

KISS

*The Keep It Simple Series*

# **The Master Mind Cleanse**

**The Secret Solution**

*jan gentleman-ingersoll*



*For Change Everlasting!*

# *The Master Mind Cleanse*

---

Sh-h-h, it's *Secret!*

Have you ever seen Charmed or one of those futuristic shows like Star Trek where a person or whole city can create a force field that is impenetrable by undesirable elements? You do that every minute of every day! You know it as an *aura*? It is your own personal, invisible, force field that allows through only those things the gatekeeper – your Ego – recognizes as *safe*. It stems from your unconscious and it works *with* the Law of Attraction!

If you don't know or understand what happens *energetically* when you set a goal or intention you won't recognize how perfect and ingenious the Law of Attraction works!

Deep within the recesses of your mind lie barriers to your hopes and dreams - hidden from view, they allow what you *think* you *don't want* through its energy field. They repel what you *think* you *do want*. On the other hand, not everything buried within is negative or limiting. Some are positive and attract *good* into your experience. How can you access the positive amidst all the negative clutter? Simple, cleanse your Ego's database and you naturally, effortlessly attract what you do want.

Simple, does not necessarily ensure *easy* or *quick!*

“In just 21 days the Master *Mind* Cleanse will

expose your self-saboteur and enable new-thought that launches the evolution that transforms your life forever!”

The Master Cleanse (not to be confused with the Master *Mind* Cleanse) was developed by Stanley Burroughs in 1941, the subject of Peter Glickman's book, *Lose Weight*,

## *The Master Mind Cleanse*

---

*Have More Energy and Be Happier in 10 Days*, rids your physical body of a lifetime of accumulated toxic, harmful and useless debris. When followed diligently you slough away that which is not useful, rejuvenating and refreshing your human form. Ideally, a rejuvenated and refreshed body is full of energy, quickly overcomes disease, heals and feels good as it functions perfectly. The *Master Mind Cleanse* does the same thing, in a very different way, for your emotional body.

*Lose Limiting Beliefs, Attract More of What You Want and Be Happier in 21 Days* is the promise of the *Master Mind Cleanse*. Many who read watched or otherwise applied the Law of Attraction were disappointed and disillusioned when they did not get what they asked for.

Imagine, in a visit to a local department store, you bought a toaster, plugged it into the outlet, loaded your favorite flavor of bagel in it and pushed down the lever to begin the process of preparing a mouth watering delicacy - and nothing happened? You probably feel disappointed; but it's not likely that you think, toasters do not toast! Most likely, you return your broken one to the store and exchange it for one that *should* work! For many of us, the Law of Attraction is hijacked, by hidden elements of our very own unconscious, producing very different results than what we *asked for*, usually the opposite or appearance of *no change*. For many this became proof that the Law of Attraction does not work. Actually, it is evidence that there is work to be done to repair or replace and align what lurks within!

Just as our physical body accumulates toxins from the environment and what we take in; a lifetime of accumulated toxic, harmful and outdated debris resides in our unconscious. This debris is the product of our

## *The Master Mind Cleanse*

---

judgments and decisions made regarding *events* that occur: real, imaginary or observed. *We don't even know they are hiding in there* until a new event triggers an emotional reaction; unfortunately, no one taught us that emotional reaction is a gift! In fact, most of us were taught to repress and suppress our feelings! The gift is the opportunity to peek inside the deep dark unknown, see what's in there and most importantly, we can deliberately decide if what's in there is worth keeping or better off replaced! It has many of the connotations of cleaning out the attic – scary, interesting, old and outdated.

The Secret caused a lot of people to get that initial peek in the attic. Unfortunately, many decided what they found meant it didn't work! The gurus hinted at “alignment” but forgot to prepare their audience for the necessity of a cleaning out process to *align*. It is no surprise then that many Secret practitioners were not expecting to *need* to do this and therefore gave up in disbelief. A new belief formed that The Law of Attraction does not work.

Actually, anytime we set a goal or intention everything *the opposite* or *out of alignment* surfaces. This bizarre phenomenon has a name, The Zuk Paradox, and a *purpose!* Its purpose is not to discourage or dissuade us rather to *move* us to address the incongruence – align or replace - so that we *can* then attract what our conscious mind decreed. What lies beneath the surface is often more heavily weighted than our conscious whims and desires; therefore, the greater hidden one attracts its like – the *opposite* of what we want. This is valuable information! We can use what we attract that we *don't want* to identify, diagnose and repair what, until now, has been hidden in the unconscious. Once alignment is complete the weight of what we *do want* increases naturally, automatically

## *The Master Mind Cleanse*

---

and, voila, it manifests – quickly! A subtitle to this guide might be *Lose Self-Sabotaging Beliefs, Have More Passion and live Happier in 21 Days.*

What about repeating affirmations and “stacking” positives? They work - temporarily.

If you imagine one of those old fashioned “balance” scales: one side represents the charged weight of your unconscious mind and the other side your conscious mind. Now, imagine the unconscious side is heavier weighted with negative beliefs that oppose what you want and the conscious opposite side is weighted lighter with positive charged beliefs; then, you can expect the negative charges to repel what you want. If you add enough weight to the positive side in your conscious mind through processes like affirmations, incantations, vision boards, stacking... whatever means you have of filling your conscious mind; then, the scales tip in favor of the positive and you finally attract what you want.

But what happens if after you attract what you want, some of the positives turn into negatives and the scales tip? You guessed it; you attract more negatives. This is typical of what happens in many marriages when people say, “the honeymoon is over.”

# The Master Mind Cleanse

---

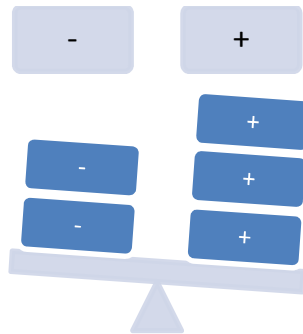


Illustration of balance scales weighted to the positive side.

The Master *Mind* Cleanse, eliminates or significantly removes negatives from the unconscious side of the scales rather than superficially inflating the conscious side which creates vulnerability. Ideally, the scales balance, not because of equal sides of positive and negative; rather because charges are neutralized and you approach what you want without illusions – negative or positive!

Why 21 days, not 10? Because you literally must *change* your mind. It typically requires 21 days of repetitive, consistent effort to replace a behavior; retraining your mind is behavioral based – it requires conscious, deliberate effort on your part to master your mind. Eventually, like walking or riding a bike, mastering your mind will become subconscious and habitual!

This guide, contain a simple and effective process to clean out almost any and everything preventing you from living your hopes and dreams. That being said, cleansing can be easy or complex depending on the weight of the charge attached to the belief as well as the number of legs supporting it. This may seem contradictory but consider this: it is a very simple process to lift a 100# barbell; however, that would be a difficult task for me personally

# *The Master Mind Cleanse*

---

to accomplish – difficult but not impossible UNLESS I failed to invest the effort to build appropriate muscles and technique. On the other hand, a professional weight lifter, who invested many years building up to much heavier weights would find 100# an easy lift.

When you read through the steps listed, bear in mind that some beliefs will feel like light dumbbells easily lifted while others will require time, effort and a build up to a successful lift. An additional consideration is that most weight lifters use a spotter to support and protect them through a lift. Improper lifting can strain muscles and cause pain; following that logic, it is very important to follow this process to the letter, avoid cutting corners and do not rush.

## **What you will need:**

If your barrier is deeply emotional and traumatic, you may want to work the process with the “spotting assist” of a licensed counselor, therapist or clearing facilitator. There are many around; we recommend locating one through someone you know who had a positive experience. At the very least, check references and filed complaints.

We do have our own clearing facilitator program with trained facilitators qualified and familiar with the Master *Mind* Cleanse. For more information, please contact [jlgi@thesecretsolution.net](mailto:jlgi@thesecretsolution.net)

Resources to have on hand:

- A dedicated notebook that is easily carried and accessed through out the 21 days along with a pen.

## *The Master Mind Cleanse*

---

- Time: 30 minutes minimum to initiate the process
- A request – something to *ask* for
- Commitment to follow through

Choose a dedicated notebook because this is a meaningful, personal and spiritual journey you are beginning. The resources and tools you carry are essential and important; they speak volumes about your level of commitment to your effort and the results you will receive.

If you find that you are challenged to carve out 30 minutes to work on the life of *your* dreams, consider the words of this poem:

### *Life Is Just A Minute*

Life is just a minute—only sixty seconds in it.  
Forced upon you—can't refuse it.  
Didn't seek it—didn't choose it.  
But it's up to you to use it.  
You must suffer if you lose it.  
Give an account if you abuse it.  
Just a tiny, little minute,  
But eternity is in it!

Dr. Benjamin Elijah Mays, Past President of Morehouse  
College

A couple more thoughts to consider:

- “Winners do what losers won’t”
- “People don’t plan to fail – they fail to plan!”

# The Master Mind Cleanse

---

- And, *you* are worth the investment!

Let's start intentionally attracting now! We have been taught the Law of Attraction is a three step process: ask, answer and receive.

## Step 1 - Ask

That is to say, decide what you want to attract and ask for it. The Cheshire Cat, a character in Alice in Wonderland, fades in and out of view, ever grinning from ear to ear for he holds a profound secret of his own: "*If you don't know where you are going, any road will get you there.*" Stephen Covey encourages us to, "begin with the end in mind."

The act of setting an intention activates the Universal response system. Let's activate now: pick something you really want or need to happen within the next 30 days and ASK for it.

Of course this seems easy – as illustrated in the weight lifting metaphor, simple is NOT always easy! We *want* so many things; yet, it is important that we pick just one target goal. Imagine your own personal genie appeared before you and stated: "Your wish is my command!"

**Activity: My target wish or goal?** In your dedicated notebook, write it down now, as specifically as possible!

### *Considerations:*

Perhaps you want an improvement in a relationship, or you want to attract a relationship.

Perhaps you want an improvement in your job or business, or you want to attract a job or business.

Perhaps you want a solution to an immediate problem... what areas in your life are not as you want them to be?

## *The Master Mind Cleanse*

---

Make a list if necessary then pick the most desirable and urgent manifestation for you right now. At the top of a piece of paper or page in your notebook, record your target wish or goal.

Next, ask and answer, on your paper, **what is most important to me about *\_(my target wish or goal)\_***?

Repeat and answer the question until you can think of no more answers to record. For the purposes of this activity it is important that you record every answer that comes to your mind.

*Considerations:*

If you want an improvement in a relationship, what difference do you want to experience? Often, it is the opposite of what you dislike in the relationship as it is. If you want to attract a relationship – is freedom or companionship important; what types of hobbies, goals, lifestyle, etc. are important to you?

If you want an improvement in your job or business, what difference do you want to experience? Often, it is the opposite of what isn't working for you as it is. If you want to attract a job or business – what field, salary/income/revenue do you want; what benefits, level of responsibility and time commitment are important to you.

If you want a solution to an immediate problem – record the solution not more about the problem. If it is an area in your life that is not as you want it to be – what is the opposite? Be very specific.

Considering the answers you recorded, can you ask and answer the question: **what is most important to me about *\_(this answer)\_***?

Repeat and answer this question until you can think of no more answers to record. Again, it is important that you

# *The Master Mind Cleanse*

---

record every answer that comes to your mind until you run out of answers.

Without specificity anything fitting the category that shows up answers your request! Have you ever heard the saying, “be careful what you ask for because you just might get it?” Those are the words of a person who failed to get clear and specific about their want! It is also very valuable insight to one trained in the Master Mind Cleanse.

## **Step 2 – Answer**

As soon as you asked for what you want, the Genie went to work orchestrating a perfect manifestation.

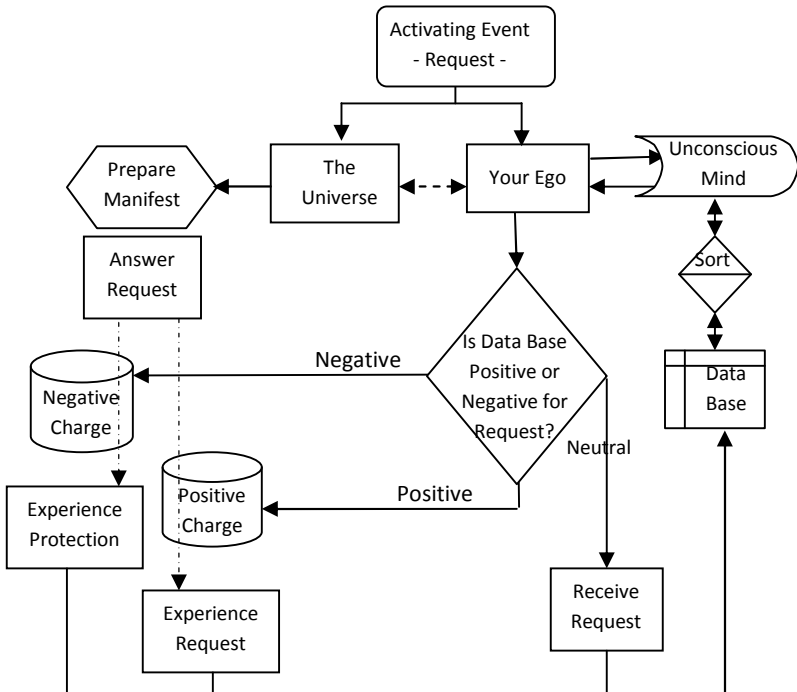
Simultaneously, your Ego began searching your personal unconscious’ database for any and every past experience related to your request. Once located, sorted and surfaced, it creates an energy field directly related to the content. If the contents are predominantly supportive and in agreement that what you want is a good thing for you, then, the energy field emitted is positive for attraction. If however, the contents are predominantly negative The Zuk Paradox activates and the energy field will repel your desire.

Remember, earlier you imagined a genie appears to grant your wish; for our purposes the Genie *is* your Ego. It is your loyal and dedicated servant. However, in the absence of controlling this all powerful Genie it runs and reruns a habitual *survival* program:

- My master wants "xyz"
- Check the Unconscious, the stored memory database of everything *known* about "xyz"
- Given the analysis of the contents of the database is "xyz" a "good" thing or a "bad" thing?
- If "xyz" is determined to be "good" the signal emitted attracts "xyz"

# The Master Mind Cleanse

- If "xyz" is determined to be "bad" the signal emitted repels "xyz"
- repeat the cycle



Flow Chart of Ask (Request), Answer, Receive to Experience.  
 The Genie's first priority is "survival" - to PROTECT YOU FROM ALL BAD things!

May I share a personal story? Once upon a time I placed labels on all my water bottles announcing to God and my Genie that I want "wealth" - guess what I attracted - everything I ever HATED about wealth!

My consciously want and my unconscious judgment and memories database were not aligned. To avoid pain, my genie protected me! I did not receive what I CONSCIOUSLY wanted! I did get what I

# *The Master Mind Cleanse*

---

UNCONSCIOUSLY wanted - survival and protection from harm.

While my conscious mind had a few token affirmations, my unconscious was much more heavily weighted with judgments and perceptions of how being wealthy would cause me pain. Ever the dedicated protector, my Ego put out an invisible, and effective, energy force field that protected me from the pain and suffering I associated to wealth.

## *The Answer - Resolution*

Earlier we mentioned a common technique used to “trick” the Ego into shifting from a repelling energy field to an attracting energy field by filling your conscious mind with as many positive affirmations, images and beliefs as possible to “tip the scales”, so to speak. Create an illusion of positive attractive energy and ‘voila’, you manifest the want or goal! What happens, we asked, when something shows up that tips the scale back the other direction, back into the negative, repelling zone? Actually, an aware and educated manifesto, YOU, can use the experience to your advantage.

There is a real Solution, a meaningful and lasting solution that serves more than one purpose - it is The *Secret* Solution and has three components:

- Affirmations
- Visualizations
- The Master *Mind* Cleanse

Also, as mentioned previously, an intention to manifest, activates all that is opposite within the unconscious mind. Everything you fear or hate about what you want comes to the surface. Affirmations and visualizations accelerate the process and can alert and prepare your conscious mind for what shows up! They help keep you vigilant. They also set you up to activate worries and fears before the actual event. Armed with the 3 Step Resolution process

# *The Master Mind Cleanse*

---

you resolve misalignments *before* the heat of emotion takes over your rational mind!

Affirmations and visualizations trigger thoughts and feelings. Don't resist – celebrate! This is information that moves you one step closer to what you want! As soon as a triggering event or *thought* occurs, apply The Master *Mind Cleanse* ; it permanently dissolves barriers, limitations and misalignment between what you want consciously and unconsciously. The Master *Mind Cleanse* aligns unconscious with conscious.

Carl Jung spent much of his career studying the unconscious mind and its effect on both the individual and culture. He decided that it is almost impossible to use reasoning to align the two when a mismatch occurs.

We agree that it can be difficult; however, not necessarily impossible. Simple, but not always easy. In fact, we believe it is our very human destiny!

Because you set a goal, everything out of alignment with it will come to the surface. You can deal with it reactively – in the heat of the moment – or, you can initiate exposure and manage it proactively – aware and deliberate.

## **Activity: ~Proactive Exposure and Reconciliation Process ~**

***The Exposure Process*** To proactively expose those hidden limiting and sabotaging beliefs, begin each of 21 days with the following three activities:

1. Generate a list of positive affirmations that state your target wish or goal as if it were your present reality.
2. Read or state your affirmations with feeling and emotion; record your feelings and emotions in your notebook. Give thanks for the insight received.
3. Read your target goal and your list of what's most important to you about it; then, visualize, or imagine,

# *The Master Mind Cleanse*

---

the target wish or goal as if it were your present reality. Record your feelings and emotions in your notebook. Give thanks for the insight received and begin *The Reconciliation Process*.

## ***The Reconciliation Process - The Master Mind Cleanse***

**Step 1:** Ask yourself the following questions for each one your emotional response Remember what happened, remember the first time you felt that way.

1. Answer the following questions:
  - See what you saw
  - Hear what you heard
  - Feel what you felt, physically
  - Feel what you felt, emotionally
  - What decisions did you make because of this?
  - What do you know now that you didn't know then?
  
2. Can you remember another time you felt that way - an earlier time?
  - If "yes", repeat the questions in step 1
  - If "no", move to step 3
  
3. Considering what you know today that you were unaware of or did not know at the time you first established the belief or judgment regarding this aspect of your WANT, answer the following questions:
  - Is it true, valid and relevant to me now?
  - If it is still true, what can you do to eliminate or minimize the risks or danger?
  - If it is still true and there is nothing you can do to minimize the risks or danger - what options are available?

**Step 2:** sit in a quiet space and relax. Complete the following declaration. It is now \_\_\_\_ (date or day) and I am so grateful now that \_\_\_\_\_ (your request) is here.

# The Master Mind Cleanse

---

- What do you see?
- What do you hear?
- What do you feel, physically?
- What do you feel, emotionally? Feel fully and completely, embrace, acknowledge and feel gratitude for any messages coming to you.

**Step 3:** In your notebook, record these emotions and return to Step 1 until you feel a genuine shift.

A shift is basically a sense of relief, completion or *new* enabling and supportive understanding. If you find the belief is stubborn and resistant to shift, please consider additional resources available at our website [www.thesecretsolution.net](http://www.thesecretsolution.net). There is a more comprehensive list of questions that explore the more stubborn and challenging limiting beliefs through to that shift - The Belief Change Exercise (BCE). Also, remember the weight lifter's "spotter" metaphor, we have trained Clearing Facilitators available to help you through a *stuck* space to a *shift* essential for a clear field – a clear field is ideal for receiving what your conscious mind wants.

## Feelings – Your Ally

Emotion is the messenger that leads you to the blockage or limiting belief. What you feel provides you valuable and *useful* information.

- Anger: something needs to change
- Grief: something has been lost
- Guilt: something done was *wrong*
- Frustration: something isn't working as you expect it to
- Depression: something isn't *right*

There is a common saying that *what you resist persists*; it is true and *what you resist* returns to haunt you repeatedly until you fulfill its purpose. That feelings affect our physical body are no secret. Louise Hay's book [You Can](#)

# *The Master Mind Cleanse*

---

Heal Your Life as well as Karol K. Truman's book Feelings Buried Alive Never Die isolate disease and injuries to a source emotion. John Gray of Men Are from Mars, Women Are from Venus explains emotions effect on relationships in his book What You Feel You Can Heal. It is commonly agreed that the Law of Attraction affects our ability to live the life we want to live so negative emotion *must* be a bad thing. The right answer is – they can be but in actuality they can also be your greatest ally in experiencing a healthy life with fulfilling and meaningful relationships as well as comforts and resources to accomplish anything you *ask* for.

When you notice a feeling

1. Acknowledge it
2. Take a deep breath & relax
3. Ask: what do I need to *do* to satisfy this energy?

Allow yourself to explore the feeling state completely and intimately. Evaluating and isolating when you first felt that emotional charge provides you the opportunity to understand it and then to repair, correct or modify it.

How do you know you have successfully reconciled a belief or judgment? There will be no more emotion attached!

What you learned so far is the PROACTIVE approach, the REACTIVE process is now much easier.

While applying the 3 Step Master *Mind* Cleanse Process *proactively* is the most important thing you can do; applying it *reactively* is the most critical.

The primary skill is to NOTICE. Any and every time you feel a "negative" charge emotion - like disappointment, anger, hurt... STOP... apply the Master *Mind* Cleanse in the moment. Explore where the feeling(s) lead you and resolve the belief on the spot.

# *The Master Mind Cleanse*

---

For the prepared and disciplined, emotions are a "gift". They lead us on a journey that brings the unconscious to the conscious mind and creates the foundation for resolution, attraction of a comfortable lifestyle to live and work out the remainder of our limiting and barrier beliefs. Ultimately, resolution leads to spiritual advancement - natural and unforced.

We made it seem simple, and it is, but simple is not always easy. Sometimes we have beliefs that are either so stubborn or painful that the Master *Mind* Cleanse just seems to reinforce their validity.

Certainly the most traumatic or painful require professional help - Psychiatrists, Psychologists, Licensed Counselors as well as alternative healers such as Clearing Facilitators, NLP Practitioners, Holographic Repatterning and Network Chiropractors are a few of the many options to explore. At [www.thesecretsolution.net](http://www.thesecretsolution.net) you will find more information on solutions available.

## **Step 3 - Receive**

It has long been recognized that gratitude is the key that opens the door to receiving. It is clear evidence of faith that the Universe is at work favorably and perfectly regardless of appearances. A daily practice of recognizing all that is good in your life at any given moment interrupts negative thinking and shifts the energy from negative to positive or positive to even more positive. It is a good idea to begin and end your day listing all in your life that is right and good. It is a great idea to work through the challenges and opportunities revealed by your emotion in a state of gratitude.

Recognizing that everything you receive reflects the contents of your unconscious mind, and that reconciling it is for your soul's growth and serves a Higher Purpose is the first step to a peaceful, meaningful and fulfilling life.

# *The Master Mind Cleanse*

---

One final suggestion: in your notebook or a journal, record what you notice and how you respond to it as well as what you receive. It is rewarding and encouraging to acknowledge your successes along the way.

## **Conclusion**

The Master *Mind* Cleanse is a simple, duplicatable, repeatable process that you can apply each and every time you set a goal or make a wish. Practice makes perfect, second nature and *easy*. As you increasingly master your mind you assume the *controls* and create the life you want to live rather than live the life that happens to you.

Fortunately, as when you learn a new sport or master any new skill, you can learn the hard way - accumulating bumps and bruises along the way - and if you persevere, attain some level of success. Or, you can learn in much the same way as professional athletes – with a trained coach who provides feedback, guidance, encouragement and links to resources.

Stephen Covey teaches that if you teach what you learn, three times within 24 hours of learning it, you accelerate the integration. What if you could be a part of a program that helps you develop and grow your skills as you help others develop and grow their skills *and* you earned money doing it?

The Mastered Mind Program™ provides an individual the following:

- One-on-one Coaching: feedback and encouragement through both rocky spots and successes

# *The Master Mind Cleanse*

---

Additional Resources include:

- Webinars
- Teleconferences
- Belief Change handbook
- Blogs
- Affiliate programs
- Future books
  - Science of Spirituality – *how & why* the Law of Attraction, Karma, Ego/emotion work from a Scientific (Chemistry, Anatomy & Physiology, Physics, & MicroBiology as well as Biblical perspective)

Opportunity to earn commissions through the people you help develop and master these valuable and essential life skills.

For more information on this exciting program visit [www.thesecretsolutiononline.com](http://www.thesecretsolutiononline.com) and begin your journey now!

© jan gentleman-ingersoll, 2008