



A 21-Day Empowerment Course
Created by Susyn Reeve & Joan Breiner

*The sooner you learn **YOU** are
responsible for your life -
The sooner **YOU** can
create the life you desire.*



How the Brain Works

Knowing how the brain works is a core concept of The Mind Manual System. When you understand how the brain works you can exercise conscious control over self sabotaging habits of thinking and replace them with patterns of thinking that support your empowerment and healthy self esteem.



The brain is made up of cells called neurons. These cells have nerve endings called synapses and dendrites. Nerve endings release chemical and electrical stimuli to communicate with each other. This brain communication forms neuro-pathways in the brain and is the basis for how the brain works.

When you initially learn something the brain pathway or connection is weak. The more frequently you think a particular thought the stronger the pathway becomes, forming an automatic habit of thinking. We call this brain training.

Now that you understand how the brain works let's take a look at an example, learning to ride a bicycle. At first you must pay attention to staying balanced, keeping your eyes on the road, holding onto the handlebars and steering in your desired direction. Then the more you practice, the stronger your bicycle riding pathways become.

Eventually you are able to get on your bike and ride without thinking. You're operating on automatic. A strong brain pathway has been created as though new bicycle riding brain software has been uploaded and is seamlessly operating in your mind.



Your brain works the same way in forming how you think about yourself – your self esteem. As a child your thoughts about yourself are formed from the messages you've heard and believed from important and influential people in your life.

For example, if you were continually made fun of by classmates and not invited to play with them when you were a child, you have probably developed a low self esteem thought pattern regarding friends and social situations. As a result, as an adult, obsessive thinking reflecting these patterns, may automatically surface in social gatherings where you experience anxiety, fear and nervousness based on thoughts like:



People don't like me



I was only invited because they had to

- ✓ Nobody's going to talk to me
- ✓ I don't know what to say

These beliefs form your dominant thought pattern. They operate on automatic, like a habit, and are the thoughts that trigger, consciously or unconsciously your feelings and reactions to the circumstances of your life.

***Good News: Thought Patterns Can Be Changed!
And so can you!***

When you become aware of what you are thinking and feeling, you can choose and practice using new thoughts and behaviors. With practice, your new thoughts will become your dominant thoughts replacing old patterns of thinking.

This is why we developed [The Mind Manual System](#). It is jam-packed with easy to follow self-esteem building activities, exercises and worksheets designed to boost your self-esteem dramatically and improve your confidence when you follow the 21 - Day Program. Guaranteed!

Here is your sample Lesson from The Mind Manual System:

LESSON 6: Visualization Gets Results!

Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding.

Hold this picture tenaciously.

Your mind will seek to develop the picture. . .

Do not build up obstacles in your imagination.

- Norman Vincent Peale

Author, [The Power of Positive Thinking](#)

Everything that exists begins as an idea, a dream, a vision. It is in-visible – seen from the inside out – nourished and made visible with passion, conviction, faith and action.

***What do you visualize?
Your hearts' desire or your fears.***

Why is visioning important? Visioning is the process of asking what you want and allowing the answer to be revealed from the inside out – listening to your heart. Then using the full resources of your imagination to experience what you desire as though it exists in the present moment.

Since research has shown that the brain does not distinguish the difference between what is real and what is imaginary, creating a visualization nourishes whatever you focus your attention on. For example: Have you ever found yourself crying while watching a sad movie? You know that the movie is not real. But the impression your brain receives is real and as a result you cry while watching the film.

Using your mind to visualize an image of what you want creates a strong impression on your brain – resulting in improved performance and success in creating your desire result. You react to whatever is in your mind. You react to the thoughts you think – the beliefs you have - and in turn they create your feelings – the energetic vibrations that powers the creative process.

**Thought generate feelings and always precede action.
Visualization brings your thoughts and feelings to life
from the inside out and inspires action.**

A waitress who says, *“How about a slice of our famous hot apple pie with a scoop of our creamy homemade vanilla ice cream and topped with our fresh delicious whipped cream?”* is painting a word picture, engaging your imagination and senses and has a better chance of getting your dessert order than a waitress who simply says, *“How about dessert?”*

**Allowing your vision to be revealed by listening to the guidance of your heart
and then visualizing - actually feeling - your results accomplished
is crucial for shaping your future.**

Do you spend time imagining your hearts' desire fulfilled or do you focus your attention on what you don't want, what you are lacking in your life, combined with imagining the fears and obstacles to your success?

Today you will: Create a Vision Board – a collage that visually represents your dreams, goals and hearts' desire.

Materials:

- large poster board
- magazines, calendars, greeting cards, photos
- scissors
- glue

You may choose:

- to make your Vision Board in one sitting
- a date to complete it and begin to collect, in a folder, images and inspiring words
- to use [Vision Board Software](http://www.visualizeyourgoals.com/cmd.php?af=1123514) to create your Vision Board on your computer
(<http://www.visualizeyourgoals.com/cmd.php?af=1123514>)

**Include an image of yourself on your image board,
placing you in the life you desire.**

When your Vision Board is completed:

- place it somewhere you can easily see it
- make time each morning and evening to look at your Vision Board
- As you look at it, step into it, feeling the feelings associated with your dream fulfilled.

For More Information about The Mind Manual System:

[Listen to what people are saying about The Mind Manual System](http://www.mindmanualsystem.com/sales_text.html#testimonials)
http://www.mindmanualsystem.com/sales_text.html#testimonials

- [Download The Mind Manual System Now](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=FGCC559MDX2GQ) - Get Instant Access to this Ground-Breaking Empowerment System (https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=FGCC559MDX2GQ)



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100% Unconditional 60 Days Money Back Guarantee: We are so confident in our Mind Manual System that if for any reason in the first 60 days you don't see the incredible value of this program, simply contact us for a full, no questions asked, refund!

Remember: Just ONE really good idea, strategy, or insight, put into practice, from The Mind Manual System will easily and significantly impact your life - today and well into the future.

The Mind Manual System opens the door to your empowered life filled with passion, purpose and unprecedented Self-Esteem.

If you have any questions feel free to email us at:
support@selfesteemexperts.com

In Celebration of Your Empowerment & Inspired Self-Esteem,
Joan and Susyn



Joan Breiner M. Ed



Susyn Reeve M. Ed

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