





FreeMind

The Self Therapy Revolution

Making mental health delivery, accessible, scalable and affordable



FreeMind

The current problem

At present mental health delivery is based on an old materialistic and mechanical paradigm that is a significant part of the problem.

Current treatments reflect that, and they are failing as a result.



From External to Internal

Giving people the tools to find their own solutions and wisdom inside themselves is the key. Challenging the endless search 'outside' for satisfaction is vital but many existing therapies perpetuate that way of thinking.



From Cerebral to Transformational

Talking therapies give people a better intellectual understanding of their problems but it is very inefficient at making significant and lasting behavior change. Helping people access the unconscious mind where all behavior is generated and transformed is key.



From Symptom to Cause

Medical treatments place the focus on the symptom and the pathology but do not focus on the deeper individual causes of unhappiness or the systemic social drivers for anxiety and depression.

FreeMind technology resolves this

We are dedicated to making the very best training, support, guidance and therapeutic tools engaging, enjoyable and accessible for all.

We combine many different tools, techniques and technology to make this possible. This document is a brief overview of how we do that.





FreeMind Technology Overview

The 3 Pillars of Happiness

At FreeMind we have distilled and codified a powerful but very simple model of therapy that anyone can follow. It consists of tools to help people improve their Peace, their Power and their sense of Purpose. These 3 Pillars are the foundations of success and happiness.

The 6 Techniques of Transformation

All our research has shown that there are 6 main techniques that create real and lasting change in how a person thinks, feels and behaves. These previously have always been delivered by a highly trained therapist or facilitator. We teach people how to do it themselves.

Advanced Unconscious Access Tools

Using powerful deprogramming, reprogramming and connection techniques people can make powerful changes at the unconscious level which is the only way to get beyond limitations of conditioning, identity, trauma, culture and nationality. Change at that level is essential.

Evocative Soundtracks & MetaMusic

FreeMind combines music therapy, sound frequency, sound healing and meditation entrainment tools to make the FreeMind experience more effective, enjoyable and engaging however, it is our unique methodology that transforms music into a healing metaphor which enables people to discover everything they need within themselves.



FreeMind

The 3 Pillars of FreeMind

Giving People the Foundations of Mental Health, Happiness & Success



Emotional Intelligence

Returning to Self Love



Success Psychology

Unleashing Potential



Oneness Philosophy

Deepening Social Responsibility



The 6 Techniques of Transformation





Advanced Unconscious Access & Healing Acceleration Tools



Theta Meditations

Harnessing powerful states of mind for healing and behavior change



Parts Negotiation

Ability to change behavioural decisions at the unconscious level



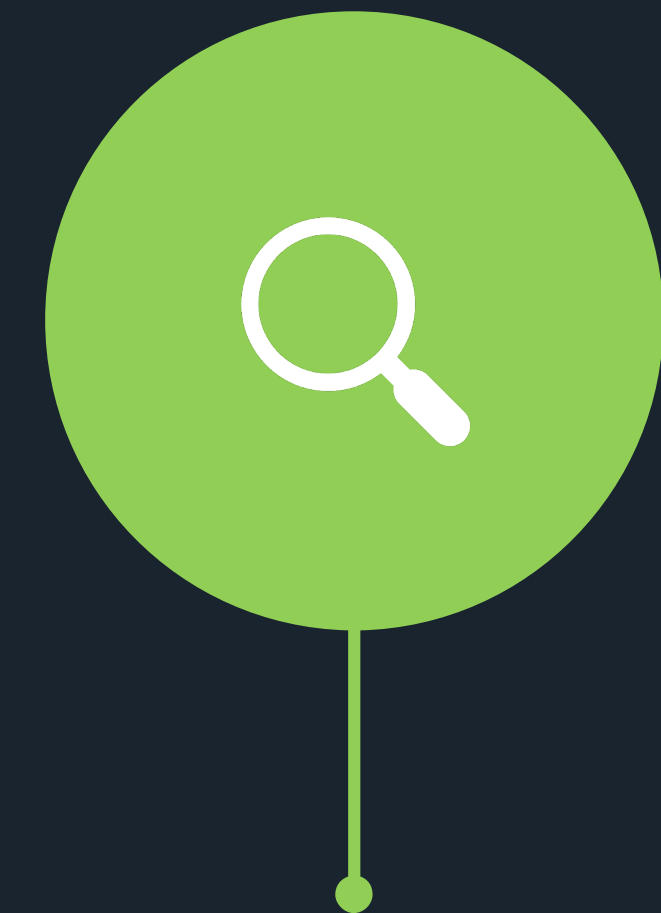
Metaphor

Bypasses conscious resistance and accelerates transformation



Neurolinguistics

Powerful communication tools for unleashing potential



Psychodynamics

Deep understanding of the impact of trauma and its resolution pathways



FreeMind MetaMusic



Entrainment

Sound tools to induce powerful healing states and anchor positive states

Metaphorical

Making the music a talisman of change so each note is an intervention

Cinematic

Using soundtrack psychology to evoke emotions and overcome resistance

Musicianship

Using only professional musicians and film composers for the highest quality

Motivation

The use of uplifting soundtracks in the final phases of treatment to inspire change



FreeMind

Professional Endorsements

Dr David Morris



“I have seen patients be successful with FreeMind where all other treatments have failed”

Dr Bal Kaur Rana



“This is the best emotional intelligence system I have ever come across”

Christopher Adams



“The combination of psychology and music is nothing short of genius”

Henry Johnstone



“The level of detail and effort that has gone into FreeMind is breathtaking. It is packed full of life changing tools.”



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