EMPOWERING YOURSELF FOR A CHANGE

By
Mohammed Hashmatulla khan (PhD)

3 weeks NLP based Course

Renovate Mind LIFE COACHING

Powered from Renovate mind Life Coaching

Over view of the whole Training

- ❑ Module-1: Empowerment
  - ✓ Lesson-1
  - ✓ Lesson-2
- ❑ Module-2: Mind & Body
  - ✓ Lesson-1
  - ✓ Lesson-2
- ❑ Module-3: Change & Transformation
  - ✓ Lesson-1
  - ✓ Lesson-2

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What you are going to learn in Module-1

- ❑ **Module-1: Empowerment**
- ➢ **Lesson-1**
- ✓ **INTRO /Welcome**
- ✓ **WHO IS HASHMAT**
- ✓ **What is NLP**
- ✓ **MIND (CON/SUBCONS)**

Welcome

- Prepare yourself for a quantum leap
- You're about to embark on an extraordinary journey
- Get ready to leave what you know behind
- You're about to learn the secrets for attracting more of what you want into your life

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Who is M H Khan?

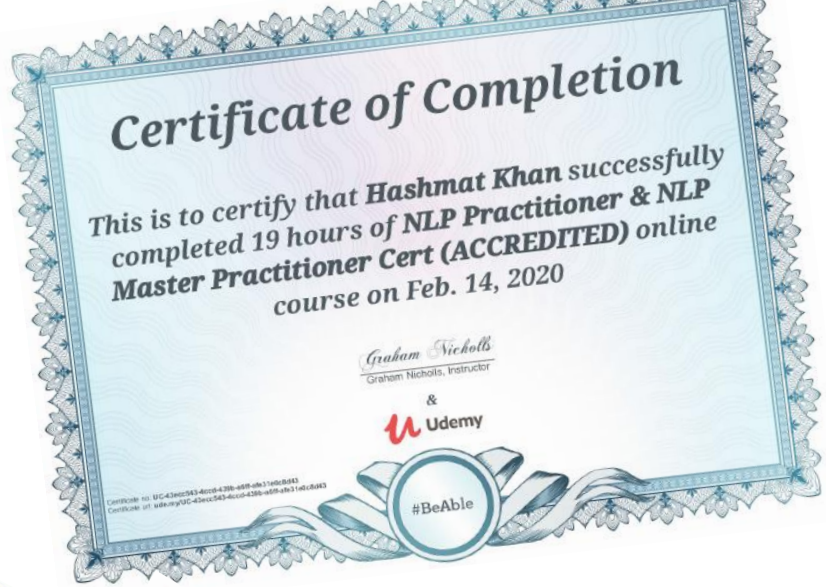
















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Who am I now?

- International Speaker (5000+ events, 50k)
- In-Demand Success Coach
- Trainer of Neuro-Linguistic Programming
- I am on a mission to bring what I've learned to everyone who is ready for it
- My purpose is to transform the world, one person at a time

I Am a Personal Development Junkie

- ✓ Got my first self-help book at 11 years old
- ✓ Practiced my daily visualizations
- ✓ Read books
- ✓ Attended live events
- ✓ I've spent over $50,000 on my personal education

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BIG PROMISE

By the time you're done with this course, you'll be looking on the world with new eyes, hearing new things, and embracing empowering new beliefs.

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NLP: What it is & Were it comes from

- NLP Applies to your life, some of the advance thinking comes from NLP,
- People are looking for result
- Look on yourself your life right now, at least one thing you want to improve in your life, could be Career, Relationship, Body, money, Spirituality etc.,
- Other self help program, non of them is applied to life.

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Definition of NLP

Neuro: Our Nervous system, or our Mind, which we use to experience the world, through our senses:

- ✓**Visual**
- ✓**Auditory**
- ✓**Kinesthetic**
- ✓**Olfactory**
- ✓**Gustatory**

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Definition of NLP

Linguistic: The language and other communication we use to store experience and give it meaning, including the following things we experience inside our mind:

- **Pictures**
- **Sounds**
- **Feelings**
- **Smells**
- **Tastes**
- **Internal Dialog (self-talk)**

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Definition of NLP

Programming: Discovering and using the programs, patterns and strategies we run in our mind to achieve our goals.

In other words, NLP is how we use the basic language of our mind to consistently achieve the results we want in life.

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Other Definitions:

- The study of subjective experience.
- The realization that our words don't describe the world we live in, but determine it.

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NLP: What it is & How it is?

Richard Bandler, the famous co-founder of Neuro Linguistic Programming:

"NLP is an attitude and a methodology that leaves behind a trail of techniques."

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NLP: What it is & Were it comes from?

- NLP is about "owning your own brain." One way to do this is to break familiar patterns, do not be satisfied until a novel behavior is generated.

- Ask what state would help to produce novel behavior in the situation, and ask what resources can be capitalized upon in service of desired outcomes.

NLP is Concerned with getting good outcomes

- This is why I refer to it as a methodology, rather than a science.

- Although NLP involves observation, experimentation, and feedback, which constitutes a scientific mindset NLP is very deep and very practical.

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Exercise

1. Introduce your self to team member
2. What is your intention of this course?
3. One year from know where you want to be, choose any area of your life, where it be Career, personnel development, relationship, Health etc.,
4. What will be you outcome if you achieve that?
5. What will be your next tiniest step in that direction?
6. Ask how can I generate Novel behavior.

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One of the easiest ways to change your life is to change your thinking

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Thought

We are not capable of Experiencing the Quality of our lives Directly .

We are only capable of Experiencing the Quality of our Thinking.

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60,000 thoughts a day
Most of them are
the same thoughts!

THE ESSENCE OF MODELING

"We Learn . ..

- *10% of what we read*
- *20% of what we hear*
- *30% of what we see*
- *50% of what we see and hear*
- *70% of what we discuss*
- *80% of what we experience*
- *95% of what we teach others."*

- William Glasser

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Tony Robbins says frequently in his seminars,

"You don’t need to know how electricity works to turn the lights on".

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The Premise

You have a Conscious Mind

<=and=>

You have a Subconscious Mind

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Your Conscious Mind…

Is very much like the CEO of a company…

It is:
Logical , Rational and Calculating.

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Your Conscious Mind…

It’s primary jobs are to :

- ✓Pay attention
- ✓Make decisions
- ✓Analyze input and accept or Reject it.
- ✓Protect the Subconscious Mind
- ✓To Listen to and Instruct the Subconscious Mind

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Your Subconscious Mind….

Is like the millions of workers, all doing their tasks without the need to supervise them

It is:

Creative, Emotional, Metaphorical, Playful

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Your Subconscious Mind….

It’s primary jobs are:

- ✓To solve problems
- ✓To operate the body and action, regulate emotions and energy and be intuitive
- ✓To receive and act on instructions from the Conscious Mind
- ✓To notify the conscious mind of options and solutions.

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The Makeup of the Mind

Your Conscious Mind

- Only makes up about 0.006% of your entire mind
  Can handle about 126bits per second of information

- Trying to live your entire life with your conscious mind is like trying to win a poker tournament with only one card

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The Makeup of the Mind

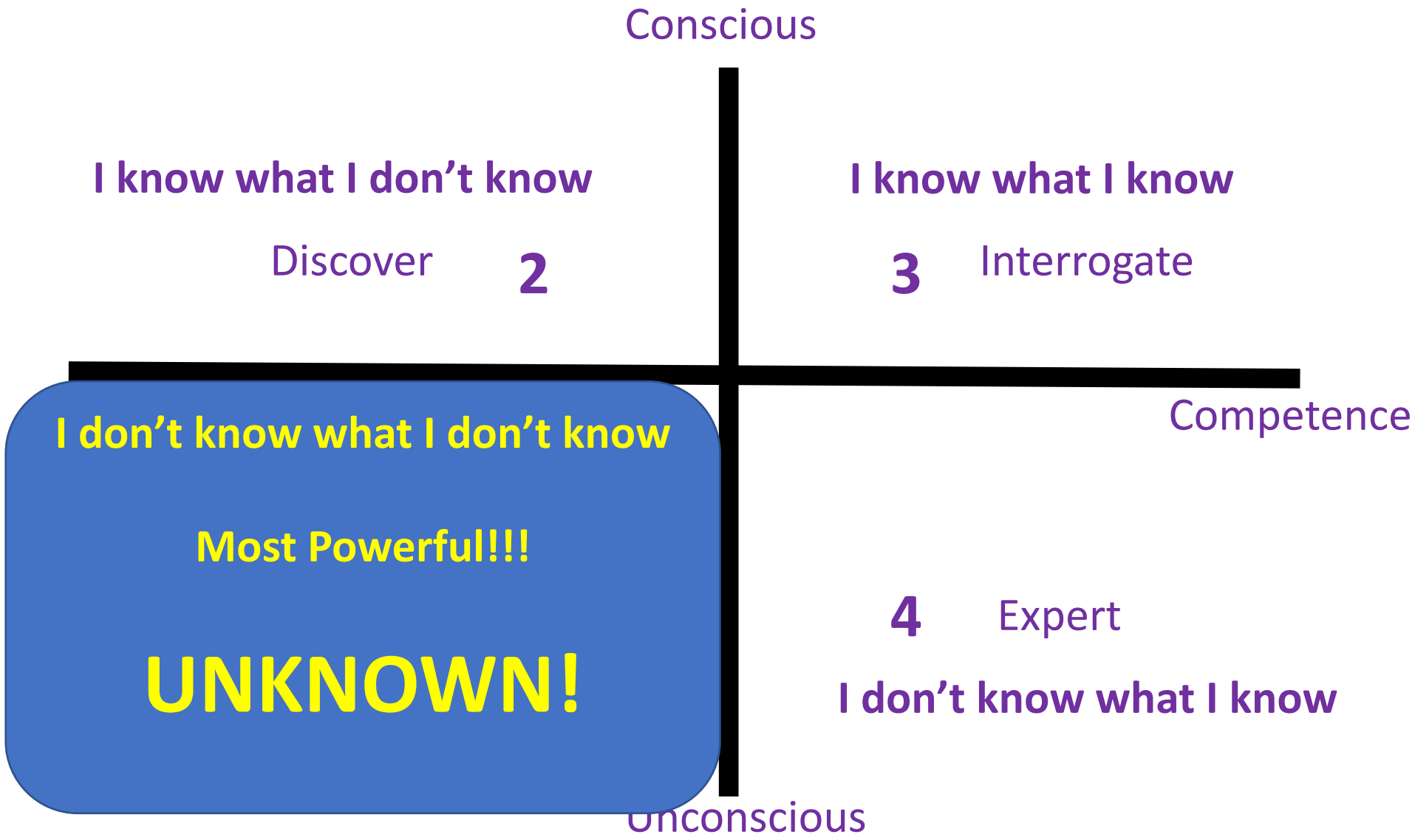
Your Subconscious Mind

- Makes up the other 99.994% can handle about 2, 000,000 bits per second of information Is roughly 7 years old

- Trying to live your entire life your subconscious Mind is like letting a 7 year old fly your airplane

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4 Quadrants of the Learning Process



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Teachability Index

ARE YOU TEACHABLE?

- ✓If you are not teachable, you are not coachable and that means we cannot help you.
- ✓Do you know how much you don't know?
- ✓You must be teachable.
- ✓You must be coachable.
- ✓Go to Page 5 & 6 of your course Manual and calculate your Teachability Index.

Teachability Index Questioner

1. WHAT IS YOUR WILLINGNESS TO LEARN (0-10)?

- what are you willing to do?
- how much time are you really willing to invest?
- how much effort are you willing to put in?
- how much money are you willing to spend?
- what are you willing to sacrifice?
- what are you willing to give up to learn this?

2. WHAT IS YOUR WILLINGNESS TO CHANGE (0-10)?

- how ready are you to change?
- how accepting are you of change?
- what is your willingness to change how you think?
- what is your willingness to change how you feel?

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What you are going to learn in Module-1

- **Module-1: Empowerment**
- **Lesson-2**

✓ Overview and feedback of last session.

✓ The Formula For Success: C & E

✓ The Importance of Your Focus

✓ 6 Principle of Success

✓ State Vs Outcome

✓ Neuro Transmitter

TIMING

ENGLISH (MODULE-1)

25TH SEPT 2020 (6.30PM TO 8PM KSA)

27TH SEPT 2020 (6.30PM TO 8PM KSA)

ENGLISH (MODULE-2)

2ND OCT 2020 (6.30PM TO 8PM KSA)

4TH OCT 2020 (6.30PM TO 8PM KSA)

ENGLISH (MODULE-3)

9TH OCT 2020 (6.30PM TO 8PM KSA)

11TH OCT 2020 (6.30PM TO 8PM KSA)

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10TH OCT 2020 (9 PM TO 10.30 PM IST)

11TH OCT 2020 (9AM TO 10-30AM IST)

MY OUTCOMES FOR THE TRAINING

MAKE THEM SO BIG THAT, IF YOU

GOT THEM, THIS WOULD BE THE MOST IMPORTANT TRAINING YOU HAD EVER TAKEN!!!

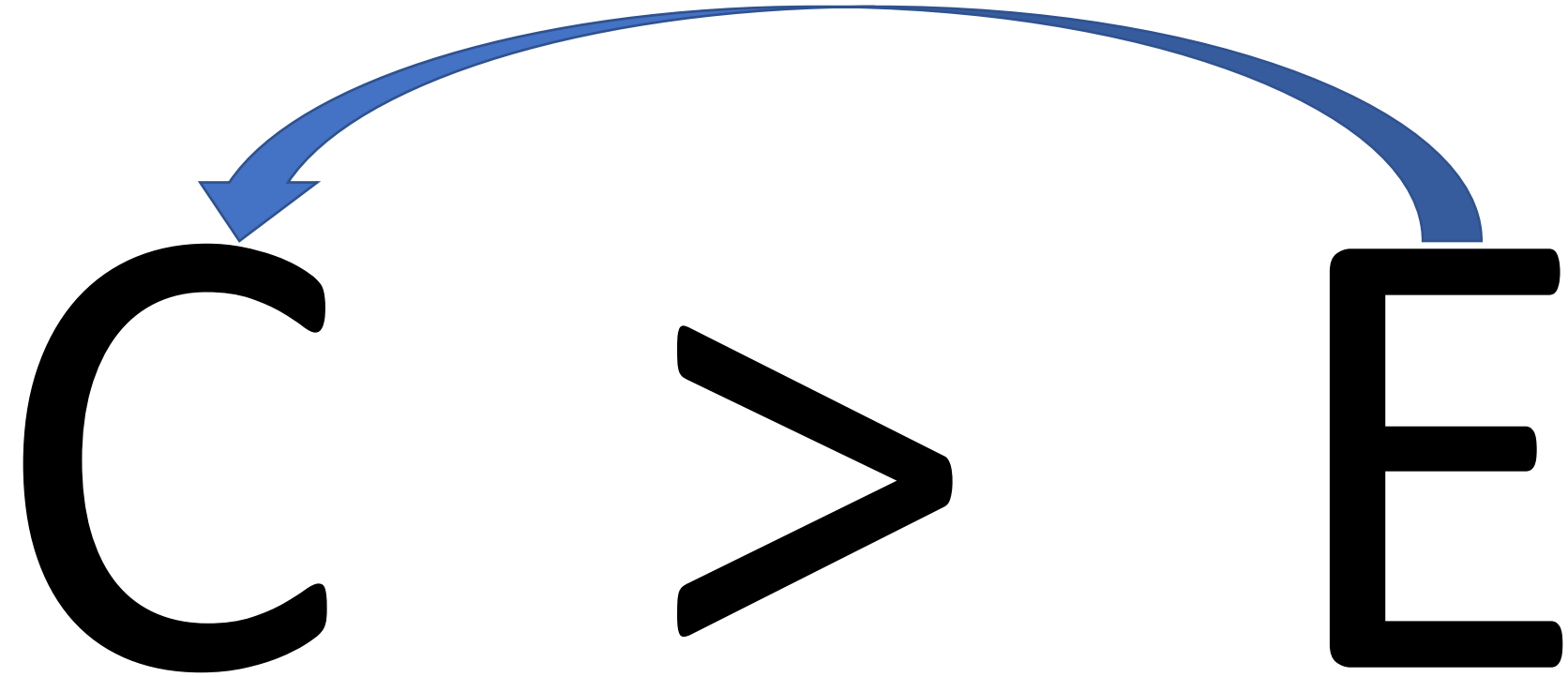
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Empowerment: The Formula For Success: C&E

- ✓I want to give you a Little Gift
- ✓You will get Every thing you want in your life
- ✓Sound like Newtonian physics class

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Empowerment : The Formula For Success



Results vs Reasons

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Empowerment: The Formula For Success: C&E

- I would Love to make more money/relationship/Job/Health
- Complain
- Example 90 years old
- Example of Danial
- Which side of the Cause and Effect formula are you on? Are you the cause in your life, or are you at the effect side of things in your life?

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Which side are you on?

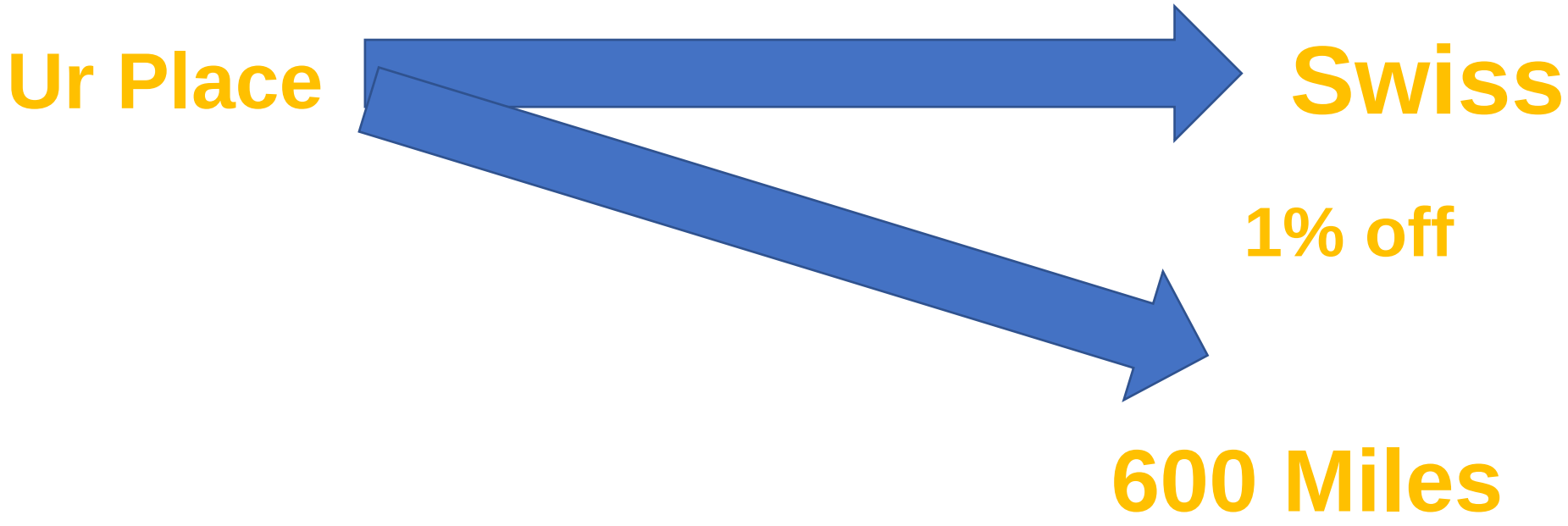
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If You Are Not 100% At Cause

Ur Place  swiss

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If You Are Not 100% At Cause



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My Results

C > S > B > R

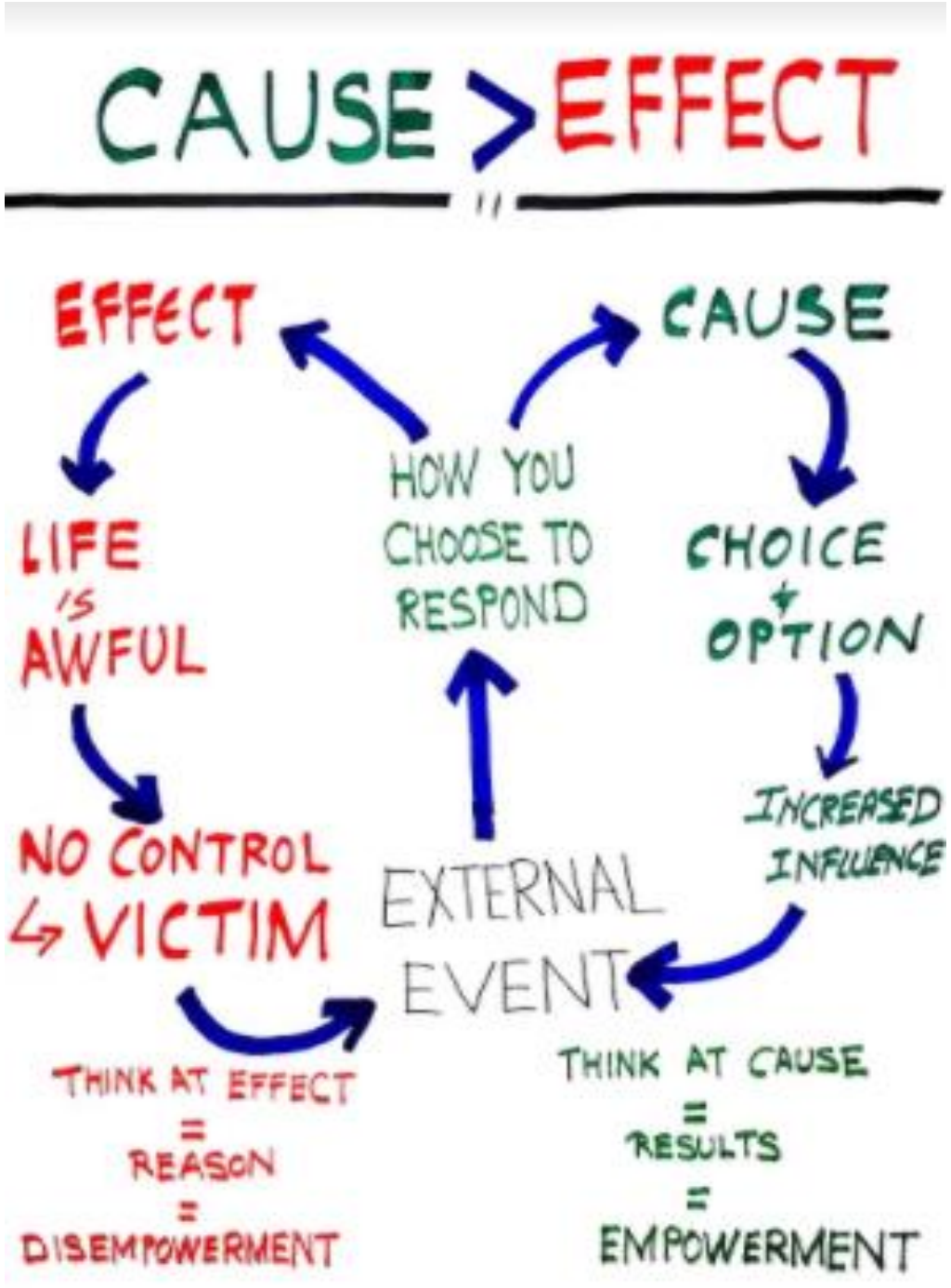
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Empowerment : The Formula For Success

- You need to move cause in your life
- What is that you want in life?
- **Why don’t you have it**… Living in the Effect of Time etc
- CAR/House/Teeth—
- Are you Stuck in life? My prediction is your living in effect.
- Let take a extreme Example : abuse relationship

1) Recognized
2) Take action

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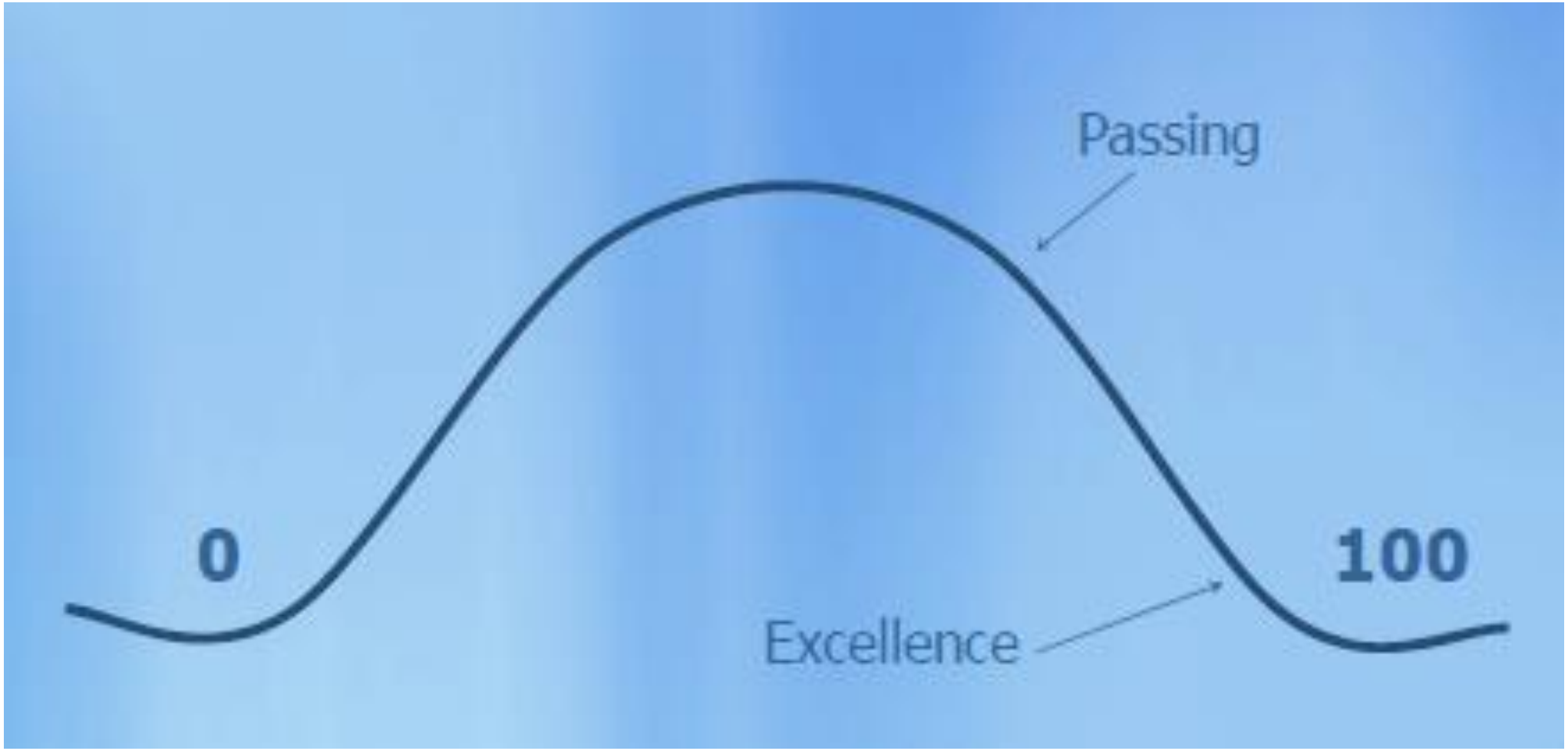
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The Importance of Your

Focus

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Getting Results from your focus



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The Importance of Your Focus

You Get What you Focus on, So Focus on what you want!

“ Whether you think you can, or you think you can’t, either way you are right “ **Henry Ford**

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The Importance of Your Focus

" I have a Policy. I Never listen to anyone explain why they can't do something." **Michael Caine**

He added that it was because he didn't want to be convinced by it.

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The Importance of Your Focus

" Where there is Negative thinking, let there be a Reflection (Dwell, ruminate, obsess) on the contrary (the opposite)."

You get what you focus on, so focus on what you want!

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The Importance of Your Focus

- You need to be in-charge of focus and therefore your results.
- We at renovate mind are **caring people**, and you also need to know that **we don’t care about your excuses for not having**, being or doing what you want and having your life the way you want it.
- **We invite you to give up arguing for your limitations**

Where's the Focus?

❑Average People Focus on Effort

✓ Conscious Mind

✓ Requires Attention

✓ Takes Physical Resources

✓ Lacks in Scope and Scalability

✓ Limited or Finite Top

❑Achievers Focus on Energy

✓ Subconscious Mind

✓ Requires Little or No Attention

✓ Takes Little to No Personal Resources

✓ Abundant Scope and Scalability

✓ Unlimited and Infinite

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Habits

" We are what we repeatedly do. Excellence, then, is not an act, but a **Habit".**

-Aristotle

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What's the Difference?

❑Reality

✓I don't have any money

✓I don't love anyone

✓I'm not athletic

✓I have negative relationships

✓People lie and that hurts

✓Doing taxes is boring

✓People don't listen to me

❑Limiting Decision/Belief

✓I can't make money

✓I can't love

✓I can't develop athletic ability

✓Relationships aren't worth working for

✓I'll never be able to trust people

✓I can't discipline myself

✓I can't influence people

Carnegie's Rules of Success

1. Successful people make lots of decisions

2. They make decisions quickly

3. Once they start on a path, they always, always finish

ready AIM Fire

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The Basic Premise:

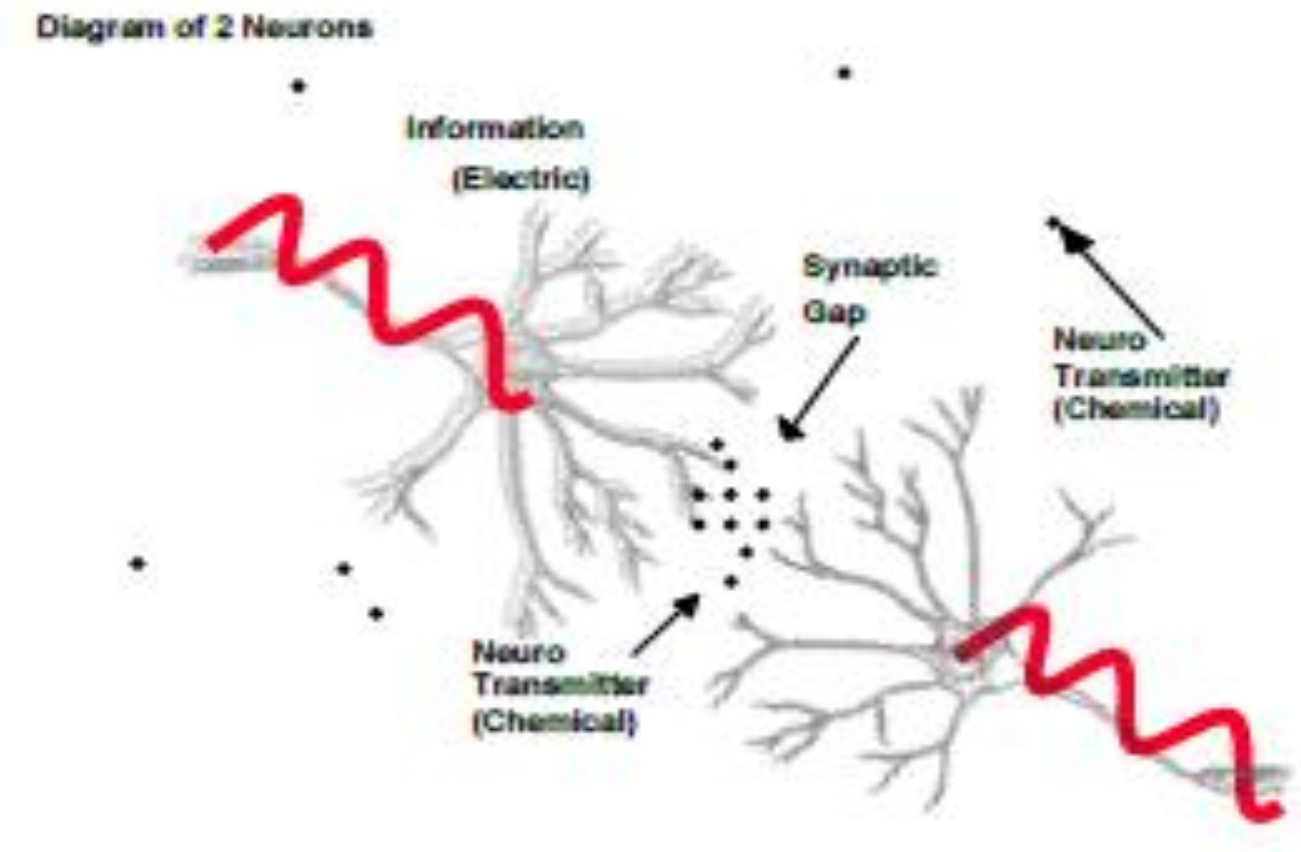
- All Learning, Behavior, And Change Is Unconscious

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Neuro Transmitter

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Neuro Transmitter



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Neuro-Transmitter Bathes Every Single Cell in the Body!

Neurological Connections

There are...

((10)10)11

... neurological connections in your body. That's the number 10 with 10 zeros after it, written eleven times!

100,000,000,000,000,000,000,
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5 Big Values

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Values -Definitions

- **Beliefs:** Those convictions we trust as being true.
- **Values:** What's Important to us (among belief)
- **Attitudes:** Collections of Beliefs and Values around a certain subject.

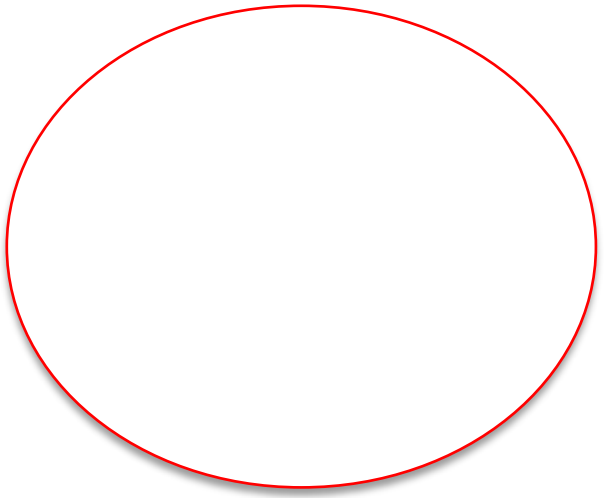
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Responsibility for values

- When you buy blender
- When you buy a car
- When you go to dinner
- When you purchase a service

- And …. When you take a training

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5 Big Values

1) When think about your Relationship what values come to your mind. (be specific which relationship i.e spouse, Child, Al-mighty God etc)

2) Write all of them at-least 25 values. (5min time I will giving you)

3) Encircle top 5 Big values in sequential order, write the sequence.

4) Now closed your eyes and rewind your life, lets say 10 years past from now and just notice your relationship.

5) Now open you eyes and again encircle as quickly as possible without conscious effort.

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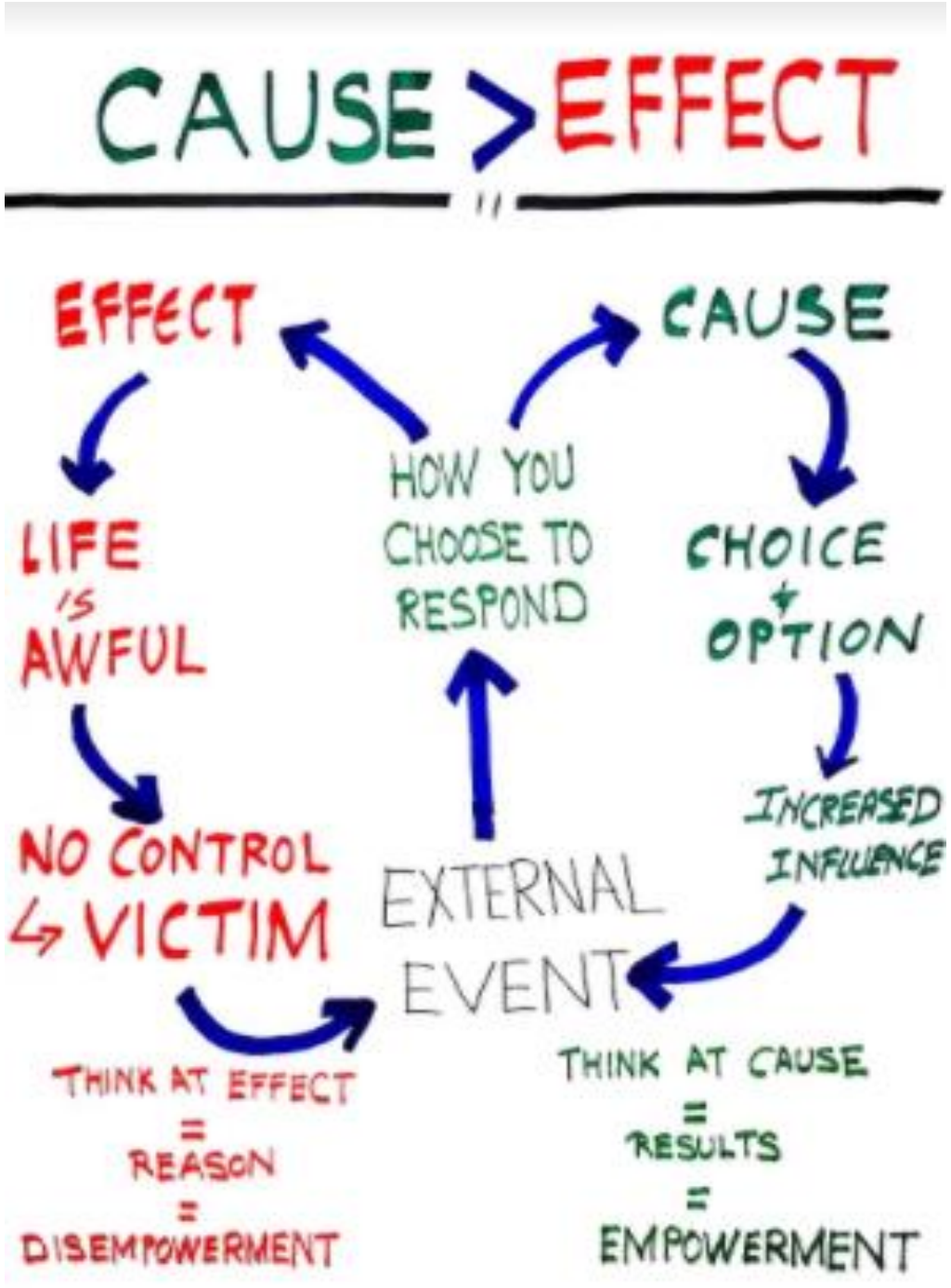
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What you are going to learn in Module-1

- **Module-2: Mind & Body**
- **Lesson-1**
  - ✓ 6 Principles of success
  - ✓ Learning State (Hakalau)
  - ✓ IR- Internal Representational system



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Six Principles for Success

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Six Principles for Success

1. First, Know Your Outcome
2. Take Real Action
3. Pay Attention to Your Results(sensory acuity)
4. Be Willing to Change Your Behavior
5. Always Focus on Excellence
6. Live Life with Gratitude and Integrity

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Six Principles for Success

- ✓Ready fire aim-Thomas Edison-999
- ✓NLP studied lot of successful people
- ✓You need to know your outcome

❑What you want ?

- ✓I hate my job, I want more money,
- ✓Focus is what they don’t want.

❑What I want instate ?

- ✓What is your most dominant thought, you will move toward that.
- ✓UM: See it, here it and feel it.

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Achievable Outcomes

Creating Achievable Outcomes

- ❑ Stated Positively
- ❑ Present Situation
- ❑ Get Specifics
- ✓ VAK
- ✓ Make it Compelling
- ✓ Future Pace (Ex, as if DEC 31,2020)
- ✓ Present Tense
- ❑ Evidence Procedure
- ❑ Congruently Desirable
- ❑ Contextually Appropriate
- ❑ Determine Resources
- ❑ Check Ecology

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Take action

- Ask believe and received –Thomas Edison not stop
- Movie : secrete and bleep

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Six Principles for Success

1. First, Know Your Outcome
2. Take Real Action
3. Pay Attention to Your Results(sensory acuity)
4. Be Willing to Change Your Behavior
5. Always Focus on Excellence
6. Live Life with Gratitude and Integrity

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State vs outcome

Value or State	Goal or Outcome
Stated ambiguously	Stated specifically
Write affirmations	Write goals/outcomes
You can have it now	Time is involved
No steps – Just associate	Steps needed to get there
Infinite or not measurable	Measurable
Stated for self and/or others	Stated for self only

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Achievable Outcomes Exercise

1. Client (A) states outcome.
2. Practitioner (B) asks client to think of Outcome and reads the questions Client and practitioner create the written outcome.
3. Observer notices the process and provides feedback at the end.

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The Learning State

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The Learning State

- The Learning State is a natural, normal, daydream-like state that allows for easy learning, memorization and recall.
- This state goes by many names, in addition to The Learning State:
  - Some call it Peripheral Activation
  - Also Called “Heightened Awareness” by Police
  - “The Zone” in Sports and Martial Arts
  - “Uptime” by Hypnotists and Practitioners
  - “Hakalau” in Hawaiian Culture

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The Learning State

- Teaching this to (especially ADD/ADHD labeled) children will generally raise their GPA by 1 – 1.5 points.

- It's like opening up a trap door to your mind and letting all the learnings come in, easily and effortlessly, so you can access them any time.

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The Learning State

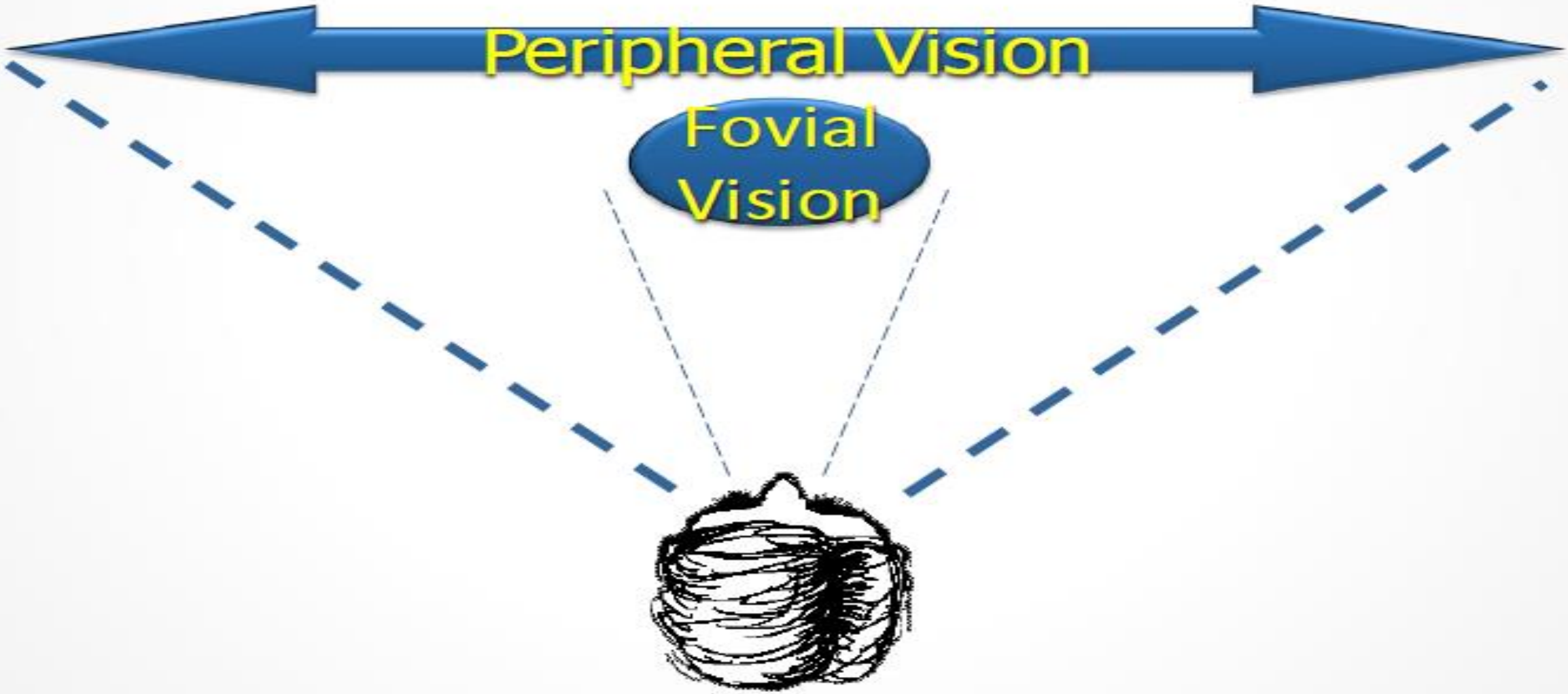
- ✓You'll often hear athletes say, "I just wasn't in The Zone tonight,"
- ✓We normally operate out of our "fovial" vision, or the area of our vision around the center.
- ✓Being in this state only allows us to pay attention to small pieces of detail at a time.
- ✓When you activate your peripheral vision, your mind becomes open, your thoughts quiet down, and you enter a beautiful state of peace and tranquility where learning and recall become quite easy. Fortunately, there is an easy way to activate this Learning State.

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The Learning State



The Learning State



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The Learning State

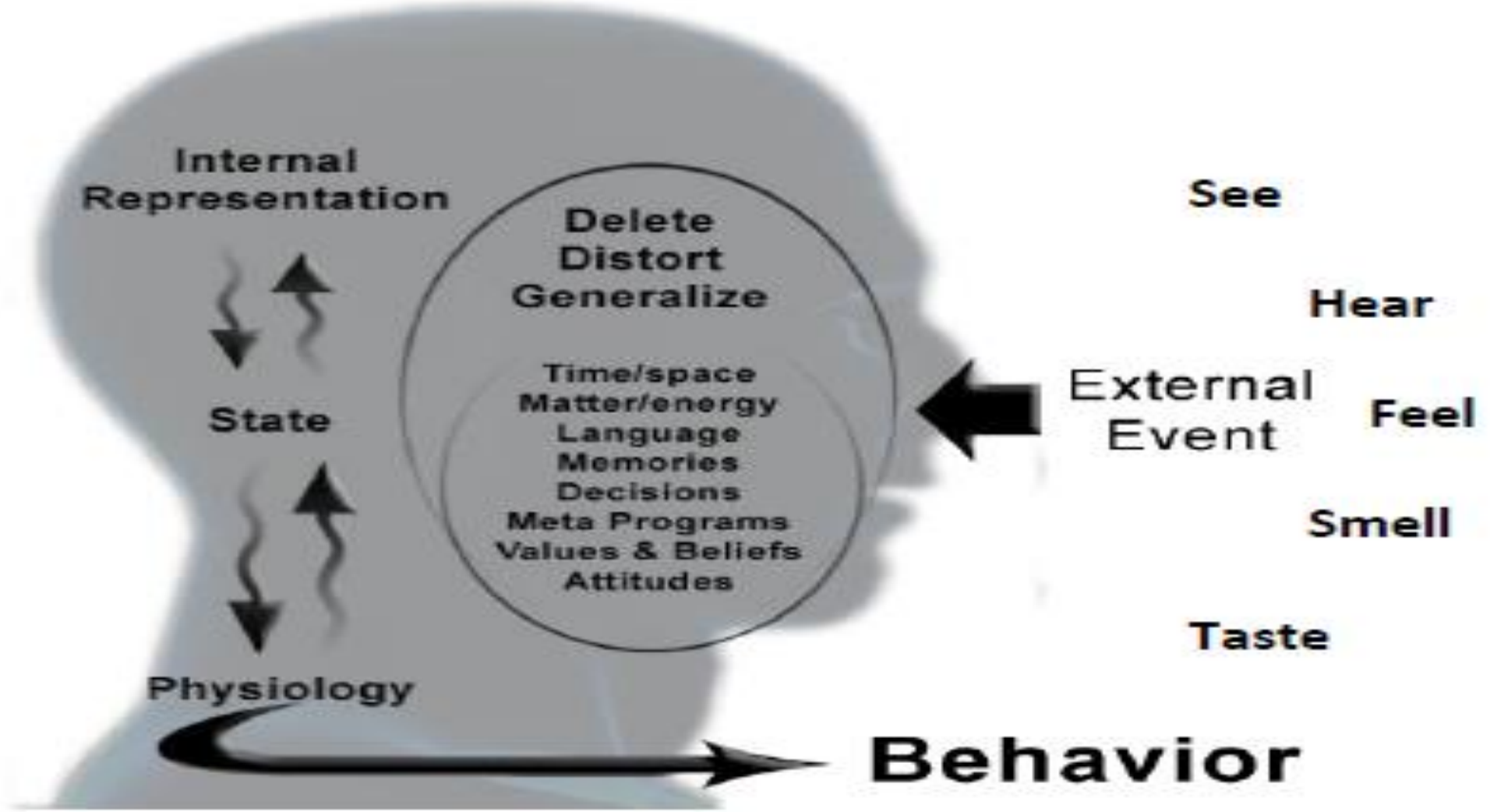
1. Pick a spot on the wall in front of you, about 20° above eye-level.
2. Raise your eyes to that spot, keeping your head level.
3. As you continue to stare at that spot, you will begin to notice that your awareness spreads out from the spot.
4. You can continue to spread that awareness all the way around to 180° so you can see the spot, as well as the walls and/or other objects to your sides.
5. Holding on to that feeling, bring your eyes down and begin working.

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NLP Communication Model

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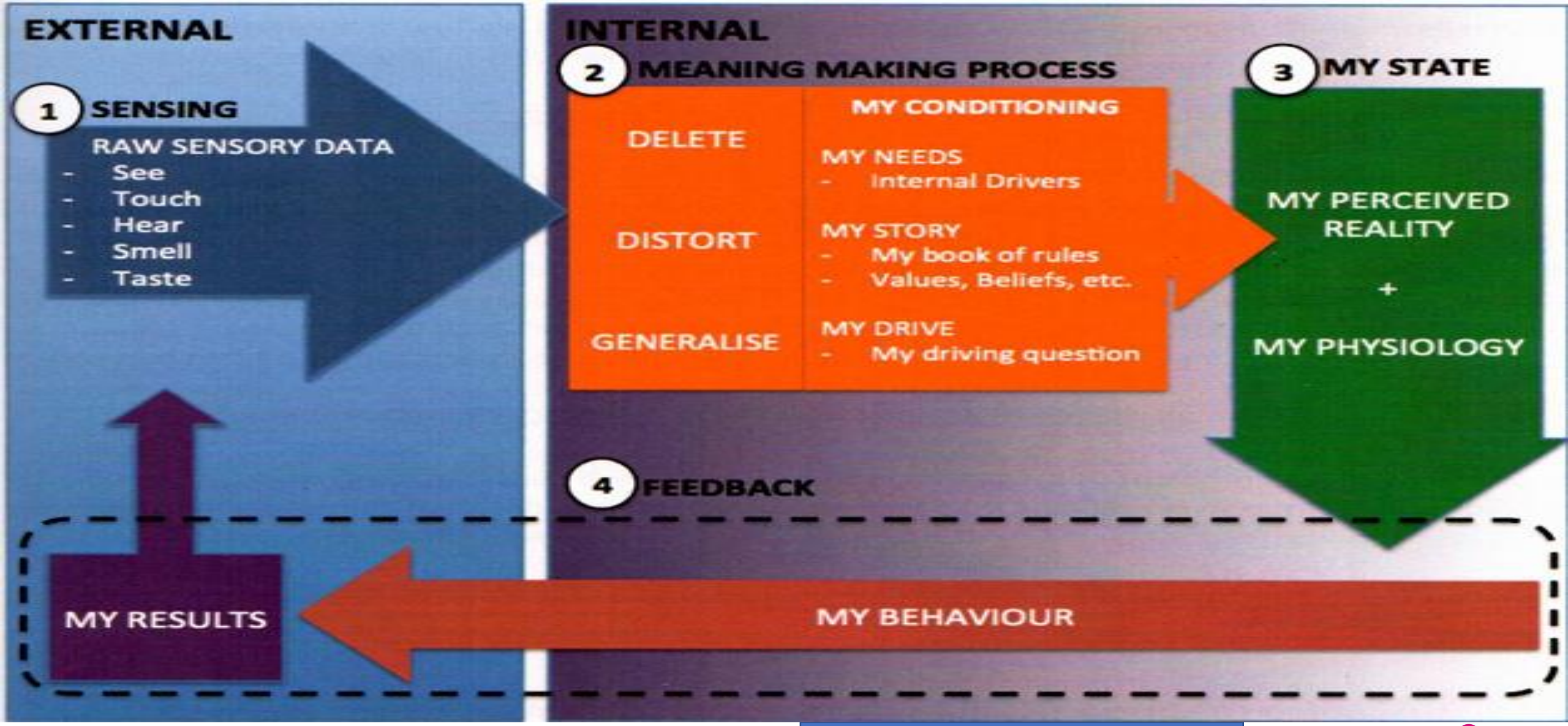
How We Experience Reality



NLP Communication Model

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What is Reality?



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NLP Communication Model

- We experience work through our Five Senses.
- Delete, Distort and Generalized
- We Learn through Generalization.
- Filter: Language, Question, Values, Belief ……..etc…
- Internal Representational system
- State
- Physiology
- Result/Behavior

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NLP Communication Model

- Space/Time/Energy
- Circle of Reference
- Matching Vs Mis-Matching
- Possibility Vs Necessity

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Perception is Projection

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What you are going to learn in Module-2

- **Module-2: Mind & Body**
- **Lesson-2**
  - ✓ The Gray Zone
  - ✓ Empowering Belief
  - ✓ Responsibility for Change
  - ✓ The Many Layers of You

Feedback and takeaway of last session

Share your story…

Any insight

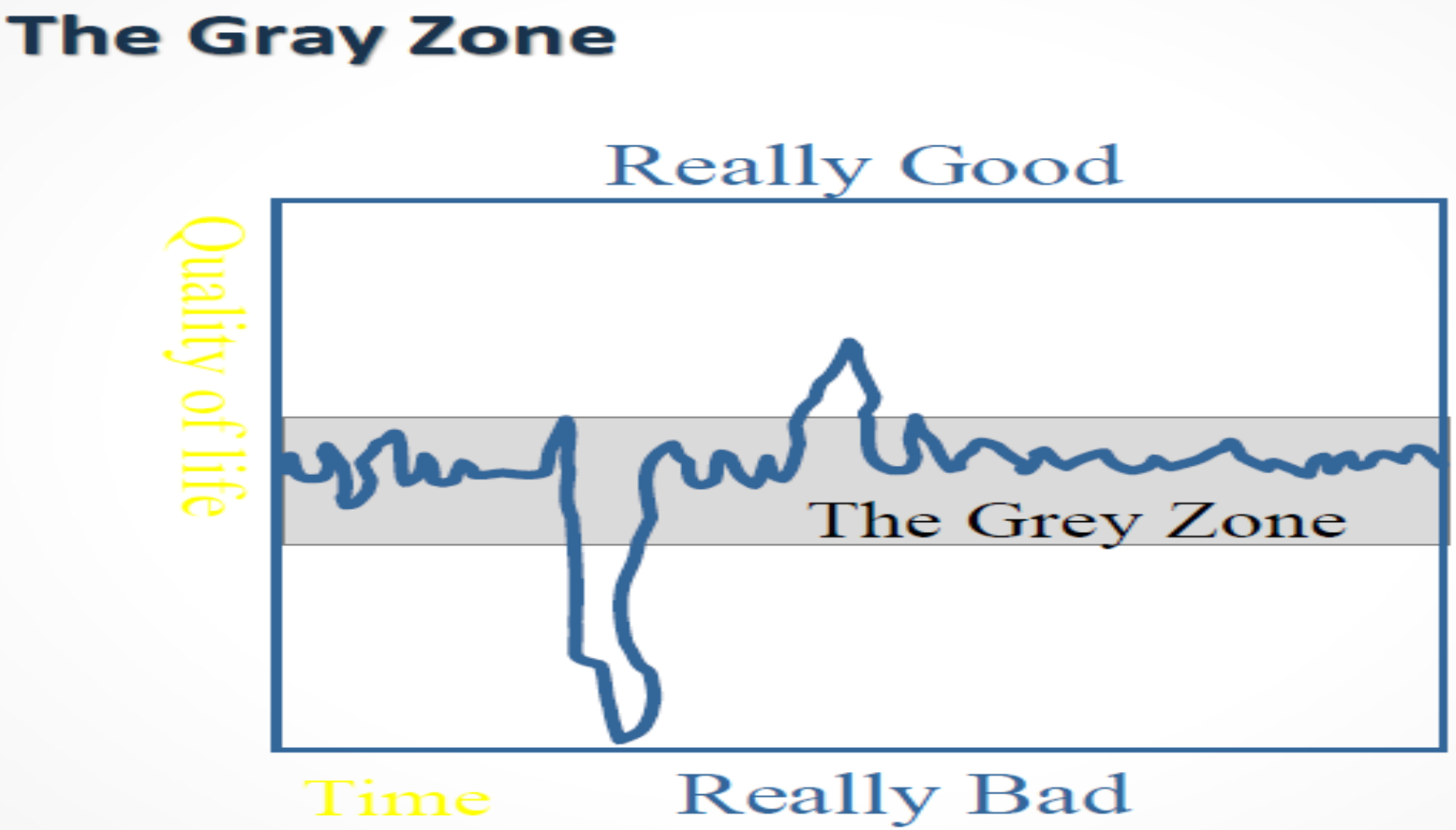
Any Question

Any suggestion

Comfort Zone or Gray Zone

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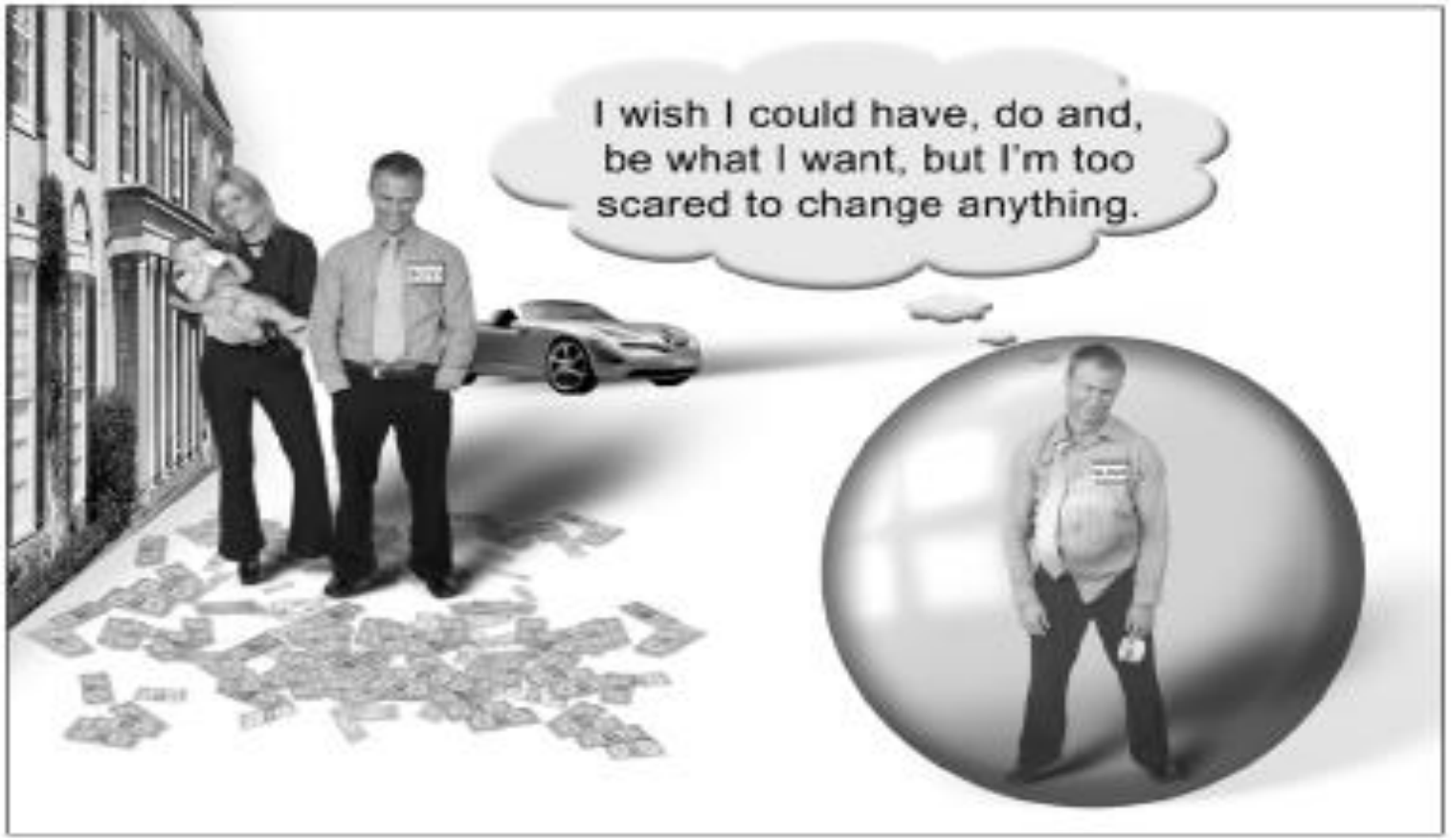
Comfort Zone or Gray Zone



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Get Out of Your Comfort Zone

Everything you want that you don’t yet have lies outside of your CZ



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Level of Comfort Zone

Level 1: Fear Zone-lack of self confidence, lot of excuses, other people opinion matter the most.

Level 2: Learning Zone:- challenges , New skill acquire, Extend CZ

Level 3: Growth Zone:- achieve goal , setting of new goals etc.,

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EXERCISE ON CONFORT ZONE

- Are you in Comfort Zone right now?
- Think about 2 events in past and share how you choose to break comfort zone?
- What was your Aha Movement when you break the CZ?
- Think about future if you happened to face similar situation how will you react and come out of comfort zone.

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LETS TALK ABOUT MONEY (EMPOWERING BELIEF)

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Common Limiting Beliefs

1. I don’t deserve to be successful, or that successful.
2. There’s not enough for me.
3. If I take more, there will be less for others. (Not enough for everyone)
4. Only greedy people are rich.
5. I’ll have to lose my integrity to get rich.
6. What if I lose my friends and family?
7. The rich don’t care about people
8. “Money is the root of all evils.”
9. It’s hard to make a lot of money, or it takes a lot of work.
10. I like to be more spiritual than to focus on the material things.

New Empowering Beliefs

1. The universe is abundant.
2. The universe wants me to prosper/grow.
3. All prosperity begins with an idea.
4. The universe is pure intelligence and responds to your state of mind.
5. Increasing your prosperity requires you to change your focus.
6. “I can afford everything I want!”
7. Money is an abstraction of energy.
8. As you increase the abstractness of your ideas, their value increases. Delegate details.
9. Money has no intelligence of its own. It responds to your instructions to it.
10. Money demands attention on money.
11. The universe demands balance – the Law of Compensation.
12. Abundance doesn’t make you anything. It is simply an amplifier.

Responsibility for Change

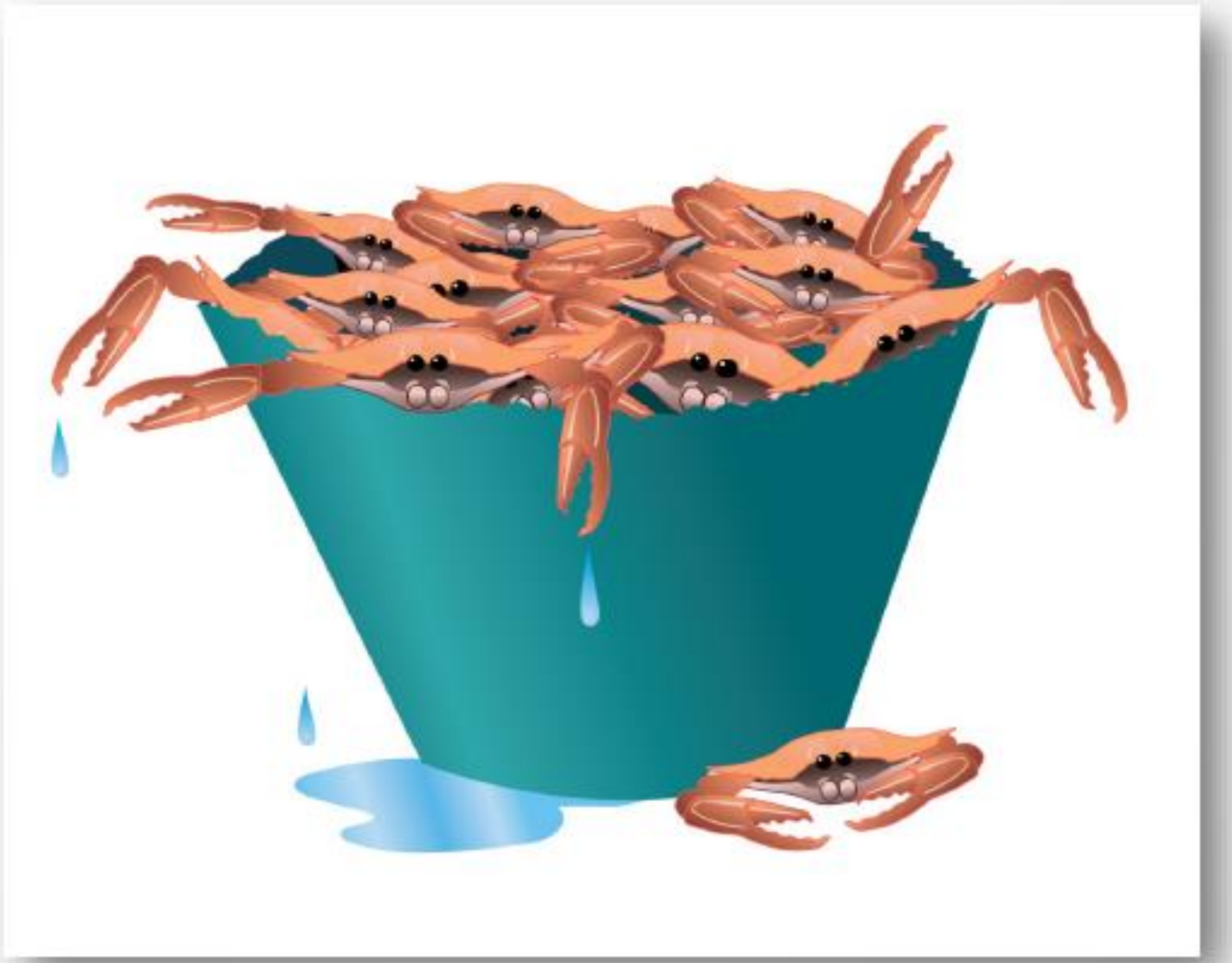
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Responsibility for Change

- Close your Eyes
- Relax the Muscles around the eyes, so they're
- So relaxed, you can't relax them any more
- Holding onto that relaxation
- Test them, and make sure you can't open them.
- Who has to do all that? You do!! That's right
- The responsibility for change always falls on the client

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The Problem With Change



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The Problem With Change

Crabs in the bucket can hold you back for two reasons:

Fear

and

Jealousy

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The Problem With Change

- How will you *stand up for yourself* and tell them you're worth it?

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Inner Self Discovery

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The Many Layers of You

✓Environment

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The Many Layers of You

- ✓Behavior
- ✓Environment

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The Many Layers of You

- ✓Potential
- ✓Behavior
- ✓Environment

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The Many Layers of You

- ✓Beliefs
- ✓Potential
- ✓Behavior
- ✓Environment

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The Many Layers of You

- ✓Values
- ✓Beliefs
- ✓Potential
- ✓Behavior
- ✓Environment

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The Many Layers of You

- ✓Identity
- ✓Values
- ✓Beliefs
- ✓Potential
- ✓Behavior
- ✓Environment

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The Many Layers of You

Spirit

Identity

Values

Beliefs

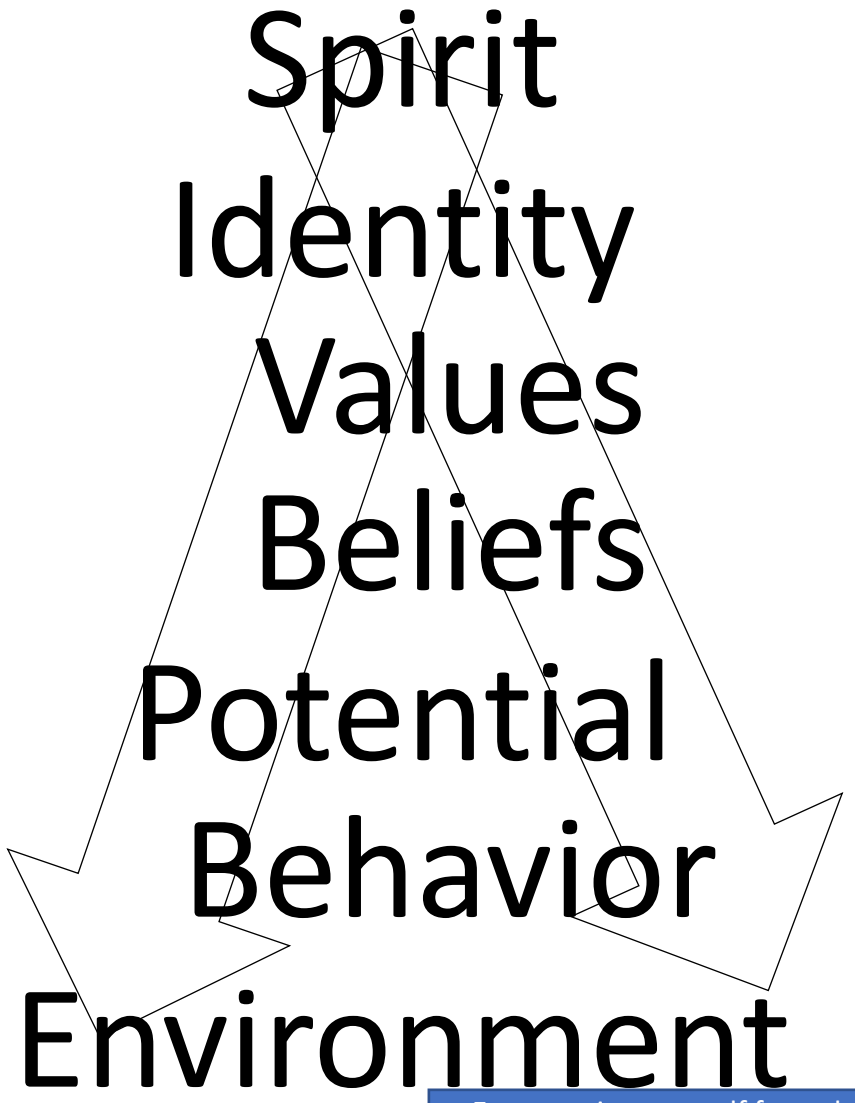
Potential

Behavior

Environment

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The Many Layers of You



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The Real Secret

✓The Key to Having Everything You Want in Life Lies in Your Subconscious Mind

The Many Layers of You-Exercise

1- Just talk about your evolution.

2- Which Layer is impact the most on you and how?.

3- How can you over come for change.

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EMPOWERING YOURSELF FOR A CHANGE

Module-3: Change & Transformation Lesson-1

By Mohammed Hashmatulla khan

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EMPOWERING YOURSELF FOR A CHANGE

By
Mohammed Hashmatulla khan (PhD)

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What you are going to learn in Module-3

- ❑ **Module-3: Change & Transformation**
- ➢ **Lesson-1**
- ✓ **Representational System**
- ✓ **Inner self Discovery**
- ✓ **Sub-Modalities**
- ✓ **Perceptual Position**
- ✓ **Internal PP**
- ✓ **External PP**

Inner Self Discovery

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The Many Layers of You

✓Environment

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The Many Layers of You

- ✓Behavior
- ✓Environment

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The Many Layers of You

- ✓Potential
- ✓Behavior
- ✓Environment

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The Many Layers of You

- ✓Beliefs
- ✓Potential
- ✓Behavior
- ✓Environment

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The Many Layers of You

- ✓Values
- ✓Beliefs
- ✓Potential
- ✓Behavior
- ✓Environment

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The Many Layers of You

- ✓Identity
- ✓Values
- ✓Beliefs
- ✓Potential
- ✓Behavior
- ✓Environment

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The Many Layers of You

Spirit

Identity

Values

Beliefs

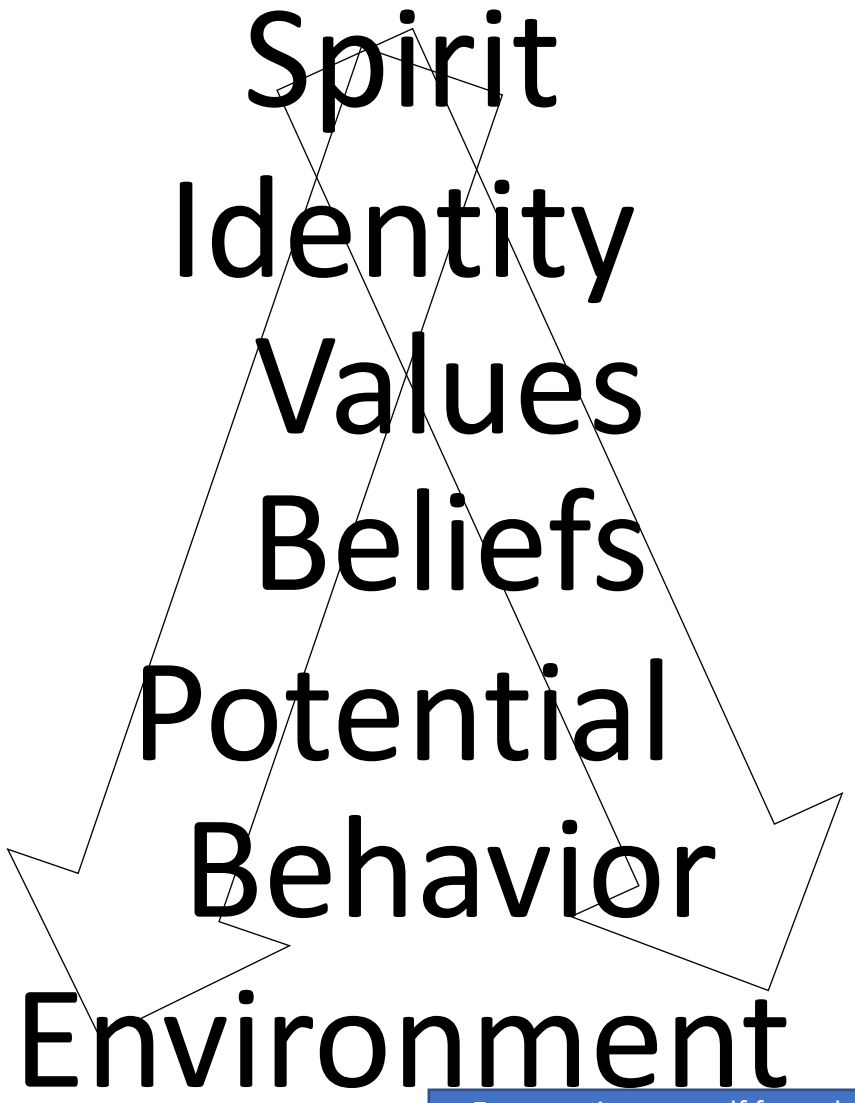
Potential

Behavior

Environment

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The Many Layers of You



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1- Just talk about your evolution.

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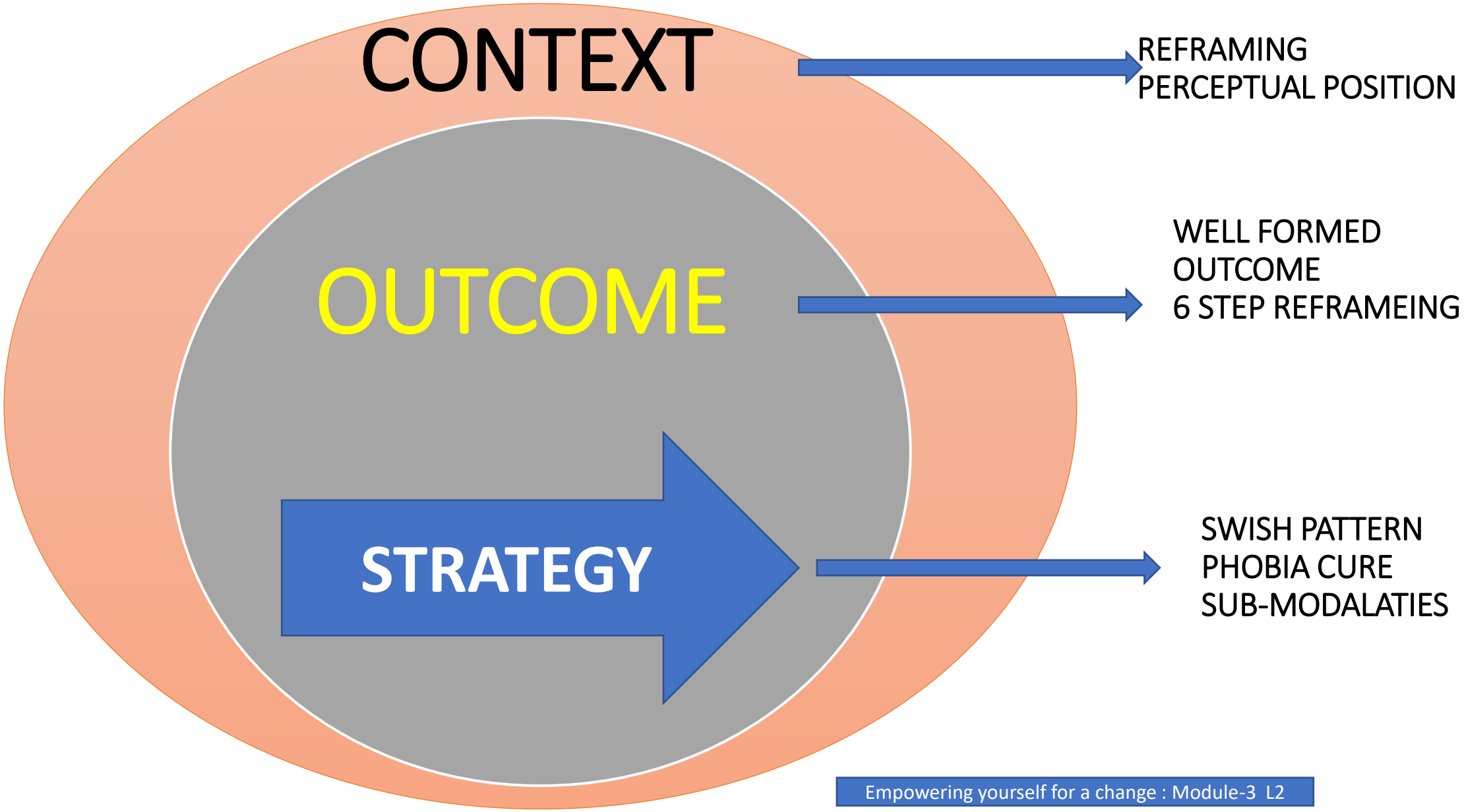
3- How can you over come for change.

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NLP CHANGE METHOLOGY

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NLP CHANGE METHOLOGY



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Sub-Modalities

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Modalities

Visual

Auditory

Kinesthetic

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Sub-Modalities

Visual :

Associate/dis-associate

Color/blk-white

Location

Near/Far

Bright/Dull

Focus/defocus

Movie or Still

Speed

Size

Frame/Panoramic

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Sub-Modalities

Auditory:

Loud/quite

Distance

Words/sounds

Location

Continues

Speed

Clear/draft

Soft/harsh

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Sub-Modalities

Kinesthetic:

Temp

Rough/smooth

Hard/soft

Intensity

Pressure

Destination

Light/heavy

shape

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Sub-Modality Techniques

➢ Changing Sub-modalities

❑ Motivation Example:Milk

✓ Contrastive Analysis

✓ Mapping Across (AKA, Like to Dislike)

✓ Swish Pattern

✓ Dissociative Techniques

✓ Perceptual Positions

✓ Many more at Master Practitioner

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Sub-Modality Exercise

- "Is it alright with your unconscious for you to dislike _____ today, and for you to be consciously aware of it?"
- "What is it that you like that you wish you didn't? [Client answers] As you think about how much you like that now, do you have a picture in your mind?"
- Elicit the sub-modalities using column one of the sub-modalities worksheet.
- Break State
- "What's something that's similar, but that you absolutely dislike? [Client answers] As you think about how much you dislike that now, do you have a picture in your mind?"
- Elicit the sub-modalities using column two of the sub-modalities worksheet.
- Break State

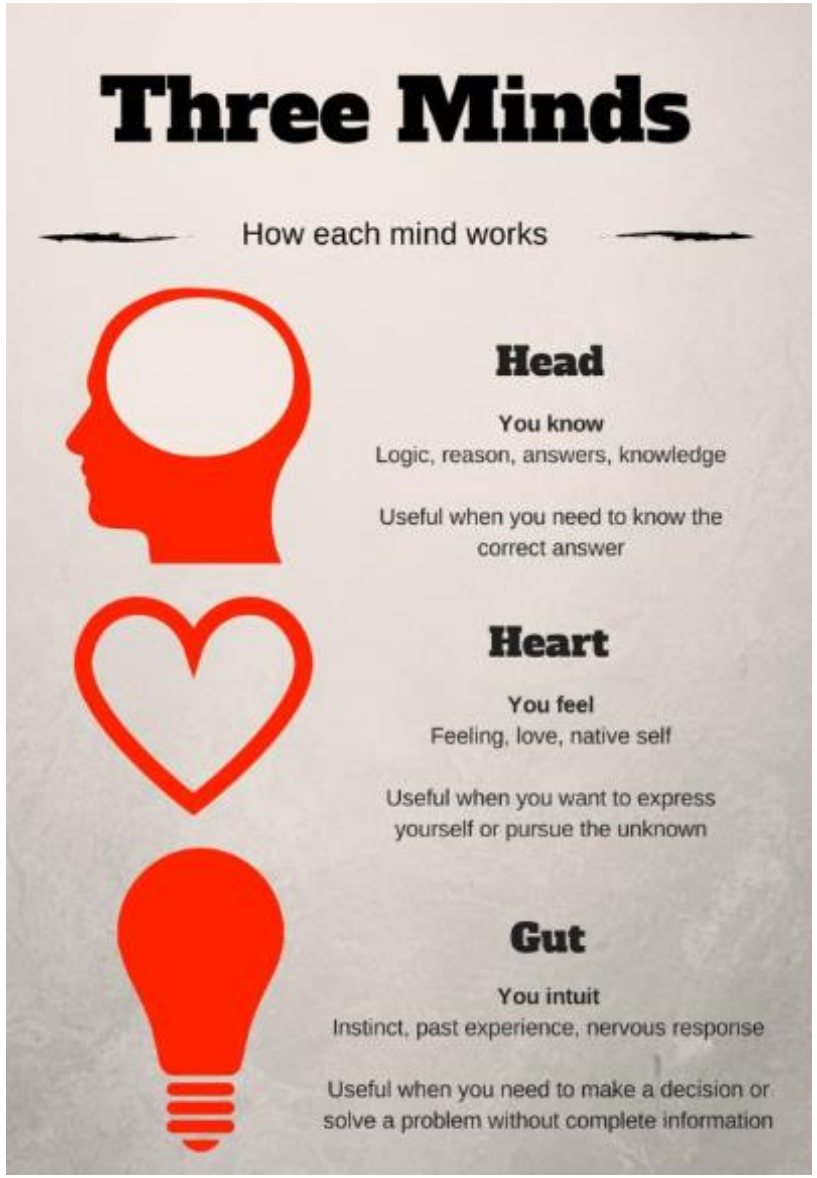
Sub-Modality Exercise

- Use Contrastive Analysis to find the possible drivers.
- Break State, e.g., “Good, clear the screen.”
- “So when you think about how much you like that first thing, do you have the picture?”
- Change the sub-modalities of the item in column one, to those of the item in column two. *Note: We are only changing the sub-modalities of the first picture, not the content itself. The second picture is no longer needed. It was only needed for reference purposes.*
- “You know the sound a Master Lock makes when you close it? Lock it in place, just like that.”
- **Test:** Now, what about that old thing you used to like? How’s it different now?

Perceptual Positions

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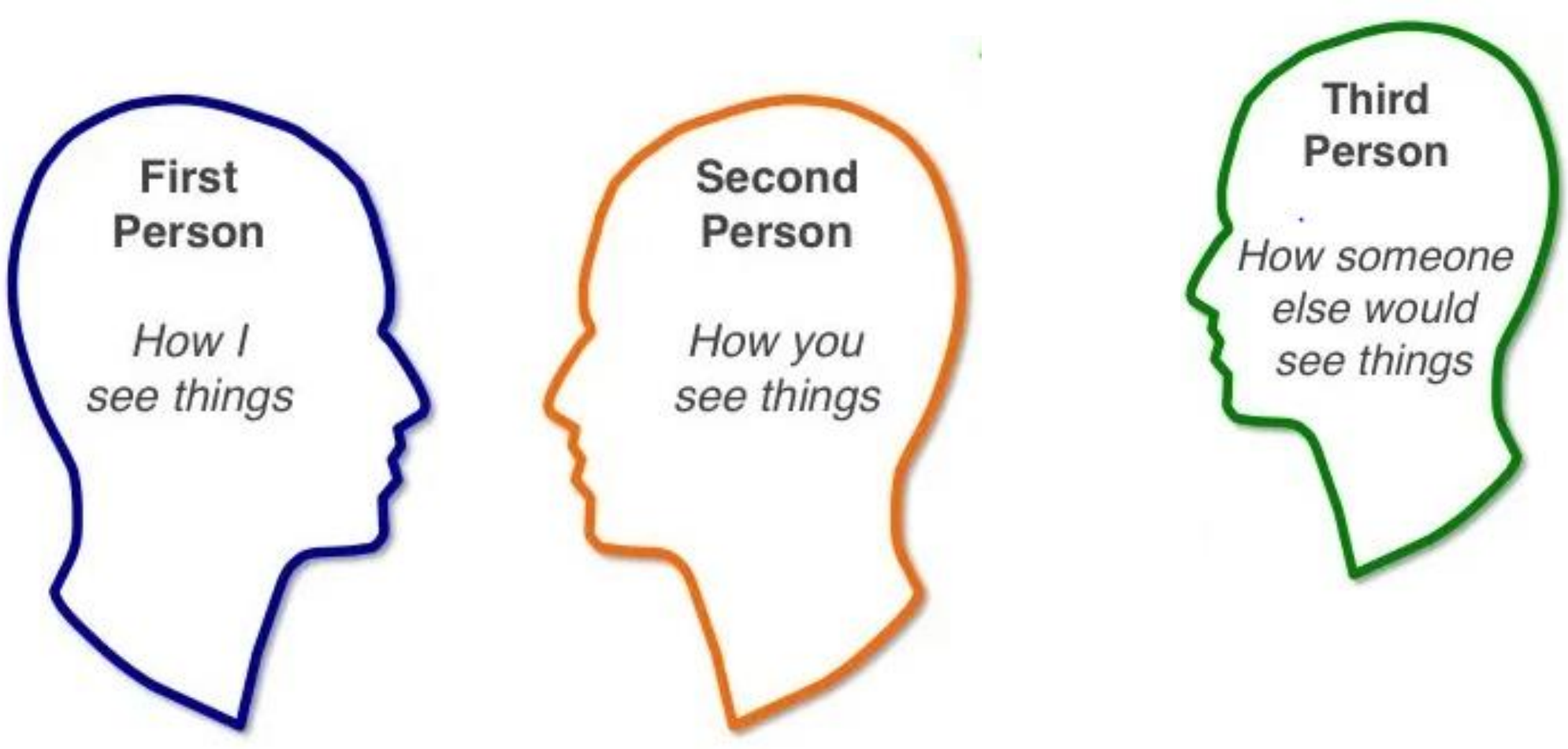
Internal Perceptual position



Head
Heart
Gut

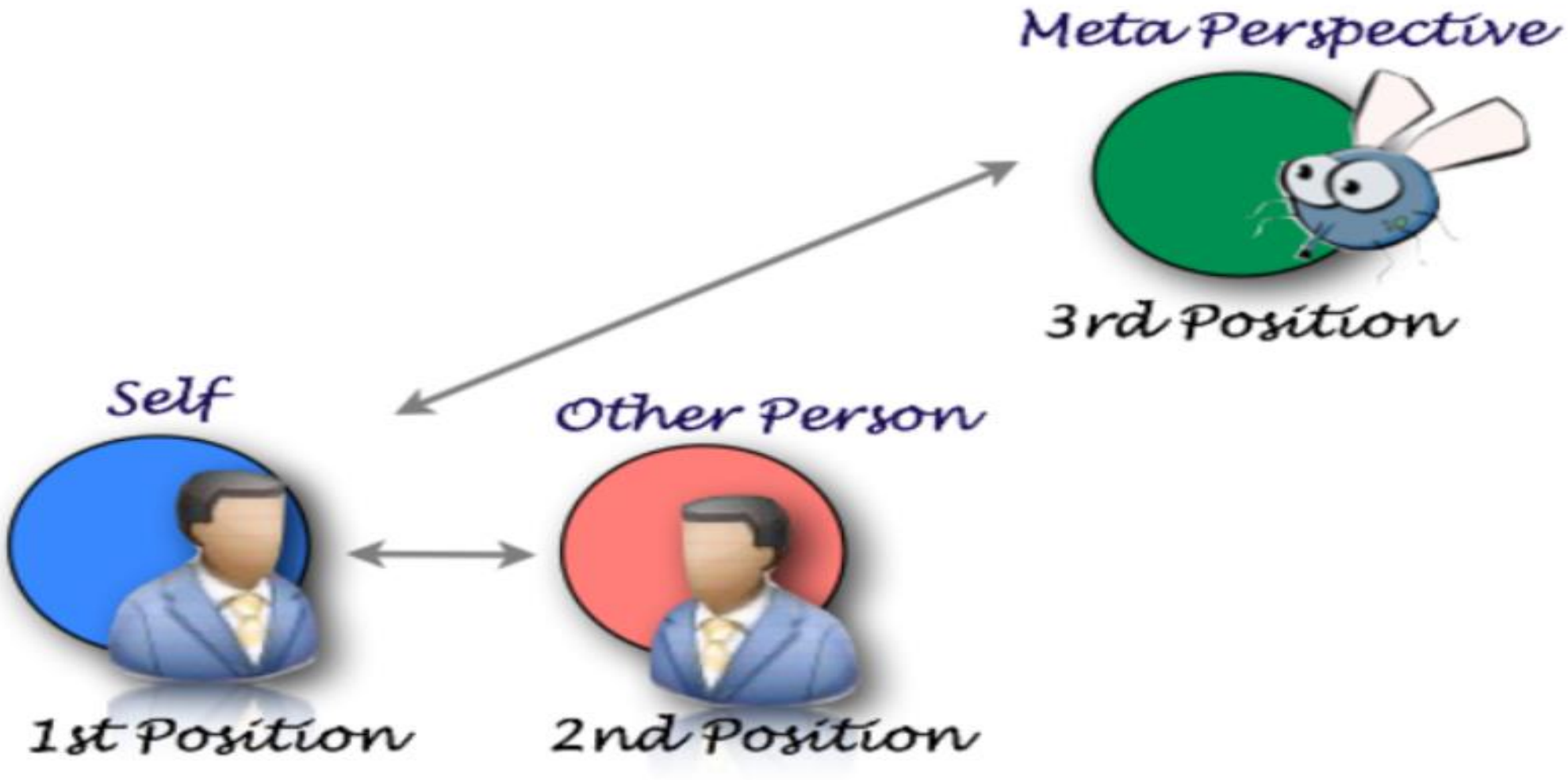
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External Perceptual Positions



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Perceptual Positions



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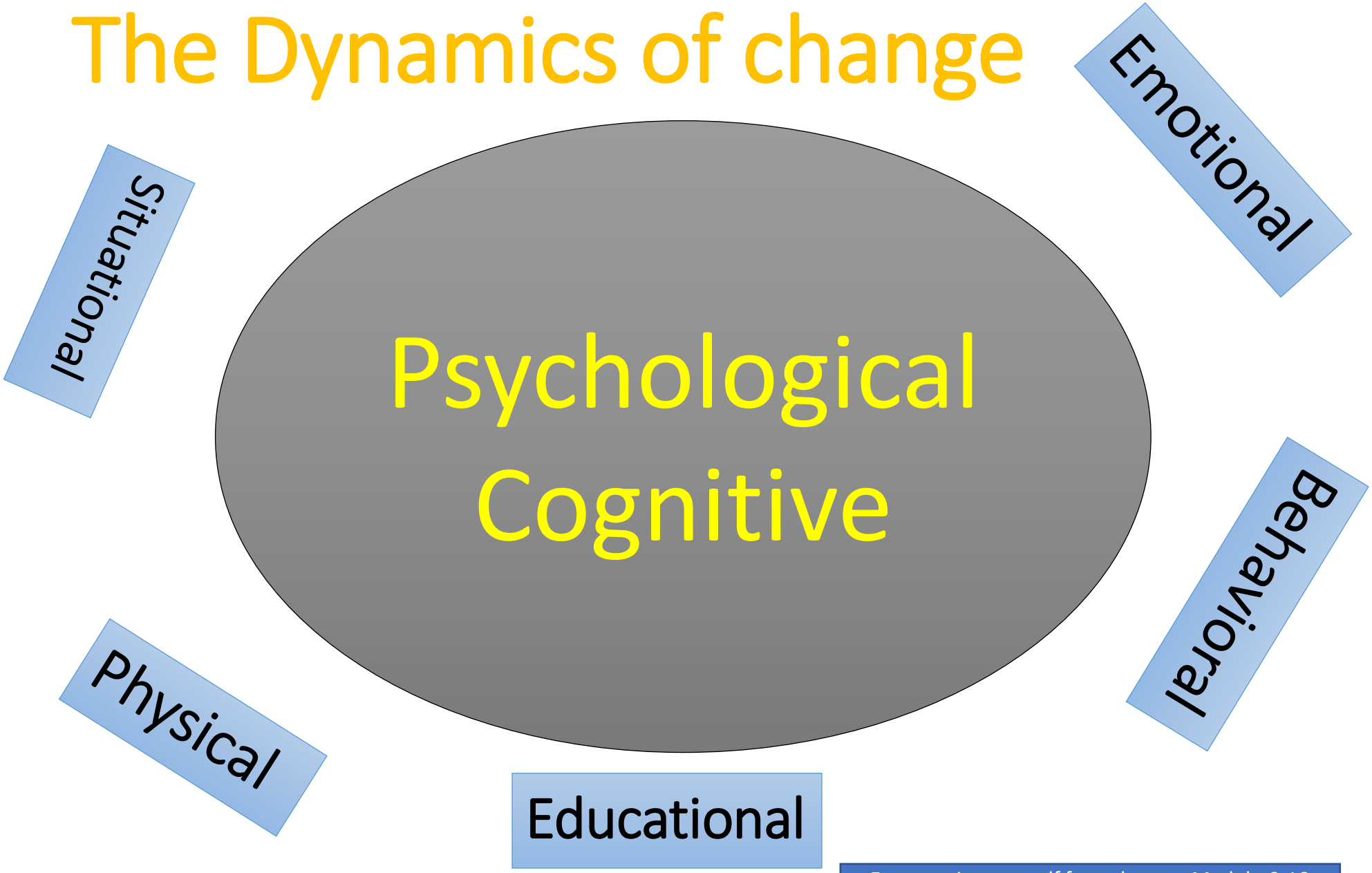


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The Dynamics of change

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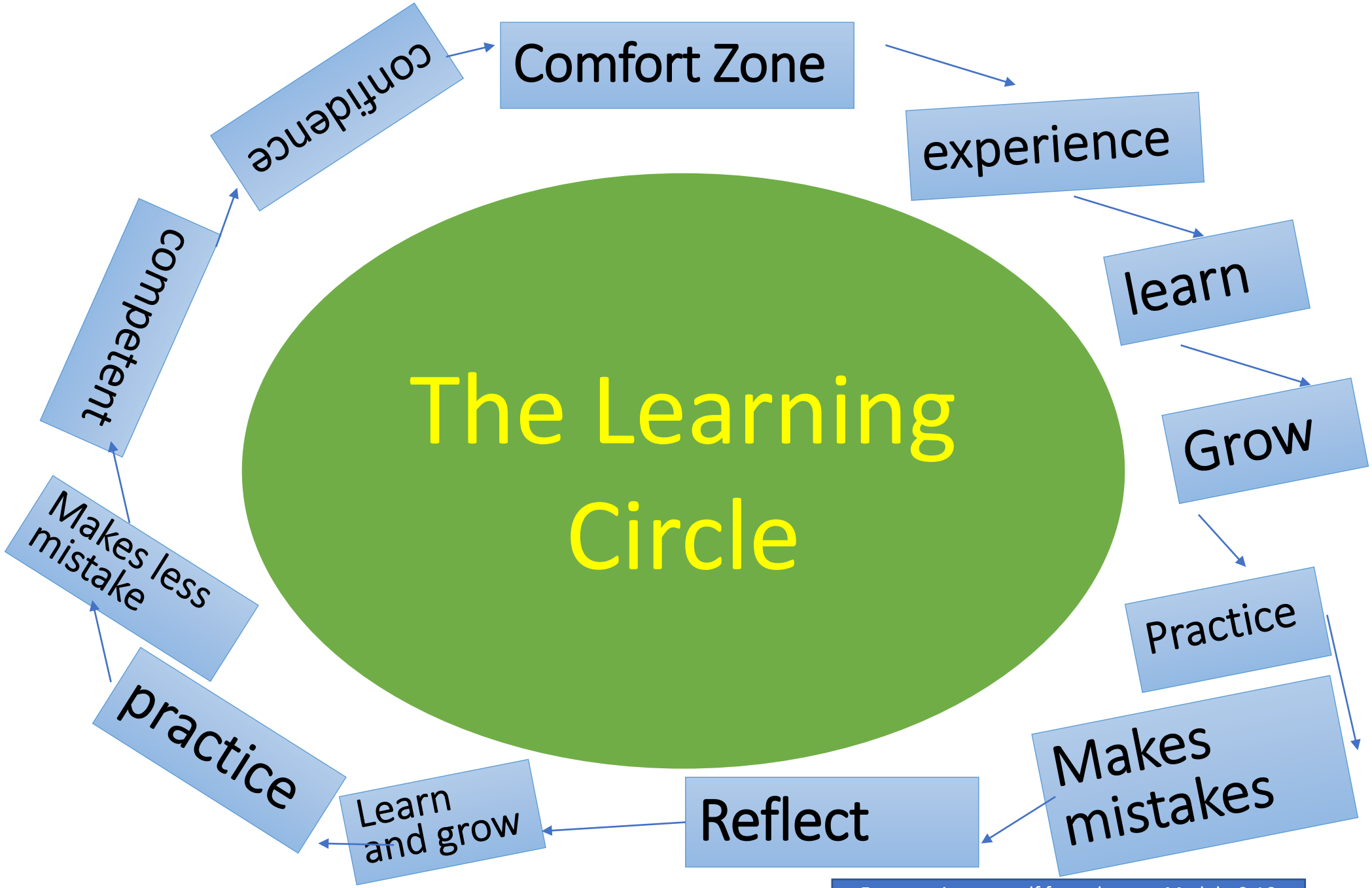
The Dynamics of change



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The Learning Circle

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EMPOWERING YOURSELF FOR A CHANGE

Module-3: Change & Transformation Lesson-2

By Mohammed Hashmatulla khan

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EMPOWERING YOURSELF FOR A CHANGE

By
Mohammed Hashmatulla khan (PhD)

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What you are going to learn in Module-3

- **Module-3: Change & Transformation**
- **Lesson-2**

- ✓ **Swish Pattern**
- ✓ **Anchoring**
- ✓ **Timeline Therapy**
- ✓ **How/Why People Fail**
- ✓ **Ho'oponopono**

Swish Pattern Technique

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Think some thing you would like to change

- **State:** Angry state to calm and relax state
- **Behavior :** smoking behavior to a healthy and vibrant behavior.
- **Habit/belief:** chocolate/pizza= healthy food etc.,

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Swish Pattern (works with visual triggered states):

1. What triggers you to procrastinate? Think of how you represent that. We'll call this the Old State.

2. What kind of a person do you want to be instead? Think of how you represent that? Make it intense. We'll call this the New State.

3. Take the internal representation of the Old State and make it in the lower right hand corner, so you can see yourself Disassociate (outside).

4. Take the New State and put it in the lower left hand corner, so you can see yourself in the picture

Swish Pattern (works with visual triggered states):

5. On the count of three, have the New State explode big and bright over the center while the old state rapidly zooms away and disappears. This is called a Swish.

6. One, two, three, Swish!

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Swish Pattern (works with visual triggered states):

5. On the count of three, have the New State explode big and bright over the center while the old state rapidly zooms away and disappears.

This is called a Swish.

6. One, two, three, Swish!

7. Repeat five to seven times (or as many times as is necessary)

8. Now, how is that old thing you used to procrastinate about? How's it different?

9. In the future, when you are confronted with that thing, how do you react now?

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Swish Pattern (works with visual triggered states):

Do the practice in breakout rooms

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Reprogramming the Body

Anchoring

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Reprogramming the Body

- Anchoring works by having the subconscious mind associate one or more things to each other (Think Pavlov's dogs)

- It says that anytime you are at the peak of an intense, associated state, any unique stimulus applied at the peak of that state will be linked to it and can be used to "trigger" that state

- later You've done this before, subconsciously: "that" song, mom's cooking, the touch of a loved one, "bad" gestures/words Now, you'll learn how to do it consciously

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Reprogramming the Body

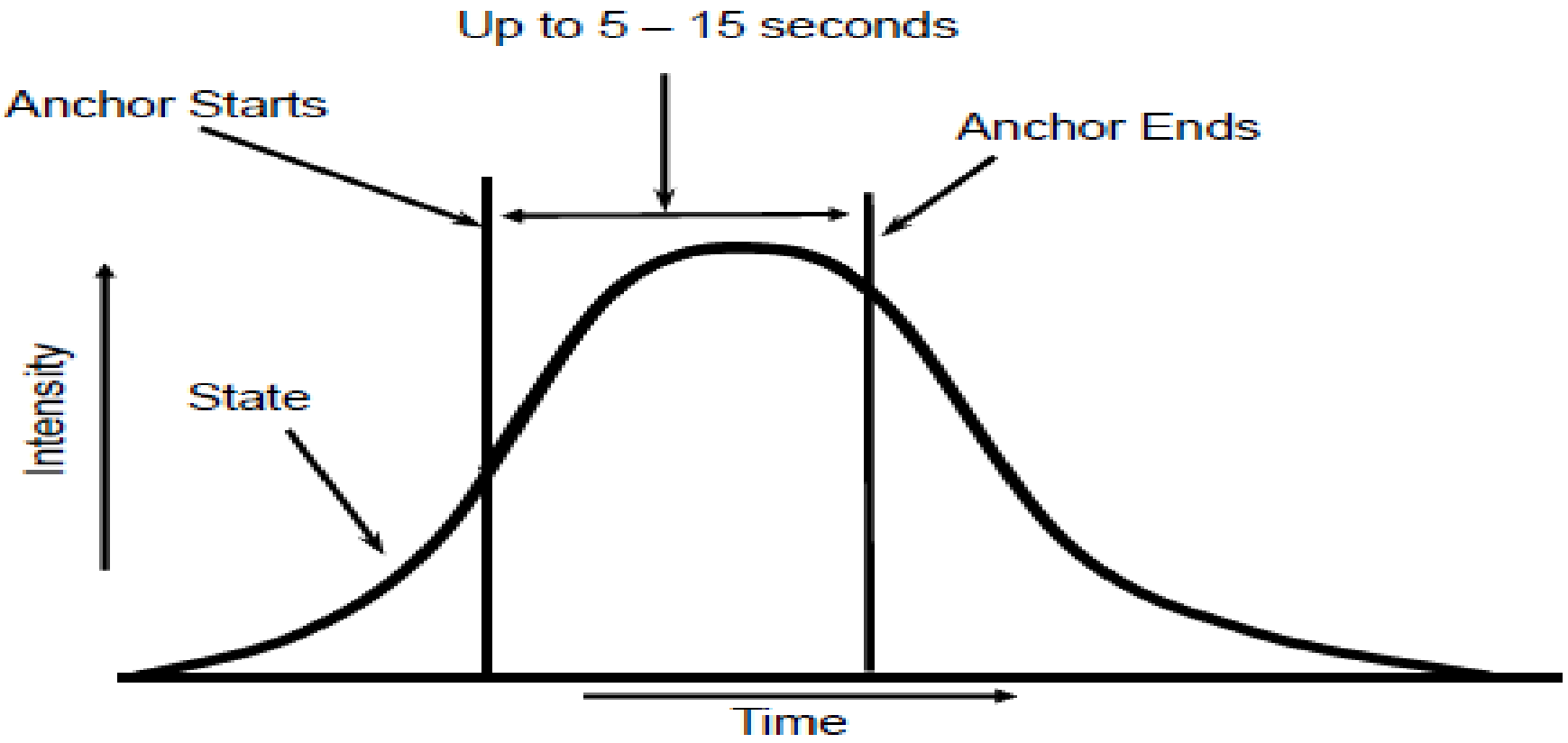
- There are four steps to anchoring yourself, represented by the mnemonic **RACE**:

1. **Recall** a past vivid state (or enter a Real state)
2. **Anchor** that state at the peak intensity
3. **Clear** your mind
4. **Evoke** the state to test it by firing ("triggering") the anchor Once you have set an anchor, you can make it more intense by "stacking it"



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Reprogramming the Body



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The Five Keys to Creating Successful Anchors Are

1. The **Intensity** of the state.
2. The **Timing** of the anchor.
3. The **Uniqueness** of the stimulus.
4. The **Replication** of the stimulus.
5. The **Number** of times applied.

I-TURN

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Reprogramming the Body

Anchor by touching a part of the body (i.e., knuckle, earlobe) for five to fifteen seconds while in the peak of the state.





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Reprogramming the Body

Once you have set an anchor, you can make it more intense by **“stacking”** each state in the same place



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WHY / HOW People FAIL?

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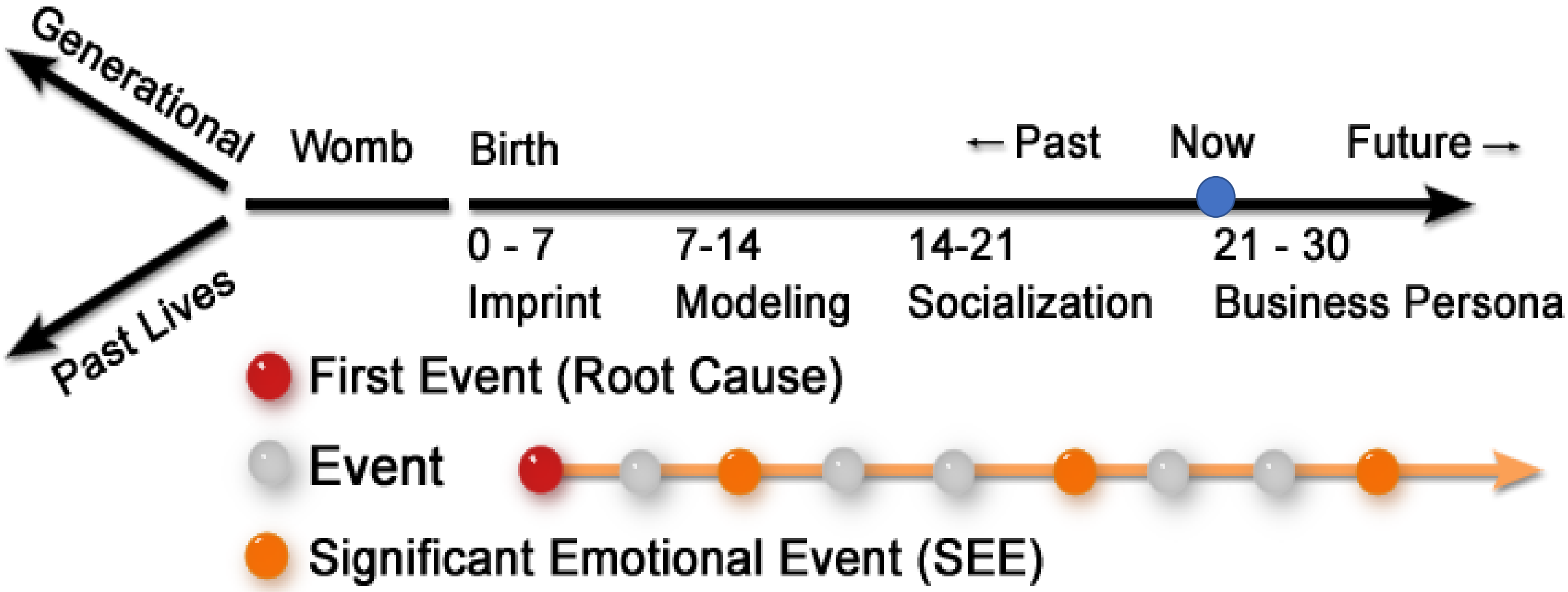
WHY / HOW People FAIL?

- They are **listening** to the wrong people. They learn and take advice from people who don't even have what they want.
- They have a **low Teachability Index**. They are not willing to accept change; they are not willing to give up on old patterns of thinking.
- They spend too much time on the **How**. They worry about details of how their plan can't happen and how they don't have the means to do it.
- They don't spend enough time on the **inner work**. They don't invest enough on changing there in a worlds, installing new patterns, going for the new unconscious competence.

TimeLine Therapy Overview

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TimeLine Therapy Overview



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Ho’oponopono

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Ho’oponopono

“Ho’oponopono” Means, “To Make Right *Twice*.”

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Ho’oponopono

I love you
I am Sorry
Please Forgive Me,
Thank you
Are you willing to support me for my Magnificent self

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Free Bonus
Master Mind Class

END OF COURSE

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