

# MIND TRAINING SESSIONS

## SUMMARY

Implementation Day

Phonetic Number Code

# You don't have creativity, You do Creativity

# Use just the first sound of each word in your Body Folders

# Body Folders in Numeric Code

- \* Top = T = 1
- \* Nose = N = 2
- \* Mouth = M = 3
- \* Ears = R = 4
- \* Larynx = L = 5
- \* Shoulders = Sh = 6
- \* Collar = C = 7
- \* Fingers = F = 8
- \* Belly = B = 9
- \* Seat = S = 10

# Use implementation Days to

- \* Go through the summary of the missed sessions
- \* Do the pending homework
- \* Be active in your respective groups and ask questions post results regularly