

NEW!

Soma-Semantics™ Modeling and Academic Excellence! Tools for an Exquisite Life™

By Jeffrey Leiken, MA • www.MentorCounselor.com

There are many different things people do to build their confidence, develop their focus and poise or regain their calm: Saying positive affirmations, counting to 10, taking medications, using substances, going to exercise... Each of these requires either ingesting something external, or doing something with your time with the hopes that at the end of that time, then you will feel good again. None of them works "every time."

What people rarely seem to get is that the "feeling good again" is something that happens inside, not something that happens outside. When it happens, there is an accompanying Soma-Semantic shift in their physiology and neurology, and it is the same shift every time. When a person learns how to make this shift for themselves, they have access to a truly personal power in a way that exceeds all others.

Take this ability into the classroom and what we get are students who know how to settle and focus themselves by making simple idiosyncratic fine motor muscle adjustments in their body. One moment they are stressed, the next they are "in their zone". Like this their ability to succeed in school increases dramatically and, because they can, they do.

"Why don't they teach this kind of stuff in school?" asked Mitch, a 16 old in Los Angeles. "If they did, there'd be a whole less kids in trouble!"

When we study the success strategies of those who perform well under pressure, we find consistently an ability they have to maintain

their composure even under great duress. This "mental toughness" which we admire in great athletes and peak performers is a quality often only attributed to those who've gained hero status.

Young people who have it we'll often note how "mature she is for her age" or how "he would be a great lawyer", all because of their ability to stand their ground, think "on their feet" and keep calm when many their age would have withered under pressure. Yet all have moments of it – This is their potential!

"Where you put your attention is where you'll get your results." - Joseph Riggio, PhD.

Prior to a few years ago, we gave most of the credit to a person having these qualities to their genetic stock ("it must be in their DNA"). Cutting edge research though suggests that nature has much less to do with who we become than previously believed, finding that DNA is a potential for who we can become, and only a potential. In fact what we are finding is that who we become - the character traits, the qualities of intelligence, etc. – has far more to do with nurture than nature.

That being so, it is also true that any one who has ever had a moment of "peak performance" has contained within them the genetic capacity to develop this into the fiber of who they become. Thus every person who has ever had even one moment when they embodied an extraordinary sense of confidence and poise, clarity of thinking, and/or a sense of great certainty, etc., can be this way again, any time.

And who hasn't had at least one moment of this in their life? No one I can think of!

The Exquisite Teen Workshop - Using Soma-Semantic Modeling™ To Teach Teens How to Excel in School and Life!

Soma-Semantics™ Modeling is the essential tool of the Mythogenic Self® Process. This is the art of tracking the idiosyncratic physiological manifestations - posture, gesture, facial expression, breathing, etc - people have as they are accessing different states of their being. In conjunction with this, Soma-Semantics™ Modeling uses exquisite calibration to track as well the internal neurological experience that supports what we see on the outside.

To keep it simple, a person who is "stressing out" will have a different idiosyncratic physiological and neurological configuration than a person who is "in their zone".

Soma-Semantics™ Modeling as used in the Mythogenic Self® Process is applied to teach people how to access a most profound state of internal "readiness, one so useful that it generalizes throughout their lives:

"When I am this way," said one 17 year old at a recent Exquisite Teens™ Mythogenic Self® program in Dublin, "Mentally I focus so much better. None of the distractions that usually go through my head are there. It just gets quiet. The best part is that I can remember all the things I need to remember to do well on tests and everything seems to move slower."

By the end of the workshop, he knew exactly what to do so he could be this way, and he practiced, consistently. Two months later, he reported having gotten the best grades of his life!

*"As soon as I learned how to slow myself down and quiet my mind," he explained, "I realized that I actually already knew most of what I needed to know to do well on the test. Studying became easier and being able to recall things in the exam room was so simple it was almost laughable! ... **This is the greatest thing any one has ever taught me.**"*

How much is the ability to focus worth to a student? What about the ability to stay calm and collected under pressure? What about the self-confidence that comes with being able to generate those qualities in themselves on their own? Surely it is worth one weekend of your teens' lives to learn something that will improve the quality of their lives forever!

To those teens who have chosen to show up and learn it, the answer is unequivocally YES! As one teen put it: "This stuff Rocks!"

To learn more about the next Exquisite Teen™ Mythogenic Self Program:

UPCOMING 2006 PROGRAMS

February 24 - 26th London

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April 28 - 30th Dublin

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*** The nature of this work requires that skilled practitioners provide precise input to each attendee, so space is limited to ensure the highest quality experience for all.

Sign up now, to reserve your place!

***** Results are 100% Guaranteed *****