



BRING **MAGIC** INTO YOUR LIFE

WITH

NILP



MANJOT SINGH



You might be a professional, a Teacher, Businessman, Doctor, Trainer or Student with lots of ambition and desire to **take your present success to the next level, enhance your productivity and results**, or someone who wishes to **overcome his/her limiting habits, behaviors and beliefs**.

If you want to redesign your story & experience this wonderful gift called life to the fullest then NLP and MantraNLP programs are for you.

With NLP you can **gain clarity** on what you want to achieve in life and how you can head in the right direction. Very often the goals we want to achieve are not the Destination goals , they are just the stepping stone goals. Stepping stone goals are what you plan for, what you presume you want but are not the goals what your soul desires. Very often this is the reason why people stop pursuing their dreams after few setbacks.

Some people, when asked, will tell you what they want out of life or from their business. That's because many people have some idea of the life they'd like to have. Unfortunately many don't actually have any idea what they want to get out of their life and that's *why so many people never achieve it?*



Come explore the world of NLP,
set your course for the life you've always wanted,
bring the change you want and succeed in every way.

**Don't let life change your goals, because;
Achieving your goals can change your Life !**

Let NLP bring the magic in your life!



There can be many reasons why people don't achieve the life they aspire to:

- They may not know what they want in the first place-this is more common than you'd think
- They may want it and don't believe they can achieve it; that it's too far out of reach,
- They may want it and have no idea how to go about getting it,
- They may not actually want it but it sounds good when they say it and think they need it,
- They may not actually want it but somebody else has told them they should. This is very common.

So, here's the question:

DO YOU KNOW WHAT YOU REALLY WANT?

No matter what is your Destination Goal, NLP will provide you the means & tools to reach your desired Goal!



The Journey begins

The Journey of thousand miles starts with a single step.
Your initial question before starting a journey has to be-

“Where I want to go?”,

“Where I want to reach?”,

“What I really want to achieve in life?”

Though this seems to be a simple question, most of us are not clear about what we really want to achieve in life. Take a few moments from your busy schedule and jot down your thoughts about-

Why I am doing what I do?, What I am getting? What do I want to achieve? Where I want to reach?



Read your Map

The first step in reaching your destination is to **determine your present location**. While looking at a road map, probably you need to ask yourself- “Where am I?”

Knowing where you are & where you want to go is the most important step to take the right path to reach the destination.

Take inventory of yourself – Ask yourself- “Are you moving towards your destination?”, “Do you have all the resources to reach your destination at desired time?”, “What is stopping you from reaching your destination?”, “What is delaying your Success?”





Expectations

Do you believe that your tomorrow is going to be better than today? Your response reveals much more than a simple one-word answer.

It reveals your awareness about the resources you have and the resources you need to acquire in order to reach your desired destination. Maybe you need to acquire some new skills, work more on relations, overcome some fears & phobias, change some undesired behaviours & patterns. Maybe some need to change their perspective of looking at outside world; some may need to change their vision of their inner world, their perceived reality of world. If you harbour a basic fear, it will soon permeate every aspect of your behaviour and personality.

Expectation triggers both conscious and unconscious behaviours that produce anticipated results. Psychologists see people every day who are actually expecting the worst to happen. In many cases, it is their expectation that is the real problem. Here are some of the things people say:

“I don’t know what it is, but I know I’ve got a serious health condition”.

“I just don’t know how this marriage is going to last.”

“I don’t think, I am going to make it.”



Expectations

Dominantly negative expectations can sabotage your health, wealth, happiness, results and success.

Expect the best because your expectations are going to be true!

Jot down your expectations, what you truly think about your future & your goals. Your answers will answer the change to be made.

Relationship: _____

Profession: _____

Finances: _____

Health: _____

Career: _____

Family: _____

Happiness _____

Other: _____



The Difference

You can be aware of only what is known to you. You **think** you know where you want to go, what you want to achieve, what is producing results in your life and what is limiting your growth & success. You know and you believe what your conscious mind tells you. It gives you the justifications, the logics and reasons to satisfy your ego. It tells you what pleases you.

What is the difference that makes the difference?

The answer to 'Why we do what we do?' is known to the unconscious mind. Have you wondered- Why we behave in the same pattern in a given situation? Why some don't change even after making resolutions and making commitments? Why do some people consistently produce excellent results while others fail and struggle? Why some fail to achieve their goals or even stick to their goals? Why some persist till they reach their destination & other give up after few efforts? Why some overcome all limitations, all hurdles, all obstacles and reach great heights?

The answer, the Truth is known to the unconscious, our other self.

The Real issues are in Subconscious!



Often the un(sub)conscious & conscious are not *aligned*.

The conscious does not know how to access & influence the un(sub)conscious.

Call it 'THE SECRET' or 'THE WISDOM' - IT'S ALL IN THE MIND - THE UNCONSCIOUS MIND.





The Power of NLP

To me, success is the ongoing process of striving to become more. The road to success is always under construction, and by applying the technology of mind-NLP, even you will be able to produce astonishing results in a very short period of time. The power to magically transform our lives into our greatest dreams lies waiting within us all.

It's time to unleash that power!

Ultimate power is the ability to produce the results you desire most and create value for others in the process. It's the ability to define human needs and fulfill them, both your needs and the needs of the people you care about.

Neuro-Linguistic Programming (or NLP as commonly known) is the power to transform results, the power to achieve the desired outcomes & goals.

NLP is the science of achieving excellence



What world is saying about NLP:

“NLP is the Biggest Breakthrough in Technology of Achievement and Human Excellence”- **Time Magazine.**

“NLP has untapped potential for treating individual problems and has become an all- purpose self-improvement program & technology”- **TIME Magazine.**

“I built my sales career from zero to become world’s best motivator by using NLP”- **Anthony Robbins**, the best-known success coach in the world.



“A New standard for Psychology”. – **Psychology Today**

“Neuro-Linguistic programming is the most powerful vehicle for change in the 21st century”- **Modern Psychology**

“NLP produces results and improves rapport. I want all my staff to attend the Training.”- **James Olson, former chairman of AT&T**

“NLP helps me to manage audience and motivate them. It is just amazing.”- **Oprah Winfrey**, the No 1 talk show host





NLP

As the name suggests, Neuro (mind), Linguistic (language), and programming is the study of what works in Thinking, language & behaviour and how their interplay affects our body & actions.

It defines the way & how we code & produce excellence. In simple words NLP can be defined as the **success software** and **user manual for Human mind**. It provides a systematic framework for directing our brain & body to produce desired results.

NLP's basic premise is that the human brain functions similar to a computer, which executes 'programs' or mental strategies in ordered sequences of instructions (or internal representations).

We all produce two forms of communication from which the experience of our lives is fashioned.

First, we conduct internal communications: those things we picture, say, and feel within ourselves. The level of success you experience internally-the happiness, joy, ecstasy, love or anything you desire-is the direct result of **how you communicate to yourself**. How you feel is not the result of what is happening in your life-it is your interpretation of what is happening.

Nothing has any meaning except the meaning we give it through our internal communication.



Secondly, we experience **external communications**: words, tonalities, facial expressions, body postures, and physical actions to communicate with the world.

Every communication we make-internal and external- is an action, a cause set in motion, and that cause produces an effect. The internal communication programs our beliefs & values, fear & inhibitions, self esteem & image, behaviour & habits. You might think of the process of producing emotional states by managing your internal communication as being similar to a director's job. To produce the precise results (s)he wants, the director of a movie manipulates what you see and hear. Likewise, if you can learn to manipulate your internal movie, you will be able to create the external results you want in your life.

You're already producing results. They just may not be the results you desire. Most of us think of our mental states and most of what goes on in our minds as things that happen outside our control. But the truth is **you can control your mental activities and your behaviours** to a degree you never believed possible before.

It takes specific actions to produce depression or ecstasy, or any emotional state. Learning to manipulate these actions will lead you to control of your emotions and your behavior.



Achieving Excellence

Understanding the **state** is the key to understanding change and achieving excellence. Our behavior is the result of the state we're in. We always do the best we can with the resources available to us, but sometimes we find ourselves in unresourceful states.

A state can be defined as the sum of the millions of neurological processes happening within us, in other words, the sum total of our experience at any moment in time. The problem is, most of our states happen without any conscious direction on our part. People succeed or fail in life in direct relationship to their ability to consistently put themselves in states that support them in their achievements.

Almost everything people want is some possible state- love, confidence, respect-even money, which you want in order to give you states like freedom, power, love, etc. Behavior is the result of the state we're in, and our states are created by 2 main components:

1) **Internal Representations:**

- How and what we picture our experience in our mind
- What we hear & what we say to ourselves in our mind

2) **Physiology:** -

- posture, biochemistry, breathing, muscular tension/relaxation

“

**Remember Failure is an event,
not a person”**

- Zig Zigler



*“You can always rewrite your story,
bounce back, and Transform Your Life
,The moment you decide to”*

-

Manjot Singh

Transform your Life Coach



internal representation and physiology work in a cybernetic loop. Anything that affects one will automatically affect the other. To control our states, **we must control and consciously direct our internal representations and physiology.**

The key word is "re-presentation"-we experience our world through our five senses-visual, auditory, kinesthetic, olfactory, gustatory. Through the process of generalization, distortion, and deletion, the brain takes the sensory stimuli and "represents" or filters them into an internal representation. Thus, your internal representation, your experience of the event, isn't precisely what happened but rather a personalized internal re-presentation-it's just one interpretation as filtered through specific personal belief, attitudes, values, and metaprograms. This filtering process explains the huge range in human perception. One person may pay more attention to what (s)he saw, another to what (s)he heard-they look at it from different angles, and have different physiologies to begin the perception process with.

- Since we don't know how things really are, but only how we represent them to ourselves, why not represent them in a way that empowers ourselves and others, rather than creating limitations? The key to doing this successfully is memory management. In any experience, you have many things to focus on-no matter how terrible a situation is, you can represent it in a way that empowers you. **We can represent things in a way that puts us in a positive state,** or we can do the opposite.

If we don't consciously direct our own minds and states, our environment may produce undesirable states. We must weed our garden by deciding what we are going to focus on. **Successful people** are able to gain access to their most resourceful states on a consistent basis.

When we go into a state, our brain then accesses possible behavioral choices. The number of choices is determined by our models of the world-what are your behavioral choices when you're in an angry state, for example?

- Most people take very little conscious action to direct their states. They wake up depressed or they **wake up energized**. Good breaks lift them up, bad ones bring them down. Successful people are able to summon their best when they need it, when the pressure is the greatest.
- **People who have achieved excellence are masters of tapping into the most resourceful parts of their brain, by deciding what they are going to focus on-what they are going to represent to themselves, and thus controlling the state they access on a regular basis.**

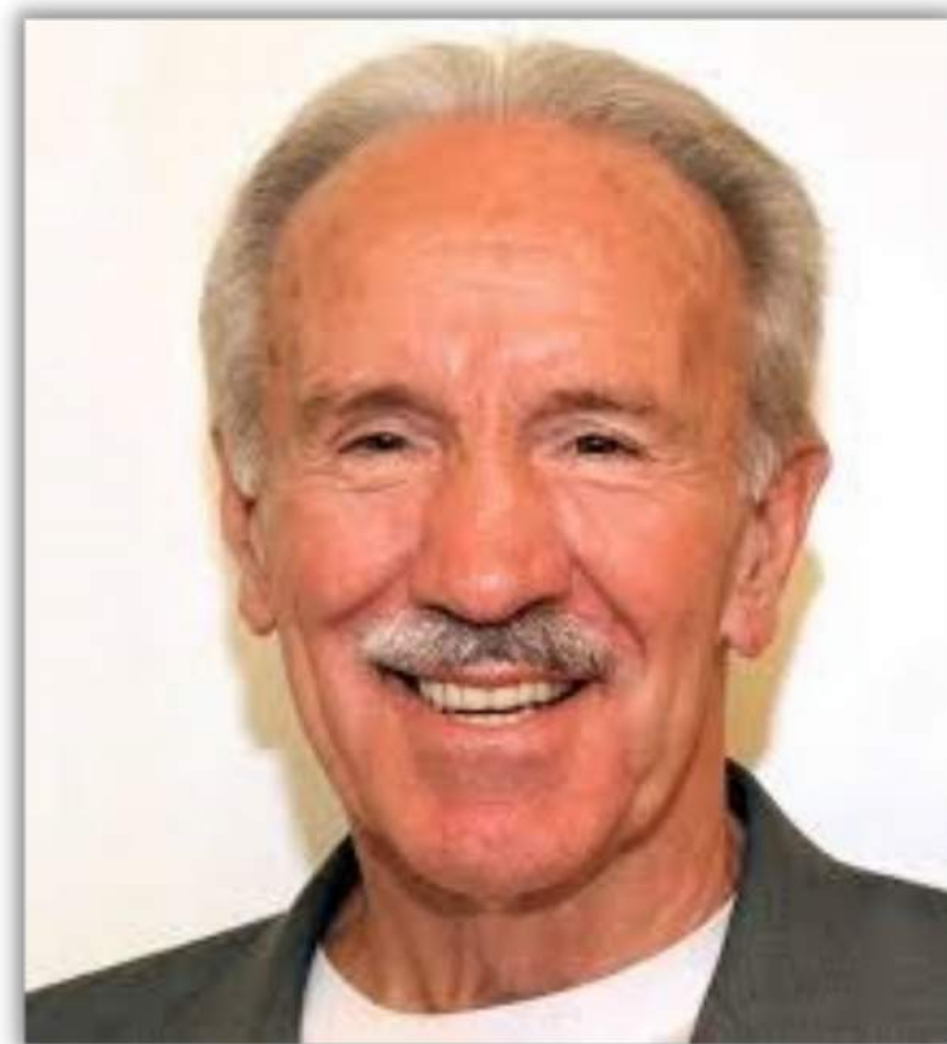




NLP not only reveals the secrets of Human Mind & its processes, but it also empowers with skills to master & control it to produce desired goals. It provides a systematic and specific means to change and improve the mental & physiological state of the person.

With NLP you can bring the desired change & results for yourself & help others to do same. **With Mantra NLP you can Program your Mind to produce desired success.**

- Today around the world , NLP is being practised by Therapists, Counsellors, Trainers, Professionals, CEO's, Managers, Sales Marketing Leaders, Business persons, Entrepreneurs, Students, Politicians etc.



The Mind can be an Ally or an Enemy.

What it becomes Entirely depends
on you,
What and How do you Decide to
feed it.

- Manjot Singh





How can NLP help you?

NLP training & its application is effective for a wide range of goals and issues in three major categories – problem resolution, creative solutions and goal achievement. NLP training that will empower you to excel in any & every area of your choice.

- With NLP training you will confront then break down your perceived limitations; greatly enhancing your ability to respond to the wide variety of challenges that arise in the business and life.
- You will sharpen up your cognitive abilities, allowing you to think more clearly, creatively and calmly under pressure. You will also gain a comprehensive toolkit giving you a broader spectrum of options for problem solving, managing and leading.
- It introduces ‘Systems Thinking’- knowing where and when to apply resources to get the maximum result for the minimum cost and effort, and just as importantly identify areas where resources are being wasted.
- You will learn how to listen to people in a new and powerful way, and reveal how to ‘decode’ what they are saying. You will explore the ‘Meta Model’, one of the original developments in NLP, a logical framework for quickly and elegantly changing someone’s thinking – greatly improving productivity, motivation and results.



- You will **gain a strong vision for your own life** and the **self-empowerment** to move towards that vision.
- You will learn about interventions for effective living because it covers a range of techniques to rid you of old ineffective beliefs, behaviours and habits of thinking.
- You will find it deepens your ability to **influence others** and gives you some strategies for modelling expert performance and creating **better health, relationships, sales ability or transforming a career** these modules will enrich your life.
- It deepens our ability to **assist yourself and others** through the application of NLP techniques.
- You will further enhance your ability to pay attention to your language patterns when **eliciting information** and **develop patterns of excellence** when communicating with others.
- You will also gain a further depth of insight into your own ways of processing information.
- You will begin to integrate even more of the techniques and models of NLP. In addition, they will be introduced to new **conflict handling, problem solving** and value integration exercises, and work on managing their own inner, resourceful conditions.
- You will also have the opportunity to coach and help craft each other's personal outcomes.



Mantranlp programs:

The Mantra NLP programs and workshops are **exciting, innovative**, captivating and **powerful** yet delivered in light format & simplicity. The delivery of programs is based on active, **participative approach** resulting in generative & immersion learning that stimulate a dialogue with **the inner self- the master of real transformation.**

Mantranlp workshops are different in terms of delivery & results since they involve multiple senses of participants, enabling them to learn faster, retain more & leave a permanent indelible mark on subconscious.

At the end of the program, you will have a **strong vision** for your own life and the self empowerment to move towards that vision. You will learn about interventions for effective living because it covers a range of techniques to rid you of old ineffective beliefs, behaviours and habits of thinking. You will find it deepens your ability to influence others and gives you some strategies for modelling expert performance and **creating lasting change.** Whether it is creating better health, relationships, sales ability or transforming a career ; these mantra NLP modules will **enrich your life.**

Mantra programs are the experience of **personal transformation** that will take you far beyond anything you've previously hoped for or imagined of.



***If you can dream it,
Then you can achieve it.***





Mantranlp programs:

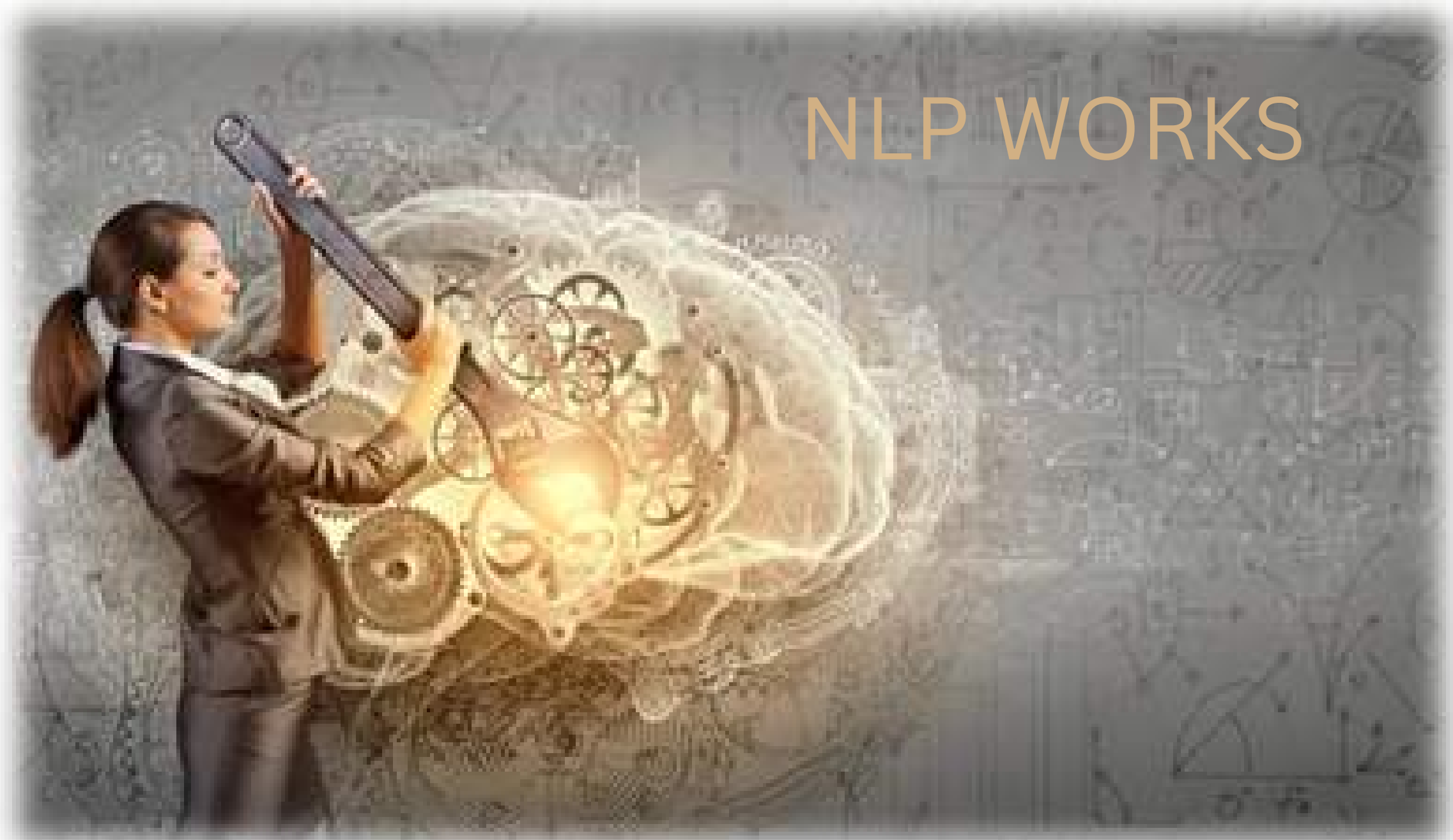
Pl visit www.mantranlp.com for details about workshops & courses.

This is your invitation to join & experience our programs & create peak in your action & results.

Come explore the world of NLP, set your course for the life you've always wanted, bring the change you want and succeed in every way!

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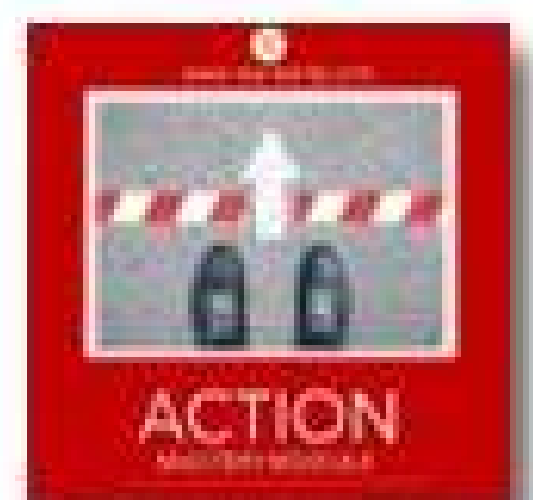
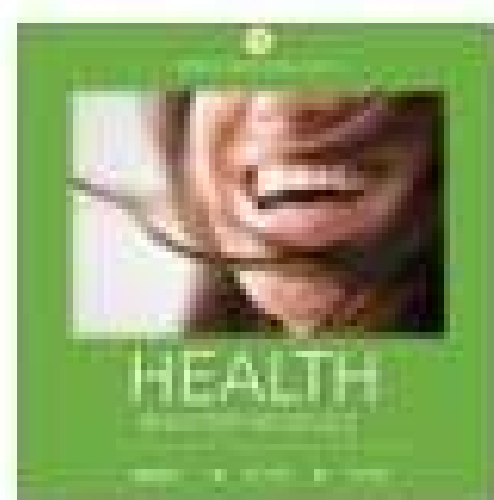
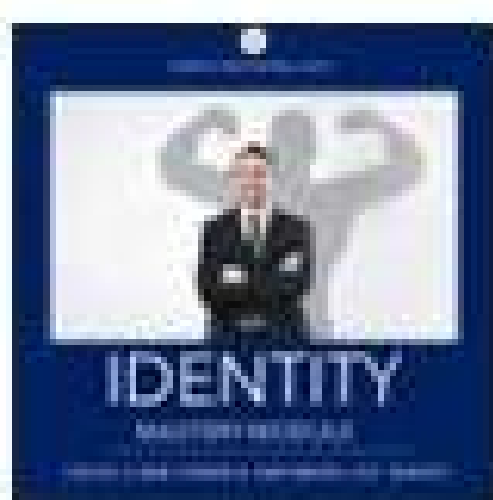


TRANSFORM YOUR LIFE

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Step by Step Powerful toolkit for
Subconscious Mind Programming to create
Desired • Identity,
• Health, • Relations, • Career, • Success & • Money



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