

# Mind Shifting





Introduction to Mind Shifting	03
The origin of Mind Shifting	04
How reality works	05
Levels of reality creation	06
Actions	07
Thoughts & Emotions	08
Beliefs	09
Identifications	10
How Mind Shifting works	11
Mind Shifting effects	12
What next?	16

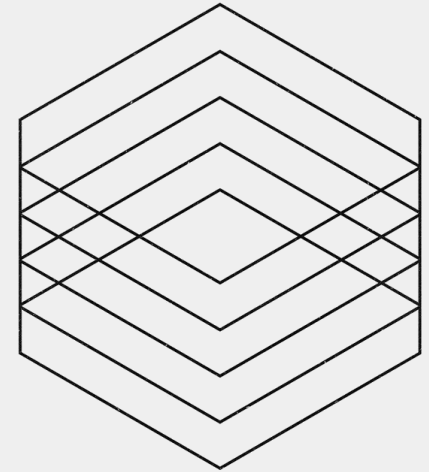
# Introduction to Mind Shifting

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Mind Shifting is the cutting-edge technology that enables life coaches to transform reality for themselves and their clients by shifting the beliefs, stories and identifications of the mind.

The Mind Shifting methods can be used to clear problems, heal trauma, dissolve limiting beliefs, transform relationships and enable goal achievement.

Because Mind Shifting transforms the mind at a much deeper level than other systems of personal development it will enable your clients to transform their lives exponentially more quickly than traditional methods of coaching or therapy.



**Mind Shifting transforms  
subjective reality by  
shifting the mind at the  
deepest level**

# The origin of Mind Shifting

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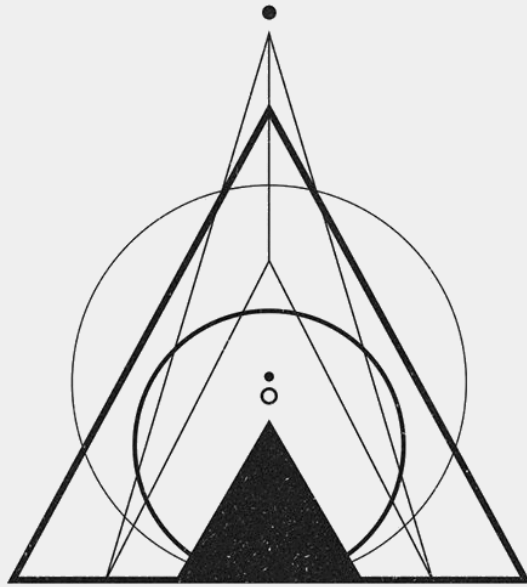
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Having begun studying the eastern traditions of self-realization including Taoism, Zen Buddhism and Advaita-Vedanta as a teenager, Stevie Kent started participating in intensive meditation retreats called Enlightenment Intensives and had his first enlightenment experience at the age of 22. Following this experience Stevie became fascinated with the idea of freeing himself from the limitations of the mind and so trained as a therapist and coach and began working with clients.

Stevie quickly became frustrated with the level of transformation traditional therapy and coaching brought about and so began an extensive period researching and studying the world's most groundbreaking systems of personal transformation. These systems included Mind Clearing, Emotion Clearing, Spiritual Technology, Integra Protocol, Satori Protocol and Reality Transurfing, which he learned from modern day masters including Alice Whieldon, Zivorad Slavinski, Vladimir Stojakovic and Satyen Raja. Through this research Stevie discovered that the only way to achieve permanent transformation of the mind and therefore reality is to transform the mind's root identifications which are the source of all limitation. Most systems of personal transformation attempt to change our actions, thoughts, emotions and beliefs, without changing the identifications causing them, and so fail to achieve permanent transformation.

Stevie created Mind Shifting to provide life coaches with powerful methods for overcoming problems & blockages, dissolving limiting beliefs and shifting subjective reality, which can be learned quickly and easily and is designed to transform their impact in the world.





**The reality you  
experience reflects  
the beliefs you have  
about it**

## How reality works

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The reality we experience is a reflection of the beliefs we have about it because we experience reality through the filter of our beliefs. For example, if we believe ‘there is never enough time’ we will constantly feel like we are rushing. Conversely, if we believe ‘I have all the time in the world’ then we will rarely, if ever, feel like we are in a rush.

If your reality is not what you want it to be – in other words your circumstances and emotional state are not what you would like – it is because your beliefs are not up to the job of creating that reality for you. So in order to transform your reality you need to transform the beliefs that create it.

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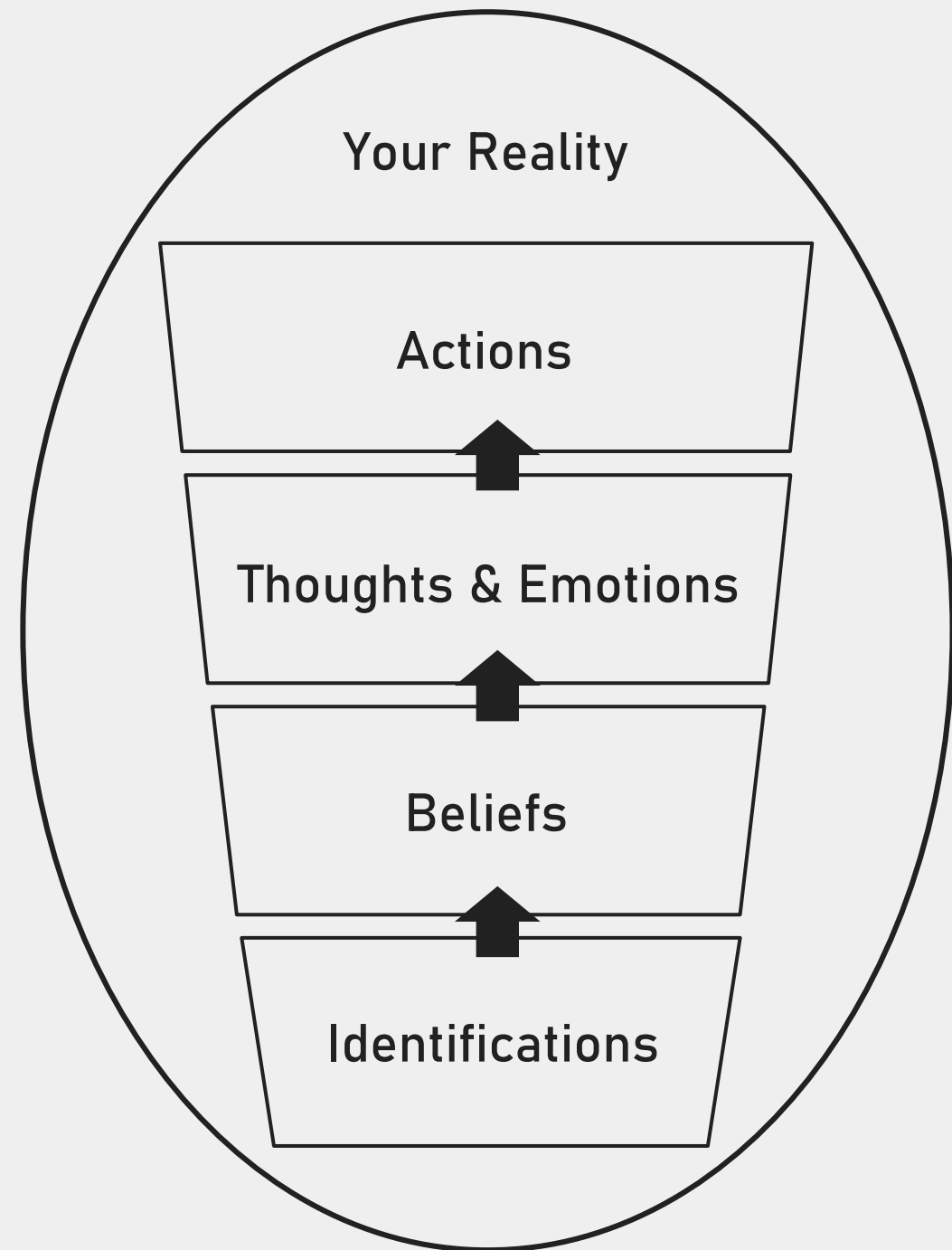
# Levels of reality creation

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As we look more closely at the creation of our reality we see there are 4 levels to it which begin with the identifications of the mind at the deepest level. It is the mind's identifications which cause our beliefs, which cause our thoughts and emotions, which cause our actions, and the circumstances of our reality reflect all these levels.

Most systems of personal development only deal with the top three levels of this hierarchy and so do not enable you to permanently transform the reality you experience.

The Law of Attraction doesn't work for most people because manifestation techniques such as raising your vibration and visualizing, feeling and acting as if your desired reality is already present only affect the top two levels of the hierarchy. Likewise, affirmations, hypnosis, subliminal messaging or any other method designed to change beliefs don't affect the identifications which are the building blocks of those beliefs and so they do not bring about permanent transformation.



# Actions

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At the top level of the reality creation hierarchy are the actions we take. There is no getting around the fact that we need to take action in order to create the reality we want. No manifestation technique will shift your reality without you taking the necessary action in support of it.

That said it is our emotions and their accompanying thoughts that drive our actions because instinctively we want to feel good and we want to avoid feeling bad. So, if for example, we want to start going running every morning but we associate running with ‘suffering’ we will have a very hard time developing that habit because we don’t want to ‘suffer’.

What this means is that if we want to enable our clients to change their actions so they can better achieve their goals, then we need to figure out how to enable them to change their thoughts and emotions.



# Thoughts and emotions

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The quality of our thoughts and emotions determines the quality of the reality we experience. If our thoughts and emotions are negative our experience will be negative and, conversely, if they are positive then our experience will be positive too. Our thoughts and emotions also play a part in determining the circumstances we experience because when we have negative thoughts and emotions we draw negative circumstances to us and vice versa.

We have seen how our thoughts and emotions determine our actions but if we try to change our thoughts and emotions in order to change our actions we will fail because our thoughts and emotions are determined by our beliefs.

This means we need to figure out how to transform our clients' beliefs if we want to enable them to transform their reality.





# Beliefs

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It is your beliefs which cause your thoughts and emotions and are the most obvious cause of the reality you experience. If you believe 'life sucks' you will experience a life that sucks! If on the other hand you believe 'life is good' then your experience of life will be generally positive.

Your beliefs determine your thoughts and emotions because they limit the reality you can comfortably experience. If you believe that 'you can't dance' for example, you will experience uncomfortable thoughts and emotions whenever anyone asks you to dance.

In order to understand how to free ourselves and our clients from limiting beliefs we need to understand how to dissolve the identifications our beliefs consist of.

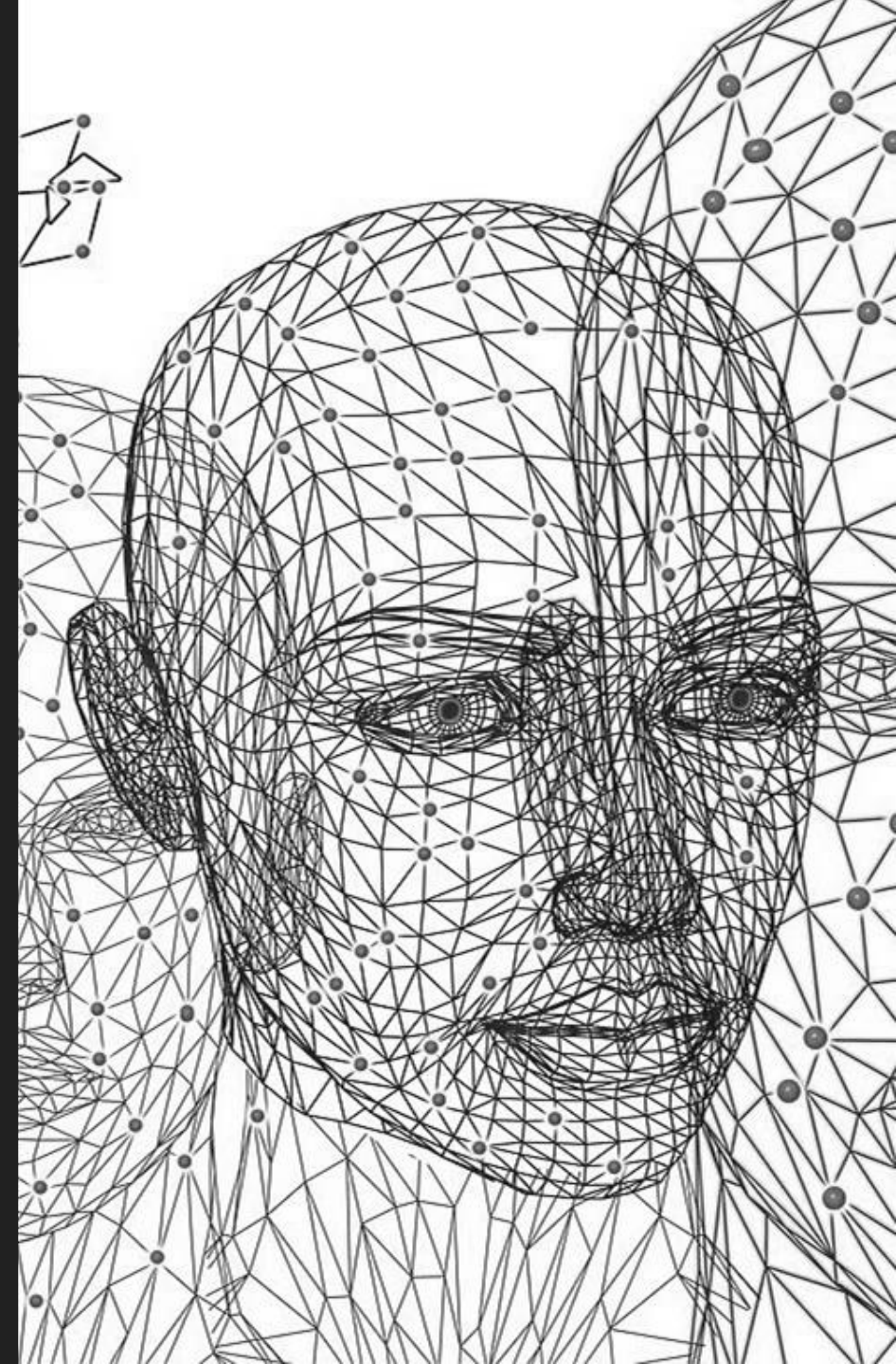
# Identifications

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The true nature of reality is non-dual, meaning that all that exists is indivisible consciousness and our true identity is that. However, our mind delineates consciousness into separate parts in order to be able to understand it and then unconsciously identifies with those parts, which means we come to identify with thoughts, emotions and perceptions rather than with the pure consciousness which is our true nature.

When we identify with one aspect of consciousness we automatically resist being its opposite. For example, in order to identify with being 'good' we have to resist being 'bad', and in order to identify as 'shy' we have to resist 'standing out'. In reality we are just as much these opposites as we are the things we identify with.

We have seen that it is our beliefs that limit the reality we can experience but it is our identifications layered on top of each other that those beliefs consist of. For example we may form a belief such as *'I must not stand out otherwise I will be humiliated'* because we identify with *'not standing out'* and *'we identify with 'not being humiliated'* amongst other things.





**To transform your client's reality you need to help them de-identify from the opposites that are getting them stuck**

## How Mind Shifting works

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Mind Shifting provides life coaches with simple and easy-to-use methods to free their clients from the identifications that are getting them stuck. By releasing these identifications limiting beliefs are dissolved, which means the negative thoughts and emotions those beliefs cause are no longer generated, and the ability to act freely without negative thoughts and emotions getting in the way is rediscovered. So at a fundamental level it is the releasing of identifications that enables people to achieve their goals without negative beliefs getting in the way.

For example, let's say your client has the goal to create a successful business but they have the subconscious belief '*I am not worthy of success*'. Whilst this belief remains in place they will not be able to achieve the success they desire because working towards this goal will trigger their limiting belief. When the belief is triggered they will experience uncomfortable thoughts and emotions causing them to avoid success.

Using Mind Shifting you will target the identifications that their limiting beliefs consist of (in this case an identification with 'unworthiness') in order to dissolve their negative belief and enable them to achieve success in their business without negative thoughts and emotions getting in the way.

# Mind Shifting effects

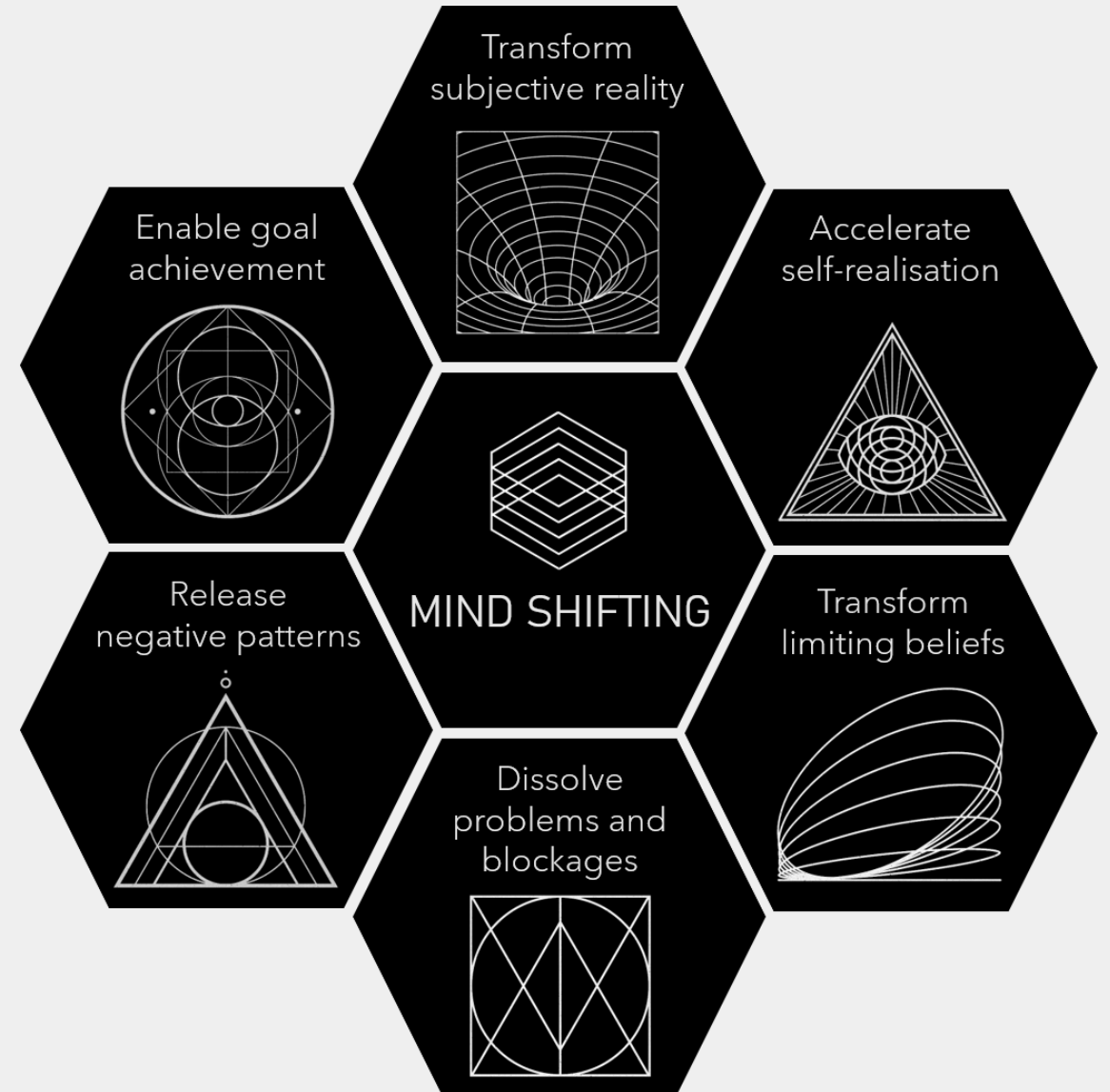
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The effects of Mind Shifting are profound because as we have seen Mind Shifting transforms the mind, and therefore reality, at the deepest level.

By applying the Mind Shifting methods during coaching sessions you will dissolve your client's problems and blockages in any domain of life you apply them to, which may include their work life, their social life, their relationships, their finances, their emotional state, their sex life and their spiritual life.

The same of course will apply when you apply the methods to yourself.

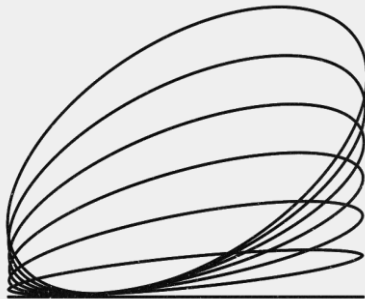
Over the next few pages, we will look at each of the effects of Mind Shifting in turn...





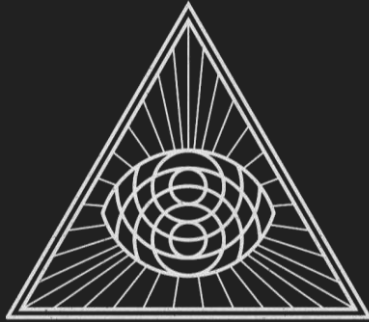
## Dissolve problems & blockages

Mind Shifting clears the resisted thoughts and emotions that problems consist of by dissolving the identifications causing them. Doing this enables you to dissolve any problem in under 20 minutes. The methods work equally well in dissolving current problems and in dissolving trapped emotions that remain from past trauma.



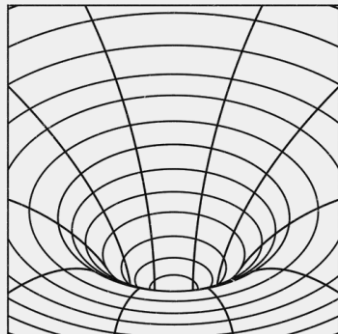
## Transform limiting beliefs

Mind Shifting enables you to transform the limiting beliefs that prevent people from achieving their goals by dissolving the identifications which those beliefs consist of. By freeing your client from the limiting beliefs that get them stuck, you will expand the reality they can comfortably experience – enabling them to achieve their goals with far more ease.



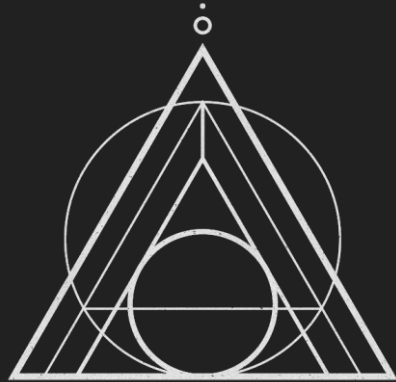
## Accelerate self-realisation

Mind Shifting accelerates the process of self-realisation by enabling people to de-identify from what they are not so they can become conscious of their true nature beyond all identifications.



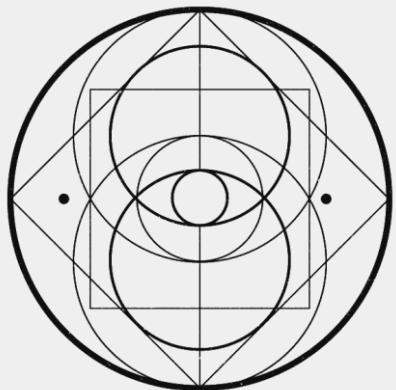
## Transform subjective reality

Consistently applying Mind Shifting with your clients gives them the practical means to shift into their desired reality. This is possible because their reality is determined by the identifications of the mind and Mind Shifting enables you to shift these identifications so your clients can expand into the reality they want to experience.



## Release negative patterns

We get stuck in negative patterns when we identify with one side of a pair of opposite concepts and suppress the other. For example, we identify as 'good' and suppress 'bad', which is the fundamental cause of the negative patterns that repeat in our lives. The Mind Shifting methods will enable your clients to stop suppressing specific aspects of their being in order to free themselves from the negative patterns in their lives.



## Enable goal achievement

By applying Mind Shifting to your clients' goals you will identify and dissolve the inner blockages that stand in their way so they can start achieving their goals with far more ease.

# What next?

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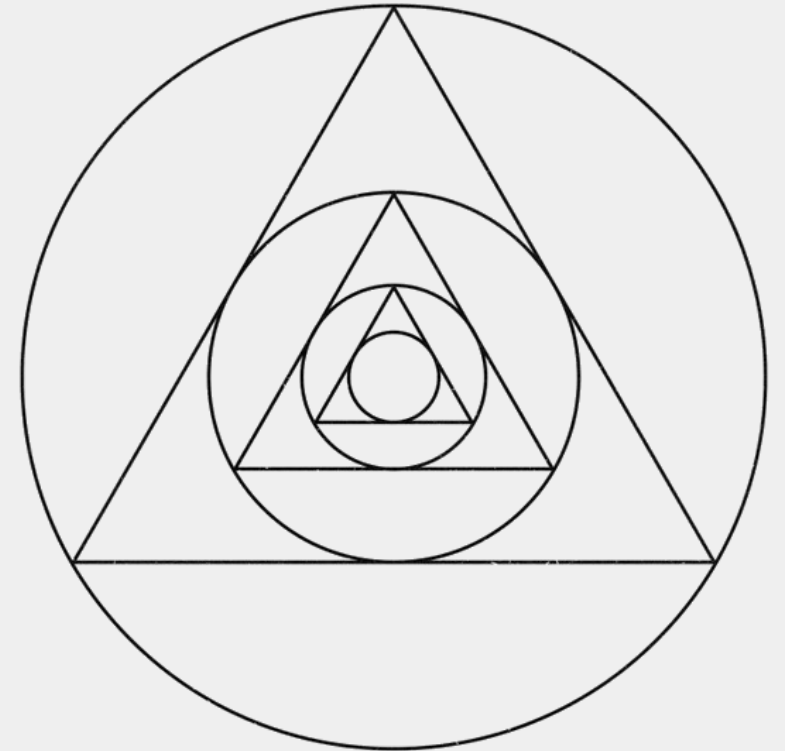


## Get in touch to learn more about Mind Shifting!

Send me a message asking to learn more about Mind Shifting and I will get back to you to arrange your Free Discovery Session.

[CLICK HERE TO SEND ME A MESSAGE](#)

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