

Getting to Know Our Mind Better

If we knew how our Mind works, we'd be able to handle our Life better



**Can Cookie Monster stop eating Cookies and switch to Fruit?
Can He change the neural programming in his Brain?**

Most of our known limitations come from our Mind.

If we could understand our belief systems and release ourselves from the ones that don't work for us, if we could understand how our Mind works and not pay attention to it when it's repeatedly negative, if we could understand what to do with our emotions, or if we could stop the same defeating pattern in our relationships, or earn and keep our money ... what would life look like?

Getting to know our Mind better, helps us understand our Mind better, and provides tools to empower ourselves to lead a more fulfilling life.

Grounded in psychology, we at **Unleash the Inner U**, conduct a **6 part workshop designed for teenagers**, (and **adults** under a separate workshop), on helping understanding, functioning and changing the way our Mind works.

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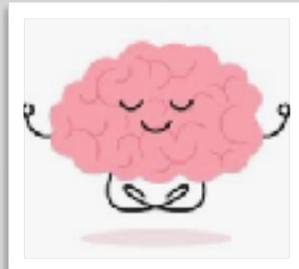
How does our Belief System govern our thoughts, emotions?

2

The Rules of the Mind helps us know when NOT to pay attention to our Mind

3

Our Emotions, what should we do with them?



Interactive Workshop Style Sessions:

- **S1: How are our Beliefs formed?**
- **S2: What are the Rules of the Mind?**
- **S3: Our Emotions: What are they trying to tell us?**
- **S4: Procrastination: What does it really mean?**
- **S5: Relationships: The Mental Dance we do**
- **S6: Money: How to have a healthy relationship with Money?**

Workshop style sessions allow each to experience what we are learning. It's not just learning the theory but applying it to ourselves right there.

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Unleash the Inner U, based in New York City, New York, USA, has unique workshops to help each person understand their Mind better to have a more fulfilling Life.

This is a series of 6 workshops, about 1 hour each.

Session 1: How are our Beliefs formed?

Beliefs are those ideas, we assumed to be true about ourselves early on. 'I'm very messy. I should've been a boy. I'm not as smart as my sister.' Many times we don't even know where this belief comes from. Yet, they guide us in our daily behaviors and actions. They sit in our subconscious. But if we could dispel of these beliefs from our very root, then we could behave and act differently. We could be free of these beliefs. This session helps explains how we form our beliefs and what we can do to dispel the ones that don't empower us.

Session 2: Rules of the Mind

Our Mind is like a separate entity. It functions on its own. It keeps on saying things to itself. Unfortunately, most of the time, it may choose to say things that don't help us. Interestingly, that's the one thing that we can control and stop. We can stop the things we don't want to say, and purposely guide ourselves to the things we want to say. By understanding The Rules of the Mind, we can take purposeful responsibility in changing our thoughts.

Session 3: Our Emotions: What to do with them?

We've been told, don't get emotional. But what to do with them? We do have emotions. They're very real and they're trying to tell us something. Instead of pushing them away, we can understand what they are trying to tell us, how to feel them and how to manage them.

Session 4: Procrastination: What does it really mean?

Procrastination isn't laziness. We want to do something, and when we're just about to start, we start doing something else. We avoid the project we're trying to do. Why? Understanding what our procrastination is really trying to tell us, we can deal with it and use it to help us move forward.

Session 5: Relationships: The Mental Dance we do

Any close relationship - parent-child, spouse-spouse, brother-sister, friend-friend, eventually gets stuck on a few issues. Each person eventually figures out what triggers the other. We say the same things again and again, and never resolve the issue. We do a dance with the same mental moves. How do we break this dance and resolve this mental act-react cycle?

Session 6: Money: How to have a healthy relationship with Money?

Why is it that it's so easy for some to earn money? OR Some can earn but not able to keep their earnings? They spend it very quickly, or give it away. What are our subconscious patterns related to wealth? What can we do to change these and keep our abundance?

Note: The idea of this series is not just to learn but to experience. Each class is set with an introduction of the concepts, then applying them with exercises with a fellow student partner. The learning becomes experiential. Everyone's lives are busy. The idea is to have the initial experience during class and then understand how to look at our own Mind. Thank you for being an active participant and maximizing the learning.

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