

THE *School* OF BECOMING

Mind Magic® Semester Syllabus

Purpose of the Course

Identity is the cornerstone of our reality. The evolution of one's identity allows for long-term sustainable change. Mind Magic® teaches you how to intentionally evolve your identity using our proprietary, proven Neuro-Identity Evolution™ Methodology. Throughout the 10-week semester, you will move through dynamic learning modules, embodiment practices, and growthwork designed to raise your consciousness and evolve you into the woman you're capable of becoming.

Specific Objectives

- Build unshakeable trust in yourself
- Learn to harness your unlimited imagination
- Develop a deliciously regulated nervous system
- Expand your capacity for ease & generate results from that state
- Create a healthy relationship with fear
- Practice radical self-worth
- Operate from abundance & your inherent wholeness
- Raise your awareness
- Reconnect to your body
- Heal trauma
- Rewire your mind
- Learn to master your state (frequency)
- Recondition the body to feel good
- Master focus of attention
- Rewire adaptive behaviors
- Learn to respond, instead of react
- Fully express yourself emotionally
- Lead with fierce compassion

Method of Instruction

The semester is both synchronous and asynchronous. You will work through dynamic, pre-recorded video learning modules, practice demonstrations, and guided practices each week, attend weekly live group integration sessions with the Coach, receive daily mentoring, coaching, and guidance by the Coach inside the community, and contribute to communal learning and shared experience through engaging in the community, witnessing other students in their evolution journey, and being witnessed in yours. The community aspect of Mind Magic® is integral to everyone's success.

MODULE 1

- **You Are Both Human & Energy:** The scientific truth of who and what you are and how that informs everything you are going to learn and experience in this program.
- **Resistance:** Why resistance is not an IF it's a WHEN, and exactly how to work with it.
- **Nonjudgmental Observation:** Learn how to engage curiosity and stay out of judgment to keep you in a higher level of consciousness.
- **Nervous System Regulation:** How to regulate & re-imprint the nervous system, and the key to shifting from reaction to response.
- **Vision Of The Future:** To intentionally evolve your identity and be greater than your past, you must connect to a compelling vision of your future.
- **Crafting Your New Identity:** How to get clear on the version of you that lives in your vision.

MODULE 2

- **Mastering Your Energetics:** Understanding how frequency is measured, and what it means to have a good, healthy, balanced electromagnetic field.
- **States Of Being:** Understanding your unique emotional addictions, and how to identify your top 2 – 3 emotional states of familiarity.
- **Conditional Happiness:** Why the feeling comes FIRST and how to cultivate the feeling so that you can create what you want.
- **Choosing New Feelings:** Identifying how your evolved Self spends the majority of the hours of her day feeling and how to make those feelings familiar in your body, now.
- **Emotional Expression:** What emotional congestion is, and how to feel all feelings from a place of willingness, non-judgement, and release.
- **Somatics:** Practices to tap into and connect to your body.

MODULE 3

- **Belief System Congruence:** Reprogramming your belief system to become congruent and actualize your vision.
- **The Conscious & Subconscious Mind:** Learn how your mind really works, and how to reprogram your subconscious mind.

- **Formation Of A Core Belief:** Understanding how core beliefs are formed and consequently define your thoughts, feelings, behaviors and perceived reality.
- **Identifying Your Core Origin Belief:** The most common core origin beliefs, and how to uncover and identify yours.
- **Adaptive Behaviors:** What your adaptive behaviors are, how they formed to keep you safe, and how to become aware and untether from what is now maladaptive.
- **Choosing New Beliefs:** How to identify your disempowering beliefs and exchange them for subconscious/conscious mind congruence.
- **Integrating your Inner Child:** Inner Child Healing Meditation to help you heal the past versions of you and integrate them into the truth of your wholeness.

MODULE 4

- **Dimensions Of Consciousness:** Dimensions of consciousness explained. How to progress through consciousness and the importance of ascending into higher levels of consciousness and prioritizing your frequency.
- **Perspective:** Learn the most effective, practical way to shift your consciousness in 10 seconds or less.
- **Brain Waves 101:** What happens in Beta, Alpha, Theta and Delta Brain Wave States and why it's important to understand this from the perspective of the work you are doing.
- **Belief Reprogramming:** The Protocol that reprograms your subconscious, re-imprints your nervous system, and teaches your body what your future feels like, now.

MODULE 5

- **Mind Laws:** The 11 Mind Laws, and why mindset work without bodywork doesn't work.
- **Meaning Making:** Become a master of meaninglessness, and break the habit of making everything mean something about you.
- **Thoughts Create Reality:** What a thought actually is, and how your thoughts are creating your reality.
- **Everything Starts With A Thought Loop™:** Understanding that how you feel is a guidance system to the way you are thinking, and how to play with your thinking and level of mind.

- **Rewiring Your Mind:** How to overcome and transcend your old thinking using this concise, fast, and highly effective brain-rewiring practice.

MODULE 6

- **Two Mind Modules:** Learn how to start making a conscious decision to choose your response to any event.
- **Going Vertical Meditation:** Put on your headphones and your eye mask and enjoy the experience of going vertical.
- **The Power Of Focus & Attention:** Learn how to direct your Reticular Activating System to show you more of what you actually want.
- **The Stories You Tell:** Becoming aware of the stories you tell, and how to start telling better ones to shift your Focus & Attention and get more of what you desire.
- **The Questioning Process:** How to use the Questioning Process to help you shift your stories, both overarching and in-the-moment.

MODULE 7

- **The Power Of Language:** Understanding that words carry vibrations that either elevate or lower your frequency, and the importance of congruence between the words you speak and what you want.
- **Going Complaint-Free:** Why it's crucial to stop complaining, bitching, and gossiping, and how to master this game-changing aspect of your new identity.
- **Perceived Limitations:** Learn how to become aware of your perceived limitations, so you can release them.
- **Gratitude & Celebration:** How gratitude, self-praise, and celebration will raise your frequency exponentially, and a practice to support you in making this familiar.

MODULE 8

- **Intro To Fear:** Learn the difference between fear and danger, why fearlessness is not a thing, and how fear is both biological and omnipresent.
- **The Art Of Change:** How to make the unfamiliar, familiar, and the difference between being interested and committed.
- **Your Fear Flavors:** What fear flavors are, how to identify yours, and the truth about self-sabotage.

- **Your Relationship With Fear:** The exercise that will permanently shift your relationship with fear, change the trajectory of your life, and catapult your holistic success.

MODULE 9

- **How To Move Through Fear:** Why movement is the key to working with the Universe to manifest what you want, and the 6 ways to move through fear that work 100% of the time.
- **The Choice Method®:** Learn the integrator of the Neuro-Identity Evolution™ Methodology and how to use it.
- **I'm Ready Meditation:** Put on your headphones and your eye mask and enjoy the I'm Ready Meditation.

EVOLUTION IS A JOURNEY

- **Praise & Self-Celebration:** Understanding the importance of praise and self-celebration, and a practice to embody your 'big fucking deal' identity.
- **Recommitment:** Learn what recommitment is and master how to do it.
- **On-Demand & Daily Practices:** An overview of the practices that need to be done each day, and which ones can be done some days and skipped on others, depending on what you need.
- **Endless Gratitude Meditation:** Put on your headphones and your eye mask and allow yourself to be guided into a depth of gratitude and appreciation.

Your journey through The School of Becoming

Mind Magic® is the Level 1 prerequisite for all other Core Curriculum programs inside of the school. Once you've satisfied this prereq, you're invited to continue into all Level 2 options that feel aligned, including the **Certified Neuro-Identity Evolution™ Practitioner** program. It's the only certification of its kind, built around the proven Neuro-Identity Evolution™ Methodology that marries Neuroscience, Consciousness, Energetics & Somatic Healing to deliver unprecedented transformations.



Angélique Binet
Founder & Coach
Social Media Love

"No matter the industry you work in, your clients need the Neuro-Identity Evolution Methodology™. There is no framework as powerful as this one."

"I find that with all of my certifications, the body of work that is truly meant to transform people, is the Neuro-Identity Evolution Methodology™."



Barbara Alexander
Intuitive and Spiritual Coach
Barbara C. Alexander, LLC



Dr. Tarryn MacCarthy
The Business Of Happiness
PODCAST

"Within months, I was literally standing on stage in Las Vegas at the ARIA resort, speaking about happiness to 2000 of my colleagues. That's the kind of results that have transpired during this past year."

"This investment connected all the dots for me. It deepened my appreciation and relationship with God, and the work I've done in therapy and with other coaches and transformational modalities.

I attribute my company's growth to clarity in who I am and how I want to serve others, along with a framework that will help me help my clients connect to themselves, their feelings and their life's purpose."



Laura D. Dyess



Stacey McFarland
Founder & Head Coach
Soul Studio

"At the age of 55, I am doing a complete career shift. I am diving into my coaching business full time, and stepping away from a very well-established salon spa and boutique. It is in full alignment with who I am."

"Investing in myself in Certification has allowed me to recognize disempowering thoughts and behaviors, own and love ALL of me, and create and pitch a \$100K offer that's going to help my clients exponentially!"



Charyse Williams
Business Coach for Nurses,
Bestselling Author, Podcast Host



Tasha DaCosta
Founder & CEO
Lady Boss Studio

"I can use the Neuro-Identity Evolution Methodology™ with my clients, and I already know it works.

I know because it worked on me."

"I see myself as an elevated version of a CEO, with a vision that is totally unshakable as to who I can be and, really, who I am capable of being."



Jen Rafferty
Chairman & CEO
Empowered Educator

For more success stories...

[CLICK HERE](#)

**To learn more about Mind Magic® or enroll in the upcoming
Spring Semester that kicks off March 3rd...**

[CLICK HERE](#)

**Interested, but would like the opportunity to ask a question and get a live
answer? Register to join us at one of our upcoming Info Sessions!**

[An Evening With The Founder](#)

Tuesday, February 11th, at 7:00pm ET

[Coffee With The Founder](#)

Sunday, February 16th, at 11:00am ET

Have an immediate question or need enrollment assistance?

[EMAIL US!](#)