



A muddled mind yields muddled results

Manage Your Thoughts to Manage your Life

Extraordinary Results Begin with Extraordinary Thoughts

Mind Mastery for Empowered Living | Foundational Training

Empowering You to Live a Better Life Your Way

Mind Technology

Solutions based. Forward focused. Extraordinary Results.

Intent: To Uplift the Conscious through Self-Empowerment Skills

Purpose: Empower individuals to manage their life through mastery of thoughts.

Means: Provide immediately usable empowering life skills to go beyond your normality in achievements and life fulfillment.

Unique: Your brain has a property called neural plasticity. Every action, reaction, behavior, movement, and all that you do are programmed in your neurons. You will directly experience a major upgrade in your life skills by directing your own thought towards a specific aim. through changing, or upgrading, your neural programs. This method is scientifically validated to be effective.

Trainings, Coaching, Speaking, Consulting, Custom Skills available

An Empowered Workforce Yields a Leading Company

Employee wellness and sick days, conflicts, lack of focus, and more problems are linked to how one thinks and feels. These trainings will train people specifically how to manage their thoughts to be more effective at handling their work, life, making decisions, interrelating, and achieving more. It especially trains physiological stress management to instantly relax body, mind, and energies which opens the doors to many new possibilities.

The results will increase the bottom line, open up creativity, lessen healthcare costs, increase retention. You can see this would empower your workforce which can only lead you to greater possibilities in line with the vision.

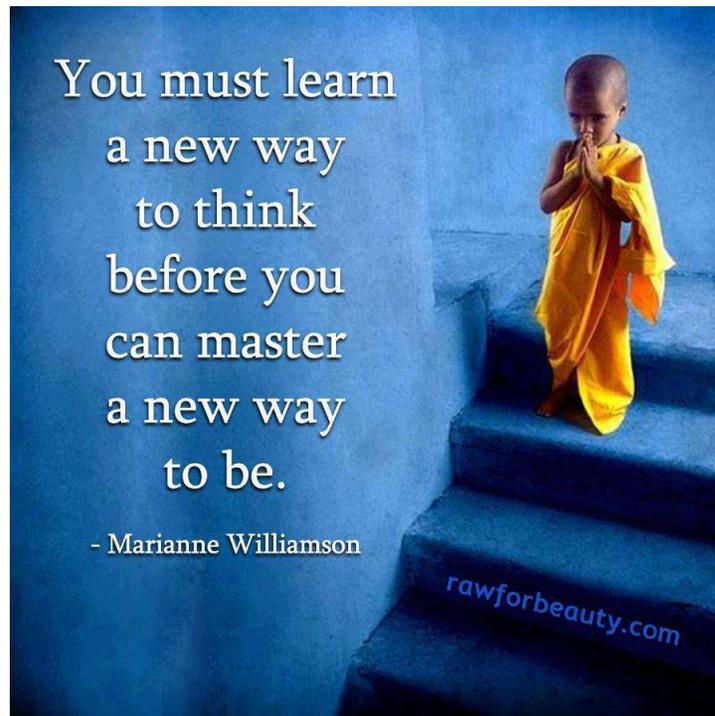
A bonus is that those who use this more and more will be the employees who rise to the top as the cream of the crop.

* A module that is always in first class

+ An advanced training module

The Wisdom Method - Brain Neural Programming Skills

Use your brain as it is designed. In the Quantum Mind exists all answers. Your brain is the tool to access this Quantum Mind. The more you gain mastery over your thoughts, the more you gain mastery over your e-motions. This becomes Self-Mastery which translates into Life-Mastery.



****Foundational Prerequisite - Self-Mastery**

Relax Mind, Body and Energies on Cue. Takes mere moments.

Achieve deep meditation in moments using a 3-2-1-0 process. This activates your intuition and develops your creativity to become on cue. Get new ideas on cue. Make wise decisions. More benefits listed in the manual you received.

Develop your Optimal Mindset where you are relaxed and focused. This is the most optimal performance mode to be effective, handle problems, make wise decisions, deal with other people, and more.

Reprogram Your Stress Response. Your stress response is initially programmed by the way your parents handled stress. Reprogram the way you handle crisis, certain people who trigger you, and more.

Develop creativity and intuition to be more on call when you want that new idea. This method opens your intuitive/creative thought channel which is primarily located in the right brain hemisphere. Regular education does not train this hemisphere. This class does.

www.MindTechnology.com *Living your best life is natural in the way you are designed*

Examples of benefits:

You have had a stress-filled day and now you are heading home. Normally you take your stress into your partner, spouse, family environment. What if you sat in your car at work before you drove home, put your programmed 3 fingers together, take the practiced 4 breaths and dump all that stress. Leave it behind so you do not subject others to it.

You are about to have a very important meeting (boss, client, etc) where it is best you are relaxed, focused, and have access to the knowledge you bring. Take a few moments before that meeting to center yourself. Walk in with air of ease and confidence. Would that meeting go better for you?

A 60-year young woman came to me after the IRS put her in charge of a new computer department. Her blood pressure went up and she asked her doctor to give her time to handle that naturally. We met and I helped her reprogram her stress when certain things happen. One was the nerves she felt when her desk phone rang. She then was able to answer that phone with ease.

In private sessions, I help people avoid or get off of high blood pressure medications. This technique works with specific moments and reprograms each one. This is a good way to avoid having to take medication for high blood pressure which spikes because of undealt with internalized stress. Client uses a device to measure how deeply they are relaxing on their own so that I can see the progress.

The World Health Organization claims that 90% of all illness is stress related. When you have a quick to use skill like this, you have gained an edge on maintaining your health. Several years ago a few people started coming to me with dire medical diagnoses. Of course, I see them once they have exhausted the allopathic approach which obviously did not work. For each of them I have been blessed to either help them greatly diminish or for most eliminate the symptoms by getting at the cause.

We are designed to be self-healing. The doctor's job is to set the environment for healing to occur. Then the body does its thing. I use a multi-prong matrix of consciousness approach.

Includes: **Quick Relaxation Anchor**

Programming a physical anchor to access relaxation, when needed, even sometimes with eyes open. Uses include: Increase your focus and comprehension, take a quick relaxation break to drop the stress, recall info, find a lost item, check someone's intent towards you, remember key points, more.

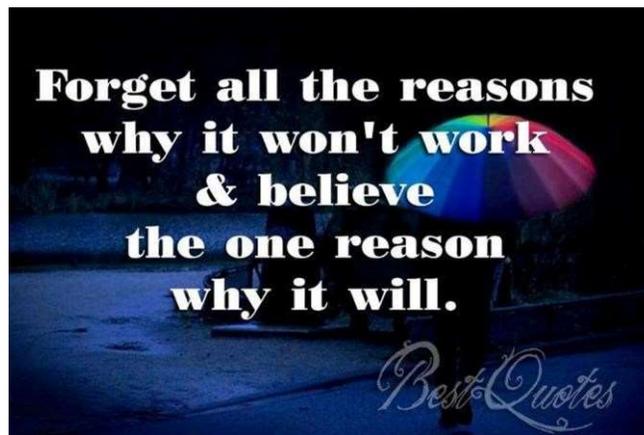
Develop a resourceful state within yourself to prepare for an important event/moment such as doing a presentation, meeting with buyers, investors, etc. You craft specifics of what you want to feel, how you want to come across, how you want them to feel when you shake their hands and more. This is developed ahead of time then is recalled with this anchor.

Includes: **Tame the ego**

The logical mind has never met a new idea it did not resist, until the ego is tamed.
The ego is the awareness that develops from the logical mind, mostly the left-brain hemisphere, which is only a database of all that has been learned in this lifetime. The ego knows how to balance all current foibles and good and its primary job is to not allow change...until it is tamed.

Includes: **Your Moment of Power**

No matter the circumstance, event declare it to be good for you. Set your thoughts and choices in the direction of it is good for you. Life is always happening FOR us, not to us. So, take this truth and leverage it.

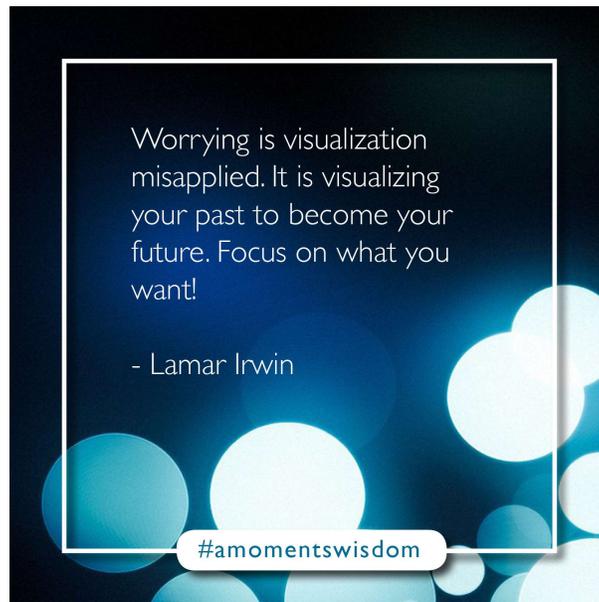


EZ PHD Relief

Eliminate pain, headache and discomfort. Works great for migraines. My experience is I have I first learned this as a freshman in high school. Used it until my body stopped creating headaches. I have not taken headache medication as an adult. Great! No side effects from medicine.

Includes: **Choose Your Mood**

In moments, shift from not-so-good to the mood you want to be in.



Mind's Eye for Change* - Sensualize Your Life into Being

Learn Visualization 2.0 that works with the design of the brain. Visualization is used by top athletes, by industry leaders, and by people who desire to achieve what they want in life and become who they were born to become. I have upgraded Visualization to Sensualization because we can use all our outer and inner senses to achieve in a more harmonious manner. Leverage how your brain is designed and quantum laws and principles for greater impact. Convert a problem into a project.

Energize Water for Your Benefit*

A process that leverages Dr. Masaru Emoto's findings that crystalline structure of water changed based on the energy and intent that is put into it. This is a simple, quick, and effective technique to accomplish a task such as Boost Immune System, Solve a problem, Present yourself to a networking meeting, and more.

Energy Self-Management

When needed, take a few minutes and amp up your energy. Wake without an alarm clock. Works with your natural circadian rhythms.

Time & Circadian Rhythms

Wake without an alarm set. Energize yourself for hours more go-go-go. It takes about 3 minutes. Time shifting to a past time in life with purpose

Regain Healthy Natural Sleep Control

More than 50% of Americans have a sleep aide to help them achieve sleep, and stay asleep, although sleep is a natural function for humans. The inability to sleep is always stress related. Stress is a manageable energy in the body using the mind. Re-Learn how to gain natural healthy sleep again.

Vision Your Best Life

Visioning is not visualization. For visualization (i.e. sensualization) you craft what you want from your goals. Visioning is information that comes from your Higher Self by establishing a clear line of communication, asking a question and receiving an answer or pieces of answers.

Whole Brain Goal Achievement

You are designed to ask for a new idea. Receive it. Process through your mental, emotional, and energetic bodies to output it into your physical life. This approach uses both your cognitive functions: logical and intuitive/creative. Top 10 Requirement for crafting whole brain goals. It relieves stress and struggle in achieving what you desire in life and BEing your best self.

Matrix of Consciousness Laboratory+

Create a special place in your MIND with all that is needed to investigate, plan, research, heal, get advice from a person of your choice and much more. Bring in anyone (passed on or alive) to get advice. Heal more deeply.

Find Lost Items

Different methods to find what you have lost. Magnetize item, Connect with item and have yourself be drawn to it.

Optimal Mindset

A relaxed-focused mindset fueled by heart feelings of joy and gratitude is the most effective state of being for achievement while feeling good about you and your life.

Make the Right Decision

All decisions you have made in your life were exactly right based on who you were there at that time. No self-flagellation required ☺ Establish a place in your Mind where you make wise decisions. You will select a female and a male counselor you can call upon. This might be used when contemplating life and adjusting your thoughts to be free of that past.

Self-Identity & Self-Acceptance+

Who you are is either a deliberate choice you make or you become who others want you to be. No wonder you, at times, may feel like you are being pulled in separate directions by those in your inner circle. Take charge. Make a choice to decide each aspect of who you are a person and how your most desired life looks.

You are designed for success.

**You are designed to receive a creative
idea, process it through all the
intelligences with you, then output it into
physical reality.**

Are you ready?

Healing Self and Others+

Lots to say about this if you have interest. This is advanced training to develop oneself to sense what is wrong with someone and to send correcting energies to assist their healing process. This has been used by millions around the world. The original creator of this, Jose Silva, said Why don't we have a healer in every family?

Customized techniques for your need