

MIND MASTERY

A new model of personal transformation,
manifestation and personal productivity.

by Mr. Twenty Twenty

<http://www.innercircleproducts.com>

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MASTERING YOUR MIND - THE FOUR MINDS RECORDING SESSION

INTRODUCTION

How do I run my mind? More Effectively? So I can accomplish almost anything, be more prosperous and creative, be healthier – have more energy?

This might sound crazy – but it might be the ONLY way to get consistent – amazing – exactly what you want....

We assumed...

One physical brain. = One mind.

But if we listen to our language – and watch our behavior...

I have to make up my mind...

What do I think about that?

I said to myself... Let's look at it this way.... Then another part of me...

I have to stop beating myself up. (Who is beating who?)

Time to get your stuff together – Johnny Boy.

What happens when you don't have all the members of a team, working together, in perfect harmony, toward a common objective?

- What happens when EGO gets in the way.... (I want the glory)
- What happens when RESENTMENT gets in the way...
- What happens when an attitude of superiority gets in the way.... (I am superior)

Think football. (Or any team sport.)

Think the office. (And some families.)

Think insane amounts of stress, time and energy wasted, and inconsistent results.

Welcome to reality – inside your head – inside your world.

How to we straighten all this mess inside your mind out?

First step, move from singular mind model to multiple mind model.

(It's just a model, and it seems to be a much more EFFECTIVE one, than the old one.)

Multiple Mind Theory – Incognito – Secret Lives of the Brain – David Eagleman.

What if this were true? What if we do have multiple minds – that need to be brought together as a team?

What if all we had to do is get the TEAM MEMBERS – to agree to work together – in perfect harmony – toward a common objective?

Where cutting edge and ancient wisdom meet.

That spikes my attention – makes me sit up – makes me want to learn MUCH MORE.

Because this is not just cutting edge research, it is ancient Native American Wisdom.

Harnessing the FOUR WINDS.

Four men can lift and move a piano four feet. One man, can not – lift a piano – and move it a foot.

How do I get ALL MY MINDS – to work together – in perfect harmony – so that we can – accomplish anything – be more prosperous – more creative – healthier – more energized?

The Native Model: We have FOUR distinct minds.

Each one has it's own powers.

Imaginative.
Nurturing.
Curious and connecting.
Being firm and stable.

Each one has it's own WAY OF PERCEIVING.

And it's tied into FOUR ANCIENT ARCHETYPES.

And when they work together....

When they are out of balance... not functioning as a team.... working together toward a common objective.....

- I need to imagine more creatively.
- I need to read more..... learn more.
- I need to figure it out. Just in case.
- I need to keep going, keep forcing.... Stick with my ancient plan.

THE FOUR WINDS TEACHING OF THE MIND.

EAGLE MIND: Imagine Mind. What we create.

BEAR MIND: Nurture Mind. What we feed – and are fed with.

MOUSE MIND: Curious – Connecting Mind. Making Connections. Making Discoveries.

BUFFALO MIND: Determined and Determining Mind.

EXAMPLES OF EACH MIND IN ACTION

(Notice THE ORDER.)

EAGLE: I imagine me doing that, with them.

Imagine into ACTION.

Feel THE TUG, let it go, act on it.

MOUSE: I become curious about how to do it, what is else is possible... Who else might want in.

Start touching the PARTS. Making the phone calls. Asking people questions.

BEAR: I read up on –learn about – watch videos.... Write out and speak about....

No junk food.

Health food.

BUFFALO: I make up my mind firmly – specific about what I want – starting right now.

Get a specific VISION in your mind.

Not DATA about vision.

Specific scenes that imply the wish fulfilled.

THE TRAPS OF EACH MIND

EAGLE TRAP: Porn becomes real. Excape vs engage.

Now what can I do to participate in this becoming physical?

BEAR TRAP: Never applying. Only learning.

How can I use this NOW?

What did I learn from applying it?

MOUSE TRAP: Have to figure it all out.

What are 3 possible first steps?

How am I drawn to start it now?

Writing. Recordings. Asking questions.

BUFFALO TRAP: STUBBORN. Clinging ONLY to what worked before.

“The old ways and means.”

Apply the old principle to the new world.

Share them in a new way. (Recording of a written book.)

THE MEDITATION:

Call to order the four minds.

Explain to them what a mastermind is.

Offer to lead them.

Ask for open input from all of them.

Then lead.

Periodic sessions.....

ADDITIONAL RESOURCES:

Apache Scout Mind Control: End all conversations inside your mind and your life that hold you back. Multiply your results with the Productivity Pump methods and more. Free videos.

<http://www.innercircleproducts.com/apache-scout-mind-control-2012/>

The NXT90 Mastermind – Facebook Group: Dedicated to making the next 90 days of your life the most transformative ever.

<http://www.facebook.com/groups/nxt90/>

FreeNeville.com: The most amazing site on the internet where you can download 221 Neville Goddard lectures for free.

<http://www.freeneville.com>

The Ultimate Mastermind Book:

<http://www.2020mastermind.com/>

Email us anytime at: 2020@exhostage.com

Thank you for reading, applying and using this time tested – valuable information. Our world is a better place, because every person and every act we do matters.

Mr Twenty Twenty