



What is it all about?

Introduction

These notes will give you an understanding of the success you can achieve in so very many areas of your life. It will give you insight to the issues we can cover during your Personal Breakthrough. Reading these notes will assist you with remembering the positives and negatives in your life story that are important.

You will gain very helpful and powerful knowledge as we work together and apply the benefits of NLP, Time Line and therapies to give you achievable goals.

We are witnessing times of big transformation of our civilization. We can now share knowledge much faster than ever before. NLP brings together knowledge from several disciplines and I will share with you and will show you how to use this knowledge to make life changes. You will learn about your mind, the most powerful creation known to us. You will learn how to harness its power and how to use it to achieve your full potential, and attain goals you previously never imagined were possible.

What are you made of?

You are made of the exact same things as stars are made of – hydrogen, oxygen, nitrogen and carbon. You can downsize your body into the following:

Nervous System / Vascular System / Muscular System

Organs: Brain / Lungs / Stomach / Skin

Tissues

Cells
Molecules
Atoms
Subatomic Particles
Protons and Electrons
Neurons, Gluons, Quarks and Mesons (Electromagnetic vibration waves of light called QUANTA)
Ultimately you are made of energy.

Your Physical Senses

From when we can remember we have been taught to rely and use our 5 physical senses. We see, hear, smell, taste and touch. Even though our experience of any one of these can be very overwhelming and intense they are actually very limited in nature. We can smell, but there is so much more to smell – ask dogs! They can smell so much more than we can! Yes, we can see, but there is so much more to see that we can't! We have special devices today that can see so much more, proving us that our vision is very limited.

Your Powerful Brain

The most significant discovery post 1990 is that our brains are not hard wired. Thanks to modern science we can now monitor brain activity and so establish which part of the brain is responsible for what functions. This is how it was established that our

brain is not hard wired! It can create new neural pathways, retract the old ones, etc. This is called brain plasticity.

We also learned that our thoughts are physical! They are bioelectrical and biochemical impulses and better yet, they are the most potent energy known to us!

Imagine the vast power of your unconscious mind as an iceberg, the part above the water represents your conscious mind and the huge volume under the surface is your Unconscious mind. It also represents how limited is our vision of the bigger picture. Did you ever see an Iceberg and wonder about its size under the water? We are accustomed to just accept only that which we can see.

The Unconscious Mind

Facts / Prime directives of The Unconscious Mind:

- Forms 83% of our brain mass
- Controls 97% of our perception and behaviour
- Averages 10 billion actions per second!!!
- Is symbolic — uses pictures and patterns
- It can't distinguish reality from what is imagined
- It accepts everything to be true
- It works in an orderly manner
- It stores memories
- It is the domain of emotions
- Represses memories with unresolved negative emotion!
- Presents repressed memories for resolution
- Runs the body (has a blueprint of body now, and of perfect health)

- Preserves the body (maintain the integrity of the body)
- Is a highly moral being (the morality you were taught and accepted)
- Works on the principle of least effort (path of least resistance)
- Does not process negatives directly
- Maintains instincts and generate habits
- Needs repetition until a habit is installed
- Is programmed to continually seek more and more
- Functions best as a whole integrated unit
- Takes everything personally (the basis of Perception is Projection)

Your Unconscious Mind is for you and your body what an operating system is for your computer. It runs everything, it stores your memories, beliefs and habits, regenerates cells in your body, it runs your heart, sending blood through your veins, controls the immune system. It really runs everything in your life. It controls over 96% of your behaviour!!!

And you think that you are in charge for your decisions and the life you live in! Well, you could be and you will be if you use Prime Breakthrough.

How the Unconscious Mind works

After you are done reading this, you will know much more about how your Unconscious Mind works.

The ideas that have been fixed in your Unconscious mind through education,

repetition or impact, form your conditioning. Your hidden self-image resides here. Your thought process, the thoughts that you have during the day are governed by your belief system and your values.

Your Belief system, what you believe, is a network of neurological pathways. We inherit beliefs, they get imprinted on us, and we develop our own, based on our experiences in the past.

Then even deeper in your unconscious mind, we have Values. We almost never even think about our values, and we developed most of them in our childhood. Later in life, we hardly ever change them. But this is at the centre of what will decide and how and on what we spend our time. Values are how we know what is good or bad, all our moral values are there.

Our belief system and values are what we refer to as our conditioned mind. This is where most of the action happens throughout the day. This is what determines your thoughts and your perception of the world, your attitude, and your actions! This is what will drive your focus, which will produce the thinking patterns, which will produce a certain behaviour, which will determine your results.

How we get results in life-

The unconscious mind functions in every cell of your body. Any thought you consciously choose to impress upon it, must be accepted and expressed through you. Your unconscious mind has no ability to reject thoughts, what you think easily becomes part of your beliefs. Then the unconscious mind expresses those beliefs through your feelings and actions.

Any thought you consciously choose to impress upon the unconscious over and over becomes fixed as part of your personality. Fixed ideas will then continue to express themselves without *any conscious assistance*, until they are replaced. Fixed ideas are known as habits and the collective habits are referred to as the conditioned mind.

The Unconscious mind is frequently referred to as the spiritual side of personality or the universal mind. The Unconscious mind knows no limits – it only accepts those you consciously choose. It looks for patterns and images in our "outside world" that match our "inside world". Information that doesn't match up gets dropped.

When we gain a new understanding the brain creates a new neural-pathway storing that knowledge for future access. When faced with that situation again you would be able to identify it quickly as you access that neural-pathway containing the understanding.

Initially new neural-pathways are "weak and fragile". The more you reinforce your learning they become more dominant and will form a firm belief. You always choose the most dominant belief when faced with conflicting beliefs. If you could learn to constantly reinforce your desired beliefs, they would grow and connect with other pathways and eventually become a dominant belief to give you control of perception and behaviour and thus you become empowered to achieve your chosen outcomes.

Reticular Activation System (RAS)

Your senses process approximately 2 million bits per second of information. Your RAS (Reticular activation system) processes that information by distorting, deleting and

generalising it down to 134 bits per second. It forms part of your unconscious mind and functions up to 800 times faster than your conscious mind. Every sensory impulses received will go through it first, where it decides whether the information received is important to you or not. In other words, it will pass on the information received to your conscious mind ONLY, if information received is on your priority list.

For example, if the impulse received is a sound of an alarm siren, it will quickly prioritise it for you, passing this information to your conscious mind, grabbing your attention regardless of what you were busy with at that time. This happens because the alarm sound is on your priority list, as a result of your mind being conditioned to act when hearing a siren.

This means that you need to learn to upload what is really important to you to your RAS. This is exactly why when you concentrate much of your attention on problems, like debt, all your RAS can bring to your attention is more of what you have stressed as important to it. If you worry about debt constantly, it will impress itself to your priority list and your RAS will do whatever it can, to bring more of it to your attention. It will see debt as a priority as you were focusing so much on it. Remember, its job is to find in the outside world everything that matches to your inside world. For this reason we need to order our inside world.

Psycho-Cybernetic Mechanism

Cybernetic Mechanism is designed to monitor a certain parameters and take corrective action to correct any deviation. Air conditioners now have climate control and are able to maintain a set temperature by adjusting the settings of the air conditioner to compensate for any other influences that affect the temperature. The

air conditioner will activate and deactivate to maintain the set temperature because of the cybernetic mechanism. Autopilot technology in aircraft, also make use of cybernetic mechanisms.

Psycho-Cybernetic Mechanism monitors what we refer to as your comfort zone. The mechanism is in charge to keep you in your comfort zone, no matter how badly you want to change. When it picks up any deviation from your comfort zone it sends feedback to your nervous system which then tries to "correct" the deviation by creating emotional stimulus to bring you back into your comfort zone.

A sales person who works on a commission based salary can decide to earn double than what he did a previous month. Logically it would require longer working hours, twice as many calls and probably some other sacrifices, In return, after a week or so, his income would be higher in comparison to the previous month's first week.

At this point his Psycho-Cybernetic Mechanism would kick in and send neural transmitters to cause doubts, fear and anxiety. It will cause him to rationalize things.

Bear in mind, this happens automatically and so fast that you have no idea that it's happening at all. It will start justifying old behaviour, you might find perfectly reasonable taking a break since you have worked so hard, it will literally find dozen of excuses for why you should relax a bit and slow down – bringing you back to your old comfort zone, regardless of you being absolutely miserable there or not.

This is a very critical point. Without resetting this system – nothing will change! This system causes you to behave in a certain way, day in and day out; it causes you to perceive everything that is in alignment with your beliefs, current comfort zone. The good news is that you can reset your Psycho-Cybernetic Mechanism!

The first step requires you to start visualizing the desired outcome in the present tense by playing a mental movie, imagining as it is happening right now. Doing this will start the resetting process of both your Psycho-Cybernetic Mechanism and your Reticular Activation System. Remember that the Unconscious mind does not know the difference between reality and the imagination. The visualization process will get your Psycho-Cybernetic Mechanism to see that movie as a reality, adopting it as something already experienced, and so becoming more comfortable with that new image. This will eliminate the trigger that will kick start the process of bringing you back to your comfort zone as you are basically expanding the boundaries of your comfort zone. At the same time, repetition of seeing that movie in your mind will clearly indicate your vast interest in the subject and your Reticular Activation System will do everything in its power to lead you towards it, bringing to your conscious attention any person or opportunity that could take you to that desired destination.

Consider this as a first step towards achieving your goals.

What is your Conscious Mind?

- Controls only 2 – 4% of actual perceptions and behaviour.
- This is the part of you that thinks and reasons. Your free will lies here. This is the part of your mind that will
- Decides the changes required to live the type of life you want to experience.
- The conscious mind can accept or reject any idea.
- The thoughts of your Conscious mind are heard by your Unconscious mind and will determine the results in your life.
- Sets goals...Judges Results

- Time Bound Past and Future
- Limited Processing Capability, 5-7 events at a time

When comparing the functions and abilities of the conscious mind to the unconscious mind it is easy to see that real lasting change occurs in the unconscious mind.

The 5 senses can process only a small portion of all the information that can possibly reach your conscious mind. This is why we say that there is so much more to see and hear than what is available to you consciously.

Remember that you are consciously responsible for ONLY for 3% of your perceptions and behaviour. And that is what is causing your actions, creating results in your life. You could be trying your absolute best, working HARD at something, and it simply won't matter, as that would be only 3% of your total actions and perceptions. That is why we are all stuck where we are, no matter how much we want to change.

Unless you learn to reset these wonderful systems in your mind, and get them to work for you, nothing will ever change. You'll keep doing what you always did, and you'll always get what you've always been getting! – Regardless of how badly you want that change consciously. That is like living in a jail without consciously knowing that you are in one!

Negative Emotions

There is another important role that emotions play in our lives, from the health perspective! Positive emotions are great for your body, think about it! What happens

when you are experiencing any positive excitement, any form of happiness? Your whole body goes to that state, the moment your unconscious mind starts processing them. Every cell of your body will start dancing and glowing, and you'll have huge amount of energy, flowing through your body. And you knew this, but what most people are not aware of though, is that Negative Emotions are not good for the body. In fact, they are the biggest CAUSE of dreadful diseases!!! Dark and degenerative diseases are caused by either a significant emotional event, or by piled up unprocessed negative emotions.

Five major negative emotions are Anger, Sadness, Fear, hurt and Guilt. Your mind will keep them on your "time Line", until it gets some help to release the negative whilst retaining the learning's, which brings resolution on these events. We were never taught how to let go of them properly. We say "I dealt with it long ago, it doesn't affect me anymore." Or "I buried that long ago, that is behind me." And unfortunately, that is exactly what we do – we bury them inside of our bodies, and they cause stress to the body, to the organs and our well being. They will cause blockages and diseases. To make things worse we accept the limiting beliefs related to our experiences. We live the rest of our lives believing and behaving in accordance to the limitations we accepted. Prime Breakthrough clears your body of negative emotions, from your past. Your brain stores all your memories perfectly, using your "time line". You'll still have the memories and a good recollection of those events, but you will not be able to find or link that event to a negative emotion. In other words, when you think of that event you won't be overwhelmed with those intense emotions that you used to have associated with that event.

The objective here is not to eliminate anyone's ability to feel any warranted emotion. We deal with the past emotions that are not serving you and hurting your body

instead. Usually, after a session like this, you would feel lighter, your emotional baggage is gone, and perhaps you'll notice eyes more open or a shadow disappearing from your face? You would feel content with yourself, like never before. And this would be groundbreaking, the most beneficial thing you could do for yourself. Letting go of the past, being in perfect harmony and peace with the events that have happened already, focusing on your future, and allowing your dreams come true.

We can't change the past, and we should not live in it. We should live in the NOW, making the day the best we know how. This is a skill that needs to be communicated to your unconscious mind, giving it clear instructions, in a way that it will understand. It loves to serve you, and it's more than happy to let go of ALL of these negative emotions. Holding on to them is in the direct conflict with the highest prime directive of the unconscious mind, which is 'To Preserve the Body'.

You can see the value in settling with your past, and getting your unconscious onboard with your conscious objectives.

Prime Breakthrough is unique for each individual. We will elicit your Values in different areas of your life; we will help you clear ALL the negative emotions (anger, sadness, fear, hurt, guilt) from your past; we will get rid of all your self-limiting decisions and beliefs; we will clarify your desired outcome, so your mind can support you in the actualising of your dreams – you get unrivalled focus and clear path to your goals. These steps are priceless on their own, for those who understand the true meaning of a clear future, and also the first steps are very necessary to align the past with the desired future, to clear your body of all the negative emotions and to make an incredible support system, to support you in your future outcomes.



What is this worth to you? Prime Breakthrough gives you what you need.