

“Be the change you wish to see in the world.” –Mahatma Gandhi

CHAPTER 7  
The  
Transformative  
Mind  
FREE EBOOK

# 60

## SECONDS TO

# A FOCUSED LIFE!

“Every dad, mom, emerging leader, marketplace CEO, business leader, visionary, clinical psychologist, nurse, doctor, entrepreneur, educator, musician, athlete, lawyer and salesperson should read this book because it will teach you how to renew your thinking and live a focused life.”

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**HARVARD BUSINESS SCHOOL CERTIFICATE IN AUTHENTIC LEADERSHIP DEVELOPMENT**

# 60 SECONDS TO A FOCUSED LIFE!

BY CHARLES WINBURN

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ISBN 978-1-7359194-8-5

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Published by:



**Chilidog Press LLC**  
[pbronson@chilidogpress.com](mailto:pbronson@chilidogpress.com)

Chilidog Press

Loveland, Ohio

[www.chilidogpress.com](http://www.chilidogpress.com)

Cover design by SDPcreative

Book design by Andy Melchers / Craig Ramsdell

# **60 SECONDS TO A FOCUSED LIFE!**

**THE SEVEN (7) STEPS TO LIVING A FOCUSED LIFE**

STEP 1:

**Encourage thinking by understanding  
the basic Law of Attraction.**

STEP 2:

**Establish eternal goals.**

STEP 3:

**Confront your thoughts, emotions, or feelings.**

STEP 4:

**Develop effective relationships.**

STEP 5:

**Concentrate on your life focus.**

STEP 6:

**Master your life.**

STEP 7:

**Become the leader you are meant to be.**

*60 Seconds to a Focused Life!* will help you take another look at your life to see if you are offering your very best focused thinking to live your very best life.

When you are feeling good moment by moment and day by day, you have learned to use the basic Law of Attraction to your advantage. That is what this book will help you do.

The Law of Attraction is always matching your feelings, moods, or emotions, which are known as your vibrations. You can always find how well you are doing in life by the way you feel, which determines if you are properly aligned with divinity and the universe.

*60 Seconds to a Focused Life!* will also help you bring an end to your search for the meaning of life. **You will discover in this book that you get to write the script for your life, or rewrite your life once and for all.**

*60 Seconds to a Focused Life!* is specifically designed to help people take charge of solving their very own problems by using techniques in this book. For example, this book will help the reader:

1. Learn simple concentration techniques so that they can focus.
2. Learn how to use the Law of Attraction to work around interruptions and distractions in order to refocus and stay focused in life.
3. Learn how to give zero attention to the things that they don't want, so they can focus on what they do want in life by using storytelling techniques, Contrast vs. Clarity Worksheets, etc.
4. Learn how to overcome resistance to what they want or don't want by using the Law of Attraction to get to a place of "zero resistance" in life so they can have what they want.
5. Overcome negative and limiting beliefs and negative thoughts and feelings by developing a transformed mind.
6. Overcome thoughts of victimhood so that they can focus more effectively.
7. Use self-mastery techniques with a view toward focusing and healing their own lives.

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## CHAPTER 7

### **The Key to Everything: The Transformative Mind**

Taking control of your conscious and subconscious mind makes you a transformed person as you use your *60 Seconds to a Focused Life!* A transformed person means you have a transformative mind. A person who is in vibrational and emotional control of their conscious and subconscious mind must bring this mind into alignment and harmony with their Divine Source or superpower.

When you transform your mind you are changing the form of your negative beliefs, emotions and memory to positive and life-generating experiences. Romans 12:2 states, “Be transformed by the renewing of your mind.” Transform your conscious and subconscious mind and you will experience unconditional love at the highest level of consciousness for yourself and others.

I would like to ask you three major questions before we have a crucial conversation around this matter:

- Do you have a transformative mind?
- Do you desire a transformative mind?
- If you had a transformative mind, what would you do differently in life?

I want to assure you that you can have a transformative mind in no time, if you erase any resistance and follow the four easy steps in this chapter.

The use of the Law of Attraction techniques in this book can help you expand your transformative mind and begin to live a life of less resistance. The Law of Attraction is always available to give you what you are resisting and what you are focusing on and giving your energy to. If you don't like what you are giving your attention and focus to, you can change it or eliminate it. The Law of Attraction is always matching your emotional vibrations, according to authors Esther Hicks and Michael Losier. The Law of Attraction is an invisible universal law of God designed specifically to help you be successful in life, so you can find more happiness, peace and joy as you draw wonderful things through you and to you as a result of your intentional creation.

## **What is a Transformative Mind?**

A transformative mind is both the conscious and subconscious mind working together as one independent mind that is detached from resistance, conditional love, the opinions and expectations of others, as well as the internal voices or self-talk that you have within yourself. People's resistance, opinions and expectations of you are usually out of fear and not unconditional love. That's why people are so quick to give their opinions and expectations of how your life should be because it usually is out of fear of their own limited life issues. But they insist they are trying to save you from some mistake. What makes living by other peoples' opinion and expectations risky is that when you decide not to listen to them anymore, they will resist you. That's why they are conditional lovers. (More on this in Chapter 18 on Lovers.)

What would your life be like if you didn't care about what others think of you? If your conscious mind and subconscious mind are not working together on your behalf, it could result in your subconscious mind undermining all positive efforts, progress, success and advancements you make in life. That is why it is very important that you give attention to flooding your subconscious mind with positive thoughts and positive emotional vibrations and living a life of zero resistance. Your subconscious mind includes your moods, feelings, beliefs, memory, and emotional vibrations. Your conscious mind includes your thoughts, will, perceptions, intellect, intuition and reason.

A transformative mind is a conscious and subconscious mind working together that is creative, independent, innovative and exciting and is constantly evolving and being changed from glory to glory and from conditional love to unconditional love.

A transformative mind goes through a daily positive thought process resulting in around-the-clock positive emotional vibrations, good moods, good feelings and positive energy. A transformative mind is a loving, receiving, trusting and a giving mind. A transformative mind positively impacts your visualization, imagination and intellect, which improves your well-being as you appreciate your Divinity within. Some people in your life genuinely love you and usually are not trying to direct your life. They are willing to let you be you, and if you want their opinion, they are there for you without any resistance to you. That is unconditional love in action.

Detach yourself from the opinions of other people and their expectations about you. Everything we do in life should be out of unconditional love and not fear. Just think: If 80 percent of the world population would express unconditional love, we could reduce poverty in the world by 80 percent overnight.

Are you living your life out of fear or love? Every moment of your life should be out of love because this is the foundation of a transformed mind.

For you to fully understand and express your transformative mind, you should understand Romans 12:2 of the King James Version of the Bible, which states: *And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.*

The New Living Bible translation of Romans 12:2 further interprets the King James Version in the following manner: *Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

If you read again these two versions of the Bible, they both depict that conforming to the world and copying the behavior and customs of others will hinder you in your transformational process of life. Are you living someone else's life? Are you being controlled and manipulated by others through conditional love? Are you resisting others? (See Chapter 6 on zero resistance.)

Most people's subconscious mind is really not their own mind because they have conformed their mind to the world. Thus they are living someone else's life. This could be the real reason for their lack of joy and peace. Your subconscious mind is like a tape recorder and is always recording your pseudo-limitations and limiting beliefs as well as your resistance. Therefore, you must bring an end to conforming your conscious or subconscious mind to world thinkers. If you do this, you are on your way to creating a transformative mind.

These two versions of the Bible also reveal that renewing your mind and changing your thinking can be undermined by conforming to the world and copying the mores, behaviors and customs of the world and of others. If you want to feel good about you, refuse to allow others to think for you. Think for yourself, and the crowd will disperse.

These two translations of the Bible note that a transformative mind is a renewed mind, and a renewed mind is a transformative mind. These translations imply that thinking like the world and mimicking other people do not contribute to one having a transformative mind. All this does is negatively suppress your subconscious mind with negative, resistant, false and limiting beliefs of others. Oprah Winfrey stated, “Other people and their opinions hold no power on defining our destiny.” (2011 *O’s Best Advice Ever*).

These biblical translations clearly depict the truth that you have the power to transform your own life by renewing your mind. When you change your thoughts, you change your mind. Then you will change your life, and your world will ultimately change, “because thoughts become things.”

So, what do you really, really want in life? Do you want or desire a transformative mind? You are probably by now asking yourself a question: How do I obtain a transformative mind? Good question!

Here are the four easy steps in the intentional creation of a transformative mind by causing the conscious and subconscious mind to work together on your behalf:

## Step 1

Decide to make a commitment to yourself that you are not going to think like everyone else, and in the process, you are not going to resist anyone as you create clarification for your life.

I am not saying that you should disrespect or devalue someone else’s opinion, knowledge, wisdom or skills. When someone wants to tell you what to do and demand you think a certain way, this is a good opportunity to detach from the opinions and expectations that others have for you without resisting them. As an unconditional lover, this will be much easier.

Oprah Winfrey stated in her book, “When you finally summon the courage to cast a vote for yourself, you can expect obstacles and the whole world to rise up and tell you what you cannot become and what you cannot do. Those around you will be threatened as you exceed the limited expectations they’ve always had for you.”

That’s what your limiting belief in your subconscious mind is always trying to do—think for you! Tell your subconscious mind what to think instead

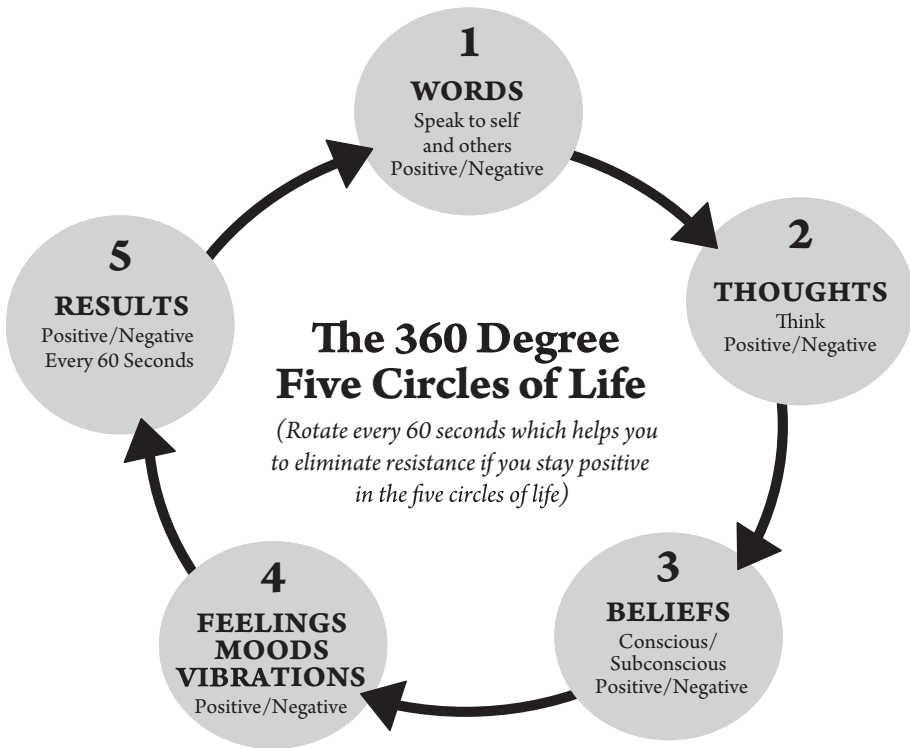
of allowing others to tell your subconscious mind what to think. Refuse to think like your family, friends, colleagues, peers and the group. Stop right now being a copycat of other people's behavior, patterns and customs. "Be not conformed to this world" means the you should not follow the world's way of thinking. If you conform to the world's system of thinking, you will become like most everyone else in the world—conditional lovers, feeling bad and unhappy. If you listen to the voices of those in the world's system, especially those who are full of ego and pride, be assured you will co-create with these same negative people and end up with negative emotional vibrations.

Someone said, "Birds of a feather flock together." Negative people co-create with negative people, and they become a vibrational match. And positive people co-create with positive people, and they become a vibrational match. Who are you co-creating with in life? (See Chapter 16 on the "80/20 Vibrationally Matched Relationships.")

Do you have the courage to live a life of freedom without the opinions and expectations of others? You can if you are willing to live free from the negative opinion and expectations of others. You should be deliberate about who you co-create with in your life because you come into negative agreement and alignment with them vibrationally. Intentionally co-create with people who are in positive emotional vibrations and harmony with you. There are people who you will meet in life and who are close to you, who will want you to feel their pain and negativity. They say this will give you a better understanding and empathy for their need.

This sounds noble. However, you can only help people to focus on what they really want in life. If you can't help someone and they are not willing to listen to you, then refer them to the appropriate professionals. Someone also said, "Take heed to what you hear. How can two walk together except they be in agreement?" Billions of people in the world have chosen to celebrate the world's system of thinking, and that is why there are so many unhappy people around you and in the world. The world's system of thinking is based on resistance, ego, pride, greed, poverty, scarcity, insufficiency, taking advantage of others, lack, unmet needs, unhealed hurts, unresolved issues and conditional love affair arrangements. When you conform to the world's system, you will be just like everyone else. Is that what you really, really want for your life?





Stand up and think for yourself, and the Law of Attraction will give you the thoughts that you are thinking about. Refuse to conform to the world system, and you will then feel so much better about your life in 60 seconds.

“A man who does not think for himself does not think at all,” said Oscar Wilde. (This applies to women too.)

*Are you betraying yourself by not thinking for yourself?*

Here are some of the ways you betray yourself and further damage your subconscious mind every 60 seconds:

- Failing to achieve a great spiritual, physical, mental, financial and relationship life because of your internal resistance.
- Wanting someone to love you more than you love yourself and seeking the love of others without loving yourself.
- Loving your neighbor first instead of loving yourself first. (Loving yourself first gives you the opportunity and freedom to love neighbors second. Jesus said, “Love your neighbor as yourself.”)

- Fear of rejection.
- Staying in relationships that lower your energy and emotional vibrations. (This is a form of resistance.)
- Staying in relationships that are not going anywhere.
- Staying in relationships, jobs, careers, companies, organizations or businesses that give you zero satisfaction.
- Being afraid of failure or being afraid of success.
- Saying “yes” to situations when you really want to say “zero.”
- Trying to get the blessings and favor of others without blessing and favoring yourself first.
- Living a life of resistance.

## **Bring an End to Self-Betrayal of the Conscious and Subconscious Mind**

When you give less attention to loving yourself, resisting or exercising negative thoughts and emotions on a consistent and daily basis, you are betraying yourself and keeping yourself from having a transformative mind. If you give less attention to developing a positive conscious and subconscious mind, you are betraying yourself and keeping yourself from experiencing a transformative mind.

When you take charge of your conscious and subconscious mind, all self-betrayal stops, and now you can go to new levels of freedom, inspiration and joy.

Your time has come. It is now time for you to honor, see and recognize yourself as a transformative agent in the universe that deserves your own love every 60 Seconds and free yourself from your 1- to 7-year-old negative programming and adverse childhood experiences from 0-18 years of age.

### **STEP 2**

When you feel negative, practice the 60 Seconds Technique each day and refocus on finding good thoughts that get you back on track. (See Chapter 38 on the 60 Second technique.)

For example: Imagine yourself standing on the shores of an ocean. Now, think about a pretty blue ocean and all the birds flying all around and the calm breeze. While you are standing on the shores of the ocean, feel the freedom and joy within you. Expand your thinking opportunity. This kind of visualization will help jumpstart your emotions and help you to refocus on what you really want as well as eliminate resistance.

### **STEP 3**

Thank the Divinity within you for your life. Be appreciative of the invisible Law of Attraction and also the universe working on your behalf.

The Law of Attraction is God's gift to you in helping you mirror back to you the life that you so desire. If joy is the life you so desire, be thankful each day for joy!

What are some of the signs or manifestations of a transformative mind?

- Loving life
- Spiritual well-being
- Healthy lifestyle
- Mental peace
- Less resistance or zero resistance
- Healthy financial awareness
- Great relationships
- Greater use of knowledge, wisdom and skill
- Greater possibilities and zero limitations
- Better relationships
- Unconditional love

Author Bonnie Ware in *Top 5 Regrets of the Dying* clearly determines that people who are in the process of dying often wish they had the courage to live a life to themselves, not the life others expected of them. That's why it is so important to separate from the so called "group thinking" and think for yourself. Live the life you so desire. Be kind to yourself, and live the life that God ordained for you—embrace a transformative mind free from the opinions and expectation of others. Be thankful for the 360 Degree Five Circles of Life.

The 360 Degree Five Circles of Life Chart will let you know where you are at any given time in your life, so you can positively adjust your life or bring an end to negative thoughts and negative emotional vibrations within 60 seconds. You can change the way you think and feel within 60 seconds.

## **The 360 Degree Five Circles Explained**

The words you say to self and others determine the thoughts you think, either positive or negative. Never speak negative words about self and others, and never feel negative words about self and others because, if you do, your subconscious mind will record it and use it against you every 60 seconds. So, correct all your negative thoughts prior to the 60 seconds activation of the Law of Attraction. And we can learn from these words.

The thoughts that you think determine the beliefs that you will have, positive or negative. The beliefs that you possess will determine the feelings, moods and emotional vibrations that you will express in your subconscious mind, positive or negative.

The feelings, moods or vibrations that you express will determine the results you experience either positive or negative. Our lives spin around in a 360-degree circle every 60 seconds, and that's how long it takes for the Law of Attraction to fully express itself and give you what you want or don't want in life. You will always be able to locate minute by minute where you are in life or where you are going in life by monitoring the 360-Degree Five Circles of Your Life every 60 seconds. You will be able to determine where your resistance begins and ends.

The conscious and subconscious minds are the totality of the whole brain. These two minds must be reconciled and renewed for you to live a life of total freedom, which is a focused life. Skillfully bring positive thoughts and positive emotional vibrations together, and you will begin to master your subconscious mind and eliminate a whole lot of resistance. I credit my understanding of a conscious and subconscious mind to *The Biology of Belief* by Bruce H. Lipton, Ph.D.

## **What is the Conscious Mind?**

Lipton calls this the manual control part of your mind. It's that visible part of the mind that you express, control and design systematically through your senses, logic, thoughts, intellect, imagination, intuition, reason, will and perceptions.

## **What is the Subconscious Mind?**

The subconscious mind houses all your beliefs, memory, emotions, feelings, moods and emotional vibrations. According to author, biologist and researcher Bruce Lipton, "Since 7 years old, you were programmed with mostly negative and limiting beliefs during this period of time in your life. However, the majority of your failures, successes and challenges are undermined by your subconscious mind if you fail to properly prepare your conscious mind to take on the subconscious mind." The subconscious mind can be conquered with consistent, positive thoughts, meditation and repetition. This is part of rewriting your subconscious mind.

Since the day you were born, your subconscious mind has been collecting mostly negative and false information, which has led to your limiting beliefs and resistance in life. That's why your subconscious mind must be renewed, re-programmed with your own agenda and not the agenda of others. It's that part of your invisible mind that is like a tape recorder within you recording both negative and positive messages. That tape recorder keeps a file folder on all the messages, signals, and impressions that are imparted from parents, teachers, peers, friends, radio, television and your environment since you were a child.

Lipton refers to the subconscious mind as on auto pilot. It's always there trying to tell you what to do. It's been there since your conception, programming you with the opposite of what you really, really want in life. You really, really want to be an unconditional lover, want a great spiritual life, health life, mental happiness, financial well-being and great relationships. Then tell your subconscious mind this is it, and it will obey. Your subconscious mind has been trained through the years by you and negative people that stifle your spiritual life, health life, mental life, financial life and relationship life with negative, limiting beliefs. This must stop, and you have the power to

get in control of your subconscious mind right now through positive life-generating thoughts, beliefs and life.

The subconscious mind manages and controls all the vibrations of your body. That's why it is important to follow the Seven Steps to Living a Focused Life that, in no time, will get you in control of your subconscious mind.

## **Victimhood and the Subconscious Mind**

Most people who you meet today believe that people are victims of their genes. Some 98 percent of people are born with genes that should enable people to live a healthy life, according to Lipton. Furthermore, he believes that it is “not the genes of a person that are causing him or her majority of their problems in life. It is faulty thinking and limited beliefs that are stopping, hindering and undermining the personal development of people.”

I believe this is the reason people express a lack in their spiritual, physical, mental, financial and relational life. It is your subconscious mind that is causing you all your problems whether failure, sexual, financial, health, resistance, weight issues, relationship problems and most sickness and diseases.

Amoda Maa Jeevan, in her book *Change Your Life, Change Your World*, says, “As soon as you accept 100 percent responsibility for your thoughts, feelings and actions, you are no longer a victim of circumstances. Instead you are empowered to be a co-creator of your reality.”

If there is any victimhood in one's life, it is due to creating negative thinking and limiting beliefs reinforced by the negative subconscious mind, developed and created through the years of their life. To overcome victimhood, it is necessary to reprogram your subconscious mind by following the Seven Steps to Living a Focused Life as espoused in this book.

Listening to victims complain about their problems is not helpful to them or you unless there is a corrective action plan based on positive talk therapy. There are two types of talk therapy: one is positive, and one is negative.

Positive talk therapy brings you more positive emotional vibrations as a result of your expressed and consistent conscious positive talk to self and others. If your Talk Therapy is consciously communicating your positive past or present, you have a greater opportunity of recovering from your unmet needs,

unhealed hurts and unresolved issues of your negative subconscious mind. You are now dominating and in control of your subconscious mind with your positive talk therapy. If you want to be in control of your subconscious mind, you must have positive thoughts coupled with positive emotional vibrations every 60 seconds.

Negative talk therapy brings you more resistance and negative emotional vibrations as a result of your expressed negative conscious talk of the past and present. This kind of talk further adds more negative and limiting beliefs in your subconscious mind. If you continue to build faith for your negative conscious self-talk, you have little opportunity of recovering from your unmet needs, unhealed hurts and unresolved issues of your subconscious mind. Your negative subconscious mind will continue to dominate you with resistance, and your unmet needs, unhealed hurts and unresolved issues, making you feel depressed and defeated in life as long as your self-talk is negative.

Your negative subconscious mind is always waiting on you to stand up to it and dominate it with a positive talk therapy and positive emotional vibrations. Will you take charge of your subconscious mind today? Your subconscious mind wants to join you today in having a successful spiritual, physical, mental, financial and positive relationship life. Go on and express your new positive self-talk!

The subconscious mind must be rewritten or reprogrammed to match your positive conscious mind. This subconscious mind must be renewed. The subconscious mind is an imposter and must be silenced from limiting beliefs if you are going to have a total life of freedom.

## **STEP 4**

Rewrite and reprogram your thinking, and your subconscious mind will help you eliminate further resistance. The subconscious mind is usually collecting negative information on you because many times you are not paying attention to what is really being filed. The subconscious mind is more powerful than the conscious mind, which means you should give it your highest priority and immediate attention today. When you are paying attention to your feelings, moods and emotional vibrations, you are paying attention to your subconscious mind and monitoring your 60-second conversation with yourself.

Take on your subconscious mind and challenge it as a real opportunity to expand your life possibilities and unlimited dimensions. When you do this, it is an opportunity to erase the resistance and false data, the negative vibrations and limiting beliefs that have been stored there for years.

Using the Seven Steps to Living a Focused Life as expressed in this book will help you rewrite, reprogram and reshape your subconscious mind, so you can experience total life freedom and the love you so desire to express.

You have the power to rewrite your subconscious mind through constant repetition of positive, life-changing thoughts. So, use your power today by forcing your subconscious mind to live a focused life. You need more than just positive thinking to get the job done if you desire a transformative mind and focused life. Thinking positively is essential; it's just not enough. However, creating life-long, positive thoughts coupled with great emotional vibrations and less resistance is key to a focused life, as espoused in Bruce Lipton's book *Biology of Belief*.

Thinking positively and feeling good at the same time create the energy necessary to accelerate the Law of Attraction in your favor and put you in control of your sub-conscious mind, and at the same time diminish the negative beliefs of your subconscious mind. In other words, if you think positive thoughts and at the same time experience resistance and negative emotional vibrations, the Law of Attraction and the negative side of your subconscious mind by default will match your negative vibrations. The Law of Attraction is always matching our emotional vibrations whether they are negative or positive.

Stop! Catch yourself from speaking negatively about yourself and others. However, the Law of Attraction will always match your negative emotional vibration, and the negative side of your subconscious mind is ready to tape and create a negative file folder on you.

Before you start speaking to self or others always ask yourself this question first: "What do I really, really want?" The Law of Attraction is always waiting to give you what you want or don't want. If you are in a bad mood or experiencing negative emotional vibrations, speaking positive may not help you at all unless you rewrite your script with positive, life-changing, repetitive thoughts.

However, by default the Law of Attraction will give you what you don't want when you are not feeling well, and also the subconscious mind is waiting



around to store this negative data and use it against you emotionally. Give your subconscious mind something positive to feed on so it can be recorded and restored.

If you are in a good mood or experiencing positive emotional vibrations and you speak positive words at the same time, be assured that the Law of Attraction will give you what you want, and your subconscious mind is waiting around to record this positive message and use it in your favor. Lipton states, “The subconscious mind is a million times more powerful than your conscious mind.” And that’s why you should have more positive thoughts and positive emotions to be filed in your subconscious to offset the negative subconscious mind, which is often resisting your conscious mind.

Lipton, in *The Biology of Belief* (a must read for you), states that you need more than just “positive thinking.” He says, “I need to make it very clear that I do not believe that simply thinking positive thoughts always leads to physical cures. You need more than just positive thinking to harness control of your life.” Lipton concludes: “It is important for our health and well-being to shift our mind’s energy toward positive, life-generating thoughts and eliminate ever present energy-draining and debilitating negative thoughts.”

The Seven Steps to a Focused Life in this book are also designed to help you undo self-limiting beliefs and resistance, so you can create life-generating, positive thought outcomes on a long-term basis using your 60 seconds.

The Seven Steps to Living a Focused Life will take you on a journey through the 360-Degree Five Circles of Life in helping you change your limiting beliefs and defeating your negative vibrations, which is an integral part of your subconscious mind. The belief and behavior modification focus is a process to help you reprogram, transform and refocus your subconscious mind.

## **Belief and Behavioral Modification Focus**

Who do you know in life who has been asking the question “why?” or “why me?”

Why do most people you know struggle in their spiritual, health, mental, financial and relationship life?

Why do most people you know not feel successful?

Why do most people you know feel that they are helpless in addressing their unmet needs, unhealed hurts and unresolved issues?

Why is it that no matter how much education, money or passion a person has, or how many hours a person works during a week, or how hard a person works, they just do not seem to get ahead? These people seem to be stuck and stagnant in life. Why?

Why is it that most people you know who are 21, 31, 41, 51, 61 or even 70 or older have never felt that they were really themselves in life or in control of their own life and destiny?

People often tell me that for some reason, they seem to be carrying out someone else's programmed life or script.

There is a cry among these people: "I want to be me," or "I want to be free from my negative-belief programming."

The answer to all these "why" questions may be found in Dr. Bruce Lipton's explanation of the subconscious mind and the 70 percent negative programming in the first seven years of a person's life.

These "why" questions also may be answered if any of these adults experienced a major Adverse Childhood Experience in their first 18 years of life (ACE study).

Dr. Bruce Lipton, author of *The Biology of Belief*, has produced a YouTube video, "How We Are Negatively Programmed at Birth to Seven Years of Age," To explain that the conscious mind has only a 5 percent strategic influence on a person's life decisions. The conscious mind consists of one's intellect, creativity, thoughts, will and perceptions. The conscious mind learns by creativity and intellectual processes. However, the subconscious mind has a 95 percent strategic influence on a person's life decisions. The subconscious mind consists of beliefs, emotions and memory. The subconscious mind is like a big tape recorder. It retrieves data the same way it is programmed and learns by habitual programming.

According to Dr. Lipton, during the first seven years of a child's life, the child receives 70 percent negative programming from a combination of their parents, teachers, trustees and peers.

He further asserts in his YouTube video the following:

1. During the first seven years, children are in a “theta stage brain wave” condition, receiving 70-percent-negative programming from their parents or guardians as it relates to their subconscious mind;
2. During the first seven years, during the hypnotic or theta stage of development, a child is more susceptible to positive or negative programming and their environment at.

Coupled with adverse childhood experience (ACE) from 0-18 years, these principles can be used as a tool to measure or predict major adulthood challenges such as spiritual, health, mental, financial and relationship issues.

The 70-percent-negative programming may be the main answer to the “why” questions above and may explain why people feel like they are carrying out someone else's negative programs or scripts. Struggling, not feeling successful, feeling stuck, stagnation and feelings of not getting ahead can all be linked or connected to the first seven years of negative programming and Adverse Childhood Experiences from 0-18 years of age.

Lipton's research on 1- to 7-year-old children with 70 percent negative programming parallels some of the findings of the ACE study findings on childhood trauma from 0-18 years of age.

In other words, adults who are currently struggling with lingering spiritual, health, mental, financial and relationship problems may be held captive by either their first 0-7 years of negative programming or an Adverse Childhood Experience from 0-18 years of age.

According to Wikipedia, “The Adverse Childhood Experience study (ACE) is a research study conducted by the American Health maintenance organization Kaiser Permanent and the Center for Diseases Control and Prevention. 17,337 participants were recruited to the study between 1995-1997 and have been in long-term follow-up for health outcomes. The study has demonstrated an Association for Adverse Childhood Experience (ACE), aka Childhood trauma, from 0-18 years old with health and social problems across their lifespan.”

Additionally, there are ten types of measures used to detect childhood trauma in the ACE study.

The Adverse Childhood Experience study falls into three major areas, based on a 10-question survey, to determine the level of household dysfunction, abuse and neglect experienced in the first 18 years of life. They are as follows:

### **Household dysfunction**

- Domestic violence
- Substance abuse
- Parental separation or divorce
- Mental illness
- Battered mother
- Criminal behavior

### **Abuse**

- Psychological
- Physical
- Sexual

### **Neglect**

- Emotional
- Physical

In his overview of the Adverse Childhood Experiences study, Robert F. Anda states the following:

1. ACE is a strong prediction of health risk and disease from adolescence to adulthood;
2. ACE is one of the leading—if not the leading—determinant of the health and social well-being of our nature.

Adverse health predictions also impact one's spiritual, mental, financial and relationship well-being. Among those I have counseled over the years, I have discovered that when a person's health declines, there is also a link to major spiritual, mental, financial and relationship decline, as well as other challenges.

How do you know that someone is a victim of the 70-percent-negative programming from their parents, guardians, trustees or peers in the first 7 years of life? Or how does one know that they are a victim of Adverse Childhood Experiences (ACE) from 0-18 years old?

1. Unmet needs, unhealed hurts and unresolved issues that never seem to go away in one's life may also be linked or connected to negative childhood and adolescent experiences.

2. A person can take the Adverse Childhood Experience 10-question survey to help identify any possible Adverse Childhood Experiences from 0-18 years of age.
3. 3. Dr. Gabor Mate further explains Adverse Childhood Experiences (ACE) in term of trauma.

## **Adverse Childhood Experience**

Dr. Gabor Mate, MD, defines trauma in terms of the following: Trauma is not what happens to a person, but what happens within them. In line with its Greek origin, “trauma” means an unhealed wound that a person is compelled to defend against by means of constricting his/her own ability to feel, to be present, to respond flexibly to situations.

What are called Adverse Childhood Experiences can be referred to as trauma, however, as well as the negative beliefs, emotions, memories, perceptions and stress of parents, passed on to their children from 0-18 years. These negative beliefs, emotions, memories and stress perceptions implanted in children from 0-18 years show up as wounds in adulthood. Therefore, every adult who carries this trauma must positively rewrite their own positive beliefs, emotions, memories and perceptions. The rewrite is a wonderful way for one to gracefully take their life back from the negative influence of their parents, guardians, trustees and peers without blaming them.

Parents, guardians and trustees may not deliberately or intentionally mean to have traumatized their children with their stress, negative beliefs, emotions, memories and perceptions. Society as a whole also must take responsibility for ignoring their negative role in the advancement of Adverse Childhood Experiences and by not providing legislative support resources, funding and counseling tools to help eradicate ACEs in our society. The fact remains that such negative childhood experience influences—perpetuated by society, parents or trustees—are directly linked to approximately 70 percent of Adverse Childhood Experiences or trauma that shows up in these children when they become adults.

In a parenting and family article published on June 8, 2017, Dr. Jenara Nerenberg states, “Sixty percent of adults report difficult childhood experiences, including drawn-out divorces, violence and abuse. The effects

of trauma are long-lasting, ranging from anxiety to post-traumatic stress to physical illness.”

Dr. Gabor Mate, in this same article, further states, “Focusing solely on the role of family in childhood trauma misses the bigger picture. What if trauma also results from shortcoming on the part of society to support families in thriving? If society helped informed teachers and parents meet children’s basic human needs for attachment and connection, would we produce fewer traumatized adults?”

This chapter is designed to offer practical alternatives to assist or help one face these Adverse Childhood Experiences and use the exercises relative to the same.

## **Why Rewrite Your Life through the Behavioral Modification Worksheet?**

I have developed a greater understanding of the subconscious mind based on Dr. Lipton’s teachings that address the 0-7 years old negative programming period of a child’s life that many times is carried over into adulthood.

Dr. Edward Tronick’s Still Face Experiment, which disclosed the impact of early emotional neglect from 0-2 years old, also helped me understand the importance of this age period of childhood development that is linked to most adulthood challenges.

Understanding the Adverse Childhood Experience Study (conducted between 1995-1997 by the U.S. Health Maintenance Organization Kaiser Permanente and the Centers for Disease Control and Prevention), addressing the ages 0-18 was also useful in helping to develop the Behavioral Modification Focus Worksheet.

This helped me create a two-part Belief and Behavioral Modification Focus Worksheet designed to enable the reader to confront—once and for all—their negative and limiting beliefs created in their first seven years of life, and adverse childhood experiences from 0-18. Also, the Belief and Behavioral Modification Focus Worksheets are designed to help a person start thinking about replacing negative and limiting beliefs, unwanted habits and negative perceptions with an exercise that will help reprogram or rewrite their beliefs, emotions, memories to positive ones.

These worksheets are designed to help change beliefs and perceptions through positive, life-generating repetition of what a person desires or wants by saying it over and over every 60 Seconds until the subconscious mind is trained. Remember, it only takes 60 Seconds for the Law of Attraction to become fully activated in order to help get back what you put out in the universe. The Law of Attraction states, “Like attracts like” and “same attracts same.” And whatever you focus on, you get more of it.

Worksheet A is a way to sketch out and help identify limiting beliefs, emotions or memories that may be associated with a negative Adverse Childhood Experience.

Worksheet B is a map to help you focus on what you really, really want in life. Also, use the Law of Attraction to push out and speak out what you really, really want so the universe can return back to you your desires and wants every 60 Seconds.

**The Behavioral Modification Focus Worksheet is also an exercise to help a person rewrite their 0-18 years old negative beliefs, emotions and memories with a view toward living a present life that encourages positive, life-generating beliefs, emotions and memories using the Law of Attraction techniques to stay focused.**

In my professional opinion, prior to using the Behavioral Modification Focus Worksheet, there are about 16 basic reasons why a person would want to rewrite or rework their lives in terms of erasing 0-18 years old negative beliefs, emotions and memories. It is possible to rewrite your life, however. That is what the Behavioral Modification Focus Worksheet’s exercises are designed to do for you.

**The 16 Basic Reasons for the Rewrite:**

1. Research shows that 70 percent of what was imparted to you was negative beliefs, emotions and memories from 0-7 years of age and beyond. (Lipton)

2. You may be operating in someone's programs of negative beliefs, emotions and memories from 0-7 years of age, passed down negatively from your parents to you.
3. You are someone else because you operated in a "Theta Stage" of life from 0-7 years of age. You were not responsible for all of the negative programming that you received because you didn't know any better during 0-7 years of age. Now you know better!
4. You are carrying out someone else's struggles and challenges because of someone else's negative programming!
5. You are now ready to take your life back and get rid of other people's beliefs, emotions and memories received from 0-18 years of age.
6. You have discovered that you have not lived your very best life because of 0-18 years of age unresolved issues.
7. You are ready to rewrite and reinvent your life now and become the person that you were really meant to be, created to be in both heaven and earth!
8. You are ready now to make your own mind your very own friend.
9. You are ready now for your subconscious mind to become a real reflection of your very own life.
10. Confront what "happened" to you and within you once and for all and eliminate the negative beliefs, emotions and memories behind it by focusing on what you want right now!
11. Change beliefs, emotions and memories to positive life-changing ones so there can be happy human cells, genes, DNA and biological processes, as well as moving from contrast to clarity.
12. Focus your beliefs, emotions and memories on what you really, really want in life and give zero attention to what you don't want in life with a view toward the effective use of the Law of Attraction techniques.
13. Eliminate fear and unproductive stress out of your life by focusing on love, joy, peace and happiness.
14. So that you can feel better in spirit, health, mind, finances and relationships.
15. New, fresh, thriving thoughts and beliefs start the co-creation of your rewrite of your chemistry, cells, genes, spiritual, health, mental, financial and relationship growth and freedom.



16. According to Dr. Bruce Lipton, because your subconscious mind learns through habituation and gives you back what is given, it can handle your rewrite and input of data at a speed of 40-million bits every second!

## **Repetition: A Gift from the Divine**

The ability to use your Divine- or God-given gift of repetition of thought can make you sick or make you well, because it is your choice on how you use the gift! This gift of repetition is designed to program your subconscious mind. As a result of programming your subconscious mind through repetition, it records your new positive programs. You have been given a free will to exercise this Divine gift any time you want or desire.

Through your very own positive and life-generating repetition of words and thoughts of your beliefs, emotions and memory, you will eventually transform your mind based on Romans 12:2 in the Bible. I believe this scripture is talking about renewing two types of minds—your conscious mind and your subconscious mind.

The conscious mind consists of an intellect, creativity, thoughts, imagination and will that strategically impact your life decisions only five percent (Lipton).

Your subconscious mind functions as a “tape recorder” that makes up your beliefs, emotions and memory. Effective repetition is the gift that lays the foundation for rewriting one’s **subconscious mind** that strategically impacts your life decisions 95 percent (Lipton).

Now, let us discuss some of the practical and learning aspects of both **repetition and habituation**.

We learn through repetition and habituation. This repetition learning process can also be used to design your 60 Seconds story as referenced in chapter 38 of this book, *60 Seconds to a Focused Life!*

**According to a Google definition, repetition works well because it helps your brain solidify connections that are used to recall memories (Oct. 16, 2017). When you learn something new, your brain instantly attempts to associate it with something that you already know through a process of assimilation.**

The late Zig Ziglar stated, “Repetition is the mother of learning, the father of action, which makes it the architect of accomplishment.”

According to Wikipedia, habituation is a form of non-associative learning in which an innate, non-reinforced response to a stimulus decreases after repeated or prolonged presentations of that stimulus. **In other words, “The more we encounter something, the less likely we are to react.”** (Kendra Cherry, MS, and Steven Gans, MD, 2019)

**There is a paradox to the learning process of habituation.** There are two sides to understanding the learning process of habituation—a negative side and a positive side. **People can habituate or adjust negatively or positively to a stimulus.** Eight out of ten people that you know think and talk negatively 80 percent of the time. These same people, when they hear others communicate or talk positively, they habituate or adjust to more negative thinking, because they have been programmed to be negative from birth. They have trained themselves to be negative over time, especially from 0-18 years of age.

The good news is that they can train their subconscious mind to be positive. Also, reading this book over and over again will help one develop positive beliefs, emotions and memories. Eventually one will be able to habituate or adjust to long-term positive and life-generating growth.

Shifting one’s attention away from negative stimuli programming of the subconscious mind and blocking it in order to focus and program the subconscious mind with positive stimuli and life-generating thoughts is one example of “positive habituation.” **Positive habituation is key to the acceleration of a positive and life-generating subconscious mind.**

When a person practices long-term negative habituation, it becomes very difficult for that person to develop positive repetition in achieving a transformed subconscious mind. Most people may never recover from a negative-subconscious mind if they don’t effectively use the gift of repetition to reverse from negative to positive thinking.

Most people that you know get excited over new teachings, new messages, or new things. But with the passage of time, they lose interest and habituate to boredom because of a negative subconscious mind.

This excitement becomes short lived and is temporary. This is another example of negative habituation (*What Is Habituation Psychology and Why Does it Matter?*, Rachel Lustbader, August 30, 2019).

**Positive adaption or habituation to positive repetition of the subconscious mind is what everyone must achieve with habituation as a positive tool to sustain life-generating growth** (*Psychology Today*, Change and Habituation: On Taking Things for Granted, Shahram Heshmat Ph.D., Science of Choice, December 30, 2014).

What you keep telling yourself over and over—negative or positive—is done through repetition and is what you become in the process.

Whatever you have learned in life from conception to now is a result of what you said to yourself through “self talk,” over and over, through negative or positive repetition and negative or positive habituation.

It is through repetition that one trains their subconscious mind to work for them or against them. Whatever condition or situation one may find themselves in throughout life is due to their repetition or habituation. As a person, you are the sum total of your negative or positive repetition or habituation.

Negative thoughts, repeated over and over through repetition, contribute to the spiritual, health, mental, financial and relationship challenges that 95 percent of the world’s population face. Most research supports the idea that about 5 percent of the population’s life challenges appear to only be attributed to DNA or genetics. However, the rest is due to one’s very own negative beliefs, emotions, memories and epigenetics.

The subconscious mind doesn’t think because it only records and returns back to one what it has been programmed with. The subconscious mind has been programmed with 70 percent negative messages and observations from conception to 100+ years of age. This is a good reason to rewrite one’s life and practice the *60 Seconds to a Focused Life!* principles in this book.

However, our subconscious mind learns by repetition and habituation. This includes how a person learns the alphabet, math, poverty, sickness, trauma, sadness, depression, love, abundance, joy, peace, or happiness, for example.

All behavior is learned—from conception to adulthood—through repetition and habituation. **It is reinforced through one’s beliefs, emotions, memories and epigenetics in the subconscious mind.**

You must understand, no one is born either negative or positive. Remember, if you have negative or positive people in your life, it is because they programmed their subconscious mind to be this way.

Also understand, if you keep negative people in your life for more than 21 to 30 days, these negative people will lower your vibrations or energy in the following areas of life: spiritual, health, mental, financial, and relationships.

You never have to ask a negative person to leave your life. All you need to do is focus on positive and life-generating thoughts, and negative people will move away from you on an accelerated basis. Smile and remember that old saying: “Birds of a feather flock together.”

The number-one, most-effective way to rewrite a negative life into and build confidence for a positive life is through positive and life-generating repetition or habituation of the subconscious mind.

Through repetition and habituation, one records in their subconscious mind their positive or negative life by believing it, feeling it, and memorizing it over and over until it becomes a reality in life.

**Just because a person hears something positive several times does not mean that they positively received the message or that their life will positively change.**

Real change will take place when one commits to deliberate creation of long-term positive and life-generating thoughts. When this happens, one can expect positive behavioral modification and transformation.

The 38 chapters in this book are designed to help you to ultimately train your subconscious mind to think the way you want it to think.

You have the power to train your subconscious mind on a consistent basis to positively habituate or adapt to the things that you really want. The good news is that you can have what you want. When you only focus on things that you really want in life, you will be inclined to give zero attention to what you don't want.

Focus on positive stimuli, such as pleasure, love, joy, peace, and happiness, and you will positively habituate or adapt to it.

Now, have some fun using the gift of repetition in developing positive thought doing your “self-talk.” You can do this every 60 seconds by telling yourself a wonderful story. Remember, every 60 seconds, the universe is giving back to you what you emit through the Law of Attraction.

For example, tell yourself over and over, through your “self-talk,” that you feel excitement and joy about your great health life. For 60 seconds each day,

use your gift of repetition to feel good. Go to chapter 38 and learn how to develop a 60 Seconds story.

By telling a wonderful health story each day for 60 seconds, one can positively habituate or adjust to the new excitement and joy about their great health. This is positive habituation in action!

Repetition is a learning tool to help you train your subconscious mind every 60 Seconds to achieve positive, life-generating thoughts, perceptions, beliefs, emotions and memories, so you can live a joyous spiritual, health, mental, financial and relationship life. Worksheets A and B are devised to help you take proactive steps to achieve your best life every 60 Seconds by using habituation and repetition techniques.

**Belief and Behavioral Focus Worksheet A** will assist in identifying negative or limiting beliefs, emotions, memories and epigenetics that a person wants to erase or delete or eliminate out of their life. After this is done, give zero focus to this exercise and move on.

**Belief and Behavioral Focus Worksheet B** will reprogram the subconscious mind with positive, life generating beliefs, emotions or memories that people desire and want in life so that they can focus and have a transformative mind. One's behavior is linked and/or connected to your positive or negative subconscious beliefs. However, if you don't like your behavior, you can change your beliefs. The worksheets are designed to assist with behavioral modification goals. After you do Worksheet B, repeat it over and over for the next thirty days.

In Dr. Lipton's book *The Biology of Belief*, I discovered that it is not a person's biology, DNA, genes or heredity that causes most of their personal challenges, but their negative and limiting beliefs.

**Belief and Behavioral Modification Focus** is the act of rewriting or correcting and shifting focus to take full responsibility to confront your negative subconscious mind through positive programming as it relates to the following 5 subconscious mind challenges that prohibit a transformative mind:

1. Negative Perceptions
2. Negative Beliefs
3. Limiting Beliefs

4. Negative Emotions

5. Negative Memories

In other words, the belief and behavioral modification process must be a commitment to a deliberate, intentional desire to change and confront the negative subconscious mind through a rewrite so that it will never again become a victim to the 70-percent-negative programming from 0-7 years old, or adverse childhood experiences from 0-18 years old.

Most people think that their conscious mind—which impacts 5 percent of their decision making—is making all the decisions for their life, while they pay little attention to the subconscious mind that makes 95 percent of their decisions.

These Belief and Behavioral Modification Worksheets encourage the reader to stay present, pay attention and keep focused with a view toward self-awareness and self-management of their subconscious mind. These two Belief and Behavioral Modification Worksheets are designed to help people get in control of their lives once and for all. If you want to learn more about how to reprogram or rewrite your subconscious mind, please read Dr. Bruce Lipton's book, *The Biology of Belief*, or simply research and follow him online.

In his Great Courses book *Optimizing Brain Fitness*, Dr. Richard Restak, professor at The George Washington University School of Medicine and Health Sciences, asks: What happens when we attend? Attention (also referred to as focus and concentration) must be rock solid to marshal the effort needed to improve the brain's performance.

If you accept the premise or belief that the first seven years of your life were 70 percent or more negative as a result of parental, guardian, teacher or peer influence, then the exercises on Worksheets A and B will be useful in bringing more clarity to your life.

Also, if you accept the premise that you experienced one or more Adverse Childhood Experiences during ages 0-18, the exercises will be helpful in bringing more clarity to your life.

Prior to filling out the worksheets, work toward eliminating any resistance to answering all the questions. If you have not read my chapter called “Zero Resistance” in this book, please read it now, because it will help you move effectively to answer each worksheet in the following two ways to help you overcome any resistance related to it:

1. As you fill out Worksheet A, letting go of your resistance, it will assist you in becoming more transparent and honest with yourself as you face any negative beliefs, limiting beliefs, negative emotions and negative memories once and for all.
2. As you prepare to rewrite your life using Worksheet B, let go of your resistance. That will help you be more transparent and honest with yourself as you face your positive beliefs, emotions and memories specifically as it relates to your spiritual, health, mental, financial and relationship aspirations.

Listed below are two examples of how one programs their subconscious mind—negatively or positively—each day by programming positive or negative beliefs, emotions, or memories. This is another good reason for one to rewrite and renew their life.

## Example 1

### *Negative Programming*

**NEGATIVE repetition and habituation of the subconscious mind.  
(What people tell themselves over and over again.)**

<p><b>Spiritual:</b></p> <ul style="list-style-type: none"> <li>• <b>Belief:</b> God or the Divine is really not for me.</li> <li>• <b>Emotions:</b> I don't feel God or the Divine is for me.</li> <li>• <b>Memory:</b> I remind myself that God or the Divine is not for me.</li> </ul>	<p><b>Negative Result:</b> God or the Divine is not for me.</p>
<p><b>Health:</b></p> <ul style="list-style-type: none"> <li>• <b>Belief:</b> I believe that I am unhealthy, sick, and traumatized.</li> <li>• <b>Emotions:</b> I feel unhealthy, sick, and traumatized.</li> <li>• <b>Memory:</b> I remind myself that I am unhealthy, sick, and traumatized.</li> </ul>	<p><b>Negative Result:</b> I am unhealthy, sick, and traumatized.</p>
<p><b>Mental:</b></p> <ul style="list-style-type: none"> <li>• <b>Belief:</b> I believe my mind is bad and unhealthy.</li> <li>• <b>Emotions:</b> I feel that my mind is bad and unhealthy.</li> <li>• <b>Memory:</b> I remind myself that my mind is bad and unhealthy.</li> </ul>	<p><b>Negative Result:</b> My mind is bad and unhealthy.</p>
<p><b>Financial:</b></p> <ul style="list-style-type: none"> <li>• <b>Belief:</b> I never have enough money.</li> <li>• <b>Emotions:</b> I feel that I never have enough money.</li> <li>• <b>Memory:</b> I remind myself that I don't have enough money.</li> </ul>	<p><b>Negative Result:</b> I never have enough money.</p>
<p><b>Relationships:</b></p> <ul style="list-style-type: none"> <li>• <b>Belief:</b> My relationships are just terrible.</li> <li>• <b>Emotions:</b> I feel that my relationships are terrible.</li> <li>• <b>Memory:</b> I remind myself that my relationships are terrible.</li> </ul>	<p><b>Negative Result:</b> I have terrible relationships.</p>



## Example 2

### *Positive Programming*

**POSITIVE repetition and habituation of the subconscious mind.**

**(What people tell themselves over and over again.)**

<p><b>Spiritual:</b></p> <ul style="list-style-type: none"> <li>• <b>Belief:</b> God or the Divine is for me.</li> <li>• <b>Emotions:</b> I feel God or the Divine is for me.</li> <li>• <b>Memory:</b> I remind myself that God or the Divine is for me.</li> </ul>	<p><b>Positive Result:</b> God or the Divine is for me.</p>
<p><b>Health:</b></p> <ul style="list-style-type: none"> <li>• <b>Belief:</b> I am healthy.</li> <li>• <b>Emotions:</b> I feel healthy.</li> <li>• <b>Memory:</b> I remind myself that I am healthy.</li> </ul>	<p><b>Positive Result:</b> I am healthy.</p>
<p><b>Mental:</b></p> <ul style="list-style-type: none"> <li>• <b>Belief:</b> I have a great mind.</li> <li>• <b>Emotions:</b> I feel that I have a great mind.</li> <li>• <b>Memory:</b> I remind myself that I have a great mind.</li> </ul>	<p><b>Positive Result:</b> I have a great mind.</p>
<p><b>Financial:</b></p> <ul style="list-style-type: none"> <li>• <b>Belief:</b> I have plenty of money for me, my family, and others.</li> <li>• <b>Emotions:</b> I feel that I have plenty of money for me, my family, and others.</li> <li>• <b>Memory:</b> I remind myself that I have plenty of money for me, my family, and others.</li> </ul>	<p><b>Positive Result:</b> I have plenty of money for me, my family, and others.</p>
<p><b>Relationships:</b></p> <ul style="list-style-type: none"> <li>• <b>Belief:</b> I believe that I have wholesome and great relationships.</li> <li>• <b>Emotions:</b> I feel that I have wholesome and great relationships.</li> <li>• <b>Memory:</b> I remind myself that I have wholesome and great relationships.</li> </ul>	<p><b>Positive Result:</b> I have wholesome and great relationships.</p>

## *Belief and Behavioral Modification Focus*

### **Worksheet A**

**Identifying negative or limiting beliefs, emotions and memories that you want to erase, delete or eliminate from your life with a view toward effective life focus and experiencing a transformed mind.**

What negative or limiting beliefs, emotions or memories are you experiencing currently in your life that you would like to eliminate altogether?

#### **Spiritual negative or limiting beliefs, emotions or memories**

For example: Because of generational curses, I will never be right. It's in my spiritual makeup. I have committed some awful sins and God won't forgive me.

*Write out your major negative or limiting belief, emotion or memory in 25 words or less on each blank below:*

**Belief:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Emotion:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Memory:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Health negative or limiting beliefs, emotions or memories**

For example: Because of DNA or heredity problems, I have accepted my condition as something that will never change.

*Write out your major negative or limiting belief, emotion or memory in 25 words or less on each blank below:*

**Belief:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Emotion:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Memory:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Mental negative or limiting beliefs, emotions or memories**

For example: Because of family mental challenges, unmet needs, unhealed hurts, and unresolved issues, it is difficult for me to overcome my mental challenges.

*Write out your major negative or limiting belief, emotion or memory in 25 words or less on each blank below:*

**Belief:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Emotion:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Memory:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Financial negative or limiting beliefs, emotions or memories**

For example: I have a negative view of money and definitely will not give my money to a “church” or organization, especially when it is God’s will that I be poor. I have accepted financial lack and that I am not going to have much money in life. Others should not expect me to give the little money that I have to anyone. I am broke!

*Write out your major negative or limiting belief, emotion or memory in 25 words or less on each blank below:*

**Belief:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Emotion:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Memory:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Relationship negative or limiting beliefs, emotions or memories**

For example: Because of my past rejection, abandonment, broken family issues, and family divorce or separation issues, I have accepted that my relationship life won't be that good and I don't have good feelings talking about sex.

*Write out your major negative or limiting belief, emotion or memory in 25 words or less on each blank below:*

**Belief:** \_\_\_\_\_

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**Emotion:** \_\_\_\_\_

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**Memory:** \_\_\_\_\_

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**General negative beliefs**

What top three negative beliefs would you like to eliminate forever from your life?

*Write out the top three beliefs you would like to eliminate in 15 words or less on each blank below:*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**General negative emotions, feelings or moods**

What top 3 negative emotions would you like to eliminate?

*Write them out in 15 words or less on each blank below:*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**General negative memories**

What top 3 negative memories would you like to eliminate forever from your life?

*Write out the top three memories you would like to eliminate in 15 words or less on each blank below:*

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

## *Belief and Behavioral Modification Focus*

### **Worksheet B1 — Beliefs**

Re-programming the subconscious mind with repetitive, positive, life-generating beliefs, emotions or memories that you desire and want in your life so that you can effectively focus in life and experience a transformed mind.

What positive, repetitive, life-generating thoughts should you focus on daily as it relates to the following issues of life, until they actualize or come to fruition in your life every 60 Seconds?

Speak out loud or repeat your positive, life-generating beliefs for each of the five issues of life that you describe below at least three times a day for 60 Seconds. Do this until you believe it, feel it and memorize it. Remember, repeating your life-generating beliefs is a way to train and reprogram your subconscious mind to submit to your conscious desires and aspirations.

#### **1. Spiritual Life**

Using 15 words or less, describe what positive, repetitive, life-generating thought language or beliefs through self-talk repetition that you should be telling yourself about your spiritual life each day until your beliefs and behavior are changed or modified every 60 Seconds.

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## **2. Health life**

Using 15 words or less, describe what positive, repetitive, life-generating thought language or beliefs through self-talk repetition that you should be telling yourself about your health life each day until your beliefs and behavior are changed or modified every 60 Seconds.

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## **3. Mental life**

Using 15 words or less, describe what positive, repetitive, life-generating thought language or beliefs through self-talk repetition that you should be telling yourself about your mental life each day until your beliefs and behavior are changed or modified every 60 Seconds.

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## **4. Financial Life**

Using 15 words or less, describe what positive, repetitive, life-generating thought language or beliefs through self-talk repetition that you should be telling yourself about your financial life each day until your beliefs and behavior are changed or modified every 60 Seconds.

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**5. Relationship Life**

Using 15 words or less, describe what positive, repetitive, life-generating thought language or beliefs through self-talk repetition that you should be telling yourself about your relationship life each day until your beliefs and behavior are changed or modified every 60 Seconds.

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## **Belief and Behavioral Modification Focus**

### **Worksheet B1 — Emotions**

**Re-programming the subconscious mind with positive, life-generating beliefs, emotions or memories that you desire and want in your life so that you can effectively focus in life and experience a transformed mind.**

What positive, repetitive, life-generating emotions or feelings would you like to feel each day as it relates to the following issues of life every 60 Seconds?

Speak out loud or repeat your positive, life-generating emotions for each of the five issues of life that you describe below, at least three times a day for 60 Seconds. Do this until you believe it, feel it and memorize it. Remember, repetition or repeating your life-generating emotions is a way to train and reprogram your subconscious mind to submit to your conscious desires and aspirations.

#### **1. Spiritual Life**

Using 15 words or less, describe what positive, repetitive, life-generating emotions or feelings you would like to feel in your spiritual life each day until your emotions are changed or modified every 60 Seconds.

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## **2. Health life**

Using 15 words or less, describe what positive, repetitive, life-generating emotions or feelings you would like to feel in your health life each day until your emotions are changed or modified every 60 Seconds.

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## **3. Mental life**

Using 15 words or less, describe what positive, repetitive, life-generating emotions or feelings you would like to feel in your mental life each day until your emotions are changed or modified every 60 Seconds.

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## **4. Financial Life**

Using 15 words or less, describe what positive, repetitive, life-generating emotions or feelings you would like to feel in your financial life each day until your emotions are changed or modified every 60 Seconds.

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**5. Relationship Life**

Using 15 words or less, describe what positive, repetitive, life-generating emotions or feelings you would like to feel in your relationship life each day until your emotions are changed or modified every 60 Seconds.

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## ***Belief and Behavioral Modification Focus***

### **Worksheet B1 — Memories**

**Re-programming the subconscious mind with positive, life-generating beliefs, emotions or memories that you desire and want in your life so that you can effectively focus in life and experience a transformed mind.**

What positive, repetitive, life-generating memory or memories would you like to program yourself with as it relates to the following issues of life every 60 Seconds?

Speak out loud or repeat your positive, life-generating memories for each of the five issues of life that you describe below at least three times a day for 60 Seconds. Do this until you believe it, feel it and memorize it. Remember, repetition or repeating your life-generating memories is a way to train and reprogram your subconscious mind to submit to your conscious desires and aspirations.

#### **1. Spiritual Life**

Using 15 words or less, describe what positive, repetitive, life-generating memory or memories you would like programmed in your spiritual life each day until your memory or memories are changed or modified every 60 Seconds.

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**2. Health life**

Using 15 words or less, describe what positive, repetitive, life-generating memory or memories you would like programmed in your health life each day until your memory or memories are changed or modified every 60 Seconds.

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**3. Mental life**

Using 15 words or less, describe what positive, repetitive, life-generating memory or memories you would like programmed in your mental life each day until your memory or memories are changed or modified every 60 Seconds.

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**4. Financial Life**

Using 15 words or less, describe what positive, repetitive, life-generating memory or memories you would like programmed in your financial life each day until your memory or memories are changed or modified every 60 Seconds.

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**5. Relationship Life**

Using 15 words or less, describe what positive, repetitive, life-generating memory or memories you would like programmed in your relationship life each day until your memory or memories are changed or modified every 60 Seconds.

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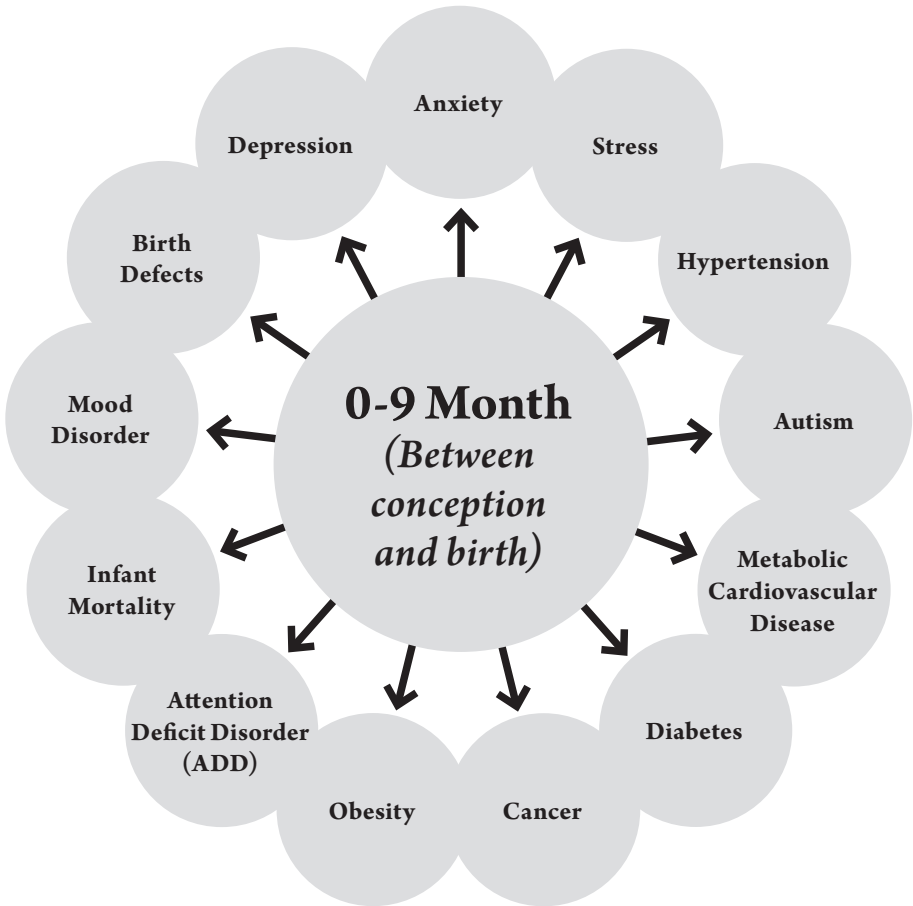
**60 Seconds to a Focused Life is a technique to help you move forward in life by helping you realize what happened to you in your past.**

**Following are a few charts that will help you in these ways:**

- **Help you understand the impact of adverse childhood development on an adult's current focus or challenges.**
- **Help you identify the ten root causes of human stress, suffering and aging that hinder your ability to focus.**
- **Define the root causes of human life challenges and emotional unhappiness.**
- **Explain transgenerational epigenetic inheritance contrast x-ray charts and their impact on your life.**

## Adverse Fetal Trauma (AFT)

By Charles E. Winburn, M.Ed.



**Adverse Fetal Trauma (AFT)**<sup>2</sup> is mental and physical damage of a child in the womb of the mother, between conception and birth, that is predisposed to some of the following factors:

- Negative beliefs
- Negative environment
- Negative relationships
- Increased toxic stress

<sup>2</sup> *Journal of Pregnancy*, Volume 2018, Article ID 4857065, 20 pages, Evaluating Stress During Pregnancy: Do We Have the Right Conceptions and the Correct Tools to Assess It?

- Increased Hypothalamic-Pituitary-Adrenal (HPA) axis<sup>3</sup>
- Elevated cortisol
- Inflammation
- Drugs
- Falls
- Motor vehicle crashes
- Domestic violence
- Domestic conflict

These adverse and traumatic factors on a fetus can have, for example, the foreseeable negative consequences of creating pregnancy complications, such as miscarriages, premature labor, low birth weight, and everything listed in the above circles as a result of Adverse Fetal Trauma.<sup>4</sup> These Adverse Fetal Trauma factors can be linked to long-term childhood and adult degenerative diseases.

## **The Law of Attraction in Terms of Adverse Fetal Trauma, Adverse Childhood Experiences, Epigenetics and Resilience**

A very good place to start finding clues of what happened to you is when you were in the womb of your precious mother. It is helpful to look back and trace what happened to you from conception to birth—and even shortly after birth. If your father and mother are still alive, perhaps you can ask them a few questions as to their state of mind and lifestyle during the time of your conception to birth.

Consider the struggles in your life right now that just seem like they won't go away. Maybe they could be linked to what happened in your mother's

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<sup>3</sup> "...HPA axis which stands for Hypothalamic-Pituitary-Adrenal axis. When there are no threats, the HPA axis is inactive and growth flourishes. However, when the brain's hypothalamus perceives an environmental threat, it engages the HPA axis by sending a signal to the pituitary gland, the "Master Gland," which is responsible for organizing the 50 trillion cells of the community to deal with the impending threat." –The Biology of Belief, Bruce H. Lipton, Ph.D.

<sup>4</sup> Adverse Fetal Trauma (AFT), as explained by Charles E. Winburn, M.Ed.

womb or after birth, from some adverse childhood experience. The following information can provide a little understanding of the study of epigenetics. It also can help you approach and understand “you” a little more, in looking for ways to help yourself feel better and improve the quality of your life. What do you really want in life? You finally can discover answers and solutions to life—without blaming your parents or anyone else—so you can feel good and experience more joy, peace and happiness!

Adverse Fetal Trauma is a term that I developed which describes the negative environmental things that happen to the fetus or baby while in the womb of the mother. The field of epigenetics helps us to better understand how both the father’s and mother’s negative factors of life can impact the baby’s genes and future health during pregnancy and even after birth.

This is detailed in a research paper by Kate Williams titled “Epigenetics: How Stress Before Birth and Before Conception Can Lead to Disease.” This April 10, 2012 senior research paper Williams wrote in requirement for her degree of Doctor of Chiropractic states that, “According to Barker in ‘The Development Origins of Well-Being’ the fetus responds not only to the conditions during the pregnancy but also to conditions that have occurred several years prior. In fact, newer research has demonstrated that a grandparent’s lifestyle may impact the health of their future grandchildren.” She continues, “Epigenetic modifications are transmitted to future generations when diet, behavior, or environmental toxin continues to be present in the environment.”

Finally, Williams notes, “This study also concluded that mothers who experienced higher levels of anxiety later in pregnancy were more likely to have sons who suffered from hyperactivity and attention disorders. These are obvious gender differences found in many psychiatric disorders. Males are more prone to developing schizophrenia and autism, whereas females are at higher risk for developing depression, Alzheimer’s and anxiety disorders. It is evident that adrenal and reproductive hormones are a contributing factor in the development of these disorders. For example, it has been shown that women who suffer from schizophrenia experience more severe symptoms during times of hormonal changes, such as pregnancy, postpartum, and perimenopause.”

The Center on the Developing Child at Harvard University published an article titled “Epigenetics and Child Development: How Children’s Experiences

Affect Their Genes.” This article states that epigenetics is an emerging area of scientific research that shows how environmental influences—children’s experiences—actually affect the expression of their genes.

Rachael Rettner, senior writer with Live Science, defines epigenetics in this way: “Epigenetics literally means ‘above’ or ‘on top of’ genetics. It refers to external modifications to DNA that turn genes ‘on’ or ‘off.’ These modifications do not change the DNA sequence, but, instead, they affect how cells ‘read’ genes.”

What is epigenetics in layman’s terms? An August 3, 2020 website article states it this way: “Epigenetics is the study of how your behaviors and environment can cause changes that affect the way your genes work.” Unlike genetic changes, epigenetic changes are reversible and do not change your DNA sequence. But they can change how your body reads your DNA.

According to research, epigenetic changes begin before and continue after the child is born. It is essential and important from conception to birth that a baby grow up in a positive environment, free from negative beliefs, negative emotions, stress, toxins and trauma so these challenges won’t be passed down to the child (epigenetic transgenerational inheritance).

The May 2016 Enzo Life Sciences article “From Father to Child: Dads Might Have More Effect on Epigenetics Than Previously Thought,” states that:

**According to new epigenetics research, there is evidence to support the claim that a father may have more influence on his child’s pre-natal health than previously thought. The study, “Influence of Paternal Preconception Exposures on Their Offspring: Through Epigenetics to Phenotype,” showed one intuitive result and one surprising one—first, it showed that both parents contribute in some way to the health of their offspring, a common-sense result. However, it also showed that the lifestyle of the father, his age, and other environmental factors can be expressed epigenetically in the child’s genome.**

**Some other evidence cited in the study includes:**

- **A father of advanced age is more likely to have offspring with schizophrenia, autism, and birth defects.**

- **A father’s healthy diet as an adolescent has been linked to reduced risk of cardiovascular death in his children and grandchildren.**
- **Fathers who are obese are linked to diabetic and obese offspring.**
- **Even environmental factors may have a role: they showed that psychosocial stress in a father is linked to defective behavioral traits in his offspring.**

An article from the University of California Santa Cruz states, “A growing body of evidence suggests that environmental stresses can cause changes in gene expression that are transmitted from parents to their offspring, making epigenetics a hot topic. Now, scientists have shown how epigenetic memory can be passed across generations and from cell to cell during development.”

My research into epigenetics helps me understand and explain why early childhood experiences and development can have lifelong negative or positive results.

Negative environmental factors are linked to negative epigenetic responses or modifications as it relates to the following: cancer, diabetes, cardiovascular disease, obesity, autoimmune disorders, low energy levels, diet, neurological disorders, Alzheimer’s, Parkinson’s Disease, schizophrenia, anxiety, stress, tobacco use, smoking, alcohol use, drug use and negative thoughts. (Sources: “Role of Epigenetics in Biology and Human Diseases” by Azam Moosavi and Ali Motevalizadeh Ardekani, *Iranian Biomedical Journal*, 20(5):246-258, November 2016; “Epigenetics Proves It: Negative Thoughts and Emotions Harm Your Health,” *Epigenetics: Understanding the Brain-Body Connection*, September 25, 2017.)

From my perspective, positive environmental factors that can create positive epigenetics or modifications are as follows: Positive thinking, positive focus, meditation, deep breathing, storytelling, feeling good, having fun and being happy, activities and exercise, as well as practicing my *60 Seconds to a Focused Life* accelerated learning activities in this book. (Source: “Epigenetics and the Power of Positive Thinking” by Emma Ferris, *Mindfulness Psychology*, December 26, 2018.)

A March 20, 2019 article in *ScienceDaily* titled “Effects on Offspring of Epigenetic Inheritance Via Sperm” explains, “As an organism grows and



responds to its environment, genes in its cells are constantly turning on and off, with different patterns of gene expression in different cells. But can changes in gene expression be passed on from parents to their children and subsequent generations? Researchers have now demonstrated that epigenetic information carried by parental sperm chromosomes can cause changes in gene expression and development in the offspring.”

**Epigenetics between the generations:  
We inherit more than just genes**

Another *ScienceDaily* article, “Epigenetics Between the Generations: We Inherit More Than Just Genes,” published July 17, 2017, says, “We are more than the sum of our genes. Epigenetic mechanisms modulated by environmental cues such as diet, disease or our lifestyle take a major role in regulating the DNA by switching genes on and off. It has been long debated if epigenetic modifications accumulated throughout the entire life can cross the border of generations and be inherited to children or even grandchildren. Now researchers show robust evidence that not only the inherited DNA itself but also the inherited epigenetic instructions contribute in regulating gene expression in the offspring. Moreover, the new insights by the Lab of Nicola Iovino describe for the first time biological consequences of this inherited information. The study proves that mother’s epigenetic memory is essential for the development and survival of the new generation.”

My 50 years of studying in practical human psychology, biology and sociology has led me to understand that the majority of the acts of violence against self and others is epigenetically linked to various factors and the damaged subconscious mind of a person. This includes a person’s negative beliefs, negative emotions, negative memories, negative perceptions and negative behavior. As a result, these can be inherited and can affect several generations of a family, in my opinion.

The following acts of violence against self and others can be inherited trans-generationally: gun violence; bullying; homicides; physical, sexual, and emotional abuse; domestic violence; relationship clashes and conflict; mass shootings; and suicides.

Epigenetics play a major role in helping us to understand the exposure to self-violence and violence against others. Please read the following two research

articles to assist you with understanding the correlation between epigenetics, suicide, suicidal behavior, and how violence accelerates epigenetic aging on children:

- “Identification and Replication of a Combined Epigenetic and Genetic Biomarker Predicting Suicide and Suicidal Behaviors” by Jerry Guintivano, Ph.D.; Tori Brown; Alison Newcomer, M.Sc.; Marcus Jones; Olivia Cox, B.Sc.; Brian S. Maher, Ph.D.; William W. Eaton, Ph.D.; Jennifer L. Payne, M.D.; Holly C. Wilcox, Ph.D.; and Zachary A. Kaminsky, Ph.D., *American Journal of Psychiatry* 2014;171:1287-1296, December 2014.
- “Exposure to Violence Accelerates Epigenetic Aging in Children” by Tanja Jovanovic, L. Alexander Vance, Dorthie Cross, Anna K. Knight, Varun Kilaru, Vasiliki Michopoulos, Torsten Klengel, and Alicia K. Smith, *Scientific Reports*, 7:8962, DOI:10.1038/s41598-017-09235-9, published online August 21, 2017.

Research links adverse fetal trauma and adverse childhood experiences to current adulthood struggles or major challenges that never seem to go away. From my perspective, if the medical or psychological community has determined that someone’s current adulthood problems or challenges are due to any major heredity, genetic or DNA problems or damages, that person may want to study the science of epigenetics to better understand their adulthood struggles and seek possible therapeutic assistance.

According to the article “How to Tell If You Inherited Emotional Trauma, Plus How to Let It Go,” written by Mark Wolynn and Krinsina Hallett, Ph.D., ABPP, **“The newest research in epigenetics tells us that you and I can inherit gene changes from trauma that our parents and grandparents experienced.”** However, they further state, “Our parents’ and grandparents’ pain—their fears, their angers, their grief, their shutdowns—can all unwittingly become ours, a legacy we can perpetuate in our family. And here’s the sad part: Few of us ever make the link between our issues—our unexplained fear, anxiety, and depression—and what happened to our family members in a previous generation.” (See charts on epigenetic transgenerational inheritance.)

In order to get a better understanding of epigenetics, read the *Handbook of Epigenetics: The New Molecular and Medical Genetics*, a 668-page textbook

by Trygve O. Tollefsbol. However, from a Law of Attraction perspective, epigenetics can be described in very simple terms as environmental negative or positive energy or vibrations that take place over the genes and can be passed down from generation to generation.

Based on my research into epigenetics, my opinion is that stress, toxins, inflammation, or trauma can leave a negative chemical mark on one's genes and can be passed down to future generations without altering the DNA.

Resilience is defined in terms of the Law of Attraction as the ability to positively focus on what you really, really want in life. I always teach people to work with their medical doctors, counselors, clinical psychologists or psychological professionals. At the same time, I encourage them to focus on what they really, really want in life such as healing, recovery, fun, love, joy, peace and happiness.

Resilience connected to the Law of Attraction means that you give zero attention to challenges, problems, difficulties, trauma, adversity, threats or stress. In other words, when someone is practicing resilience from the Law of Attraction perspective and is faced with life and epigenetic challenges, they give zero focus to them by only giving attention to what they want in life. That's resilience.

The Law of Attraction techniques used throughout this book are resilience life processes and tools that give zero attention to stress or trauma as one focuses on their eternal goals. Read about eternal goals in Chapter 8.

Finally, the Law of Attraction strategies outlined in each chapter of this book will assist you in building a resilient life so you can master a life of fun, love, joy, peace and happiness in the face of life and negative epigenetic challenges. The good news is that, based on research, most epigenetic challenges are reversible in many cases. This is an opportunity to live a focused life.

The book *Biology of Belief* by Dr. Bruce Lipton challenges the reader to understand that it is not your biology that causes the majority of your life challenges, but it is your negative beliefs and negative childhood programming.

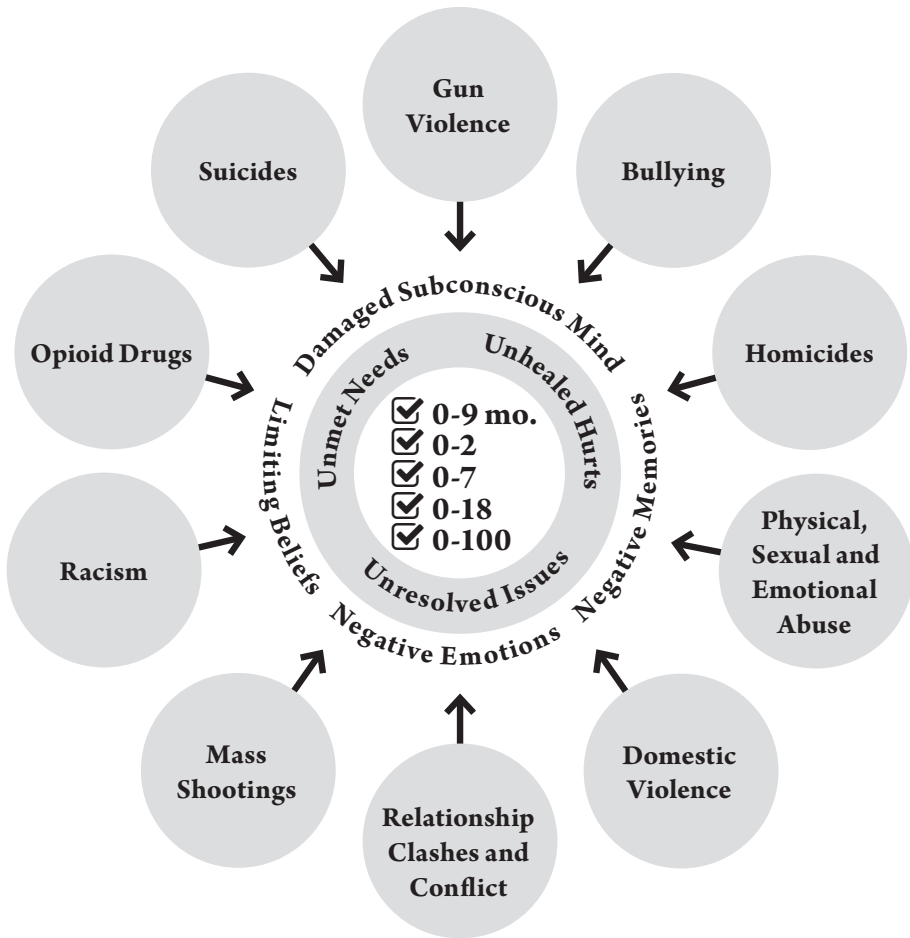
Based on my understanding of Dr. Lipton's teaching, 70 percent of these negative beliefs or programming are passed on from parents, trustees or teachers to a child between birth and the first seven years of a child's development. However, the good news is that, as a child moves into

adolescence and later into adulthood, childhood negative programming or beliefs can be reversed. If one chooses, positive programming or positive beliefs could result eventually into a positive biology.

As the author of this book, I used the principles of *60 Seconds to a Focused Life* to reverse negative and adverse childhood experiences in my life. The very first thing I had to do was painfully identify negative beliefs, negative emotions, negative memories, negative perceptions and negative behaviors that were passed down to me from my parents, guardians, trustees, peers and teachers. I had to rewrite my entire life by using a multiplicity of techniques or activities every 60 seconds until I learned how to live a focused life. I discovered that every 60 seconds I have an opportunity to jumpstart my life and focus on what I really, really want in life now.

*60 Seconds to a Focused Life* will help you build resilience as you navigate around and through this wonderful universe.

# The Acts of Violence Against Self and Others Connected from Birth to Age 18



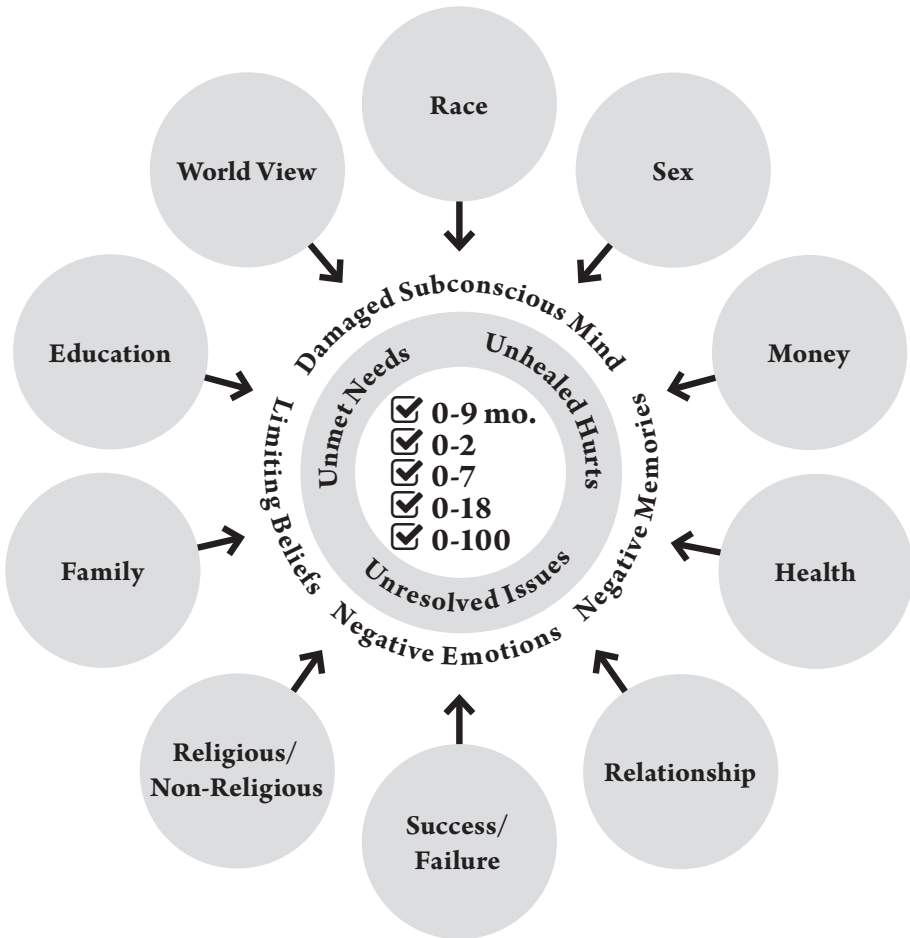
**Summary:**

People all over the world are asking why our societies have so much discrimination, hate, gun violence, mass shootings, homicides, suicides, bullying and opioid drugs. The answer may be found, not in “what’s wrong with a person” but “what happened to a person” and “what happened within the person” from birth to age 18.

The five negative touch points of life are where all of these problems and challenges start. The negative influence of one’s parents, trustees, guardians, peers and teachers negatively impacts one’s life as it relates to the following touch-points of life:

1. Creating or damaging the subconscious mind as it relates to limiting beliefs, negative emotions and negative memories.
2. Developing unmet needs, unhealed hurts and unresolved issues.
3. Facing early childhood neglect from 0-2 years old.
4. Accepting 70-percent-negative childhood programming from 0-7 years old.
5. Developing one or more Adverse Childhood Experiences from 0-18 years old.

## Early Formation of Negative or Positive 0-18 Programming, with Emphasis on 0-2



**Summary:**

The early formation of 0-18 negative or positive programming displays how one's life view, for example, is formed and framed as it relates to race, sex, money, religious/non-religious views, family and education. For billions of people all over the world from birth to 18 years old, it is sad to say that most of their experiences were negative, learned behavior which is disclosed in the five negative touch points of life. They are as follows:

1. Creating or damaging the subconscious mind as it relates to limiting beliefs, negative emotions and negative memories.
2. Developing unmet needs, unhealed hurts and unresolved issues.
3. Facing early childhood neglect from 0-2 years old.
4. Accepting 70-percent-negative childhood programming from 0-7 years old.
5. Developing one or more Adverse Childhood Experiences from 0-18 years old.

Based on the research, in many of these cases it appears that most parents, guardians, trustees and peers are responsible for most of this negative childhood programming.



# Adverse Childhood Experiences Linked to Your Current Adulthood Struggles or Challenges

**Childhood Trauma**



**Linked to Current Struggles/Challenges That Never Seem to Go Away**



**Shows Up in Adulthood**

**0-9 mo.**

From conception to birth

Spiritual  
(feeling detached from higher power)

Age 21

**0-2**

Impact of early emotional neglect/trauma

Adoption of major health challenges/inflammation and disease

Age 31

Age 41

**0-3**

Attachment and Authenticity  
(Dr. Gabor Mate)

Mental challenges  
• Negative thoughts  
• Toxic stress  
• High levels of cortisol

Age 51

Age 61

Age 71

**0-7**

70% negative parental programming of subconscious mind/trauma  
(Beliefs, emotions and memories)

Financial  
(never enough or too much)

Age 81

Age 91

Relationship  
• Conflicts  
• Disconnected  
• Anxiety  
• Unhappiness  
• Stressed out

Age 101

Age 110

**0-18**

Adverse Childhood Experiences/trauma

**0-100**

Life issues never resolved

**Summary:**

How does one know that their 0-9 months, 0-2, 0-7 or 0-18 year old childhood experiences negatively impacted their life? I agree with Dr. Bruce Lipton's answer. Paraphrased from his online video teachings, he states that whatever an adult is currently struggling with in their life that never seems to go away is a very strong indicator of unresolved Adverse Childhood Experiences from birth to 7 years of age and beyond.

FOOTNOTES

- 0-9 months — Adverse Fetal Trauma, Charles E. Winburn, M.Ed.
- 0-2 — *The Still Face Experiment*, Dr. Edward Tronick
- 0-3 — *Attachment and Authenticity*, Dr. Gabor Mate
- 0-7 — *The Biology of Belief*, Dr. Bruce Lipton
- 0-18 — Adverse Childhood Experience Study, 1995-1997, U.S. Health Maintenance Organization Kaiser Permanente and the Centers for Disease Control and Prevention

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\*The author also recommends the use of the Patient Health Questionnaire (PHQ-9) to better understand depression severity, and the GAD-7 to measure anxiety severity.

# THE CHALLENGE MODULE

## The Process for Helping People Move Toward and Achieve Healing, Wellness, Happiness and Wholeness



**Summary:**

**What does it mean to rewrite your life?**

**It's the ability to recognize your negative limitations as it relates to beliefs, emotions, and memories from birth to 18 years of age showing up in your adult life!**

**It's the ability to take immediate action by re-writing and re-focusing one's life to positive and life generating beliefs, emotions and memories on a consistent basis ... every 60 Seconds to a Focused Life!**

**It's the ability to put the work in by writing a behavioral modification plan to stay focused on a positive life of love, joy, peace, and happiness!**

**This is your opportunity to confront your life once and for all and walk into a new life of opportunity. This is your chance to make peace with your negative past so that you can live a life of love, joy, peace, and happiness.**

**Step 1:** Avoid the question, "What's wrong with you?" because that question is loaded with self-judgment, self-criticism, and self-condemnation. **If you use the question, ask it out of love and not out of fear and judgment.** (See 10 Steps Toward Trauma Recovery and Healing chart on page 136.)

**Step 2:** Ask the question, "What happened to you?" because this question feels better and helps you to begin to have empathy for self and others. This helps you and others get at the root of current struggles and problems. You can also ask "How did it make you feel as a result of what happened to you?"

**Step 3:** Google the Adverse Childhood Experience 10-Question Survey, take the survey and discuss your responses in detail with a counselor or clinical psychologist.

**Step 4:** Do you currently or often feel neglected by a loved one or others? If so, maybe this current feeling is connected to age 0-2 early childhood neglect. Discuss these childhood issues with a counselor or clinical psychologist.

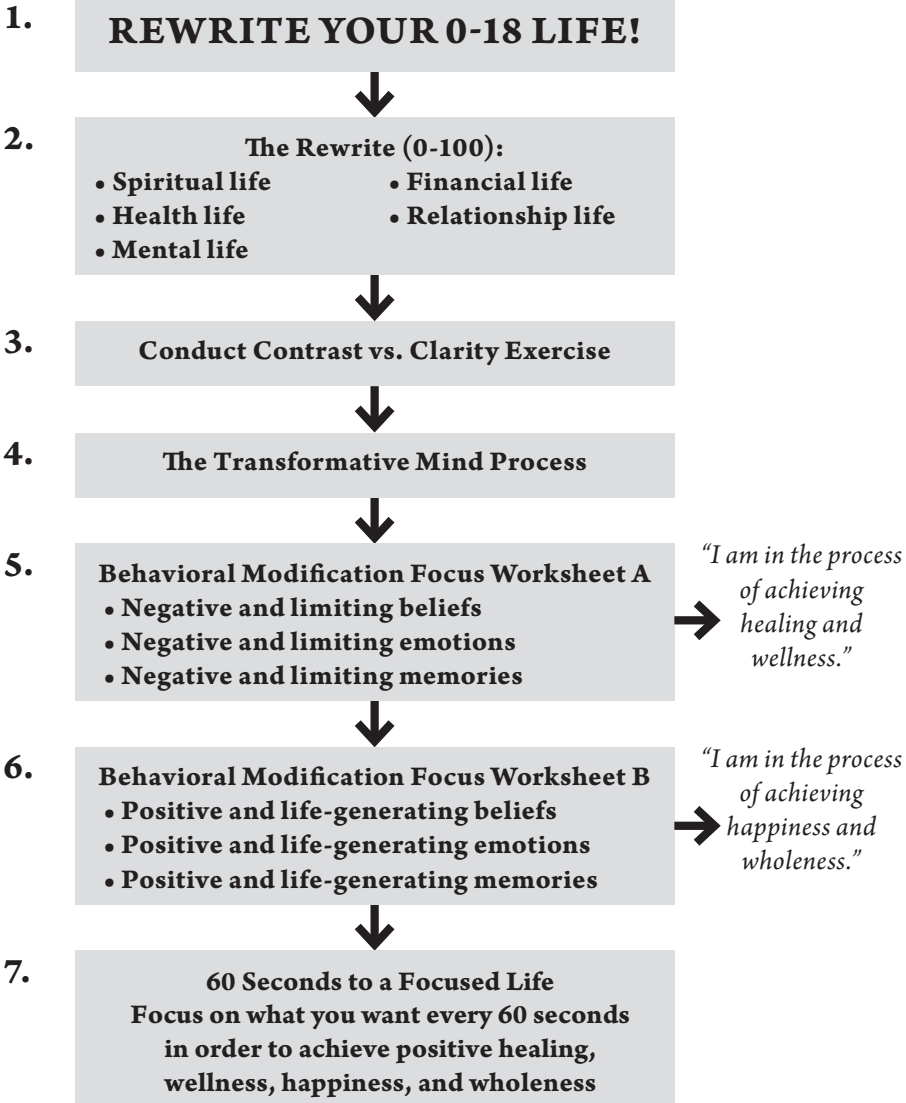
**Step 5:** Do you feel negative toward your parents, loved ones or others? This could be the 70% negative parental programming you received as a child from age 0-7. Discuss these childhood issues with a counselor or clinical psychologist.

**Step 6:** Did you have more than one or more Adverse Childhood Experiences from age 0-18? Consider discussing these childhood issues with a counselor or clinical psychologist.

**Step 7:** Read the book What Happened to You? Conversations on Trauma, Resilience and Healing, by Bruce D. Perry, M.D., Ph.D. and Oprah Winfrey.

## THE SOLUTION MODULE

### The Process for Helping People Move Toward and Achieve Healing, Wellness, Happiness and Wholeness



**Summary:**

**Step 1:** Believe that you can start your life over by rewriting your life with positive and life-generating thoughts.

**Step 2:** Believe that you can start your life over by creating positive and life-generating thoughts as it relates to spiritual, health, mental, financial, and relationship life by carrying out the principles in the *60 Seconds to a Focused Life!* book.

**Step 3:** Go to chapter 2 of the book and conduct the Contrast vs. Clarity exercise.

**Step 4:** Read chapter 7 of the book.

**Step 5:** Answer the questions in chapter 7 regarding the Behavioral Modification Focus Worksheet A.

**Step 6:** Answer the questions in chapter 7 regarding the Behavioral Modification Focus Worksheet B.

**Step 7:** Practice the principles outlined in all 38 chapters of *60 Seconds to a Focused Life!* so you can focus on what you want in your life!

## What to Do with Your ACE Score

### *Adverse Childhood Experience Questionnaire Survey*

*Please Google “ACE Questionnaire” and download a PDF copy of the assessment and take the 10-question assessment.*

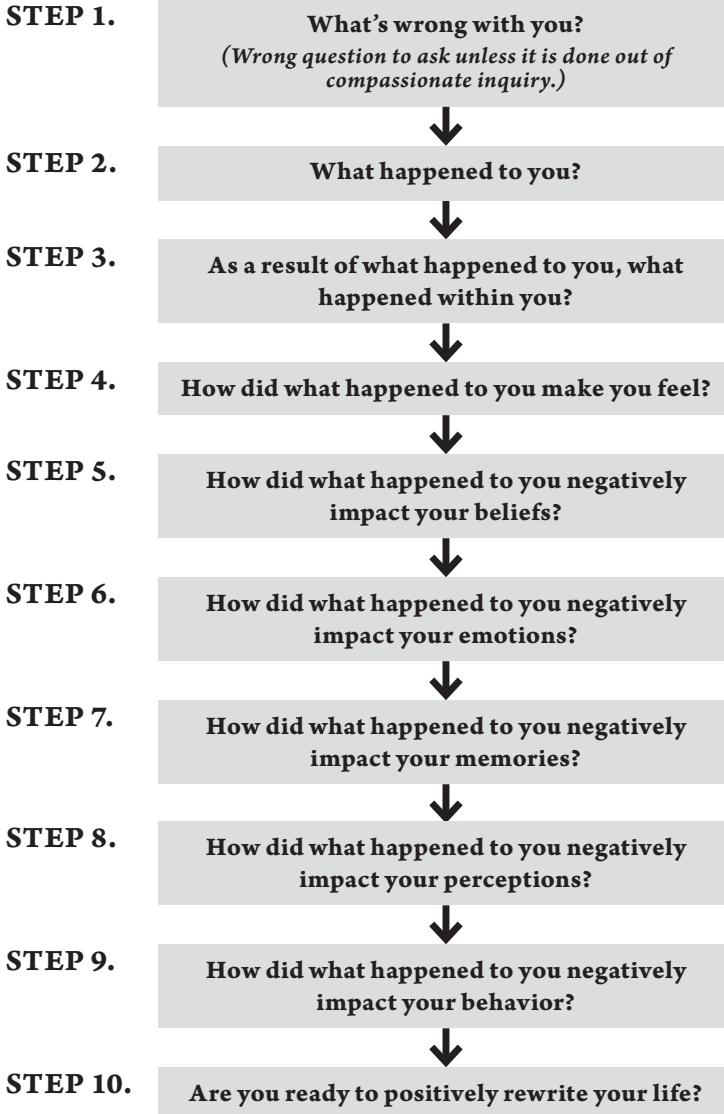
- ▲ One or more ACE’s Indicates a possible pre-developing life challenge.** → Contact a counselor to measure or determine the negative impact of your childhood from birth to age 18. Develop a corrective action plan with the counselor.
  
- ▲ Four or more ACE’s Indicates a likelihood of developing a major health or life crisis.** → Contact a medical doctor, psychologist, psychotherapist, psychiatrist, or mental health professional to determine or measure the negative impact of your childhood from birth to age 18. Develop a corrective action plan with this team of professionals.
  
- ▲ Six or more ACE’s Indicates a possible shortened life span by 20-25 years.** → Identify a team of mental health professionals ASAP and identify appropriate medical doctors to measure and determine the negative impact of Adverse Childhood Experiences from birth to age 18.

#### **Important note:**

The information obtained in this book is not intended to diagnose or treat, but to provide you with general information to improve the quality of your life. I recommend that everyone seek professional assistance for those who believe or feel that possible early childhood neglect, pending unmet needs, unhealed hurts, unresolved issues from childhood experiences or their limiting beliefs, negative emotions or negative memories are the root of their current struggles or challenges that never seem to go away.

# 10 Steps Toward Trauma Recovery and Healing

*You must ask the right questions.*



**HOW?** By using the *60 Seconds to a Focused Life* techniques in this book!



# The Ten Root Causes of Human Stress, Suffering and Aging

This chart is for group discussion and to promote further research in helping people learn how to rewrite these adverse childhood experiences and current conditions out of their lives so they can focus effectively.

<p><b>ROOT CAUSE 1</b> <b>Relationship shifts from high vibrations or energy to low vibrations or energy that leads to toxic relationships</b></p>	<p><b>ROOT CAUSE 2</b> <b>Transgenerational epigenetics</b> Negative environmental changes such as beliefs, emotion, memories, and perceptions over the genes prior to and after conception and birth.</p>	<p><b>ROOT CAUSE 3</b> <b>Adverse fetal trauma</b> Stress and anxiety in the womb. 0-9 months. (Winburn)</p>
<p><b>ROOT CAUSE 4</b> <b>Unresolved adverse childhood experiences</b> Negative experiences that happened to children and youth. 0-18. (CDC)</p>	<p><b>ROOT CAUSE 5</b> <b>70% negative parental/trustee programming</b> Negative beliefs, emotions, and memory passed down from parents. 0-7. (Lipton)</p>	<p><b>ROOT CAUSE 6</b> <b>Eliminate heavy metals</b> Mercury, lead, unbound iron, cadmium, arsenic create mental and physical health problems. Research links high levels of aluminum in the brain to dementia and Alzheimer's. Studies also connect criminal and violent behavior to lead poisoning in the brain.</p>
<p><b>ROOT CAUSE 7</b> <b>Negative effects of electromagnetic frequencies (EMF)</b> Electrical systems, wireless systems, and electronics. (Alale)</p>	<p><b>ROOT CAUSE 8</b> <b>A cluttered life</b> Cluttered house, apartment, office, car and garage. (Possible sign of internal emotional trauma and emotional turmoil.)</p>	<p><b>ROOT CAUSE 9</b> <b>Relationship hormonal imbalance (Finding hormonal balance)</b> Possible reason for out-of-balance relationships between men and women specifically relative to sex hormones such as DHT, DHEA-S, Estradiol (E2), Estrogens, Total, Pregnenolone, Progesterone, Testosterone, Sex Hormone Binding Globulin (SHBG).</p>
<p><b>ROOT CAUSE 10: Optimism killers</b> People who have a pessimistic worldview on everything. They talk negative, darkness and doom. They are cynical gainsayers who devalue and discredit everything others say. Optimism killers are carriers of negative vibrations and energy. Optimism killers will argue and debate you until they win and resist you until they have their way. Their adverse childhood trauma appears to be so deep that it is recommended that they seek professional help, especially from a trauma therapist who can help them move from pessimism to optimism. Optimism killers create most of their own pain and suffering.</p>		

## FOOTNOTES

1. **The good news is that a person can be reprogrammed or can rewrite their life by taking charge of the ten root causes of human stress, suffering and aging and by working to remove some of these factors under the care of the appropriate professional. This book will guide you in learning to focus on what you really want in life. The good news is that much of this stress and suffering can be reversed. The key to everything is found in Chapter 7: *The Transformative Mind* and Chapter 38: *60 Seconds to a Focused Life*. These two chapters are designed to help you to pull the entire book together so you can tell a new life story through worksheets. They are specifically designed to help a person rewrite or reprogram their life and work with their health provider or doctor relative to same.**
2. The above content is the opinions of the author and is not intended to be a substitute for professional, medical, or psychological advice, diagnosis, or treatment. **Always seek the advice of your medical doctor, counselor, qualified psychological professional, or healthcare/medical advisor.**
3. Root Cause 6: Eliminate Heavy Metals based on the study "Heavy Metal Toxicity and Their Harmful Effects on Living Organisms — A Review," by Dr. Showkat Ahmad Bhat, Dr. Tehseen Hassan, Prof. Sabhiya Majid, Department of Biochemistry, Govt. Medical College, Srinagar Jammu & Kashmir, India. The study was found in the *International Journal of Medical Science and Diagnosis Research (IJMSDR)*, Volume 3, Issue 1; January 2019; Page No. 106-122, [www.ijmsdr.com](http://www.ijmsdr.com).
4. Root Cause 6: "How Lead Caused America's Violent Crime Epidemic," *Forbes*, 2013.
5. Root Cause 6: *Staying Focused in a Hyper World* - Book 1, Dr. John Gray, Ph.D. (Aluminum in the brain and lead poisoning)
6. Root Cause 8: "Reasons Why Clutter Disrupts Mental Health," *Psychology Today*, May 13, 2017, Susan Krauss Whitbourne Ph.D.
7. Root Cause 9: The book *Venus on Fire, Mars on Ice* by Dr. John Gray, Ph.D. states, "Some recent and exciting scientific discoveries have proven that the difference between the sexes and how they relate to one another are biochemically based and can be explained by our hormones."
8. These ten root causes of human stress, suffering and aging are linked to a person's inability to effectively focus in life. In other words, the ten root causes of human stress and suffering undermine one's focus. However, chapter 7 in this book is designed especially for you to help you rewrite these root causes of human stress and suffering out of your life, so you can effectively learn how to focus every 60 seconds. Work with your health professionals, counselors, clinical psychologists, and medical doctors to help eradicate stress and human suffering out of your life, so you can learn how to focus every 60 seconds in life.

# The Negative Impact of the Ten Root Causes of Human Stress, Suffering and Aging

The ten root causes of human stress, suffering and aging is linked to major mental and health challenges that show up in adulthood, especially from adverse childhood experiences relative to root causes 1-3.

**Rewrite your life so you can focus every 60 seconds in the effective use of the Law of Attraction.**

## Oxidative Stress

Imbalances between free radicals and antioxidants in your body can increase cortisol.

## Toxicity

Harmful effects in an organism through a single or short-term exposure to toxins that are unaddressed in brain and body.

## Bad Inflammation

Inflammation that is out of control in your body that causes injury and both mental and physical trauma.

## Examples of possible health challenges:

Chronic disease  
Cancer  
Diabetes  
Coronary artery disease  
Neurological problems  
Pulmonary disease  
Obesity

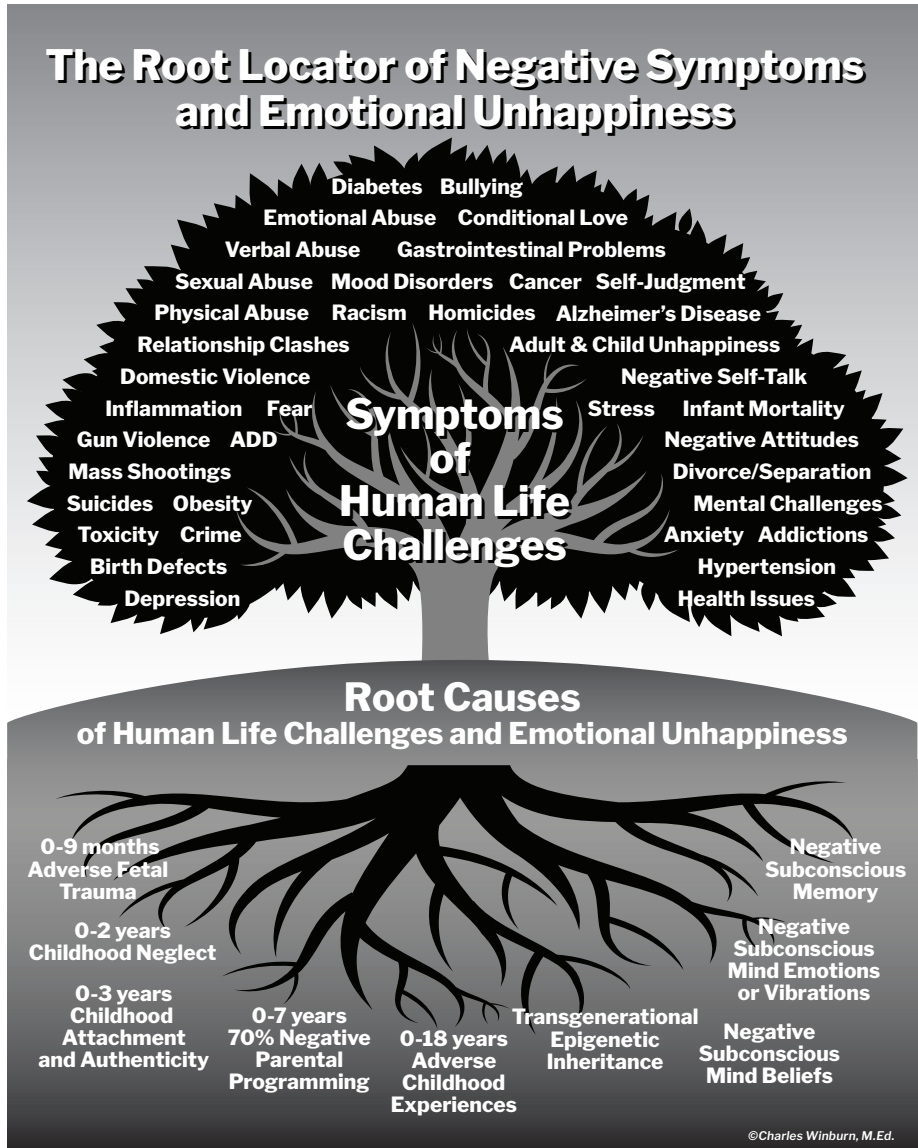
Tumor growth  
Low energy  
Mental challenges  
Migraines  
Epilepsy  
Seizures  
ADD

Hypertension  
Alzheimer's  
Autism  
Childhood hypertension  
Inflammatory bowel disease  
Mood/cognitive disorder  
Bad attitudes

## FOOTNOTES

1. The above content is the opinions of the author and is not intended to be a substitute for professional, medical or psychological advice, diagnosis, or treatment. Always seek the advice of your medical doctor, counselor, qualified psychological professional, or healthcare/medical advisor.
2. The ten root causes of human stress, suffering and aging may be linked to major mental and health challenges that show up in adulthood and must be appropriately addressed with your health professionals.
3. This chart is for group discussion and to promote further research how people can rewire and rewrite their lives so they can focus.
4. Suggested reading to help improve your health life: *Life Force*, #1 New York Times bestseller by Tony Robbins, Peter Diamandis, MD and Robert Hariri, MD, Ph.D.
5. Suggested reading on improving your lifespan: *The Blue Zone Challenge*, by #1 New York Times bestselling author Dan Buettner.

# The Root Locator of Negative Symptoms and Emotional Unhappiness Tree



FOOTNOTES

1. The Root Locator of Negative Symptoms and Emotional Unhappiness Tree, coupled with my 10 steps towards trauma recovery and healing chart in Chapter 7 of this book, will assist you with the following:

- Help you face contrast in your life once and for all so you can move into clarity and focus on what you really want in life.
- Put you in a better emotional vibrational position once you resolve your contrast so you can practice the effective use of the Law of Attraction techniques in this book.

Approximately 90-95 percent of all sickness and disease is related to stress, according to medical research and the Centers for Disease Control and Prevention (CDC). Dr. Bruce Lipton notes that the other 5-10 percent is genetic stress linked to the ancestry or the family tree of a person.

2. The Root Causes of Human Life Changes and Emotional Unhappiness can be linked to and traced to possible childhood trauma or adverse childhood experiences from ages 9 months to 18 years old. These childhood traumas and adverse childhood experiences—if gone undiagnosed, untreated, or unresolved—can show up in one’s adulthood as negative beliefs, negative emotions, negative memory, negative perceptions, and negative behavior. (“The Link Between Adverse Childhood Experiences and Later Life Health,” September 16, 2019, Baylor University’s Robbins College of Health and Human Services)

## **Explanation of Transgenerational Epigenetic Inheritance Contrast X-Ray Charts**

The reason why I created these illustrative contrast x-ray charts is to help you visually see that you should not just ignore the contrast in your life, whether current or past, because you practice the Law of Attraction. Contrast helps give you clarity so you can choose what to positively focus on while using the Law of Attraction techniques.

Contrast is those negative things that are in your life that you don't want. Ignoring them just won't make them go away. Read chapter 2 again on Contrast vs. Clarity and use the worksheets in addressing possible transgenerational epigenetic inheritance issues or the five negative emotional and unhappiness trigger points. Please also read chapter 7, "The Key to Everything: The Transformative Mind," which will help bring more clarity to your life.

Work with your health and mental-health professionals or doctors in helping you to achieve more clarity on these issues as you address any possible childhood trauma and adverse childhood experiences.

In my opinion, there are five childhood negative emotional and unhappiness trigger points. I teach about them in my Sunday Morning Master Class to help others be self-aware how these negative factors can undermine their effective use of the Law of Attraction as they focus on what they want. My students learn a very basic understanding of how transgenerational epigenetic inheritance is linked to these five childhood negative emotional trigger points. These trigger points can block their ability to stay focused on what they want in life in the effective use of the Law of Attraction.

Wikipedia defines transgenerational epigenetic inheritance as, "The transmission of (negative) epigenetic markers from one organism to the next (i.e. from parent to child) that affects the traits of offspring without deterring the primary structure of DNA."

Epigenetic inheritance appears to be a transmission of negative epigenetic markers from parent to child which can take place before or during conception.

In a Pubmed.gov article titled "Epigenetic inheritance of disease and disease risk," Johannes Bohacek and Isabelle M. Mansuy explain transgenerational epigenetic inheritance: "Recent evidence has indicated that certain epigenetic marks can be inherited and reshape developmental and cellular features over generations. This review examines the challenging possibility that epigenetic changes induced by environmental factors can contribute to some of the inheritance of disease and disease risk."

Bohacek and Mansuy further indicate that, “Epigenetic processes intimately link environmental factors to our genetic code, by allowing outside events to leave biochemical footprints on our genome.” They also state that these epigenetic changes can be seen in “at least one subsequent generation.”

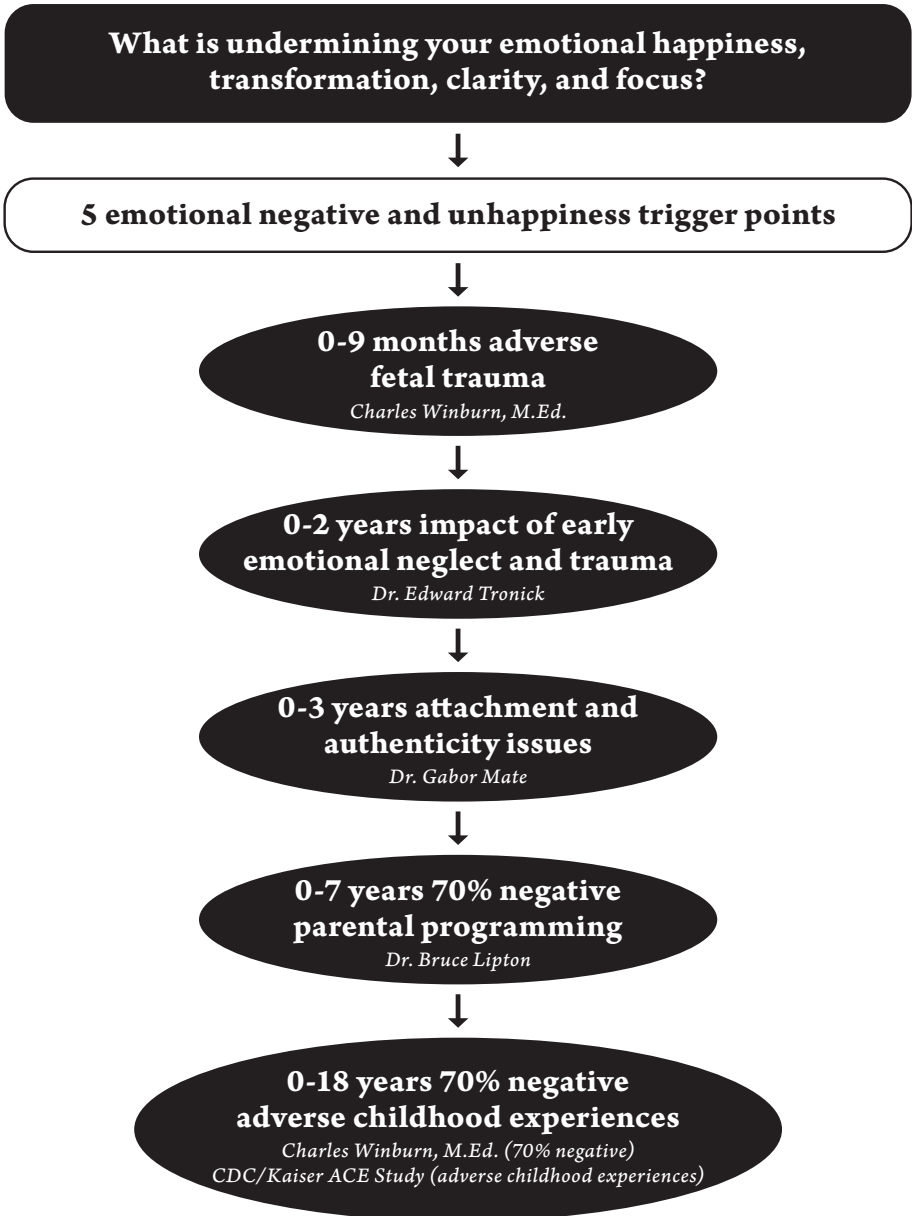
Finally, transgenerational epigenetics reflected in this article covered the negative effects on fetal programming, prenatal stress, social/behavioral transfer, stress, environmental toxicants, drugs, and diet, as well as disease relative to same.

I encourage all of my Law of Attraction students to work with their own medical doctors, health care professionals, counselors, and clinical psychologists in understanding contrast that may have started in their life from 0-18. This will help them seek clarity so they can better focus in life on what they really want.

FOOTNOTES:

1. “Trauma in infancy can have a lingering effect throughout life,” by Katie C. Reilly. *The Washington Post*, March 20, 2022.
2. “How childhood trauma changes our mental health into adulthood,” by Sarah Baracz, Associate Lecturer, Macquarie University, Femke Buisman-Pijlman, Senior Lecturer Addiction Studies, University of Adelaide. Psychopaedia.org, January 13, 2018.
3. “A critical view on transgenerational epigenetic inheritance in humans,” by Bernhard Horsthemke. *Nature Communications* 9, article 2973 (2018).
4. “Epigenetic inheritance of disease and disease risk,” by Johannes Bohacek and Isabelle M. Mansuy. Pubmed.gov, July 11, 2012.
5. *The Violence Project*, by Jillian Peterson, Ph.D., and James Densley, Ph.D.
6. “Transgenerational Epigenetic Inheritance,” by Clayton D. Carlson. Semanticscholar.org, June 1, 2014.
7. “Unlocking violent crime through epigenetics.” Deutsche Welle (DW.com).
8. “Gun violence, mass shootings linked to adverse childhood experiences (ACE),” by Charles E. Winburn, M.Ed. *The Cincinnati Herald*, October 31, 2019.
9. “The Relationship Between Community Violence and Trauma,” by Jennifer Lynn-Whaley, Ph.D. and Josh Sugarman. The Violence Policy Center, July 2017.
10. “Opinion: Gun violence linked to adverse childhood experiences,” by Charles E. Winburn, M.Ed. *The Cincinnati Enquirer*, October 26, 2019.
11. “Trauma and its contribution to violent behavior,” by Daniel J. Neller and John Matthew Fabian. The Center for Crime and Justice Studies, Winter 2006-2007.
12. “The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma,” New York Times best-selling book by Bessel van der Kolk M.D.
13. “Stopping street violence starts at home,” by Charles E. Winburn, M.Ed. *The Cincinnati Enquirer*, May 8, 2022.

## Chart 1: Transgenerational Epigenetic Inheritance Contrast X-Ray Charts





## Chart 2: Transgenerational Epigenetic Inheritance Contrast X-Ray Charts

**Clean up your childhood vibrations so you can become  
an emotionally happy person.**



**5 emotional negative and unhappiness trigger points**



**0-9 months adverse  
fetal trauma**

*Charles Winburn, M.Ed.*



**0-2 years impact of early  
emotional neglect and trauma**

*Dr. Edward Tronick*



**0-3 years attachment and  
authenticity issues**

*Dr. Gabor Mate*



**0-7 years 70% negative  
parental programming**

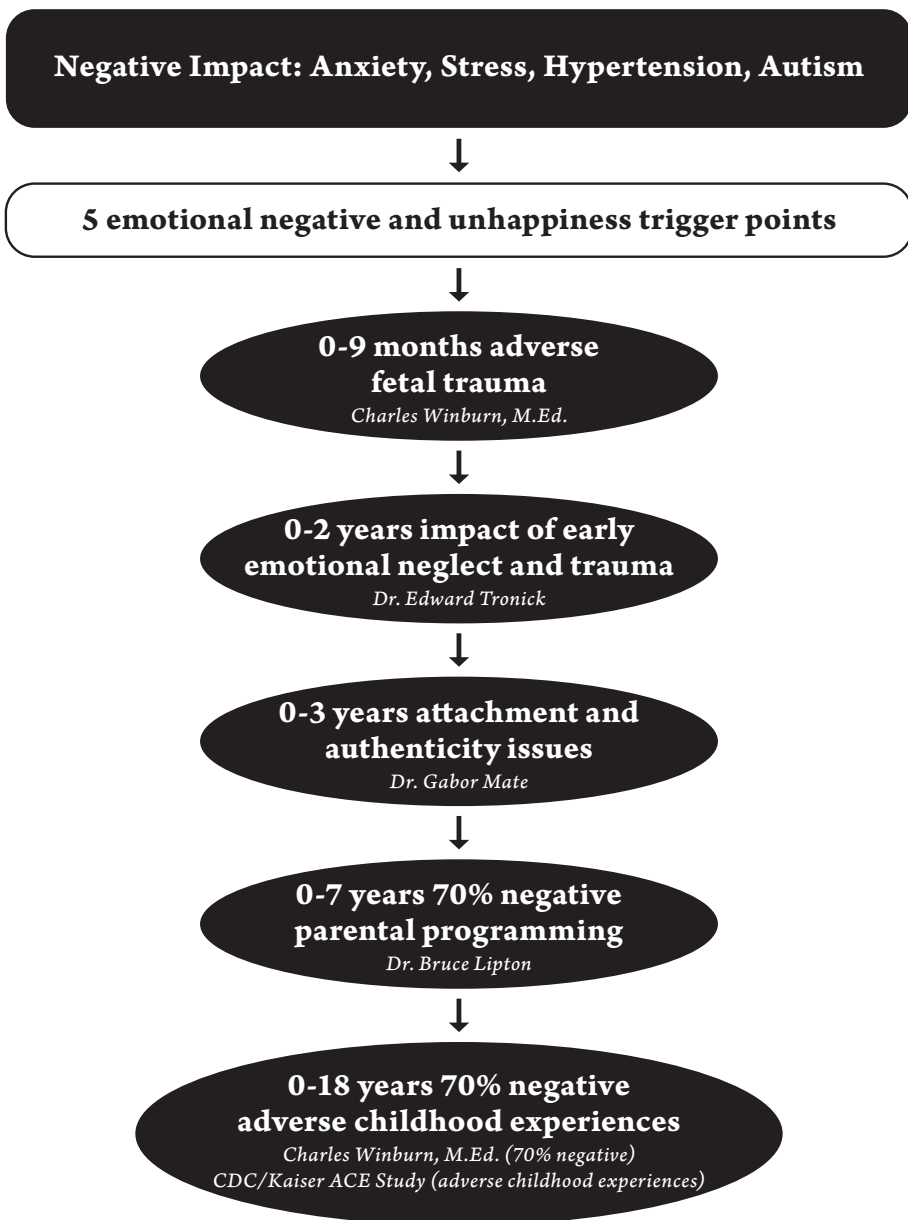
*Dr. Bruce Lipton*



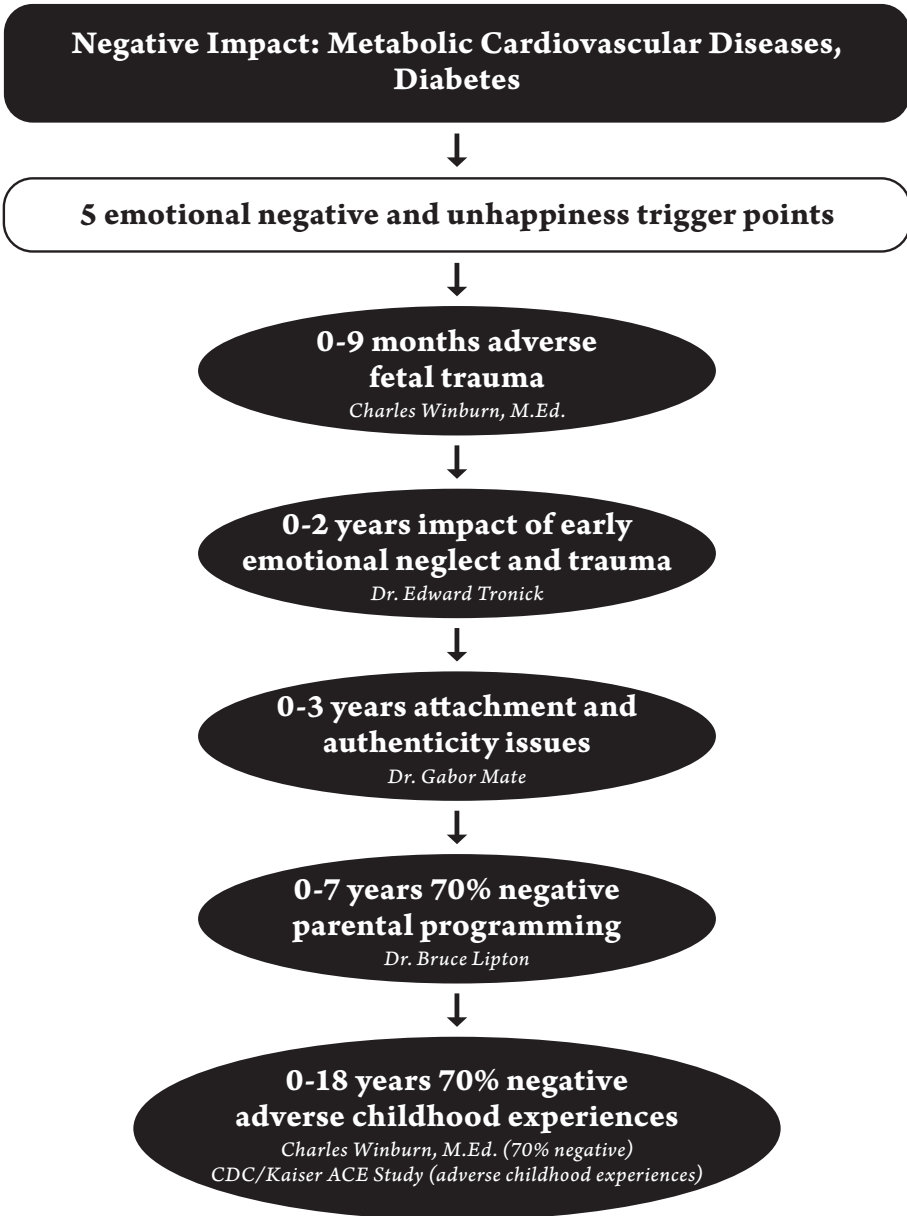
**0-18 years 70% negative  
adverse childhood experiences**

*Charles Winburn, M.Ed. (70% negative)  
CDC/Kaiser ACE Study (adverse childhood experiences)*

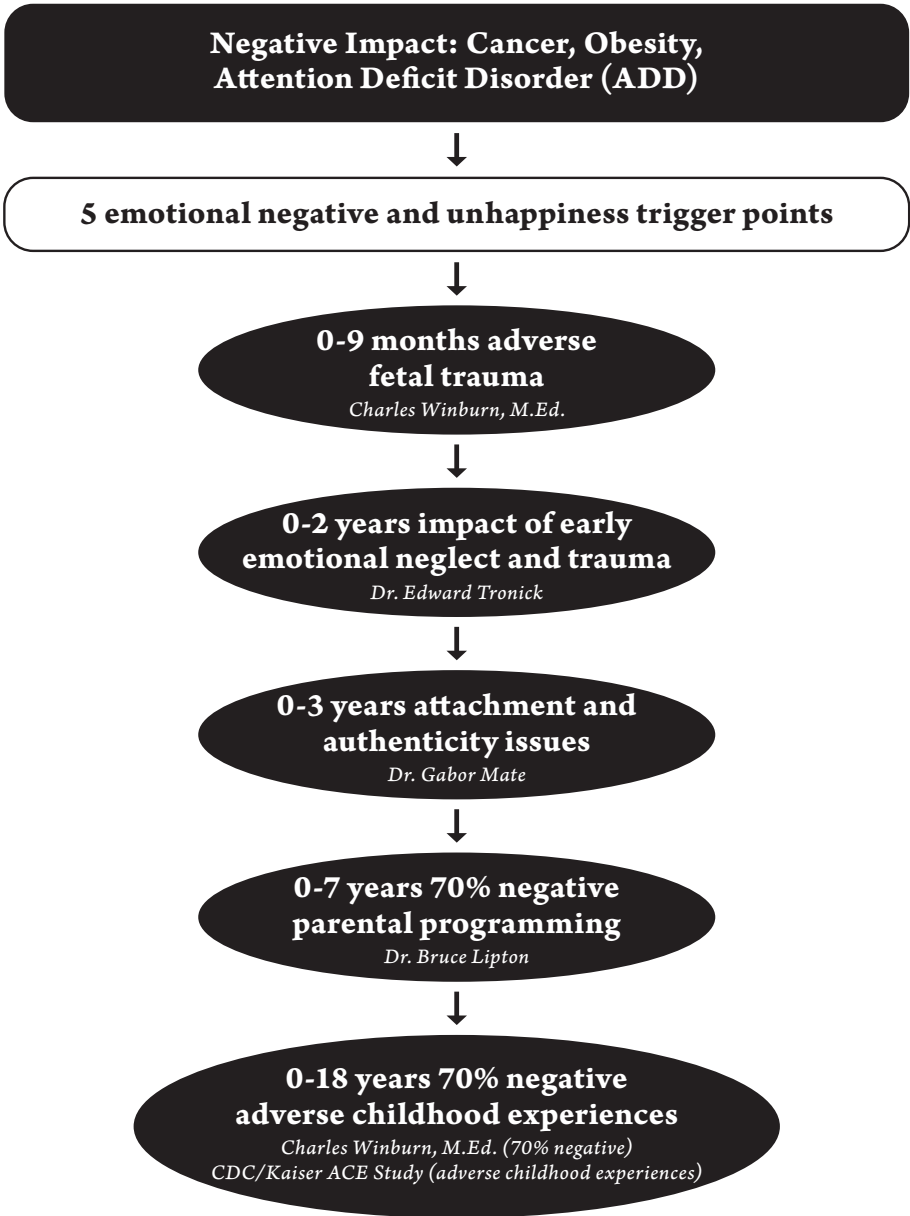
## Chart 3: Transgenerational Epigenetic Inheritance Contrast X-Ray Charts



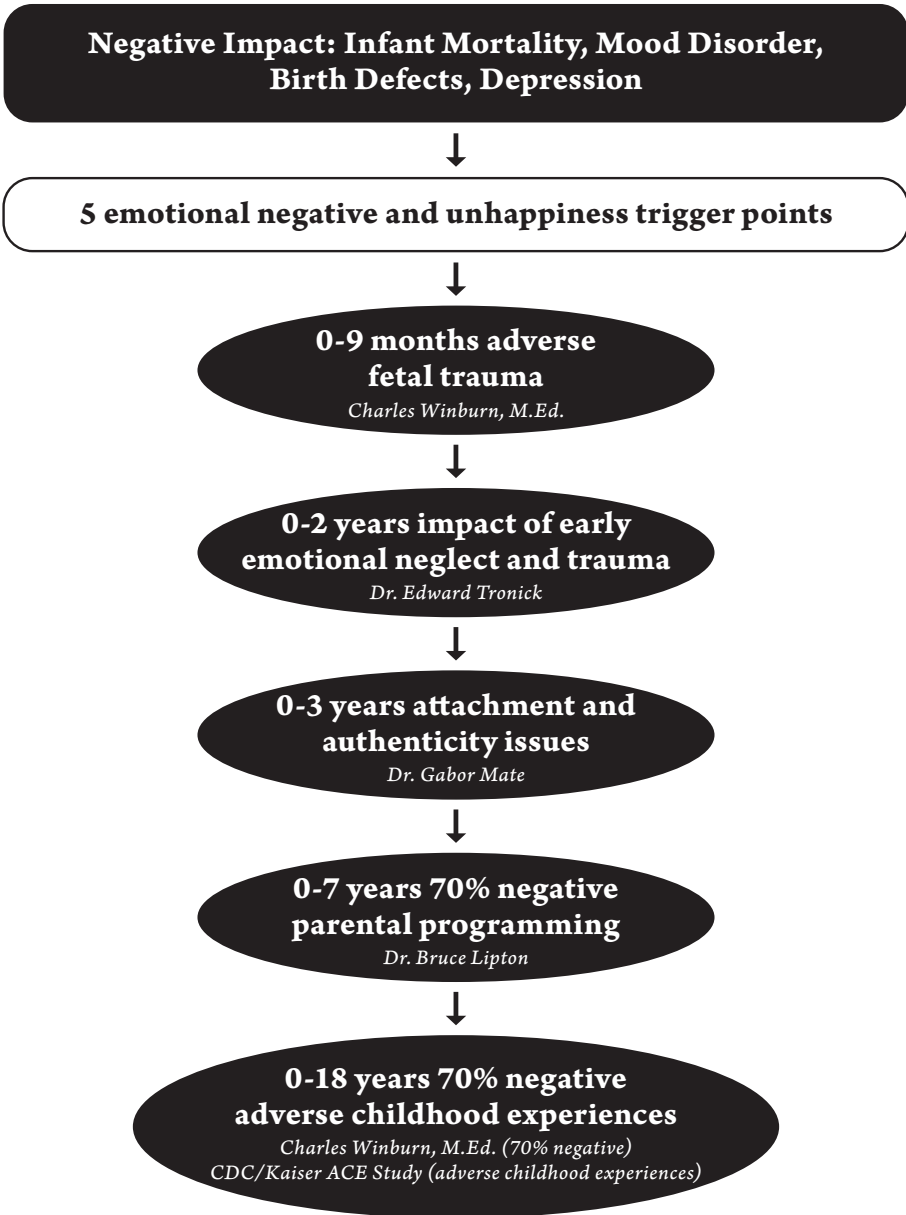
## Chart 4: Transgenerational Epigenetic Inheritance Contrast X-Ray Charts



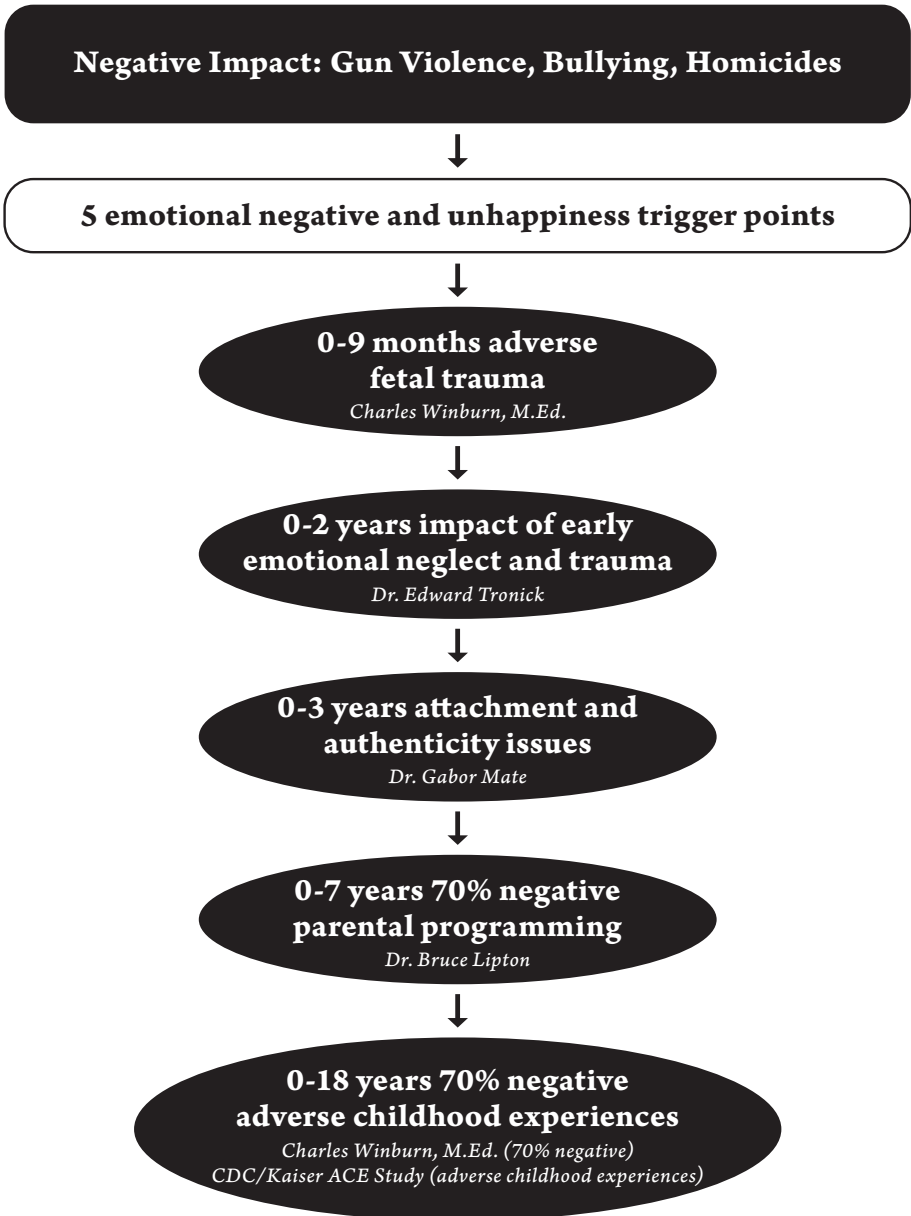
## Chart 5: Transgenerational Epigenetic Inheritance Contrast X-Ray Charts



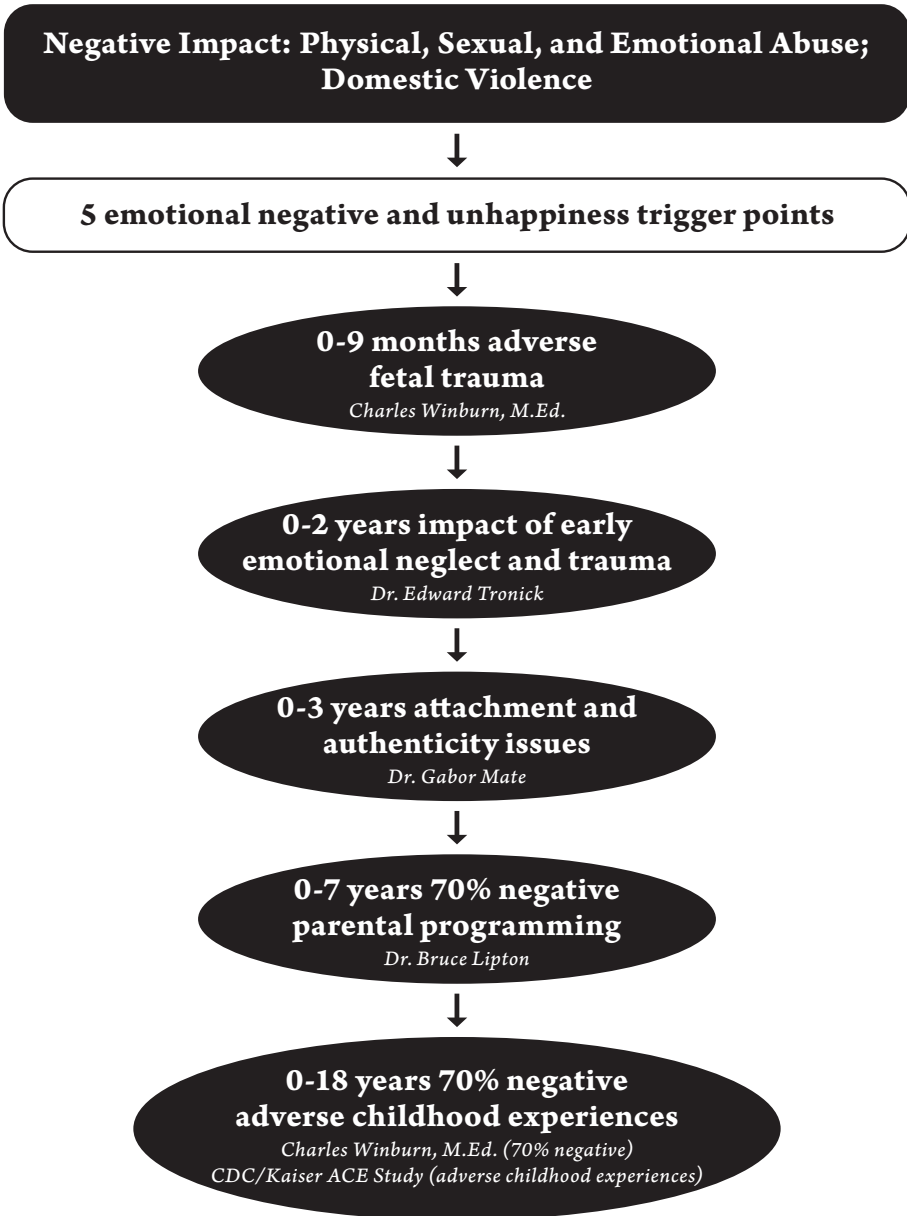
## Chart 6: Transgenerational Epigenetic Inheritance Contrast X-Ray Charts



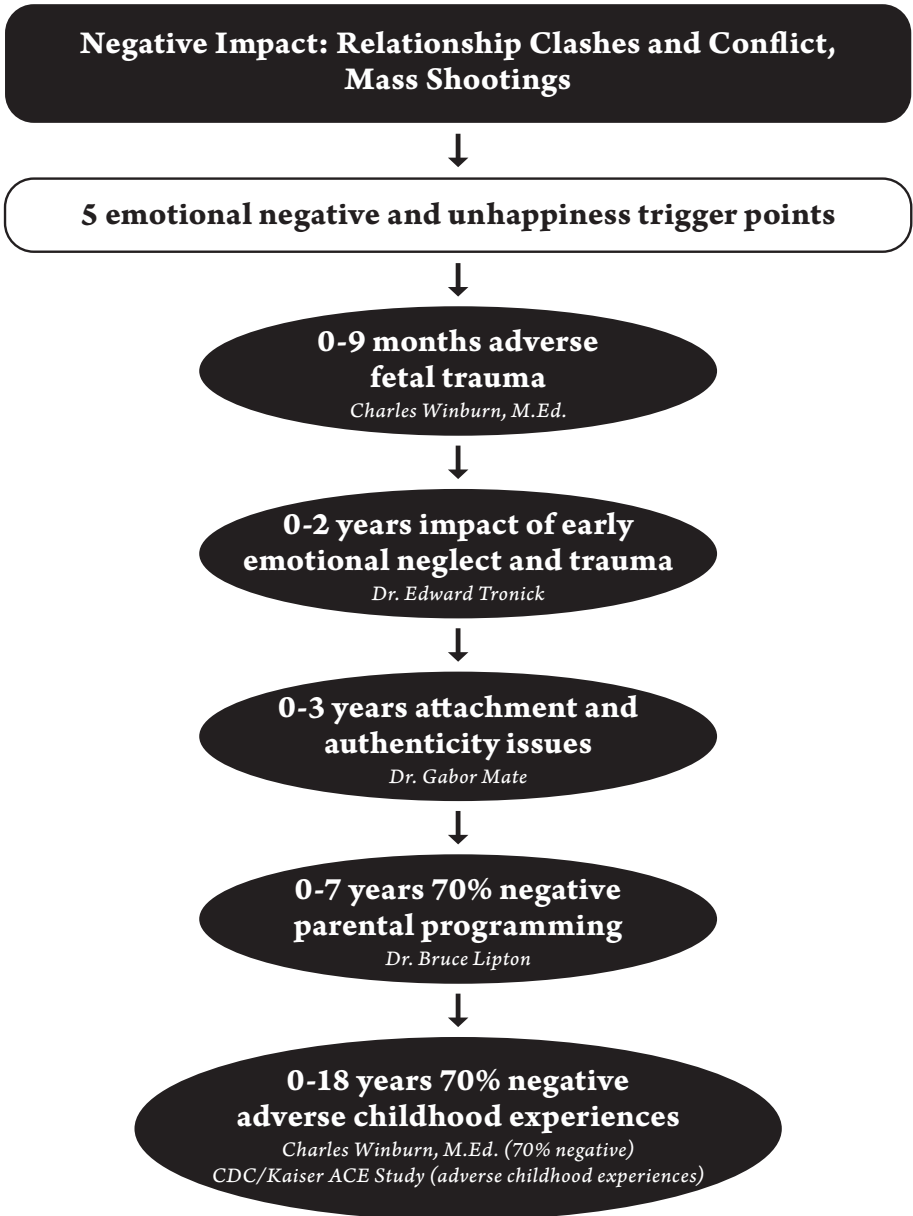
## Chart 7: Transgenerational Epigenetic Inheritance Contrast X-Ray Charts



## Chart 8: Transgenerational Epigenetic Inheritance Contrast X-Ray Charts

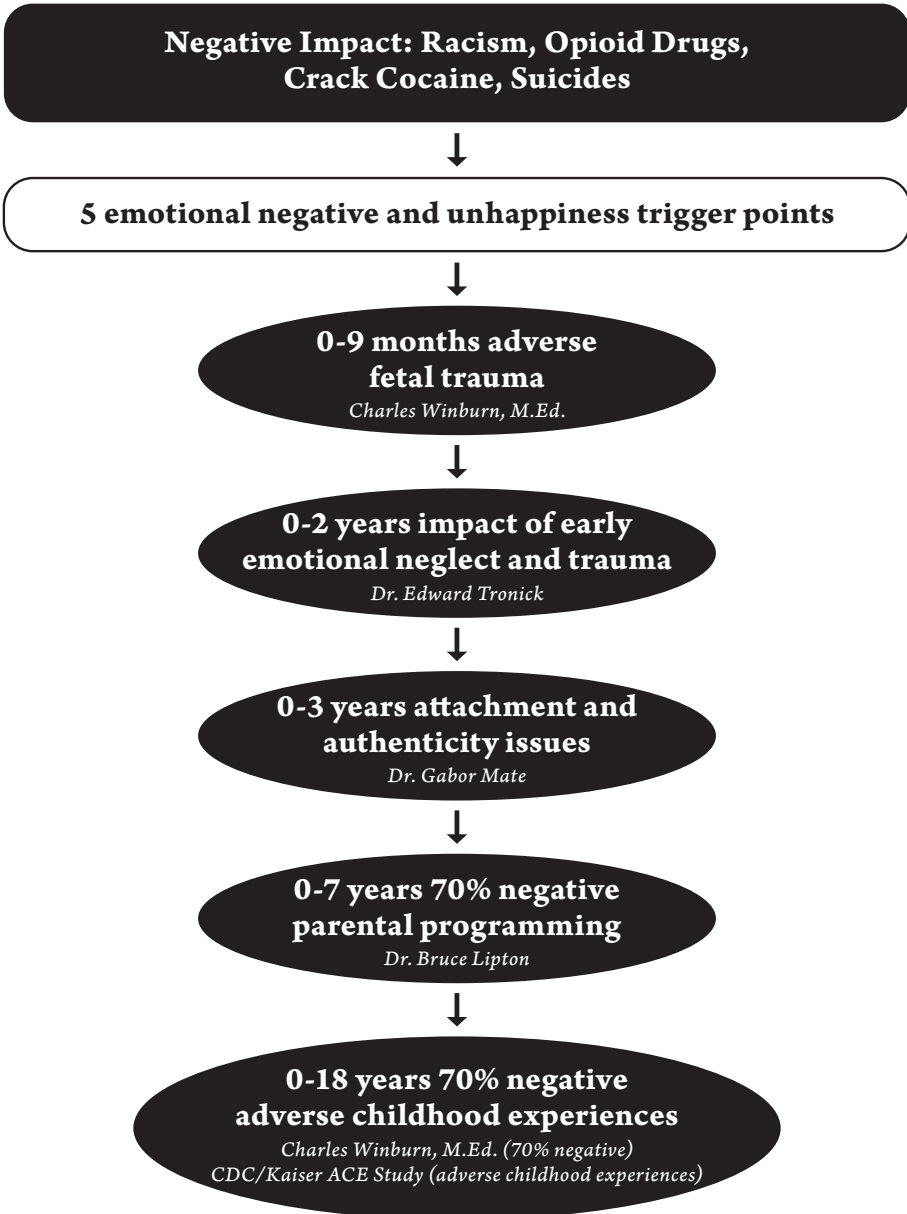


## Chart 9: Transgenerational Epigenetic Inheritance Contrast X-Ray Charts

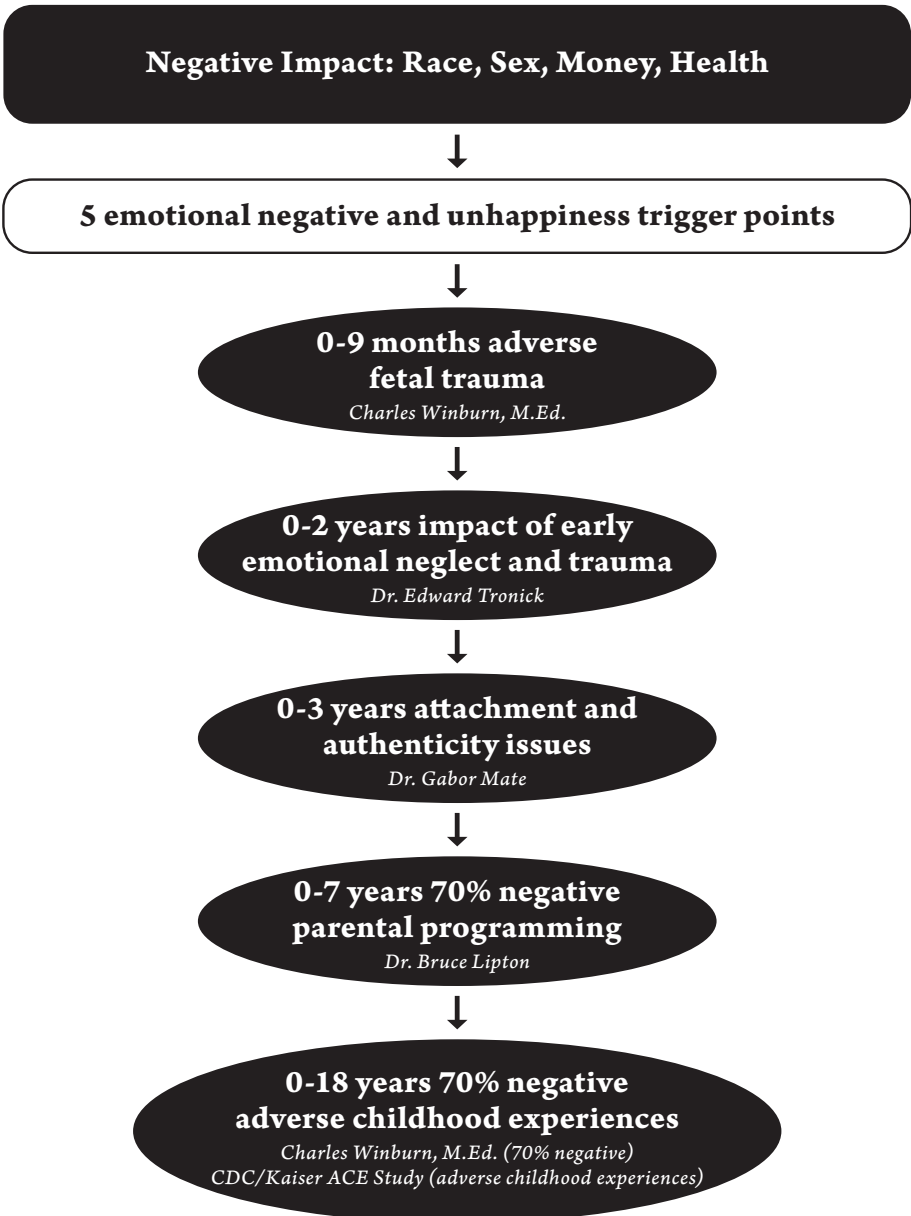




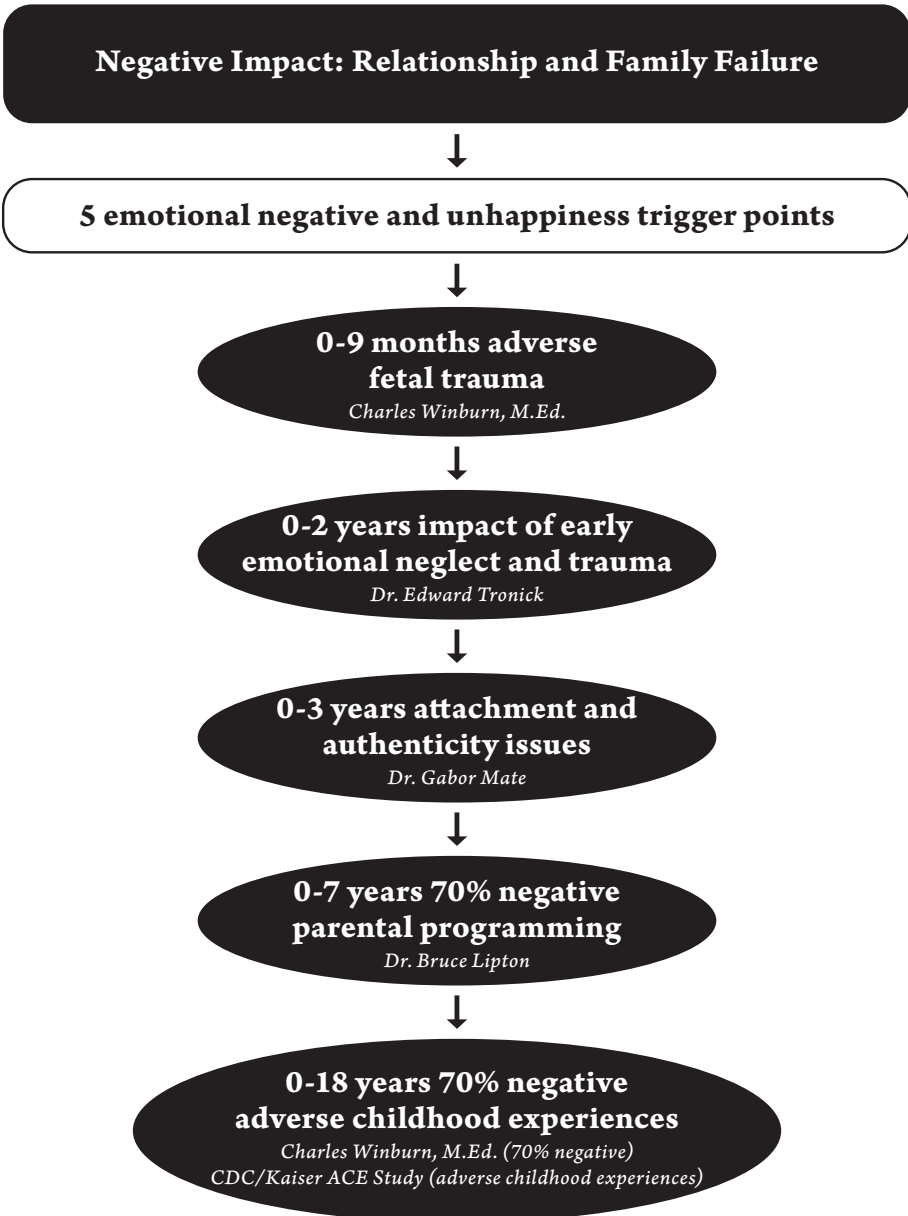
## Chart 10: Transgenerational Epigenetic Inheritance Contrast X-Ray Charts



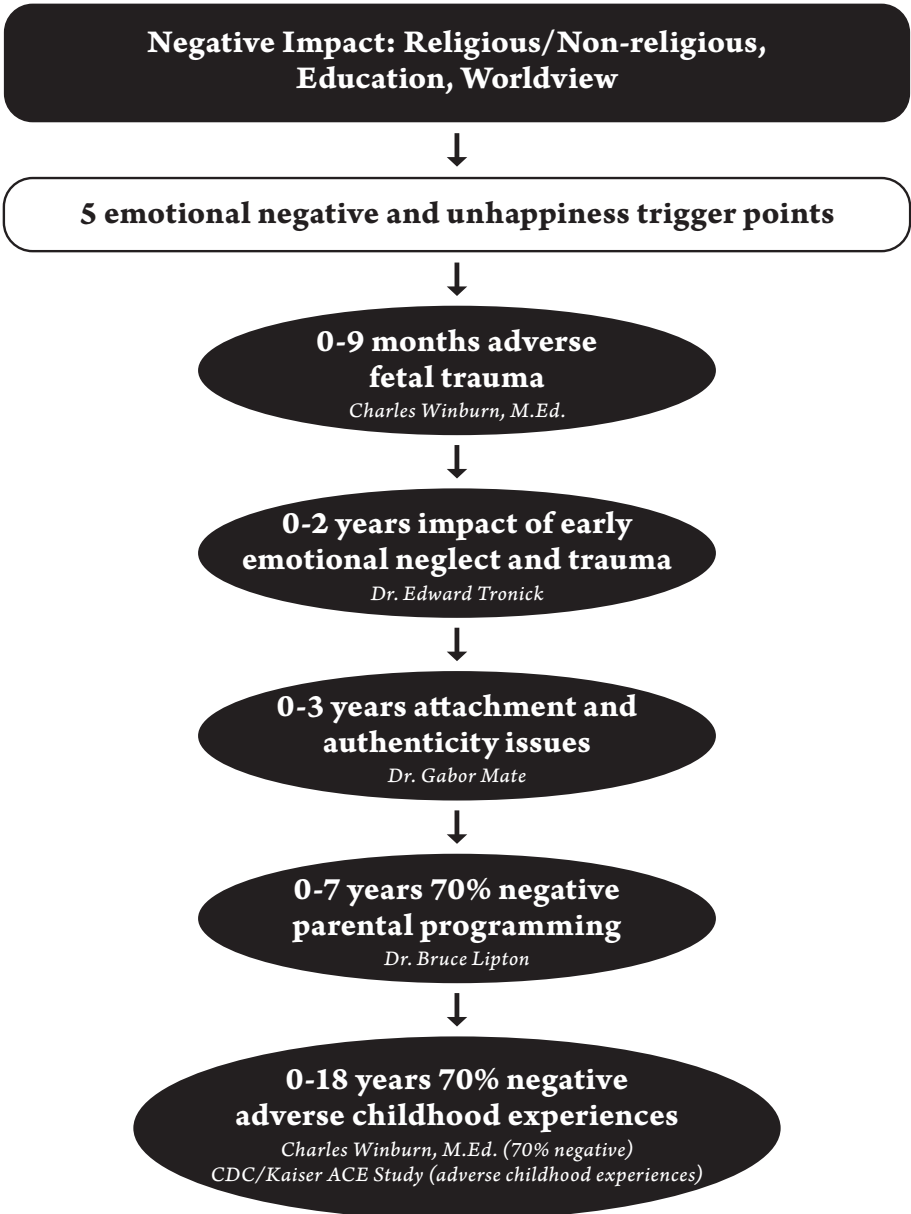
## Chart 11: Transgenerational Epigenetic Inheritance Contrast X-Ray Charts



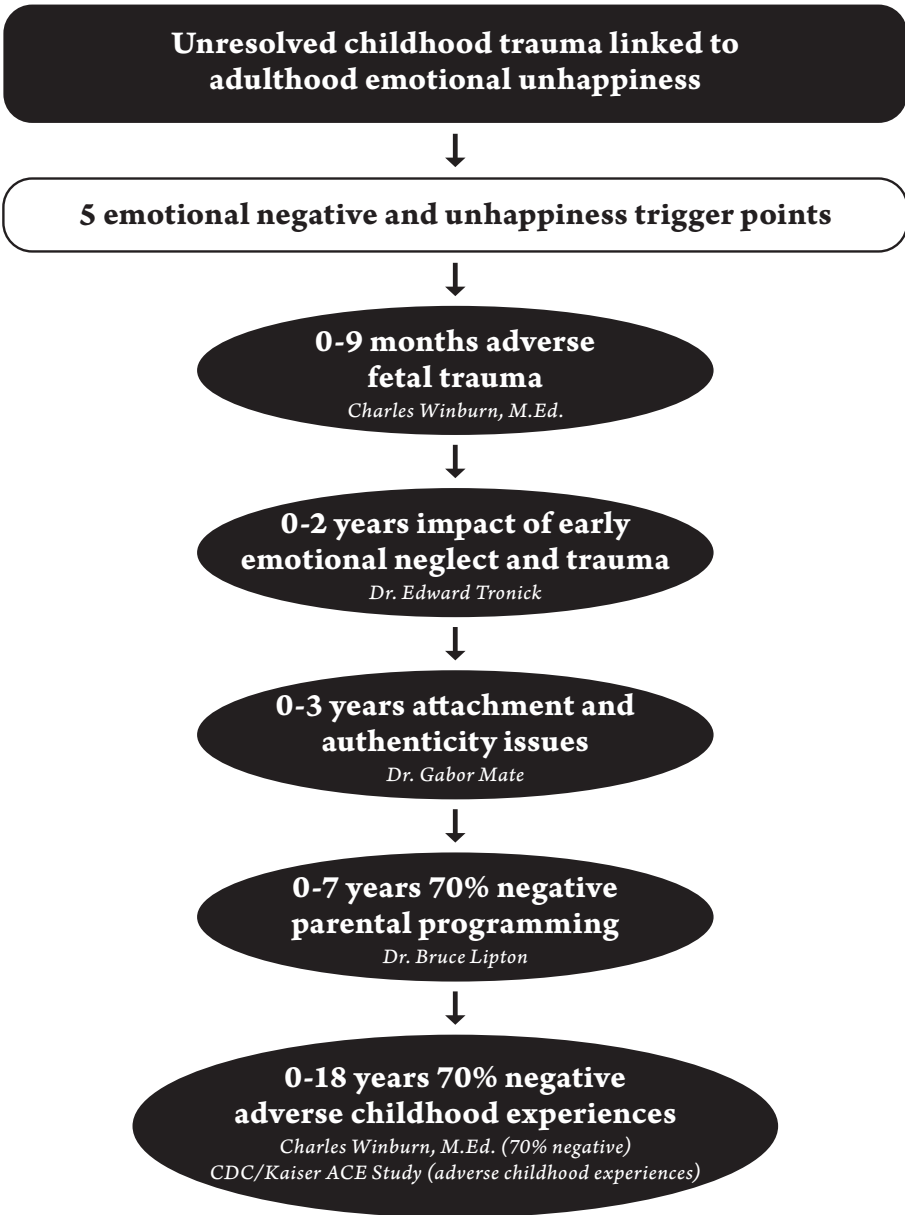
## Chart 12: Transgenerational Epigenetic Inheritance Contrast X-Ray Charts



## Chart 13: Transgenerational Epigenetic Inheritance Contrast X-Ray Charts



## Chart 14: Transgenerational Epigenetic Inheritance Contrast X-Ray Charts



## ABOUT THE AUTHOR

**CHARLES E. WINBURN, M.Ed.** helps thousands of people to focus and understand their thinking preference so that they can be clear about their vision in life through the Law of Attraction techniques.

During a career of more than 35 years in leadership management, he is recognized as one of the nation's new visionaries.

He holds a master's degree in social foundations of education from the University of Cincinnati. He attended Harvard University, earning a certificate in urban education. Winburn also attended Brendon Burchard Expert Academy, California, and the Wendy Lipton-Dibner Elite Video Mastery Seminar in Atlanta, Georgia.

He is certified in HBDI (Whole Brain/Herrmann Brain Dominance Instrument, Levels 1 & 2) and Emotional Intelligence (Levels 1 & 2). He also completed the Harvard Business School Authentic Leadership Development Program and received his certificate in Mindfulness from PESI Inc.

Winburn has received his certification as a facilitator in the Law of Attraction, under best-selling author Michael J. Losier, whose book, *Law of Attraction*, has sold more than 2.5 million copies. Losier has appeared on the Oprah Winfrey radio show several times.

## EDUCATION

- Harvard Business School: Authentic Leadership Development Program
- University of Cincinnati: Master of Education, Social Foundations of Education; Bachelor of Science, Urban Affairs; Associate of Science, Community Services.

## PROFESSIONAL QUALIFICATIONS

- Certificate of Completion, Mindfulness Course 2019 — Sponsored by PESI, Inc. in Cincinnati, Ohio
- Certified Law of Attraction Facilitator Training — (Training leaders how to refocus) Michael Losier, Certified Law of Attraction Facilitator (2013)

- Certificate of Completion, the Trainer Workshop — SELLLC Management, Certified Trainer Level II Curriculum (2013)
- Talent Smart Certified Facilitator, Discovering Emotional Intelligence — (The World's #1 Emotional Intelligence provider) Level I Curriculum (2012)
- Talent Smart Certified Facilitator, Developing Emotional Intelligence — Level II Curriculum (2012)
- Authentic Leadership Development Program — Harvard Business School (2011)
- Urban Leaders Program — Harvard University (1991)
- Management Training — Ohio State University (1987)

### **35 YEARS OF PUBLIC ADMINISTRATION**

- Served on Cincinnati City Council for 15 years between 1993 and 2017
- Served as Cincinnati City Council Budget Finance Chair providing oversight of a \$1.3 billion budget supporting thousands of city employees (2013-2017)
- Recipient of the 2017 President of the United States Lifetime Achievement Award
- Ohio Civil Rights Commission — Appointment by Ohio Governor, 6-year term (2001-2006)
- Omicron Delta Kappa, the National Leadership Honor Society (1973)
- In 2021, Charles Winburn was unanimously appointed as County Treasurer in Hamilton County, Ohio, to fill a six-month vacancy. He represented more than 800,000 citizens and was responsible for almost \$2 billion in taxpayer funds. He operated the County Treasurer's office with the highest level of fiscal integrity, accountability and management.
- In August 2021 Ohio Governor Mike DeWine appointed Charles Winburn to the Ohio Civil Rights Commission for a five-year term.

**Charles Winburn is available for life coaching, workshops, speaking, group studies, panel discussions, book-signings and other events to explore and apply the concepts contained in this book.**

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**Website:** [www.60SecondsToAFocusedLife.com](http://www.60SecondsToAFocusedLife.com)



# ARE YOU LOOKING FOR A HAPPY, SUCCESSFUL, MORE FOCUSED LIFE?

# 60 SECONDS TO A FOCUSED LIFE!



*“60 Seconds to a Focused Life is an optimistic, fantastic and life-changing book that will help you to build confidence as you focus on what you really, really want in life.”*

*-Dr. Regina Hutchins, Ph.D., BSN, RN, Total Home Care Services*

*“A book that is illuminating, transforming and will empower you with the necessary key life skills to focus and change your life.”*

*-Dr. Holly J. Jones, Ph.D., RN, CFNP, RNFA, Assistant Professor, University of Cincinnati*

1. Use the Law of Attraction to avoid distractions and stay focused.
2. Confront your thoughts, emotions or feelings and stop being a victim
3. Overcome negative, limiting thoughts and beliefs to develop a transformed mind.
4. Establish life goals.
5. Develop effective, healthy relationships.
6. Master your life to heal and change your life.
7. Think positively and become a leader.

Certified as a trainer in emotional intelligence and the Law of Attraction, Charles E. Winburn helps thousands of people understand how they can be clear about their focus. He holds a master's degree in Social Foundations of Education from the University of Cincinnati. He attended Harvard Business School, earning a certificate in Authentic Leadership Development, and is recognized as one of the nation's emerging new visionaries.

