

The Most Powerful

Broadcast Starting Soon...



**Achievement System
in the World**



Powerful Mind Programming Technologies

with Mike Pettigrew

What We Covered Last Month:



How to Use Your Mind to Get Anything You Want:

- The Creative Power of Positive Thought
- The Destructive Power of Negative Thought
- How to Improve Your Self-Worth & Earning Potential
- Scientific Mind Over Matter Experiments
- The Power of Emotion Creates What You Dwell Upon
- How to Add 10 Times More Power to All Your Goals
- High Performance Habits for a Positive Mindset

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What You Will Learn Today:



Technology to Speed Up Goal Achievement:

- Recap of the Subconscious Mind
- 9 Powerful Ways to Influence Your Subconscious
- How to Use Technology to be More Successful
- Some Demonstrations of These
- High Performance Habits for Greatly Increasing Your Energy and Brainpower



Do All The Exercises!

- These trainings are not to be just consumed like TV
- The exercises will change your life!
- The effects are cumulative, so don't miss any!

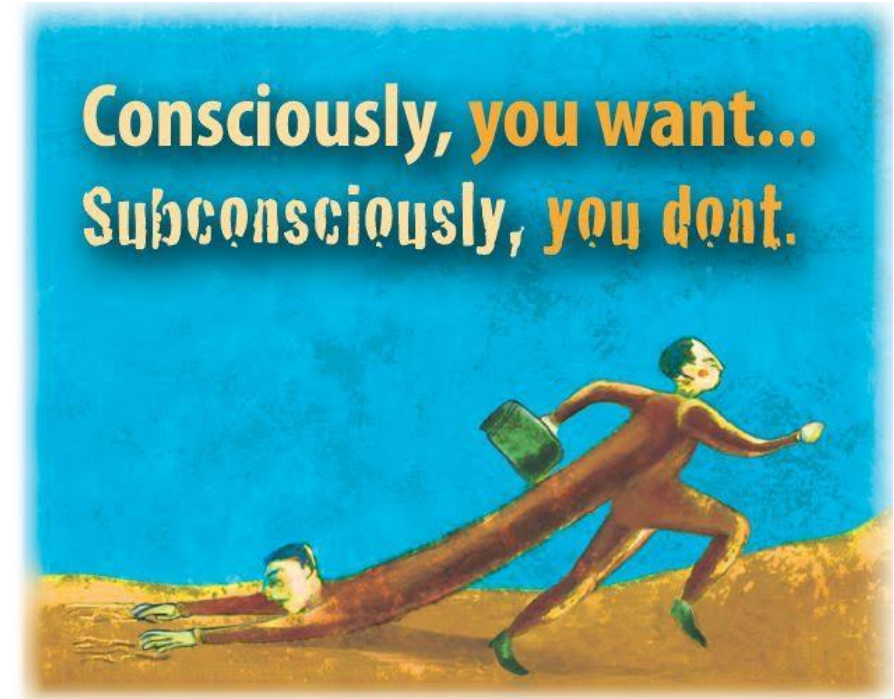
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Your Subconscious Mind – a quick recap

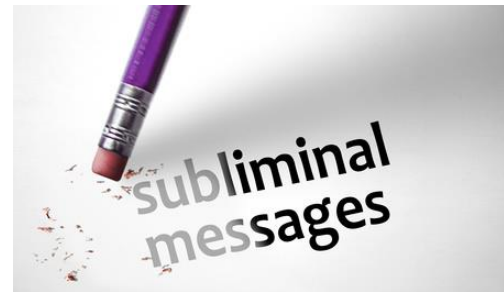
The Subconscious Mind:

- Makes Up 95% of Your Entire Mind
- Controls Automated Bodily Functions
- Files, Catalogues and Records All Your Experiences
- Gateway to Unlimited Wisdom – Thomas Edison
- You Have Been Conditioned – we all have!
- Your Subconscious Beliefs Always Win Out
- Creates the Circumstances of Your Life
- Fortunately, Your Subconscious Can Be Influenced
- You Can Reprogram Your Mind for Success!
- Program it Through Repetition and Emotion
- Works Like a Guided Missile to Get What You Want



Ways to Program Your Subconscious Mind – repetition + emotion

- Affirmations – empowering statements you frequently make to yourself, aloud
- Creative Visualisation
- Self-Hypnosis – relaxed, receptive state
- Subliminal Audios & Computer Programs
- Meditation
- Bio-feedback
- Brainwave sensing technology
- Light and Sound Technologies



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Affirmations – a simple effective way to program your mind



Emile Coué

***“Every day, in every way,
I’m getting better and better.”***

Short Concise Statements You Make to Yourself Frequently With Emotion:

- They Help Overcome Limiting Beliefs
- Allow You to Create a Success Mindset
- Can Be Used to Overcome Fears
- Enable You to Be More Courageous
- Help You Achieve Your Goals FASTER

➤ Very Powerful - They Really Work!!!

Creative Visualisation – show your subconscious what you want

Creative Visualisation Steps:

1. **Create a Deeply Relaxed State** - eg focus on breathing.
2. **Visualize Your Goal** - in as much detail as possible.
3. **Emotionalise Your Visualization** - using Goal Anchor.

For Even Greater Power:

- Combine With Affirmations - every morning and evening
- Create Action Steps – and take at least 1 action daily

Napoleon Hill:

“Our subconscious mind recognizes and acts only upon thought which have been well-mixed with emotion or feeling.”



Self-Hypnosis – the direct route to rapid change...

- Hypnosis is a Deeply Relaxed Focus State
- Its Very Enjoyable and Revitalising
- It is VERY Safe – you can come out of it at will
- It is a Doorway to Your Subconscious Mind
- You Can Reprogram Your Subconscious Mind
- Overcome Limiting Beliefs, Fears and Bad Habits
- Install New Empowering Thoughts and Ideas
- Used by Millions of Highly Successful People

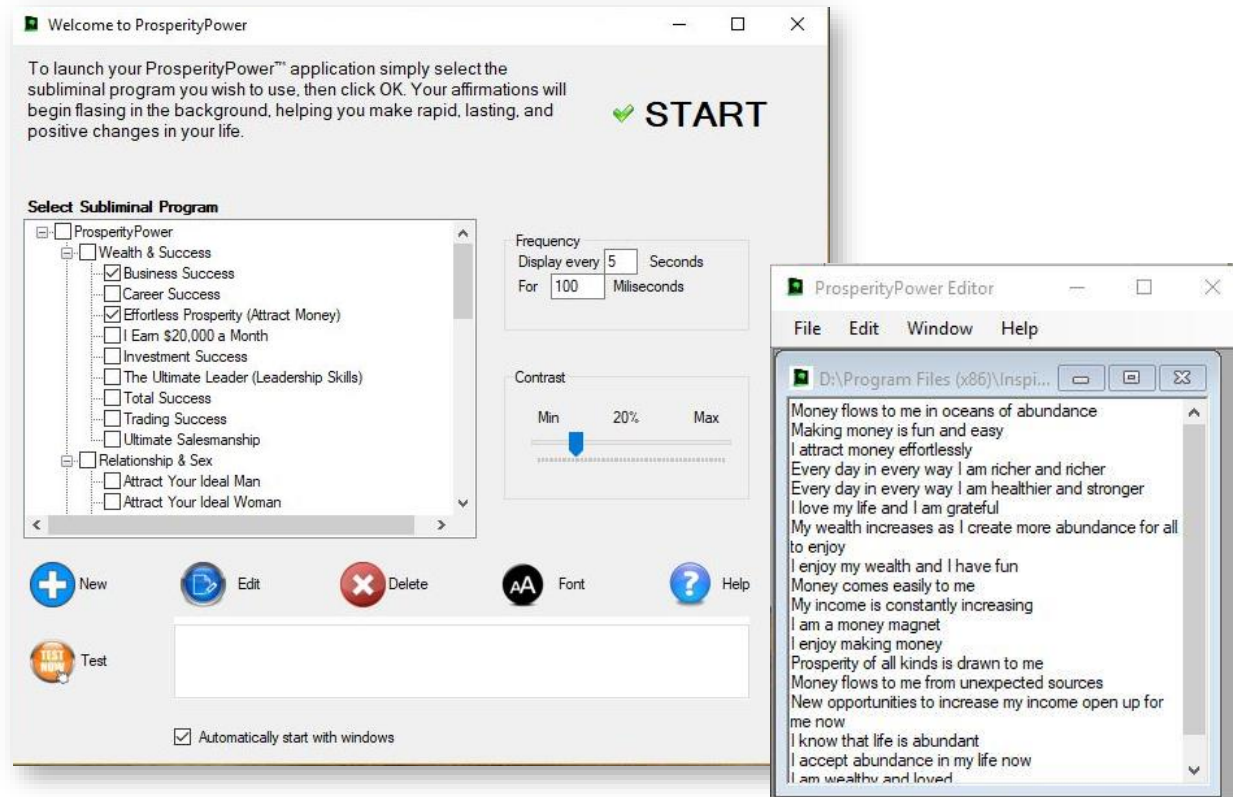


Self-Hypnosis is the “**Hidden**” **Secret** of the World’s Most Successful People

Subliminal Programs – powerfully influence your subconscious mind

So Powerful its Banned in Advertising!

- Software for Your PC or Mac
- Subliminal Audio Recordings



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Meditation – used by millions of highly successful people

Benefits of Meditation:

- Reduces Stress and Improves Cardiovascular Health
- Increases Your Sense of Well-being
- Increases Your Sense of Connectedness and Empathy
- Strengthens and Improves Your Relationships
- Improves Your Ability to Focus
- Makes You Far More Creative
- Improves Your Memory
- Helps You Make Better Decisions
- Helps People Overcome Addictions
- Enhances Your Immune System
- Helps You to Achieve the "Flow" State
- Reduces Physical and Emotional Pain
- Enhances Spiritual Awareness



Try the “Release” Meditation for 10-20 minutes daily and see how it feels

Biofeedback – relax deeply and reprogram your mind

Benefits of Biofeedback:

- Helps Overcome Stress
- Relieves Migraine & Muscle Contraction
- Can Reduce Chronic Pain
- Lowers Blood Pressure
- Can Help Overcome Anxiety and Depression
- Helps With ADD/ADHD
- Can Reduce Seizures/Epilepsy
- Reduces Neck & Back Pain
- Helps Overcome Addictions
- Helps Re-educate Stroke Patients
- Can Help Overcome Disease



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Brainwave Sensing Technology – another form of biofeedback

Headsets That's Pickup Your Brainwaves:

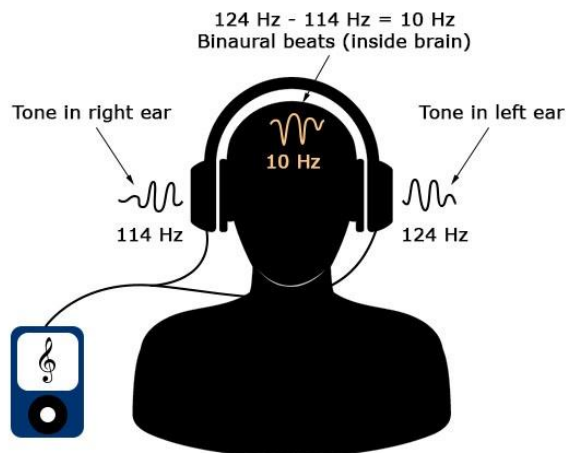
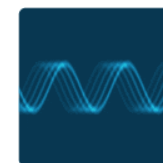
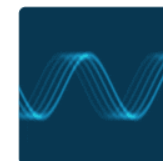
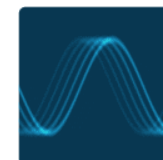
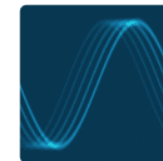
- Learn to control your mind and emotions
- Control your computer with your thoughts
- See the immediate effects of your thoughts
- Graph the brainwaves you are producing
- Learn how to change your brainwaves at will



Your Brain Creates Different Waves – when in different states



1. **Delta (0.5-3Hz)** the Sleep State - large in amplitude and slow in frequency. Associated with sleep and very deep meditation.
2. **Theta (3-8Hz)** the Deep Meditative State – access to repressed memories, intuition, shamanic state or psychic state.
3. **Alpha (8-12Hz)** the Deep Relaxation State - when relaxed and focussed. Often produced during meditation and hypnosis. Achieve accelerated learning and doorway to subconscious.
4. **Beta (12-30Hz)** the Normal Waking State - when attention is directed at cognitive tasks.



Frequency Following Response – different sound frequencies/beats create different brain states. “**Dial up**” any state of consciousness!

Light and Sound Machines – access any state of consciousness!

Sound & Light Together is Even More Powerful!

- Overcome Insomnia
- Learn to Relax Deeply and Attain Inner Peace
- Achieve Peak-Performance States
- Deep States of Meditation (even for beginners!)
- Quickly Recharge When Low on Energy
- Combat Stress and Overwhelm
- Improve Your Focus Whenever You Need
- Stimulate Creativity & Ability to Visualise
- Program Your Subconscious Mind
- Boosts Intelligence!
- Great Entertainment Sessions Available too!

WARNING: Never use Light and Sound machines if you suffer from photosensitive epilepsy



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High Performance Questions – that can dramatically increase your energy

1. On a scale of 1-10 how much physical and mental energy have you had in the past 3 months? Why is that?
2. Think about a time in the past when your mental and physical energy were at their best. Why was that?
3. In the areas of nutrition, exercise, wellness and sleep - what habits do you have that support your energy and health?
4. What routines do you have for recharging daily, weekly, monthly, yearly? What would make you feel more vibrant?
5. Are there any areas of your life that are particularly stressful or draining energetically? If so, what do you do for stress management?
6. What would you take on if you had 3 times more energy?
7. If you became more committed to your optimal health, what would you immediately start and stop doing?



Brendon Burchard *"The power plant doesn't have energy – it generates it"*

High Performance Habits – Energy Checklist

Rest + Exercise

- ✓ Walk outside every day for at least 30 minutes.
- ✓ Sleep 8-9 hours per night. If you miss that target, nap or meditate during the day to catch up.
- ✓ Do two 60-minute cardio activities per week (consult your doctor).
- ✓ Do two 20-40 minute intense workouts per week (strength based or H.I.T).
- ✓ Meditate once or twice daily for 15-20 mins. OR use a Mind Machines (eg Light & Sound).

Diet + Nutrition

- ✓ Eat a whole food diet, heavy in organic plant-based foods.
- ✓ Absolute must: Get tested for food allergies.
- ✓ Take a food-based multi vitamin, and vitamin D, B-complex, magnesium, and Omega-3. See your nutritionist for additional supplements.
- ✓ Drink health shakes for breakfast or snacks.
- ✓ Drink 3-5 litres of water per day and avoid all sugary drinks, alcohol, and caffeine.
- ✓ Limit white starches and heavily processed breads/carbs.

Daily Energising

- ✓ Every 60-90 minutes, stand up, move and stretch. For example:
- ✓ 20 arm crosses, 20 arm circles each arm, 40 knee-highs (marching in place), 20 seconds patting your lower back, 10 deep breaths while bouncing on toes.
- ✓ Focus on speaking and gesturing with passion.
- ✓ Stay standing more often.
- ✓ Hug and engage others physically more often.
- ✓ Try to make people smile or laugh more often.
- ✓ Focus on being fully present.
- ✓ Keep a gratitude journal.

What We Have Covered:

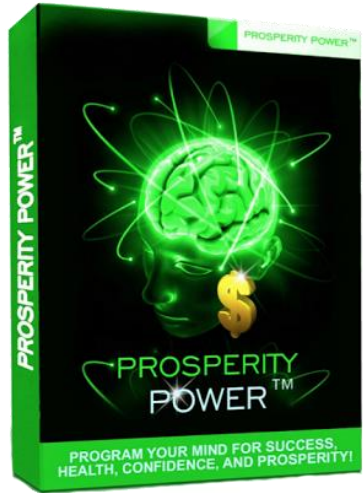


- Success is Created Through Your Subconscious Mind
- How to Program Your Mind Using Affirmations
- The Power of Creative Visualisation
- Self-Hypnosis - the Gateway to Your Subconscious Mind
- Subliminal Audios and Software
- Meditation Connects You With Your Subconscious
- Biofeedback Helps You Reach Deeps States of Relaxation
- Brainwave Headsets Allow You to Control Your Mind State
- The 4 Major Brain States Everyone Experiences
- Mind Machines to Reach Any State of Consciousness
- 7 High Performance Questions to Increase Your Energy
- Energy Check List to Increase Your Energy Long-Term

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Recommended Resources



Affirmations: 356 Affirmations in the US Club members area.

Self - Hypnosis: recording in the USC members area (after 3rd month).

Also: www.mikepettigrew.com/free-empowerment-self-hypnosis

Programs for Creating Subliminal Audios: Mind WorkStation by Transparent Corporation: www.transparentcorp.com and **Subliminal Recorder:** www.subliminalrecorder.com

Subliminal Software: “Prosperity Power” in the members area and “Subliminal Millionaire Gold” in the USC members area (after 3rd month).



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Recommended Resources



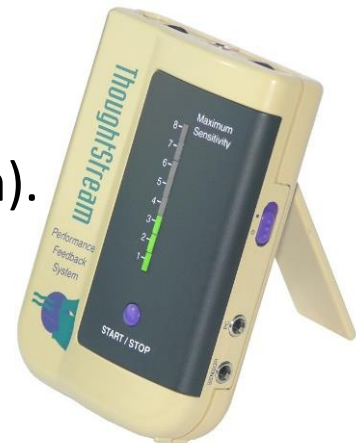
Meditation: Brendon Burchard's release meditation demonstration on YouTube.com

Biofeedback Machines: www.unyte.com and www.mindplace.com

Brainwave Sensing Headsets: www.neurosky.com and www.choosemuse.com

Binaural Beats Audios: In the Ultimate Success Club members area (after 3rd month).

Light and Sound Machines: www.mindplace.com, www.photosonix.com, and www.neurotronics.eu



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Over to You...



Questions & Answers

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