

THE ESSENTIALS Workshop April 9, 2015

- 1) **How your mind works**
 - a. Conscious mind
 - b. Subconscious mind
 - c. Unconscious mind
- 2) **What belief is and does..**
 - a. A belief is just a thought you keep thinking
 - b. Beliefs influence behavior
- 3) **How to revise behavior, change beliefs and Reformat the Unconscious. . AKA Install new software onto your personal hard drive**
 - a. Gratitude
 - b. Meditation
 - c. Cognitive based shifts via Will Power
- 4) **How Prayer works – Manifesting**
 - a. Jesus taught
 - b. Neville Practiced
 - c. Dyer explained
- 5) **Consciousness Technologies**
 - a. Faster EFT
 - b. Matrix Energetics

Homework: Read the pages, Study the info. & and PRACTICE the protocols @

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