



In-Me Standards & Curriculum for: “Mindful Human, In-Me”

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Mindfulness training - intensified through Coaching and NLP

- This curriculum here is about deep personal work regarding the mastery of fundamental human challenges: Survival, Fiction, Possession, Science, Production, Liberation, and Mindfulness.
- For “**Mindfulness Human, In-Me**” we have based the Human Development Stages (HDS) on the latest scientific research of the famous history Professor Dr. Yuval Noah Harari. For this we highly recommend to read his 4 volumes of his Graphic History books regarding the evolution history of Homo Sapiens. They are also highly recommended by President Barack Obama, Bill Gates, Natalie Portman, Chris Evans, Matt Haig, and many others.
Harari claims that our unconscious with many inner programs still operates strongly from the deeply engraved experience of the past challenges and learning process of our ancestors. They even sometimes overwrite our conscious thinking and our free will. Therefore, it is important to see how they influence our lives and understand them clearly to master them. This way you can develop from an unconscious victim of old outdated harmful programs to a mindful hero. Or in other words, from a slave of outdated experience to a happy, healthy, resilient, successful, social, conscious, and mindful human being.
The traditional Human Developmental Stages (HDS) with their historically determined special set of Beliefs and Values from Prof. Dr. Clare Graves (Spiral Dynamics, Ken Wilber) are part of our curricula: “NLP Master, IN”, “NLP Trainer, IN”, and “Mindfulness Practitioner, In-Me”.
- During the whole training typical Coaching and NLP competence is well-integrated, e.g.: Milton Model, Reframing, Anchoring, Submodalities, Meta-Model, Belief Change Work, Changing States, Body Language, Outcome Orientation, Future Pace,...
- The background knowledge of Coaching and NLP support the very high benefits for participants through an intensive Coaching and NLP boosted group process. “Mindfulness Master Trainers, In-Me” have a high quality background in Coaching and/or NLP and/or a rich expertise in this field that allows them to use this for working with limiting and empowering Values and Beliefs. This training will be further developed through feedback from the experiences of the “Mindfulness Master Trainers, In-Me” who conduct the trainings.

You explore and learn in the “Mindful Human, In-Me” training:

1. How to live your life to the fullest.
2. How typical today's values and beliefs are unconsciously determined by our past human history.
3. How we can become mindfully aware of them and personally grow by handling them mindfully.
4. How we can change our set of beliefs and values where needed for a happy and successful life.
5. How we can communicate with people who are following a different set of values and beliefs.

In order to understand the individual and greater situation we are in as human beings, we need to understand the human quest: Where do we come from? What experiences are written in our genes? Where are we at the moment evolutionary? What could be a preferable future for all of us in peace?

Duration & procedure of the training of: “Mindful Human, In-Me”

- **The entrance qualification** is “Mindfulness Intensive, In-Me” or comparable with a minimum of 30 hours/4 days face-to-face training over at least 8 weeks. The following “Mindful Human, In-Me” builds on this with a minimum of **60 hours/8 days** face-to-face training over at least 8 weeks plus about 1 hour homework every day (at least on 6 days every week).
- **A written and practical test** regarding a project, e.g. comprehensive documented growth of the own change process, or how to share Mindfulness exercises with a special target group, or how the transition of values and beliefs to higher stages can be supported, or how to deal with the Pre/Trans fallacy,... (Group projects or projects of a Buddy team are very welcome too).
- **Online Training** requires the permission of the Online Commission.
Details are here: www.nlp-institutes.net/sources/commissions/commission-online-training
- **A training hour** has 60 minutes. Brakes longer than 30 minutes are not counted as training time.
- **A training group** has at least 6 training participants (counted without assistants or the “Mindfulness Master Trainer, In-Me”).
- **An In-Me certification training** with In-Me sealed certificates (sticker with In-Me logo and seal number) has to be conducted at least 80% of the time by an approved "Mindfulness Master Trainer, In-Me". The remaining up to 20% of the training can be conducted by another high-qualified person under the supervision of a “Mindfulness Master Trainer, In-Me”.
- **The title “Mindful Human, In-Me”** can only be used on a certificate with an In-Me seal.
- **With more than 10 participants**, it is highly recommended to involve an assistant who must be qualified at least at the level: “Mindful Human, In-Me”.
- **Buddies and supervision** are highly recommended.
- **You can order seals** in your login area. We highly recommend online seals and the option to create the certificates online in your login area.
- **The list of seal entitled "Mindfulness Master Trainer, In-Me":** <https://in-me.world/users/all>
- **In the 8 training days all the Basic training content from the “Mindfulness Intensive, In-Me” training is still highly relevant.** In addition, we have now new very challenging orientations for the main topic of each of the 8 training days and the at least 1 hour homework each day of the at least 8 weeks.

On all 8 days, there are still exercises for breathing, body, and meditation practice, in the style of the MBSR training and enriched with special Coaching and NLP expertise. But now we are free to experiment with similar techniques that intensify the former exercises.

For the homework we recommend integrating such exercises more in the everyday routine. You can do breathing exercises and body scan when you queue up in a shop, short yoga exercises every hour when you sit before your computer, meditate sitting on a bench in a shopping centre.

- **The guiding idea in the “Mindful Human, In-Me” is**, that in the 300.000 years of our human development, Homo Sapiens created on each Human Developmental Stage (HDS) a special intelligence or mastery.

Here a few pioneers who worked on these topics: Norbert Elias, Abraham Maslow, Clare Graves, Don Beck, Ken Wilber, Yuval Noah Harari. They differ in the descriptions of the Human Developmental Stages. Therefore, we feel free to create on the basis of their inspirations here our own version. Our version for the “Mindful Human, In-Me” qualification is closely related to the scientific results of Prof. Dr. Harari.

For a summary about the background of the Human Developmental Stages that are related to the findings of Prof. Dr. Clare Graves please see the article from Nandana Nielsen and Karl Nielsen, “The Graves Model and its application in coaching”: <https://in-me.world/sources/articles/nandana-and-karl-nielsen-the-human-development-system-of-prof-dr-clare-graves>

Training content of: “Mindful Human, In-Me”

- **Day 1 Mastery of Survival (HDS 1)**

Starts about 300.000 years ago with **Homo Sapiens**.

On this stage survival and reproduction with the basic needs of the body is the main topic.

Charles Darwin (1809) says:

**“It is not the strongest of the species that survives,
nor the most intelligent,
but the one most responsive to change”.**

In this sense, let's support the development of Mindful Humans through our training in responsiveness to change.

Survival is very often a huge deep topic in the subjective experience of each of us. Often related to health, finances, or relationships. So we start very intensive: When in my life did I feel that I do not know if I will survive cognitively, emotionally or even physically? How did I have to change in order to manage these challenges? What were the benefits of these changes in my life? And now, are there any signs that signal the necessity of any changes in my life now?

This training day deepens and builds on the content of the “Mindfulness Intensive, In-Me” entrance qualification training. It starts with sharing the goals of the participants. What is their own situation in the light of the situation of our species? Where do they see (or hope for) a solution that allows humans to live happily together on this planet? Our approach is to change one by one, starting with ourselves on this journey of developing peace on earth. Mindfulness helps to develop this inside yourself and then you have the chance to influence others even just through your pure presence. Sharing challenges (goals) and best practice (experiences) supports the group spirit and the learning from each other and with each other.

Besides a short overview and introduction this day is for survival and body topics like breathing, health, eating, sleeping, touching, and much more. The focus is on making positive inspiring experiences regarding these topics.

Health is a positive feeling and not just the absence of illness. What can you do for your body? How do you like and treat your body? What does your body tell you? Are you a victim of illnesses or a good friend of your body? You can even touch topics like Vegetarian, Vegan and Nutrition Supplements in this training day.

- **Day 2 Mastery of Fiction (HDS 2)**

Starts about 70.000 years ago with the **Cognitive Revolution**. Using thinking and language for fictive events allowed more effective organizational forms and the development of myths. This included lies, fictive beliefs, and ghosts animism.

To explore the stories and beliefs each of us tells himself are a very big challenge. What are the stories our society tells us? What are our own stories? In Coaching and NLP we understand what we call our identity as a form of stories (believes) that we tell ourselves. We are able to change these stories. So one of the challenging questions on this training day would be how your stories that you tell yourself limit your health, happiness, and success and which story fits best to the goals that you want to reach in your life?

- **Day 3 Mastery of Possession (HDS 3)**

Starts about 12.000 years ago with the **Agricultural Revolution**.

On this stage, possessions were in the focus of Homo Sapiens, incl. private property, owning plants, animals, slaves and even women. Recommended questions for this training day are: What do I see as my property? What do I possess? How does this influence my life? How does looking after all my

possessions eat my time? What do I really need? All in the sense of the song by Janis Joplin: "Freedom's just another word for nothing left to lose..."

- **Day 4 Mastery of Science (HDS 4)**

Starts about 500 years ago with the **Scientific Revolution** and the rise of capitalism.

On this stage Homo Sapiens developed a new quality and intensity of precise logical rational cognitive evidence-based fact-orientated scientific thinking instead of emotionally based anecdotal "story telling" thinking. This led to big conflicts between the ruling religious powers and the new development of Natural Science.

Besides sharing the experiences with the homework of the third week, this day is for exploring how well and how beneficial you are able to clearly differentiate between emotionally based anecdotal "story telling" and evidence-based fact-orientated cognitive thinking.

How do you plan your life? Do you dare to think yourself or do you prefer the programming of your childhood socialisation? How strongly do you trust and follow your fact-orientated knowledge and rational decisions?

- **Day 5 Mastery of Production (HDS 5)**

Starts about 200 years ago with the **Industrial Revolution**.

On this stage, the findings in science were applied to defeat epidemics and to make money through new ways of production. Capitalism used in a very creative way scientific findings for industrial production. This includes that the traditional role of "Family" and "Community" was replaced by State and Market. Recommended questions for this training day are: How do I earn my living? Do I still work or do I already express myself?

Besides sharing the experiences with the homework of the fourth week, this day is about how you can creatively use what you know for securing your success in your life.

Realizing goals is inspiring. What is regarding successes your mission in life? How about leaving your comfort zone here and there? How is your relationship to money?

- **Day 6 Mastery of Liberation (HDS 6)**

Starts about 100 years ago with an **Equal Rights Revolution** including: Women's Liberation Movement 1960s to 1980s, Black Power 1960s to 1970s - 28 Aug. 1963 March on Washington with 250.000 people - Martin Luther King Jr.: "I Have a Dream", John Lennon 1966: "Give Peace a Chance", 1971: "Imagine", Vietnam War Protests: 21 Oct. 1967 - 100.000 protesters, West German Student Movement (1968).

On this stage Homo Sapiens realizes that there is much more for a happy life than just living for money and success. Or with the words of Dalai Lama: "The planet does not need more successful people. The planet desperately needs more peacemakers, healers, restorers, storytellers, and lovers of every kind."

Communication on eyes level and understanding each other is in the focus.

Besides sharing the experiences with the homework of the fifth week, this day is for experiencing group spirits and for being connected with others.

People want to be seen in their uniqueness. Do you have a peer group that sees you as you are, including the unrealized treasures of your potential? Do you try to fit in or do you live your true nature? Do you listen to the whispering of your soul?

- **Day 7 Mastery of Mindfulness (HDS 7)**

Starts about 1990 with Mindfulness from Jon Kabat-Zinn with the **Mindfulness Revolution**. In 1990 he published his ground breaking book: "Full Catastrophe Living – How to cope with stress, pain and illness using mindfulness meditation".

On this stage a big developmental leap takes place through the understanding that each of the

stages before are closed value and belief systems that structure the experience and how things can be understood. Now Homo Sapiens reaches a Meta level of a new kind of inner wisdom and freedom with a new quality of values and believes.

Jon Kabat-Zinn writes 1990 in his book: "Full Catastrophe Living" on pages 19 to 38 (2013 edition) about: "The Foundations of Mindfulness Practice: Attitudes and Commitment." For him "The Attitudinal Foundations of Mindfulness Practice" are: 1. Non-judging, 2. Patience, 3. Beginner's Mind, 4. Trust, 5. Non-Striving, 6. Acceptance, 7. Letting Go. "Other qualities of mind and heart that also contribute" are: "non-harming, generosity, gratitude, forbearance, forgiveness, kindness, compassion, empathic joy, and equanimity."

In the NLP axioms we use for similar qualities a different wording, e.g.: "The meaning of communication is the response you get.", or "The map is not the territory.", or "There is no failure, only feedback (and responsibility).", or "Behind every behaviour there is a positive intention." or "Everything is connected to everything."

Each of the levels before are closed value and belief systems that structure the experience and how things can be understood. On these first 6 stages people think their values and believes are the only right ones. Ken Wilber discusses, that stage 6 is the most difficult stage, for it looks like Mindful Integral and Systemic but it is very often deeply moralistic and superficial.

Besides sharing the experiences with the homework of the sixth week, this day is for celebrating a new stage of freedom from limiting beliefs and values. And a new competence of handling successfully all different belief and value systems of each of the first 6 stages.

People want to have the freedom of their own experience. On this Human Developmental Stage (HDS 7) you are able to bring everything from the first 6 HDS stages together. In Ken Wilber's system you develop on this stage your "Super Human" existence.

In other words, this stage is about mastery of the brain. Especially the so called "Reptilian Brain" or stem brain and the overactive brain parts that keep questioning everything (Monkey Mind) telling us again and again what went wrong with us in the past and what will go wrong in our future.

Only mastering your brain allows you to live as "Mindful Human" your potential to the fullest with health, happiness and success. You are highly welcome to this training!

- **Day 8 Future Pace**

This day is for presenting what the participants learned and how they plan to use this from now on in their future. We recommend to use like in "Mindfulness Intensive, In-Me" the New Behavior Generator (NBG) for planning the future use of the growth benefits that developed during the "Mindful Human, In-Me" training. And we highly recommend to support that the participants continue to meet, especially if promising projects evolved during the training. It would be great to collect documentary testimonials on videos of the benefits and projects.

- **For more details regarding the conduct of "Mindful Human, In-Me"**

please see the extensive Moodle course with a huge amount of special Trainer Notes.

The In-Me certificate for: “Mindful Human, In-Me” must include:

1. the correct title of the qualification: “Mindful Human, In-Me”
2. the duration of the face to face training with precise information regarding training days and hours (at least 60 hours in 8 days)
3. Online Training requires the written permission of the Online Commission.
Details are here: www.nlp-institutes.net/sources/commissions/commission-online-training
4. the date of the first and last day of the training
5. a statement that all In-Me guidelines have been met
6. the In-Me seal (sticker with In-Me logo and seal number)
7. the signature of the "Mindfulness Master Trainer, In-Me"

We recommend for 2., 4. and 5. the following sentence on the certificate:

“The training comprised of 60 full hours in 8 days on-site face-to-face training, from ...(date of first day) to ...(date of last day), plus 70 hours homework, in strict accordance with the high ethics and quality standards of the Institutes for Mindfulness evolving (In-Me). The entrance qualification was “Mindfulness Intensive, In-Me” (or comparable) with 30 training hours in 5 days plus 70 hours homework.”

Training content for the qualification: We highly recommend to list the complete trained main content and the complete amount of training hours and days that is needed for the certified qualification in Mindfulness on the backside of the certificate or on a separate signed document.

The following statement is optional for an In-Me sealed certificate:

"Because of the high quality of this training it may be recognized as ECTS credit points in academic studies in psychology with a focus on Mindfulness."

More details: A training hour has 60 minutes. Brakes longer than 30 minutes are not counted as training time. A training group has at least 6 participants (counted without assistants or „Mindfulness Master Trainer, In-Me“). We highly recommend assistants for trainings bigger than 10 participants. An In-Me certification training with In-Me sealed certificates (sticker with In-Me logo and seal number) has to be conducted at least 80% of the time by an approved "Mindfulness Master Trainer, In-Me". The remaining up to 20% of the training can be conducted under his supervision and responsibility. For the list of appointed "Mindfulness Master Trainer, In-Me" please see: <https://www.in-me.world/mastertrainer/>

For more details please see the “In-Me Certification Guidelines”

<https://www.in-me.world/resources/languages/EN/pdf/guidelines.pdf>

When you login you can buy seals in your login area.

Here you find the options for:

1. physical seals (the old and most inconvenient time consuming way by snail mail)
2. to use our wonderful designed online certificate (you find for this a video in your login area)
3. to use jpg or png seals that you can print on your own certificates

For our “Mindfulness Master Trainers, In-Me” we provide for free a Moodle e-learning platform where they can share and discuss with the other “Mindfulness Master Trainers, In-Me” their experience with best practice, where they find in detail the relevant content of the training, where we included trainer notes and a lot of additional content. This is under: <https://course.in-me.world/>

Invitation letter for training participants

Dear Graduate,

Congratulations - we are happy with you about your successful graduation!

Please become a member of our worldwide, professional community of our 6 associations.

- We are more than 9.300 members in 95 countries (as of 9/2022) and we are growing steadily. Our members learn with and from each other. You are very welcome to join us.
- With a sealed certificate, your membership is free of costs: no admission fee and no annual membership fees.
- We are worldwide unique with 6 different associations (NLP, Coaching, Hypnosis, Constellation, Mindfulness, Positive Psychology). This opens for you the doors to expertise across many professional fields.
- With our qualifications, we are committed to lifelong learning and contribute to a peaceful world.
- The certified training courses of our associations are scientifically based, and meet highest international quality and ethics standards.
- There are many advantages, with your free membership:
 - the possibility of exchanging and networking with others worldwide
 - editing your profile yourself
 - sharing with the rest of the world your very individual benefits of this training
 - inspiring others with what you write in your public profile to progress with their human development for their health, happiness, and success

To become a member is easy

1. via a group upload by your master trainer
2. **or** with a special code on the final day of your training
3. **or** individually by registering here now: www.nlp-institutes.net/apply through uploading an image/PDF of your sealed certificate

You can set up your profile yourself

- upload a picture, publish a link to your own website, and much more
- whether your address (including phone and email address) should be displayed publicly
- whether you only want to show which city you live in
- what you particularly value about your qualification and the training you attended
- which topics are of particular interest to you

You find out more about us

- umbrella website of all our associations: www.We-evolve.World
- videos: <https://youtu.be/kbXiJDous-g> and https://youtu.be/-SVj_rG0t3Q
- our world congresses: www.in-ici.net
- Facebook: www.facebook.com/we.evolve.world
- resource: www.We-evolve.World/resources

With very best wishes

Nandana Nielsen & Karl Nielsen

Presidents of the 6 Associations and Professors at Universidad Central de Nicaragua (UCN)



