
MODULE

01

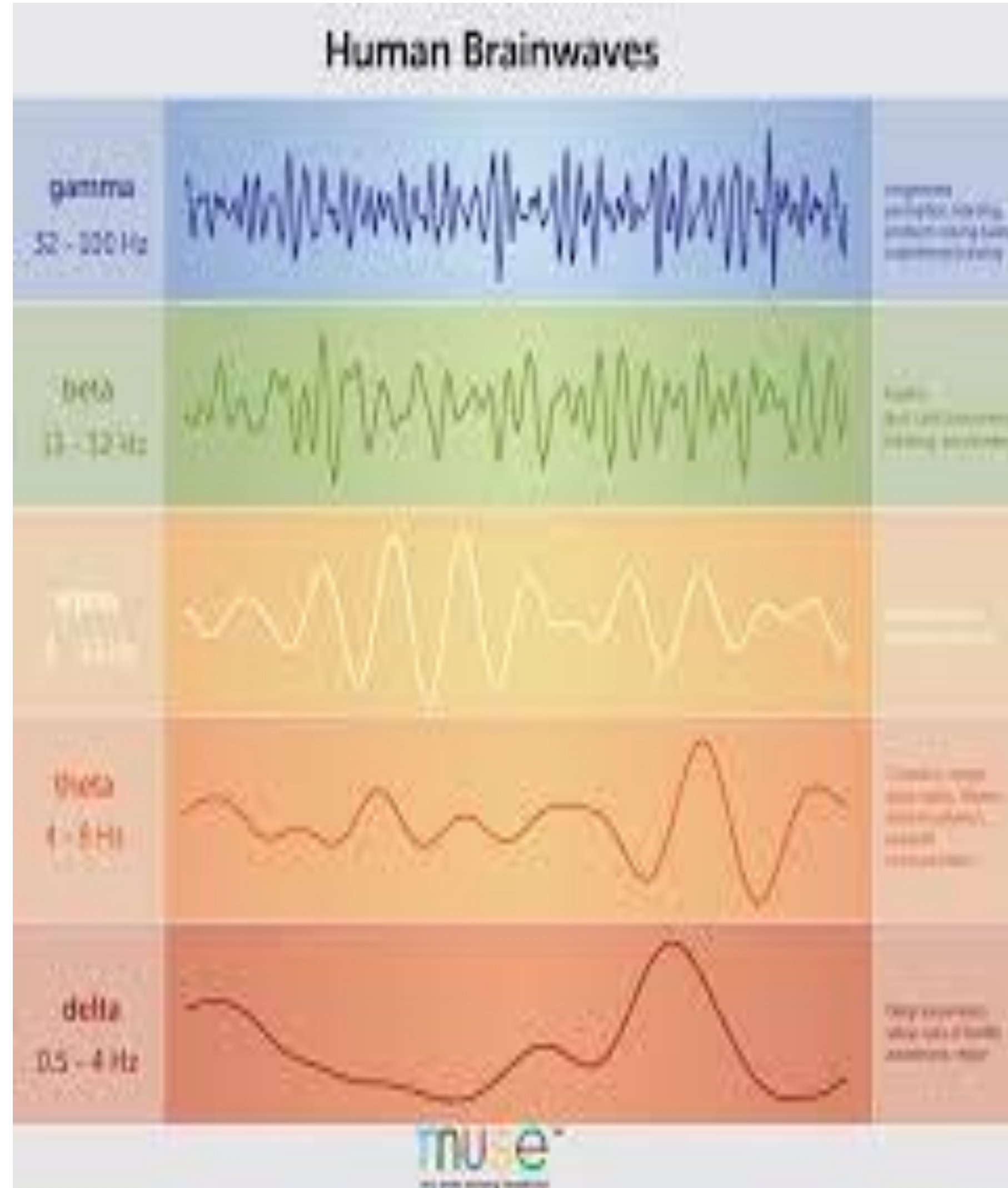
*How the MIND
Forms*





- ▶ From birth to the age of 7 children are **'downloading'** the foundation of their MIND from the authority figures in their life.
- ▶ Beliefs about themselves, others and life are now in place. All sorts of attitudes, expectations, world-views are in place.
- ▶ This is their 'home channel' – it becomes the foundation of the rest of their life.





- ▶ Birth – Age 2 – **Delta brainwaves** - <4 HZ
 - Deep sleep - hypnotic & open
- ▶ Age 2 – 7 – **Theta brainwaves** – 4-8 HZ
 - Imagination, day-dreaming, creativity
 - They are creating their MIND from the world around them.
- ▶ **Alpha** – 8-12 HZ – light meditation, calm, aware, alert – resting state for the MIND
- ▶ **Beta** – 13-30 HZ – alert, active, engaged, problem-solving, judgement, decision-making, focused mental activity
- ▶ **Gamma** - >30 HZ – peak concentration, high levels of cog function, high IQ, compassion, memory, happiness

Exercise

- ▶ Pair up with someone you don't know
- ▶ Discuss the 'foundation' of the MIND that you formed by the time you were the Age of 7.
- ▶ How has that impacted your life?
- ▶ Understanding this, how should this influence parenting? School? Other social events for children?

Summary

- ▶ All beliefs you hold about yourself, life and others
- ▶ Beliefs about money, opportunity
- ▶ Beliefs about the world, relationships, men, women
- ▶ Beliefs about power – what it is and how to acquire it
- ▶ Beliefs about success, competition
- ▶ Beliefs about politics, the country you live in – who is right, who is wrong.
- ▶ Attitudes around abundance, money, jobs, economics
- ▶ Where you grew up, how your parents were, your neighborhood, your career, your friends (or lack of them) are all reflections of your childhood in some way.

WHY IS THIS
IMPORTANT?



*We recreate what we know.
We will build our lives based on familiar patterns
We learned in childhood*

ANONYMOUS



If we become AWARE of our words, our behaviors, attitudes and messaging to our children they will grow up with a far more unlimited state because they will not have built their MIND from limitation.

ANONYMOUS