

# Just A Thought About That™ (JATAT) Guidebook

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(JATAT) Guidebook, is offered freely.  
Please pass it along to people you  
believe would benefit from this  
guidebook or invite them to visit  
[www.ChangeYourMynd.com/155/jatat](http://www.ChangeYourMynd.com/155/jatat) to  
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mobile device friendly version. A full  
color version with active links is also  
available.

It's my hope that you will gain great  
benefit from using and sharing the  
JATAT process outlined in this  
guidebook. Having people in your life  
who understand the process and can  
support you in applying it in your life,

can be most beneficial. Feel free to give this guidebook to people you know.

Be sure to check out the JATAT Workbook and learn a lot of great ways to use JATAT to let go of ALL the thoughts that prevent you from experiencing what you prefer. Visit [www.ChangeYourMynd.com/155/jatat](http://www.ChangeYourMynd.com/155/jatat) to learn more.

Take the ***What You Want Challenge*** and I'll mentor you free of charge! I challenge you to give more attention to what you want than to anything else. Check it out at [www.ChangeYourMynd.com/233/wywc](http://www.ChangeYourMynd.com/233/wywc).

You may also enjoy my other books including *InJoy! The Decision Is Yours* and *Your Awareness Research & Development - A Simple Guide to*

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## *In-Joy! Shelia*

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# Introduction

Have you ever watched someone suck on a lemon wedge and experience the sour pucker as if you had tasted the lemon yourself?

Have you ever watched a movie and had an adrenaline rush or sweaty palms from what you saw on the screen?

In both of these cases, you experienced your thought about what you saw and your body responded as if you had experienced the actual lemon yourself or as if you had been chased by the bad guy in person.

**The mind makes no distinction between “out there” and “in here.”**

We experience our thoughts about what we see, taste, hear, smell, touch, intuit, and think. Yes, we experience our thoughts about what we think (i.e. a worry or fear, the future, the past, etc.) as well as what we sense.

Our thoughts are translated into sensations in the body. This is literally how we take what we perceive “out there” into our “in here” to experience it.

What does any of this matter?

**Knowing this puts you in control.**

Not only do we experience reality this way, we influence our experience of reality this way and we even influence reality itself this way.

# Our Perceptive Lens

In the same way that wearing colored glasses changes how we perceive everything we see, our thoughts influence how we perceive reality.

Our thoughts create a perceptive lens through which we view the world. Instead of seeing the world as it is, we see it through the filter-lens of our thoughts.

For example, when you see a chair that you think is ugly, you experience an ugly-chair. Your thought, “that’s an ugly chair” translates into a sensation in your body corresponding to that thought.

If someone else has a different thought about the chair, for example, they think

it's charming, they will experience the sensation corresponding to their thought about the chair.

Both are having a different experience in their bodies because their thoughts about the chair are different.

Of course, it becomes much more obvious when we're experiencing our thoughts about our body or significant other or something else with more emotional significance.

## Is It Real or Is It Memorex?

Years ago there was a T.V. commercial that showed a wine glass being shattered by the high note a singer was singing. The commercial posed the

questions, “Is it real or is it Memorex?  
Was the glass shattered by the singer  
directly or by a Memorex tape recording  
of the singer?”

We can ask a similar question about our  
experience of reality.

Are we experiencing the object of our  
thought directly or are we only  
experiencing our thought about the  
object (i.e. the chair)?

If you have a thought about an object,  
you will experience your thought about  
the object instead of the object itself.  
You experience the effects of your own  
perceptive lens.

When you're watching a movie or  
reading a book, it makes sense to  
experience your thoughts about the

subject you're watching or reading. But experiencing your thoughts instead of the object of your thoughts is not always beneficial.

## A Name For Everything

We've been taught from a very early age the name for objects (i.e. that's a ball) and we've made the connection in our mind and treat the name for an object and the actual object as the same thing. Once again, the mind makes no distinction between "out there" and "in here" when it comes to the experience of the thought.

Whether you think of a ball or see a ball, the thought about the ball is experienced the same way in the body.

As we grow up, we assume that our opinions about the object are also the same thing as the object. This is seen in the example of the ugly chair given in the first chapter. A better example might be the stories we have about the people in our life.

“My sister really is \_\_\_\_\_.”

“My husband always \_\_\_\_\_.”

“My mom never \_\_\_\_\_.”

As our thoughts and stories about everything accumulate, we become further and further separated from the object of our thoughts and experience only our opinions regardless of what's actually there.

# We Create Our Own Suffering

Here's the point of all this...

All the pain and suffering we experience is due to experiencing our thoughts *about* everything.

Yes, all of it.

Fear is a thought about a possible future...always. Think of any fear you have. What's it about? It's a thought about what might happen. And since the future is only a thought about a time yet to be experienced, fear is a thought about that thought.

Pain is greatly intensified through the thoughts about it. Discontinue the thoughts about a painful sensation and

the sensation greatly diminishes or vanishes completely.

Thoughts about the past, the should've, would've, could've thoughts, and even the glory days thoughts, don't generally provide a preferred experience.

Judgments and misery thoughts don't feel good and don't provide a productive result.

Even pleasant thoughts prevent us from having a deeper, richer experience and, therefore, could also be seen as creating a certain degree of suffering. It's all relative.

But wait...there's more!

# We Attract What We Resist

Not only do we create our own suffering by experiencing our thoughts, we also attract more of that which we resist through our thoughts.

Everything is energy with a vibrational frequency. Vibrations energetically create an attraction to similar vibrations (i.e. like attracts like).

Thoughts, just like everything else, are energy that have a vibrational frequency that attracts similar vibrations.

What you give your attention to becomes more real, literally, and will attract more of the same.

What you resist will persist because you cannot resist something without giving it your attention and as you empower it with your attention, you attract more of what you resist.

If you have something repeating in your life that you'd rather not continue experiencing, it can be helpful to identify exactly what you're resisting and stop giving it your attention.

That's where the *Just A Thought About That*<sup>™</sup> (JATAT) process comes in handy.

# The JATAT Process

The *Just A Thought About That*<sup>™</sup> (JATAT) process is simply noticing that your thought and the object of your thought are not the same thing.

That's it. That's all you need to do to shift your attention to what you prefer.

You are experiencing your own thought, not the object of your thought. As long as the illusion, that the thought you are experiencing and the object of that thought are the same thing, remains intact, the thought will persist.

In the moment that you notice that the thought you are experiencing and the object of that thought are not the same thing, a shift occurs.

Your awareness that they're not the same thing is all that is necessary to disengage the thought.

This is extremely useful for letting go of resistance in the moment (and permanently) and ending repeating patterns that are not preferred. In the JATAT Workbook that accompanies this guide, examples are given to make this extremely clear.

Sometimes you will be able to feel the shift in the moment. Other times there will be no noticeable difference. As you work with the JATAT process you will gain conviction in the results and trust that using the process makes immediate changes in your reality.

For example, one teenager used JATAT to end her fear of spiders. She said she

could tell in the moment that she was no longer afraid of spiders. The thought of a spider used to cause an anxiety attack, but now she has no reaction at all.

## A Word About Attention

Attention is your creative energy. What you give your attention to, pay attention to, focus your attention on, becomes more prominent in your reality.

Here's a simple exercise to demonstrate this point:

Look around your environment where you are right now and notice all the blue things you see.

Do it first before reading further.

How many red things did you see?  
When you look around now, do the blue things still seem more noticeable?

It's similar to looking through a list for something specific, such as a name in the phone book. Everything that does not match the criteria of the search (i.e. not blue) becomes slightly blurred while those that match (i.e. blue) become more clear, more prominent.

Here's another simple yet eye opening exercise:

Make a list of what you want to experience.

Make a list of all the reasons you believe you can't experience what you want from the first list.

Notice which list you give more attention to.

What are you making more prominent in your life?

## Three Questions

You are creating and attracting what you want right now. Unfortunately, you are also creating and attracting what you resist right now. The blending of these is what makes your reality appear to be randomly happening to you.

Ask yourself these three questions to identify more clearly what you truly resist so that you can stop giving that your attention. The questions are as follows:

1. What do I want to experience?
2. What am I experiencing instead?
3. What would be worse than that?

Alternately, instead of the third question, you can use the fill in the blank statement: "At least I'm not \_\_\_\_\_."

For example, if we want to experience 'yellow' (our answer to question 1) and we're resisting 'red' (our answer to question 3), then what we're experiencing instead (our answer to question 2) is 'orange' (a blend of yellow and red).

The 'yellow' that we want, is blending with the 'red' we don't want, and it's manifesting as a mixture that we experience as 'orange.'

In order to experience yellow, we need to remove the attention to the red that is blending with our yellow to create orange. That's where the three questions come in handy.

Let's say what you want to experience (Q1) is prosperity, but what you're experiencing instead (Q2) is a job you dislike and the stress of bills you can't pay. By identifying what would be worse (Q3) than the job you dislike and the bills you can't pay, you determine what it is that you are really resisting. In this example, being homeless or disgraced or a failure, are possibilities of what might be thought of as worse. You have to determine what it is for you. I will tell you that it's not always obvious or a one-to-one correlation.

# Using The Three Questions

The three questions can be helpful when you have a repeating pattern in your life that you'd like to stop repeating.

Repeating patterns of unpreferred experiences are an indication of resistance. These can include anything from not being able to find parking spots where you want them to failed marriages and more.

The questions can be used for literally anything you would prefer to stop experiencing. They are most useful with repeating patterns, as these often indicate a deeper issue.

Answer the first two questions and then really feel into what would be worse than what you're experiencing right now.

The fill in the blank, "At least I'm not \_\_\_\_\_" is a great way to trick the mind into giving you an answer you might not expect. This statement can be used by itself to locate resistances as well. More of these type statements are included in the JATAT Workbook that accompanies this guide. Use them to excavate all the resistances that are mucking up your yellow.

Once you identify what you're resisting by answering the third question/ statement, notice that it's a thought about a possible future. It's a thought about what "might" happen. Use JATAT to notice that the thought about the possible future is not the same thing as

the future. They are both thoughts but they are two different thoughts, they are not the same thing.

Re-ask the second question to get a sense of what is being experienced in this moment. If you don't yet feel a certainty that what you want is manifesting, re-ask the third question to see what else would be worse. Use JATAT and keep repeating until there is a knowing in the moment.

# Deciding

Deciding is our greatest power. Hidden within our power to decide lies the answer to experiencing what we want in life.

The first chapter of my book *Injoy! The Decision is Yours* (also available at [www.ChangeYourMynd.com](http://www.ChangeYourMynd.com)) outlines a simple process you can use to take full advantage of your power to decide. I'll share it here briefly.

When you decide something with absolute certainty, it manifests. Period. Absolute certainty means no doubt...none. 100% conviction.

There are three things that keep us from manifesting instantly through absolute certainty:

1. Our attachment to the outcome. Needing to have it a certain way, from a certain source (i.e. telling the Universe “how” to give us what we want). This includes our resistance to not having what we want. We push it away as more attention is given to not having it and the reasons we don’t have it. The phrase, “this or something better” is useful.
2. The belief that we don’t deserve it. This is extremely common and often unconscious.
3. The belief that it’s not possible for you to be, do, or have “it.”

The process is simple...

Decide what you want to experience (a critical step often overlooked).

Decide “I allow this or something better to show up for me.”

Decide “I deserve it. I allow myself to have this experience.”

Decide “I believe it’s possible for me to have this experience.”

Decide to have the experience (don’t forget this step).

## Using The Decide Process With JATAT

One of the many wonderful things about JATAT is that you don’t need to specifically define the object of your thoughts for the process to work (hence the word “that” in Just A Thought About That - JATAT).

The power of JATAT is in recognizing that it's your own thoughts that you're experiencing. When you realize that you are experiencing your own thought, the next logical step is to realize that you can decide what thought you will give your attention to.

Resisting a thought (or anything else for that matter) is futile. Better to notice that the thought you resist and the object of that thought are not the same thing.

Using JATAT with the Decide process outlined above works brilliantly. As you go through each step of the process, notice your thoughts and notice that they are not the same thing as what the thoughts are about.

For example, if you decide to experience time freedom and the

thought “I have too many responsibilities to enjoy time freedom” crops up, simply notice that the thought “I have too many responsibilities to enjoy time freedom” and your actual ability to enjoy time freedom are not the same thing.

To raise your conviction in a decision to absolute certainty, use JATAT to handle all your doubts in one fell swoop.

You can bundle thoughts together...they don't need to be done one at a time. Remember, it's owning that it's your thoughts that you're experiencing that makes the difference.

Recognize: “Everything that is not in alignment with my decision is Just A Thought About That.”

## Agreeing vs Awareness

As I've said, it's recognizing that you are experiencing your own thought that makes the JATAT process work so magically. A key point here is that "recognizing," in this case, is an awareness, not an agreement.

Agreeing that the thought and the object of the thought are not the same thing doesn't work. Agreeing is a mental thing.

Awareness heals everything, literally. Read chapter three of my book *InJoy! The Decision is Yours* for a more in-depth look at the power of awareness to heal.

In this case, we're talking about becoming aware that they are not the

same thing instead of just agreeing that they are. Agreeing that your sleeve and your arm are not the same thing sounds ridiculous to even consider and yet, in the moment you actually put your attention on where your arm and sleeve meet and notice that they are not the same thing, you are experiencing the difference through awareness instead of just thinking about it.

JATAT doesn't require a lot of attention but it does require awareness. This is more difficult to describe than to do.

In the moment that you become aware that you are experiencing your own thought and not the object of your thought, it's done. The object of the thought becomes secondary to the process. As long as you recognize that

it's your own thought that you're experiencing, JATAT will work for you.

## Just THEIR Thought About That

Becoming aware that we are experiencing our own thoughts and knowing that our response is to our own thoughts and stories, has the added benefit of helping us realize that others are just experiencing their own thoughts as well.

Recognize that when someone is responding to you, they are actually responding to their thoughts and stories about you.

Don't take what people say or think about you so personally. They are experiencing their own story about you based on years of other stories and filters they've collected through the years.

It can be helpful to realize that's Just THEIR Thought About That.

Keep in mind, it may be their thought about something, but if you're resisting it, you have a piece to own as well.

Be careful not to give your power away and become the victim, however. If they're showing up in your reality, you put them there. You created/attracted that role in your life and they are fulfilling it.

**Note:** At times we say it's just *MY* thought about that and this can be useful for owning that you put the thought there and it's your choice whether or not to entertain the thought. However, recognizing that it's just *A* thought about that can be helpful in disidentifying with the thought and recognizing that it's just a thought.

## Choose Your Thoughts Deliberately

Since thoughts have a direct effect on your experience of reality, it is helpful to choose your thoughts deliberately. But simply choosing to have positive thoughts without also disengaging the conflicting thoughts is less than effective.

If you want to experience being organized, for example, thinking “I’m organized” won’t get it done, as we all know. Wishful thinking doesn’t work. Underlying your thought of choice (I’m organized) is a conflicting thought you have more conviction in, namely “I can’t seem to get organized.”

In this case, notice that “I can’t seem to get organized” is a thought about being unorganized but is not actually being unorganized. Recognizing this disengages this particular thought. Then when you think “I’m organized,” you are more likely to experience your reality shifting in that direction, immediately. Or, you may notice that you have other thoughts that are also not in alignment with what you want to experience.

For example, you disengage the first thought and give your attention to what you want to experience, namely being organized, and another thought pops up. Now, you think “I have too much stuff to get organized.” Simply notice that “I have too much stuff to get organized” is a thought about your stuff but it’s not actually your stuff.

As you clear the conflicting thoughts, you will actually feel the new reality manifesting in the moment...

Unless you don't. In some cases, thoughts become layered and need to be peeled like an onion.

# Thought Layering

Sometimes when you notice it's JATAT, instead of experiencing an obvious shift, another thought asserts itself. This generally happens for emotionally charged issues such as your health, relationships, etc.

For example, you notice you have the thought "It's ugly" about a chair and when you notice that's JATAT, the thought "It's true" asserts itself.

This is what I call thought layering. Thoughts often layer in several layers.

In our example, when we recognize that "It's true" is just a thought about the thought "It's ugly" but they are not the

same thought, yet another thought may assert itself.

Let's say the thought "I'm right" is now vying for our attention. We simply recognize that "I'm right" is a thought about "It's true" but they are not the same thing, they are different thoughts.

If this is the deepest layer, it will shift and you can work backwards through the layers.

Next you would recognize that "It's true" and "It's ugly" are not the same thing. Then you would recognize that "It's ugly" is a thought about the chair but it's not the same thing as the chair. The layers in our example look something like this:

the chair... it's ugly... it's true... I'm right.

It can be helpful to write down the layers as you go so you can backtrack once you shift. A full description of thought layering is given in my book *InJoy! The Decision is Yours*.

## Many Benefits

As we've seen, there are many benefits to be gained from noticing that your thoughts and the objects of your thoughts are not the same thing.

The JATAT process is so simple, it can be used anywhere, anytime on anything. It's not necessary to set aside time later to process anything.

As it becomes the mantra, the mind quiets down and fewer and fewer unintentional thoughts arise, creating a ripple effect throughout your life and mind.

You can end repetitive patterns; experiences you continue to have although you'd rather not.

You can quiet your mind, thereby increasing your ability to focus, concentrate, and sleep.

You can finally experience what you prefer instead of what you've been settling for.

You can heal relationships and attract new ones.

You can recognize the solution to “problems.”

You can enjoy peace of mind and joy.

You can “turn up the volume” on your intuition.

You can accelerate your evolution.

## Imagine the Possibilities

Imagine, if you can, a world where people take responsibility for their own experience. A world without victims. A world of peace, creativity, innovation, health, and an abundance of favorable choices.

We live in a world that caters to our every whim. Unfortunately, for most, this feature goes unrecognized, untapped.

Learning to operate this feature of our world...deliberately...is simple. Anyone can do it. Small children do it all the time.

Imagine experiencing what you prefer, easily and effortlessly.

Imagine letting go of fear easily in the moment. No more fear of spiders, heights, being alone, the future, etc. Your worst fears... released... permanently.

Imagine healing your pain easily in the moment. No more aches, pains, allergies, grief, sorrow, anger, etc.

Imagine your body regenerating as it was designed to, energy to live and play, effortlessly maintaining your optimal body weight, scars being a thing of the past, and so much more...

Imagine following your heart, loving your life, and enjoying great relationships.

It's all possible and it's easier than you might imagine.

Take a close look at the process outlined in this guidebook, apply it in your life, and watch the magic happen.

Use JATAT, share it with others and watch the magic spread.

This JATAT Guidebook is free, please feel free to pass it on to people you know.