

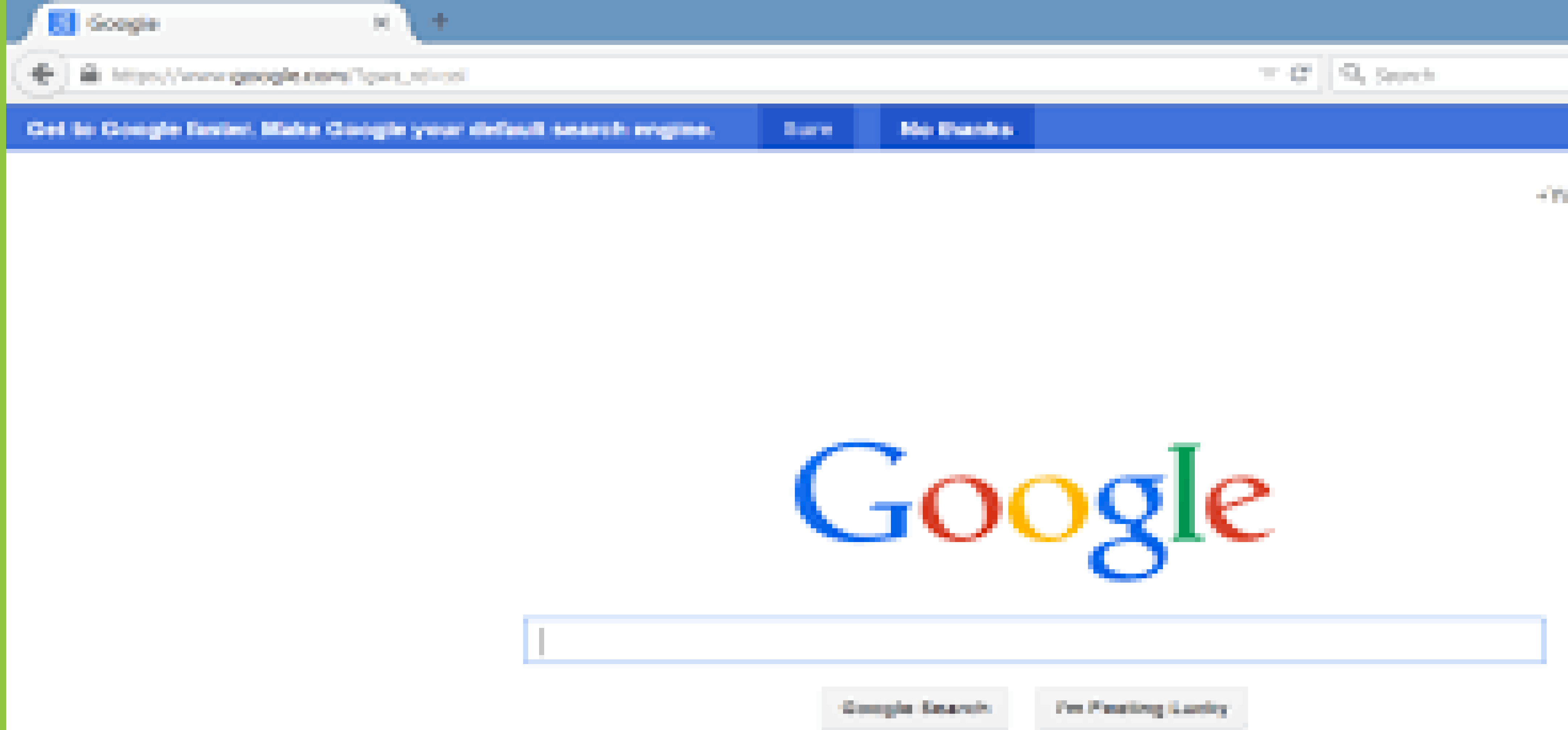


*Mindful Change is like a Filing System*

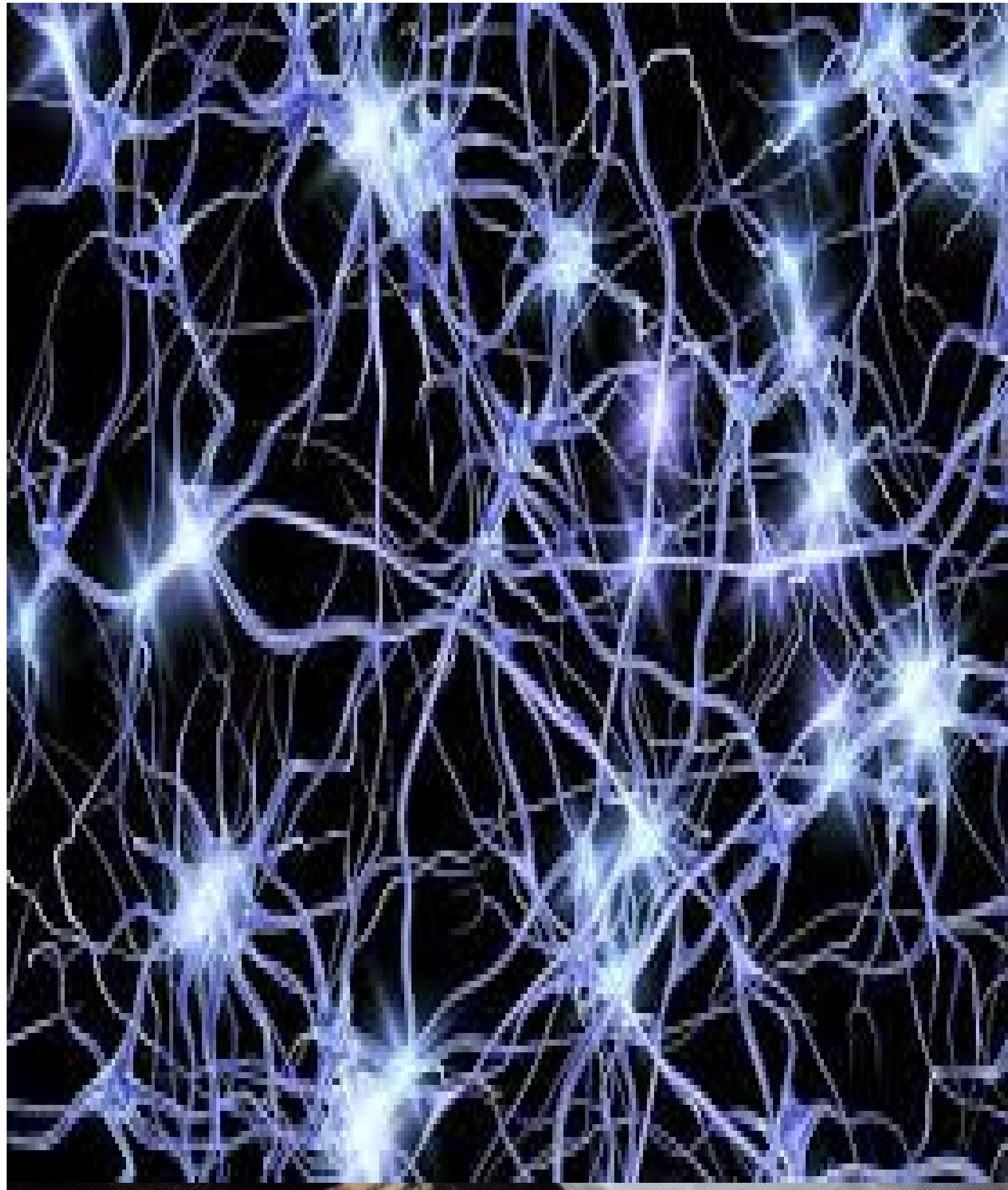


- ▶ Your brain is filled with neural connections, each one representing **thoughts that you have accepted as true.**
- ▶ Skills, knowledge, expectations, attitudes, frames of reference, likes, dislikes, your personality, etc.
- ▶ In order to work with that information you need to be able to organize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





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

**~ CARL JUNG**

**INSO.COM**



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

