

POWER MIND[®]



Your conscious mind is the part that helps you plan, choose, reflect, dream, execute plan and so on. In contrast, your subconscious mind is in-charge of running the body and all the processes which you do not have to consciously think about cardiovascular, respiratory, emotion, memory etc.

The subconscious mind is the operating system of the body, like the one on your computer. Your subconscious mind is hardwired with knowledge on how to operate the body.

Located deep within your brain's temporal lobes, this almond shaped mood bender called amygdala, triggers your emotions faster than your conscious awareness. This unique "speed dial circuits" of the two almond sized nuclei within your brain are the first to react to emotionally significant events.

Negative thoughts cause negative emotions and negative emotions cause more negative thoughts. They feed off each other in a vicious cycle. Similarly it is the same for fear, anxiety and other limiting beliefs.

Activating the amygdala in a positive way stimulates higher order mental processes. This can improve creativity and intelligence while also elevating positive emotions.

Power Mind is an amazing workshop that helps you instantly tame your amygdala to accept positive change and unleash the limiting believes.

During the power mind session, participants learn to tame their amygdala to accept positive change and to take calculated risk.

Overcome your limiting beliefs



Fire walk



Eating fire



Fire walk



Fire walk

POWER MIND is a powerful way to address individual growth and potential, which is commonly a much neglected approach to teaching and developing people of all ages. It produces positive emotional effects, notably - confidence, self-esteem, a sense of personal value and purpose.

During this course, participants learn the art of fire eating, fire walk and even understand the science behind these acts which look fearsome, but are simple and harmless.

Fire walking session actually gives you the chance to feel the "heat" of the situation and then learn to resolve the conflict within yourself and move ahead to take that first step. It acts as physical proof that you can triumph over an obstacle that was previously though "unsurpassable."



There are many benefits to why, some "like it hot," but overall the sense of power and control you feel over your

life is incredible because you just did something that your mind perceived as impossible.

Post the workshop, you will go back with a much stronger feeling of a stronger outlook and understand the **POWER OF MIND!**

The School of Leadership

Campus: Nelamangala-Doddaballapur, Nelamangala Road, Guttepalaya, Railway Gollahalli PO., Bangalore INDIA.

Tel: +91 9632333235 / + 91 9741955855. Web: www.tsindia.net