instead. A good time to remember to do this is when you eat. Our stomachs tell us when we are hungry, so let this also be a reminder to check in with how you are feeling emotionally.

I created an emotional scale for my clients who had a difficult time identifying how they felt. Rating your emotions on a scale from one to ten simplifies this process. I got this idea from visiting a friend in the hospital. On the wall was a chart

rating pain from one to ten. “This is a great idea to use to create awareness,” I thought. Except in rating awareness, one represents hopelessness and ten represents joy. A five is feeling right in the middle at okay. This scale allows you to be aware of how you feel and choose to move up one level. Rather than trying to go from a two to a ten, just move emotions up one number at a time. If you’re in the lower five numbers, acknowledge where you are and ask, “What would I rather have?”

Discover Your Deceptive Identity

As I stated earlier, the deceptive identity is any belief that stands in the way of who you really are. These beliefs feel like our identity, or part of us, but they are not real according to our True Self. Discovering this false sense of self and our negative, programmed thinking allows us to question them and reprogram our minds to what we would rather have.

We can discover these thoughts through the upsets we have in our lives. Most of our upsets are created from someone or something outside of ourselves triggering our deceptive identity. An upset can be anger, sadness, frustration, or any emotion in the lower five on the emotional scale that says “I’m not okay.”

The best way to discover these thoughts is to ask “What do I make this to mean about me?” In other words what is your perception on this story?

For example, James came in to see me for anger issues. His anger was showing up in many places; one of those being on the road in traffic. He didn’t know why, he just knew he became very upset when people passed him or cut him off. In session, I had him close his eyes and replay a scene where he had experienced someone doing this to him. As the strong emotions surfaced, I had him allow the anger to be fully present. Then I asked why he felt that way. Underneath all of the thoughts of, “Because he’s an idiot and I’m not going to let him take advantage of me,” was the feeling that he himself was a loser. Someone cutting him off triggered those feelings he was already carrying within him.

When you can understand what’s under blaming another person or projecting your emotions on someone else, you can discover the years of negative programming and self-talk that are being triggered. You can realize your own

deceptive identity that continually drives your upsets. Those things you become most defensive about will be a good indicator.

Find the Message of Love

In order to break a pattern, we must honor, release, and reframe it, or choose what we would rather experience. The message of love is designed to do just that. Behind every negative, painful experience there is a message of love—a lesson that we wanted to gain on a soul level for experiencing this pain. These lessons of life mold and develop us and assist us in coming to know our True Self, if we allow them. If we don't allow or honor these experiences, they will continue to show up time and time again throughout life.

Jenny came in to see me devastated because her husband was having an affair. This was the second time he had been seeking relationships outside their marriage. She had huge fears of being left alone and abandoned, yet she couldn't stand the thoughts of him loving another woman and staying with him.

As I assisted her in seeing her own pattern of neediness and dependency on her husband, she was able to understand how her lack of love for herself created so much pain. She constantly needed him to give her accolades or tell her he loved her. As she sensed his pulling away from her, she became more dependent on him.

As we worked together, Jenny could see how she had looked to others her whole life to fill her with feelings that she was loved or okay. This was the underlying issue. She *needed* this outside love. As a little girl, she would perform to receive love and acceptance from her family. "If only I just do [fill in the blank] better, then I'll be loved." The constant need and looking to be fulfilled creates a life of pain. Once we removed her husband from the story, she could see how she had recreated this pattern repeatedly. Her husband's affair was triggering her deceptive identity of I'm unlovable.

The message of love in this experience offered her an opportunity to heal the pattern. Instead of asking, "Why me," she can now ask, "What can I learn from this?" She can begin to learn the truth of who she is through awareness, honoring the emotions, choosing to let those emotions go, and reprogramming her brain to have experiences of being love without something or someone outside herself. She can break the pattern and, as a result, set healthy boundaries.

Choose to break the pattern

The pattern for Jenny was an event triggering feelings of being inferior and inadequate going back to the decision or deceptive identity of “I’m unlovable” and her reaction or coping with this pattern was to make herself loved by doing more for others so they would acknowledge her. Yet she would still feel unloved because the pattern is within her.

The upsets in our lives can be our greatest teachers in letting us know we are in a negative pattern—a self-defeating cycle. Choose to break the pattern by saying, “I am willing to let go of thinking I’m unlovable; it no longer serves me. Instead I choose to be lovable.”

In order to break a pattern, it is necessary to have a new experience *physically, emotionally, mentally, and spiritually*. The body needs a physical learning to go with this new belief of “I’m loveable.” The heart needs to experience the emotion of love coming from within rather than without. The brain needs to understand the pattern. We need to receive a spiritual experience to confirm the feelings of love.

In James’ case of releasing anger, he was able to see he was in a pattern when the anger was triggered through someone cutting him off while driving. Being aware of the pattern, he now had a new mental understanding of why he got angry. This gave him a window to choose how to respond rather than react out of anger. He chose a new emotion in that moment saying, “I choose to trade anger for I’m okay.” As he practiced doing this, his body got a new physical experience of remaining calm, thus creating a new physical body learning. As he questions who he is without the anger issue and seeks spiritual confirmation of his identity, he is able to get glimpses of a magnificent being who can experience more love.

This process of coaching through upsets and discovering the message of love, is called “Awaken Within.” I use “Meditate on the Go” to reprogram the mind using daily habits. Rapid Eye Technology is an excellent tool designed to release the core issues quickly and reframe physically, emotionally, mentally, and spiritually.

Meditate on the Go

One the most common challenges with spiritual growth and personal development for my clients was their belief that they did not have enough time in the day to spend on themselves reading, writing and meditating. This is why Meditate on the Go was created. It is a program that teaches the “how to put it all

together.” It is designed to reprogram the mind to create new beliefs that can serve you rather than hurt you through everyday habits.

We have daily rituals we go through of showering, dressing, adorning ourselves, eating, driving, going to work, and so on. *Meditate on the Go* is designed to create awareness and keep you in the present moment where you are most powerful. It allows you to reprogram the mind by being present to your feelings, choosing your thoughts, and experiencing new emotions of love and confidence. *Meditate on the Go* is not only a concept—it is a workbook designed to go with you throughout the day to track your goals, be the creator of your ideal life, and empower you to make the changes necessary to experience joy in the journey.

An example of *Meditate on the Go* is while showering, your mind may be wandering all over the place with your to-do list. Instead, practice bringing your attention to the glorious water coming down over your head. Imagine your whole body, mind, and spirit being cleansed of any negativity from the past twenty-four hours. See all that pessimism washing down the drain. As you stand there, being cleansed literally inside and out, allow any ideas or impressions you have been thinking about to come in. This is where a lot of inspiration and million-dollar ideas are born. How many great ideas have you had in the shower? Get in the habit of asking and listening.

Wright

Do you have any other ideas our readers could use to manage their thoughts and feelings?

Baker

Learn to eliminate judgment throughout your day. It is the constant judgment our minds do that keeps us in pain. We compare ourselves to others, silently berating and beating ourselves up.

Become the observer of the thought without judging it—by imagining a puffy cloud floating by with your thoughts in it. This will give you the ability to observe it and release thoughts more readily. It gives you conscious power to choose the direction of up on your emotional thermostat.

Taking some deep breaths wherever you are is a very quick way to bring your attention to something else. You cannot feel fear while you are deep breathing from your belly. Breathing itself can actually release fear. Right now, inhale a deep breath of air and fill your lungs. Exhale, and as you do, release any negativity, using a sigh to release it. Bring your attention to your breath and see the negativity like gray clouds leaving your mouth. Don't you feel better already? It's amazing what simple deep breathing can do. Three cleansing breaths every hour will keep your thoughts from wandering too far.

When your thoughts seem way out of control and just won't slow down, use an eye patch. This is a simple technique to slow down the brain. Keep the eye that is patched open, this shuts down the opposing brain. This allows the other half of the brain to compensate the shutdown and it will begin communicating from left to right. This is how our brains function best. Patching for even five minutes on each side should make a noticeable difference. This allows you to get out of worry and fear and come to the present moment.

Wright

Can these negative thoughts and emotions affect one's health?

Baker

Absolutely—our emotions affect the health of our body. This is one of my favorite areas to measure success because our health is vital as an interpreter to what is going on with our emotions. Ignored emotions will eventually show up in the body as symptoms such as headaches and neck and backaches due to stress and tension. Stress weakens anything in the body that is already in an altered state.

Extra weight, for example, can be a way that you feel you need to protect yourself. Subconsciously the extra weight is there to help you feel protected or nurtured by overeating. I've had some clients who have realized that they put on weight to protect them from themselves. They don't want to be beautiful or they might attract a love affair they couldn't resist. Or they discovered they needed to test their spouse to see if he or she really loves them for who they are and not for the size of their body.

Most of us go through life taking our bodies for granted. We use and abuse them with the food we ingest, shortage of sleep, and lack of movement. I believe our bodies are here to serve us. They serve most of us for just for a few decades and then we lay them in the ground.

You are not your body; you are separate from your body. It is housing your spirit and it is up to you and only you to love and care for it. Consider it a gift for you as part of your existence on the Earth. Learn to listen to it. It is constantly talking to you. It may be telling you it is tired, hungry, or longs to be outdoors and wants more oxygen. Is it overly stuffed with food or stressed? What is your body saying to you right now? Listen and act.

You wouldn't put gasoline into your car from a gas station where the sign on the pump says "cheap gas—contaminated but cheap." You obviously know it's not going to save you money because in the long run it's going to hurt your vehicle.

Our vehicle is our body. It carries us through this Earth's experience. What are you fueling your vehicle with?

Wright

Earlier you stated you use Rapid Eye Technology to release core issues quickly. What is Rapid Eye and how does it work?

Baker

Rapid Eye Technology (RET) is a holistic process trained technicians use to release stress, anxiety, addictions, abuse, and trapped trauma of any kind. It clears negative programming, as well as our deceptive identity. We have the ability to release these beliefs when we're consciously aware of them. RET brings the whole body into a state of balance by simulating our own natural process of releasing through REM sleep, except that we're awake and conscious through the entire process. It's a natural modality that facilitates healing physically, emotionally, mentally, and spiritually. Many veterans have had great success using RET for post traumatic stress disorder.

It works by blinking the eyes to slow down the brain to alpha and theta consciousness. This allows the body to be safe to release trapped trauma. It tells

the body to go into a state of balance, light, dark, light, dark, by blinking and puts the brain in REM state.

The Rapid Eye Institute is in Salem, Oregon, and is licensed by the Oregon Department of Education. Rapid Eye Technology was founded by Dr. Renee Johnson in 1983. There are now thousands of technicians all over the world. You can get more information about Rapid Eye Technology through my Web site SandraWBaker.com and click on “RET” or find a technician through the Institutes Web site at www.rapideyetechnology.com.

Wright

You are an Intuitive Life Coach. What is that, and how does intuition apply here?

Baker

Intuition is a knowing about things. It is our sixth sense or inner wisdom. It's your own inner coach. Learning to use your intuition will save you a lot of time and assist you in learning the lessons you want in life. Imagine a life where you always know what to do and when to do it; that is what intuition provides you.

My job as an Intuitive Life Coach is to assist others in coming to the knowledge of who they truly are without their limited, distorted perceptions that are creating painful relationships, lack of love, time, money, and health.

I believe we are all incredible beings of love created equally from that love. Love is what we were created from and love is all we are. Anything else that we are acting from is not our truth. However, due to our distorted perceptions, we act from our deceptive identity creating lives of pain and sorrow. As we are able to understand that we are not our negative thoughts or our destructive actions or our bodies, for that matter, create an opening of possibilities to see ourselves as God sees us—the love we are. My job as an Intuitive Life Coach is to assist others in seeing themselves from this point of view.

Wright

How can intuition help create success for our readers?

Baker

Intuition is an essential piece to success. Learning to slow down your thoughts so you can receive inspiration is your own natural GPS system to guide you to be successful in all areas of your life.

Many studies have been conducted on using intuition in business. For example, research done by the New Jersey Institute of Technology studied the relationship between business success and intuition. It was reported that 80 percent of the executives whose companies more than doubled during the past five years had high intuitive abilities.

Wright

What are some steps to create intuition?

Baker

The following steps will help create intuition:

1. Practice quieting your own “drunken monkey” that keeps you in fear and worry. Do this by the steps we offered above. Deep breathe and imagine your thoughts floating by on clouds
2. Ask a question. It’s difficult to receive answers without a question. For example: “What is the next step for me to take to create success with my business?” or “What is the next step for me to experience more love?”
3. Use your imagination to put yourself in a serene place that can fill you with feelings of peace and quiet.
4. Listen. Many times I will use a pad and pen to assist me in this exercise. Write your question and allow inspiration to flow through you. Write down words or thoughts that come to you. Your intuition will never berate or criticize you. When you hear those thoughts, it is your deceptive identity creeping in. Intuition will be words of encouragement, love, and support. They may also come as negative hunches or feelings in your body warning you about something.

5. Take off judgment and trust. When you judge what you hear, it blocks intuition from coming in. For example, the judge in our head may be saying, "That couldn't be right. That doesn't make sense. That couldn't be possible." Keep asking for more information and clarity will come. By trusting what you hear, it allows more intuition to flow effortlessly.

As you can see, intuition can create an easier flow to the success we all deserve and can have. As we learn to listen and do the right action steps, we can experience a journey of love, healthy relationships, and an abundance of all good things including more time, money and health.

Most of us go through life believing we have to figure it all out on our own. Not so; I believe we are never alone. We have so much eager spiritual help around us that want us to succeed. We have angels and deceased loved ones who are here to guide and comfort us when we learn to listen.

My husband's first wife passed away due to complications in childbirth. This traumatic event left him alone to raise three young children and a newborn baby. Of course, it completely changed his life. He had to take on full responsibility as the breadwinner and fill the roles of both father and mother. He did this for ten years before we met and married.

Last year he was feeling confused with the loss of his career. The Real Estate market plummeted and he was overwhelmed with what to do. One day he was humming a tune in the shower and asked me if I knew the name of the song. It was a familiar tune from long ago. As he hummed it, he thought of Julie, his wife. She had wanted it sung at her funeral, which was a strange request, since at that time she was young and healthy. The song was "The Impossible Dream," by Andy Williams.

As we played the song and read the lyrics, I received overwhelming feelings of her admiration and respect for him raising those children alone. She knew what he went through. I believe she was with him during his pain and sorrow.

"To dream the impossible dream, to fight the unbeatable foe, to bear with unbearable sorrow, to run where the brave dare not go, to right the unrightable wrong, to love pure and chaste from afar, to try when your arms are too weary, to

reach the unreachable star . . . that one man scorned and covered with scars, still strove with his last ounce of courage . . . to be willing to march into hell for a heavenly cause.”

My husband, Doug, did go through “hell for a heavenly cause.” We all, at some point in our lives, go through hell for a heavenly cause. Although, we may not see the full heavenly cause from our point of view. Julie was acknowledging his sacrifice. The greatest success in her eyes was his raising four beautiful children on his own. She was very proud of him for this accomplishment. During a time of angst and stress in his life, she wanted him to know that he was an amazing man and highly successful! These feelings brought in new hope for him; soon after that, his creativity launched and he invented a new product that is now being sold nationwide.

Be open to feeling, hearing, and experiencing your spiritual help. You are never alone and they want you to succeed in all areas of life.

By following the steps throughout this chapter, you can experience more success in your journey. Honor all of life’s experiences. Choose the life you want and create it with intention. Be aware and release the old programming of limiting thoughts that sabotage you. You can recreate healthy thought patterns by Meditating on the Go. They will begin to transform your subconscious to success in all areas of your life.

Wright

Well, what a great conversation Sandra. I really do appreciate the time you’ve taken to answer all these questions for us in our book. I have learned a lot and I know that our readers will as well.

Baker

Thank you. It’s been a pleasure being here and sharing some of these tools that have worked for me in my life as well as in the lives of my clients. It is my intention that readers will be able to apply some of these techniques to their own life’s current situations so that they can access personal power and experience more peace, joy, and love on a daily basis.

Wright

Today we've been talking with Sandra Baker. She is a Certified Rapid Eye Technician, trainer, Intuitive Life Coach, author, speaker, and facilitator. She is currently authoring a program called *Awaken the Light Within: How to Create a Life of Peace, Joy and Love*.

Sandra, thank you so much for being with us today on *GPS for Success*.

About the Author

SANDRA W. BAKER is an inspirational author and speaker. She is available for corporate and private consulting via Internet, phone, or in person.

Her transformational seminars move, touch, and inspire audiences. She speaks on her processes: Meditate on the Go, Awaken Within, You are not your body, and Intuitive Living. Sandra also tailors her speaking to individual and group needs:



Inspired Living

Creating a Balanced Life

Wellness in the Workplace

Accepting Prosperity and Success

Moving Through Change with Grace and Ease

Leadership with Love and Boundaries

Healthy Grieving: Understanding Loss to Transform Pain to Acceptance

She is a trainer in Intuitive Life Coaching as well as for the Rapid Eye Institute. Her processes and products are designed to bring people back to a state of wholeness.

She and her husband, Doug, have been married thirteen years and are the proud parents of seven beautiful children. They are experienced in blended families, raising teenagers, and dealing with divorce and the loss of a spouse through death. They reside in Highland, Utah.

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