

# QUANTUM NLP COACHING

PERSONAL MASTERY PROGRAM

# MASTERING SELF-MASTERY



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institute

# TIME TO WAKE UP NOW!

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*“Whatever the mind can conceive and believe - it can achieve.” - Napoleon Hill*

*“Whether You Think You Can or Can’t, You’re Right.” - Henry Ford*

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## Introduction

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I commend you on taking the first step towards creating the life of your dreams. The journey of self-transformation, personal growth and development is a never ending one, and yet it has a beginning. The step you are about to take is the step into living an empowered life. This booklet will give you the foundation and theory for what we will do in the Coaching Program together. In the program I will show you the “How To” of everything you are about to read, so for now, enjoy and get excited about self-mastery.

I have searched for years discovering the secrets of ancient wisdom of self-realization and self-empowerment. Some of this knowledge was kept secret for control and some was said to have very powerful effects. I believe that now as we enter into a time where people are searching for fulfillment and expanding consciousness, it is the perfect time to share this powerful wisdom. I will also share all the latest discoveries in the area of neural-science. I will teach you how your mind works and how powerful it is.

You will learn how to harness its power and how to use it to achieve your dreams, being that more money, more love, more happiness, more health or all of it together.

This reading offers you the combination of old studies, where you were asked to accept certain concepts, based on the author’s beliefs, studies of successful people, etc... and the cutting edge science that supports and explains these theories in detail, making it very believable for natural sceptics.

My aim with this writing is make you aware that you can start living the life you always wanted. I want you to know that you already have ALL that it takes, to live an extraordinary life, whatever that means to you. Just finish this reading, and I’ll show you how and why. This is not one of those RAH, RAH motivational speeches, or teaching of a new religion, or a marketing money making scheme. This reading is educational, and it has to do with you, your powerful mind, your body, and scientifically proven facts.

The information in this pre-study is for you to get a better understanding of yourself, of how the mind works and of just how powerful your mind is. You will learn how it operates and affects your entire body just through your focus. You will learn that you can empower yourself and tap into your Unlimited Potential.

## What are you made of?

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Chemically speaking we are made of the exact same things as stars – hydrogen, oxygen, nitrogen and carbon. From a biological perspective you can downsize your body into the following:

- Nervous System / Vascular System / Muscular System
- Organs: Brain / Lungs / Stomach / Skin
- Tissues
- Cells

From a Physics perspective you can downsize cells into:

- Molecules
- Atoms
- Subatomic Particles
- Protons and Electrons
- Neurons, Gluons, Quarks and Mesons

(Electromagnetic vibration waves of light called QUANTA)

When we look deeper we realise that our physical existence is fundamentally **energy**. Take a look at the list above again, and notice that every single cell of your body is made of Molecules, which are made of Atoms. All that science could find to date inside of an Atom are waves of light – energy. Basically you are made of energy – you are made of waves of light.

Your nervous system is capable of  $(10^{10})^{11}$  neurological connections. Neurons are everywhere in the body, every cell is bathed in neurons. Thought communicates to all cells, all the time. The brain communicates to all parts of the body instantly; this proves the mind-body connection scientifically. The thoughts you hold in your mind affect your body.

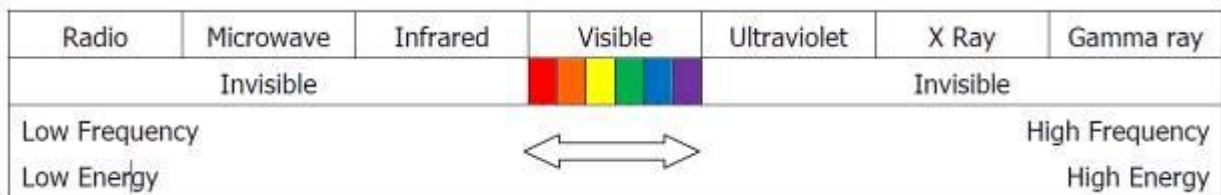
## Physical Senses

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We are taught at a young age to rely on our 5 senses.

- Visual (V) - See
- Auditory (A) - Hear
- Kinesthetic (K) - Feel
- Olfactory (O) - Smell
- Gustatory (G) - Taste

What we weren't taught is that these senses are very limited in nature. When we look at the whole spectrum of light using our advances in science, we begin to realise that we really only see a very small section that is available. And it is the same with each of our other senses.



Our senses are our gateway to the world. They process and deliver the information we use to create our perception of reality. Quantum scientists today believe that our 5 senses are processing approximately Four Hundred Billion (400,000,000,000) bits of information per second.

## Brain

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- 98% of our knowledge about the human brain has been learned in last 8 years!
- 80% of everything that scientists knew about brain by 1990 is today proven to be false!

Before 1990 doctors thought that the brain was hard-wired. Thanks to modern science we have discovered that the brain is constantly changing and rewiring itself, creating new neural pathways, retracting old ones, this is called brain plasticity.

Brain research facts:

- When 10% dehydrated – it's **50% less efficient!!!**
- It has 160,000 kilometers of blood vessels
- It is always on – it never rests throughout your whole life
- One brain cell is more complexly wired than whole telephone network in the world*
- We were not born hard-wired!
- 100 Billion neurons – as many stars are in the Milky Way
- Genius ability in every one of us

Capable of 10.000 Trillion operations per second  
We are limitless in capacity to learn and grow fast!  
At least 1000 times faster than the fastest supercomputer in the world

## Mind

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**Your Mind** is the most powerful tool of your entire body; it controls everything from your breathing to generating new cells to achieving your dreams. It has two main aspects **Conscious** and **Unconscious**.

**Your Conscious Mind** includes everything that you are aware of. This is the aspect of your mental processing that you can think and talk about rationally. A part of this includes your memory, which is not always part of consciousness but can be retrieved easily and brought into awareness.

Some facts and Prime Directives of your Conscious mind are:

- It forms 17% of Brain Mass.
- It controls 2 – 4% of actual perception and behaviour.
- Conscious impulses travel at 200-225 km/s
- This is the part of you that thinks and reasons.
- Your free will lies here.
- This is the part of the mind that decides the changes required to live the life you want to experience.
- Your conscious mind can accept or reject any idea.
- The thoughts you consistently choose and impress on your conscious mind to your unconscious mind will determine the results in your life.
- Sets goals and judges your results.
- Time-Bound – Past and Future.
- Limited Processing Capability.
- Short-term memory.
- 1-3 events at a time.
- Can process an average of up to 2,000 bits of information per second.

**Your Unconscious Mind** is a reservoir of feelings, thoughts, urges, and memories that are outside of your conscious awareness. Your unconscious mind directs your behaviour and experience, even though you are unaware of these underlying influences.

This is how I would like you to imagine the vast power of your Conditioned Mind: the part of the iceberg that is above the water represents your Conscious Mind the rest is your Unconscious Mind.

It also shows that we don't really ever see the whole picture. We are so conditioned to settle for what we see... are we not? Think about that...



#### Facts and Prime Directives of your Unconscious Mind:

It forms 83% of your brain mass.

It averages 10 Billion actions per second.

It's impulses travel at over 160 000 km per second.

It controls 97% of your perception and behaviour.

It sees in pictures and patterns.

It doesn't know the difference between the truth and a lie, it can't tell real from imagined.

It works in an orderly manner according to the prime directives of the unconscious mind.

It stores memories using the Time Line, meaning it uses the time line to store memories sequentially, so you can know the difference in time between the events that have happened last month, five years ago, ten years ago, etc.

It is your goal getter.

It is the domain of your emotions.

Represses memories with unresolved negative emotions!

Presents repressed memories for resolution.

Runs the body, has a blueprint of body now, and of perfect health.

**Preserves the body**, maintaining the integrity of the body.

Is a highly moral being (the morality you were taught and accepted.)

Works on the principal of least effort, the path of least resistance.

Does not process negatives.

Needs repetition until a habit is installed.

Enjoys serving, needs clear orders to follow.

Controls and maintains all perceptions.

Generates, stores, distributes and transmits "energy".

Maintains instincts and generate habits.

Is programmed to continually seek more and more.

Functions best as a whole integrated unit.

Takes everything personally, the basis of projection is perception.

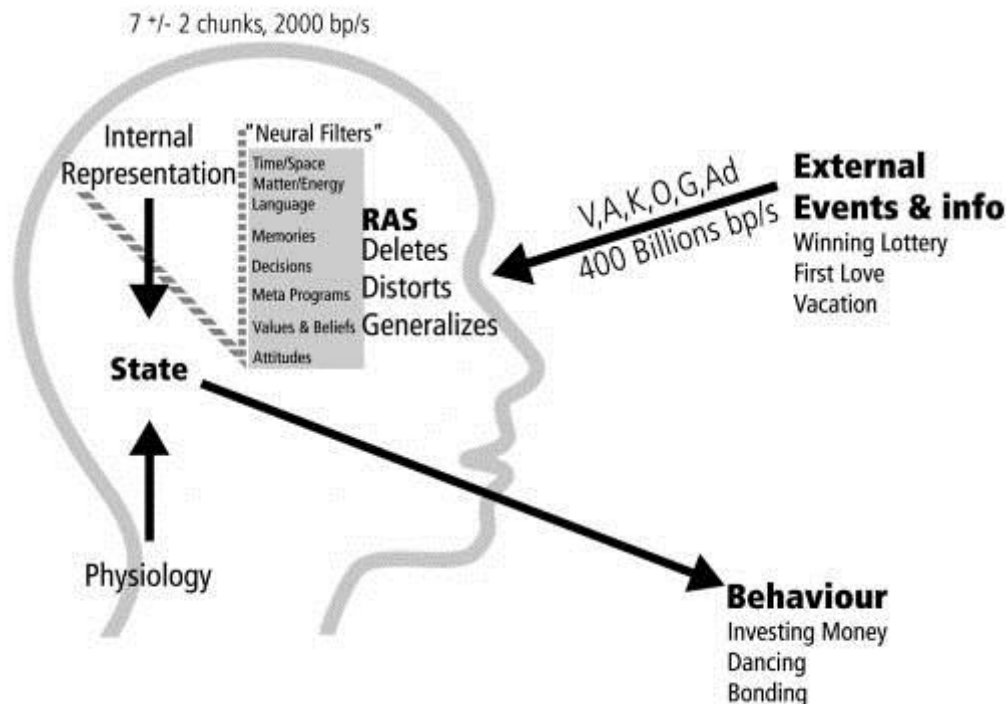
Your Unconscious Mind is the operating system for your body. It runs everything, it stores your memories, beliefs and habits, and it connects you to the field of infinite intelligence. It regenerates cells in your body, it runs your heart, sending blood through your veins, controls the immune system, and it really runs everything in your life, inside out. It controls over 97% of your behavior!!! And you think that you are in charge for your decisions and the life you live in!? Well, you could be and you will be if you want it enough!

Your mind is the most magnificent part of your body that you were born with, it is who you are deep down inside your core, and when you align your conscious mind with your unconscious

mind, just think of your own potential of what you can and will accomplish in your life, the goals and dreams that you can consciously create and unconsciously achieve and make your reality.

## Model of the world

Our Model of the World in essence is our values, beliefs and attitudes that relate to create our representation of the world. Our model of the world is our internal representation of how we perceive the outside world to be.



The ideas that have been fixed in your Unconscious mind through education, repetition or impact, form your conditioning. Your self-image resides here, your thinking process, the thoughts that you have during the day are governed by your belief system and your values.

**Belief system** consist of neurological pathways, this is what you believe to be the TRUTH. Whatever you believe in, you do, because you have a neurological pathway or a whole network of pathways stating so.

We inherit beliefs, they get imprinted on us, and we develop our own, based on our experiences in the past. Then even deeper in your unconscious mind, we have **Values**. We almost never even think about our values, and we developed most of them in our childhood. Later in life, we hardly ever change them. But this is the core of our perception, this is what will decide how and on what we spend our time on, this is where we prioritize our time, this is how we know what is good or bad, all our moral values are there.

**Belief system** and your deep unconscious values are what we refer to as your **conditioned mind**. This is where most of the action happens throughout the day. This is what determines your thoughts and your perception of the world, your attitude, and your actions! This is what will drive your focus, which will produce the thinking patterns, which will produce a certain behavior, which will end in the form of your **results**.

Values + Beliefs ➔ Focus ➔ Thinking ➔ Behavior ➔ Results

The Unconscious mind functions in every cell of your body. Any thought your consciously choose to impress upon it, your Unconscious mind **must** accept and express through you... it has no ability to reject and it becomes a fixed part of your beliefs.

The Unconscious mind expresses itself through you in **feelings** and **actions**. Any thought you consciously choose to impress upon the Unconscious over and over becomes fixed in this part of your personality. Fixed ideas will then continue to express themselves without **any conscious assistance**, until they are replaced. Fixed ideas are known as habits and the collective habits are referred to as the "conditioned mind."

The Unconscious mind is frequently referred to as the spiritual side of your personality or the universal mind. The Unconscious mind knows **no limits - it saves those you consciously choose**. It looks for patterns and images in our "outside world" that match our "inside world". Information that doesn't match up **gets dropped**. Your "inside world" is a network of neural-pathways that actually form your belief system. Everything you have ever experienced since you were born made some sort of reflection and impact on your beliefs. The brain plasticity makes this constant change possible.

If I was to show you some object that you have never seen before and had no idea what it is, you would simply have no brain cells that confirms that. The moment I explain it to you, giving that object some purpose and description to your understanding, your brain would literally create a new neural-pathway stating that exact description for future reference. Next time you face that object you would quickly recall upon that description as you have a neural-pathway stating that.

At its early stage that pathway is weak and fragile and in order to become dominant and a firm belief, you would need to face this object numerous times, reinforcing that belief. If there is a conflicting pathway stating an opposite belief, your mind will choose to believe the **dominant** belief.

*You can't believe two totally opposite things at the same time!* But by constantly reinforcing the desired belief, it grows, it spreads and connects with other pathways and eventually becomes the dominant belief which will once again, dictate your perception and behavior.

You delete, distort and generalize the information that comes in from your senses by using certain internal processing filters, which are **Meta Programs, Values, Beliefs, Attitudes, Decisions** and **Memories**.

**Meta Programs** are the most unconscious of the internal filters and they filter the content of your experiences. Meta Programs are the deletion and distortion filters that either add to or subtract from our generalization. Meta Programs are just one of the ways you maintain your personality by either preserving or breaking down the generalizations that you made over time.

**Values** are the first level where the filters have content in and of themselves and are essentially an evaluation filter. They are how you decide whether your actions are good or bad or right or wrong. Values are how you decide how you feel about your actions, and they provide the primary motivating force behind your actions. Values are arranged in hierarchy, with the most important one typically being at the top and lesser ones below that. Values are those ideas in which you are willing to invest time, energy and resources to achieve or avoid. They are your attractions and repulsions in life. Values are generalizations about deep belief systems, which can be either unconscious or conscious, about what is important and what you evaluate as good or bad.

**Beliefs** are convictions or acceptances that certain things are true or real. They are also generalizations about the state of the world. Your beliefs are essentially your on/off switches for your ability to do anything in the world, because if you don't believe you can do something, you

probably won't have the opportunity to find out. Beliefs are the assumptions that you have about certain things that either create or deny personal power for you.

**Attitudes** are collections of values and belief systems around a certain subject. We are usually quite conscious of our attitudes, and often tell people, *"Well, that's just the way I feel about that."* Change made on the level of attitude is often much harder than the levels of values. Have you ever tried to change someone's attitude? It is far easier to change the values than attitudes because of the level of thought.

**Memories** deeply affect your perceptions and personality. They are who you are. Some psychologists believe that as you get older your reactions in the present are reactions of your past memories that are organised in a certain way around a certain subject, and that the present plays very little part on your behaviour at certain times.

**Decisions**, which are also related to memories, are decisions that were made in the past. Decisions are about who you are, especially limiting decisions, can affect your entire life. Decisions may create beliefs, values, attitudes and even life themes, or they may just affect your perceptions through time. The problem with many decisions is that they were made either unconsciously or at a very early age and forgotten. Also, you may make decisions at one point in time and then not re-evaluate your decisions as you grow and your values change. Those decisions that are not re-evaluated, especially the limiting ones, often affect your life in ways that you had not originally intended.

These six filters, then, determine what information is stored as you make your internal representation of any event, and it is your internal representation that causes you to be in a certain "state", referring to a happy state, a sad state, a motivated state, etc, and creates a certain physiology. Whereby representing how you view the world, your model of the world.

## Reticular Activation System

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This system is the most powerful system that you can use to find anything that you truly desire – it is your lightning fast personal Search Engine that finds only the best results.

It's a network-like group of cells in your Unconscious brain that function up to 800x faster than your conscious neuron's ability. Literally every sensory impulses received will go through it first, where it decides whether the information received is important to you or not. Information is delivered to us through our five senses, this information is then run through our internal filters where we **delete**, **distort** and **generalize**. Remember there are about **400 billion bits of information** that needs to be reduced to **2000 bits** for our conscious mind to process every second. In other words, it will pass on the information received to your conscious mind **ONLY**, and only if information received is on your priority list.

For an example, if the impulse received is a sound of an alarm siren, it will quickly prioritize it for you, passing this information to your conscious mind, grabbing your attention regardless to what you were busy with at that time. This happens simply because the alarm sound would definitely be on our priority list, conditioned to every person's mind.

Another example is if you get interested in a certain car that you wish to buy, the next thing that happens is you start seeing that car all over the place. It doesn't mean these cars weren't there few weeks ago. They just didn't matter to you as much at that time so you "**deleted**" them.

This means that you need to learn to upload what is really important to you to your RAS. This is exactly why when you concentrate your attention on problems the RAS simply focuses on more of the same. **If you worry about debt constantly**, it will impress itself to your priority list and your reticular activation system will do whatever it can, to bring more of it to your attention. It will see debt as a priority as you were focusing so much on it.

Remember, its job is to find in the outside world everything that **matches to your inside world**. This is the sole reason why we need to work on the inside first, in order to be able to see it in our physical, outside world.

## Psycho-Cybernetic Mechanism

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The Psycho-Cybernetic Mechanism (PCM) is our brain's version of a thermostat, just like the one found in an air-conditioning system or auto-pilot. Our brain's Psycho-Cybernetic Mechanism is in charge to keep you in your comfort zone, no matter how badly you want to change. Its sensors send feedback to your coordinating mechanism – your nervous system - which then corrects the deviation from set program.

A sales person who works on commission based salary can decide to earn double the commissions than a previous month. Logical step would be to work longer hours, work harder and make twice as many calls he had to make previous month. In return, after a week or so, the income would grow higher and he would make much more money comparing to the previous month's first week.

But that would be when his Psycho-Cybernetic Mechanism would kick in and send neural transmitters to cause doubts, fear and anxiety. It will cause you to rationalize things. Please bear in mind, this happens automatically and so fast that you have no idea that it's happening at all. It will start justifying old behavior, you might find perfectly reasonable taking a break since you worked so hard, it will literally find dozen of excuses for why you should relax a bit and slow down – bringing you back to your old comfort zone, regardless of you being absolutely miserable there or not.

This is a very critical point. Without resetting this system – **nothing will change!**

This system causes you to behave in a certain way, day in and day out; it causes you to perceive everything that is in alignment with your beliefs, current comfort zone. I certainly hope that I got you excited and that you want to know how to reset your Psycho-Cybernetic Mechanism! To do this, the PCM employs the role of the Amygdala.

## The Amygdala

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Amygdala has tremendous power over your perceptions and actions. Its job is to look for any deviation from your comfort zone, sensing potential and real stress, and to order the release of neurotransmitters – stress hormones in response, causing you to have doubt, fear and anxiety. It's a very precious mechanism that you have, it's there to warn you and save your life when applicable. It stops you from what you were doing, popping a question like "Hey, watch it! What are you doing?

Are you sure you want to carry on?" and that is great, but most of us always simply step back and choose to stay in our comfort zone.

What you should do instead is to use your mind and ask yourself a question whether the following action would bring you closer to your dream/goal or would it take you further from it. Unfortunately many simply stay where they are, since the hormones of stress got going and fear took over.

I certainly hope that I got you excited and that you want to know how to reset your Psycho-Cybernetic Mechanism and your Reticular Activation System – and how you can take control over your own life, start getting the results that you desire.

Remember that you are consciously responsible for ONLY for 3% of your perceptions and behavior.

And that is what is causing your actions, creating results in your life. You could be trying your absolute best, working HARD at something, and it simply won't matter, as that would be only 3% of your total actions and perceptions. That is why we are all stuck where we are, no matter how much we want to change. Unless you upgrade your knowledge, and learn to reset these wonderful systems in your brain, and get them to work for you, nothing will ever change. You'll keep doing what you always did, and you'll always get what you've always been getting! – Regardless of how badly you want that change consciously. That is like living in a jail without consciously knowing that you are in one!

## 6 Intellectual Functions of your Conscious Mind

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### *Reason*

*Deductive reasoning* – is also known as critical or analytical reasoning. This is the part of the personality that separates you from the rest of the animal kingdom.

*Inductive reasoning* – this is a state that is open to suggestion and cannot reject ideas, it passes it on directly to the conditioned mind.

### *Will*

Will is a very powerful and useful part of your attitude.

### *Imagination*

This is the ability to form mental images. It helps people make sense of the world through meaning and understanding. It is fundamental in the learning process.

### *Memory*

Short term memory is electrical in nature and long term memory is chemical. All your memories are perfect and stored in your Time Line.

### *Intuition*

It is an inner feeling you have without any facts supporting it. It is the ability to pick up on peoples vibratory state.

### *Perception*

Our perception depends on our past conditioning. Basically we do not see the world how it really is, we see only what our conditioned mind is conditioned to see.

## 4 Stages of Learning

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- Unconscious Incompetence – when you don't know you don't know.
- Conscious Incompetence – when you know that you don't know. This stage is confusing and challenging, it also doesn't last long as it is the motivating force for learning.
- Conscious Competence – where what we have learned is now a skill.
- Unconscious Competence – when you master the skill and it becomes automatic. This is the stage of absolute excellence.

## Emotions

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Emotions play a huge role in conditioning the mind. Whenever we experience something very powerful and emotional, the brain releases chemicals and proteins together with sending neurons down newly created neural-pathways.

Strong beliefs can be formed in an instant through this process, such as in a phobia, great fear or near death experience for example. So experiencing something similar will fire over the same neural-pathways and will evoke the stress hormones that will remind you of your past experience.

Neurons that fire together – wire together.

Emotional mastery will support you in creating the life you want. Holding onto large volumes of unprocessed negative emotions strains the body, focus, thinking and behaviour. Having positive emotions is healthy and very beneficial to us. Think about really positive emotions and the effects they have in your body. Think of how every cell of your body begins to glow and dance and you're exploding with energy flowing through your body.

Now think of the negative emotions and what they do to the body. The problem with holding onto negative emotions is that it causes huge stress and is the Biggest cause of Dis-Ease. The five major negative emotions are Anger, Sadness, Fear, Hurt and Guilt. Your mind will keep them in your body until you get the lessons from them.

\*Emotions are your Guidance System to Health, Wellbeing, Presence and Your Ultimate Goals.

## 7 Natural Laws

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Both thoughts and behaviour are expressions of Energy. Remember EVERYTHING is energy. And our thoughts are the most potent frequencies known to us of this energy. What's happening inside of you is what you are creating outside of you. Focus on what you want, acknowledge your magnificence and create the life you want.

Of the 7 Laws, it may be the most important in how our everyday lives play out, but all of the laws are in effect whether we are aware of them or not. Knowing what the 7 laws are and how they work can make a significant difference in applying them to create the life you truly desire.

### *The Law of Vibration and Attraction*

The Law of Vibration states that everything vibrates constantly and everything is made of energy. Vibrations of the same frequency resonate with each other, so like attracts like energy; those that have different frequencies will repel each other. Everything is energy, including your thoughts. Energy cannot be created or destroyed, it is the cause and effect of itself and it is evenly present at all places and all times. It is forever trans-forming from one form to another; the only attribute of energy is change. EVERYTHING IS ENERGY. Thoughts are the highest vibration known to us, they are the most potent. Conscious awareness of vibration is feeling. How do you feel? Your thoughts control your paradigms and your vibrations; which dictates what you attract. Consistently focusing on a particular thought or idea attracts its vibrational match. When you are not feeling good, become aware of what you are thinking, and then Focus on what you want. Your unconscious mind is connected to ±100 Trillion cells in your body. The state of your mind will influence and dictate the frequencies your whole body will emit and therefore attract the frequencies that resonate with it.

- **Focus on what you want.**

### *The Law of Continuous Transformation of Energy*

The Law of Transmutation states that energy moves in and out of physical form. Nothing ever dies, it only transforms. Take ice-water-steam, when water disappears into steam and becomes invisible to our eyes, it doesn't mean it doesn't exist. It has taken on a higher form that we cannot perceive. Your thoughts are the most potent frequency known to us, you can choose to use them or reject them. Your thoughts are creative energy. The more you focus your thinking on what you want, the more you harness your creative power to move that energy into results in your life. The Universe organizes itself according to your thoughts. The image you hold in your mind most often materializes in results in your life. What are you imagining?

- **Put your energy and effort, your thoughts and actions into attracting what you want.**

### *The Law of Polarity*

The Law of Polarity states that everything has an opposite. Hot and Cold, Light and Dark, Up and Down, Good and Bad, Positive and Negative. Polar opposites make existence possible. There is nothing but equilibrium, Balance. If what you are not didn't coexist with what you are, then what you are could not be. Therefore, do not condemn or criticize what you are not or what you don't want. Always recognize the opposite, then pick what you want to focus on.

- **Look for the good in people and situations. What you focus on, you make bigger in your life.**

### *The Law of Rhythm*

The Law of Rhythm states that everything has a natural cycle. The tides go in and back out, night follows day, and life regenerates itself. We all have good times and bad times, but nothing stays the same. Change is constant. Knowing that "This too shall pass" is great wisdom about life's ebb and flow.

- **When you are on a down swing, know that things will get better. Think of the good times that are coming.**

### *The Law of Relativity*

The Law of Relativity states that nothing is what it is until you relate it to something; nothing is good or bad until you relate it to something. Point of view is determined by what the observer is relating to. The nature, value, or quality of something can only be measured in relation to another object. Before your judgment, everything just IS. Never judge yourself or others, never compare your achievements with theirs. Focus on what you want and do your best to achieve it. Have your own expectations, rather than living up to someone else's.

- **Practice relating your situation to something worse than yours, and you will feel good about where you are.**

### *The Law of Cause and Effect*

The Law of Cause and Effect states that for every action there is an equal and opposite reaction. Every cause has an effect, and every effect has a cause. Cause Causes Certain Effect. (C > E) Your results are the effects of your thinking and behaviour. When I say Results I mean every single thing in your life. There are Reasons (for not getting results) or Results. If you think about it any outcome that you created in your life must have come from a behaviour that you produced. There can't be more on the effect side than it is on the cause side.

Focus on what you want, i.e. positive thoughts, because by Law that is what will come back to you... cause and effect... Be at cause for what you want, and you will get the effect. All thought is *creative*, so be careful what you wish for... you will get it.

How empowering is it to be on the Cause side of life and how disempowering is it to be on the effect side. Think about when you're 90 or 140 years old, how valuable will those excuses be?

Accept responsibility and look for the learning, rather than hide behind your pride and reject the fact that you are the Cause for your behaviour which causes Results in your life. You see the moment you reject the Cause, you close yourself off to the. And you will probably continue to create the same results, until you learn what you need in order to grow and expand.

Learnings means Resources, they are strategies, decisions, beliefs that you can utilize in the future so that whatever happened in the past won't repeat itself. You need to learn in order to grow; your comfort zone is living in the illusion that you and everything can stay the way it is. In nature nothing can stay the way it is, you're either busy growing or dying.

Are you on the effect side, with no power to do or change anything? Or are you on the Cause side, where you are in charge of your life and the results that you are creating. You can't play half way, you are either on the CAUSE side for every single result that you created in your life, and I mean everything. Because the moment you exclude any result you step onto the Effect side. You become a hypocrite, changing the rules where you see fit.

"Which side of the Cause and Effect equation are you on?"

- **Consistently think and act on what you want to be effective at getting it.**

### *The Law of Gestation/Gender*

The Law of Gestation states that everything takes time to manifest. All things have a beginning and grow into form as more energy is added to it. Thoughts are spiritual seeds planted in our fertile minds that bloom into our physical experience if we have nourished them. Every seed and thought has a gestation or incubation period. Be clear and precise and focus on exactly what you want. Allow the Law of attraction to bring all the right people and circumstances in to your life, your goals will manifest when the time is right, have faith, focus on what you want and get ready to receive.

- **Stay focused and know that your goals will become reality when the time is right. KNOW they will.**

These 7 laws govern our universe. Understand and live within them. Accept and respect nature not as something out there, as humans we don't just live here – we are part of it (intimately), and the same laws apply to us. The 7 Natural Laws of the Universe are working with you and for you. Take charge of your life by focusing on what you want, and by law, you will have it.

## Internal Representations

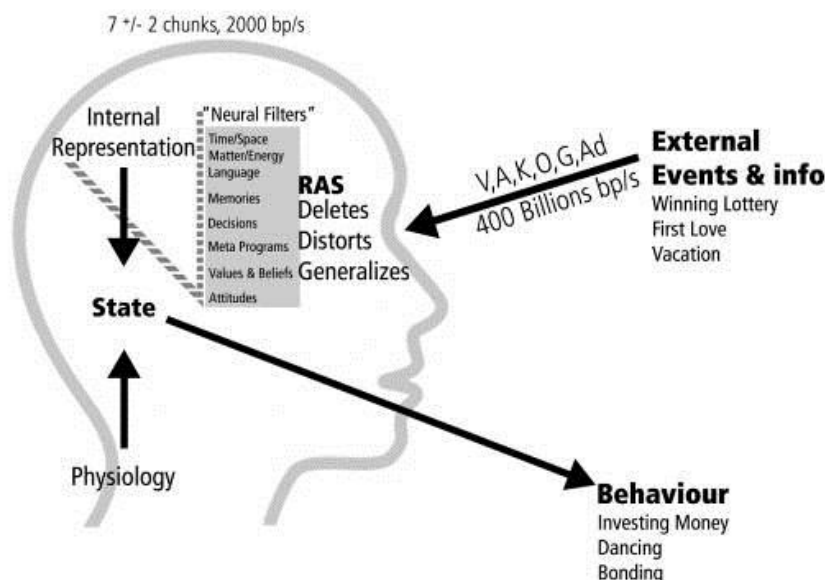
Your internal representation will to a great extent determine your focus. You will soon learn that you get what you focus on. Your focus determines your thinking; your thinking determines your behaviour, which determines your results. The Five senses (VAKOG) supply information from the outside world directly to the conditioned mind for processing / filtering. This information together with our Self-Talk (Ad) creates our Internal Representation.

Your unconscious mind is symbolic and it thinks and communicates using V, A, K, O, G and Ad. In order to use our minds effectively we need to use all of our Internal Representations, aligning them with what we want.

Think of all the signs that you see for caution or warning... "Don't Slip" for example (with a picture of a man slipping). Remember that the unconscious mind doesn't process negatives directly. The mind processes everything through VAKOG all the time. Rather state everything in the positive, FOCUS ON WHAT YOU WANT. What feeling and images are in your mind when you think of yourself slipping on a wet floor? What kind of internal representation would that create? Our Internal Representation becomes our focus... we tend to produce the necessary behaviour to manifest that. This is the basis for effective change.

"Don't think of a pink elephant". Realise that you can't think about what you don't want to think about without thinking about it.

So all 5 senses and our self talk together, make up our Internal Representation. Now ask "What am I focusing on? Is my focus positive?" From now on this includes all 6 things we can do in our minds. Are all the systems supporting you towards successful achievement of your goal? This will make a huge difference in your life.



Our mind sorts information into  $7 \pm 2$  chunks of information. Our **Internal Representation** constantly combined with our **Physiology** creates our **State**. **State** dictates our **Behaviour** and we create certain **Results** in our lives.

## Focus Filters

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What are you focusing on? Is it towards what you want or towards what you don't want? Are you focusing on what you want or are you focusing on what you don't want?

### *Core Focus Filters – (Internal Acid Test)*

Our core focus filters are our human needs. This model has been adopted from Anthony Robbins, who says "You don't always get what you want, but you always get what you need."

These needs are not wants and desires, but profound needs which service the basis of every choice we make.

You will always find a way to fulfil your core needs, either in a positive, negative or neutral way.

There are 6 basic human needs:

#### ***Certainty***

This is our need for safety, security, consistency and predictability.

#### ***Variety***

The opposite of certainty is our need for uncertainty, variety, the unknown, risk, challenges.

#### ***Significance***

This is our need for being important, being needed, feeling worthy, unique, status

#### ***Love / Connection***

Our need for connection, intimacy, love, sharing, bonding

The first 4 human needs Certainty, Variety, Significance, Love / Connection are the needs of the body/personality. People will do ANYTHING to meet these needs, one way or another.

The needs of our spirit or soul are met through Growth and Contribution

#### ***Growth***

Our need for growth, expansion, learning, becoming more... when we stop growing, we die. We need to constantly develop emotionally, physically and spiritually.

#### ***Contribution***

Our need to go beyond our own needs and contributing to others, making a difference in others lives, helping, educating, coaching.

We tend to focus on two, the dominant two influence our behaviour the most.

Exercise:

- 1) Write down all the ways you currently get: Certainty, Variety, Significance, Love/Connection, Growth and Contribution in your life in general.
- 2) Answer the following questions (take your time and think about it).
  - a) What is it that drives you? What are your top 2 Core Focus Filters? Which two do you value the most?
  - b) How does this impact the quality of your life? What are the consequences (positive and negative) of valuing these needs in this order?

### Process Focus Filters – (Inner Parent)

These are process driven that shape our Focus and our reality.

Meta Programs

Values

Beliefs

Memories

Decisions

Attitudes

Language

Time/Space/Matter/Energy

### Key Focus Filters – (Internal Driver)

This holds the Key of your Focus. It determines what is and what isn't important, based on all the other filters. Your mind created a question that sums up all your filters together. It filters your conscious and unconscious thinking, all the time. It is basically the question that you keep asking yourself consciously or unconsciously, no matter what you are doing. You filter all information coming in through you 5 senses all 400 Billion bps as if your life depended on it. How important do you think this question is?

## Book of Rules

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Exercise:

### **What is important in your life**

List the top 5 things that you value in life. What is life about for you? What are you striving for, what would you like to feel or experience in life?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

(For each of the above that you listed answer the following question)

For you to feel/experience \_\_\_\_\_, what needs to happen, what needs to be present in order for you to feel that way or to experience that?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### **In the past, what have been the feelings you would do almost anything to avoid?**

List here the top 5, your biggest Away from:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

(For each of the above that you listed answer the following question)

For you to feel/experience \_\_\_\_\_, what needs to happen, what needs to be present in order for you to feel that way or to experience that?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Most people make it really difficult to achieve their Towards values and really easy to achieve their Away Values. Why not make it really easy to achieve your towards by using OR, and make it really difficult to achieve Away but using AND.

## Cause & Effect

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How do you live your life? Are you on the **Cause** side of life or the **Effect** side? (C > E) It is important to be aware of this distinction. Far too many of us live a large portion of our lives on the effect side of life, responding to the whims, desires or emotional states of others, disempowering ourselves.

Being at **Cause** in your life means that you take responsibility for what you have achieved or will achieve. If things are not unfolding as you would like, you take action and explore other possibilities. Above all, you know you have choice in what you do and how you react to people and events. Being at cause in your life means you have choices, you can choose what is best for you.

If you are at the **Effect** side of your life, you probably blame others or circumstances for your bad moods or for what you have not achieved or for your life. You may feel powerless or depend on others in order for you to feel good about yourself and life; *"If only my spouse, my boss, my co-workers, my parents, my children, etc understood me and helped me achieve my dreams or did what I wanted or what is best for me, then my life would be great"*. If you wait and hope for things to be different or for others to provide for you, then you are on the effect side of your life. And really, how much fun is that? And how much fun do you think it is for others to be around you? Believing that someone else is responsible for you and your actions or making them responsible for your happiness or your different moods is very limiting, and very disempowering for you, giving this person some mystical power over you, which can cause you a great deal of anguish. Those who live their lives on the effect side often see themselves as victims or live their lives as victims with no choices whatsoever. The irony is that they do have choice and they have chosen not to choose but to be responsive to whatever is given to them.

Once you have decided to live your life on the **Cause** side, you assume responsibility for your life, your thoughts and your actions, making a conscious connection with yourself and taking ownership of your life. Liberating yourself to step up and take action to create and live the life you have always wanted to live without restriction.

### Responsibility for Change

### Responsibility for Finding Value

## Perception Is Projection

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Remember that out of the 400 Billion bits of information that comes in through our 5 senses we all delete, distort and generalise that down to 2000 bits of information according to our internal filters. We all have different filters and that means each of our perception of reality is different.

This means that you see things not as they are, but as you are. What you see in other people is really what you see in yourself, the things you like and don't like. "*You see what you look for*". You've heard before that everything in life is a reflection of yourself, (a reflection of your unconscious). Well this is how it works. Have there ever been times in your life when you met someone and thought: "He/she is really arrogant?" Or maybe, after you talked to someone, you thought: "Damn, he/she is opinionated. I'm glad that I'm not like that!" "*Your perception of someone is your own projection*". This means that you don't experience people as they really are; you only experience one version of them, the one that has to do with you.

*The world is not what it seems to be, you perceive just one very small version of it.*

All this means is that you ARE fully in charge of what you perceive from other people, in other words when you recognize others as being arrogant or opinionated or any other charming description, you actually recognize a part of yourself, otherwise how would you be able to know what it was? What you see in others is really yourself. What others do or how they act is their choice; it is your choice how you perceive their actions. To a certain extent, people in your life will act the way you unconsciously want them to or perceive them to, you project onto others how you want them to act, and once this judgment or thought comes to your conscious attention, it is your projection.

Exercise:

1. Think of 3 people that you like and write their names down.
2. Think of 3 people that you don't like and write their names down.
3. Spend some time and find out how all these people ARE like you.

This is the basis for perception is projection. The event isn't good or bad until we process the information and pass judgement on it.

Your unconscious mind takes everything you think about someone else PERSONALLY. As far as your unconscious mind is concerned, there is no one out there but you.

You will see in people whatever you want to see, and you will only perceive things that you have in you, positive or negative, good or bad. You will perceive in other people what you unconsciously want to perceive. This is how your unconscious gets you to grow and learn, by bringing things that are unconscious and need to be resolved or dealt with so you can become conscious of it. Instead of jumping to judgments or conclusions, make sure you are giving the person a fair chance. Focus on what you want, and feel free to project on to others the way you want to be yourself.

People in your life will act the way you unconsciously want them to act and I think it's great that your outer perception is a reflection of your inside perception because then you can identify the things you want to change within yourself.

As Gandhi once said, "*Be the change you want to see*".

"What we perceive is who we are"

"That which is unconscious must, out of need, be projected on the people and events around us"

"We tend to marry our unconscious mind and then project onto her all our unresolved material"

-Karl Jung

## Prime Directives of the Conditioned/Unconscious Mind

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The Prime Directives of the unconscious mind provide a framework for the context of doing Time

Paradigm Techniques™ with yourself or others. The model of the Prime Directives gives us some powerful assumptions, which structure our use of the tool of the techniques. The term Prime Directives

means that the unconscious mind is "hard wired" (meaning this is how it comes) and is set-up to provide or to do the following:

### 1. Stores memories

The unconscious mind provides the coordination for the storage of memories. Research as far back as 1957 (the Penfield Study) indicates that everything that happens is recorded faithfully and stored as memory. You may remember that in 1957, they probed a woman's brain with an electrode, and she remembered everything that happened during a birthday party when she was a very young child. She remembered the feel of the krynolin of her dress, the taste and smell of her birthday cake, how her mother and her friends looked, etc..., as if she were there. As a result of that study, neuro-physicists postulated in 1957 that everything that happens to us is stored in the brain in full detail. In 1960, Carl Pribram won the Nobel Prize for his theory that expanded the place of storage of memories from the brain to the entire body, when he postulated that memories were stored holographically in the nervous system. It is the unconscious mind that is responsible for the coordination of the storage of and for access to these memories.

Your unconscious stores memories in relationship to time (temporal) and also not in relationship to time (atemporal).

- a. Temporal (in relationship to time - Chronological order)
- b. Atemporal (not in relationship to time - meanings of words for example )

### 2. Is the domain of the emotions

The unconscious mind is the domain of the emotions. Even though they are often felt consciously, emotions are not the domain of the conscious mind. They are generated by, maintained by, and are the responsibility of the unconscious mind.

As your unconscious mind links things and puts meanings to them your hypothalamus produces matching chemicals that impact all the cells in your body. It all starts with the conditioned mind.

### 3. Makes Associations (links similar things and ideas), and Learns Quickly

### 4. Organizes all your memories

The unconscious mind organizes all the memories which are stored in the nervous system – in the body. The way it organizes these memories is that it uses "indexes" to point to the stored memories and to allow for and to facilitate your access to these memories. Your Time Line is one such index, the organization of your values is another such index that the unconscious mind uses.

- a. (Uses the Time Line like a filing cabinet. Mechanics is the Gestalt – it also organises memories into subjects and feelings. It will chain all memories related to happiness together)

### 5. Represses memories with unresolved negative emotion

Now, here is where some interesting paradoxical situations can begin to occur. The unconscious mind is also charged with the responsibility of repressing memories with unresolved negative emotion. The emphasis here is on "unresolved." The memory will be repressed with the emotion intact until it can be resolved. The unresolved negative emotion can cause some repression of the content of the memory to the extent of the intensity of the emotion, and to the unresolvedness. (These repressed memories are visible in the Time Line as dark or missing areas.) The repressed negative emotions are trapped in the body, and in many cases can cause blockages to the flow of communication through the neural network pathways of the body.

Your unconscious mind will repress memories to protect you. It will repress the unresolved negative emotions until it feels you are ready to deal with or resolve them. Both conscious and unconscious know that negative emotions are not good for the body, don't they.

Stores negative emotions as bags (baggage or emotional / energetic blocks). Everything is energy, which means that these bags are actual things, atoms stored in the body. This causes huge amounts of stress to our organs and hurts the body. Currently doctors say that more than 80% of our diseases are caused from stress.

Imagine information going from your brain to your elbow to heal a cut for example, comes across an emotional / energetic unresolved bag, the information can be distorted or even diverted to the wrong body part. This changes the quality of the information and even maybe the destination.

#### 6. **Presents repressed memories for resolution.**

Memories which have been repressed are then presented to release the trapped negative emotions. This is the next function which the unconscious mind is "supposed" to perform, and it is a function which can be a long term function. Supposed is in quotes because in a number of cases, and with disfavor from the conscious mind, the unconscious mind will stop presenting the memories for release and keep them repressed. If the conscious mind can, at the time of presentation of the memory, release the emotions by "rationalizing" (making rational, preserving the learnings) the memory can be cleared of the negative emotions.

Ever experience a significant emotional event and then a few months or years later, when you thought you'd dealt with and healed it, those thoughts begin crawling back into your mind. This is how the unconscious mind brings those bags back for releasing emotions.

- a. (to make rational and to release emotions)

#### 7. **May keep the repressed emotions repressed for protection**

The Unconscious Mind also has the option of keeping the memories repressed. In some cases this is what the unconscious mind does. This is a short term function, however, and in the long run the unconscious mind will continue to attempt to present the memories so that they can be released, because repressed emotions are just not good for the body.

Horrific events in life can lead the unconscious to repress these memories.  
(See Prime Directive number 9.)

#### 8. **Runs the body**

The unconscious mind has also been called the "body-mind" or the mind of the body, and in performing this function it provides the consciousness, and the direction for the functioning of the body.

This is useful, hey? Think of all the things that your unconscious mind is doing for you every second of every day. Breathing, heart function, healing, digestion, etc... And you telling me you don't trust your unconscious mind, I think you might need to remember just how much you do trust your unconscious mind.

- a. Has a blueprint:
  - i. of body now and
  - ii. of perfect health (in the Higher Self)

#### 9. Preserves the body

The unconscious mind is also in charge of preserving the body. This means, other things being equal, that if you walk out to the street and step in front of a bus, your unconscious mind will jump you back out of the way, and you will be safe. In times of extreme danger, many people notice that the unconscious mind takes over, and the conscious mind is not at all involved at that moment.

This is the highest prime directive of the unconscious mind. It is the main and most important function, the No.1 priority.

- a. Maintains the integrity of the body

#### 10. Is a highly moral being

This is not necessarily a Prime Directive as much as it is an instinct that is built in. The unconscious mind will enforce any morality which it has been taught and has come to believe is true. This Prime Directive is included, however, because it is so important in healing. If the Unconscious Mind thinks that you have been bad, then of course, you will have to be punished. In healing, then it is important to know if the unconscious mind feels as though it needs to punish you. The question might arise, "What kind of morality are we talking about?" We are talking about any kind of morality which the Unconscious Mind has been taught and which it believes. That is why there is honor even among thieves.

- a. The morality you were taught and accepted

#### 11. Enjoys serving, needs clear orders to follow

The unconscious mind likes to have direction from a conscious mind with which it is in rapport. If there is no rapport, the unconscious mind will not follow the orders or directions from the conscious mind. With rapport the unconscious mind will follow just about any direction from the conscious mind. Trust is important to develop in this context, because if the unconscious mind is in charge of our physical and many of our mental processes, rapport with it is a must.

Your Conditioned Mind loves you more than anyone else will ever be able to love you. It loves serving you and all it needs is clear instructions to follow. Get clear on what you want and send clear instructions to your conditioned mind consistently.

#### 12. Controls and maintain all perceptions:

As our sensory perceptions come in to the neurology from outside the body, they must pass through the unconscious mind before they become available as conscious perceptions. The unconscious mind is in charge of filtering the massive amount of data that comes in, and making it manageable for understanding by the conscious mind. You may have heard that one estimate is that we have approximately 400 Billion bits of information coming in through all our sensory input channels. The unconscious mind filters these down to a manageable 7 plus or minus 2 chunks of information.

Regular; Telepathic; Receives and transmits perceptions to the conscious mind

#### 13. Generates, stores, distributes and transmits "energy"

As the "manager" of the body, the unconscious mind also is in charge of the energy of the body. Most of the energy in the body is generated by the interaction of glucose with oxygen. Since the unconscious mind is in charge of the energy, it can be asked to increase the energy in the body for various purposes including weight loss and healing.

By directly communicating with the conditioned mind you can achieve desired energy levels and direct energy to needed places.

#### **14. Maintains instincts and generate habits**

Some Instincts are hard-wired in our neurology at birth. If your life is in danger you will enter into the fight or flight response.

##### **Needs repetition until a habit is installed**

Habits on the other hand are learnt and can change. When cultivating a habit it is a good idea to repeat it often until it is taken-over by the unconscious mind. The unconscious mind is really in an on-going "now" most of the time, and so needs a fair amount of repetition to build a habit. Through NLP techniques we can change them almost instantly.

#### **15. Is programmed to continually seek more and more**

The unconscious mind is directed to continually seek more and more. So the new car you just had to have, and you finally bought seemed like "just any old car" after a short period of time (say, three weeks), and perhaps you were prompted to wonder, "what's next?"

To seek more and more is the pattern of nature, which is to grow and expand.

- a. There is always more to discover

*The problem is when you think you need more to be happy, this comes from the vibratory state of lack.*

*The bottom line is that you are either dying or growing and expanding.*

#### **16. Functions best as a whole integrated unit**

The unconscious mind will function perfectly with a minimum of parts. In fact, the fewer parts the better. Since more parts mean more possibility of inner conflict, and since each part cannot be expected to have the intention of the whole as its highest intention, the fewer parts the better. The most perfect functioning occurs as a whole integrated functioning unity.

So the fewer parts there are, the less chance for incongruence. Being whole means being completely congruent; with no internal conflicts and zero chance for any.

- a. Does not need parts to function

#### **17. Is symbolic**

The unconscious mind is symbolic. It is in many areas, pre-literate, so it creates and uses, and responds to symbols (thank you Carl Jung for first pointing this out to us). Much of what the unconscious mind gives us is symbolic. This does not mean that it is meaningless, quite the contrary, the symbols can be interpreted, and will have significant meaning.

Your conditioned mind uses symbols to establish meanings and makes connections. Anyone who has ever written a dream book is 100% correct, for them.

- a. Uses and responds to symbols

#### **18. Takes everything personally**

The unconscious mind takes everything personally. Do you remember that saying, "One finger's pointing out away from you, but three are pointing back at you?" The good news is that what you like about your friend, is you. The bad news is that what you dislike about your friend, is also you. This is Perception is projection. What you see is who you are. So think the best about everybody you meet. If you are practicing as a therapist,

educator, or manager, especially, think the best about your clients or students – think that they are magnificent. Based on the work of George Estabrooks (1943) and Andre Weitzenhoffer (1957), that what the therapist (or educator, or manager) does not believe to be true will not be actualized by the client. If you believe that they can do anything, then they will. If you see your clients as magnificent they will be magnificent. The more good you see in your clients the more they will actualize that good for you, and for themselves. The more you do that, the more your own unconscious mind will feel good about you, and prosper. Honor and respect the unconscious mind. If you can, love the unconscious mind. You and your unconscious mind are going to be together for a long, long time, so you might as well get along well. If you can remember your magnificence you will be magnificent!

This is the foundation for perception is projection, to your conditioned mind there is no one else but you.

#### **19. Works on the principle of least effort**

The unconscious mind works on the principle of least effort, and that means it will do as little as it can get away with. This principle serves the unconscious mind well in energy conservation, but not necessarily in healing various symptoms. It always takes the Path of least resistance. (Neurology) For example, if you are asking the unconscious mind to clear up certain symptoms, you must ask the unconscious mind when it will start and when it will finish the process, or you may find six months later the process is incomplete. When asked, "why?" The unconscious mind may simply say, "I haven't started yet."

#### **20. Does not process negatives directly**

Finally, and we have already discussed this earlier, make sure you are telling your unconscious mind what to do, think, be; as opposed to telling it what not to do, think, be. Enough said. Your Time Line is how your unconscious mind encodes and stores your memories. It's how you know the difference between a past memory, and a future dream? Your Time Line is largely an unconscious process, and like remembering your home phone number, you may be more or less aware of it from time to time.

## **Neuro-Linguistic Programming (NLP)**

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**Neuro** – Referring to the nerve cells that are stimulated by your external environment and internal thought process and emotions.

**Linguistic** – Refers verbal and non-verbal communication.

**Programming** – Refers to the way you act, based on your thought patterns and emotional state.

In essence, NLP can be described as the fundamental dynamics between your **Mind** (Neuro) and your **Language** (Linguistic) and how their collaboration affects your body and your **Behavior** (Programming).

Which through your neurological constraints, your filters, delete, distort and generalize all information you receive through your five senses and creates your perceptions of time and space, energy and matter, the language you use and your understanding of words and meanings, your memories, your decisions, the patterns you look for when selecting information, your values and beliefs, and your overall attitude. Whereby creating your personal models of the world.

NLP is the study of excellence in yourself and seeks to educate you in self-awareness and effective communication, and to change your patterns of mental and emotional behaviour into states that benefit you more positively and successfully. By addressing your **Mind-Body**

**Connection**, NLP treats the root of many dis-eases and imbalances by transforming your mind. This causes a healing ripple effect throughout your entire physical body.

## The Journey beyond

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It is my intention to empower you to access your full potential. The wounded healer refers psychologically to the capacity “to be at home in the darkness of suffering and there to find germs of light and recovery with which, as though by enchantment, to bring forth Asclepius, the sunlike healer.” (Kerenyi)

I started exploring personal development and self-mastery at the age of 19 because of my own past experiences which led me in search of healing, a journey that can be seen as “The Wounded Healer” and became my vocation.

I have been actively practising in the field of personal development and self-mastery for the past 15 years. I travelled to India and spent the most part of 2001 in solitude in the Himalayan Mountains in meditation. I started as a Meditation, Yoga and Philosophy teacher, and expanded my business to include other Healing Therapies to further aid my client’s growth. I continued to further my studies in Philosophy, Meditation, Master in NLP Life coaching, Hypnotherapy, Time Paradigm Techniques, Stress Management and Biofeedback, Relationship coaching, Business coaching and Unconscious Integrative Therapy.

I was then accepted to do a PhD in the applied psychology with my focus on the process towards self-realisation, as my practise is growing and my focus is now more on the wellbeing of my clients, my PhD has become more of a process than a destination.

**Non foras ire, in interiore homine habitat vertis - Do not go outside, truth dwells in the inner man**

## The Process and Objectives Strategy

Personal Development is a never ending journey that deals with your really deep core issues in life. This process is for people who are keen to transform themselves and begin living a more meaningful and fulfilling life by unlocking their full potential.

I currently call this process "Authentic Self Rediscovery". My personal development therapeutic process will help you acquire mental and emotional mastery through the integration of your conscious and unconscious. I help you identify and remove obstacles, resolve negative emotions and trauma, shift limiting beliefs, integrate inner conflict and rediscover and nurture your authentic self. This will help you gain the empowerment and realisation needed to achieve the results you want in all areas of your life.

These changes don't happen overnight, but they do happen through dedication, commitment and the right support.

Beverly Sills said, "There is no shortcut to any place worth going" and this certainly is a great truth, we also do need to be on the correct path so that don't end up going round in circles.

## Are you Ready for the Next Step in Your Evolution?

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This is not for everyone out there. You get to decide if this is suitable for you, are you ready to be Totally Empowered? Are you ready to take control of your mind like never before? Are you ready to live the life of Your Dreams?

There is only **handful amount of people in the world** that can do things I can do for you now.

You can decide to have a one on one session with me in person. I will help you to re-wire your brain, just by talking to your unconscious mind. We call this Quantum Linguistics in Neuro Linguistic Programming, but it's really so much more than that, combined with all of my previous knowledge about the human brain and behaviour, self-empowerment and the nature around us.

Although very unique for each individual, this is more or less what you can expect from a session:

- We'll get you in touch with your unconscious mind, elicit how your mind stores time
- We'll help you clear ALL the negative emotions (anger, sadness, fear, guilt...) from you past
- We'll get rid of all your self-limiting decisions and beliefs, which will make you unstoppable!
- We'll insert in your Future Time Line your desired outcome, so your mind can support you ALL the way in achieving your dreams – you get unrivalled focus and clear path to your goals

Last three steps are priceless on their own, for those who understand their true meaning of course. But the steps before them are very necessary indeed, to align the past with the desired future, to clear your body of all the negative blockages, and to make an incredible support system, to support you in your future deeds. I hope you realize how priceless this session is for a person.

**What is this worth to you?** You won't find out until you give me the right answer to that question. The private sessions are very personalized for each client's needs; it will ultimately lead the way to rediscovering your authentic self.

I am not here to make you live the life I think is good, I am here to deliver, to enable you to make your life anything you want it to be. If you can tell me what you want – I can show you how to get it!

I don't need clients; I want clients ready to change, clients who can easily see the value in a session like this, and its potential. I'll deliver as promised, and after all this is done, you will be **unstoppable and unlimited in potential**, which is what you were **always** meant to be.

Talk to me... I empower people from all over the world, so I am often booked back to back, but I always have access to my emails, and always on a lookout for another life to empower! The idea is to change the world, to have more successful people, more gratitude and love on our planet.

### **Create Your Moments,**

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