

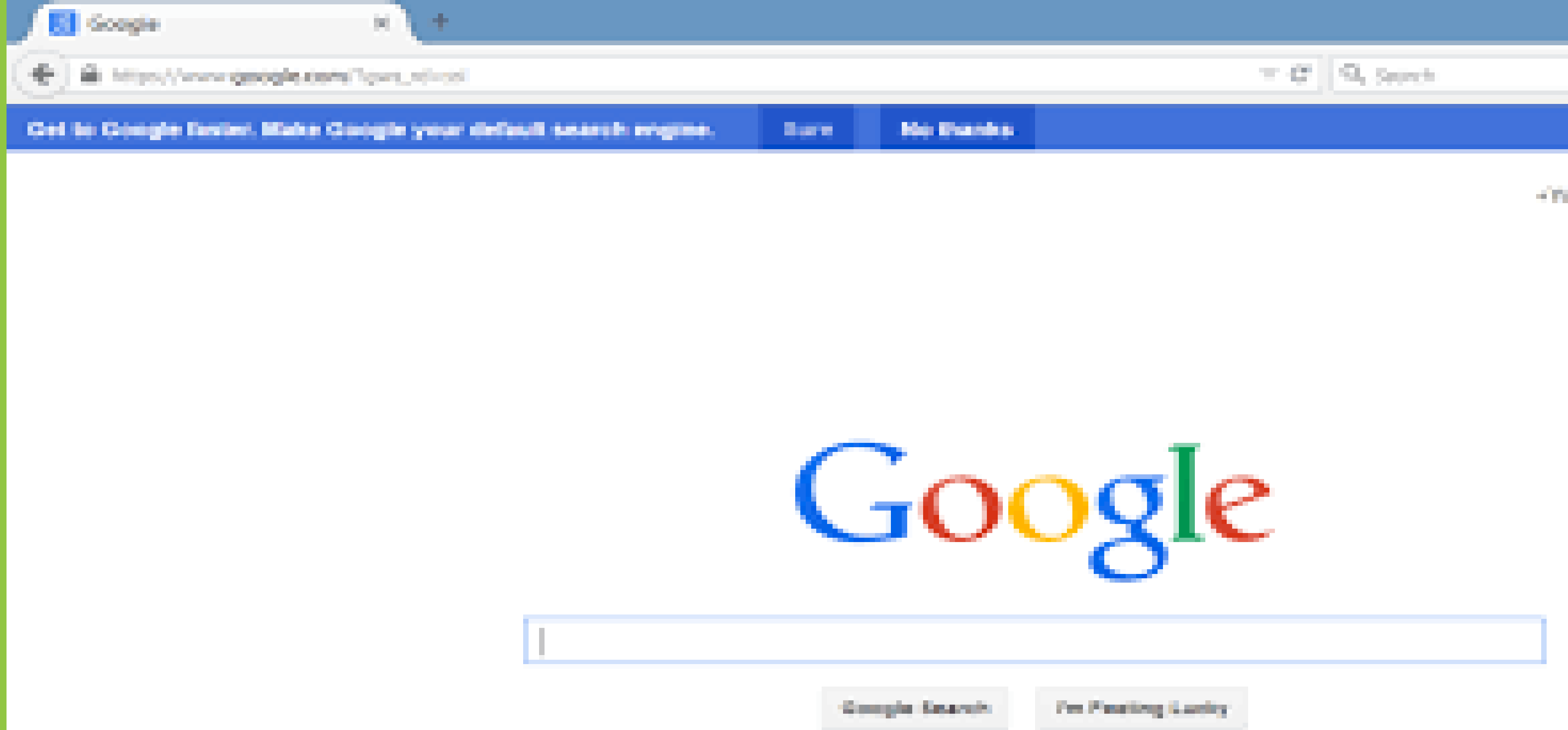


*Mindful Change is like a Filing System*

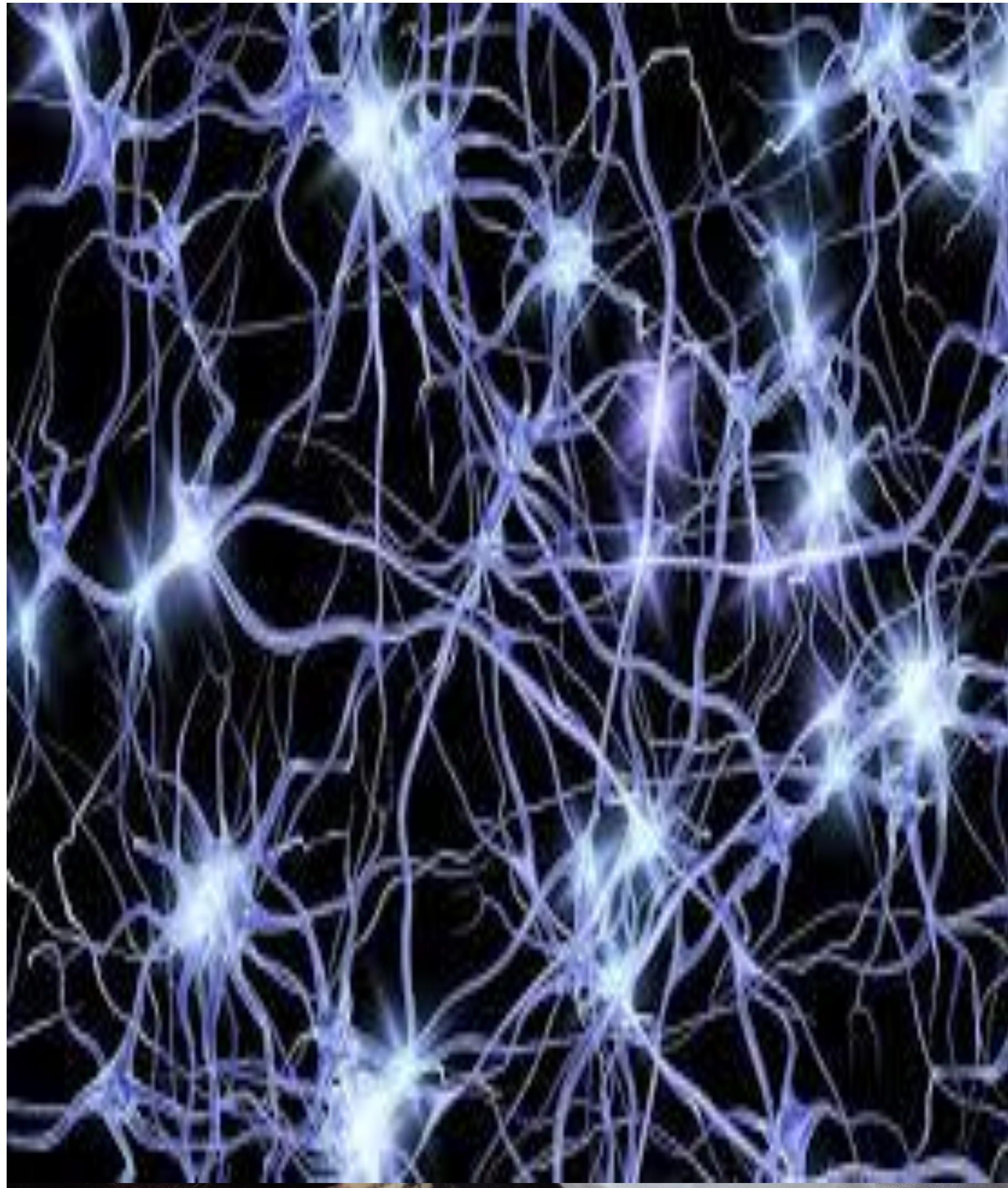


- ▶ Your brain is filled with neural connections, each one representing thoughts that you have accepted as true.
- ▶ Skills, knowledge, expectations, attitudes, frames of reference, likes, dislikes, your personality, etc.
- ▶ In order to work with that information you need to be able to organize it so that you can find what you are looking for.





*The Mindful Change filing system acts like a google search...*



- ▶ We just need to decide what PART of the MIND we want to investigate.
- ▶ That which limits or blocks us
- ▶ That which is sad, angry, depressed, anxious
- ▶ A theme – like always choosing the ‘wrong’ guy
- ▶ We call this a PART. We ask to speak to that specific part. The MIND finds all related connections under that one category – just like a google search will.



*The Mindful Change process is a dialogue  
between the conscious Mind (you) and the  
subconscious MIND (stored memory)*

ANONYMOUS



*Using open-ended questions, you are guided to reveal the story behind the 'issue'*

ANONYMOUS



*The story holds the 'issue' in place. It consists of a timeline of events and how your MIND formed as a result of those experiences.*

ANONYMOUS



- ▶ Thoughts FILTER your life
- ▶ You seamlessly accept how you interpret your lives and what you believe they mean.
- ▶ You see life as YOU ARE not as it is.





- ▶ Mindful Change sees life as a VR
- ▶ Your MIND becomes the program driving your VR
- ▶ Your body acts like the goggles and gloves allowing you to interact with a virtual world.





- ▶ Your life circumstances are like the virtual world of the Gamer. Everything you do impacts the whole game.
- ▶ What you focus upon **E X P A N D S**
- ▶ Change your **MIND** and your reality shifts.



An iceberg floating in the ocean. The small tip above the water represents the conscious mind, while the much larger part submerged below the surface represents the unconscious mind. The background is a clear blue sky and dark blue water.

**UNTIL YOU MAKE THE UNCONSCIOUS  
CONSCIOUS, IT WILL CONTROL YOUR  
LIFE AND YOU WILL CALL IT FATE.**

**~ CARL JUNG**

**IN5D.COM**



**I'm Fine!**  
**The rest of  
you need  
therapy!**

