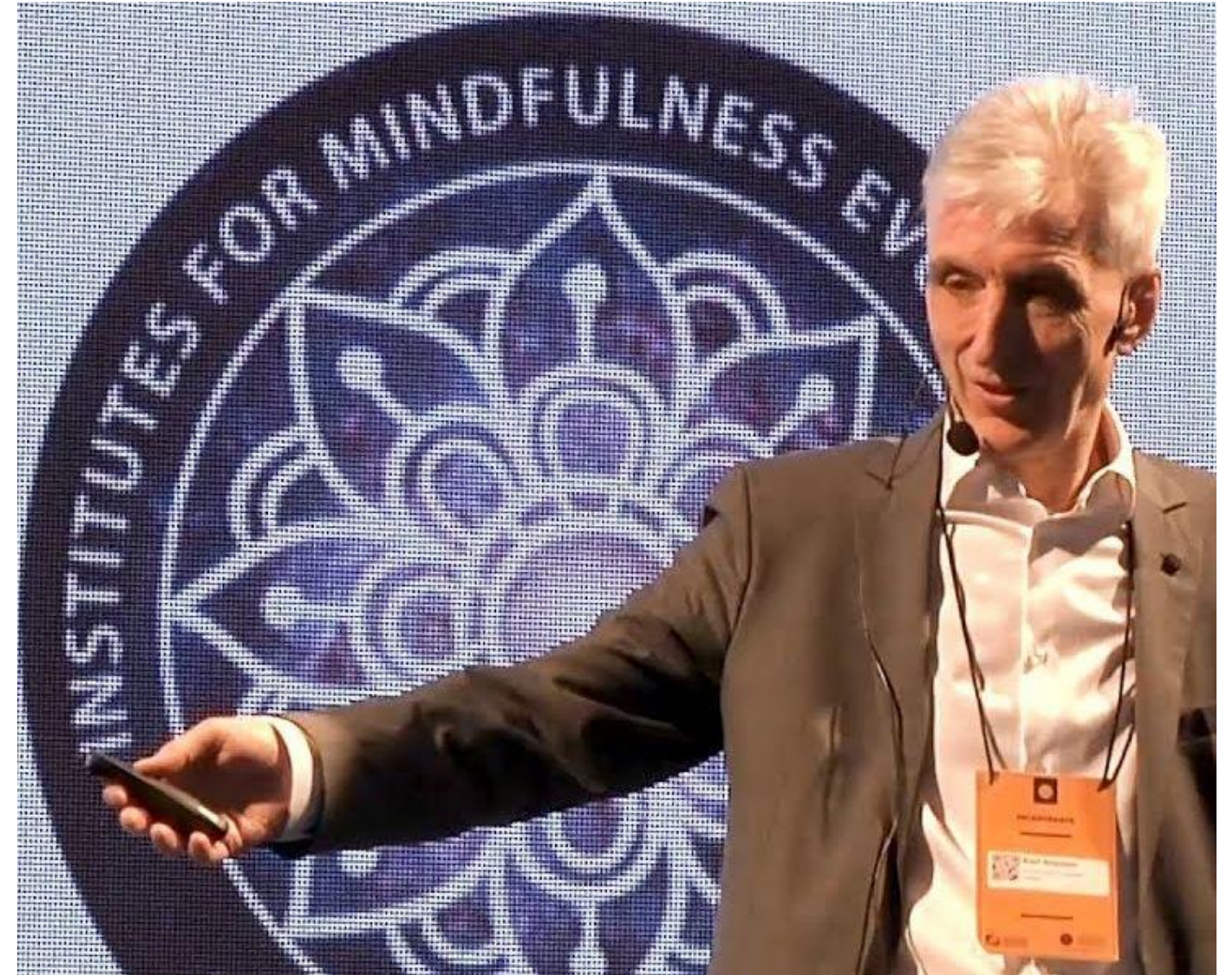


# How to change evolutionary caused Mindset Default Settings

Upgrade and liberate your Mindset  
from historically caused negative  
harmful Brain Default Settings  
to joy and peak experiences.

Rewire your brain!



Karl Nielsen

<https://in-me.world/blog/books/mindful-human-revolution>

# What Master Trainers need to know

Throughout history, the human mind has adapted to various challenges. This journey has shaped the way our brain is wired. And this default setting strongly influences how we unconsciously think and act.

A Master Trainer needs to know how to design a Mindset. His own mindset and the mindset of his training participants.







# SURVIVAL DRAGON

- 1 Homo Sapiens Evolution: Survival**  
started 300,000 years ago
- 2 Historically caused Brain Default Setting**  
eating fatty, sugary, as much as possible, drugs, drama, sex, tribe, instinct, protecting yourself from dangers
- 3 Peak Experience by Choice**  
enjoying contact to the unconscious and connect to the reptilian brain with healthy food and lifestyle



# STORYTELLING DRAGON

- 1 Cognitive Revolution: Fiction and Storytelling**  
started 70,000 years ago
- 2 Historically caused Brain Default Setting**  
Believing in stories others tell you  
for their advantage and your disadvantage
- 3 Peak Experience by Choice**  
Enjoying self-designed empowering stories  
that support you in riding your storytelling dragon





# POSSESSION DRAGON

- 1 Agricultural Revolution: Possession**  
started 12,000 years ago
- 2 Historically caused Brain Default Setting**  
the more I possess, the more power and safety  
for me - being possessed by possession
- 3 Peak Experience by Choice**  
enjoying freedom from possession orientation and  
feeling fully alive, possessing your rich inner world





# SCIENCE DRAGON

- 1 **Scientific Revolution: Science and Evidence**  
started 500 years ago
- 2 **Historically caused Brain Default Setting**  
believing in scientific claimed facts that serve  
the interests of politicians and big companies
- 3 **Peak Experience by Choice**  
Enjoying fact checks, feedback, evidence  
and clarity of mind





# PRODUCTION DRAGON

- 1 Industrial Revolution: Mass Production**  
started 200 years ago
- 2 Historically caused Brain Default Setting**  
your professional success and consumption  
is the meaning of life
- 3 Peak Experience by Choice**  
knowing who you really are beyond your profession,  
success and status symbols



# LIBERATION DRAGON

1

**Equal Rights Revolution: Liberation**  
started 100 years ago

2

**Historically caused Brain Default Setting**  
we have to fight to be accepted as equals and  
we tried to make it right for our parents and teachers

3

**Peak Experience by Choice**  
amazing, meaningful, caring relationships with friends  
who harmonize with you and free your potential





## MINDFULNESS DRAGON

- 1 Mindfulness Revolution: Mindfulness**  
started 1990 with evidence-based mindfulness
- 2 Historically caused Brain Default Setting**  
mindfulness is a boring inwards bound meditation  
that calms you down
- 3 Peak Experience by Choice**  
finding peace inside you in an energetic, joyful, active,  
mindful way – a revolutionary new mindfulness approach!



## AI DRAGON

1

### **Digital AI Revolution: Generative AI**

Started 2022 with ChatGPT

2

### **Historically caused Brain Default Setting**

AI replaces people and is a danger that we can't control

3

### **Peak Experience by Choice**

Using AI to understand what is unique to human beings, such as intuition, peak experiences, emotions, love...