

# The Power of Positivity

8 Steps to abundance through  
neuroscience

By Tanya Kunze

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## Forward

Since 2011, I have been blessed to coach and train thousands of wonderful people. Through our 'Lets Fly' programme, which is part of the Eighth-Dimension Consciousness course offerings at Swift Coaching, they have shared their growth and successes with me, which has sparked our journeys together.

There are no words great enough to express the joy I feel when I hear someone's story of personal development and success after our time together. My commitment to each person I work with is that I am a safe place for them to 'brag' their success stories to. We don't do enough of this, and yet these are the foundations that take us forward. We should always celebrate our successes; inspiration and light were created to be shared.

To all my students, I thank you for your enthusiasm and commitment to change. It has fueled the fire for me to write this, my first neuroscience-based, spiritually empowering book. As always, a monumental thank you to my two magnificent sons as well, Dieter and Thomas. You are my entire universe, inspiration, and reason for living.

Why neuroscience, you might ask? Everything I do is based on both spirituality and neuroscience, which focuses on the brain and its impact on behaviour and cognitive functions. Our thoughts impact our life experiences. This is because of the underpinning emotions that we experience as a result of those thoughts, as well as our pre-programmed reactions to them. These energy reactions have an impact on the nervous system, and in turn, affect how we perceive and react to life in general.

In Chapter 1, *The Three Core Bodies*, I will go into detail to explain this, as it forms the foundation of my research into this field and my work over the past several years. Once we have a better understanding of the inter-connectedness of our brain, our energy, and our body, and how they can be enabled to work in alignment (and equally noting the health, experiential and psychological issues caused by misalignment), we can make conscious choices that drive long-term change.

The key throughout this journey is to remember that in each of us, our thoughts, bodies, and energy are linked.

Once I decided to write this book, it became a beacon inside of me. I can recall the exact feeling I had, waking up on a Sunday morning, the sun streaming through my bedroom blinds, and being so incredibly thankful for all of my blessings. I just had to share my bliss. Coaching is my passion; watching other people blossom fulfils a deep need in me, and if I can help only one person find and fulfil their desire and reach their state of bliss through this book, it will have achieved its purpose.

With that in my heart and soul, I jumped up, grabbed my laptop, and started writing, pouring my experiences and practical research into these pages.

Two themes are flowing through these pages. I'm sharing them with you because while this is an incredibly neuroscience-based book, my work also has a strong spiritual influence. How we construct our thoughts and feelings matter, and so how I've constructed the framework that I'm using to deliver these insights also matters.

You'll notice that a song chorus starts each chapter. I am an Audio Kinesthetic, which I will explain in detail later on, and to that end, I truly listen to the words of each song I hear. I've selected songs that resonate with me to set the stage for each chapter for you.

The second theme that runs throughout the book is my metaphors. Ever since I started coaching and training in 2011, I have tried to find simple ways to explain complex ideas. This has two specific outcomes. First, a story or an example keeps the information in each of my students' conscious minds. A story is far easier to remember than a biology or psychology lesson. This benefits them, but it also allows them to 'pay it forward' by sharing the stories with others. If anything in these pages resonates with you, I encourage you to please pay it forward too. Share it; let others find their path to bliss. Let's do this together.

You'll also notice that I'm always making connections and finding symbols that illustrate an idea, feeling, or concept. The Lotus flower is one of these incredibly strong symbols for me, and it features heavily in my path to light and purpose.

It's my symbol of breakthrough. It's multifaceted yet simple. It's resilient, yet soft and gentle. It's cloaked in a sense of mystery, and its various colours hold so many symbolic meanings. Isn't it wonderful how this magnificent flower is the embodiment of both masculine strength and feminine beauty? Or that it has impacted so many people and become a universal symbol across industries and belief systems? There is so much power in a symbol, a story, or a narrative. And how we embrace these and understand them helps us shape our life's purpose and the paths we choose to take.

Thank you for taking this journey with me.

**Introduction**  
**Rise and Shine**

*“You pull me out of the dark  
into another light,  
And this is the start,  
Just pull me through tonight.”  
Another Light by Henry Green*

## 8 Habits That Will Change Your Life

Through my years of coaching and the thousands of people who have gone through my courses, I have identified 8 steps that, with absolute commitment and focus, enable a life of abundance. These 8 steps, or change habits, are the cornerstone of the next 8 chapters of this book. In each, I will unpack the neuroscience, what it looks like in practice, and finally the change habit and how you can implement it in your daily life.

Once you start making these changes, abundance will result. This could be an abundance of family, romance, love, joy, bliss, travel, fame, service, experiences, money, wealth – whatever your birth right is, and intended to be for your highest good and the highest good of all concerned.

But this does come with a cautionary statement. As high and light as your lightest potential is as low and dark as your lowest potential. As with anything, the work it takes to get there must be continued – even amplified – to stay there.

The road we will walk together through these pages is the path I forged, followed, tried and tested. It worked for me and those who have walked the journey with me. It's born of my personal journey and experiences and aligned with the sciences for clarity and understanding. I have validated this journey and my experiences through psychology, neuroscience and science, so that I could understand it deeply enough to teach it and enable others to benefit from it.

*"If you can't explain it simply, you don't understand it well enough." - Albert Einstein.*

I have followed this same formula in my leadership and sales courses. I have been blessed to teach thousands of people how to improve their leadership and sales styles based on my practical experiences, neuroscience, and proven coaching techniques.

From a personal growth perspective, I have taken the complexities I have fought to overcome, and in my quiet time, I have faced them fully, diving deeply into my emotions and sitting with them, until I have achieved inner peace. This in turn has placed me in a position to rise above my challenges, because I have already dealt with the emotions associated with the lessons they bring.

It's also given me the ability to break my experiences down into digestible and easy-to-understand theories. I have researched them, discussed them, prayed, meditated, read, watched and listened to enlightened people, read posts on the Internet and absorbed the multitude of teachings available to me.

It would be impossible for me to give specific thanks to individuals who have helped me along my journey, so I may echo popular sentiment upon occasion. I may even echo another's enlightened thinking, and if I do not provide much-deserved acknowledgement when I do, I

humbly apologize in advance. Know that I am giving you, whoever you may be, my heartfelt thanks.

I have a few specific thought leaders I would like to acknowledge at this point however: Daniel Kahneman, Professor Edward Slingerland, Dr. Deepak Chopra, Robin Banks, Sandy Smith, Janine Strong, Dr. Robert Avicé du Buisson, my two magnificent sons Dieter and Thomas, and my friend through thick and thin for many decades, Linde Harington.

Besides my personal journey, over the years I have worked with, coached, and trained thousands of people, assisting them to identify and then rise above their obstacles so that they may shift their thinking towards consciousness. Any names or journeys I will be sharing with you in these pages have been edited to protect their privacy and confidentiality, as promised, but my hope is that you will recognise yourself in their struggles and journeys and that you will be able to implement practical takeaways in your own life as you reach your Life Purpose Path.

My life formula is definitive: Experience, understand, prove, create the steps assisted by coaching methodologies, and coach or train others. I don't believe in just regurgitating textbooks, although I do refer to them for validation. Always, I approach situations from my own learnings and experiences. I believe it's important to have walked a path before you can share it or teach it. The situations may differ with each person, but the underpinning emotions are similar, and that is where I work – at the core.

*“My coaching with Tanya was phenomenal; she combines a scientific, pragmatic approach with her own insights and experiences gained as an executive. She’s not a theoretical coach, but rather someone with real experience gained in true corporate business environments. She could relate to me as a working mom trying to balance the demands of an exec role with single parenting. I would recommend Tanya, and in fact I wish I had met her sooner.”*

*Julia Modise, General Manager*

Once you shift up within the different dimensions of consciousness, you can't go back and forget the knowledge. The principle is the same as at school: once you have learned how to read in Grade 2, you don't forget how to read in Grade 5. But this is where 'freedom of choice' comes in. You can choose *not* to read in Grade 5, but the likelihood of you failing is paramount if that's your choice.

Life is the same. Once you achieve the different dimensions of consciousness and understand its practices, you can choose to stop practicing them and even to ignore them, but the likelihood of your life experiences reverting to where you sought help in the first place most certainly exists.

When starting my seminars, I always share my milestones with my audience and provide a deeper clarity as to why they are on this journey with me. I feel this is the way we should start our journey together too.

I have always loved psychology. For as long as I can remember, I have had a calling to work with people, to grow and develop them to their highest potential. But, like with most of us, I was trapped in the human farm of get up, go to work, generate an income, go home, repeat.

And yet, since 1990, I was unknowingly preparing for the moment in 2011 when my world would shift and I would be taken down my own 'life purpose' path. Let me tell you, when it finally happened, it took an enormous leap of faith and trust in the universe to see it through.

It all started when I was employed at a large corporate. Although the people were amazing, the salary was more than enough, and expectations of me were reasonable, at the risk of sounding ungrateful, I was deeply unhappy and empty inside. I knew there was more for me out there.

This unhappiness eventually drove me to look deep within myself. One very average work-day, I went into a private place and earnestly prayed, asking for the ability to start my Life Purpose Journey.

Not long after that, I received a message from my tax advisor, letting me know that I was about to receive a substantial rebate. The sum was enough for me to resign with confidence. I could take my leap of faith. But more than that, I now had the confidence to do so. I took it as a sign that the time was NOW. And today, when anyone asks me if I believe in miracles, I respond with a very confident, yes! What's incredible to me is that years later, the memory is as fresh as if it happened yesterday. Even as I write these words, my eyes are welling up because of the deep gratitude I feel.

Here I am, writing my third book and filled with hope that it will impact you the way it is intended to. That it shifts you into the light of abundance, bliss and success, whatever that means to you.

As you will undoubtedly see in these pages, I believe that each person is a unique and wonderful expression of themselves. It's for this reason – that we are all truly individuals – that I also believe judgement is so futile. One person may aspire to a wholesome and simple family life, while another may aspire to centre stage and fame. Neither are wrong; If you are conscious when you make your life choices, then it's simply your birth right that has driven them there.

My belief is that there is an ultimate state of consciousness, and that we are all wittingly or unwittingly striving for that end. We must be clear at this point that each of us is at a different stage of conscious development, and I must reiterate that this statement is inclusive of every unique individual. For example, one person may achieve consciousness regardless of their level of education, geographical location, religion, age, gender, race or financial standing. It's available to anyone who seeks it, without exception. Some have been putting in the hard work,



some have just started, and some have not yet awakened. To that end, we are all on our own unique journeys and stages of development, without judgement.

Currently, consciousness is not being taught in many schooling systems. This means that through your own endeavours you either are on one of the many levels of consciousness or you are not. It's that simple. You can't buy consciousness. You evolve through experience and practice, which anyone can do.

My advice is that you embrace where you are right now and stop trying to be the same as everyone else. Uninstall the 'pack mentality' programme. We are evolving from that as a society. It's time now to introspect, to stop judging, to stop blaming and to embrace your life fully.

My motto is that we are above and beneath no-one. Simply own your unique. And that's what I hope to help you to achieve.

The evolution of my own life purpose began when I realised through my neuroscience studies, that there is a very real transformational power in the emotional reactions our minds, bodies and life experiences have, when we are in a positive framework. This realisation brought me to a blissful place, albeit later in life. What I've learned – and what I share with everyone I work with – is that there is no time like the NOW to take action and make a change.

Like a Lotus flower, my journey began while I was in a place of much-needed 'light' infusion.

The Lotus flower is a very significant symbol for me, as its start in life is not as easy and beautiful as the end result – a beautiful and distinctive flower – makes it seem.

Unlike many other flowers, when the Lotus starts to sprout, it's actually submerged under still water. It's suffocated and controlled, surrounded by mud, fish and insects. Imagine yourself in such fear-based, negative and unfavourable conditions. Imagine a life with no light.

Unbelievably though, despite these conditions, the Lotus digs deep and finds the strength, self-worth and tenacity to break free. It pushes through each of these obstacles in turn, and through its work, it grows and shines on the surface. This has always embodied enlightenment and consciousness for me – this incredible ability of the Lotus to overcome the odds stacked against it and find its way to the light.

But it takes work. Even as it rises above the water, the Lotus flower's evolution is only beginning. Picture it in your mind's eye: the Lotus emerging from the dark mud as a small pod of pure potentiality, with only a few leaves. As it goes through deeper and more challenging life experiences, for which it is deeply thankful, it's stem starts to grow. It rises out of the water, able for the first time to breathe in clean and pure air and to fully experience the light. Finally, free to live life in its abundance, the Lotus is unshackled from its suffocating and limiting life

conditions below. And so, it opens, slowly, petal by petal, trusting in universal love and protection.

The world awaits. The Lotus flower is now ready to follow its life purpose; to lead from a place of experience, knowledge and universal wisdom and to take the hands of those also being called into the light, leading the way for them as well.

This community shares hope as it journeys towards the light. I call it our Life Purpose Path, and we each have one. Regardless of how dark or tough our respective journeys have been, light, belief and hope will be infused into this new, shared journey that we take together.

Within everyone doubts exist and these doubts are affirmed by society. To my students I always give the same guidance: only take advice from those whose life you would like to emulate. Remember that the doubt we all experience could be conscious or totally hidden from consciousness, in which case an awaking from the struggles of uncertainty are required. I've personally experienced this, and watched as others have gone through the transition as well.

And it is a transition. As we emerge from the darkness of negative emotions and difficult life experiences, and we start allowing the power of positivity and light to infuse us, we start experiencing and revealing the spectacular possibilities of a totally different and blissful life.

Enlightened with the Power of Positivity, the community rises up in consciousness, learns how to deal with and rise above perceived limitations and adversity, and emerges with a totally changed perspective of our once programmed duality existence.

Perhaps this sounds ethereal to you, and in some ways it is. Enlightenment *is* a spiritual journey. But it's also deeply rooted in neuroscience and our biological makeup. Like the Lotus, we are designed to find our Life Purpose Path. I am deeply thankful that I found mine, as it has changed not only my life, but many of the lives I have been fortunate enough to positively impact. This is the gift that I want to share with you.

If you are reading this book, however it came into your reality, I believe that you are meant to begin or even continue your journey with me, or others like me. I believe that you're ready to take on the world!

Always remember that, as with the Lotus, the muddy water it comes from is an essential element in its growth from a pod into the magnificent flower that it becomes. Be thankful for every experience you've had and find the gift and the lesson in it all, even when it was accompanied by pain. Most importantly, let the old water wash and clean you as you surface into the light.

My own personal experiences have taught me that we need to fully experience what we have been through. Accept it, deal with it, learn the lessons and move on from it. If you shut

something away, you cannot work through it. I fervently advise that if you have any deep emotional trauma, you walk through it with a professional psychologist or psychiatrist so that you can deal with it and let it go once and for all. If you can do this, you will emerge without a trace of the transition. You will face the world having learned the lesson, worked through it and dealt with it, knowing that your inner being no longer touches a single drop of the experiences you have transcended through. You are light. Your centre is pure. It's time that you allow your inner incandescence to shine through.

**The Three Core Bodies:  
Physical, Mental and Energy**

**Why alignment is essential for success**

*"I pray our faith be stronger than our worries,  
Our faith be stronger than our fears,  
Our faith be there in a hurry,  
whenever problems come near,  
I trust that whatever comes our way,  
is for the highest good of all.  
May our faith be there when we are flying high and  
May our faith be there when we fall.'*

*"I Pray," Matthew 1626 (feat Skyla J)*

## Taking Consciousness from Theory to Action

For my right-brained, big-picture thinkers, in this first chapter, I offer a broad overview of what you will find in the following chapters. For my analytically minded, detail-oriented readers, please know that everything we are doing together will be explained in as much depth as possible in each chapter.

The single biggest realization I've had working with the thousands of individuals I've been blessed to coach and train in both groups and privately, is that everyone thinks, comprehends, assimilates new information, learns, and remembers in different ways.

I am a monumental supporter of the new-age schooling systems that are currently emerging. In these environments, teachers are speaking consciously to the range of individuals that make up their classes. They know that gathered in one room are left-brain hemisphere dominant, right-brain hemisphere dominant, audio, visual, and kinaesthetic individuals. This means that there is no one-size-fits-all, left-brain, visual approach, which is what traditional teaching methodologies were built on.

This old approach left highly intelligent individuals feeling stupid and inadequate if the teaching style didn't suit them, which could not be further from the truth of what they were capable of.

Our company policy at Swift Coaching is to profile our students before taking them through our programs. We use the DISC profiling tool, under the expert guidance of Phil Hagen in the United Kingdom, with whom I have worked closely since 2014.

My facilitators and I then assess our audience and use a variety of techniques to ensure that every person attending our courses is learning, growing, shifting, and realizing their way forward. We intentionally take each person 'out of the water', and then it is their choice to grow and shift or go 'back into the water' until they are ready. The entire process is free of judgement and happens in their own time.

*'Knowledge is potential power,  
applied knowledge is power.'* Robin Banks

Throughout this book, I am going to liken us to computers, as it gives an excellent foundation for clarity outside of our closed and defined thought forms. As humans, we are exceedingly programmed and one of our main downloads as consciousness starts awakening in us, is to understand WHY.

This is because the brain is designed to ask why. It is either looking for instant gratification and a sense of peace and belonging, or it starts looking elsewhere for validation based on public

opinion and community thoughtforms. This is why it is so critical to choose your close community wisely.

Society is currently divided into two distinct groups: Those running according to a predominantly 'conscious' operating system and those running predominantly 'programmed,' 'primal,' 'victim', or 'survival' operating systems.

As you read these words, you are running one of these operating systems yourself. Just like I'm running one of them as I'm writing these words. We all are, regardless of gender, ethnicity, religion, education, wealth, poverty, or geographical location. However, your operating system isn't fixed. You can fluctuate between them, depending on the external stimuli you are experiencing in the moment, and how you choose to react to it consciously and energetically.

So, what influences our 'operating systems'? Let's use the news and media as our first example. When we are faced with bad news, our 'primal' or 'survival' instincts kick in. These create a sense of urgency because our primal brain lives in the moment and requires instant gratification for survival. This is why bad news sells. Newspapers, websites, and even TV channels have learned the simple lesson that bad news sells. Our primal brain responds, and the result is newspaper sales, website clicks, magazine sales, TV show advertising, and so on. I am confident that when media houses become more aware of the knock-on effects that they are having on society at large, they will start balancing their content and providing a good mix of conscious and survival-based stories.

The problem is that until that happens, we are all being influenced by a barrage of signals triggering our 'primal' brain. If we passively absorb these stimuli without consciously questioning them, they begin to shape our operating system – and our thoughts. This has a very real impact on how we interact with the world and the choices we make.

Let's consider how conscious-minded people and survivalist-minded people react to different situations. Black Friday is a great example. Each year, when the Black Friday sales approach, people take to social media to either get excited by the upcoming sales or to declare that they will be avoiding the madness.

These two groups of people can be distinctly separated into conscious-minded people and survivalist-minded people. Survivalist-programmed thinking convinces us that there is never enough. Smart marketing campaigns tap into this fear, and the result is a deep need to buy, buy, buy. Conscious-minded people, on the other hand, know they have enough. There is no need to wade into the madness for a deal on something they don't even need.

As a society, we need to shift back into abundance-programmed thinking. I've mentioned that we all fluctuate between 'conscious' and 'survival' energetic reactions. This causes our thoughts to flow up and down the scales of consciousness all day, but it's conscious *awareness* that keeps us more consistently in a positive plane of existence.

The survivalist areas of our brains are exceptionally well developed. They've been generating fear-based thoughts for 450 million years, enabling our survival as a species.

That's a lot of programmed thinking we need to take on if we want to stay positive and happy – but take it on, we must. Here's the incredible secret to success and happiness: if we are consciously aware of our three core bodies, we can suppress the survivalist operating system in favour of more positive physiological reactions. When we're in positivity, pure potentiality can open up our Ocular Receptivity (more on this later), and abundance is created.