

# Mindful Human Revolution

**Update your Mindset  
with NLP and Mindfulness  
for health, happiness and success**

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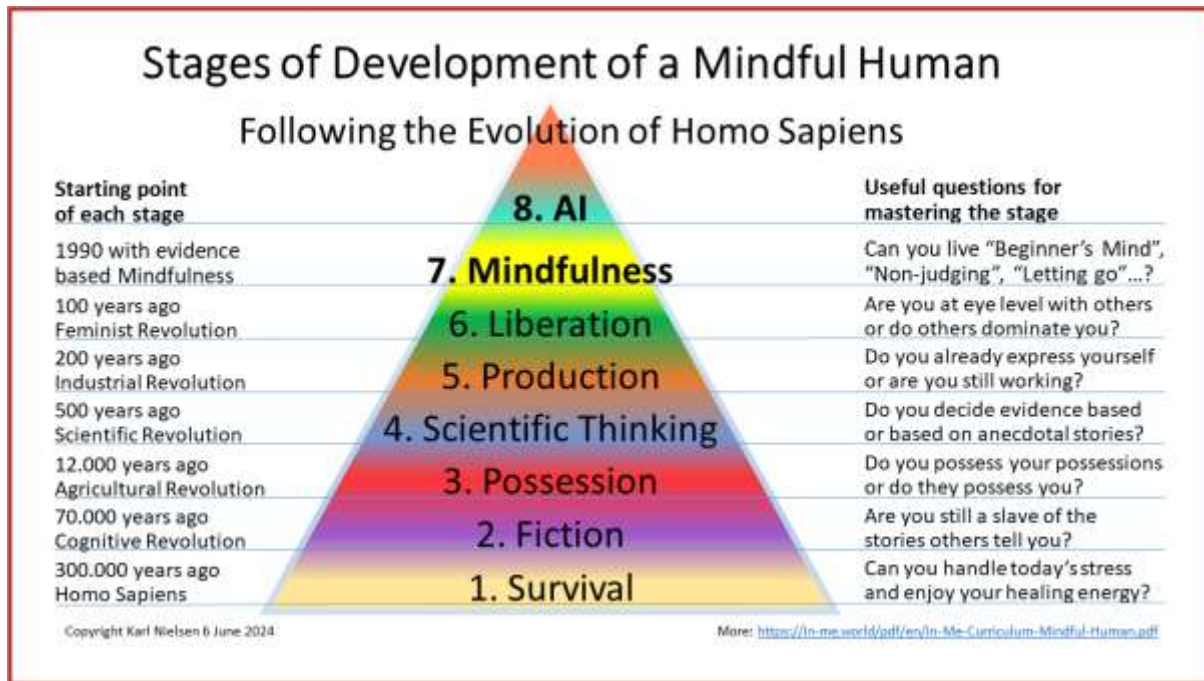
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# Chapter 3: Overview

## Areas where your brain desperately needs updates.



In the graphic above, you see the times in which default settings became collectively imprinted in the brains of Homo Sapiens. The first 6 stages are characterized by belief systems. Stages 7 and 8 provide you with insights that help you understand the limitations of belief systems and the true nature of being human. The belief systems of the first 6 stages are deeply embedded in your unconscious through the way your brain's default setting is historically wired. This even influences how you perceive "reality".

Now is a great time to free yourself from outdated brain defaults that harm you and those around you. Our new Mindfulness programs, which are intensified through success elements from NLP, Coaching, and Hypnosis, are the best option for mastering your mind.

Through the rise of AI, we have reached a point in our evolution where we urgently need more awareness about what it means to be human. Whatever AI can do better is not basically human. But there are things that AI cannot do, like experiencing strong feelings, true love, compassion, and paranormal phenomena. Mindfulness with NLP is your invitation to be as wonderful as you really are.

### In this chapter here, I give you a short overview about:

1. How the above first 6 historical stages produced your outdated brain default settings and how you can use all 8 stages for your health, happiness and success
2. What is so special about humans
3. Prof. Dr. Harari and the scientifically proven historical data
4. Prof. Dr. John Kabat-Zinn and the Mindfulness-Based Stress Reduction (MBSR)
5. NLP (Neuro-Linguistic Programming) and its benefits
6. And this is just the beginning!

## **3.1 These 8 stages produced your brain's default settings.**

### **1) Update your brain's default settings**

#### **caused by outdated past survival challenges**

Having lots of sex and stuffing your body with as much fatty and sugary food as you can eat is a success factor in the first Human Developmental Stage (HDS), which we call the "Survival" default mode. For most of the 300,000 years of our species' history, you never knew whether you would have something to eat the next day, so it was a success factor to eat as much as possible. This is the dinosaur mode. Our brain is extremely influenced by this.

But there's no need to overeat anymore. Gone are the days when everyday life was dominated by fight or flight and eating or being eaten. The environment has changed significantly. Your brain now needs an update to successfully adapt to today's situation.

With Mindfulness and NLP, you can adapt the positive intention of this dinosaur default mode to the environment in which you live today. In today's environment, you can be sure that you will be able to buy enough food at your grocery store in the coming weeks and months.

The positive intention is to feel safe. With Mindfulness and NLP, you can explore such feelings within yourself and change your brain's default setting to feel safe, content, at peace, trusting, open-hearted, loving, sexually fulfilled and much more. We recommend updating your brain's default to Mindfulness with NLP now.

### **2) Update your brain's default settings**

#### **caused by outdated past storytelling (Fiction)**

Gossiping and telling fabricated stories that served one's survival was a success factor after the Cognitive Revolution, which started about 70,000 years ago. Homo Sapiens developed the ability to create fictitious stories that united the group.

Neanderthals were stronger than Homo Sapiens, but they could only cooperate in groups where everyone knew everyone personally.

Homo Sapiens, on the other hand, could cooperate in larger groups. In groups that believed in the same fictitious story. They did not need to know each other personally.

For your health, happiness and success, it is very beneficial if you deeply understand this process. There are so many fictitious stories around, and most of what we do is outside our conscious awareness based on outdated fictitious stories that we still share.

You are socialized to believe in fictitious stories, even about who you are and what you can do. If you deeply understand this, then you open the doors to design empowering, healthy success stories that allow you to do so much more than you ever believed you could.

Stages 1 to 6 are founded on storytelling. Each stage implements a new mainstream story and shared default setting in your unconscious. The big danger is that you take it for unchangeable reality. Then you are a slave of the stories your brain tells you instead of a master of your life.

Mindfulness and AI with NLP on stages 7 and 8 offer you the tools to update your brain now.

### **3) Update your brain's default settings caused by outdated ideas about possession**

Owning as much property and possessions as possible was a success factor for survival after the Agricultural Revolution, which started about 12,000 years ago. From the 300,000 years of Homo Sapiens' existence, the idea of owning land, animals, and even other humans only started as shared mainstream brain default setting 12,000 years ago.

It is a fictitious story that became a mainstream narrative. So many wars, fights, and troubles within families, social groups, and entire countries are deeply related to possession.

If you delve into this topic, the questions arise: Does what you possess in reality consume most of your attention and energy? How strongly does your mostly unconscious brain's default setting that you would need more, no matter how much you already have, structure your life?

The automatic default mode of our brain always leans towards wanting more. The standard default mode is that if you had a little more, then you would be happy. However, the opposite is the truth. If you are happy, you have more. Happiness is the truth.

Mindfulness and NLP open the doors to updating your brain's default setting to gratefulness, forgivingness, health, happiness and success.

### **4) Update your brain's default settings to incorporate evidence-based scientific thinking**

Thinking and deciding based on evidence, proven facts, and confirmed true data became an option for huge success after the Scientific Revolution, which began approximately 500 years ago. This new type of thinking allowed people, e.g., to stop the burning of suspected witches. They could stop to think epidemics come from witchcraft. It opened the possibility that women would not die as frequently during childbirth. It was a prerequisite for the development of science, medicine, machines, computers, and artificial intelligence.

With NLP and Mindfulness, you can examine your thinking processes and understand how your brain becomes convinced about something. Some brains need to hear something several times before they are convinced, others need to visually see the proof, and others may only trust their gut feeling or any sequence of these auditory, visual and kinesthetic arguments.

Artificial Intelligence is specialized in determining your convincing strategy and is programmed to present you with data in the form that is most convincing for your brain's default mode. Therefore, Artificial Intelligence can easily be used to manipulate you. It is highly likely that this will even influence elections.

The exercises we offer in this book and in our trainings help to increase your level of consciousness as part of Mindfulness and NLP. This is very beneficial for changing your brain's default mode from negative fictitious thinking that harms you and all around you to success-orientated, beneficial, evidence-based thinking.

I highly recommend updating your brain to a higher level of consciousness with NLP and Mindfulness.

## **5) Update your brain's default settings to express yourself in your work (Production)**

Producing goods in an industrialized form and working in factories, doing what you are told, was a success factor for survival after the Industrial Revolution that started about 200 years ago with the invention of the steam engine.

In these last 200 years, the world population rose from below 1 billion to now over 8 billion people. For 300,000 years, never before in history were there more than 1 billion Homo Sapiens on earth. And now, within the last 200 years, the population of Homo Sapiens has exploded.

The success factor for this was the steam engine and industrial production. This shaped our brain's default. We identified ourselves with our professions. Work-life balance became important. Work was not life, and life was not work anymore. People learned to work in one part of their lives so that they could live in the other part of their lives. You only expressed yourself in your leisure time. This is the default mode for most of us.

For some, working is already a way of expressing themselves. This is a great step to more joy and happiness in your life.

NLP and Mindfulness support you in this step.

## **6) Change your mind's inherent programming to experience true freedom (Liberation)**

The act of emancipating oneself from the shackles of outdated hierarchies has been a key determinant of a more joyful existence, a lesson learned from the Feminist Revolution that began approximately a century ago.

The key question to consider is: Do you stand on an equal platform with others, or are you under their dominance, or perhaps are they under yours?

This dynamic significantly influences all your interpersonal relationships. How aware are you of these underlying processes? To what extent are you enacting roles? In which facets of your life do you feel most authentic, and when do you find yourself playing the part of an actor?

With NLP and Mindfulness you can master this level and connect to your heart for true friendships.

## **7) Update your brain's default settings to Mindfulness with NLP**

Mindfulness and NLP are now the new areas of inner wisdom, freedom, and peace of mind. The new further developments of Mindfulness intensified by NLP, are incredibly effective. These are the tools to manage the change process to adapt to the environment and challenges we are facing today. The most significant change process required today is managing your brain. Don't believe everything your brain tells you, especially not the unconscious programs that no longer fit into today's world.



Everything has changed so much over the last 300,000 years, with most changes occurring in the last 200 years. Change is going viral in today's world. Your flexibility and mindfulness are now highly required.

Therefore, your personal responsiveness to change is now crucial for your health, happiness and success.

Let me show you in this book how NLP and Mindfulness can support you.

## **8) Update your brain's default settings for the successful use of AI**

Upgrade your mind's inherent configurations to utilize Artificial Intelligence (AI) effectively. AI is not designed to replace you in your workplace, but rather, those who adeptly harness the power of AI may replace you.

In the contemporary world, change is not just inevitable, but it's spreading like wildfire. Consequently, your individual adaptability to this change has become paramount for your well-being, happiness and success.

To effectively utilize AI, you need to understand its capabilities and limitations. AI can process vast amounts of data and identify patterns that humans might miss. It can automate repetitive tasks, freeing up your time for more complex and creative tasks. Whatever AI can do better than humans, we should leave to AI.

This opens the chance to really understand what is unique about being human. It means opening your heart for all humanity, feeling deep love and divine inner peace, knowing who is calling you before you answer the phone, and so much more. We will only solve our burning individual and collective problems if we deeply understand our true nature as humans.

The rise of AI confronts us at this stage of human development with this much promising great opportunity.

Let's use the rise of AI and our new developments in Mindfulness and NLP for being truly human.



## **Be inspired to take the challenge of updating your brain's default settings.**

**Aristotle** (384-322 BC):

*"Knowing yourself is the beginning of all wisdom."*

All the above ideas and questions are not meant to induce guilt or shame but rather to inspire introspection and self-awareness. They are designed to help you identify the areas in your life where you may be unconsciously adhering to societal norms and expectations rather than living in alignment with your true self.

The first step towards emancipation is to recognize the existence of these mostly invisible chains. This requires a deep dive into your subconscious mind, where all your beliefs, values, and attitudes reside. It is here that you will find the programming that has been installed in you since childhood, the programming that dictates your behavior and shapes your reality.

Once you have identified these deep-rooted patterns, the next step is to challenge them. Ask yourself: Are these beliefs serving me, or are they holding me back? Are they in alignment with who I truly am, or are they remnants of societal conditioning? This process of questioning and challenging your beliefs is not easy. It requires courage, resilience, and a willingness to confront uncomfortable truths. But it is a necessary step towards liberation.

The final step is to replace these outdated beliefs with ones that serve your highest good. This involves creating new neural pathways in your brain, a process known as neuroplasticity. By repeatedly thinking new thoughts and engaging in new behaviors, you can literally rewire your brain. This is not a quick fix. It is a lifelong journey of self-discovery and growth. But the rewards are immeasurable.

One very easy way to replace outdated beliefs is to install a new habit. Your brain has the tendency to justify what you do. Its explanations are only outdated beliefs that your brain communicates to you. Therefore, if you alter your actions, your brain will justify this with new explanations.

You don't need to be overly concerned about this process. It works automatically. Mindfulness helps you observe your thoughts, beliefs, emotions, and perceptual filters. Observing them is an excellent way to see how they come and go. It's a powerful way to understand that you are not your thoughts, feelings, or perceptual filters. You are not a slave to them. You can master such processes. This is the invitation that I offer with this book and our Mindfulness with NLP trainings.

By freeing yourself from the constraints of societal conditioning, you can experience true freedom. You can live a life that is authentic, fulfilling, and aligned with your deepest values and desires. So, take a moment to reflect on the presented questions and ideas. Take a deep dive into your subconscious mind. Challenge your beliefs. And start the process of rewiring your brain. The path to freedom awaits.

I support you in this book and in our Mindfulness trainings on this very promising journey to your true self.

## 3.2 Humans are a very special species



They can speak, are storytellers, make fire, build machines to fly, understand how the universe developed - no other species can do this.

### So far started:

- 13,8 billion years ago: our Universe with a Big Bang
- 4,6 billion years ago: our sun system
- 3,8 billion years ago: Life on earth (cells)
- 2,500,000 to 1,750,000 years ago: Humans started to use stone tools
- 1,500,000 to 790,000 years ago: Humans started to use fire
- 300,000 years ago: our Homo Sapiens species started in east Africa
- 5,000 years ago: first kingdoms, writing and money started
- 1886: public car from Carl Benz
- 1969: first human on the moon: Neil Armstrong, Apollo 11
- 1976: public computer: Altair 8800 von Ed Roberts
- 1983: mobile phone: Motorola DynaTAC 8000X
- 1991: public internet: World Wide Web by Tim Berners-Lee
- 1992: first smartphone: "Simon" von IBM
- 2003: human genome sequenced: Human Genome Project
- 2013: CRISPR-Cas9 used for genome editing in human cells
- 2019: "Lifespan ... Why we don't have to age", Harvard Prof. Dr. David Sinclair
- 2021: first successful Mars landing by a rover: Perseverance by NASA
- 30 Nov. 2022: Artificial Intelligence started to go public with ChatGPT

So what will come next? Now is the best time in history to deeply understand what is human. Everything that Artificial Intelligence (AI) can do better is not really the core competence of being human. So let's find out where we really differ from AI. Let's explore in this book and our trainings our feelings, our intuition, our loving kindness, our wonderful soul and heart.

### 3.3 Prof. Dr. Yuval Noah Harari: scientific data from history

#### Harari explains the rise of Homo Sapiens as follows:

We rule the world because we are the only animal that can believe in things that exist purely in our own imagination, such as gods, states, money and human rights.

Humans are ecological serial killers – even with stoneage tools, our ancestors wiped out half the planet's large terrestrial mammals well before the advent of agriculture. The Agricultural Revolution was history's biggest fraud – wheat domesticated Sapiens rather than the other way around.

Money is the most universal and pluralistic system of mutual trust ever devised.

Money is the only thing everyone trusts.

Empire is the most successful political system humans have invented, and our present era of anti-imperial sentiment is probably a short-lived aberration.

Capitalism is a religion rather than just an economic theory – and it is the most successful religion to date.

The treatment of animals in modern agriculture may turn out to be the worst crime in history.

We are far more powerful than our ancestors, but we aren't much happier.

Humans will soon disappear. With the help of novel technologies, within a few centuries or even decades, Humans will upgrade themselves into completely different beings, enjoying godlike qualities and abilities. History began when humans invented gods – and will end when humans become gods.

#### Scientific data from history Professor Dr. Yuval Noah Harari

He provides us in his famous books with objective scientific data on the brain's default setting through human evolution. We developed on this basis our training: "Mindfulness Human, In-Me" with 8 Human Development Stages (HDS). For this, we highly recommend reading the 5 volumes of his Graphic History books regarding the evolution history of Homo Sapiens.

President Barack Obama, Bill Gates, Natalie Portman, Chris Evans, Matt Haig, and many others highly recommend them as well.

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, social, resilient, successful, conscious and mindful human being.

In order to understand our situation as a species, 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? What could be a preferable future for all of us in peace?

Harari says: Even though we'll never outrun a hungry lion or outswim an angry shark, humans are pretty impressive – and the most dominant species on the planet. So, how did we become "unstoppable"? The answer to that is one of the strangest tales you'll ever hear. And it's a true

story. From learning to make fire and using the stars as guides to cooking meals in microwaves and landing on the moon, prepare to uncover the secrets and superpowers of how we evolved from our first appearances millions of years ago. Humans learned to not only survive but also to dominate all other species on Earth.

### 3.4 Prof. Dr. Jon Kabat-Zinn and Mindfulness

#### **The 7 Fundamentals of Mindfulness** (Jon Kabat-Zinn)

1. Non-judging “...not getting caught up in your ideas and opinions...” p. 21
2. Patience “...things must unfold in their own time” p. 23
3. Beginner’s Mind “The richness of present-moment experience...” p. 24
4. Trust “Developing a basic trust in yourself and your feelings...” p. 25
5. Non-striving “...paying attention to whatever is happening” p. 26
6. Acceptance “...seeing things as they actually are in the present.” p.27
7. Letting Go “We just watch – resting in awareness itself.” p. 30

“These include cultivating attitudes of non-harming, generosity, gratitude, forbearance, forgiveness, kindness, compassion, empathic joy, and equanimity.” (Kabat-Zinn, p. 31)

Jon Kabat-Zinn described his “Mindfulness-Based Stress Reduction (MBSR)” approach in 1990 in his famous book: “Full Catastrophe Living: How to Cope with Stress, Pain and Illness Using Mindfulness Meditation.” The quotes here are from the 2013 edition of this book.

In 1979, he founded the “Stress Reduction Clinic” at the University of Massachusetts Medical School. This was the birthplace of his very famous MBSR program. His clinics were created for people with strong anxiety and depression challenges.

The positive effects of Mindfulness, in the form of his famous 8 weeks of MBSR training, are scientifically documented. Thousands of studies demonstrate these positive effects. They have shown that regular practice of Mindfulness can physically alter the structure of the brain, enhancing areas associated with emotional regulation and focus while reducing areas associated with stress and anxiety.

This suggests that our brains, despite their long evolutionary history, are still capable of change and growth. By understanding this, we can harness the power of our minds to cultivate joy, peace, and resilience in our lives.

Scientific studies confirm the effectiveness of mindfulness in supporting overall well-being. Mindfulness reshapes our neural networks in a way that supports positive habits and mental states.

Recognizing the potential benefits of mindfulness for managing negative thoughts and emotions, Behavioral Therapists began incorporating mindfulness techniques into Cognitive Behavioral Therapy (CBT). Between 1989 and 2000, Dr. Ronald Siegel, a psychiatrist, started integrating mindfulness exercises into his CBT practice.



In the early 2000s, Dr. Zindel Segal, Mark Williams, and John Teasdale developed Mindfulness-Based Cognitive Therapy (MBCT) specifically to prevent depression relapse. Their research demonstrates its effectiveness.

Mindfulness-integrated CBT (MiCBT) emerged between 2001 and 2003. The MiCBT Institute, a leading organization promoting this approach, states that Dr. Bruno Cayoun developed MiCBT over a decade of conceptualization and model development.

The integration of mindfulness into CBT reflects a growing understanding of the mind-body connection and the importance of present-moment awareness for emotional well-being.

There is a rising global trend of integrating mindfulness practices into school curriculums. Countries like England and India have announced initiatives to introduce mindfulness in schools. Numerous programs and resources are available for educators interested in mindfulness-based interventions (MBIs) for students.

I further developed the highly scientifically researched MBSR training from Jon Kabat-Zinn. For this, I intensify it with Neuro-Linguistic Programming (NLP) expertise and the scientific data from the famous history Professor Dr. Yuval Noah Harari.

In the world of sports, the concept of mindfulness and understanding our unconscious mind has been increasingly recognized.

### **Here is an example from the sports area.**

#### **Michael Jordan, one of the greatest basketball players of all time**

Jordan was known for his intense focus and ability to perform under pressure. He was often described as being "in the zone," a state of mind where he was fully present and engaged in the game, not distracted by external factors or internal thoughts. This is a perfect example of mindfulness, a state of being fully aware and present in the moment.

Jordan's ability to be mindful didn't come naturally. He worked with George Mumford, a mindfulness coach, who helped him understand his unconscious mind and how it influenced his performance. Mumford taught Jordan to recognize when his mind was being influenced by past experiences or future worries, and how to bring his focus back to the present moment. This training helped Jordan to overcome the mental barriers that were holding him back and reach new heights in his career.

This story illustrates the importance of understanding our unconscious mind and how it influences our actions, as explained by Professor Dr. Yuval Noah Harari. By becoming more mindful, we can overcome the limitations set by our unconscious mind and reach our full potential.

Whether it's in sports, business, or personal life, mindfulness can help you to become more successful, resilient, and happy. Scientific researches document the benefits of Mindfulness in all areas of life. Even Google has developed its very own kind of Mindfulness trainings. Chade-Meng Tan describes it in his book: "Search Inside Yourself". In the 2014 edition the subtitle is: "The Unexpected Path to Achieving Success, Happiness (and World Peace)".

## 3.5 NLP for changing your brain's outdated default setting

### The fundamental ideas of NLP (NLP-Axioms)

1. Every problem is an opportunity to grow. (Fritz Perls)
2. Be always open for the unexpected emergence. (Virginia Satir)
3. Intensify the friendship between the conscious and unconscious. (Milton Erickson)
4. Behind every problem, there is a resource state. (Gregory Bateson)
5. The meaning of communication is the response you get. (Albert Mehrabian, Paul Watzlawick)
6. The map is (not) the territory. (Alfred Korzybski, Heinz von Förster)
7. Each word activates mental pictures. (William James)

**NLP started in the early 1970s.** It offers a huge amount of highly successful exercises. They are developed from modeling best practice expertise of the famous Fritz Perls (Gestalt Therapy), Virginia Satir (Systemic Therapy) and Milton Ericson (Hypnotherapy).

The founders Richard Bandler, Leslie Cameron, John Grinder, Judy DeLozia, and Robert Dilts managed to create easy-to-follow step-by-step instructions from what they found out about how famous therapists and communicators work.

NLP is also based on famous communication specialists like Gregory Bateson, Albert Mehrabian, Paul Watzlawick, Alfred Korzybski, Heinz von Förster and William James.

NLP is much more than just another psychotherapeutic approach or a collection of highly successful tools for change work. The founders of NLP started by analyzing what works best in the approaches of Fritz Perls, Virginia Satir and Milton Ericson. They founded underlying principles in these approaches that even the founders of these approaches did not realize themselves. In the next step they used these underlying principles to further develop the very best of these approaches. Now this analyzing process is part of the NLP teachings and is applied to all fields of human life: Psychotherapy, Coaching, Hypnosis, Counselling, Mentoring, Sports, Business, Education, Medicine and much more.

### Here is an example from the sports area.

Famous Michael Phelps, who won 23 Olympic Gold medals, credits a significant portion of his triumphs to his mental fortitude and training. The method he describes is in NLP called "New Behavior Generator". It was already developed in NLP in the 1970s.

#### Michael Phelps recommends:

*"So many people along the way, whatever it is you aspire to do, will tell you it can't be done. But all it takes is imagination. You dream. You plan. You reach."*

He has frequently discussed the crucial role of visualization, a technique he employed to mentally rehearse every nuance of his races, from the initial dive to the final touch of the wall. He firmly believes that this practice was instrumental in enabling him to perform under intense pressure and accomplish his extraordinary feats. He successfully updated his brain to stay focused. He used NLP techniques to change his brain default to deep mindfulness. Phelps' journey serves as a powerful testament to the remarkable potential of the human brain, a marvel that has been honed and refined over 300,000 years of evolution. This evolution is not only evident in the physical prowess of athletes like Phelps but also in the realm of Mindfulness and NLP.

I included this technique, e.g., in our "Mindfulness Intensive, In-Me" training. It is ideal to mentally already see yourself at the end of the training how you live in the following months the new updated success behavior that you started to integrate into your life during your training. This way, you easily update your brain's default to joy, health and success.

## **NLP is the science of subjective experience.**

A deeply qualitative and phenomenological approach.

It has developed in the following 5 waves.



**NLP in 5 Waves**



**5. Wave NLPhil: Philosophy & Meaning of Life**  
2014 Karl Nielsen: IN & UCN



**4. Wave NLPsy: Science & Research**  
2006 Research & Recognition Project, NLPt,  
2012 IN & UCN: NLPsy = Neuro Linguistic Psychology

**3. Wave NLPeace: Spirituality**  
1992 Robert Dilts, Richard Bolstad, Connirae Andreas

**2. Wave NLPt: Health & Joy of Living**  
1989 Robert Dilts, 1995 NLPt = Neuro Linguistic Psychotherapy

**1. Wave NLPure: Success & Enthusiasm**  
1972 Richard Bandler, John Grinder, Anthony Robins

In the 5<sup>th</sup> wave of NLP, with philosophical references and the connection to the meaning of life, NLP connects body and soul. Here it comes very close to the fundamental ideas of Mindfulness. Both open with their exercises a deep understanding of who we really are, and what our purpose in life is. Our integration of NLP and Mindfulness highly intensifies the mindset



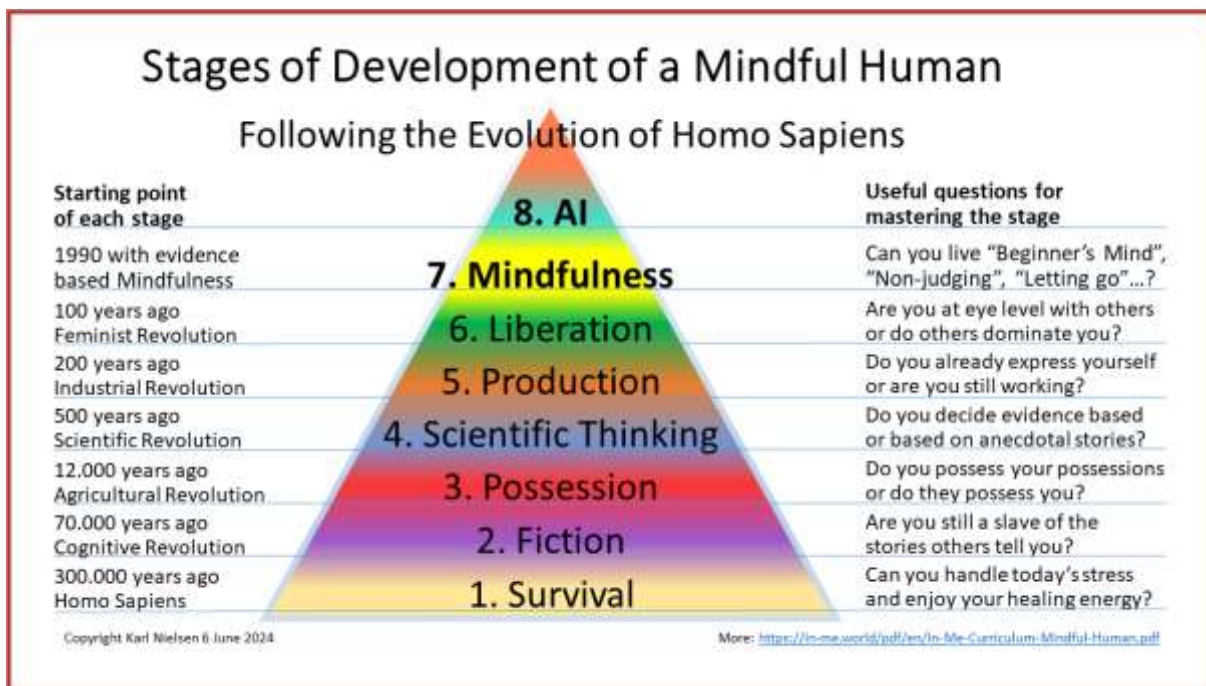


used to intensify NLP trainings and the above-mentioned NLP exercises can be used to intensify the very positive effects of Mindfulness. I present this exercise in chapter 7.

Our Actions are mostly justified by our thoughts. People have a lot of explanations and excuses for what they do. Our brain is an expert in telling us why we cannot behave differently. Sometimes we blame others and sometimes we blame our socialization: "It is his fault!" or: "This is how I was told to react." Such thoughts produce negative emotions, determine our Perceptual Filters, lead to negative Actions (behavior), intensify negative thoughts and so on. Then a very negative vicious circle is operating perfectly. NLP and Mindfulness are very successful in stopping such vicious circles. I have combined in this book and in our Mindfulness trainings both approaches to intensify your health, happiness and success.

### 3.6 And this is just the beginning!

Now let's dive in the next chapters deep into evolutionary psychology. Let's understand the stages of human development where your brain's default settings were shaped. Let's optimize your brain's default settings in the next 8 chapters. Let's work on the competencies and joy of a Mindful Human. Let's use easy exercises to update your brain.



Remember: We have time. Update your brain slowly step by step. Enjoy the change. Look for companions on your way to your goals, and your true self that makes you deeply human.

**Big Panda asks little Dragon:**

*"What is more important, the goal or the path to the goal?"*

Little Dragon answers: *"The companionship".*

In our Mindfulness trainings you will find like-minded people for wonderful empowering companionship. Try the exercises here in this book and then join our community.

Please write down in your notebook what touches and inspires you from this chapter.



Enjoy this picture from my “Noticing Nature” exercise.

More: [www.in-me.world/mindful-human-revolution](http://www.in-me.world/mindful-human-revolution)

# Chapter 13: Conclusion

As we reach the end of our journey through the realms of Mindfulness intensified by NLP, Coaching, Hypnosis and the scientifically proven data about the human development and our outdated conditioned brain's default settings, it's time to reflect on the transformative potential these practices hold.

"Mindful Human Revolution" is not just a title; it's an invitation to a paradigm shift. Imagine life not as a series of automatic reactions driven by past conditioning, but as a dance where you are the conscious leader. By rewiring your neural pathways, you unlock the doors to improved health, genuine happiness and lasting success.

Throughout this book, we've explored the mechanics of Neuro-Linguistic Programming, discovering how language and thought patterns shape our reality. We've combined this with the timeless wisdom of mindfulness, learning to anchor ourselves in the present moment. This mindful awareness allows you to observe your thoughts and feelings without judgment, breaking free from the autopilot mode that often keeps us stuck in unhealthy patterns.

The synergy of these powerful approaches equips us with tools to rewire our brains, break free from limiting beliefs, and cultivate a more resilient, adaptive mindset. Imagine facing challenges with a sense of calm composure, knowing you have the tools to navigate them effectively. This is the essence of the Mindful Human Revolution – a conscious evolution towards a more empowered and fulfilling way of being.

Embracing these practices is an invitation to embark on a lifelong journey of self-discovery and growth. It's a commitment to being more present, more aware and more intentional in every aspect of your life. This journey isn't a solitary trek - you are joining a global community of mindful humans who are all working to create a more peaceful and prosperous world.

In this book, you've discovered that true health, happiness and success are not external pursuits but internal states of being. When your mindset is attuned to positivity, resilience and purpose, you unlock the potential to thrive in all areas of your life. The exercises, techniques, and insights shared here are designed to empower you, offering practical steps to shift your perspective and align your actions with your deepest aspirations.

The benefits are far-reaching, from enhanced mental clarity and emotional stability to improved relationships and professional achievements. Remember, the path to transformation is not a linear one. There will be challenges and setbacks, but each step forward, no matter how small, is a victory. Celebrate your progress and use setbacks as valuable learning experiences.

As you continue to practice our unique Mindfulness approach, you will find yourself becoming more attuned to your inner world and more capable of navigating the complexities of the outer one. Change is not a destination but a continuous journey. The practices of Mindfulness are lifelong companions, guiding you through the challenges of existence with a steady hand.

As you integrate these techniques into your daily routine, you will find that obstacles become opportunities, stress transforms into serenity and your goals become attainable realities. The mindful human revolution begins with you.

Embrace this journey with an open heart and a curious mind and watch as the seeds of health, happiness and success blossom in your life. The power to create your best self, lies within you - nurture it, cherish it and let it flourish.

Brain tuning is not just about personal growth and happiness. It's about creating a ripple effect of positivity and mindfulness in the world around you. As you tune your brain towards joy and mindfulness, you'll naturally inspire others to do the same. Imagine the world we can create when more and more people are living with present-moment awareness, compassion and a commitment to growth. So, keep practicing, keep exploring and keep spreading joy and mindfulness wherever you go. This is where we go from here.

In closing, let this book serve as a guide and a companion on your journey. Embrace the revolution within and watch as it radiates outward, creating ripples of positive change in every facet of your life. The revolution begins with you.

**The Mindfulness blog for this book** provides more information and resources on how to join our community of Mindful Humans.

[www.in-me.world/mindful-human-revolution](http://www.in-me.world/mindful-human-revolution)





A picture from my “Noticing Nature” exercise

More: [www.in-me.world/mindful-human-revolution](http://www.in-me.world/mindful-human-revolution)

# Chapter 14: Acknowledgments

**I'm very very very grateful  
for the wonderful support that I received.**

**Very special thanks for the development of our unique NLP, Coaching and Hypnosis intensified Mindfulness approach go to:**

**Nandana Nielsen**, my wife, for working closely with me for almost 50 years now. We started working with children from socially disadvantaged families in 1977 to prevent them from being placed in children's homes, completed together our master's degrees in Sociology in 1979 and in Psychology in 1986, started NLP training together in 1985, founded our associations for NLP, Coaching, Hypnosis, Constellation, Positive Psychology, and Mindfulness in 2001, received together our professorships at the UCN in 2008, at the Azteca in 2009, and our Doctorates in Psychology in 2011.

**Lilli Nielsen**, my daughter who started to teach me how to be a father since 1980.

**Dr. Adam Nielsen**, my son, for supporting our web presence since 2002 and creating the high professional wonderful website of the In-Me Mindfulness association in 2018.

**Hedwig and Karl Staudt**, my parents who strongly believed in me and supported me in many challenging times of my life.

**Abdul-Rahman Abdulla** from Egypt who challenged me in 2016 to give at his congress in Egypt a presentation about how to come from your brain to your heart.

**Bento Augusto da Cunha Santos** from Brazil who invited me in March 2019 to his "NLP Trainer, IN" training where I presented for the first time Mindfulness as an option for "NLP Trainer, IN", then in October 2019 he organized our IN ICI WHO WSCO In-Me World Congress in Brazil, dedicated to Mindfulness and with a training directly after the World Congress for the first 50 "NLP Trainer, IN" to qualify as "Mindfulness Trainer, In-Me".

**Sehil Triki** from Tunisia who organized with his wife Habiba our IN ICI WHO WSCO In-Me World Congress in Tunisia end of March 2019. There, I presented the first time Mindfulness on a World Congress. Sehil was in the group of the 50 "Mindfulness Trainer, In-Me" in Brazil 2019. He was the first one who offered an integrated "Mindfulness Intensive and Mindful Human, In-Me" training.

**Prof. Dr. Nada Kaiser** from Croatia who organized our third World Congress in Croatia in 2012. She organized many Mindfulness Trainings in the Balkan since 2020.

**Angela Bachfeld** from Germany who challenged me in 2020 to try the "Noticing Nature" experiment with her. This intensively restructured the focus of my mind.

**The speakers at our Mindfulness World Congress in 2023:** Arline Davis from Brazil, Ildy Meixner from USA, Prof. Dr. Paula Pinto from Portugal, Dr. Darko Cvetković from Serbia, Ahlaad Piwnik from Switzerland, Petra Diederichs from Germany, Abdelrahman Tarek from Egypt, Monika Brkanac and Mirjana Petković from Croatia.

**My very very special Mindfulness team** who intensively work with me on marketing our mindfulness trainings:

- **Arline Davis** our President and associations representative from Brazil and USA who offers “Mindfulness Trainer, In-Me” and “Mindfulness Teacher, In-Me” trainings for Mindfulness interested professionals who speak Portuguese, Spanish or English.
- **Ildy Meixner** from Hungary, New Zealand and now Florida in the USA. She produced a very special Mindful Movements Program for gym companies worldwide.
- **Dr. Darko Cvetković** our Vice President from Serbia who produced our Instagram presence and invited all our “Mindfulness Master Trainers, In-Me” to join.

**Arline, Ildy and Darko started our Mindful Revolution book series with me.**

**Ahlaad Piwnik** from Switzerland, who qualified in July 2024 the very first “Mindful Hero, In-Me” professionals.

**The 17 “Mindfulness Master Trainer In-Me”** from 7 countries worldwide who already offer in their Institutes our In-Me Mindfulness trainings:

1. **DR Abdelrahman Tarek** from Egypt
2. **Ahlaad Piwnik** from Switzerland
3. **Aleksandra Josivljević** from Serbia
4. **Arline Davis** from Brazil and the USA
5. **Dr. Darko Cvetković** from Serbia
6. **Dr. Habiba Zmerli Triki & Sehil Triki** from Tunisia
7. **Ildiko Meixner** from Hungary, New Zealand and the USA
8. **Ivana Boric** from Serbia
9. **Joana Sobreiro** from Portugal
10. **Katarina Pavliša** from Croatia
11. **Koraljka Martić** from Croatia
12. **Mirjana Petković** from Croatia
13. **MSc Monika Brkanac** from Croatia
14. **Prof. Dr. Paula Pinto** from Portugal
15. **Petra Diederichs** from Germany
16. **Tamara Vlahovic** from Serbia
17. **Dr. Vesna Danilovac** from Serbia

**Jon Kabat-Zinn** for his courage to publish his amazing book: “Full Catastrophe Living” that brought me back to my senses. He is responsible for wherever I go, the trees say hello.

**Yuval Noah Harari** for helping me to understand how human history is imprinted in the default setting of the brain. I really love and resonate with his deeply spiritual approach.

**The Mindfulness blog:** [www.in-me.world/mindful-human-revolution](http://www.in-me.world/mindful-human-revolution)

offers much more info, many resources and the links to the interviews with our “Mindfulness Master Trainer, In-Me” who offer Mindfulness trainings. Please watch their deeply touching reports about the experiences with their participants of their Mindfulness trainings.





**A picture from my “Noticing Nature” exercise**

**More: [www.in-me.world/mindful-human-revolution](http://www.in-me.world/mindful-human-revolution)**



## About the Author Karl Nielsen

1950 born in Zeutern, Germany as Karl Johann Staudt

1979 “Diplom-Soziologe” Freie Universität Berlin (Master's degree in Sociology, FU Berlin)

1980 Marriage with Nandana Nielsen and adoption of the name Karl Johann Nielsen

1980 – 1985 Scientific research assistant in 2 research projects (FU Berlin, SPI Berlin)

1986 “Diplom-Psychologe” Freie Universität Berlin (Master's degree in Psychology, FU Berlin)

1986 – 1998 Chairman at „Institut für Neuro-Linguistisches Programmieren e.V.“, Berlin

1987 – 1995 Deputy headmaster for geriatric nurses, educators and remedial teachers

Since 1997 CEO of “NLP & Coaching Institut Berlin”

Since 2001 Global President of the International Association of NLP Institutes (IN)

Since 2006 Co-Organizer of 10 World Congresses for IN, ICI, WHO, WSCO, PosPsy, In-Me

Since 2008 Profesor Titular (Full Professor) at Universidad Central de Nicaragua

Since 2009 Profesor Titular (Full Professor) at Azteca University

2011 PhD at Universidad Central de Nicaragua

Since 2012 Global President of the International Association of Coaching Institutes (ICI)

Since 2012 Co-founder and Co-developer of Neuro Linguistic Psychology NLPsy

2013 “World Certificate of Psychotherapy” from the World Council for Psychotherapy

2013 – 2021 Chairman of the German Umbrella Association for Psychotherapy (DVP e.V.)

Since 2016 Global President of the World Hypnosis Association (WHO)

Since 2018 Global President of the Institutes for Mindfulness Evolving (In-Me)

2023 Co-Organizer of the Mindfulness World Congress

2024 Initiator of the “Mindful ..xxx.. Revolution” book series

More: [www.in-me.world/mindful-human-revolution](http://www.in-me.world/mindful-human-revolution)



**Karl Nielsen** is a Psychology Professor at UCN and Azteca University. He is co-founder and Global President of associations for NLP, Coaching, Hypnosis, Constellation, Positive Psychology and Mindfulness. These associations have 12,000+ members in 105 countries. They stand worldwide for high ethics, quality standards, cooperation and human growth.

**This book: “Mindful Human Revolution”,** invites you to come to your senses and find inner peace and joy. Learn how your human history deeply influences your thoughts, emotions, perceptual filters and actions. Discover how you create your reality. Update your mindset now for health, happiness and success.

In this book, Karl Nielsen combined and integrated Jon Kabat-Zinn's timeless wisdom of mindfulness from his MBSR training with Harari's presentations of revolutionary, scientifically proven, historical data and intensified it by empowering change techniques from NLP, Coaching and Hypnosis.

This is the first book of a series of “Mindful ...xxx... Revolution” books written by Master Trainers from the association: “Institutes for Mindfulness Evolving” (In-Me).

You are not alone. Please join our global community of mindful humans who are contributing to a more peaceful, happy, healthy world.



More: [www.in-me.world/mindful-human-revolution](http://www.in-me.world/mindful-human-revolution)