



HEAL YOUR MIND TO HEAL YOUR LIFE

DAY 1 WORKSHEET

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@DR. YOGENDRA SINGH RATHORE

A MESSAGE FROM YSR

The NLP workbook is the most comprehensive guide to Neuro-Linguistic Programming available. It contains all of the primary content in the form of exercises, suggestions, and additional resources to go further.

It is referred to as a "workbook" due to its practicality. It works, and its concepts and strategies can alter your life and the world around you.

It is not a workbook in the sense of hard work - NLP is remarkably easy, intuitive, and entertaining.

PURPOSE

NLP is about your experience - how you know the world and everybody in it, how you do what you do, and how you make your existence with its levels and profundities.

You'll learn how to see, hear, and feel more of the world, get to know yourself better, and understand others better with the help of this book.

This book will be a valuable resource for integrating what you already know about NLP and providing you with new concepts and exercises.

The recording of Day 1 of my LWL-NLP Workshop served as the basis for this book.

This book results from rearranging, changing, adding, subtracting, and transforming that recording.

I hope that I have preserved most of the original's clarity and conciseness by doing so.

YOGENDRA SINGH RATHORE



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HEAL YOUR MIND TO HEAL YOUR LIFE DAY - 1

WHO IS THIS FOR?

- If you are a Life coach, Speaker, Author, Trainer, Consultant, Doctor, Clinical Psychologist, or Therapist.
- If you are a business owner or entrepreneur
- If you are a corporate employee
- If you are a Housewife/Parent
- If your professional Roles Requires You To Influence and convince
- If you are a student
- If you want to Heal Yourself
- If you want to Master Your Mind, Emotions & Life...



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WHO IS THIS NOT FOR?

- ✖ If you are looking for some quick-fix magic pill.
- ✖ If you are not committed and deadly serious about your Personal and Professional Goals.
- ✖ If You are looking for no effort full result.
- ✖ If you are lazy and not open to coaching, don't Waste Time and Energy.



HEAL YOUR MIND TO HEAL YOUR LIFE DAY - 1

PHASE 01

FOUNDATION



HEAL YOUR MIND TO HEAL YOUR LIFE DAY - 1

- **HOW MANY OF YOU ARE ALREADY AWARE OF NLP & HOW MANY ARE NOT?**

No matter your background in NLP, keep your focus on the details because I will teach you the NLP program in public and technical language.

Let's understand the NLP in public language initially.

At any given moment, we all are living five lives. Every life has a current state (where we are stuck presently) and desired state (where we want to reach).

INTRODUCTION TO FORMS OF LIFE:



FINANCIAL



HEALTH



RELATIONSHIP



BUSINESS & CAREER



INNER LIFE



HEAL YOUR MIND TO HEAL YOUR LIFE DAY - 1

01 | FINANCIAL

(Maybe you are struggling or having debt, expense, or earning patterns or are not satisfied with a financial situation of yours, and you have the desired state to reach another level of wealth)

02 | HEALTH

(Maybe you are struggling with weight loss, weight gain, health issues, chronic pain, asthma, alopecia, cancer, anxiety, depression, diabetes, cholesterol, arthritis, etc., and you desire a state to be fit and healthy)

03 | RELATIONSHIP

(Maybe you recently got married or divorced, suffering from separation or became a new parent, or stuck in a current relationship where you need to suffer from emotional, physical, or financial toxicity every day and you are not able to find the solution or you are unable to manage a toxic person or you have a personal issue with yourself that creates lack of self-love or low self-esteem that is running inside you and disturbs you)

04 | BUSINESS & CAREER

(Maybe you are struggling with business issues or financial impacts, or you are not happy with your career and looking for growth, or you want to change your profession and follow your passion)

05 | INNER LIFE (MENTAL + EMOTIONAL)

(Maybe you are struggling with overthinking, procrastination, negative thought patterns, lack of clarity, distraction, brain - fog, or overwhelm/ some of you are struggling with an emotional issue, regret, past trauma, or phobia so that you want to go to the desired state where you can find your inner peace)



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DEFINITION OF NLP

NLP is a bridge that helps you transition, takes you from where you are now to where you want to be, and gives you the tools and techniques you need to train your brain to be able to change your feelings, thoughts, actions, habits, and decisions as you move through life.

You have chosen to attend this program because you are seeking a transition in one or more of the above-mentioned areas.

- **WHAT IS YOUR AREA OF TRANSITION?**

We all want to skip our current state, and somehow we want to arrive at the desired state.

We will be going to understand below how NLP terms inspire your life in technical terms.



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NOTES:



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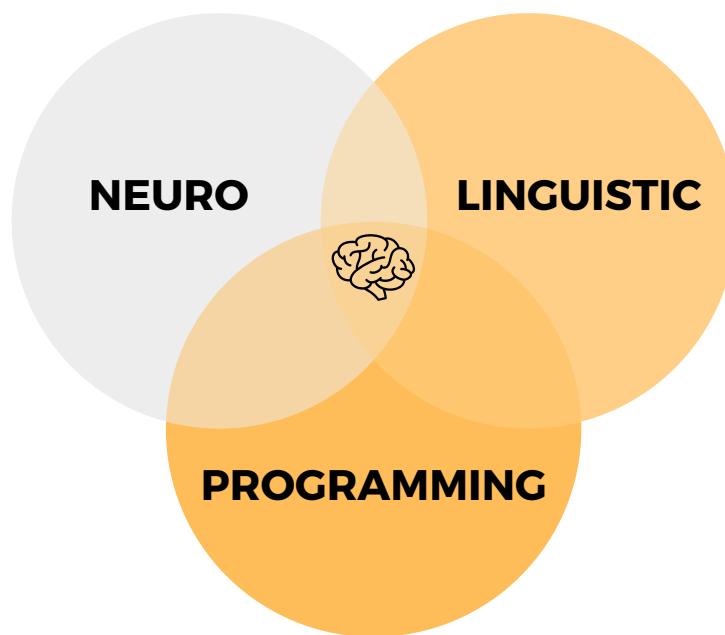
PHASE 02

UNDERSTANDING THE POWER OF NLP



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NLP STANDS FOR: NEURO LINGUISTIC PROGRAMMING



- **Neuro - Neurology or nervous system**

(A study about how you receive data through your nervous system and neurology and how you process it in your brain to create mental models & patterns)

- **Linguistic - Language**

(We influence people daily to create an output through communication)

- **Programming - Mental Patterns**

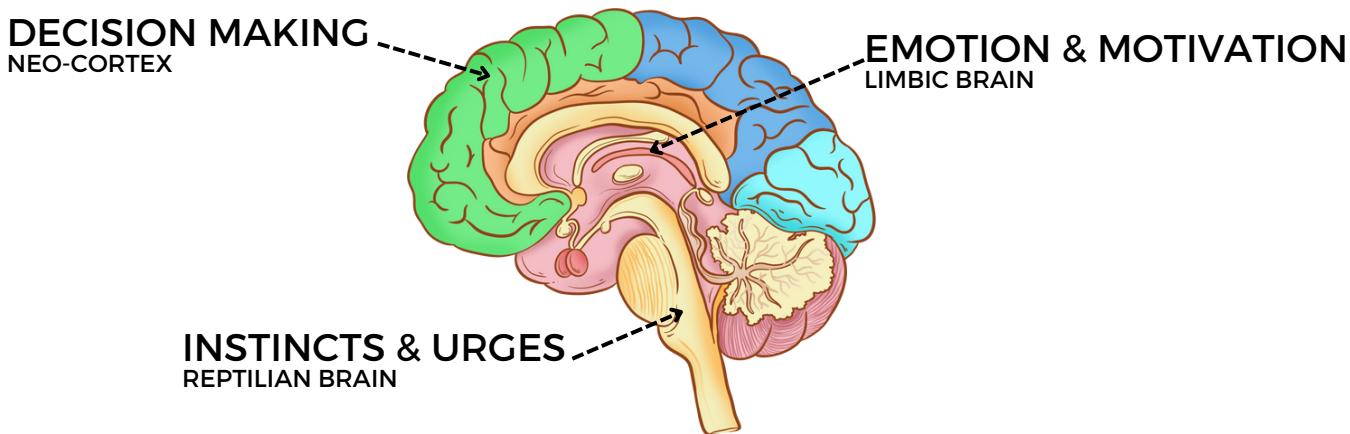
(A definition of programming is a special code to produce a specific output & this mental program controls our thoughts, ideas, feelings, actions, behaviors, and habits from inside and controls the indirect results we are receiving in our health, business, relationship, career, and inner life.)



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INTRODUCTION TO NEUROLOGY

NEUROLOGY: 80 BILLION NEURONS



Emotion → Motivation → Decision Making → Behavior

There are 80 billion neurons in your brain and 60 trillion cells in your body. The 80 billion neurons are constantly in feedback with your 60 trillion cells. Whenever you decide on any goal, you require action to complete it, whether it is a goal for your relationship, health, or career.

So, as your brain doesn't take any action, your body will move with 60 trillion cells to generate the action and to generate that action, your brain needs an action potential.

The moment your 80 billion neurons generate an action potential, your 60 trillion cells will start to move towards the goal with excitement to take action.



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The problem with many people is that they have plenty of goals, potential, ideas, talents, skills, and knowledge, but their brain cannot create the action potential, and that's why everything remains in the brain instead of physical reality.

Based on your abilities, knowledge, and skills, how many of you think you are not getting any results? It doesn't matter where you want the results to come from.

Why is it that the majority of people think a lot but don't do anything, whereas the high achievers and performers are always motivated, excited, and wake up with the energy to pursue their goals? Because of the action potential, I have explained the difference because of the action-potential.

For people who are not taking action, their neurons are not producing action-potential.

The bare minimum of potential required to trigger neuronal actions is known as an action potential. You won't be able to do anything if it doesn't start firing.

People who are not high-performers after being alert or their things are not reflected in their results because they don't have an action-potential.



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- **WHY SOME HAS HIGH ACTION POTENTIAL & WHY SOME DOESN'T HAVE IT?**

Neural-resistance blocks your action-potential. Sometimes there will be more resistance in our action-potential, which doesn't allow our potential to flow or create.

Example: 01

You're driving a Ferrari car on the road, and your capacity is 400 km/h means you are a good driver & have enough fuel as well but after having all that you won't be able to drive more than 20km because you are in heavy traffic around and you can't move ahead.

Because of the traffic, you cannot convert your car's potential into reality because there's a lot of resistance around you.

Similarly, your potential can't flow because of the resistance.

Example: 02

You have a full bucket of water, but just because you have a blockage in your pipeline, the flow is not accessible.



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- **HOW HAS THIS RESISTANCE BEEN CREATED?**
- **HOW THE RESISTANCE STARTED TO BUILD IN OUR NEUROLOGY?**

You're not alone in your body. Three people are living inside you.

01

You have a part who wants to quit smoking and the other one who wants to stick with it.

02

You have a part who wants to wake up early in the morning, but the other always turns off the alarm and sleeps.

03

You have a part who wants to reduce weight, but the other one eats sweets regularly.

Similarly, there is only you who know the difference between positive thinking and negative thinking.

With whom you're fighting? There are conflicts and dilemmas, and two parts are fighting to establish their ownership.

Yes or no?

So, recognize that three people are in you instead of two.

The meaning of three people is your sub-personality, which controls your habits, behaviors, thoughts, and decisions.



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PART 01 (N) - NEUROLOGY & NERVOUS SYSTEM

01 | DREAMER



A dreamer is something that says you to create an extraordinary life, achieve mental clarity, focus, live a meaningful life, inspire people, write books, create videos and build a business and inspire the next generations, create an inspirational story, own a big house, cars and travel the world.

How beautiful if we all have only a dreaming personality so that whatever we think, we will achieve as there will be nothing in between.

I'm not sure about your dream but let me tell you that whatever your dream is, someone is living your dream on this planet or has already lived.

There is the vast majority of dreams you have adjusted from your current circumstance and mass culture. A person has or is currently living. People have very few dreams, like climbing Everest for the first time.

If anyone lives a dream, his or her blueprint, system, strategy, and resources are already available, but it is not fulfilling because there is also a 2nd sub-personality in you except in dreams called a critic.



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02 | CRITIC



A baseline program of criticism and the objective mental nature created in you has one work to keep you safe, comfortable, and protected. The critic has not at all connected with your goal, happiness, success, and achievement, so whenever there is a situation that challenges you or makes you uncomfortable to grow to the next level, the critic will activate in you and makes you convinced not to take any action. Critic stays in your audio. You might have familiar with the voices that I am presenting here.

01

I am not good enough.

07

I am ugly

02

I am not ready yet

08

My English is bad

03

This is not the time

09

I am from a poor background

04

What if I fail?

10

I don't have a network

05

What if I get rejected?

11

I am too old for this

06

I don't have support.

12

I am too young for this



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How many of you have heard these similar voices in yourself whenever you are supposed to try something new?

We are stuck in life only when we have fed too much to our critic, and it becomes strong. We don't desire a life that is only safe and comfortable; we want to thrive in life instead of surviving.

- We want to do big in life
- We want to achieve more in life
- We want to achieve a legacy

Letting the critic active in you will only lead you to survive, not thrive. Once you resolve the critic, another personality will be active in you, called a doer.



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03 | DOER



A doer has the skill, power, talent, and practice to take action, but until you resolve the critic, no other skill will be useful.

Example:

In the Mahabharata, Arjun, who possessed extremely valuable skills, knowledge, and talent, was destroyed solely due to his criticism, as his skills and talents got blocked once he received criticism.

The three sub-personalities above create resistance in us.

There are various techniques in NLP through which we learn to handle our skills and criticism to activate our doer more and get our desired results.

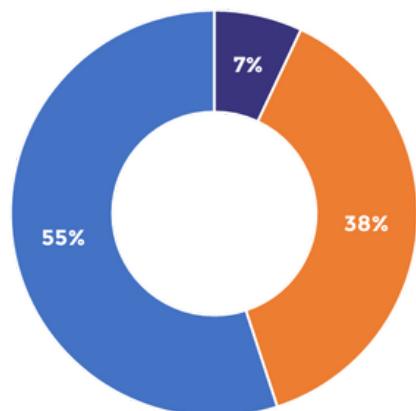


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PART 02 (L) - LANGUAGE & COMMUNICATION

- There are three levels of communication:

3 LEVELS OF COMMUNICATION:



01 | COMMUNICATION WITH WORLD

How many of you want to create influence? We want to influence situations, people, and outcomes to convert them in our favour, whether a sale, business, or anything we need to communicate to get the desired response, and that's called influence.



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Below are the points of influence that you create when you interact or communicate with the world.

- 38% of influence by tonality
- 7 % of influence by your words
- 55% of influence by your body language, and vocabulary

When you are in society or an event, the influence which created through your body language, whereas it converts into only voice and words when you are talking to someone on call. Similarly, if you are writing through an article and want to influence people, then complete communication will be created through your vocabulary means words.

This model can work in different ways. The mentioned things are for situations, people, or social events where you are physically present.



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But if you want to get better at body language, here are some great tips to help you get better at boy language faster:

- **STRAIGHTEN YOUR SPINE** to recall that you are in authority, controlled and confident. It also helps to reduce your fear circuit indeed.
- **STRAIGHTEN YOUR NECK** whenever you are communicating or confronting.
- **STRAIGHTEN YOUR FOREHEAD.** Whenever you feel any negative emotion, it reflects on your forehead, so when you notice the head of relaxed leaders or spiritual people, their heads always glow when they communicate, whereas the people who are always in anger and frustration have confused foreheads.
- **EYE CONTACT.** You appear secretive if we see you less often, but we are staring if we see you constantly. The ideal time to make eye contact with another person is when you're looking at them directly; maintain eye contact until you identify the color of their gaze. A characteristic ideal eye-to-eye connection for strong impact.



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- **SMILE.** Always wear a smile whenever you get the chance, as it has so much power and capabilities to create intense influence.

I had an experience in my childhood where I suffered from stage phobia. But eventually, through NLP, I overcame my phobia and made this NLP my career path. Whether it's an IIT, JOSH TALKS, or MBA, everyone attends my NLP program from various countries, and it happens only once in three months.

02 | COMMUNICATION WITH YOURSELF

Communication with yourself is both:

01

IMPORTANT

02

IGNORED

People start talking to themselves when they are three to four years old and talk to themselves more often than anyone else—like their mother, father, husband, wife, co-workers, friends, family, etc.

Is it true?

Overthinking and making room in your life can sometimes be signs of it.



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The most crucial form of communication is with oneself, but no one has ever taught us how to manage tone, words, body language, speed, or volume.

Your self-talk will naturally be biased toward negativity, also known as a negative disorder if you don't improve it.

Your self-talk is ultimately biased toward negativity because it enjoys seeing things through a zoom lens and positivity through narrow lenses.

Why has Mother Nature created a mind which is biased toward negativity instead of positivity?

Example:

- We must work hard to get peace, but we get angry automatically.
- We work hard to get healthy, but disease comes automatically.
- We work hard to become joyful, but depression comes automatically.
- We work hard to get training for being positive but negative thoughts come automatically.
- We work hard to get good habits, but bad habits will come automatically.



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Have you seen books such as?

- 7 WAYS to think negatively
- 3 simple techniques to go through depression fast
- How to discourage yourself every day?
- Five simple ways to get angry in any situation.
- How to become a master in distraction
- How to lose focus easily

No one is teaching us the above things because we are already masters in them.

To make you believe in a phrase called- "**I CAN DO IT,**" you need to read books, listens to motivational speaker, and watch videos.

You don't require any expert to let you know that **"YOU CAN NOT DO IT."**

Some people will say for once, and we believe.

So we need to improve our quality of communication with ourselves; otherwise, we always find ourselves stuck.



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03 | COMMUNICATION WITH THE UNIVERSE

What's the meaning of universe communication?

We all are aware that everything has energy. So wherever there is energy, there's something that is vibrating. And whenever there's vibration, there's frequency, and whenever there's frequency, there's communication.

So ultimately, you're communicating with your frequency.

What and who decides your frequency?

Example:

You're in anger frequency if you're in anger vibration. So if you leave the same environment for an extended period, you will automatically start to broadcast the energy of anger everywhere in the world with the signal called - "**I AM THE RECEIVING CENTER OF ANGER; DELIVER MORE ANGER TO ME.**"

People with these anger frequencies find themselves around people or situations where their anger gets triggered repeatedly.



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The universe responds to events, situations, personal experiences, and opportunities where you're at the right place with the right people and time.

Enraged people will always find themselves in situations where they are enraged regularly, whereas people who are kind and passionate regularly will eventually reach situations in which there is no need to think negatively.

The foundation of this law is experience. Your experiments will define your patterns or experiences in life sometimes.

When you're in gratitude, you are transmitting and broadcasting the frequency of gratitude which means you're sending a signal that "**I AM THE RECEIVING CENTER OF THE THINGS I AM GRATEFUL ABOUT.**"

If you're grateful for your loving life, welcoming money and abundance in life, and blessing relationships in life, you will be the one who will receive more greatness in life.

If you contribute 5% of love in this universe, you will get love for the same amount in return. The problem of a human being is expecting love from the same person we have given. By doing that, you're forcing the universe to obey your rules.



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GRATITUDE EXERCISE

- Write down 5 new things you're grateful about daily for 66 days.
- The total will be 330 things in 66 days.
- You will see yourself in a powerful situation, i.e. (you can get a new opportunity, & you will get the people who left you, etc.,) in terms of people, experience, and knowledge to make you realize that something is changing, frequency is changing & you will see that your environment will begin to adjust.

If you want to create a new neural pattern, it will take an average automaticity of 66 days.

- First 22 days, the old pattern will destroy.
(Some people will give up in the initial 22 days as it will be painful.)
- Next 22 days, the new pattern will install.
(Some will give up in the next 22 days as they will start feeling comfortable.)
- Next 22 days, the new pattern will be integrated and automated.
(People who succeed and transform are the ones who complete the 66 days.)



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That's why you might have noticed that when you start smoking, you give up for some time, and that cycle repeats, and again you go back to the previous cycle.

There is a gravity to the pattern. Gravity must exert itself when you throw something upside down, but the previous gravity attracts that force.

Similarly, the gravity of your neuro patterns pulls you back to your previous pattern when you want to turn around.

If you want to go out of that gravity field, you must commit for 66 days.

In just 21 days, a cosmo surgeon performed the surgery, and the patient began to accept his new appearance; He used this example in his book, which is why it became so popular.

However; According to the latest Howard research, 66 days is the average time to pass the gravitational field to achieve any pattern.

Some people are information gatherers and take the knowledge through various aspects, i.e., books, videos, and news.



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When you start saying anything to those people, they have 3 dangerous words with them that block their potential, and even after having so much knowledge, they live their lives as underachievers.

Three words you need to remove from your life are:

“I KNOW THAT”

You won't be able to move beyond your current level of knowledge if you follow these three words.

Your knowledge will make you feel down instead of letting you rise.

Is it true that you know everything about it when you write or read something?

HOW TO KNOW THAT YOU KNOW?

Whenever you are confronted with these three words called- I KNOW THAT; ask yourself IS IT IN MY PRACTICE?

You only know if it is in your practice; otherwise, start learning like a student or a beginner.

Because you have the assumption of knowing everything, but in reality, you do not have any idea of that.



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There's a difference between assumption & reality.

Learning is useless if it is not in your experience & your practice.

You only know a thing when it is in your practice.

Example:

- I know a morning walk is good for my health, but I avoid it.

I won't be successful with this knowledge; rather, it will make me feel bad about it. Therefore, in the end, I won't take the morning walk and feel guilty about it.

Because they don't think negatively, positive-thinking individuals are less likely to experience depression; they also experience shame. They are unaware of their actions.

So it better to avoid the person of - **I KNOW THAT.**

Check if you're inconsistent in practice or not.

We need to convert it into real knowledge for the next 66 days.



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INTRODUCTION TO THE LAW- OF ATTRACTION

People who say to think only the universe and god will make it happen. It will not work like that.

Your thoughts are electrical; if anything is electrical, it requires wiring to create an influence. Because each cell is connected to your nerve, the impact of your thoughts will directly come into your body, and it doesn't decide your frequency.

Every thought does not produce attraction; otherwise, your brain processes 60,000 thoughts per day, and if any of those 60,000 thoughts become a reality, you will not survive, saving your relationship.

It is not like the law of attraction doesn't work, but people want to give you an easy solution. It is sad to say that we all have a mind that desires fast results. We all have a mind-set of instant gratification, and our programming needs everything urgently.

Example:

We want pizza in 20, Maggi in 2 minutes, and 20 seconds of reels which we can roll and get new content.

That's the reason people get you a market like this.



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It is not going to work like that.

A person who says to sit, think & do nothing, doing hard work every day just because he expects easy sources from people.

You desire magic to change everything.

There's no quick fix in transformation, as it will take time.

- **HOW DOES THE LAW- OF -ATTRACTION WORK?**

Your thoughts are electrical, and your feelings are magnetic, so your thoughts create an electrical charge in quantum fields, and your feelings will create a magnetic charge.

When your thoughts and feelings resonate, an electromagnetic signal will be created, and that decides your frequency & vibration. Not just thoughts.

The moment you shift your frequency, your reality will start to shift.

Example: 01

In your room, there are a lot of signals.



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Imagine that you start a channel so that all the waves from the surrounding area will appear on your screen. While watching a sad television show episode, you quickly decide not to continue and instead choose to experience something else. When you suddenly change the channel, a dance show starts, and you start dancing along!

Exactly this is true with your life as well.

I'm not saying it is completely your fault, but our nature or consciousness always finds the fault. The interesting part is that when you are dancing, the signals of the sad serial are present in your room already, but it can't inspire your reality because you have changed the channel and tuned with different frequencies.

The moment you shift your channel means the moment you shift your frequency, you will also start seeing the shift in your reality. There will be a new movie in your life reality.

Most of us have a tuned frequency of blaming, complaining, comparison, criticism, scarcity, excuses, problems, what is lacking in life, what we don't want, and what's wrong in our life, etc.



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Example: 02

Instead of touching the area where you already have teeth, your tongue will naturally touch the black part of the broken teeth.

And that's why you always decide the wrong frequency for yourself, create the justifications, and create stories that make you stuck.

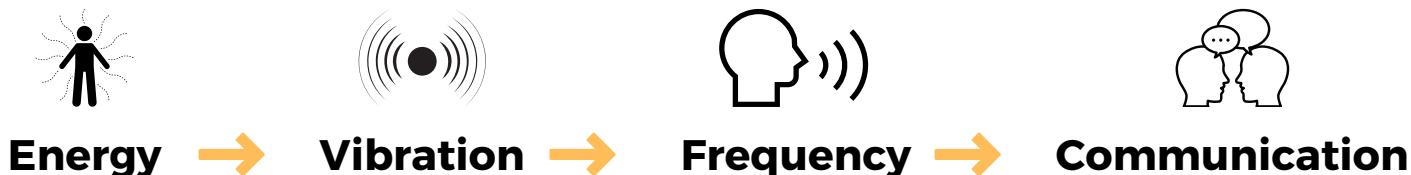
Rooting this exercise will change the way of communicating with the universe, and it will shift your frequency, and the moment you shift your frequency, your reality will also start to shift.

Dr. David Hawkins has studied the spectrum of consciousness and major frequencies to check that when you're in various emotional states, what will be your vibrations and frequencies?



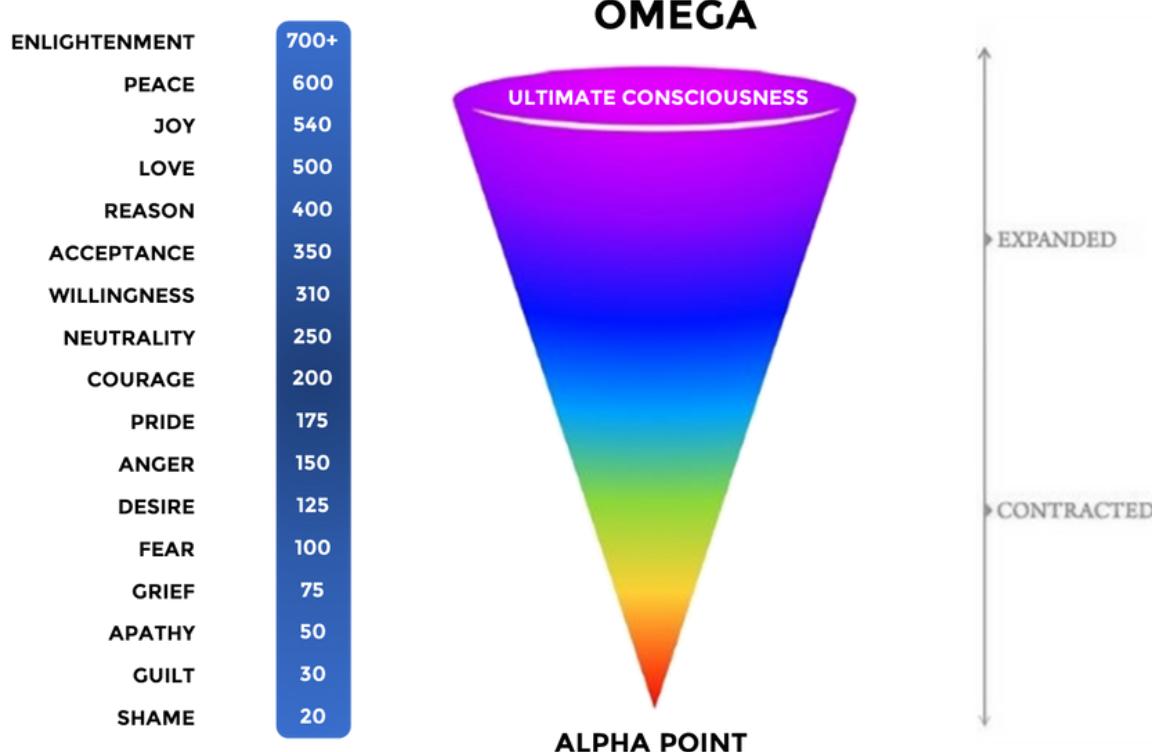
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CHART TO UNDERSTAND THE DIFFERENCE BETWEEN LOWER FREQUENCIES & HIGHER FREQUENCIES:



"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."

- Einstein





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This chart has shown the difference between higher and lower frequencies.

The presented cone defined that when you are in a lower frequency, your consciousness is contracted & when you go to the higher frequencies, your consciousness & awareness expand.

- **WHAT IS THE UTILITY OF CONSCIOUSNESS?**

Suppose a person has a lantern and is in a pitch-black zoo. It thinks the light is your consciousness and awareness as it brightens up one foot of space. Therefore, the individual is unaware of anything in the zoo besides the only contracted portion of 1 foot, which is his reality.

He started to feel anxious because he thought his death was certain and couldn't continue when he saw the insects in that one-foot area.

The following instant, he gave him a huge fluid lantern that could light up to 100 meters. Consequently, that person will now control the vast area.

He saw tribal people, water, butterflies, fruits, and water near the village.



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A person's life will change as soon as he sees the valuable doors at the same location where he found the problems.

Example:

When you buy your favourite vehicle, it appears in every other vehicle on the market.

The only difference was that because you were not tuned in to your inner world for that, your awareness could not recognize that the car had already been there.

Now your awareness takes into your focus and tells you that this is important.

When you have an expanded consciousness, you will get more attention and positive results in life.



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PART 03 (P) - PROGRAMMING

- **WHAT IS PROGRAMMING?**

A definition of programming is a specific code that produces a specific outcome.

Your brain works as a processor and takes data and inputs from the environment with the 15 million bits per second stream, and it passes through your eyes and senses it constantly reaches your brain.

Your brain processes some data from it and gives outputs after that.

Thoughts, emotions, feelings, behaviour, habits, and action are the outputs that your brain creates for you.

Programming is doing thought processes and controlling your habits & Behaviors; this is how these things will control the results.

Most people want money in their bank accounts, six-pack abs, health and fitness, and healthy relationships, so you want to change the output here.



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If you get input from the environment, it means that people, books, and everything else only give you input, and you only get output. You want to alter the output without modifying the code.

If there's no MS Office installed on your laptop, how can you make an EXCEL sheet?

That's why NLP says to understand a program first, reprogram your brain, unlearn the wrong programs, install the new ones, and then you will get the results.

People make mistakes by desiring to change their results without changing their programming. Desired to change their bank account and health.

If you notice how many decisions and goals you've set in your life—wanting to lose weight and give up, becoming rich, and giving up—you'll find that the same things keep happening to you. Is it not?

We need to learn that there are specific programs that run these outputs.

The question is, in which language are we supposed to write the program?



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We all came with a tragedy:

God sent us with a mind but without a training manual.

You are living with a million-year-old processor here, and you have the data about its programming, how it works, what its language is, or how to remove incorrect programs. Every product comes with a booklet with the steps to follow.

Consider this: If we give them an iPhone in a hostile setting, what will they do with it?

They will experiment with it.

Even though your brain is not under your control, don't you think we do the same with our brains regarding sleep, stress, anxiety, and break-ups?

Setting both the current and final locations can be crucial; otherwise, you won't know which way to go.

Therefore, it is essential to comprehend your reality as well.

It is a discovery that we are at least aware of our current state.



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NEURO LINGUISTIC PROGRAMMING:

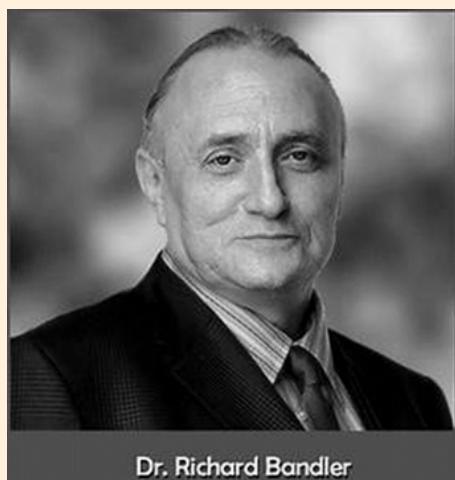


- User manual for Brain
- How people think, learn, motivate, Change.
- Science of achieving, success, peak performance.
- Science of wellness without medicine
- Science to transform zero to hero
- Ordinary to extraordinary

NLP:



NLP is used globally by Thought Leaders, Speakers, Coaches, Psychologists etc. to create lasting transformation for their clients. NLP is also used by ANYONE who wants to powerfully catapult their life to a whole new level!



Dr. Richard Bandler

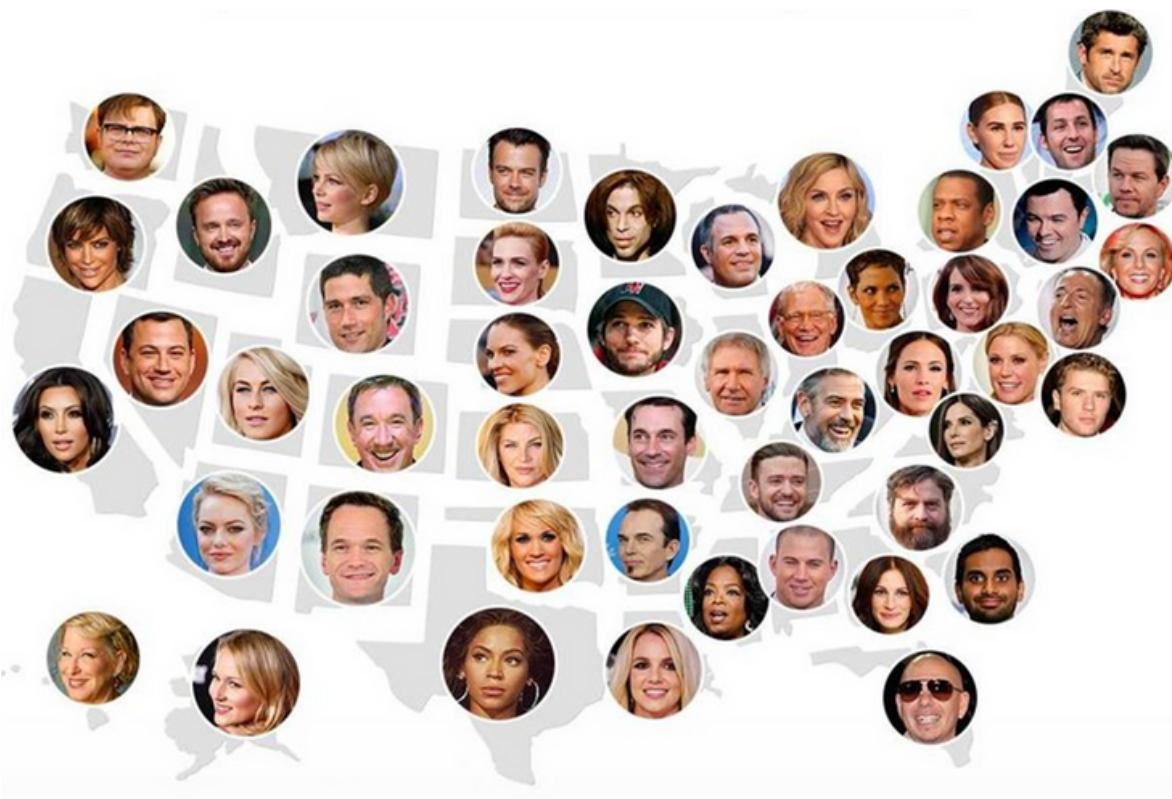
NLP started in 1970
By Richard Bandler and John Grinder
Who studies
Milton Ericson!!
Virginia Satir
Fritz Perls



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RISING DEMAND OF NLP:

NLP is used globally by Thought Leaders, Speakers, Coaches, Psychologists, Businessman, Entrepreneurs, Sports person, and Anyone who wants to master their Mind, Realize Their Potential and install patterns of excellence and wellness.



NLP is also used by ANYONE who wants to powerfully catapult their life to a whole new level!



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PHASE 03

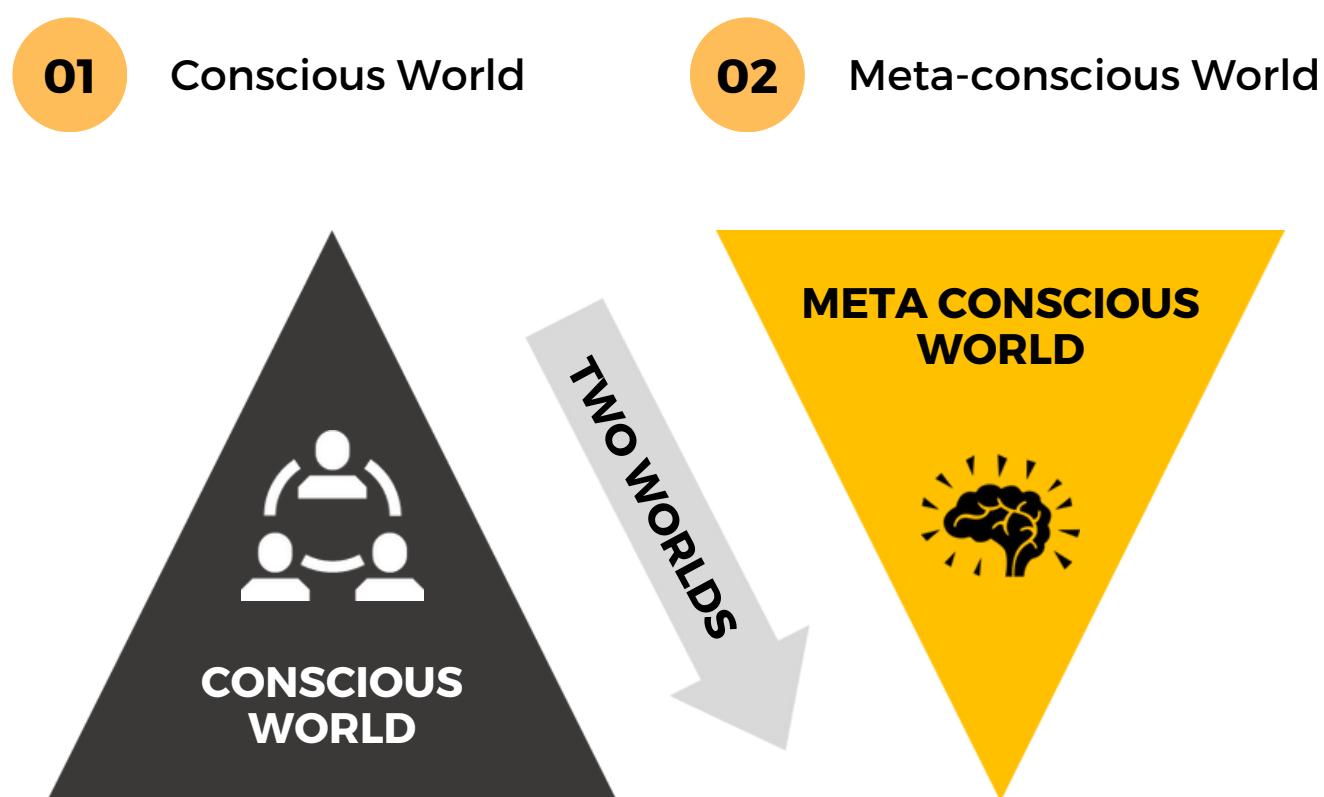
**DISCOVER THE LESS
KNOWN SECRETS OF THE
UNCONSCIOUS WORLD**



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NLP SAYS WE LIVE IN TWO WORLDS

As mentioned above, we live in two parallel worlds. There's a world that runs when we are awake and another that runs even after we are asleep.



The meaning of meta-conscious is beyond conscious, which includes the subconscious & meta-conscious.

When your senses are open and in that condition is called a conscious state.



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Example: 01

You can see me as I'm out as an object, but you're seeing inside your brain. It is defined as a visual of a consciousness.

Your eyes are taking visuals from outside and presenting them inside; that is called a visual of consciousness.

Imagine the smiling face of your father.

This father's image is not similar to a conscious image because it has only been seen and presented inside, so we call it a visual of meta-consciousness.

There are crores of impressions & visuals in your subconscious, which controls your emotions, decisions, and life on a subconscious and meta-conscious level.

Example: 02

Childhood abuse, breakup, bullying, toxicity, failure, trauma, hurt, phobia, guilt, etc., can still be in your impressions, and you still control how you deal with business, money, and life decisions.

According to mind psychology, 95% of people are meta-conscious and subconscious.



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How many of you have absorbed this unconsciousness?

Some people remember the highly charged events, and some have suppressed them.

For some, it's a stuck feeling, and for some people, it is completely understandable.

Conscious visuals impress you instantly. (You're in nature or enjoying sunset) it will make you peaceful.

Alike, subconscious visuals stay and impress you for decades.

The voices you have listened to from outside are called the audio of consciousness.

If I say, imagine the sound of your best friend's laughter.

These voices are seen and listened to internally, so you can call it meta-conscious audio.

Many people have said a lot to you, and some of the voices your subconscious still holds because it thinks it is necessary to protect you.



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Some of us still hold the comparison things like saying - I'm not enough, or I'm nothing and live with low self-esteem.

In childhood, everything was highlighted.

People are looking for perfectionists and finding perfection in everything.

Example: 03

- I want to **create a video**, but I can't.
- I want to **write a book**, but I can't.
- I want to **start a business**, but I can't.

Those people have given an excuse for everything and hold things by saying everything should be perfect.

Perfection is a trauma-response when you're not allowed to make mistakes, you are always scared to make mistakes, and you feel like you can't start without perfection.

Once I got a chance to interview someone who experienced stress responses in his body and became anxious when he heard loud voices. Recently, we learned that he escaped the Taj attack. Because he has witnessed the bullet firing in his surroundings, his anxiety and the sound of the bullet have become ingrained, and whenever he hears similar sounds, his anxiety returns.



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NLP has a process of de-anchoring through which you can remove the triggers.

Your entire belief has been in the form of these voices.

01



I can't do this

02



This is difficult for me

03



This is out of my capacity

04



My illness will not recover

05



My disease is unrepairable

06



I have to live a life like this



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INTRODUCTION TO FEELING

There are two types of feelings:

- **Conscious Feeling** - what you're feeling right now in the current environment, chair, is there any pain in your neck? Are you watching any programs or getting more data? Do you feel excitement or boringness etc. are your feelings conscious?
- **Meta-conscious Feeling** - how do you feel when your mother hugs you? How do you feel when you catch your child? How do you feel when you get promoted? The more you can recreate those things, the more you want them to be.

We constantly drive our past feelings and feel sad in the present.

Example:

Your heart is still in pain about the breakup which happened 2 years ago.

The lifespan of an actual emotion is in between 4 to 12 minutes.

Any of your emotion will rise once and then reaches to pick up and suddenly falls.

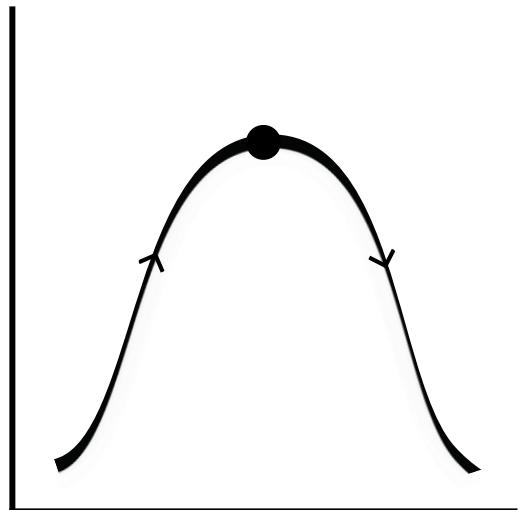


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THE GRAPH OF THE EMOTION

Then why is the person still feeling guilty, hurt, or living in revenge for a mistake they made 2 years ago?

You are giving the rest of your time to your memory except the 4 to 5 minutes, and the feeling you're repeatedly playing in you is unconscious.



If you ever feel joy, bliss, happiness, compassion, kindness, and gratitude, then remember those impressions are still there in your subconscious, and If you want, you can still drag those things and use it as a resource in your sad moments, training, or anywhere else.

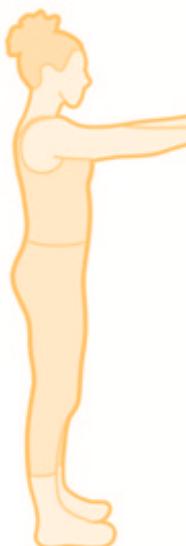
You have all the resources inside you, but the lack of resources there that you want to, but we can't use them.



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EXERCISE OF MAGNETISM

Keep your hand in front of you and imagine that two North Pole and South Pole attract each other and connect at the end, and you feel that pole.



- Straight your posture
- Close your eyes and imagine both your hands as magnet and magnet attract each other.
- You feel a force between your hands, and it wants to connect.
- Repeat it 5 times.

How many of you have experienced the force?

90% of people will likely feel the force for sure.

There's nothing in your hands, it's all fixed in your brain, and you're just assuming that the force is in between your hands.

In physical events, I can make your mobile so heavy that you won't take it, and I can also lock up your two hands, and you can't even unblock them. I can also cross the needle from your skin.



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Everything can be explained as there's also not a magic trick.

There's a thing in between your conscious and meta-conscious.

Whenever you want to complete a goal, you need to implant it in your meta-conscious, and if the goal is not reached to the deeper level of meta-conscious, then it will not be fulfilled. It will not work, doesn't matter how hard you try.

So, for any goal you want, you need to implant a seed in your subconscious; then, only fruits will grow.

Most people take their goals only consciously, and that is where the problem comes from.

Don't you consciously know how much money you require, how much weight you need to maintain, or what your good and bad habits are, etc. some people know more than necessary?

Your conscious has listened to your goals, but your goals have not even reached the meta-conscious, and just because you're meta-conscious is not aware, you feel a struggle in your goals but are not able to reach them.



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Example:

You are not aware of how to swim, but you purchase a book on how to swim and learn all the techniques about swimming. Let me know if you will get the gold medal by doing this hard study.

Maybe it is possible if there's debate in swimming, but I advise you not to jump into the water as your consciousness is only aware, and your meta-conscious is unaware of that.

How you are aware of your consciousness, then the language of your meta-conscious is completely different.

It is something like you are giving a signal to the elephant to turn left, and the elephant is not taking a left, so you are giving another signal to take a right, but still, he is not taking any action, and at last, you left giving the signal.

The issue with you is that you are not aware of the language elephants can follow.

So, whenever you want to grow, you must learn and implant your goals in your meta-conscious.



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Until you don't plant your goals with meta-conscious, you will not receive the fruition.

That's why you will find many people who have completed the Ph.D. degree in all areas, but in reality, they won't be able to reflect their skills because their knowledge has been understandable by only their conscious.

If you want to learn the mastery at deeper levels, there are three levels of every transformational mastery:

3 LEVELS OF TRANSFORMATIONAL MASTERY



01 | COGNITIVE MASTERY

Cognitive mastery creates a deeper understanding and awareness of a particular subject.

02 | EMOTIONAL MASTERY

Emotional mastery means you can relate it to your experiences, and the knowledge and experiences are connected internally.



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03 | PHYSICAL MASTERY

A common technique and process of things is the third level of mastery, called physical mastery. You will not be able to take action if you jump directly onto the physical mastery.

Today we all have curious minds, and we expect instant results.

- **HOW DOES YOUR MIND CREATE DISEASE IN YOUR BODY?**

This is a very deep and useful topic for those dealing with major diseases. Always remember that sometimes prevention is better than cure. We always think about our health when we are in illness.

Always remember that a human being is a holistic being which means if the balance of your health will disturb, that imbalance will definitely enter your relationships and eventually your money.

Mr. Zunzunwala's last words were:

"I did the worst investment of my life, and that was my health."

80% of your diseases are called psychosomatic, which means the root of the disease starts from your root and enters your body slowly.



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DR. YOGENDRA SINGH RATHORE

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CONCLUSION



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Celebrate and allow yourself to be celebrated!

The author says that the first important step to living a life without limits is to find your purpose.

"If one can live with faith, one will never believe in despair."

We were constantly told by society that to be loved, appreciated, or considered successful; we needed to maintain a unique lifestyle, have a certain appearance, and drive a certain car.

In this worksheet on "**HEAL YOUR MIND TO HEAL YOUR LIFE Day - 1**", you will learn how to encourage others to recognize their problems, work harder, and keep looking for creative solutions. A perfect action plan to help you find your way is provided in this worksheet with engaging and effective content, strategies, practices, and methods.



HEAL YOUR MIND TO HEAL YOUR LIFE DAY - 1

In addition, the worksheet on "**HEAL YOUR MIND TO HEAL YOUR LIFE Day - 1**" will help you establish a belief that life is limitless and provide you with opportunities to take crucial steps in a better direction." Your perspective is what determines whether you see life as half-full or half-empty.

The worksheet "**HEAL YOUR MIND TO HEAL YOUR LIFE Day - 1**" is about staying true to who you are and what you've accomplished. It's not meant to teach you anything new but to help you feel more confident in what you already know.

TOPICS OF THE 2ND PART:

- Psychology of human motivation
- Four types of personalities
- STATE - the most important chapter of NLP
- How to erase the memory and let go of it to remove the blockage from life

Thank You

**HEAL YOUR MIND
TO
HEAL YOUR LIFE**

“

I'm on Mission to transform 100 million lives by connecting them with their true potential.

”

- DR. YOGENDRA SINGH RATHORE