Primining the Mind for a Better Life

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Introduction

We all have dreams. We all desire to succeed in whatever way we define success. And, we all face challenges such as fear of change, stress, low self-esteem, health issues, anxiety and other challenges that contribute to a diminished quality of life in its many facets: physical, emotional, mental and spiritual.

You may be wondering... why do some people succeed while others struggle? Why are some so happy even in times of difficulty, while others are miserable in the best of conditions? The secret lies in the mind with its beliefs, thoughts, feelings, perceptions, imagination, habits and mindsets that affect how you respond to life, the nature of what you experience, and what you achieve.

Even the happiest and most successful people experience challenges, but many have learned to overcome them by using tools and techniques that you will find outlined in this booklet. It is our intent that you come away with a solid knowledge of “who you are” – what makes you tick, how your brain helps you navigate the world, and how you can prime yourself for a better life by learning to choose happiness and resilience, and focusing the immense power of your mind.

Many people realize that positive change begins with a “change of mind” or adoption of a new mindset and thought habits – but they may attempt to improve in their lives by changing behaviors without changing the underlying drivers for those behaviors. This method is difficult, time-consuming, frustrating and ineffective. Without a change in beliefs, they quickly revert to old habits and they’re back to square one. Others try traditional personal change methods, many of which fail to produce the desired results because the effort and time required.

It is the rare person who is willing or able to devote significant time and effort for daily practice of the techniques that help stop the loop of negative thought habits. We feel we just don’t have time to notice and reprogram disempowering statements like, “I can’t, I’m not worthy, and it won’t work.” Tools like vision boards, affirmations and journals do work – if you are willing and able to commit to the practice. Unfortunately, given the time constraints and obligations most people face each day; these traditional self-improvement methods are becoming impractical.

Here, you will find effective ways to prime yourself to succeed and create a better life. Recent research in neuroscience and positive psychology has revealed new ways to best address common problems, and access and unleash your incredible potential so you can overcome the struggle to succeed. You will get the best results from this booklet if you first learn about key concepts related to the brain and mind, then explore possible benefits of using MindPT, and at the end discover ways the technology works to prime your mind so you can access and use its immense power.

MindPT provides a way to prime the mind for a better life through a technology-based application of scientifically proven principles of positive psychology and neuroscience. It is a revolutionary approach to success: a threshold technology designed in a fun and engaging “micro-practice” format that can yield astonishingly fast and enduring results. I invite you to absorb the knowledge in this booklet, and let yourself be inspired to prime your mind for a better life!

To your great success,

[Signature]

Founder and CEO of Mind Power Technology

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Initial scientific research on MindPT supports a positive benefit, and individual users have shared powerful anecdotal reports about their positive experiences. Substantial studies are being planned to scientifically confirm how MindPT may support various physical, mental, and emotional needs so people can flourish. As new research is completed, the findings will be posted at https://MindPT.com.

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## Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Introduction</strong></td>
<td>2</td>
</tr>
<tr>
<td>Medical Disclaimer</td>
<td>3</td>
</tr>
<tr>
<td><strong>Part I: The Challenge of Change</strong></td>
<td>5</td>
</tr>
<tr>
<td>Why We Resist Change</td>
<td>5</td>
</tr>
<tr>
<td>Creating Positive Change</td>
<td>6</td>
</tr>
<tr>
<td><strong>Part II: Brain Basics and Matters of the Mind</strong></td>
<td>7</td>
</tr>
<tr>
<td>Mind versus Brain</td>
<td>8</td>
</tr>
<tr>
<td>Basic Brain Structures</td>
<td>12</td>
</tr>
<tr>
<td>States of Consciousness</td>
<td>15</td>
</tr>
<tr>
<td>Mindsets that Matter</td>
<td>18</td>
</tr>
<tr>
<td>Processes within the Brain and Mind</td>
<td>20</td>
</tr>
<tr>
<td>The Nature of Beliefs, Thoughts, Feelings, and Habits</td>
<td>24</td>
</tr>
<tr>
<td>Neuroscience</td>
<td>26</td>
</tr>
<tr>
<td>Positive Psychology</td>
<td>28</td>
</tr>
<tr>
<td>Influential Effects on the Mind</td>
<td>31</td>
</tr>
<tr>
<td>Techniques</td>
<td></td>
</tr>
<tr>
<td><strong>Part III: Support for Positive Change</strong></td>
<td>34</td>
</tr>
<tr>
<td>Physical Wellbeing and MindPT</td>
<td>34</td>
</tr>
<tr>
<td>The Potential Value of MindPT for Physical Wellbeing</td>
<td>38</td>
</tr>
<tr>
<td>Mental and Emotional Wellbeing and MindPT</td>
<td>41</td>
</tr>
<tr>
<td>The Potential Value of MindPT for Mental and Emotional Wellbeing</td>
<td>45</td>
</tr>
<tr>
<td>Success and MindPT</td>
<td>49</td>
</tr>
<tr>
<td><strong>Part IV: Mind Power Technology and Its Methodology</strong></td>
<td>53</td>
</tr>
<tr>
<td>MindPT Pilot Study</td>
<td>53</td>
</tr>
<tr>
<td>MindPT Images</td>
<td>53</td>
</tr>
<tr>
<td>MindPT Random Shuffling and Variable Speed Player</td>
<td>53</td>
</tr>
<tr>
<td>MindPT Music</td>
<td>54</td>
</tr>
<tr>
<td>Frequency and Best Times to Watch MindPT Sessions</td>
<td>54</td>
</tr>
<tr>
<td>Types of MindPT Sessions</td>
<td>55</td>
</tr>
<tr>
<td>Next Steps</td>
<td>55</td>
</tr>
<tr>
<td>References</td>
<td>56</td>
</tr>
</tbody>
</table>
Part I: The Challenge of Change

Many people dream of improving their life experiences and results, but find that they are unwilling or unable to change.

Why is the voice of self-doubt and self-judgment so loud? Why do people often accept the idea that a lack of immediate success will have bad consequences? Why do people feel that change will be unpleasant and hard? Why do people fear they don’t have the ability to cope with the unknown? Why does it feel safer to stay in the familiar – even if it causes pain or unhappiness – than to risk the unknown? Why dismiss anything outside of the norm in favor or a bad, but known, situation?

This section will offer some answers to these questions. Formidable barriers to change can include fixed mindsets, pessimism, fears, naysayers, bad memories and habits. The challenge is that up until now, it’s been difficult to change these influences. We are often simply unaware of our mental habits, and if we are aware of them, then we face the potentially lifelong challenge of self-change using traditional means.

The good news is that there is a solution that renders self-change both possible and easier. There is “science behind the struggle,” and fortunately, “the science of success.”

Here, we introduce an effective way to approach change, leveraging what we know about our primal instincts for survival, habits, and imagination and using the following philosophy and the approaches outlined in this book:

- Replace old ways of being (thoughts, feelings and behaviors) with new ways of being that are more enjoyable, rewarding and beneficial
- Increase self-confidence and self-efficacy to be able to face an uncertain future and overcome the compelling desire for safety and familiarity

Once you understand “how and why” humans think and behave, you can then explore ways to remove the resistance, using innovative tools that can yield extraordinary results in a fraction of the time and effort of traditional personal change efforts.

Why We Resist Change

If improvement is expected, change is necessary. To understand the nature of change, it’s important to understand several key factors:

- How we process the world (how we form thoughts, beliefs, habits, emotions, etc.). This involves knowledge of both the functionality of the physical structures of the brain, as well as the nature of the mind.
- Our resistance to change.

We resist change because change means uncertainty and the possibility of emotional pain – and that’s often enough to generate behaviors that maintain the status quo and current results.

In response to the possibility of emotional pain, the brain’s “stress center,” the amygdala, can hijack positive efforts and heighten fears around shame and vulnerability. This can lead to feelings of lack and limitation with lower levels of “feel good” transmitters that support motivation, enthusiasm, confidence and a joyful pursuit of goals. Instead of feelings of hope, potential and possibility for the future, the amygdala prompts feelings of fear, helplessness and hopelessness.
This emotional hijack causes the “new” to be less compelling and desirable than the “known” – and as pleasure-seeking beings, we naturally gravitate toward what feels good.

Any old, familiar ways can be difficult to dislodge, whether or not they serve us. Unless the new behavior is more compelling and desirable than the firmly established current behavior, we find ourselves justifying why change is impossible, and we do nothing.

**Creating Positive Change**

As ancient wisdom has it, “change your thoughts, change your life.”

Awareness of our inner running monologue, our self-talk, is essential as a starting point to change. We all use self-talk to understand and respond to the world. We constantly narrate, describe, label, judge and categorize everything that happens around us. In essence, this running narrative affects how we feel and act, and our actions create our results. Self-talk can be encouraging or discouraging, optimistic or pessimistic, empowering or dis-empowering. Most of the time, it’s a bit of a gray area somewhere between positive and negative and it is easily influenced by external factors.

We are also beings of habits and routines. Our thoughts and language reflect how we processed the past and with repetition, our interpretations of the past become mental habits that may impede our ability to visualize or act on a different future (one that is not based on the past).

Conquering the challenge of change requires that we access the capacities within our whole mind versus merely the “archives” of our memories.

That means, in order to make a positive change, we apply techniques that develop more supportive beliefs, thoughts and feelings, and upgrade the nature of our self-talk. As we become more self-encouraging, we open ourselves to the possibilities of consciously creating a better future…and the very nature of change becomes more compelling.

You can transition from “change is bad” to “change is FUN” very quickly using the transformational powers of MindPT – as you’ll soon learn!

Take a moment to notice the cover of this booklet. You will see an image full of positivity and potential for a better life. We will encourage that positive potential with a “change of mind.”
Part II: Brain Basics and Matters of the Mind

Mind versus Brain

These two terms are often used interchangeably. They are not quite the same thing, yet they are inextricably linked. The brain is a physical organ; more is known about the brain today than ever before, yet we have probably just scratched the surface of what’s really going on in that walnut-shaped mass of tissue. The mind, though, is much more challenging to define.

Dr. Daniel J. Siegel said in his book, Mindsight, “…the mind, though not visible to the eye, is unequivocally “real.” As an educator and psychiatrist, he asked close to eight thousand mental health professionals if they had heard of a definition of the mind or mental health during their education. Regardless of which country or continent Dr. Siegel asked this question, only 2-5% of the audience indicated they had ever heard a definition of the mind or mental health.

Confounded by this finding, he set out to define the mind by organizing a group of forty scientists from fields ranging from computer science and neuroscience at the University of California at Los Angeles to study the brain and the mind. The group was eager to explore how the physical nature of the brain related to the subjective nature of the mind. While the complex nature of the brain was boiled down to simple definition, “neurons surrounded by the skull,” the lack of a common language thwarted a simple definition for the mind. Dr. Siegel offered the following definition for the mind and the group agreed it worked:

“The human mind is a relational and embodied process that regulates the flow of energy and information.”

He felt this definition would facilitate how various disciplines could discuss the nature of the inner life of an individual. Dr. Siegel explained that information and energy allows people to perceive reality of their experiences. The flow represents the continual changes people experience due to relationships between what they embody. Dr. Siegel’s definition is one to remember as we explore how to manage the mind and encourage positive change.

In the book, The Birth of the Mind, Gary Marcus quoted Steven Pinker of MIT as saying: “The mind is what the brain does.” Is the brain an organ of the mind, in the way that the heart is part of the circulatory system? It’s unlikely that we will come to fully understand the mind in our lifetimes… but it’s important to note that they work together to create your life experience – and you must know how to leverage both to create positive change.
Many scientists consider the brain to be the most complex structure in the human body, as the average adult brain contains 80 to 100 billion neurons plus three times as many glial cells. The neurons are supported and insulated by several types of glial cells. Together, the neurons and glial cells form connections, capture memories and create meaning in our lives.

Many of the major functions within the brain have now been discovered. Over fifty years ago, the triune brain model emerged, explaining three major areas within the brain: the reptilian brain or R-system, the limbic (or paleomammalian system), and the neomammalian complex (or neocortex). While the triune brain model lacks technical accuracy, it remains a simple way to describe these three distinct areas.
The brain has four basic structures that govern every function within the body. Neuroscientists refer to these structures as the brain stem, limbic system, cerebellum, and cerebrum. The anatomical aspects within these structures have been studied for years, while their physiological functions and relational processes continue to be investigated.

The brain stem plays an incredible role in our everyday functioning. It manages our basic life functions such as breathing, heartbeat, blood pressure and even different states of awareness, in particular relating to physical safety and survival. Some people continue to call this area of the central nervous system the “R-system,” or, “the reptilian brain.” The Reticular Activating System (RAS), essential to controlling our nervous system states, is also located within the brain stem.

The Reticular Activating System (RAS)

We often experience what we expect, whether good or bad. Our expectations of what we can have, be or do, shape our perceptions; our perceptions influence our actions, and therefore contribute to our reality. This is due to the Reticular Activating System. The RAS is responsible for controlling our central nervous system states, including being awake, asleep and/or attentive. It is attributed to our consciousness and our ability to filter, sort, and prioritize information from the outside environment. It is designed to either ignore or address this incoming information.

The RAS contains two systems of neural communication, including an ascending and descending system. The ascending system connects with the cerebrum and structures within the limbic system. On the other hand, the descending RAS connects with sensory nerves and the cerebellum. The RAS is a place in our brains where thoughts and feelings merge with outside stimuli. It responds to thoughts and feelings, which then influence physical activity centers in the frontal lobes of the cerebrum.

Nearly all sensory information (except smell) enters the brain via a filter: the RAS. If all information were allowed into the conscious brain, you would have information overload and overwhelm. The RAS selectively filters out information, affecting what you pay attention to and how aroused/ motivated you are by it. It supports what is important to you by sorting relevant information for your conscious awareness.

The limbic system, also referred to as the mammalian brain, is a collection of structures that include the amygdala and hippocampus. The amygdala consists of two almond-shaped structures that process our emotional states of being, such as fear, anger, and happiness. The hippocampus has been found to be involved with learning and long-term memory.

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When you watch a MindPT Session, you create neural pathways and positive emotions around your desire; the desire, seen as already achieved, becomes a part of your inner reality. This activates your RAS to actively seek ways to make the outer reality match the inner reality by noticing similar information in your environment. The positive feelings processed by the limbic system then encourage your thoughts and behaviors based on that information.

*Adopting supportive thoughts focused on your desires and intentions makes it easier to take actions aligned with those goals.*

**The Cerebellum**

The cerebellum coordinates and controls our movement, posture and balance. It is also greatly involved in our learning to walk and to talk, and stores learned relevant information for future applications – in other words, it builds memories to help navigate new situations. Due to its appearance, the cerebellum has been referred to as the “little brain,” and is located towards the back and lower area of the skull.

**The Cerebrum**

The cerebrum is concerned with thinking and governing activities. It contains an outer layer known as the cerebral cortex. There are four lobes within the cerebrum, each with multiple functions. The frontal lobe is associated with thinking, moving, feeling, and some aspects of speaking. The parietal lobe is involved with movement, recognition, perceptions, and orientation. While the occipital lobe is associated with visual processing, the temporal lobe handles auditory processing, speech and memory.

**The Prefrontal Cortex**

The prefrontal cortex is involved in our ability to make decisions, comprehend context of events, detect errors, and adapt a response to our experiences. It greatly relies on its connections with the hippocampus in order to learn rapidly and consolidate and strengthen our memories. In turn, the prefrontal cortex is able to coordinate between one’s thoughts, behaviors, and goals.

**Mirror Neurons**

Mirror neurons fire both when an action is performed and observed. Imagine your friend is preparing dinner. Suddenly, she accidentally touches a hot saucepan. Both of you automatically recoil – your friend from pain, you from empathy. You are not participating in this activity, *yet you react as though you were*, because of your mirror neurons, brain cells that respond equally whether you take action or when you observe an action performed by another person. The discovery of mirror neurons in non-human primates in the early 1990’s began to reveal new understandings about the speed of comprehension and response when observing others. The evidence of a mirror neuron system in humans was first confirmed in 2008.

Mirror neurons play a significant role in learning; help us understand and anticipate the intentions, moods and thoughts of others; assist with communication; and allow us to feel empathy. They also help us feel “emotional contagion” (taking on other people’s moods).
Mirror neurons have been shown to exhibit a greater firing response when a more significant intention motivates the observed behavior. For example, if someone picks up food, the mirror neurons exhibit a greater firing response than if someone picks up trash. This ability to discern significance by the mirror neuron system may help us learn with greater ease and speed. Continuing research is likely to reveal much more about the role of mirror neurons and this will help expand our understanding about how the pervasive mirror neuron system works.
States of Consciousness

States of conscious awareness can range from waking states to altered states induced by drugs, sleep interruption, and various techniques that change the brain activity, as measured in brain waves.

Different states of consciousness can be defined by different brain wave frequencies. There are five main types of brain waves (listed in order of measurable frequency, from high to low): gamma, beta, alpha, theta and delta.

- Gamma waves are vital in learning, remembering, and processing information. A correlation between high levels of gamma waves and feeling of greater happiness, compassion, and bliss has been observed. Gamma waves unify communication between areas of the brain so more neurons fire together. This can enhance the ability to focus, be creative, and access more of one’s intellect. Increasing positive moods and emotions has the potential to increase the amount of gamma waves the brain produces, optimizing the cognitive functions of the brain.
- Beta waves are common as we think and attend to our environment. They stimulate the brain and help it focus.
- Alpha waves are commonly produced by the occipital lobe of the cerebrum during closed eye relaxation. They are associated with creativity, openness to new information and enhanced learning.
- Theta waves occur as a person daydreams, sleeps, and experiences intense emotion. This type of brain waves also appears to enhance creativity.
- Delta waves are deeply relaxing and often occur during restorative sleep.
1. Conscious State

To be conscious is to be aware of your reality, physical existence, environment and perceptions. You are awake and alert, and engaged in stimulating and complex activities.

2. Relaxed Awareness or Meditation

Meditation is a state of relaxed awareness. In this state, you are less aware of your external environment and more aware of your mind’s workings. Meditation is a practice of focusing on the expansion of awareness to cultivate the ability to be fully present in each moment. Awareness is the first necessary step to creating positive change.

Meditation has been shown to increase grey matter and connectivity, reduce anxiety and sadness, improve focus and foster a sense of mental wellbeing. Researchers at Yale University discovered that mindfulness meditation reduces mental chatter, or the default mode network of the brain that allows the mind to wander or ruminate. Other studies have shown people who spend more time in this default mode network (sometimes called the “monkey mind”) are usually less happy. 

Sara Lazar and her team of researchers at Harvard discovered the thickness of the hippocampus increases after just eight weeks of mindfulness-based stress reduction. They also saw a decrease in brain cell volume within the amygdala. Test subjects experienced these changes as they self-reported feeling less stress.

Jon Kabat-Zinn developed this form of meditation and said in his book, Coming to Our Senses, “…meditation is really a way of being appropriate to the circumstances one finds oneself in, in any and every moment.” He goes on to share that you become more aware, as an observer that you are having thoughts, versus identifying with the content of thoughts. Mindfulness meditation does not require emptying the mind of thoughts. Rather, the goal is to develop an expanded awareness to transcend motives, habits, and constructs which may contribute to disorienting dilemmas.

3. Effects on Conscious States

A variety of effects can affect normal conscious awareness. The liminal or threshold effects begin at the point in which stimuli have enough energy to initiate a responsive effect. Thus liminal effects have sufficient intensity to affect something:

- A (sub) liminal effect is below the threshold of perception yet it is potentially able to affect the mind without conscious awareness.
- A (para) liminal effect indicates one that occurs on the perceived side of the conscious threshold.
- A (supra) liminal effect is something is above the threshold of awareness and is perceivable.

4. Other-than-Conscious States

A non-conscious or unconscious state usually refers to either a state of sleeping or being in a coma. Some researchers use these terms: non-conscious, unconscious and other-than-conscious, when they refer to the realms within the mind where imagery and vast information is stored but usually unavailable during a conscious state. When you are in these states, you are either less responsive or unresponsive to outside stimuli. Subconscious is usually the word chosen when referring to thoughts and motivations that exist below the threshold of conscious awareness, yet are accessible with skillful technique.
Sleep is essential to brain health. If you have gone without sleep for over twenty-four hours, you experienced an altered state of consciousness. The various stages of sleep allow the brain to process activities while awake and reboot the brain with refreshed awareness.

Rapid Eye Movement (REM) sleep is the state of dreaming sleep. During REM, the brain waves resemble those when awake. It is the time when the most intense dreams occur. When eye movement occurs, spikes in the visual cortex and other areas of the cerebrum are seen. Because of the activity of brain waves and visual processing occurring in REM sleep, the body consumes more oxygen, yet the muscles are completely paralyzed. REM sleep consolidates memories and after learning new tasks, one will spend more time in REM sleep. The ability to learn diminishes if REM sleep is interrupted too often and for too long.
Mindsets that Matter

People generally have either a fixed or growth mindset. A person with a fixed mindset tends to fixate on what went wrong and what could go wrong. They commonly overgeneralize and label things without being able to see possibilities. The condition of a fixed mindset typically reduces the amount of effort applied and risks taken, which are both essential to success. Thus, people with a fixed mindset usually experience less success.

A person with a growth mindset will press forward and seek solutions even in the face of failures. They see the big picture and notice what has worked and could work better. They realize that nothing ventured or at risk usually leads to nothing gained, and they are willing to tackle challenges and work harder even when others question their rationale and reasons.
The following concepts matter to your mindset. The good news is that you can cultivate a growth mindset.

1. **Cognitive Dissonance**

Social psychologist Leon Festinger developed the theory of “cognitive dissonance” in 1957. Cognition involves the mental processes people use to make sense of information. Cognitions are anything known, perceived or believed about “the way things are.” Cognitive dissonance occurs when two cognitions are not compatible or inharmonious.

Humans have a strong inner drive for harmony and often feel more comfort with the status quo. If beliefs or perceptions are challenged, we experience cognitive dissonance as intense feelings of discomfort with a very strong urge to restore harmony by maintaining the status quo instead of embracing change. The easiest way to restore harmony is to reject the new belief or thought and stick to the old one, since maintaining the same neural connections is far less taxing than creating new connections.

For example, if you’re struggling financially and you tell yourself, “I am wealthy,” you create cognitive dissonance. Your mind insists, “This is not true! You can’t even pay the rent! How can you call yourself wealthy?” When the discomfort of conflict between this affirmation and perceived reality becomes too great, you will give up. It takes additional effort within a broader program to create change in order for traditional affirmations to “stick!”

Cognitive dissonance is the reason you rationalize why you can’t be/do/have things you want that are not supported by your beliefs. You didn’t take action; you felt less discomfort; and harmony was restored. However, you also didn’t achieve your goal. Ultimately, that’s a high price to pay to avoid discomfort.

Aesop said it best in his fable, “The Fox and the Grapes.” In the story, a fox finds some grapes hanging just outside his reach. They look delicious and he wants to eat them, but he can’t think of a way to reach them. He believes there is no way for him to get the grapes. In his frustration, he decides that the grapes are probably sour anyway and not worth the effort. He talks himself out of making the effort to obtain the grapes. In his mind, it’s okay because he told himself the grapes were probably inedible. The fox experienced dissonance, and as soon as he rationalized leaving the grapes, harmony was restored and he felt less frustration. Sadly, his desire was not fulfilled.

You can talk yourself out of, or into, anything. The question is – are you talking yourself into things that are bad for you, and talking yourself out of things that are good for you? For positive change to occur you can either ignore, prevent, eliminate, and modify dissonant cognitions or you can create new cognitions within your internal “operating system.” As you do this work, you can change your beliefs, thoughts, perceptions, and self-talk, you can change your results and your life.

2. **Creativity**

Creativity has been the subject of new understandings in neuroscience. The popular concept of the creative right brain versus the logical left brain does not accurately represent the creative process. Many interacting cognitive processes and emotions play a role in both a conscious and other-than-conscious level in the brain and mind. The creative process involves many different connections in the brain that work in synergy.

3. **The Flow State**

The flow state is often referred to as being in “the zone” where an activity is performed in a state of enjoyment, engagement, high energy and intense focus. When someone is in this flow state they are completely absorbed and usually lose track of time. The flow state is a joyful state of exceptionally high performance and learning.
4. Focus

Focusing on solutions and what works makes a difference in accelerating positive results. Mark McKergow and Paul Z. Jackson wrote, *The Solutions Focus*, which promotes maintaining an orientation towards what is working. Solutions focus simply asks one to rate the amount of progress towards achieving a goal on a scale of 1 to 10 with 1 being very limited progress and 10 representing the goal being completed.

No matter what number is chosen to rate the progress made, the question that follows is, “why so high?” even if the number chosen was only a 1 or 2. People will quickly sort for what and why achievements have occurred and available resources to take the next step. Solutions-focus builds momentum more quickly than if the inquiry is “why so low?” that encourages sorting for problems and generates negative feelings.
1. Pre-Conscious Processing

Preconscious processing evaluates and initiates a response to stimuli before one is consciously aware of the stimuli. Our lightning-fast ability to take in and quickly evaluate something is an evolutionary survival mechanism. A deer or kangaroo jumps out in front of the car – and before we even think “Deer!” or “Roo!” we automatically slam on the brakes or swerve to avoid hitting the animal.

This type of processing can also refer to the compression of huge amounts of visual and auditory input. The initial researchers named preconscious processing as the “readiness potential.” They verbally asked subjects to initiate finger movement while connected to an electroencephalogram (EEG) and noted a shift in activity within the motor cortex before subjects’ finger moved. They concluded the other-than-conscious mind initiated the movement before the person was consciously aware of the request.

This shocking discovery was later confirmed by another researcher who found the readiness potential began about a third of a second before subjects became consciously aware of the verbal directive to move their fingers. He concluded people can be unaware of the initiation of a response but, thankfully, could stop a response by conscious thought.
In *Stumbling on Happiness*, Daniel Gilbert wrote, “Experiments have demonstrated that the moment we encounter an object, our brains instantly analyze just a few of its key features and then use the presence or absence of these features to make one very fast and very simple decision: ‘Is this object an important thing to which I ought to respond right now?… As such, our brains are designed to decide first whether objects count and to decide later what those objects are. This means that when you turn your head to the left, there is a fraction of a second during which your brain does not know that it is seeing a wolverine but does know that it is seeing something scary.”

We have an innate ability to pick out from the environment (the background) anything that either threatens us or benefits us. Most of this ability is skewed toward picking out potential threats. The world can be understood as “information.” It has been said that the other-than-conscious mind takes in around 11 million bits of information per second, while the conscious mind can only process 40 bits per second – a tiny fraction of the available information! This is based on the understanding that the human retina is actually part of the brain that processes neural signals as light enters the eye! The “reactive” (instinctual) areas of the brain sense situations and can respond without conscious thought. Fortunately, the neocortex can modify this reaction when inappropriate in the nick of time.³

Incoming information is “flash-processed” (pre-consciously processed) all before you are able to consciously think about it. Instead of consciously processing the thought, “Oh, look, a ‘roo… I’d better avoid hitting it!” the motor movement necessary to slam on the brakes and swerve the steering wheel respond instantly, before conscious thought catches up.

Humans are excellent at recognizing patterns in complex stimuli. Anything out of the ordinary will capture our attention. However, our beliefs and perceptions can eliminate unimportant or dissonant information and our subsequent responses can be colored by what we believe and perceive.

2. Multiple and Simultaneous Processes

The processes taking place within brain and mind in any given moment include the governance of breathing, heart rate, hormonal levels, muscle coordination, sensory analysis, neurotransmitter communications, and other essential activities that occur without deliberate focus or intentional thinking. Thankfully, this automatic process frees people to focus on what they can control. This allows attentive awareness and deliberate action to generate better outcomes.
The Nature of Beliefs, Thoughts, Feelings, and Habits

Our beliefs lead us to habitually think the way we do and the way we perceive the world. Our thoughts lead to feelings, and our habits reinforce our beliefs, thoughts, and feelings. Together, our beliefs, thoughts, feelings, and habits lead to specific actions. How and when we take action leads us to our results and experiences.

Many people want to see the evidence that something is real before they believe it. However, the reverse is often the case and sometimes people can only perceive what they believe is true...their mind will sort exclusively for evidence to support their beliefs. They see what agrees with their beliefs and the RAS ignores the rest.

Humans have an insatiable appetite to be right or validated. If you tell yourself, “I am stupid,” your self-talk reinforces mental images of personal stupidity, in whatever way is relevant to you: failing an exam, being laughed at by classmates, getting yelled at by your father, etc. Then, your brain will sort for examples of said stupidity just to prove you right when you said, “I am stupid!” You may even seek situations where you are over your head (and sure to fail). Your subsequent fears will lead you to give less than your best effort (because after all, you’re going to fail and be called stupid). Every time you create a situation that validates your belief, the neural connection becomes faster and stronger.
Your beliefs drive what you think, perceive and do. This reinforces and creates evidence that your beliefs are correct. A self-fulfilling prophecy is the creation of proof to support your beliefs.

1. Origin of Beliefs

Beliefs are usually defined as something that is accepted as true even if the evidence to prove the belief is true may be non-existent. Beliefs can be passed down from parents, educators, and other influential people who persuade others about what may or may not be true. Beliefs can also form during intense experiences. Beliefs can be difficult to change and will often be resistant to rational thinking and logic. In fact, beliefs can limit the ability to interpret data and experiences correctly. When beliefs change, life can change.

Beliefs influence the way we perceive the world and our perceptions shape our life experience. We label everything around us, calling things, “good” or “bad” and so create our experience. There are many ways to look at any event, and each interpretation determines self-talk, behavior and results (including happiness and quality of life).

When considering changing a belief, it’s helpful to perceive a belief as merely an opinion. We have less resistance to changing opinions than we do to changing beliefs!

2. Patterns of Thought

Thought patterns can range from extreme negativity to abundant positivity. Most people think and communicate in varying degrees of pessimism and optimism. Thoughts can also form a repetitive loop, which when negative, may limit the amount of attention placed on being productive and creative.

Learned optimism is a concept within positive psychology that promotes the cultivation of joy and positivity. Learning to be more optimistic can be done by being fully aware and challenging negative thoughts, often with the support of another; regular exercise can also increase optimism and it is possible to learn maintain that optimistic state.

Persistent negativity is often the culprit preventing people from transforming their lives. Everyone can suffer from the existence of automatic negative thoughts, popularly known as ANTS. ANTS are a defensive mechanism with a good intention gone awry. They begin with a goal to protect, but if left uncontrolled (through persistent worry), they end up preventing or limiting potential solutions and greater possibilities.

Negative thoughts originated as an evolutionary function of self-preservation, as an automatic response due to any perceived threat, whether it is physical or emotional, or real or imagined. In the modern world, most automatic negative responses are due to emotional and imagined threats, usually centered around fear of loss: we imagine the possibility of losing a job; a relationship; health and mobility; life; independence; home; sexual functioning; comfort and familiarity; possessions… Every time we think about a situation that “may” involve loss, the automatic survival instinct kicks in and we remain stuck in “survival” mode of automatic reactions that thwart creativity, innovation and change.

By contrast, the optimistic individual tends to quickly shift away from a negative thought and replaces it with a solution-oriented inquiry about how they could solve or approach a situation.

3. Imagination

Albert Einstein said, “I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.”
Imagination initiates the generation of ideas and inventions. It is boundless in nature and opens vistas of possibilities yet to be experienced. Imagination lets people think anew and create something uniquely of value.

4. Memories

Our memories capture what we learn and experience. Good memories provide the ability to recall value and positive meaning from the past. They can elevate mood and increase the ability to adapt to stress. Bad memories can haunt and hamper people from taking the necessary risks to succeed.

5. Perception

Our perceptions in the present are colored by our past. If a person experienced a lack of trust from another in the past, they are more likely to interpret the slightest incongruence within another as a stark warning of distrust without considering other possibilities for the incongruence. Our perceptions of events are recorded through a unique personal lens refined over time and through experiences.

6. Feelings

Feelings are natural sensory experiences of emotion. Emotions are generated within the mind and affect the whole person. We are born with two basic fears: the fear of falling and the fear of loud noises. As we develop, we learn new fears from what others tell us and from less than positive experiences. Feelings are natural and arise without instruction. We fall in love from the beginning of life. Both negative and positive feelings are normal and part of the human experience; however, it takes self-awareness and direction to avoid creating negative thought habits that give rise to a predominance of negative feelings.

7. Habits

A habit is a “memorized solution” and a highly effective form of energy and time management. You have a problem; you figure out the solution; and with repetition, the same solution and the same result create a strong neural pathway leading to fast, easy and efficient actions and a positive feeling of satisfaction with the result. This frees up mental resources for important and complex tasks. The neurons involved in that mental pattern automatically know what to do. Every time a thought or action is repeated, the neural connections are strengthened and become more efficient. “Neurons that fire together, wire together,” said neuropsychologist Donald Hebb in 1949

Habits can be harmful or helpful and they can create circumstances. The good habit of brushing your teeth at least twice a day helps avoid future problems. Conversely, negative habits build the potential for negative consequences. You have habits around your daily life. What and how much you eat; whether or not you exercise; when you go to sleep; how much TV you watch; how you treat your partner; how you care for your body; your level of risk-taking; whether you procrastinate or get things done immediately... Even though some habits seem inconsequential, by their very nature, habits are repeated and like grains of sand, their consequences add up over time. But there’s more to the equation. Since habits are often related, their results don’t just add up, they multiply. A habit in one area of life may directly or indirectly affects all other areas of your life.

When thoughts and actions have been automated, it makes everyday tasks easy but it also makes it challenging to spot destructive habits. For better or for worse, a system of habits stays in place until new habits replace it. Bad habits are actually never “broken.” Rather, bad habits can be replaced by better habits, which become recognized and appreciated as more rewarding practices.
Habits based on survival (a limited repertoire of actions based on avoiding loss) are “sticky” habits that are easy to create. Habits based on the joys of innovation, adventure and other unfamiliar behaviors can be harder to create because they may be perceived as a threat to survival. It is important to quickly reinforce a reward with the new behavior.

In the book, *The Brain That Changes Itself* by Norman Doidge, neuroscientist Alvaro Pascual-Leone writes, “The brain is like a snowy hill in winter. When we go down the hill on a sled, we can be flexible because we have the option of taking different paths through the soft snow each time. But should we choose the same path the second time or the third time, tracks will start to develop, and these tracks become really speedy and efficient at guiding the sled down the hill. It doesn’t take long to get literally stuck in a rut. Taking a different path can become increasingly difficult, yet, thanks to the brain’s wondrous capacity for learning and rewiring itself, it’s not impossible!”
Neuroscience is the scientific exploration of the inner workings of the brain and complete nervous system. It includes principles from research in chemistry, computer science, medicine, psychology, and several other disciplines.

1. Neuroplasticity

Neuroplasticity refers to the ability of neural paths and connections to change as a result of new behaviors, environments, thoughts, emotions and experiences. Neuroplasticity makes self-development, learning and adapting to significant life changes possible and allows for greater resiliency, adaptability and persistence in conquering challenges.
2. Neurotransmitters

Through our biochemistry and physiology, we have a built-in capacity that promotes bliss and contentment. The body produces several neurotransmitters that promote feeling good including:

**Dopamine** drives behaviors that seek rewards and pleasure. Various studies have demonstrated that behaviors leading to rewards or pleasure increase dopamine levels. You feel good as you achieve a goal and dopamine is the neurotransmitter that produces this effect at the synaptic level.

**Oxytocin** in women and **vasopressin** in men generate feelings of intimacy, loyalty, happiness, and trust. As connected as people are in the digital age, they still need physical proximity to thrive. It has been demonstrated that even when people cuddle with dogs, oxytocin increases in both the human and the dog. Ask any dog lover about how good they feel when they spend time being close to their dog!

**Endorphins** are natural pain relievers with a similar chemical structure as opiates. They are produced by the pituitary and hypothalamus during strenuous activities.

**GABA** reduces the firing of neurons and calms the nervous system. Meditation and relaxation can decrease anxiety through increases levels of GABA.

**Serotonin** is found widely distributed throughout the body. A link between rejection sensitivity and higher serotonin has been found, as well as a link between serotonin deficiency and depression. Serotonin increases self-confidence and the sense of value for oneself. Pursuing purpose, meaning, and achievements can increase serotonin.

**Endocannabinoids**: in 2012, the University of Arizona published a paper that proposed people produce natural endocannabinoids, neurotransmitters that generate the high experienced by intense exercise such as running. Previous studies have demonstrated that endorphins are too large to pass through the blood-brain-barrier.

**Adrenaline** provides the push factor when more energy is needed. It can help people respond when fear and danger is present. This feel good neurotransmitter supports people when they need to leave the comfort of the status quo.⁴
Positive Psychology

Positive psychology is the field of work and scientific study which promotes the ability of individuals and their communities to flourish. The field is based on the belief that people desire meaning, optimal outcomes and fulfillment as they seek to improve their relationships and experiences.

1. Positive Psychology Promotes Happiness

The findings in positive psychology have established that happiness precedes and supports greater success. Being happier can lead people to higher performance and achievements. As Shawn Achor says in his book, *The Happiness Advantage*, happiness gives people a competitive edge. He shares how postponing happiness limits our potential and that we need to cultivate positivity to become more motivated, resilient, creative, and productive.
2. Positive Psychology Promotes Success

Jack Canfield, the author of *The Success Principles*, covers dozens of principles that promote success. The fundamentals include having a belief in oneself with the ability to see possibilities and act as if you were already where you intend to be. He goes on to say the RAS responds and finds ways that propel you to succeed. Jack also promotes persistence and the avoidance of negative people who have a bad influence on your emotional states.

3. Positive Psychology Promotes Gratitude

Kim Serafini has been called the Queen of Gratitude. Her effervescent personality has been cultivated by an enduring journey into the nature of gratitude. Her best-selling books, *i am gr8ful for you* and *i am gr8ful for life* emphasize why reasons to be grateful are abundant in life and gratitude is an essential ingredient of happiness. Through heart-warming images and words, Kim shares this vital emotion to be buoyant, happy, and successful.

Gratitude considered one of the most powerful life-enhancement tools. If your circumstances don't make you happy and you dwell on your problems, strong and persistent negative emotions limit your repertoire of choices and actions that can help you move past the adversity. When you express gratitude, you feel happy, and your thoughts do not dwell on what you wish to escape but on what you wish to create.
At the heart of the MindPT philosophy is the concept of self-fulfilling prophecies. Science has validated the ancient wisdom of a saying commonly attributed to the Buddha:

*Watch your thoughts, for they become words.*
*Watch your words, for they become actions.*
*Watch your actions, for they become habits.*
*Watch your habits, for they become character.*
*Watch your character, for it becomes your destiny.*

This is how “thoughts become things,” (self-fulfilling prophecies). Your verbal commands to yourself generate results – desired, or not. It’s all in how you speak to yourself.
1. Pygmalion Effect

The Pygmalion Effect is the phenomenon whereby the higher the expectations placed on people, the better their performance. Conversely, lower expectations lead to lower performance. Leaders who place blame are more likely to create conditions of diminished performance but those who compliment and fully support their team see higher performance. When people and their abilities are valued, success soars.

2. Galatea Effect

The Galatea effect is more powerful than the Pygmalion effect. In the Galatea Effect, motivation is internal (if you believe you will succeed, you are more likely to succeed). It cultivates a positive self-expectation about one’s performance. Talented leaders leverage this effect by inspiring greater self-confidence, self-esteem, and self-efficacy in their teams. A person’s own opinion about the quality of their performance affects the level of excellence they achieve.

3. Placebo Effect

The placebo effect is a response to a something that appears real yet there is a lack of active or physical causation through a substance or experience. The placebo response is a person ability to respond “as if” they took an active ingredient known to produce a physiological response. They essentially mentally create the same response. Like the Pygmalion and Galatea effects, the placebo effect is due to the mind’s expectation of an effect that leads the mind to create the effect. The placebo effect produces a belief driven cure made available by the mind.

The term placebo comes from the Latin “I will please.” The expectation of an outcome creates the experience. Placebos are most commonly used in medicine, using sugar pills. It’s not the sugar pill that causes healing; it is the mindset of the patient that influences the physical body. The placebo effect is literally “mind over matter,” a self-fulfilling prophecy based on inner beliefs and expectations. The placebo effect relies on reinforcing resources (e.g., a positive prognosis by a trusted doctor) to achieve a desired mindset.

4. Emotional Contagion

Emotional states are more contagious than the common cold! Our brains register the emotions of others within microseconds and in response we mimic their expressions and behaviors. As this proceeds, we feel similar emotional states as those with whom we spend time in close proximity. Emotional contagion synchronizes the feelings between friends, co-workers, partners and even strangers as they interact. It begins with a simple automatic replication of another’s expression, regardless if it is a smile or a look of disgust.
5. Broaden and Build Theory

Social Psychologist Barbara Fredrickson’s Broaden and Build theory suggests that positive emotions encourage novel ways of thinking, perceiving and behaving. When you’re reacting to a stressful situation, your behaviors are largely automatic – a narrow range of choices based on a perceived threat and the immediate need for self-preservation. When you’re happy and relaxed, you feel that you have many more choices since you’re not focused on self-preservation but on enhancing your life. Positive emotions expand your ability to access your thought-action stock of skills and increasing your ability to use available physical, mental, emotional, and social resources. This theory positions positive emotions as an adaptive response that leads to greater success.

“Broaden”: Negative emotions narrow your through-action repertoire, and positive emotions broaden them. Automatic responses become less dominant as creative, flexible, innovative and unpredictable ways of thinking and acting come into play.

“Build”: Over time, a broader thought/action repertoire increases your ability to achieve goals and make positive changes.
What makes MindPT seem magical and meaningful to users is the ingenuity of integrating scientifically validated techniques and carefully curated content within a patent pending technology that is based on the latest findings from positive psychology and neuroscience research. Success is primed by the development of greater optimism, a growth mindset, and gratitude – and it does not require arduous effort, drudgery or tons of personal time.

Convenience, ease and fun promote the daily use of MindPT…and consistent viewing creates massive results. Use MindPT anytime. Any spare minute is an opportunity for self-improvement! Beneath the fun and engaging presentation, are techniques to drive effortless positive change.

1. Positive Empowering Statements

Positivity empowers you to build on what works. When you think, hear or say positive statement, you sense the expansion of possibilities and a greater ability to express your potential. There is a strong correlation between the quality of thoughts, language, and behaviors. As you think and speak in positive terms, you tend to exhibit more positive behaviors that create desirable outcomes with greater ease and speed.
Imagine the long-term effects of negative thoughts/emotions and the long-term effects of positive thoughts/emotions on your ability to deal with adversity and achieve your goals. The effects are very real: you will be motivated, or not; confident, or not; resilient, or not... Though not instant, the results of consistently receiving positive messages are enduring. Once an idea is accepted by the mind, it remains there, unless replaced by another idea.

2. Mental Rehearsal

Mental rehearsal has been shown to be as effective as physical practice. Astronauts use mental rehearsal to perform at their best and prepare for worst-case scenarios. Athletes, performers, and first responders use the practice of mental rehearsal to create an inner experience of success. Mental rehearsal involves both the mental creation of positive experiences and the mental practice of responding to a potential negative experience.

Dr. Norman Doidge recounts a study by Drs. Guang Yue and Kelly Cole in The Brain That Changes Itself, in which imagining moving a muscle actually strengthened it. In this study, one group did physical exercises with one finger for five days a week for four weeks. The second group did no physical exercise, but was told to imagine performing intense finger exercises. The second group was also asked to imagine a coach urging them to “go harder!” while they mentally “performed” their exercises. The results were startling: as expected, the group performing physical exercises increased their muscle strength by 30%; but the group that only imagined performing the exercises, saw a 22% increase in their muscle strength!

However, mental rehearsal is not always positive. Worry is one form of mental rehearsal. As with any persistent and dominant thought pattern, we must be aware of self-fulfilling prophecies. All words are immediately translated into images and feelings that are unique to you. The phrase “I feel nervous when I’m speaking to a group,” is instantly translated into images/feelings based on your life experiences and how that phrase relates to you. Based on your background, that image/feeling will be positive and empowering, or negative and self-defeating. If you have no idea what public speaking is like – and have no pre-conceived notions of “it’s supposed to be scary” or “it’s exhilarating!” you will make up your own mental model; the point is, no two human beings have precisely the same memories or interpretations.

Your story, or what you say to or about yourself, drives your choices. This makes it essential to change the interpretation of an event in order to change your belief about it and in so doing, change the nature of your mental rehearsal.

MindPT encourages positive mental rehearsal by encouraging you to automatically visualize the ideal scenario. Instead of mentally rehearsing failure, you can mentally rehearse success, inspiring you to “go make it happen.” Positive and empowering mental rehearsal can be enhanced through encouraging phrases and compelling images.

3. Engagement

Engagement captivates the mind’s attention and arouses positive emotional states. When fully engaged, the mind is focused on a subject and you begin to enter a state of congruency and flow without distraction. This allows you to achieve more optimal results. Engagement shares similar attributes with mindfulness and adds an emotional component that heightens mental focus.

An important feature of MindPT is the ability to customize each session with your own self-images, creating a stronger emotional connection to the presentation. You see yourself as belonging in the picture. Emotional affinity builds a sense of ownership – “this is my new life” and an innate desire to make it happen.
In addition, seeing your name repeated throughout the presentation helps create a positive emotional resonance with the presentation. It’s a verbal confirmation of feeling yourself in the ideal situation. Your emotional prosperity grows and creates an inner drive to create, to change, to succeed and to take charge of your life.

4. Fun

Having fun involves playfulness, humor, and enjoyment. Play has is an important element of learning. Humor and laughter also lighten the load of modern life and its responsibilities. When we have fun, we take a break from stressful activities and embody joyfulness. Experiencing the state of joy often helps the brain respond with greater creativity.

5. Relaxation

When you are relaxed, you are in a calmer state of mind. Your level of pain, anger, anxiety and stress may be reduced. Relaxation has been shown to have physical health benefits such as lowered blood pressure. You can use numerous techniques to relax: focusing on the breath, using biofeedback or bodywork, visualization, meditation, and engaging in pleasurable experiences.
Part III: Support for Positive Change

Solutions begin with a change of mind. By upgrading your thought habits, beliefs, perceptions and attitudes, you can begin to support your goals instead of sabotaging them. MindPT may influence a wide spectrum of human experiences. We will explore physical and emotional/mental wellbeing and a few challenges that may be addressed by MindPT.

Physical Wellbeing & MindPT

In today’s currency, an ounce of prevention is worth much more than a pound of cure. MindPT may assist in the creation of positive healthy lifestyle habits by making it fun and enjoyable to participate in fitness activities; by making good nutrition appealing; and by empowering the individual to make better health-enhancing choices.
1. Fitness and Athletic Performance

While not everyone wants to become an elite athlete, most people want the health benefits that come from starting and sticking with a fitness program. However, scientific data, no matter how compelling, is not enough to motivate people to initiate and maintain an exercise program. It is common to see 50% of people quit an exercise program within 6 months; many quit sooner.

MindPT sessions can provide a fun way to encourage participation in a fitness program, and to reinforce fitness and athletic performance goals. The mind quickly registers a reward when something is fun and goals are achieved. Studies have shown reward-driven behaviors can trigger a dopamine release that produces good feelings within the nervous system – literally, making it feel good to want to exercise. If you want to exercise regularly and have not developed a regular habit, MindPT fitness sessions can inspire an interest in exercise and sustain higher levels of motivation and self-confidence. MindPT sessions encourage participation in fitness activities through its positive messages and images of happy people exercising.

Fitness and athletic performance requires strength, balance, flexibility, and stamina. Besides these physical attributes, there are two key differentiators regular exercisers and top performing athletes have. The first difference is having a positive and self-confident mindset. The second is practicing good habits. This supports a person to achieve better results through the Galatea effect of self-expectancy. MindPT sessions can also empower, energize and motivate athletes to achieve higher performance.

2. Good Nutrition and Healthy Weight

Obesity in the U.S. has more than doubled in adults since 1970. In 2004, two out of three people in the U.S. were either overweight or obese. The latest data indicate one out of three adults is obese. The problem is partly due to sedentary lifestyles and partly due to the overconsumption of fat, sugars, refined grains and the under consumption of fresh vegetables, fruits and whole grains. To make the problem worse, people are often addicted to the extra fat and sugar added to processed foods.

People may over-consume a bag of chips but it is highly unlikely they would binge on broccoli. Recent research has discovered that processed food loaded with sugar, fat, and salt is biologically addictive. Our physiology is designed to eat these substances whenever available since historically only limited sugar and salt were available, and fat was an important source of energy.

Overconsumption behaviors are driven by the neurochemical surges in the brain as a result of eating these ingredients. For instance, sugar causes dopamine to continue being released and this never levels off enough to motivate a person to stop eating more sugar regardless of how much they have already consumed. This leads to tolerance to sugar and motivates people to eat even more sweets in order to feel the same effect.

Brain scans have shown the neurological response to sugar and fat is similar to highly addictive opiates. Foods with large amounts of sugar and fat also stimulate the release of endorphins (our body’s natural feel-good pain relievers). Researchers are discovering that portion control and regular exercise only go so far when someone is addicted to sugar and fat: the key to weight management, then, may be to eliminate the addictions to fat and sugar.\(^5\)
Losing excess weight permanently requires detoxifying the body so the desire for fat and sugar is reduced or removed, and increasing feel good hormones that encourage the adoption of healthy habits. MindPT sessions are relaxing and motivating, and they can assist the viewer in the following ways:

- **Stress reduction**
  Studies have shown reducing stress may help lower cortisol levels and elevated cortisol levels can lead to weight gain.

- **Mental rehearsal of healthy habits**
  By frequent and regular observation of fit people who demonstrate healthy habits the mirror neuron system may help people adopt more healthy practices. Mental rehearsal of making better choices can accelerate and simplify adopting new habits.

**Setting Positive Self-Expectations**
- Positive self-expectations for eating healthy unprocessed food, exercising more, and adopting better lifestyle habits.

MindPT session viewers have reported making new food choices with greater ease as well as feeling a renewed sense of self-confidence.

MindPT offers several sessions targeted at healthy eating. Images of happy people enjoying healthy foods may activate mirror neurons and emotional contagion and encourage healthy food choices, reasonable portion sizes, and lifestyle changes that promote weight loss and weight management. MindPT also encourages positive self-esteem and body image, which may help in cases of emotional eating.

### 3. Healthy Aging

It is a natural desire to stay youthful, vibrant, and active as one matures. Stress may hasten premature aging by shortening the telomeres at the end of chromosomes and causing excessive cortisol levels. Studies have shown excessive cortisol released during stress may make neurons more susceptible to neurological degradation, leading to accelerated aging. 9101112

One of the most powerful ways to age well is to manage stress, find time to have more fun and relaxation, and to have a “joyful purpose” in life. Finding time to play and have fun rejuvenates both body and mind, and pursuing one’s passions has a stimulating effect on the brain and promotes positive emotions.

MindPT Sessions can provide a fun break from the grind of modern life and help create positive habits. Users report that just a few minutes spent watching a MindPT session can take the edge off the distress of high stress, and help spark the creativity and motivation needed to maintain a vibrant and youthful desire for activity, exploration and inspired pursuits.

### 4. Restorative Sleep

Insufficient sleep has been discussed in the press much more often since Adriana Huffington’s book *Thrive* was released in early 2015. Restorative sleep requires sufficient time spent in the REM cycle dreaming but modern lifestyles can significantly interfere with restorative sleep. A lack of sound sleep is a major public health and safety concern.
According to the Center for Disease Control, sleep insufficiency plays a major role in motor vehicle crashes, medical errors, industrial disasters, poor productivity, impaired learning and poor quality of life. Sleep-related difficulties can contribute to hypertension, depression, obesity, cancer, and diabetes. Over 50 million Americans suffer from some type of sleep disorder. Culprits include long work schedules, 24/7 technology, sleep apnea, and stress.

Exercise can promote more time spent in REM and relaxation can help the mind prepare to sleep.

Gratitude can also promote restorative sleep through the acknowledgment of good things in one’s life and taking one’s thoughts away from what is wrong.

MindPT sessions may encourage more restorative sleep indirectly as viewers watch targeted sessions and engage in:

- **Exercise**
  In a meta-analysis, 38 studies reviewed the relationship between sleep and exercise. It was determined that exercise increased total and slow wave sleep time, decreased REM sleep time while prolonging the time before REM sleep.\(^\text{13}\)

- **Relaxation**
  Relaxing before going to sleep can reduce the amount of time needed to fall asleep.\(^\text{14}\)

- **Gratitude**
  One study found writing for 15 minutes before bed reduced worries and increased sleep.\(^\text{15}\)

- **Healthy lifestyle habits**
  Lifestyle habits such as exercise, eating healthy food, and finding ways to reduce stress can help people sleep better.\(^\text{16 \ 17 \ 18}\)
Reducing stress can be helpful for physical wellbeing, as stress seems to worsen or increase the risk of certain conditions. Persistent negative thoughts can cause a release of stress hormones and if stress becomes chronic, it may contribute to poor health. Stress can make recovery more difficult.19 20

Many physical problems can be improved through stress reduction and a more positive mindset. Although MindPT must never be considered a medical treatment, it may help an individual uplift their mood and approach a physical challenge with greater resiliency, optimism and strength.

MindPT is not a medical intervention. One should follow their healthcare professional’s advice for treating health concerns. Any prescribed medicine or treatment should never be discontinued without permission from a licensed health professional with the appropriate credentials.
1. Asthma

In the USA, almost 26 million people suffer from asthma. This terrifying condition can be triggered by allergens, strong emotions, environmental pollutants, allergies, heredity, or exercising in cold and/or moist air. When the airways narrow, one feels a sense of anxiety or panic. Medical treatments for asthma can be effective, but often include undesirable side effects.  

MindPT does not treat or cure asthma. MindPT may help people suffering from asthma when there is an emotional component to the attack. Through positive emotional contagion, one can adopt calmer, happier, and more optimistic states. Reducing stress may reduce the number of asthma attacks.  

*Disclaimer: do not stop using any asthma medicine (maintenance or rescue) without the advice of your doctor.*

2. Before and After Surgery

The anticipation of surgery and worries about pain, potential complications and uncertain recovery can cause extreme anxiety, lack of follow-up self-care and a downward spiral of mindset and health. Being mentally relaxed before, during and after surgical procedures is essential for healing. Dr. Herbert Benson of the Mind-Body Institute at Harvard University stated that a relaxed, stress-free mindset speeds healing by activating the parasympathetic nervous system and relaxing the sympathetic nervous system.  

MindPT sessions promote relaxation through images of positive, happy and relaxed people and calming statements. MindPT can be viewed to relax before, during (if awake for the procedure), and after a surgery.

3. Chronic Conditions

A positive mindset can beneficially influence many chronic conditions. A change in mindset – a realistic yet positive attitude coupled with an optimistic outlook – may improve physical health. A positive mindset can beneficially influence many psychological and physical symptoms of chronic illness by alleviating stress, depression and anxiety, and relaxing the pain response. Chronic illness or disease may be directly/indirectly caused and compounded by stress, as stress triggers the release of stress hormones that impede healing.  

Stan Chapman, Ph.D., a psychologist in the Center for Pain Medicine at Emory Healthcare in Atlanta, has spoken about how the repetition and focus of meditation can cause a biological relaxation response; when this relaxation response is activated, production of stress hormones decreases, and the body’s “rest, repair and digest” functions of the parasympathetic nervous system increase.  

Viewers of MindPT sessions report they feel more optimistic and they can quickly shift from a stressful state to a more relaxed state. For those suffering from chronic conditions, watching MindPT sessions may help them adopt a more positive mindset and feel optimistic about how they can manage a chronic condition.

4. Hypertension

Hypertension (high blood pressure), affects approximately 70 million Americans. Nearly one out of three adults has an increased the risk of heart disease and stroke. Half of this population does not have their hypertension managed properly. For most people with this condition there is no known cause. Mayo Clinic researchers have found no proof stress causes hypertension; however, lifestyle choices made while under stress, such as excessive eating, lack of exercise and poor sleep, can lead to hypertension.
Watching MindPT sessions can help establish healthier lifestyle choices. The Mayo Clinic recommends losing weight, exercising, drinking less alcohol, using less salt and eating healthy foods as five of ten ways to naturally reduce blood pressure. Daily viewing of MindPT sessions can encourage better choices and create a more positive mindset.

5. Pain Management

Pain alerts you to damage to the body. Its function is to immediately remove you from the source of danger (e.g. quickly withdrawing your hand from a hot stove). But if you can’t remove yourself from the source of the danger, as in the case of disease or injury, pain can preoccupy your mind, intensifying the pain and decreasing your quality of life. Chronic pain can lead to anger, anxiety and depression. Addressing pain used to mean either take a pill or grin and bear it; today, more physicians are suggesting integrative care techniques such as guided imagery and meditation to ease pain. 30

MindPT can distract the mind from ruminating about pain and help create a positive outlook. By being mindful about goodness and gratitude, one may find they experience less severe episodes of pain.

*Disclaimer: do not stop using any pain medication without the advice of your doctor.*
Mental and emotional wellbeing are vital to an individual’s ability to fully enjoy life and maximize their potential.

One key to mental and emotional wellbeing is happiness. It’s easy to find happiness compromised when “life happens.” Happiness is a choice, but it’s not always easy to make. Buddhist monk and molecular geneticist Matthieu Ricard, PhD, author of Happiness: A Guide to Developing Life’s Most Important Skill and The Quantum and the Lotus has been called “the world’s happiest man” - says that anyone can become happier.

"The mind is malleable. Our life can be greatly transformed by even a minimal change in how we manage our thoughts and perceive and interpret the world. Happiness is a skill. It requires effort and time." Matthieu Ricard PhD

Happiness researcher Shawn Achor says that happiness is a necessary precursor to success; instead of thinking “I will be happy when I succeed,” it is actually happiness that acts as a catalyst for greater creativity, a broader range of choices, more energy and enthusiasm, the ability to persevere and an attitude that attracts people who can help with goal achievement.

MindPT sessions promote “happiness first” as a way to enhance mental and emotional wellbeing.
1. Decision-Making

Becoming an observer of a situation versus a participant helps with wise decision-making. Observation helps develop the ability to consider alternative viewpoints, possibilities and behaviors. Pushing the pause button before a decision provides the prerequisite time to be wise. Mindfulness or expanded present-awareness can reduce guilt from the past and anxiety about the future. A practice of identifying one’s own and others’ emotions can help prevent undue emotional influence in decision-making.

MindPT promotes learning to become an observer with a third person perspective. The technology encourages positive new associations (such as an association between healthy foods and feeling good) and reinforces self-esteem, self-confidence and the creativity and wisdom that lead to better choices and behaviors. Literally, pushing a few icons on the MindPT app may be all it takes to achieve a fresh perspective and choose the next step with more wisdom.  

2. Communication

Effective communication relies on the ability to be compassionate and understanding. When conflicts arise, curiosity and inquiry can cure the situation and re-establish good relationships. Many people get caught up in a need to be right, and effectively shut themselves off from the other person’s point of view; however, a good communicator knows how to share their observations without creating more drama and has the ability to create a win-win situation.

MindPT session encourage understanding through observations. Each session is created using a global feel of varied ethnicities, ages and genders, which promotes greater connection, understanding and empathy. The empowering messages about communicating well can help the viewer adopt better skills in relating to others.

3. Emotional Balance

Emotional balance is a state of feeling emotions without excessive highs and lows and an understanding that ups and downs will happen, but they will pass, and you can regain your equilibrium. Inner peace is a state of being where you understand your feelings but are also aware that you are experiencing the feelings; that you are much more than your feelings.

MindPT sessions provide a fun way to engage in a soothing and uplifting mental atmosphere where you can immerse yourself in the moment and allow worries to fade away. You can achieve a relaxed and attentive state in which creativity, imagination, and new associations can bubble up from the rich imagery. You can experience a state of calm by easing the mind’s endless mental chatter and adopting an attitude of gratitude and appreciation.

4. Flexibility

Everyone has minor and major problems to solve. Flexibility allows you to explore alternative solutions, especially in major upheavals such as divorce, job loss, natural disasters, health problems, parenting challenges, business failures, financial struggles and deaths. These types of situations often lead to strong feelings of sadness, fear, loneliness, hopelessness, anger and other emotions that can be more effectively managed through flexibility that allows you to see new possibilities and focus on the positive.
MindPT sessions can support creating flexible mindset by offering an endless stream of new associations. This helps create a shift from being problem-oriented to being solution-oriented. Changing the focus from “what is wrong” to “what will work” provides the opportunity to stretch and see possibilities, motivate a “one step at a time” approach to getting through the adversity, and growing from the experience. This increases self-esteem, confidence, curiosity, a desire to learn, and a desire to take charge.

5. Focus

Today’s hyper-stimulating world, focus is a challenge because we are bombarded daily with incredible amounts of information and distraction. Instead of giving our full attention to what we are doing, we become distracted by technology, worries and multi-tasking.

The ability to focus involves the ability to be “in the zone” – an almost magical experience of intense focus, mental sharpness, a sense of being ready for anything, creativity, increased energy and stamina, and enhanced performance. It’s especially beneficial to develop the ability to be in the zone when pressed for time or when distractions threaten to disrupt focus. The “zone” state is commonly seen in athletes, but applies to everyone. It gives top achievers a distinct learning and performance advantage.

MindPT sessions can support greater focus and the ability to broaden and build creativity, innovation, and actions based on confidence and vision. MindPT may be beneficial as a “priming agent” to increase focus before competition or performance. The images and statements within a MindPT session can give the viewer the experience of what confidence and the sense of “yes, I can” looks like in others. This can foster these feelings through emotional contagion and the mirror neuron system.

6. Healthy Relationships

Relationships, especially intimate relationships, can be rocky. Our partners know exactly which buttons to push, and over time they become masters at applying the secret formula to trigger our vulnerabilities or shame. Friends, relatives, and especially partners need skills and tools to express emotional wisdom as they interact with one another, as the ability to see another's perspective and needs is often spoken but often neglected in the heat of the moment may contribute to breakdowns in communication and closeness.

Everyone feels the fears of insufficient worth, love, and belonging. These fears produce tension in voice tone and allow stress to build, causing a compounding of the issue. In Marsha Lucas, Ph.D. book, Rewire Your Brain for Love, “...a decrease in stress helps partners be less reactive to perceived emotional threats. When people are not on the defensive, communication is enhanced and issues can be resolved without escalating.”

Healthy relationships begin within each individual. Watching a MindPT session can guide people to adopt a more optimistic and compassionate perspective others and to see the bigger picture so supportive behaviors balance the needs of each person involved.

In addition, your relationship with yourself may be improved through watching MindPT sessions. Self-love is central to success, wellbeing and happiness. Low self-love (low self-esteem, self-worth and self-confidence) –cause many problems including addiction, eating disorders, poor decision-making abilities, depression and anxiety, self-defeating choices and general lack of life satisfaction. This mindset reduces relationship or career success and increases the risk of health problems. MindPT sessions encourage you to think about yourself in loving, nurturing and empowering terms.
7. Optimism

Our outlook or attitude shapes our daily experiences. We may interpret something as “good” or “bad” but what really matters is the response to whatever occurs. There are many ways to look at events; how we perceive and respond can be enhanced by positivity and healthy optimism. Regular viewing of MindPT sessions can cultivate a more optimistic perspective of the world and help in creating a more optimistic interpretation of events.

Negative emotions are part of the human experience. However, instead of letting them control you, you can learn to revert to a happier state of being, giving you more options on whether to “react” to a situation or “respond” to it.

8. Resiliency

Life is always going to throw unexpected situations your way, and without resiliency, you may risk spiraling into depression and despondency. Fortunately, resiliency is a skill that can be developed. This requires strong and supportive relationships and an ability to look beyond a crisis and appreciate (and learn from) its inherent lessons. You can learn effective decision-making and cultivate greater optimism and happiness to provide the buoyancy you need when troubles arise.

The American Psychological Association shares how developing resilience is a journey: The Road to Resilience

MindPT sessions can help you see things from a higher perspective, make good decisions, and cultivate a growth mindset through the viewing of positive emotional states of others, awe-inspiring scenery and vital messages. This can provide a shortcut to resiliency and promote the development of self-care strategies and self-motivation to improve a situation.

9. Self-Empowerment

Empowerment means becoming responsible for your life – no more blame, no more giving ability to make choices to external forces (such as bosses, the economy, etc.). The Galatea Effect of positive self-expectancy may encourage you to feel you have the power to take control of in your own life and experience better results. MindPT sessions can help improve the foundational self-empowerment essentials of good decisions, self-respect, and confidence.

10. Skill Acquisition

To master a skill with greater speed and experience greater proficiency, the world’s great achievers employ mental rehearsal. MindPT sessions offer 800 images and 200 key messages that can help a viewer embody the knowledge and mentally rehearse success. MindPT sessions are carefully curated to contain the gold nuggets designed to reduce the time required to absorb the vital wisdom. A MindPT session is a digital pictorial instruction manual for accelerated learning.

Because you simply watch, sessions reduce the stress of learning. By observing images and messages that convey new skills, your mirror neurons and emotional contagion may activate and you can mentally rehearse skills and positive outcomes. This modern version of a study guide can instill a feeling of positivity, engagement and relaxation, making the learning process both faster and more enjoyable.

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The Potential Value of MindPT for Mental and Emotional Wellbeing

Success, and the enjoyment of life, depends on mental and emotional health. The individual’s ability to manage stress, self-regulate behaviors, cope with grief and life’s upheavals, be resilient in the face of adversity and trauma, and manage emotional ups and downs that lead to a capacity for change and positive behaviors.

1. Addictions

Addictions involve being trapped into one response by a substance, a person, or an activity. While the initial experience of any substance, person, or activity can occur in a variety of circumstances and conditions, it is the ongoing experience that becomes physiologically and psychologically compulsory in order to feel good. Addictions occur because of neurotransmitters and a powerful reward within the brain.

Overcoming addictions usually requires the support of a professional provider well versed in changing addictive behaviors. MindPT sessions can be helpful by providing a new context to feel good, broaden and build, and develop an expectation of success. MindPT can enhance self-confidence and positive feelings about oneself as it relaxes the mind from stress.
Disclaimer: MindPT does not cure addictions and medical intervention may be necessary; however, MindPT can support a person’s journey of recovery.

2. Anger and Aggression

Anger and aggression can develop into chronic, passive, guilt-driven, judgmental, and volatile behaviors. They are choices based on an interpretation of an event and repeated self-stories about the event. Aggression has its roots in fear and stress, combined with a lack of self-control and low self-esteem. Happy, centered people are not quick to anger, nor do they act out on the anger that they feel.

The physiology of the body includes coping mechanisms to perceived threats. The limbic system and in particular the amygdala can hijack reasonable approaches to what is perceived as threat. Unfortunately, the neurotransmitters such as dopamine can drive people to maintain and reinforce anger to the point it becomes addictive and they develop a preference for aggression and anger, causing them to escalate arguments and instigate conflict just to satisfy the need to be angry.

MindPT sessions can help create a positive and growth-oriented mindset and create new positive triggers that override a negative response to perceived threats. This can help replace driven behaviors of anger with emotional states that support healthier ways of coping with anger. Happiness and optimism can then drive feel good neurotransmitters.

3. Anxiety and Depression

Depression is the leading cause of disability in the world, according the World Health Organization. It affects nearly 15 million Americans. Globally, more than 350 million people report suffering from depression. Due to the social stigma associated with depression, less than half of people diagnosed with depression acknowledge they suffer from depression or seek treatment. Depression is triggered when negative thoughts are repeated over and over, creating physical and chemical changes in the brain. Strong neural pathways and thought habits are created and in time, chemical changes in the brain cause a preference for related thoughts.

40 million people in the US are affected by anxiety disorders and that number may be conservative due to the social stigma associated with anxiety, depression and other mental disorders. Anxiety is a habitual response to a stimulus – a habit of “imagination gone bad” with a continual focus on what might go wrong.

Anxiety and depression can destroy a person’s quality of life and clinicians and researchers now believe anxiety and depression are two faces of one disorder. 33 34

MindPT does not treat or cure anxiety or depression. However, it can help support a healthy response to the ups and downs of life. Daily viewing of MindPT sessions may reboot the brain from anxiety- or depression-producing moments and assist in recovery from bad news by focusing on what is positive and what works.

Disclaimer: do not stop using antidepressants or anxiety medication without the advice of your doctor.
4. Emotional Trauma & Post-Traumatic Stress

Emotional trauma and Post-Traumatic Stress Disorder (PTSD) strike when there has been an excruciating amount of stress from experiencing pain, grief, fear, trauma or assault. Various approaches can lead to relief, including cognitive behavior therapy or eye movement desensitization and reprocessing. This is best accomplished through a professional who uses guided imagery, relaxation techniques, and at times medical solutions to disrupt the disorder.

MindPT sessions provide viewers an experience of guided imagery and relaxation. MindPT does not treat PSTD or cure it. However, it may help people recover from the drama and traumas of daily stressors. Each session is designed to reinforce positive self-expectation and self-empowerment. Many viewers report feeling better after watching a session and the initial pilot study confirms watching a 3-minute session can uplift one’s outlook for six to eight hours.

5. Grief

Death is a part of life. The grieving process is complex and its severity and duration depends on the individual. Losing a loved one and experiencing the heartache, pain of separation, and loss of companionship can shake you to the core. Uncontrolled grief can spiral downward, potentially leading to depression and adverse effects on health and wellbeing.

Watching MindPT sessions may be helpful as part of the recovery process by reinforcing what is positive and helping to establish a supportive emotional state and resiliency. MindPT can support the grieving process in a loving way by honoring the lost love and companionship, while creating an inner atmosphere of hope and peace that can encourage a more optimistic outlook and a return to joy and happiness.

6. Phobias

Phobias are much more complex than a simple fear of something. They are overwhelming and unreasonable fears with minimal real danger and they can cause anxiety and avoidance behaviors for years. Phobias develop because of a hyper-reactive amygdala (where the brain processes fear), and its relationship with the right prefrontal cortex, which allows you to verbalize your fear. Phobias develop when the fear is continually analyzed in the right prefrontal cortex. Every time you think about it the neural pathway is reinforced and the emotion of fear grows stronger. This increases the stress response, making the fear seem even more real and intense.

MindPT sessions can reinforce what works and encourage more positive responses to daily life. This can help with management of fears; however, professional assistance may still be required as MindPT does not treat or cure phobias.

7. Procrastination and Self-Sabotage

Procrastination leads to faulty decision-making, missed opportunities, lost dreams, poor productivity and undesirable personal and professional outcomes. Inaction is rationalized by introducing other “urgent” activities.

Procrastination often has its roots in perfectionism. The inner desire to be perfect can lead to making the poor choice of inaction in order to avoid shame, guilt, and errors.
Another element of procrastination can be fear, and it can become an effective habitual avoidance technique against anything uncomfortable or new. If you don’t act, you remain comfortable and momentarily happy. You aren’t punished with the potential threat of the unknown. But the stress of procrastinating weighs heavy as unfinished business makes it difficult to focus, or to enjoy life.

Breaking the habit of procrastination requires self-esteem and confidence. MindPT sessions introduce empowering messages make it feel good to take action. By creating a desire for action, it’s easier to create a habit of action. MindPT sessions may also help you appreciate the lessons that can be found in failure, making failure less of a threat and more of a valued part of the process of achievement. Through this approach, procrastination can be easier to eliminate. 36

MindPT sessions can help support self-belief and self-confidence as well as encouraging positive self-expectations. The sessions encourage good thoughts that lead to confident and decisive action. As you get things done, the achievement makes you feel good through dopamine release.

8. Stress

It’s been said that it isn’t the big things that bring us down – it’s the cumulative effect of the small things. When we are emotionally beaten down by the everyday stresses, we are less capable of bouncing back from adversity such as divorce or job loss. The little things can add up. We make drama out of nothing and then wonder why we’re chronically on edge, upset and agitated. Every time we react to a situation in anger, the stress response kicks in. If we habitually react to situations negatively, we create strong neural pathways that automate negative thinking, and negative thinking often results in self-fulfilling prophecies.

Stress happens to everyone. It is the response to stress that makes a difference in the outcomes that follow stressful situations. Shawn Achor teaches companies and individuals how to allow stress to become helpful instead of harmful. He has demonstrated that beliefs can create a positive expectancy and a mindset that turns stress into an ally in creating better outcomes. You can prime yourself to adopt thoughts of the value of something stressful and as a result, realize more benefits from the situation. MindPT sessions are designed to prime you to be more positive, happy and confident, so the experience of stress can have less harmful consequences and helps you appreciate what is good in your life.
1. Accelerated Learning

Watch a young child learn and you will see how they will even taste something to learn about it. However, as a child enters the educational system, they are usually told to sit down, be quiet, and memorize words or else bad things could happen. This generates fears of potential failure, loss, and unworthiness. In this way, our natural propensity for learning can be diminished. The good news is that you can regain a love of learning – and accelerate the learning process.

Accelerated learning involves a multi-sensory experience. MindPT sessions can accelerate the learning of vital knowledge from an expert. The combination of imagery and empowering messages can make it faster to adopt new ways of thinking, speaking and acting that help you act on the information to create more optimal outcomes.

MindPT sessions are fun and engaging. They help you avoid any stress associated with learning. Stress can interfere with focus and can inhibit learning and memory recall. As you watch, you feel a sense of reward that can lead to the release of feel-good neurotransmitters, making learning both intellectually stimulating and fun. They also promote high self-esteem, self-worth and self-confidence, and encourage a positive and curious attitude that can lead to a positive self-expectation to learn or embody new information.

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2. Creativity and Problem-Solving

Creativity is the ability to see something new as a possibility. You can develop your creativity through practice, learning, curiosity, maintaining an open mind, and by a sense of confidence in your abilities to “figure it out.” It feels rewarding to create something even if it requires taking some risks.

Problem solving can be hindered by stress and by an inability to envision new possibilities. MindPT sessions encourage exploration of new possibilities and may help with envisioning a new solution. As your imagination and self-confidence grows, you can feel more empowered and capable. MindPT creates the shift from “problem” to “opportunity” and offers positive messages of encouragement, hope and personal power to remove feelings of helplessness/hopelessness. Empowering solution-oriented messages also stimulate high mental functioning help you shift into “high gear” on the problem.

Nearly everyone has had episodes of creative blocks where ideas seem to be stuck and cannot be expressed. People may find themselves stuck focusing on a complex problem and unable to visualize a solution. This can be due to stress, memories of past failures, low confidence, low self-esteem, anxiety, depression or lack of focus. Stress is the number one cause of creative blocks – under stress, the “fight or flight” response prevents creative thinking.

MindPT may help restore creative flow and inspire problem-solving using imagination-stimulating images and statements, and by decreasing stress that may be hindering free and uninhibited expressions of ideas.

3. Financial Wealth

Your financial wealth is the result of skills and beliefs about yourself and money. MindPT sessions on prosperity are designed to reinforce skills and positive messages about money and abundance. An attitude of gratitude is integrated into the messages so appreciation grows for what you already have. Sessions encourage self-esteem, self-worth and confidence leading to a new, relaxed and appreciative attitude about wealth. This can prompt you to become more confident in yourself and your abilities, leading to more decisive actions on opportunities that support your financial goals.

4. Goal Achievement

To achieve any goal, you need a vision, a reason, a desire, belief, focus, mental and emotional self-mastery, creativity, flexibility, adaptability, perseverance and a willingness to see problems as positive things. Many people talk themselves out of a goal, or procrastinate their way out of it, due to fear, low self-esteem and a belief in limitations.

Achieving a goal is highly rewarding, both in the pinnacle moment of achievement and in the process itself. It is important to set yourself up for success by transforming a huge, overwhelming goal into a manageable series of small steps that are easy to take.

However, many people struggle with fear that can result in “analysis paralysis.” An overwhelm of information (or inadequate information), fear of making the wrong choice, and letting the imagination focus on potential negative scenarios can result in a refusal to decide (passively allowing others to decide); taking too much time and missing out on opportunities; or rash, emotional decisions. This further diminishes an individual’s ability to make big decisions; worse, this tendency can affect smaller decisions that don’t seem important, but cumulatively shape an individual’s life experience.
MindPT sessions can help change your internal dialogue to make it more supportive by reinforcing thoughts about the likelihood of achievement...transforming thoughts from “I can’t,” to “I can.” The sessions can also help give you clarity on your goal, and seeing the goal from a positive perspective that encourages creativity, decisive action and perseverance.

5. Happiness and Productivity

Many people believe that they will be happy when they finish a task or project. However, recent research by Shawn Achor of Good Think Inc. has found that happiness is an essential component and precedent of success, rather than the common “wisdom” that happiness will come when condition is met. In his TED talk, he describes how increased positivity and happiness leads to higher performance.

When you’re happy, your boundless energy and exuberance lead you to work faster and harder. Your intellect sharpens, creativity increases, problems are more easily solved because you are able to focus on the solution, and you take such joy in what you do that you are willing to put in extra effort. By contrast, a negative, neutral or stressed state can actually suppress energy, intellect, creativity and motivation and lead to disappointing results that reinforce the mistaken belief that you can only be happy if and when you achieve a goal.

In addition, multitasking has become the norm in a misguided attempt to get a lot done, quickly. However, multitasking prevents giving your best effort to the task at hand; it results in sloppy, hurried work and often backfires as lost productivity and efficiency as you scramble to fix mistakes and make sure a task is complete.

MindPT sessions can create a more positive internal environment, including a predisposition for positivity and happiness. Using empowering messages and images, MindPT can prime you to be more productive by promoting focus; self-motivation; concentration and tuning out distractions; and stimulating creativity.

6. Peak Performance

Peak performance in any field requires skills and mental perseverance to become a master. Elite athletes are prime examples of the power of imagery, emotional self-mastery and mental rehearsal to help master a skill. Before competition, the athlete has mentally rehearsed every nuance of every move and all possible mental and emotional scenarios. The physical movement has become so automatic that it is second nature to the athlete.

Mental rehearsal is used to reinforce mind/body coordination but it also applies beyond the world of athletic competition. No matter what you are trying to learn, mental rehearsal will help you acquire a skill and apply it with excellence.

Peak performers are fully present in the moment. They are alert, energized and focused on taking excellent action. They are not distracted by external or internal influences; there is only the moment, and the action. They achieve this state through mental mastery and physical practice, to the point where the performance becomes automatic.

MindPT can support peak performance by introducing positive and empowering images and statements that help you maintain a positive outlook (including the ability to manage fears and increase self-confidence) while promoting consistent mental rehearsal of a skill you wish to master. By reinforcing a skill in a positive environment, MindPT encourages you to emotionally prepare for performance and to confidently and masterfully apply the skills you have, when you need them. You can leverage the power of the mind before any performance, to enhance your potential outcome.
7. Priming

Priming is taking the first and most important step that prepares you for optimal results. It is a state of focused readiness, willingness and agility that prepares you to perform at your best. Through empowering messages and images, MindPT primes you to work smarter, not harder, adopt a mindset of confident self-belief and raises your self-expectations so that you achieve the results you truly desire.
Part IV: Mind Power Technology and Methodology

MindPT was designed with recent research in neuroscience and positive psychology in mind.

People viewing MindPT sessions report:

- An increased sense of well-being
- A greater level of happy, joyful, and positive feelings
- An expanded ability to sort for the good and what works
- A revised view of what is possible
- A new capacity to “act as if”
- A quicker timeline to change their former habits
- An acceleration of learning new skills and behaviors
- An enhanced skill level to seek and discover resources
- A significant decrease in distress over details

They have shared:

- Self-doubt being replaced by self-confidence
- Self-criticism being replaced by self-esteem
- Greater experiences of gratitude and awe
- Meeting new people with similar intentions and goals
- Less time spent dwelling on negative news
- More appreciation and less complaints
- Their goals are bigger and serve more people

MindPT Pilot Study

An initial pilot study showed that after watching a single positive MindPT session, people reported an 11% increase in experiencing an entire positive day, as opposed to people who watched the negative test session. These statistics were both significant and surprising, as they indicated that a three-minute positive session viewed in the morning could impact the emotional trajectory of an entire day (as reported 6-8 hours later). Additional studies are being planned in the near future to clarify and expand MindPT’s potential benefits to those dealing with challenges.

MindPT Images

Powerful, beautiful and emotionally evocative images are chosen with the intention of creating an awe response. Images of authentic smiles produce a powerful positive and physiological response in viewers. MindPT curates images with smiling people, gorgeous nature scenes, positive behaviors and inspiring environments. It uses distinctive wording to elicit positive emotions and a sense of empowerment, and allows selectively chosen music to be played in the background. Sessions can be customized with the user’s own images and statements to ensure a more powerful response than other techniques such as vision boards.
The problem with vision boards is the limited number of images that can be used. A person may have up to 70,000 thoughts per day (depending upon how you define a thought). Thus, thirty or even a hundred images would be insufficient to influence someone’s thoughts and behaviors. Metaphorically, it would be as unrealistic as adding a drop of color in a pool and expecting the entire pool to change color. MindPT sessions contain one thousand frames filled with 800 stunning images and 200 properly crafted affirmative statements, carefully written in the first and third person to influence your entire thought stream.

**MindPT Statements**

The carefully crafted statements in MindPT sessions assist you in affirming the intention to experience your goals. Other statements, written “as if” you were confirming you are, do and have what you desire, help provide a dynamic reinforcement. In addition, statements of appreciation expand and express that the concept is already part of your reality.

The statements capture the expert's (author's) key messages, allowing you to gain new skills and perspectives quickly and in a fresh, engaging way. By mixing these key messages with beautiful and relevant images, you experience multi-sensory stimulation in the visual, language and feeling centers of the brain.

**MindPT Random Shuffling and Variable Speed Player**

With the development of MindPT's proprietary and patent pending technology, you are offered a freshly ordered session each time you watch it. The random order of 800 images and 200 statements provides a nearly unlimited assortment of uniquely ordered sessions (a factorial of 1000 which equals approximately 4 followed by 2500 zeros). This continually changing order assists you in creating new associations between the various images and statements. This may increase your ability to engage in possibility thinking and consider associated, yet uncommon ideas.

Since you are able to watch a session on ten different speeds, you are given what you need in the time you have available. When your time is limited, you can watch a session on the fastest speed in less than three minutes and still experience enhanced good feelings for six to eight hours. The slowest speed allows you to contemplate and consciously imagine yourself in the images. The other speeds allow you to adjust the time to view according to your preferences.

**MindPT Music**

MindPT provides the option to either listen to the pre-set instrumental composition with soothing qualities, or edit a session and play one of your favorite songs from your computer or device’s library. Since musical preferences vary between people, you have a choice to customize your own auditory experience, which can help ensure enjoyment and enhanced benefits from viewing your session.

**Frequency and Times to Watch MindPT Sessions**

MindPT recommends watching at least one session for a minimum of 3 minutes before going to work or beginning other activities. Ideally, MindPT suggests viewing a second session 6 to 8 hours later. Recent findings on the effect of blue light emissions from electronic screens can reduce melatonin production and we recommend either wearing blue-light blocking lenses or avoiding electronic devices within a few hours of going to sleep.
Types of MindPT Sessions

MindPT offers sessions focused on physical, mental, emotional, financial, social, professional, business and spiritual goals. We selectively work with experts who have achieved stellar professional accomplishments because they offer excellent guidance to attain your goals. MindPT also offers sessions that express the personal brands and work of different types of coaches who choose to become MindPT Certified Master Coaches.

Next Steps

Please explore our ever-growing library of targeted sessions under the tab “Shop Sessions” at https://MindPT.com. Sign up for our newsletter to learn more. Be sure to watch for our emailed announcements of new sessions, events, and blog posts. If you have questions or suggestions, please send an email to support@MindPT.com.
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Procrastination: A Means of Avoiding Shame or Guilt?