

**The Most Powerful**



**Achievement System  
in the World**



**How to Double Your Energy and Mind Power**

**with Mike Pettigrew**

## What We Covered Last Month:



- Why People Struggle to Achieve What They Want.
- The 7 Reasons You Must Set Goals.
- Why You Must Become Clear About Your Goals in Life.
- Discover Exactly What You Want – even if you're not sure.
- High Performance Techniques for Doubling Your Focus.
- How to assess your strengths and weaknesses, so you know which areas need more focus..

**How to Double Your Energy and Mind Power**



# What You Will Learn Today:



## Technologies That Make You More Successful:

- Quick Recap of the Subconscious Mind.
- 9 Powerful Ways to Influence Your Subconscious.
- How to Use Technology to Speed Up Your Goals – with demonstrations of mind machines.
- High Performance Habits for Greatly Increasing Your Energy and Brainpower.



## Why These Are Important:

- You can start influencing your subconscious mind to achieve what you want more easily.
- By having more energy and brainpower you can be far more creative and achieve your goals faster.

# How to Double Your Energy and Mind Power



# Why People Struggle With This:



## They Don't:

- Understand How Their Mind Operates.
- Know How Their Body Works or Its Needs.
- Realise the Importance of Energy in Achieving Goals.
- Know How to Boost Their Energy.
- Understand the Importance of High Performance Tools and Habits.
- Realise Something So Simple Can Be So Powerful.

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# Your Subconscious Mind – a quick recap



## The Subconscious Mind:

- Makes Up 95% of Your Entire Mind.
- Controls Automated Bodily Functions.
- Files, Catalogues and Records All Your Experiences.
- Gateway to Unlimited Wisdom.
- You Have Been Conditioned – we all have!
- Your Subconscious Beliefs Always Win Out.
- Creates the Circumstances of Your Life.
- Fortunately, Your Subconscious Can Be Influenced.
- You Can Reprogram Your Mind for Success!
- Program it Through Repetition and Emotion.
- Works Like a Guided Missile to Get What You Want.

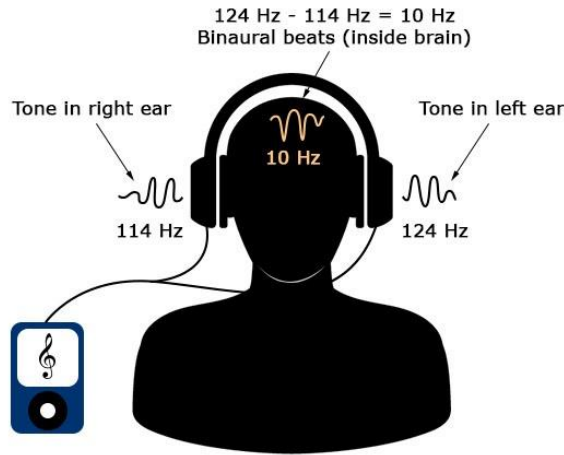
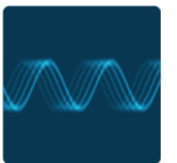
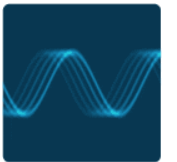
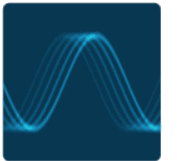
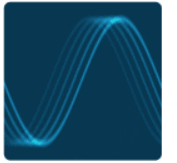
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# Your Brain Creates Different Waves – when in different states



1. **Delta (0.5-3Hz)** the Sleep State - large in amplitude and slow in frequency. Associated with sleep and very deep meditation.
2. **Theta (3-8Hz)** the Deep Meditative State – access to repressed memories, intuition, shamanic state or psychic state.
3. **Alpha (8-12Hz)** the Deep Relaxation State - when relaxed and focussed. Often produced during meditation and hypnosis. Achieve accelerated learning and doorway to subconscious.
4. **Beta (12-30Hz)** the Normal Waking State - when attention is directed at cognitive tasks.



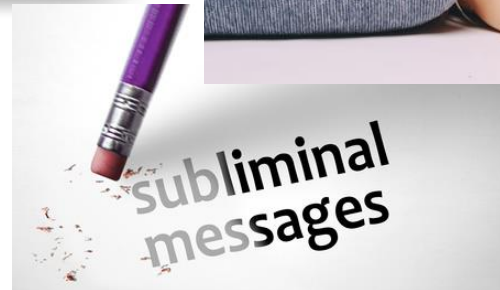
**Frequency Following Response** – different sound frequencies/beats create different brain states. “**Dial up**” any state of consciousness!

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## 9 Powerful Ways to Influence Your Subconscious Mind - recap

- Affirmations – empowering statements you frequently make to yourself, aloud.
- Creative Visualisation.
- Self-Hypnosis – relaxed, receptive state.
- Subliminal Audios & Computer Programs.
- Meditation.
- Bio-feedback and Electrocranial Stimulation.
- Brainwave Sensing Technology.
- Light and Sound Technologies.

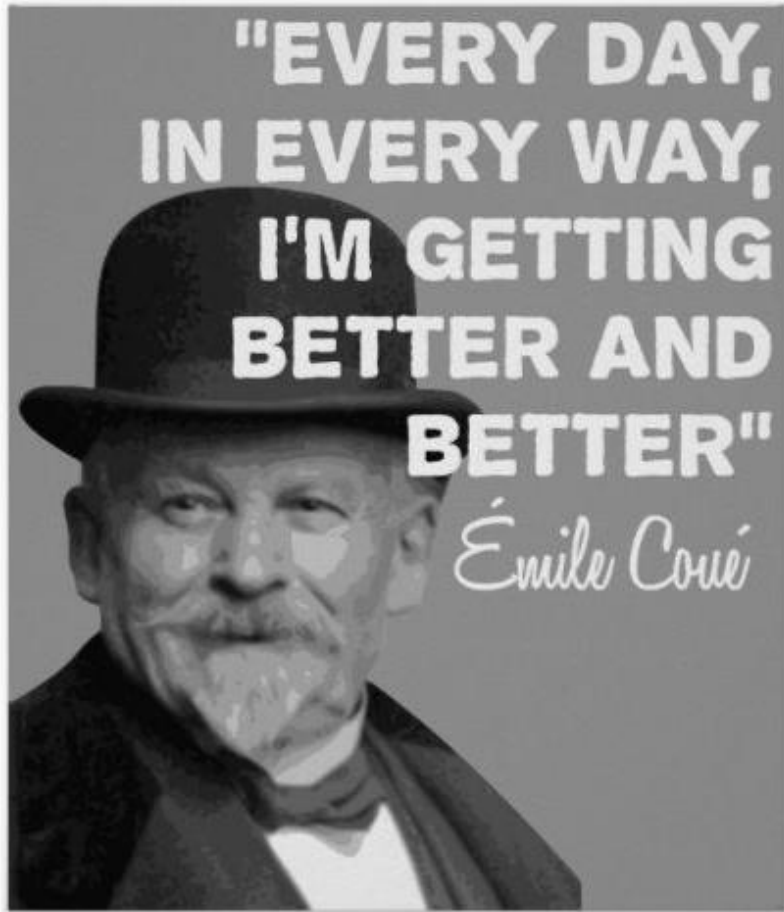


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# Affirmations – a simple effective way to program your mind



## Short Concise Statements You Make to Yourself Frequently With Emotion:

- They Help Overcome Limiting Beliefs.
- Allow You to Create a Success Mindset.
- Can Be Used to Overcome Fears.
- Enable You to Be More Courageous.
- Help You Achieve Your Goals FASTER.

➤ Very Powerful - They Really Work!!!



# Creative Visualisation – show your subconscious what you want



## Creative Visualisation Steps:

1. **Create a Deeply Relaxed State** - eg focus on breathing.
2. **Visualize Your Goal** - in as much detail as possible.
3. **Emotionalise Your Visualization** - using Goal Anchor.

## For Even Greater Power:

- Combine With Affirmations - every morning and evening.
- Create Action Steps – and take at least 1 action daily.

Napoleon Hill:

*“Our subconscious mind recognizes and acts only upon thoughts which have been well-mixed with emotion or feeling.”*

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# Self-Hypnosis – the direct route to rapid change...



- Hypnosis is a Deeply Relaxed Focus State.
- Its Very Enjoyable and Revitalising.
- It is VERY Safe – you can come out of it at will.
- It is a Doorway to Your Subconscious Mind.
- You Can Reprogram Your Subconscious Mind.
- Overcome Limiting Beliefs, Fears and Bad Habits.
- Install New Empowering Thoughts and Ideas
- Used by Millions of Highly Successful People..

Self-Hypnosis is the “**Hidden**” Secret of the World’s Most Successful People

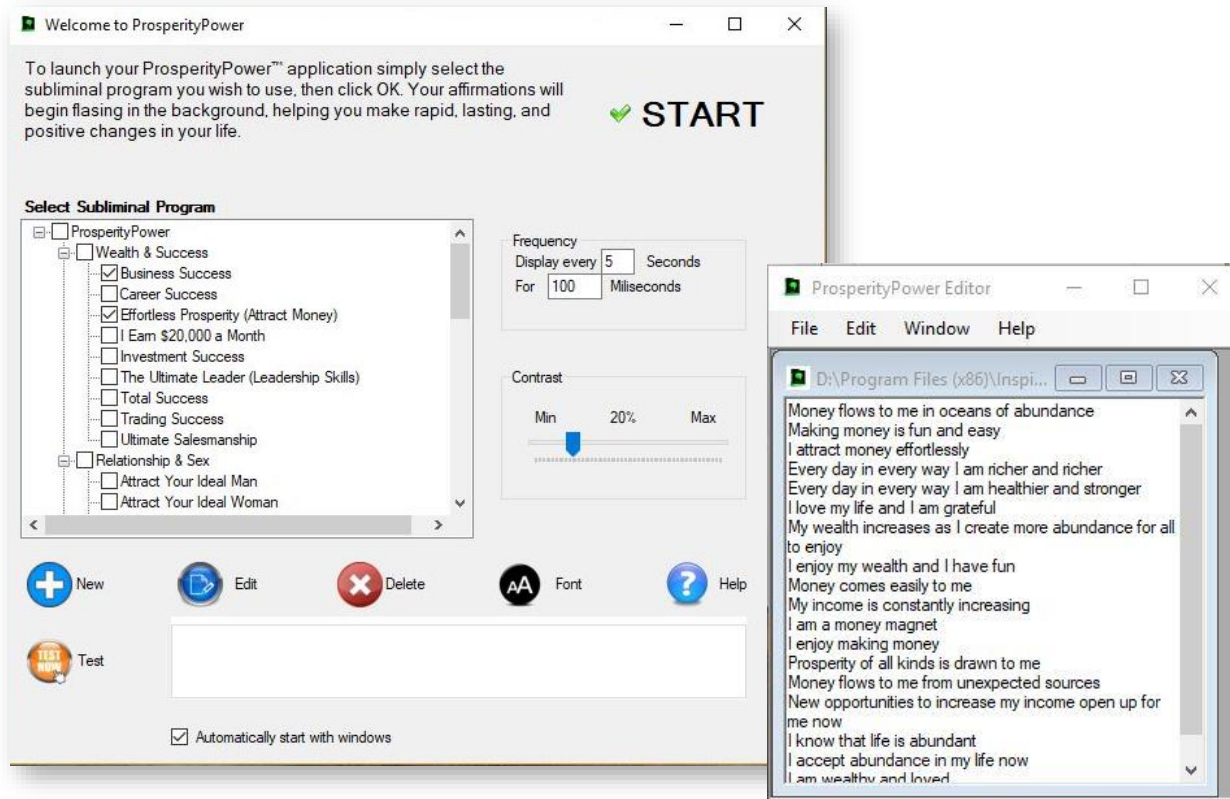
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# Subliminal Programs and Subliminal Audios

**So Powerful its Banned in Advertising!**

- Software for Your PC or Mac.
- Subliminal Audio Recordings.



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# **Meditation** – used by millions of highly successful people



## **Benefits of Meditation:**

- Reduces Stress and Improves Cardiovascular Health.
- Increases Your Sense of Well-being.
- Increases Your Sense of Connectedness and Empathy.
- Strengthens and Improves Your Relationships.
- Improves Your Ability to Focus.
- Makes You Far More Creative.
- Improves Your Memory.
- Helps You Make Better Decisions.
- Helps People Overcome Addictions.
- Enhances Your Immune System.
- Helps You to Achieve the "Flow" State.
- Reduces Physical and Emotional Pain.
- Enhances Spiritual Awareness.

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# Biofeedback – relax deeply and reprogram your mind



## Benefits of Biofeedback:

- Helps Overcome Stress.
- Relieves Migraine & Muscle Contraction.
- Can Reduce Chronic Pain.
- Lowers Blood Pressure.
- Can Help Overcome Anxiety and Depression.
- Helps With ADD/ADHD.
- Can Reduce Seizures/Epilepsy.
- Reduces Neck & Back Pain.
- Helps Overcome Addictions.
- Helps Re-educate Stroke Patients.
- Can Help Overcome Disease.

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# Brainwave Sensing Technology – another form of biofeedback



## Headsets That's Pickup Your Brainwaves:

- Learn to control your mind and emotions.
- Control your computer with your thoughts.
- See the immediate effects of your thoughts.
- Graph the brainwaves you are producing.
- Learn how to change your brainwaves at will.



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# Light and Sound Machines – access any state of consciousness!



## Sound & Light Together is VERY Powerful!

- Overcome Insomnia.
- Learn to Relax Deeply and Attain Inner Peace.
- Achieve Peak-Performance States.
- Deep States of Meditation (even for beginners!).
- Quickly Recharge When Low on Energy.
- Combat Stress and Overwhelm.
- Improve Your Focus Whenever You Need.
- Stimulate Creativity & Ability to Visualise.
- Program Your Subconscious Mind.
- Boost Your Intelligence!
- Great Entertainment Sessions Available too!

**WARNING:** Never use Light and Sound machines if you suffer from photosensitive epilepsy.

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# High Performance Coaching – what is it?



Brendon Burchard – Founder of High Performance Institute

***“High Performance means excelling and succeeding above and beyond standard norms consistently over the long-term”***

## High Performance Techniques:

- ✓ Scientifically Proved to Work!
- ✓ Adequate Rest + Exercise.
- ✓ Diet + Nutrition.
- ✓ Energisation Breaks - Every 60 to 90 Minutes.
- ✓ Progress Goals Daily – Use the Daily Success Planner.

## Result:

- ✓ Dramatically Increase Productivity (work smart).
- ✓ Reduce Stress and Burnout.
- ✓ Have Greater Focus - Get More Done and Faster.
- ✓ Achieve Far Higher Success – Than 95% of People.

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# The High Performance Coaching Model™

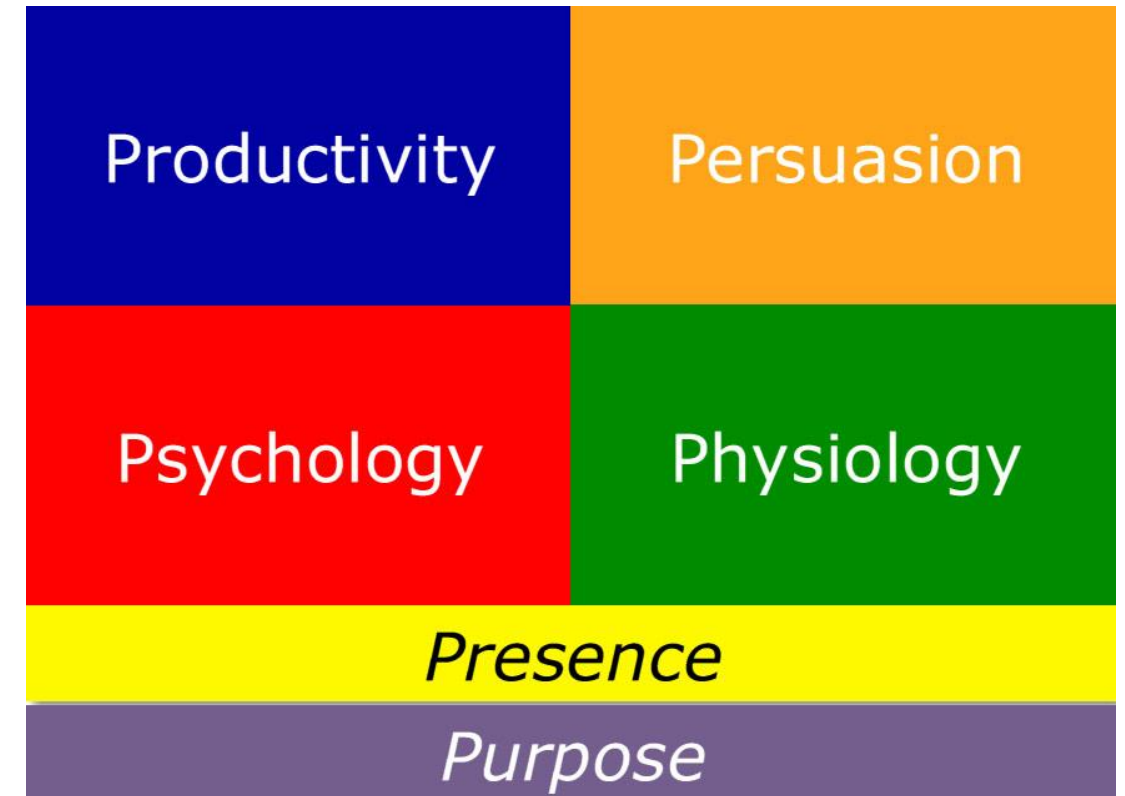


**CERTIFIED  
HIGH PERFORMANCE  
COACH™**

## We Experience These...

- Clarity
- Energy
- Courage
- Productivity
- Influence

## By Mastering These...



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# High Performance Energy Questions – to increase your energy



1. On a scale of 1-10 how much physical and mental energy have you had in the past 3 months? **Why is that?**
2. Think about a time in the past when your mental and physical energy were at their best. **Why was that?**
3. In the areas of **nutrition, exercise, wellness and sleep** - what habits do you have that support your energy and health?
4. **What routines** do you have for recharging daily, weekly, monthly, yearly? What would make you feel more vibrant?
5. Are there any areas of your life that are **particularly stressful** or draining energetically? If so, what do you do for stress management?
6. What would you take on if you had **3 times more energy?**
7. If you became **more committed** to your optimal health, what would you immediately start and stop doing?

**Brendon Burchard** *"The power plant doesn't have energy – it generates it"*

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# **Body Posture Affects Memory Recall and Mood – a study**

**Conducted by San Francisco State University**

- The study investigated the effect of posture (ie: sitting in a slouched or upright position) on the recall of either negative memories or positive memories.
- 216 college students sat in either a slouched or an erect position while recalling negative memories and then in a second step, recalling positive memories.
- They then sat in the opposite body position while recalling negative and then positive memories.

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# **Body Posture Affects Memory Recall and Mood – a study**

## **Results from the Study**

- **86% of the students reported that it was easier to recall negative memories in the collapsed position than in the erect position.**
- **87% of the students reported that it was easier to recall positive images in the erect position than in the collapsed position.**
- **For those who were most depressed in the previous 2 years, there were no differences in recalling positive or negative memories in either positions.**

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# Body Posture Affects Memory Recall and Mood – a study

## Conclusion

- You should sit more upright at work and at home as a strategy to increase positive affects and decrease depression.
- Your posture affects your mind, emotions, thoughts, actions and results!

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# Posture, Voice, Gestures & Expressions – affect your energy



Science has proved that your posture, voice, gestures and facial expressions affect your thoughts, emotions, actions and results!

1. **What do you want** your posture, voice, gestures and facial expressions **to portray about you to the world?**
2. **Do you feel** that is what is already being portrayed?
3. If not, **what do you need to start doing** with your posture, voice, gestures, and expressions **for the world to perceive you the way you want?**
4. What do you need to stop doing?

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# High Performance Habits – energy checklist

## Rest + Exercise

- ✓ Walk outside every day for at least 30 minutes.
- ✓ Sleep 8-9 hours per night. If you miss that target, nap or meditate during the day to catch up.
- ✓ Do two 60-minute cardio activities per week (consult your doctor).
- ✓ Do two 20-40 minute intense workouts per week (strength based or H.I.T).
- ✓ Meditate once or twice daily for 15-20 mins. OR use a Mind Machines (eg Light & Sound).

## Diet + Nutrition

- ✓ Eat a whole food diet, heavy in organic plant-based foods.
- ✓ Absolute must: Get tested for food allergies.
- ✓ Take a food-based multi vitamin, and vitamin D, B-complex, magnesium, and Omega-3. See your nutritionist for additional supplements.
- ✓ Drink health shakes for breakfast or snacks.
- ✓ Drink 3-5 litres of water per day and avoid all sugary drinks, alcohol, and caffeine.
- ✓ Limit white starches and heavily processed breads/carbs.

## Daily Energising

- ✓ Every 60-90 minutes, stand up, move and stretch. For example:
- ✓ 20 arm crosses, 20 arm circles each arm, 40 knee-highs (marching in place), 20 seconds patting your lower back, 10 deep breaths while bouncing on toes.
- ✓ Focus on speaking and gesturing with passion.
- ✓ Stay standing more often.
- ✓ Hug and engage others physically more often.
- ✓ Try to make people smile or laugh more often.
- ✓ Focus on being fully present.
- ✓ Keep a gratitude journal.

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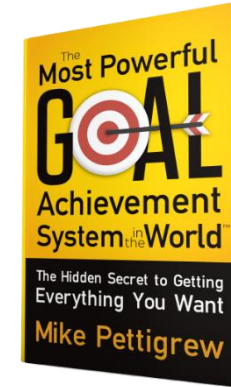
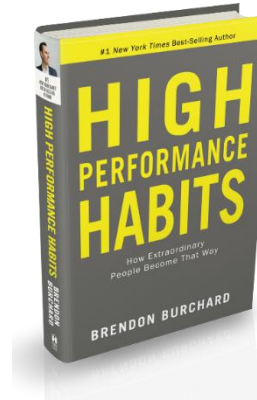


## Technologies That Make You More Successful:

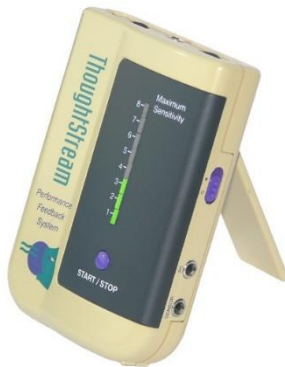
- How Your Subconscious Mind Works.
- 9 Powerful Ways to Influence Your Subconscious.
- How to Use Technology to Speed Up Your Goals – with demonstrations of mind machines.
- High Performance Habits for Greatly Increasing Your Energy and Brainpower.



# Recommended Resources



- **Bio-Feedback/Light & Sound Machines:** [www.MindPlace.com](http://www.MindPlace.com)
- **Brainwave Sensing Headsets:** [www.NeuroSky.com](http://www.NeuroSky.com)
- **Electro-Cranial Stimulation:** [www.Sota.com](http://www.Sota.com)
- **High Performance Habits:** Brendon Burchard
- **The Most Powerful Goal Achievement System in the World:** Mike Pettigrew



## How to Double Your Energy and Mind Power



**Over to You...**



# Questions & Answers

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