

Mind Power

Mind Training for Peak Performance with Patricia Chamberlin



“The apparent limits of the human mind
are only the limits of uses to which we apply it,
and the limits of what we believe possible.”

Patricia Chamberlin, MindPower Trainer
PBS TV Feature “Brainwaves”

One Full Day of One-on-One MindPower Training
The Day that will Change Your Life Forever

The Day That Will Change Your Trading and Your Life Forever



LEARN HOW TO ...

Create Peak Performance Brainwave States Completely at Will

Unlock Your Self-Limiting Subconscious Beliefs using Biofeedback

Learn the Mental Skills all Worldclass Goal Achievers know

Experience Firsthand the Power of Your Personal Potential

Overcome Fear of Failure and Risk, Doubt, Hesitation

Achieve Heightened States of Mental Function & Awareness

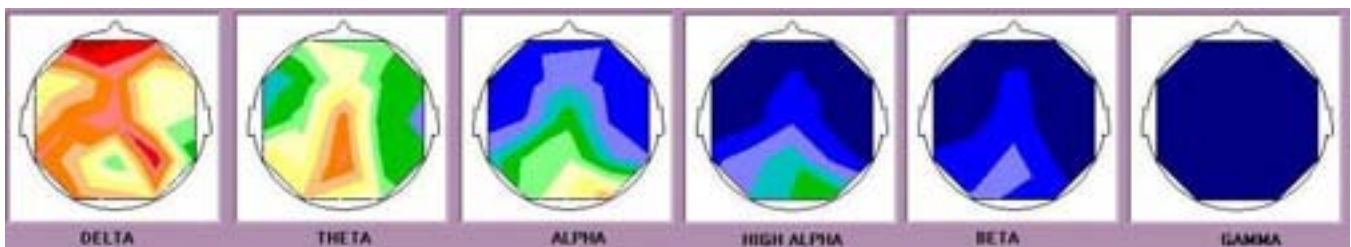
Increase your Mental, Emotional and Physical Abilities

Banish Self-Defeating Behaviors and Habits

Free yourself from Stress and Inertia

Live each day feeling Confident, Fully Alive Fully your Best!

-- In other words Achieve any Personal Goal you wish, easily and effectively

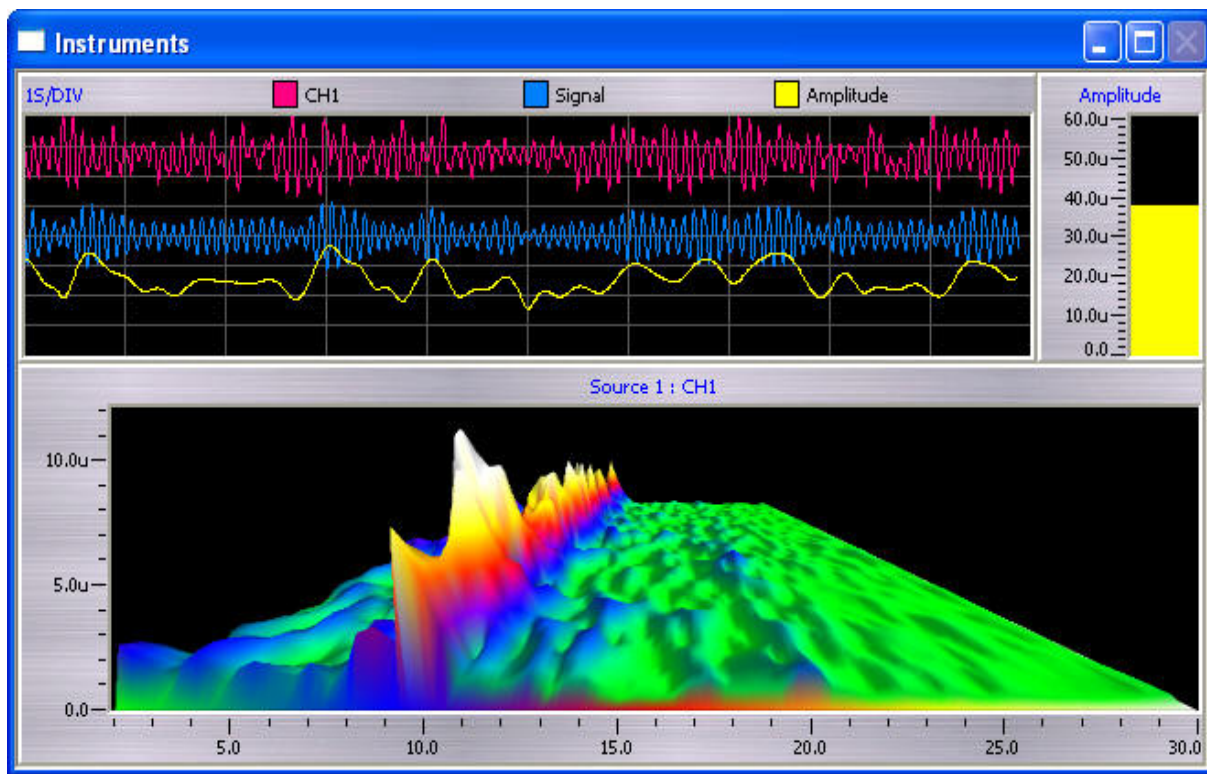


You will learn to create various Brainwave States at will, each state conducive to enabling specific goals

MindPower Training utilizes state of the art Brainwave Entrainment Mind Machines to enable you to learn how to create goal-related brainwave states completely at will. To further develop your mental skills and help you steer the most direct path to your goal, MindPower Training includes realtime Biofeedback monitoring of your:

- Brainwave Activity
- Muscle Tension
- Heart Activity
- Body Temperature
- and Skin Conductivity

This is Your Brain on MindPower



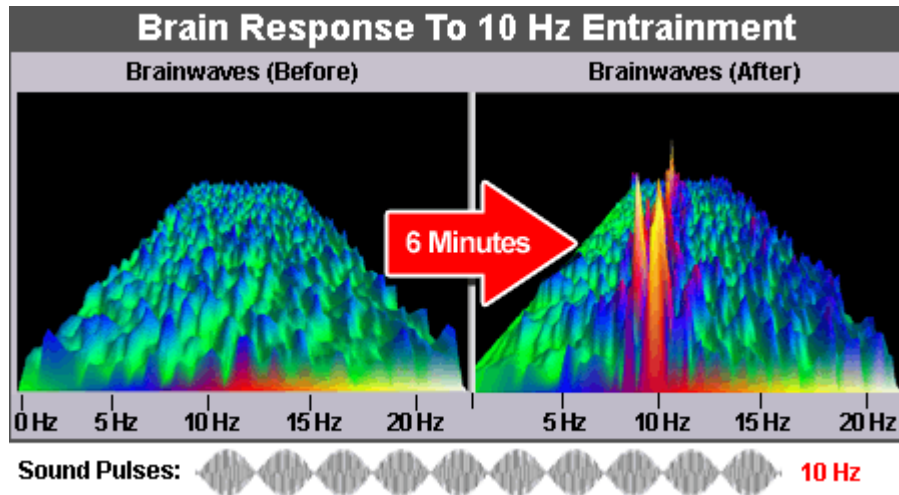
Your MindPower Training Day will go by very quickly, however it will stay with you for the rest of your life. This training meets you at whatever level you are. With the experienced guidance of a MindPower Trainer, and the aid of state of the art Biofeedback and Mind Machines, in addition to easy-to-understand Neurofeedback of your own brain's activity (pictured above), you will experience firsthand how to achieve the powerful brainwave states and mental skills that can take you easily and directly to your goals.

To begin expanding your awareness (and your self-awareness) during your MindPower training you will be attached to simple electrodes which will pick up your body's biological "biofeedback", and brainwave "neurofeedback" information. These comfortable, non-invasive feedback electrodes will read your brainwave activity (EEG), your muscle tension activity (EMG), your heartbeat activity (ECG), your heart rate (HR), your Galvanic skin response (GSR), and your temperature. Your various signals will then be digitalized and displayed in real time on the computer monitor to help guide your mind training process.

Your biofeedback and neurofeedback information is displayed in easy-to-comprehend ways that enable you to instantly gage, practice and expand your mind skills. The illustration above shows neurofeedback signals translated into real-time spectral analysis of brainwaves. In addition to displaying the electrical activity of the brain as bar and line graphs, spectrographs etc., your brain's activity can also be translated into musical tones, which are heard on the speakers. You can hear yourself "think". This audio feature is particularly helpful for mind training done with closed eyes. All displays can be printed out for recording your progress.

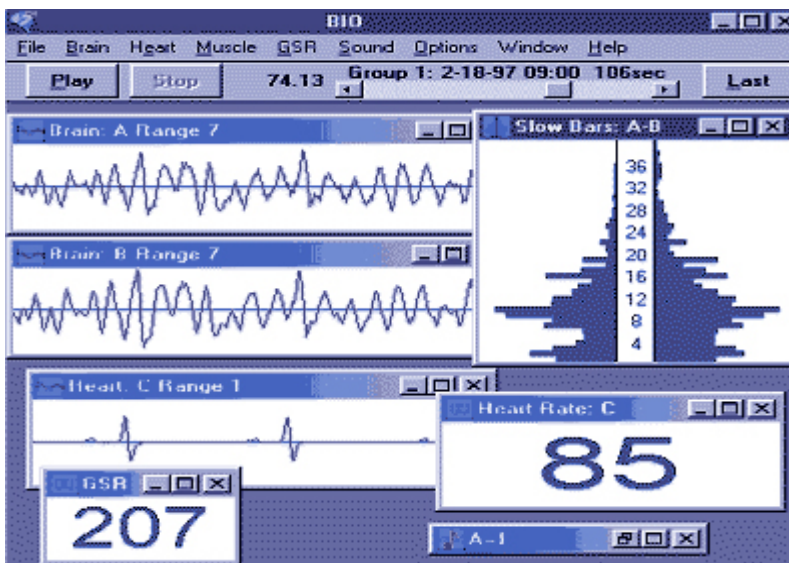
In addition to peak performance mind training all kinds from athletic performance to corporate performance, this type of feedback application is also useful wherever the goal is affecting mental/emotional states, such as in the music & multimedia industry, commercial productions, audience reaction, product market research, etc. Today, mind training offers individuals the same ability to discover the personal effects of these applications on themselves, enabling them to effect greater success in everything from everyday stress management to major life accomplishments.

Creating Specific Brainwave States for Achieving Your Goal



As the above brainwave biofeedback spectrograph shows, real-time Biofeedback and Neurofeedback monitoring is very helpful in telling us when the Mind Machine has "entrained" brain wave activity to a predetermined brainwave state. Here we see Alpha brainwaves generated in 6 minutes using a Brainwave Entrainment Mind Machine in a training session. Predominant brain electrical activity in the 10 Hertz range, tells us we are creating alpha brainwaves, known to be the optimal brainwave state for superlearning, among other things. Each brainwave state: delta, theta, alpha, beta and gamma has its own corresponding mind-state with characteristics and abilities which are uniquely suited to various specific mind training goals, such as accelerated learning, behavior modification, problem solving, memory enhancement, rest, sleep etc. For example, Transcendental Meditation is best mastered in Theta brainwave states, and certain Mental Focus goals are best achieved in Beta brainwave states.

Biofeedback Confirming Body/Brain Activity Conducive to Achieving Your Goal



Here, at left, you see a screen-capture showing the corresponding real time biofeedback output displayed as:

- ◆ 2 Brainwave Activity line graphs
- ◆ Brainwave Predominance bar graph
- ◆ The Heart Activity line graph
- ◆ The Heart Rate
- ◆ The Galvanic Skin Response
- ◆ Brainwave Activity in Musical Tones

MindPower Training in Action



Let's follow an actual person through a training day. This man's MindPower Training goal was to become a more consistent and profitable online trader, free from subconscious self sabotage.

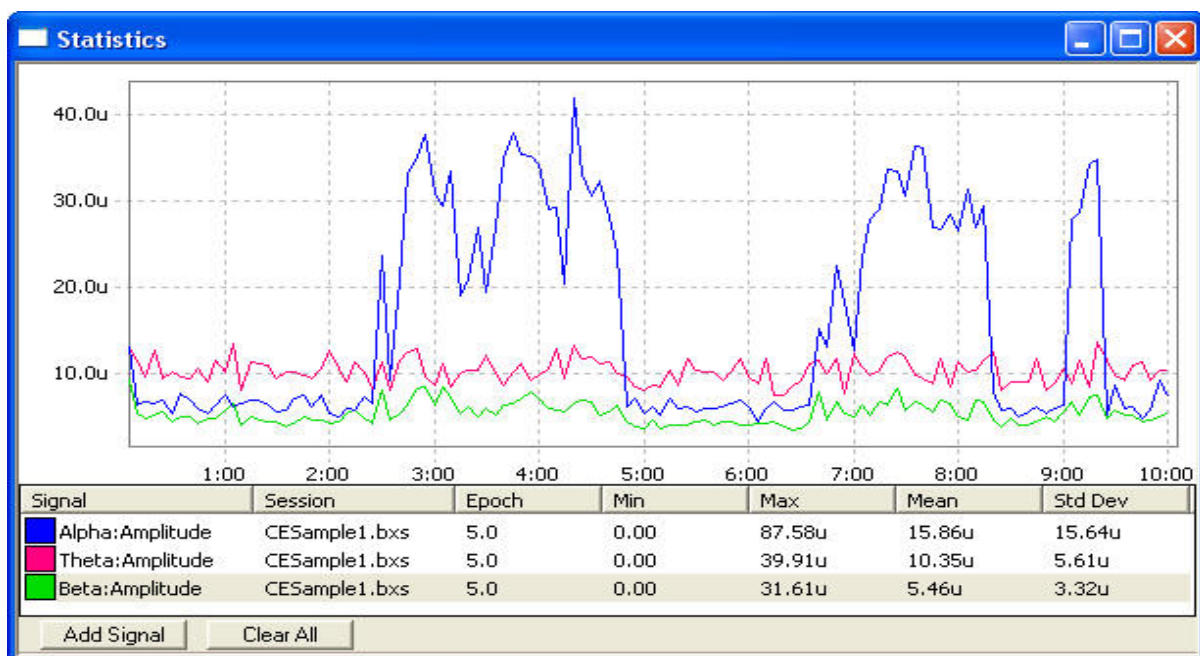
The mental and emotional limitations preventing him from achieving his goal were discovered through biofeedback monitoring to be varying degrees of: Fear of Risk, Fear of Loss, Anxiety, Greed, and Ego. Although naturally there are almost endless self-sabotaging limitations, by a process of elimination we can easily discern our

most imperative ones by watching the biofeedback values as we go through the discovery process.

Once the limitations are uncovered, we create a plan for acquiring the specific new mind skills necessary to achieve the goal. In his case the goal was Peak Performance Trading so we first needed to 'de-condition' the mind of limitations, and train the mind with specific new trading behaviors and habits. To accomplish this we plan a mind training session to enable him to learn how to create predominantly alpha brainwave states at will, since alpha brainwave frequencies have been shown to be an optimal mind state for behavior modification to take effect, and also for activities like trading that require alert yet relaxed mental function.

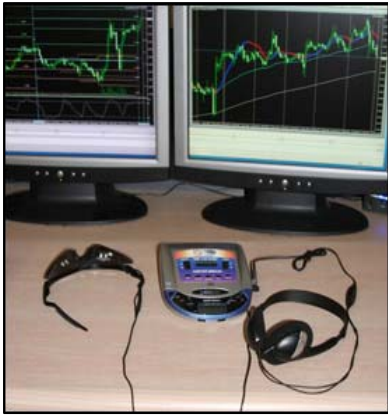
To "train the brain" to create alpha brainwaves we use a very relaxing process called Brainwave Entrainment, which is a pleasant experience on a mind machine (pictured above) where the mind is guided into specific goal brainwave states using a combination of rhythmical sounds (headphones), lights (glasses), background music and live voice guidance. During this brainwave entrainment session neurofeedback is also used to ensure that the optimal mind state is reached to enable the MindPower Trainer's guided behavior modification suggestions to be their most effective. A CD is recorded live during the session to take home.

Below the neurofeedback line graph confirms that at the end of only one day's training he has been successful in creating alpha brainwave activity in the optimal range conducive for achieving his Peak Performance Trading goals. He has also learned how to create this brainwave state at will, in addition to mind skills necessary to achieve any similar "personal best" type of goal he wishes in the future.



MindPower training using Brainwave Biofeedback is neither difficult to learn nor time consuming to achieve, plus new behaviors and positive changes begin to take effect very quickly. To support continued mastery of new mental skills you will take home the same Temperature Biofeedback Monitor that you train on, as well as the recorded CD of your session. Below you see a personal-size version of the Brainwave Computer/CD player that Traders enjoy at home to prompt optimal trading brainwave states or brain “tune ups” anytime they wish. MindPower training lasts forever and you will enjoy drawing on your new MindPower skills for any goal you ever wish to achieve. That is why we say:

A day of One-on-One MindPower Training can Change Your Life Forever.



- 9:00 AM Identifying Your Goals, Experiencing Your Personal Potential
- 10:00 Learning Goal-Related Biofeedback & Neurofeedback Skills
- 11:00 Plugged-In Biofeedback Training (EEG, EMG, ECG, GSR etc.)
- 12:00 Discovering Self Sabotaging Limitations through Biofeedback
- 1:00 PM Lunch Break, Mental Relaxation
- 2:30 Learning to Create Brainwave States at Will
- 3:00 Mastering Goal-Related Mind States with Mind Machines
- 3:30 Prioritizing the MindPower Goals (Life Goals, Task Goals etc.)
- 4:00 Creating MindPower Personal CD using Biofeedback
- 5:00 Brainwave Entrainment Session (CD Recorded Live)
- 6:00 Integrating it all for a lifetime of practical application
- 7:00 PM Dinner and Debriefing (all times are approximate)

In your ALL INCLUSIVE Training you receive a take-home a Personal Size Brainwave Entrainment Computer, a Biofeedback Monitor, a Live Recorded CD of your Session, 3 Meals, 2 Nights Hotel, Chauffer to/from Airport.

Meet Your MindPower Trainer

“Patricia doesn’t just train, she plugs people in and has them play with their minds – and discover capabilities almost beyond belief.” Pam Mortach, Director, Mega Trends

“I had an immediate sense of a gate opening within me. Now thirty days later, I feel flooded with physical and mental abilities.” Ray Azoulay, Director of Design, Liz Claiborne Menswear

“”Great Fantastic ... Words cannot express our awe and gratitude.”
David Schnitzer , Vice President, Smith Barney Investments

“An informative, humorous and evocative mind trainer.” Ted Robbins, Producer, PBS TV



Patricia brings to each individual training session a wide range of mind training experience from her 20+ year career as Human Potential Author of several books, Keynote Speaker, Seminar Leader, TV & Radio Host, Internationally Syndicated Human Potential Columnist and worldwide MindPower Trainer to elite achievers in every endeavor and field imaginable.

Patricia Chamberlin, MindPower Trainer
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