



## **THE MIND EXPERIENCE: 1-DAY SEMINAR**

1. Objective
2. Duration and Times
3. Course Outline
4. Cost

### 1. Objective

- To awaken the mind that is numb
- To break the chains of stress that hinder the mind
- To open the power door

### 2. Duration and Times

Course duration is one afternoon / evening, 2pm – 7pm.

### 2. Course Outline:

2pm

#### **Introduction**

The crisis of the human mind  
(the inattention of thought and the mind that loses sensation)

Mind depth  
(the mind beyond thought)

Mind frequency  
(the mind in a state of vibration)

The quality of attention and the peaceful mind  
(the mind in communication with power)

2:30pm

#### **Mind Assessment**

First encounter – My mind

2:45pm

#### **Relationship**

My mind, me, my family and work, my friends, my world

Fear, pleasure, competition and emotional turmoil (the mind that is in a constant state of fighting)

The process called Charging (into my thoughts)

Freedom from my thoughts

3:15pm *15minute break*

3:30pm **Mind Assessment**

Second encounter – Charging

3:45pm **The Interaction of Society**

Connecting with the power

Phase 1 (Power Plays)

Phase 2 (Communication of Senses)

Phase 3 (The Death of Yesterday – Expression of Self with No Past)

4:00pm Break into groups of 5 to encounter 3-phase workshop (45mins)

4:45pm **An Audience with Destiny**

A sense of power - working *with* the moment

Accessing power - a state of energy waiting, with no motive

5pm **Mind Assessment: Charging**

15minute silent attention (the mind that attends to the moment)

5:15pm Questions and answers

5:30pm *15minute break*

5:45pm **The Secret We Were Never Told – Magic**

Living without magic - communicating thought

Living in magic – communicating sensation

6pm            **The Expression of Freedom**

I say what I feel

I hear what you say

I respond with my life in total

6:15pm        Groups of 5 interactive (30mins)

6:45pm        Opening the power door

7pm            Closing

4. Cost

R 950 per person