

THE MIND ACADEMY  
**THE LIFE  
POWER  
SYSTEM**

VOLUME 1

Learn 3 Simple Mind Academy Techniques  
in Ten Minutes That Can Change Your life



# THE LIFE POWER SYSTEM - VOLUME 1



***What is happiness? The feeling that power is growing, that resistance is overcome.” — Friedrich Nietzsche***

At The Mind Academy we believe that happiness and meaning come through embracing effort and struggle, putting our time and energy into worthy deeds and people, ending suffering for ourselves and others and healing the broken parts of ourselves, others and society.

In this straight to point workbook we share with you 3 simple to understand techniques that can give you more life power.

Our approach is different to clinical psychology and most self help. Instead we focus on integrating the very best of Hypnosis, NLP (Neuro-linguistic Programming), Success Coaching and Philosophy. As such we have had extraordinary results in helping people make the changes they want and training others to do the same.

The 3 techniques we share are simple and yet incredibly powerful when used.

We hope they help you in a real and practical way and encourage and inspire you to want to learn more.

Yours in health and prosperity

Alistair Horscroft and The Mind Academy team

## TECHNIQUE 1 - THE GARDEN OF YOUR MIND



The garden metaphor for the mind is a powerful tool used in hypnosis to create positive changes within the subconscious mind. By visualizing your mind as a garden, you can learn to weed out negative thoughts and beliefs while planting new, positive ones. This technique is particularly effective when used before going to sleep, as it can help you to reprogram your mind during the restorative hours of sleep.

Here's how to use the garden metaphor technique to create real change within your unconscious mind:

Step 1: Set your intention

Before you begin this technique, it's important take a few minutes and consider the repetitive negative thoughts, feelings, beliefs and behaviours that you loop. You can think about this in 4 areas.

1. Your relationship to yourself
2. Your relationship to health
3. Your relationship to others
4. Your relationship to work and success

Considering the negative loops of thinking, feeling, beliefs and behaving in these 4 areas will help you to focus your mind energy on what your unconscious needs to change.

## Step 2: Find a comfortable position

Lie down in a comfortable position, preferably on your back with your arms and legs uncrossed. Take a few deep breaths and allow your body to relax. Imagine yourself sinking deeper and deeper into the bed with each breath you take.

## Step 3: Visualize your garden

Visualize yourself standing in a beautiful garden. This garden is a representation of your mind. Take a moment to observe the garden. What does it look like? Are there any weeds or overgrown plants? Are there any areas that are bare or in need of attention?

## Step 4: Weed out the negative

As you walk through the garden, imagine pulling out the weeds and overgrown plants. These represent the negative thoughts, feelings, beliefs and behaviours that have been holding you back. As you pull them out, imagine yourself letting go of what they represent..

## Step 5: Plant the positive

Now that you have cleared out the negative, it's time to plant new, positive thoughts and beliefs and attend to what is already healthy or needs care. Imagine yourself planting seeds in the garden, imagine caring and watering and nurturing the plants and flowers that need it as they represent the positive thoughts, feelings, behaviours and beliefs that you want to cultivate in your mind. As you plant them, get a sense of the care and nurture transferring into your everyday life.

## Step 6: Do Some repetitive hard work in the garden.

Just like a real garden, sometimes repetitive hard work is needed to make the garden flourish. Imagine yourself doing the hard work but as you do so, see and feel the satisfaction of the work. You get stronger and the garden thrives. This represents the effort you will need to put in to maintain your positive thoughts, feeling, behaviours and beliefs. You can get a sense that the efforts you are putting in allow you to increase your efforts in your everyday life.

Step 7: Drift off to sleep

As you continue to tend to your mind garden, allow yourself to drift off to sleep. Know that the positive thoughts and beliefs you have planted will continue to grow and strengthen while you sleep, helping to reinforce your positive mindset and prepare you for a successful day ahead.

Using the garden metaphor technique before going to sleep 3-4 times a week can be a powerful way to reprogram your subconscious mind. With consistent practice, you can create lasting change and transformation.

---

“Gardens are not made by singing ‘Oh, how beautiful,’ and sitting in the shade.”

- *Rudyard Kipling*

“Do not spread the compost on the weeds.”

- William Shakespeare,

~

## TECHNIQUE 2 - THE SWISH PATTERN



NLP Swish Pattern to change a bad habit or behaviour:

We have used chocolate here as the working example as it is a very common habit that people want to change, however you can use this process on any problem habit from smoking to procrastination. NLP is both simple and complex, or rather appears complex until you 'get it' and then it's simple. We have tried to make this technique as simple to understand as possible, but you may need to read through it a few times to 'get it'.

1. Identify the unwanted behavior: The unwanted behavior in this case is the habit of eating too much chocolate. Identify the desired behavior: The desired behavior is to reduce or eliminate the habit of eating too much chocolate.
2. Visualize the existing behavior: Visualize yourself in a situation where you normally engage in the unwanted behavior of eating too much chocolate. For example, you may imagine yourself opening a chocolate bar and eating it mindlessly while watching TV.
3. Now create a new large, bright image of the new desired behavior: Create a large, bright mental image of yourself engaging in a healthy behavior that would replace the unwanted behavior, such as eating a piece of fruit or drinking some water.
4. Shrink the new desired behaviour image down to the size of a small postage stamp. Imagine that shrinking this big bright and emotionally inviting image has loads of power in it, so as you shrink it down the energy and power of it condenses as if it wants to bust out to full size. Place this new desired behavior image, postage stamp size, in the bottom left corner of your field of vision.

5. Now go back to the unwanted behavior/habit image and see it in the top center of your visual field: In our working example you will be seeing yourself in the living room about to eat chocolate.

6. Swish the images: Quickly and smoothly shrink and move the unwanted behavior image of about to eat chocolate until it becomes almost non-existent. . As you do this, imagine or even say out loud a "swish" sound as the image of eating chocolate shrinks as the new desired behavior image that is postage stamp size in your bottom left of your field of vision of eating fruit or having some water should EXPLODE and EXPAND up into the top centre of your field of vision replacing the undesired behaviour completely.

In short the unwanted shrinks and the wanted expands. The unwanted diminishes and the wanted becomes dominant.

You are literally telling the brain. DON'T DO THAT DO THIS !

7. Repeat the swish: Repeat the swish pattern several times, each time making the large, bright image of the desired behavior larger and brighter, until it completely fills your visual field and the unwanted behavior of eating chocolate is no longer visible or accessible.

8. Test the change: Imagine yourself in a situation where you would normally reach for chocolate, and notice how you respond differently now that you have replaced it with the desired behavior of eating fruit or drinking some water.

By using this NLP Swish Pattern technique repeatedly, you can help train your brain to replace the unwanted behavior of eating too much chocolate with a healthier behavior, such as eating fruit or drinking water.

REMEMBER - you can try this on any problem habit or behaviour.

## TECHNIQUE 3 - LEAN IN



# THE SECRET TO UNSTOPPABLE MOTIVATION & DISCIPLINE

When the brain is faced with doing something new that requires effort, it often creates resistance.

There are two main reasons why this happens.

1. The first reason is that the brain has adapted to burn as few calories as possible. When we engage in a new activity, it requires extra mental effort, which means the brain has to burn more energy. This can make us feel tired or fatigued, which can be a deterrent to engaging in new activities.
1. The second reason is that the brain perceives new or effortful activities as a potential risk. The brain is wired to keep us safe and maintain the status quo. When we engage in new activities or effortful, we are stepping outside of our comfort zone, and the brain perceives this as a potential threat to our safety. Even if the new activity or effort has the potential to improve our lives, the brain still sees it as a risk and may resist it.

This resistance is experienced as feelings of agitation, irritation, and frustration. These emotions can be uncomfortable and can make us want to avoid the new activity altogether. However, to evolve and succeed, we have to learn to lean in and through the gateway of agitation irritation and frustration to the success we want. We have to embrace and lean into the uncomfortable feelings, as on the other side is the reward we want.



Recent findings in neuroscience suggest that dopamine, a neurotransmitter associated with reward and motivation, plays a crucial role in overcoming resistance to new activities. When we engage in a new activity, the brain releases dopamine, which creates a sense of pleasure and reinforces the behavior.

However, dopamine release is not automatic. It requires effort and persistence to overcome resistance and engage in the new activity. In other words, the release of dopamine is contingent on our ability to push through discomfort and persevere.

Moreover, research suggests that the brain adapts to repeated dopamine release by creating new neural pathways that reinforce the behavior. This means that the more we engage in a new activity and experience dopamine release, the easier it becomes to engage in that activity in the future.

This has important implications for overcoming resistance to new activities. By persevering and pushing through discomfort, we can create a positive feedback loop of dopamine release and neural pathway formation, making it easier to engage in the new activity in the future.

Other research has shown that our brains are capable of change and adaptation, even in adulthood. This is known as neuroplasticity, and it means that we can train our brains to become more comfortable with new activities. By engaging in new activities and pushing through the discomfort, we can create new neural pathways in the brain, which can make it easier to engage in new activities in the future.

In conclusion, when the brain is faced with doing something new that requires effort, it can create resistance. This resistance is experienced as feelings of agitation, irritation, and frustration. However, to evolve and succeed, we have to learn to lean through the discomfort and embrace new activities.

---

## THE "LEAN IN" TECHNIQUE

---

When you feel the inevitable resistance to doing something that you know you need to do like work, homework, study, cleaning up, going to the gym, going that extra mile...

Step 1. Acknowledge that the feeling of irritation, frustration and agitation are inevitable. They are not personal to you. They are EVERY BRAINS response to effort, risk and the new until trained otherwise.

Step 2. Imagine that this resistance is the gateway to the success and accomplishment that will actually make you feel good and give you the dopamine reward you want as well as the real benefits of actually doing the thing.

Step 3. Imagine walking through this gateway AND AT THE SAME TIME PHYSICALLY LEAN FORWARD AS IF YOU ARE ACTUALLY LEANING IN AND THROUGH THE GATEWAY.

Step 4. Do the thing !

Bonus: Keep doing this and you will start attaching the feelings of reward provided by the dopamine to doing the actual actions/behaviour themselves. This is when you start to become unstoppable.

---

## CONCLUSION & THE FUTURE

---

In this short workbook you have learned 3 incredibly powerful approaches to gaining more life power. No fluff, just useful, real world information.

**The Mind Garden** is to help make change within the subconscious mind. The subconscious mind responds incredibly to metaphor and symbolism.

**The Swish Pattern.** This is an introductory NLP process that can help change problem behaviours into empowered behaviours.

**The Lean In Process.** This process has taught you the reality of effort and struggle and how and why we can embrace it to be someone who creates themselves as a force of unstoppable motivation and discipline. .

## IT'S JUST THE BEGINNING

If you love and are inspired by this kind of work there is an incredible future available for you at The Mind Academy.

People from all over Australia and the world join us for two weeks to get trained LIVE as MIND MASTERS. Professionals in hypnotherapy, NLP and Coaching.

Some people take the course for personal development but most take it to become paid professionals as a career earning \$150 and more helping people change their lives and loving what they do.

Professional, ethical, exciting, life changing.

It's the new modern psychology course that delivers the changes and transformations that people really need in today's world.



VISIT US AT:

[WWW.THEMINDACADEMY.COM.AU](http://WWW.THEMINDACADEMY.COM.AU)

---

*Watch videos, find out more, embrace a new life direction !*