

"YES, YOUR BRAIN IS PLASTIC!"

THE ART OF NEURO-LINGUISTIC PROGRAMMING

NLP HACKS TO REWIRE YOUR SUBCONSCIOUS BRAIN



**BY THE BEST-SELLING DIGITAL CREATOR
NOAH MERRIBY**



A Word From The Author Of The Book The Best-Selling Author Noah Merriby

To Your Success

WISHING YOU ALL A BLESSED AND BLISSFUL JOURNEY
TOWARDS SUCCESS

**For those who already know who I am,
there is no need to read this paragraph.**

For those of you who don't know who I am, my name is **Noah Merriby**. I am a Best-Selling Author, Mentor, and Passionate Instructor who taught more than 100,000 students. Author of many Highest Rated And Bestselling Courses. Expert in Productivity, Personal Development, Psychology, Marketing And Behaviorism. I am an Internationally Recognized Awards Winning Speaker with more than 10 Awards in Public Speaking.

I wrote this book to help you in your journey towards success. After months of research, I came up with this immersive guide to help you as you go through the course and make sure you get the best out of it.

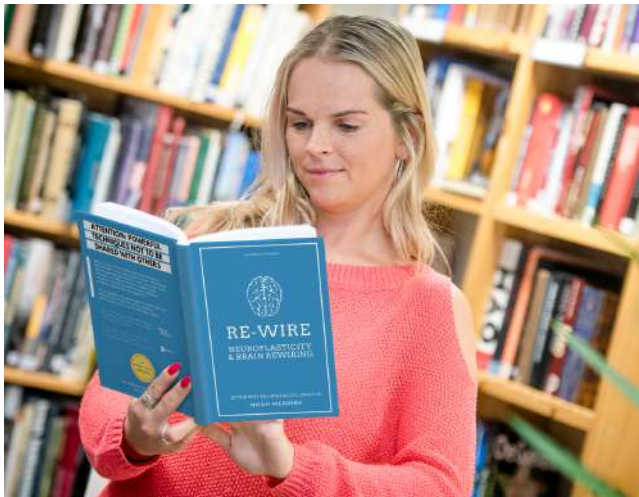
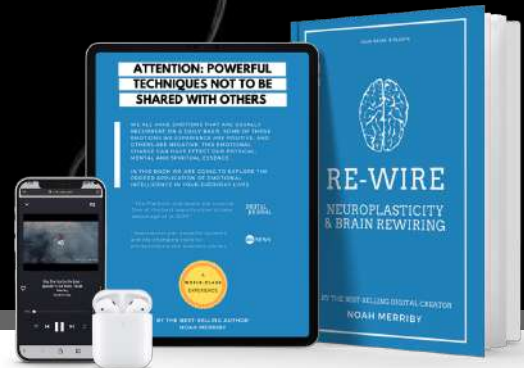
I believe that if you want to be the best, you need to learn from the best, and here I am, a vessel for you, for your success, for your incredible journey. I believe each and every person has greatness within. Now its your time to show your greatness. Wishing all the best in life.

Yours truly,

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The Ultimate Guide To Re-Wire The Subconscious Brain & Build The Life You Want To Live. Your Inner Reality Creates Your Outer Reality, So Are You Ready To Embark On A Transformation Journey?

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The Science Behind Rewiring The Subconscious Brain

Neuroplasticity

Neuroscience & Neuro-Linguistic Programming

Personal Growth

Unlock Your Hidden Potential & Achieve Your Goals.

**THE SECRETS TO UNLOCK YOUR
BRAIN'S FULLEST POTENTIAL**

HOW MANY TIMES HAS THIS HAPPENED TO YOU...



THE BRAIN IS THE MOST POWERFUL TOOL THERE IS. YOU EITHER LEARN HOW TO USE IT, OR IT WILL LEARN HOW TO USE YOU

How many times did these things happen to you:

You set an alarm to wake up early, only to hit the snooze button and sleep in...

You set a new year resolution to live the life that you deserve, only to abandon those goals a few days later...

You start a diet, only to order and eat an entire pizza the next day...

You set a to-do list for the next day before you sleep, only to wake up feeling drained, with no energy and no motivation...

And you probably think that there's a problem with you that's preventing you from achieving what you want to achieve... Not enough will-power, not enough discipline, not enough self-control or motivation right...?

WRONG.

A few years ago I used to think that I must have a problem with one of those elements as well. I had so many bad habits I was trying to stop, and a lot of healthier habits that I wanted to start doing, but it was all in vain.

I'd be motivated for a few days until I ran out of motivation and fall back into my old toxic habits. I would listen to motivational speeches and think to myself that I can't give up now, but later on I realized that I was getting into a battle I can never win.

I was fighting every day to have this "breakthrough" that people often talk about, but I was never able to achieve it until I realized something. I was trying to solve the **WRONG** problems. I was asking a lot of questions, but not the **RIGHT** questions.

Have you ever felt this way before...?

Doing things right but not doing the **RIGHT** thing?
Being efficient but not effective, motivated for a bit then discouraged...?

THE CURSE OF BEING EFFICIENT BUT NOT EFFECTIVE

I TRIED SO MANY THINGS, BUT IT WAS ALL IN VAIN...

You see, I spent the past decade reading hundreds of books, attending seminars for those so-called "GURUS", buying courses and training videos. I was trying to learn how to improve my lifestyle, change my habits and my toxic thought, and create an everlasting change in my life.

I tried so hard, for so long, only to fail over and over again. However, I read a question once that blew my mind out of proportion and set me on the right path to ultimate success.

Now I'm not talking theory over here. I'm talking about systems that I worked on and developed for over a decade now. I can tell you that if you came to me when I was a youngster fresh out of school and told me that one day I can be where I am today, I would've never believed it.

That young adult that had addiction over addiction, toxic relationships and habits, mountains of debt that kept me blind from seeing the light at the end of the tunnel... All of this was blown out of proportion when I read the following question:

"Do We Only Use 10% Of Our Brain Capacity...?"

When I found out that this question was a mere myth, I experienced a shift of paradigm. I asked myself, what can I achieve if I learn how to use just half of my brain capacity? What kind of life can I have if I learn how to use 60% or 70% of my brain capacity...? I was moved beyond measure when I realized that each and every one of us has the ability to use his or her brain capacity to its FULLEST.

We will explore & answer those question in just a second here.



“

“Reality exists in the human mind, and nowhere else.”

— George Orwell

2019

2020

2021



I Never Thought I'd Be Able To Achieve What I Achieved. Until I Unlocked The Secrets Of Neuroplasticity

Here's What Happened Next:

For those of you who don't know what Neuroplasticity is, it's the brain ability to change its neural connectivity to help us create radical changes in our lives beyond our wildest imagination.

Let me tell you, I had NO IDEA, that in just 3 months of applying the systems I developed, I would be experiencing breakthrough after breakthrough. Sometimes several breakthroughs A DAY!

And I remember thinking to myself:

"Some people have one or two breakthroughs their entire lives! I was having one or two breakthroughs a day! How come people don't know about this? What can happen if more people start to learn about it?"

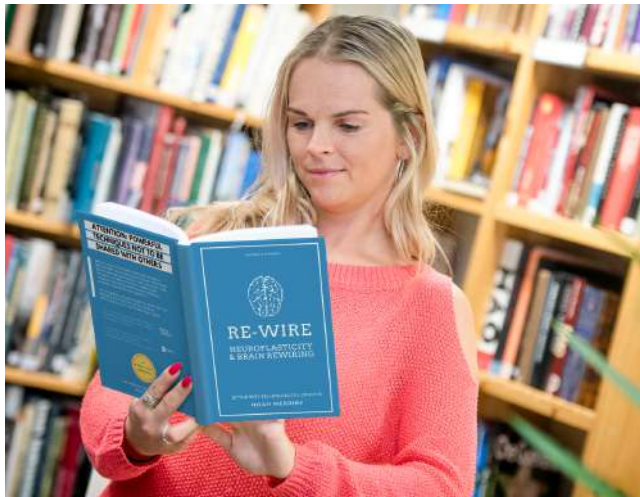
If I was able to take myself from the bottomless pit of toxicity I was in, to become one of the best speakers and authors in the world, what can YOU achieve?

If I was able to take myself from failing classes time and time again, to building a 7-Figure business in less than A YEAR, what can YOU achieve?

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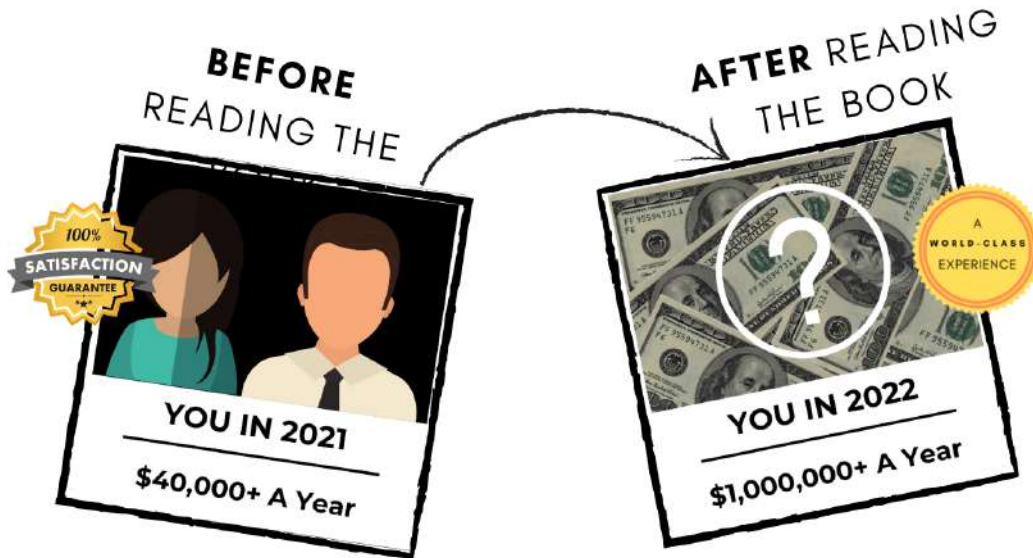
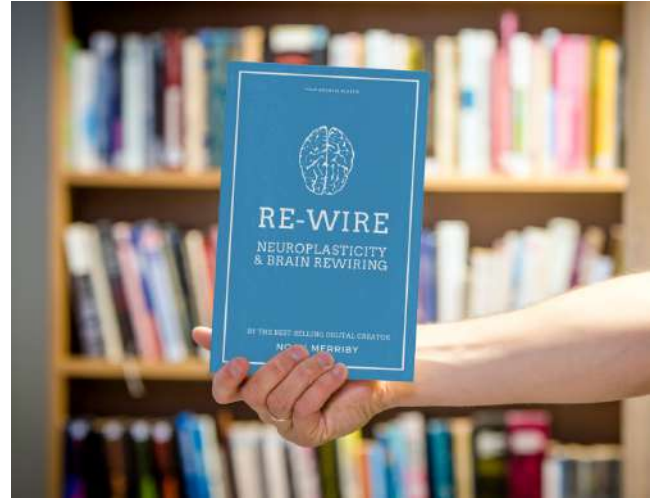
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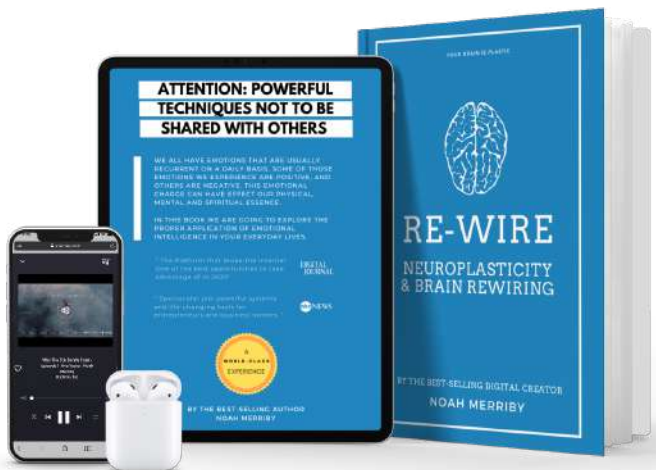
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Manage and control your mental health problems and your unwanted personality traits



SUCCESS

Understand and apply emotional intelligence principles in your daily life to ensure effective self regulation and control



A LIFE-TIME OPPORTUNITY

Our journey will start by understanding the basics of the human brain, on a physiological & psychological level.

By the end of it, you will experience a shift of perspective on Neuroplasticity as you develop & harness the power of your plastic brain.

Join us on this journey of self identification and healing, join us on the journey where everything that is going on in your life, and in your mind will now make sense,

Claim your access to the Neuroplasticity Master-Bundle before we run out of supply:

DO WE ONLY USE 10% OF OUR BRAIN CAPACITY?



IS IT TRUE THAT WE'RE ONLY CAPABLE OF USING 10% OF OUR BRAIN CAPACITY? IF NOT, THEN HOW POWERFUL IS THE HUMAN BRAIN IN REALITY...?

INTRODUCTION:

First off, if you are reading this book right now, I want to congratulate you on being in the top 1% of people who are on the right path to create tremendous changes in their lives.

The confidential techniques discussed in this article allowed me to establish unbelievable credibility in the personal growth field. The techniques allowed me to help people in immeasurable ways.

One of my most recent cases included a client who was able to help her mother in recovering linguistic abilities after suffering three strokes that left her linguistically impaired. Doctors from around the world told her that there is nothing that can be done to her mother, but my team and I thought otherwise... And we were right.

Those are the same findings that allowed me to help hundreds of individuals in overcoming their financial limitations and build a 6-figure business in less than a year.

Those systems that are usually reserved for my personal coaching clients are worth a whopping \$1,240,000 according to studies & research based on the impact those methods can provide to people.

Following an inconceivable milestone of 200,000+ students from 192 different countries on my online courses, and 15,000+ 5 star reviews, I decided to finally share the confidential findings on Neuroplasticity & Neuro-Linguistic Programming that allowed me to help hundreds of thousands of people around the world. The best part is, that you can get a preview of those systems for FREE. So let's get to it.

The first and most important question I wanted to tackle is the following:

"Do We Only Use 10% Of Our Brain Capacity?"

This statement, that has been circling around for quite a while now is the first topic of discussion.

EXPERIMENTS THAT SHOCKED THE WORLD

IT'S ALL ABOUT THE SCIENTIFIC RESEARCH AND PERSONAL FINDINGS

I want to start off by telling you some things about your brain that you might not currently know.

There's this experiment, where lab mice were conditioned in a certain way. A bell would ring, then the mice would get an electrical shock. I know, a lot of you right now are thinking that this is unethical, and I agree with you, the experiment is not very recent, but stay with me for just a minute here.

The shock experiment was conducted on the lab mice for a period of time until they gave birth to newborn mice. Those newborn mice were also exposed to the electrical shock experiment.

Same thing happened again, they kept receiving electrical shocks after a bell rings until this second generation of lab mice gave birth to a third generation of lab mice.

The third generation of mice had the same experiment conducted on them as well until they gave birth to the fourth generation of lab mice. Here's where it gets interesting. The fourth generation of lab mice were not exposed to the electrical shock treatment. They never heard the bell, and they never get electrical shocks. However, when they heard the bell rings, they flinched. Let that sink in for a second.

How is that even possible?



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“The snake which cannot cast its skin has to die. As well the minds which are prevented from changing their opinions; they cease to be mind.”

— Friedrich Nietzsche

THE TRUE POWER OF THE HUMAN BRAIN

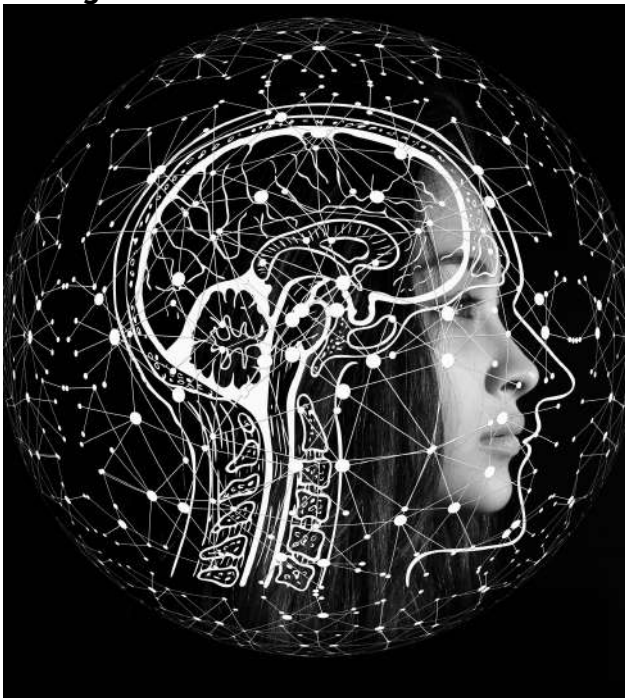
This experiment shed the light on a fascinating scientific concept called epigenetic memory.

A huge part of our memory is encoded in our genes throughout our lives. When we pass on those genes by the act of procreation, we pass on the epigenetic memory print that we have. You hold within you, the memory of all your previous ancestors, and you have access to it as well.

Let's me tell you a little bit more here...

Our conscious brain processes information at around **120 bits of information a second**. So on an average basis, this is our processing capacity. However, research have found, that our processing capacity, as limited as it seems, can go up to **11,000,000 bits of information a second**.

Ben Stewart gave a metaphor for us to really see the difference saying: **"Just imagine the difference between winning 120\$ and winning 11 million dollars, that's the difference we're talking about."**



Let me give you one more mind blowing fact:

There are some individuals, who had serious brain injuries, they had one entire hemisphere of their brain removed. So we're talking about almost half of their brain that's still operating. Those people, with half a brain, were able to live a normal life. They went to school, they graduated, they worked, they dated, they loved, as if nothing happened. This is all thanks to a neurological process called neuroplasticity.

Now that you fundamentally understand the true potential of the human brain, let's dive into our question: Do we only use 10% of our brain capacity?

We need first off to distinguish the conscious brain from the subconscious brain.

Prakhar Verma, in his article on negative thinking, mentioned that according to the **National Science Foundation, an average person has about 12,000 to 60,000 thoughts per day. Of those, 80% are negative and 95% are repetitive thoughts.**

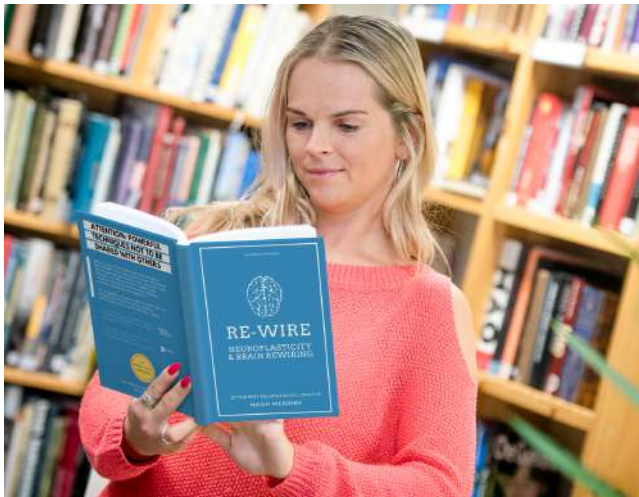
Eva Gutierrez, in another blog post mentioned that: In Bruce Lipton's book, *The Biology of Belief*, he talks about how the first six years of a child's life program their subconscious mind. After those first six years, children use their subconscious mind to live their everyday life. They learn not to run into the street, to hold their parents hand in crowds and to listen when their parent says no. Another major point of Lipton's book was that adults are acting from their **subconscious mind 95% of the time. The other 5% of the time our conscious mind is helping us navigate through our day.** This means that we are spending 95% of our time acting from the beliefs we acquired as children.

I want you to read the previous paragraph again, and let that sink in.

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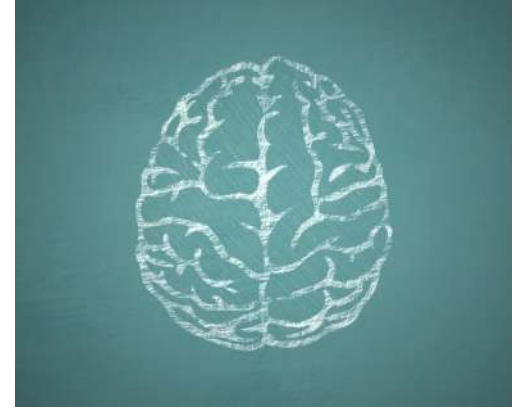
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THE HUMAN BRAIN CAPACITY ON A DAILY BASIS



**WHEN WE TALK ABOUT THE CONSCIOUS MIND, WE TALK ABOUT THE CREATIVE MIND.
WHEN WE TALK ABOUT THE SUBCONSCIOUS MIND, WE TALK ABOUT THE HABIT MIND.**

In your daily life, 95% of all your thoughts, beliefs, habits, actions, thought patterns, emotions, and feelings you experience are guided by your subconscious brain. What's even worse, is that we are not aware of this subconscious guidance because our conscious brain is constantly focused on creating the perceptual image of the world we live in.

Let me give you an example of how your subconscious brain can be influencing your present state. We all have thoughts programmed in our subconscious brain related to the concepts of personal wealth, income, and money. In a study done on lottery winners, researchers found that lottery winners are more likely to declare bankruptcy within three to five years. But how is that even possible?

If you were to receive 1 million dollars right now, do you think that you might lose all of that money within 3 to 5 years?

Right now, most of you are probably thinking that there is no way you would lose all that money in 3 to 5 years, however, your subconscious brain thinks otherwise.

If you were conditioned to believe that in order for you to live an abundant life, you don't need more than 4000\$ a month, your subconscious brain will guide you and steer you in a way to earn 4000\$ a month, even if you make more than that, your subconscious brain will steer you and guide you towards spending whatever extra income you got, to go back to the 4000\$ a month.

When we talk about the conscious mind, we talk about the creative mind. When we talk about the subconscious mind, we talk about the habit mind.

THE REAL POWER OF THE SUBCONSCIOUS BRAIN

Dr. Joe Dispenza in his series, Rewired, gives a very interesting metaphor to help us understand our brains better.

Imagine you have a computer, and this computer of course has certain specifications when it comes to memory space, functioning speed, and utility capacity. If you were to download a professional video editing software on that computer, that surpasses its functioning capacity, what's going to happen is that as soon as you open the software, it's going to take a while for it to launch, and as you use it, it's going to glitch, and run slowly, and you'll have a very hard time working on it.

Eventually, you end up closing the program, and deleting it, as you can't operate on it using your current computer. Instead, you decide to download a basic software that your computer can actually handle, and you can finally edit your video, but it's nowhere near as good as what you could've done if you were editing on the professional software.

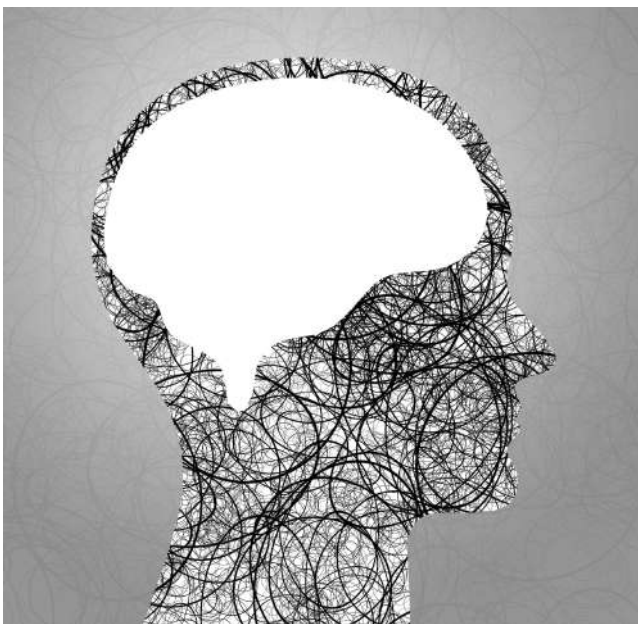
The computer is the subconscious brain, and the creative video editing aspect, is your conscious brain. Just like your computer has a fixed capacity, your subconscious brain also has a capacity.

Now what created this capacity? Your thoughts, social influences, experiences, environment, beliefs...etc Are all factors that shaped the capacity of your subconscious brain.

For the longest time, scientists used to believe that there's very little that can be done to the subconscious brain to change those core connections that create our reality.

However, the science of Neuroplasticity & Neuro-Linguistic Programming opened the door of opportunity for people to take full advantage of their subconscious processing power.

So what's the real problem that's stopping people from achieving major breakthroughs in their lives..?



“

“The mind is not a vessel to be filled, but a fire to be kindled.”

— *Plutarch*

HOW YOUR BRAIN CAN BE FORCING YOU TO FAIL

Now if you have a goal, where you want to make 200,000\$ in one year, the only thing standing between the goal setting process, and the goal achievement, is simply, your subconscious brain.

If your computer is programmed to operate on a level where you can only make 50,000\$ a year, it would be impossible to try and make 200,000\$ a year. Your subconscious brain will create obstacles, doubt, negative thoughts, and detrimental behaviors to make sure that you don't exceed that 50,000\$. Why?

Because your subconscious brain is your habit brain, and it is very hard to try and break a habit. Your subconscious brain will fight for its survival, whenever you set a goal that seems out of reach when it comes to your processing capacity, you will not be functioning properly.

This is exactly what happens when we set new year resolutions. Why is it, that more than 90% of the people who set new year resolutions would end up dropping them and quitting by January 14th? It's because they were operating on a conscious level, and your conscious brain has a limited capacity.

This is the first part of the answer. Yes, your conscious brain is indeed limited in its capacity, hence the myth that says we only use 10% of our brain capacity.

When you set a goal and try to achieve it, what happens is that for the first 2-3 days, you are excited and motivated to achieve it. Even when you feel lazy, or tired, you gather the motivation you have and you keep working on achieving your goal. Nonetheless, your willpower is like a battery, and it gets drained. That's why when people decide to go on a diet, they are way more likely to eat a large pizza at night in opposed to the healthy salad they had in the morning.

It's because when you wake up in the morning, your willpower's battery is well charged, and ready to help you overcome temptation. But at night, when you used your willpower throughout the entire day, it gets drained, and your conscious brain can't help you anymore.

This is where your subconscious brain would step in and throw you off the right track, into your old habits. However, if your subconscious brain was also wired based on a healthy diet, when your conscious brain fails to operate, your subconscious brain steps in, and takes care of the job.

You always use your brain's capacity to its fullest, but what happens is, when there's a contradiction between what you consciously want and what you subconsciously believe, then your brain capacity starts to become limited, as you are going through a fight with yourself.

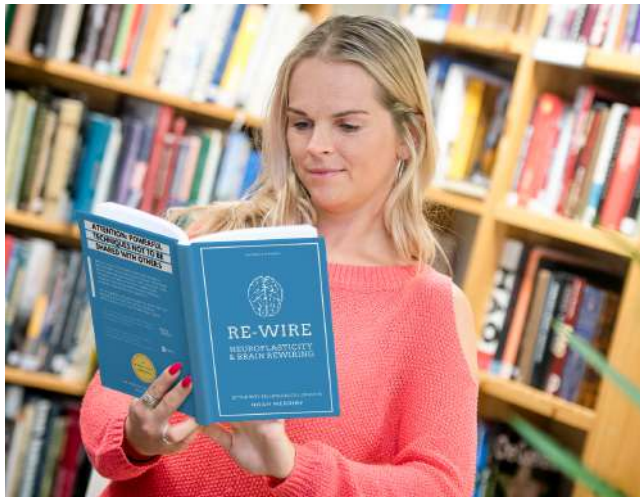
If you want to use your brain's capacity to its fullest, you need to make sure that your subconscious brain is working with you, not against you.



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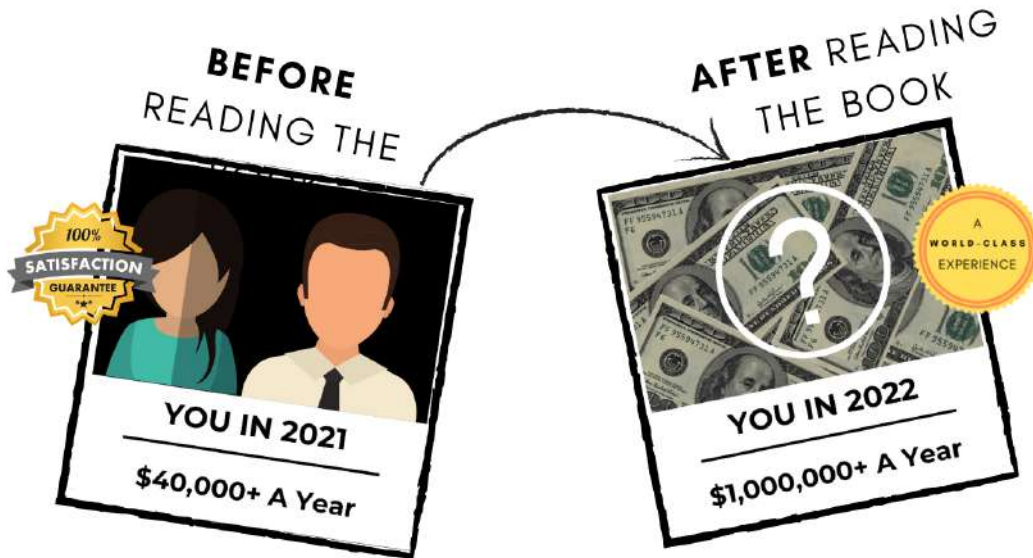
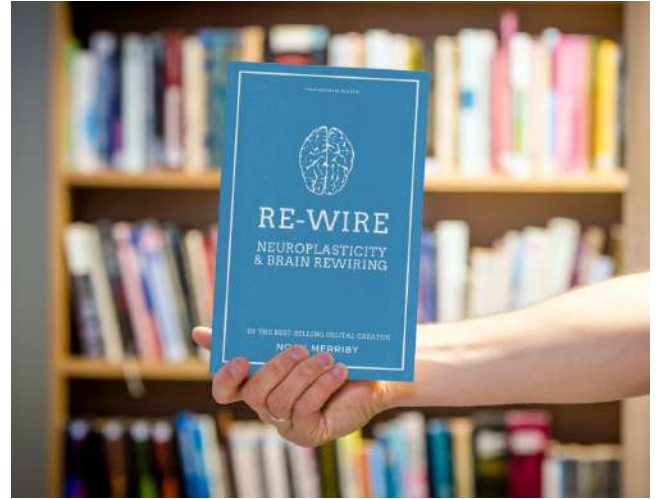
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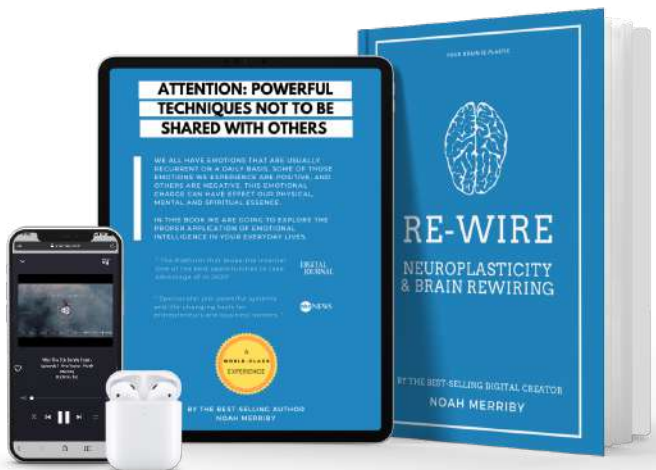
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