

Mental healthcare and brain development through: NMA – Neuroplastic Mental Acceleration – synaptogenesis & neurogenesis

Addressing the psychological and sociological issues resulting from the residual effects of Covid, sustained fear, information overload, mass unemployment, governmental & economic collapse, as well as the AI revolution.

INTRODUCTION

Neuroplastic Mental Acceleration (NMA) is a psychological process formulated to activate the brain's life-long ability to change structure (given a range of linguistic and situational stimuli), consequently increasing cognitive function as well as behavioural results. Whilst this paper will discuss accepted neuroscience and psychological practices, the work is principally on consciousness – states of awareness – and thus enters the world of the subjective, within the discipline of finding objectivity for the sole purpose of accelerating cognitive function and resolving psychological issues; without reference to or use of psychedelics, psychotropics, technology or a non-holistic methodology.

What is unique in NMA, is the structured study and application of multiple disciplines/lenses that are required by a trained operator in NMA – with one goal, to accelerate minds into greater states of awareness, by challenging what the individual thinks reality & normality is; for the betterment of the individual and the expansion of the collective consciousness to interface with artificial consciousness; not altered states to access other dimensions within the existing limiting and negatively polarised identity. Consequently, as a therapeutic psychological process, there are three specific areas to be explored within a holistic (whole identity) self-identification level:

Why a person thinks the they do?

Why they believe what they do?

Why they do what they do?

In essence, through the discipline of NMA, the subject (individual in question) is asked to objectively argue every aspect of their sense of reality, its origins, and its destination, and thus use thought itself to unpack thought and open new thought; changing brain structure, and consequently behavioural and cognitive results. The first rule of NMA, is that without changing brain structure through pressurised and consistent challenges to the illusory identity avatar within the ascendant egocentric autopilot of the mind, first and foremost, nothing changes. Thus NMA, not only supersedes all other forms of therapy, education and training, it negates their primary use.

The lenses discussed within this paper, are used as levers to shift the mind's awareness of self and what reality may be, represent the seven fundamentals of the human experience: These lenses are the psychological, the philosophical, the theological, the physiological, the metaphysical, the quantum physical, & the spiritual. This paper discusses the background behind NMA, the processes used, as well as the results for individual consciousness growth; and the impact in a social context, in terms of our evolving consciousness relationship with AI & artificial consciousness.

The scientific study of the brain's neuroplasticity, extends back for more than two-hundred years to the work of the Italian anatomist Professor Vincenzo Malacarne (1744-1816) who researched cerebellum development through comparative anatomy in paired animals, all the way through twentieth century neuroscientists – including Karl Lashley (1890-1958) who conducted experiments on rhesus monkeys that demonstrated changes in neuronal pathways; as well as "mass action" & "equipotentiality" from the work in the 40's & 50's of the Spanish neuroscientist Justo Gonzalo Rodríguez-Leal (1910-1986) on "tactile inversion"; to Marian Diamond (1926-2017) of the University of California in the 1960's, providing the first scientific evidence of anatomical brain plasticity (Diamond showed that the structural components of the cerebral cortex can be altered by either enriched or impoverished environments at any age) as well as research from notable neuroscientists including Paul Bach-y-Rita, Michael Merzenich along with Jon Kaas, David Hubel and Torsten Wiesel amongst others.

Initially, neuroplasticity was thought to only be evident in the brain's critical formation period, but later research based around the brain's ability to rebuild neuro networks – notably through Shepherd Ivory Franz's (1874-1933) work with stroke victims for example. Consequently, the brain's life long ability to change structure was proposed. Michael Merzenich, a neuroscientist that has lead the field for the last 30 years, asserted through his research, that "*If the brain map could normalize its structure in response to abnormal input, the prevailing view that we are born with a hardwired system had to be wrong. The brain had to be plastic.*" Merzenich received the 2016 Kavli Prize in Neuroscience "*for the discovery of mechanisms that allow experience and neural activity to remodel brain function.*"

With this scientifically established backdrop, and the acceptance of neuroplasticity within the brain – studied from many angles, the next question was – *what variety of impetus & inputs instigates neuroplasticity?* Within the critical formation period of the brain, Marion Diamond's papers were firmly based on environmental dynamics (progressive or regressive), and this followed into the perceptive reality a person experienced through sensory inputs – the Stratton experiment – glasses that inverted sight and thus rewired/reprogrammed the brain (George M. Stratton 1865-1957).

Types of neuroplasticity include functional plasticity, actively-dependant plasticity, synaptic plasticity, intrinsic plasticity, homeostatic synaptic plasticity & Hebbian plasticity, each representing a function of neurons and synapses, as well as their ability to change function given a range of internal and external

stimuli – including, chemical ingestion, structural damage, as well as psychological and psychological catalysts.

Neuroscience in terms of neuroplasticity – the changing structure of the brain, provides a structural understanding of how the brain supports an embedded operating program at birth and unconsciously learned cognitive map, and how it can – through the activation of its neuroplastic properties, adapt for survival and optimal use within a changing/challenging environment; giving the individual an updated brain function through rebuilding and changing cognitive function in line with the new environmental dynamic, on an unconscious level. Psychologically, the more powerful the external catalyst of change, the more plasticity potentially can occur (governed by PQ – potential quota – the structural adaptivity of the individual's brain at any one time). And thus, greater brain function may be achieved in many areas, including a holistic increase of consciousness/awareness, not only individual skills or functions. This holistic structural re-identification and the corresponding behavioural/life quality results through increases in consciousness/awareness, are the focus of NMA.

Consequently within NMA (drawn from the discipline and insights of neuroscience), we enter the world of behavioural science and psychology; how the brain creates a cognitive map of awareness of what it thinks reality is, based on the sensory inputs of the past and the present: *function* – what it is asked to do as an organ, *intention* – the conscious or unconscious direction (need or pattern), and *environment*... the adaptation of survival based systems to meet the changes in exterior environment. At the synaptic and neuronal level, structure initially forms in line with a multitude of experiential inputs during the critical brain formation period; in turn forming the cognitive map of the unconscious; which again forms the unconsciously adopted projected perspective reality (what the individual thinks reality is); finally resulting in the behavioural outcomes experienced. These results are interpreted through a protective lens-filter of the mind, working through – doubt, delay, denial, distraction, distortion, deletion, and generalisation, to effectively fit the internal cognitive map and holistic brain structure that is in ascendancy.

In psychological terms, the identity of a person exists within an individual state of awareness, that on a behavioural level represents the level of success, perception, emotional satisfaction, or survival needs the individual experiences, governed at core by the brain structure that has developed in synaptic and neuronal terms. As the brain develops through the early critical formation period, it creates over 14,000 synapses per neuron (effectively absorbing all experience like a sponge), however, in the teens, the brain goes through a synaptic pruning period where this average declines to 7000 synapses per neuron. In effect, the brain is optimising performance through removing synapses that were made randomly initially, but are no longer required and are redundant. The brain continues to optimise itself, by removing information and informational links that are no longer used; this is an unconscious process. Thus optimum performance – given the ascendant function, intention and environment – is constantly achieved on a use basis; hence why we cannot remember everything and memory is optimised. The brain is automatically providing us with the information and skills that are regularly required... to survive; so the term use it or lose it applies in this simplistic brain function form.

Environment is a key factor to the brain's early formation period, where all four aspects of structure, map, perspective and behaviour, are formalised. Environment includes influence, programming, expectation, exposure, experience, emotion, as well as perceived and real demands; all unconsciously interpreted to be emotionally rewarding or not; pain avoidance or pleasure gain. The unconscious cognitive map created, is neither aware of progressive or progressive outcomes of behaviour, and is a complex system running programs of protection and reward. Consequently, the formative brain map becomes a hard wired structure in terms of synapses and neurons by the end of synaptic pruning – providing established behavioural results, that through therapies such as cognitive behavioural therapy, can be addressed – if the prevailing belief & behaviour is impoverished, and there is an intrinsic desire to be addressed; by teaching the individual coping strategies and how to establish and maintain control over thoughts and emotions. Thus we can deduce, that thoughts, beliefs and emotions are all catalysts to neuroplasticity, and changes in personal, environmental and situational dynamics, can all affect the brain's structure.

For example, the shift from freedom to incarceration – from a free man to prisoner, requires a change in the cognitive map of what reality is (a reduction of the established map to survive limitation); thus the structure of the brain has to change, to meet the demands of survival within the new limited environment; otherwise psychological issues such as psychosis, self-harming or suicide may ensue.

Linking "structure" – with "cognitive map" – with "personal perspective reality" – with "behavioural results", and then looking at life-long neuroplasticity, allows us to connect multiple disciplines for a greater understanding of what consciousness/awareness is, and how it operates on a holistic plain, beyond simply looking through the neuroscience, behavioural science, or psychological lenses as separate and isolated disciplines. Consequently, we can deduce, that if we focus on changing brain structure first and foremost, we can look for more rapid and positive results, than if we take the approach of working to change behaviour linguistically through addressing the established "unconsciously adopted personally projected perspective reality"; to try and change the cognitive map, that is ultimately supported by deep hard-wired structure. In effect, we have been looking at therapy the wrong way round; hence why it can take years to resolve psychological issues and trauma with conventional psychoanalysis. Once we accept that we can change brain structure, though activating life-long neuroplasticity through engaging the right catalysts – to initially address impoverished thinking and behaviour, then the next position is ... can we accelerate thinking by removing the structural limits of the established identity? An identity that identifies itself though limitation – linguistic and cognitive self-identification through limitation i.e – *this is what and who I am* – through the lens of limits, but not through the desire for expansion. This no limits thinking is the discipline of NMA.

But what limits are there on the mind that we must consider? This consideration, comes from looking at the archetypal experiential patterns that the human mind has always been exposed to, and the new

challenges it will face through social re-evolution and the effects of AI & artificial consciousness; that can have a limiting effect on the development of brain structure, and thus corresponding limits to experience. Once we understand these factors, we can seek to address them.

The first question to consider – when it comes to the effects of limited thought on an adult's mind, is *"why is there a general resistance and apathy to change?"*, especially to growth, even when the outcomes will change life considerably and for the better. The consequence of this resistance, is the individual remains psychologically in a box of limited awareness, unaware there is a box – and consequently facing a limited ability to escape; paradoxically, the individual may know there is a box, but instead of being self aware of one's own predicament in terms of incarceration, constantly project the concept onto others; never recognising the box within themselves. If this was not the case, we would not have the extensive problems of psychological issues – such as burn-out, depression, confusion, anxiety, self-harming or suicidal thoughts. If we think of these issues as diseases of the mind – to be managed by drugs and ongoing therapies, we have no answer to the problem... no resolution, just management of symptoms. But if we look at it from a structural position, that can be addressed through activating neuroplasticity, and thus the reformation of synapses and neurons, we gain a clearer picture of the processes we need to apply.

If sustained thought within the individual's mind is impoverished or in conflict with itself or the outside world, then *dis-ease* will be the inevitable conclusion – mentally or physically. In this case, the thinking will not in surface structure logically make sense, nor have any substructure of logic behind it to support the personal perspective reality. It will simply be a reactionary program running, that has been unconsciously created in the critical formative period; a reaction to environment, or adopted through unconscious suggestion assimilated throughout formative & adult life. Consequently, through constantly running programs of limitation, the brain's agility of mind in adulthood is reduced. This is where the study of NMA takes us... in terms of an active mental process of resolution and expansion, that can be applied to mental-health, wellbeing, as well as individual and social development; in education, the work-place, and throughout life.

The brain – as we now understand, is affected in neuroplastic terms, through the stimuli of environmental, situational, emotional and logical dynamics. Beneath all surface behaviour, lies the core survival patterns, which in a human-being, stretch far beyond fight, flight or freeze responses, into a complex structure of self and social manipulations and unconscious self-identification, supported by states of limited self-analysis & awareness. These are unconsciously adopted patterns, that form the individual's unconsciously adopted *personal projected perspective reality* (PPPR), that is the cause of many physical and health issues due to the unsubstantiated and un-arguable surface nature of thought itself; it has no deep structure – as the mind has never experienced or been taught how to develop awareness/consciousness (self and social actualisation Abraham Maslow 1908-1970). There has never been a position where the mind has been asked – *why it thinks what it does, why it believes what it believes, and why it does what it does?* Consequently, in terms of consciousness (which within NMA – is a state of awareness), if the mind has not been through the introspective exercise of consciously creating self – through deep introspection – in line with destination thinking and social responsibility, then the identity is a wholly unconscious one, created fundamentally on ignorance – of self, potential and thought; virtually total cognitive ignorance (accommodated by egocentric behaviour within strategic coping programs of protective limitation – such as illusory superiority (Dunning-Kruger effect 1999, or impostor syndrome –, 1978 "The Impostor Phenomenon in High Achieving Women: Dynamics and Therapeutic Intervention" by Pauline R. Clance and Suzanne A. Imes.), operated by an autopilot system; a balancing act of the ID, the superego and the ego, as Freud (1856-1939) suggested, confirmed and developed by Jung's (1875-1961) thoughts on the unconscious – *'until you make the unconscious conscious it will direct your life and you will call it fate'*. But how do you make the unconscious conscious? How do you know how unconscious you are? And how far can you go in terms of elevated states of awareness? This is where NMA takes its foundation.

Research by Dr George Land (1932-2016) and Dr Beth Jarman in 1995, determined an analysis for revealing innovative minds for NASA. They then applied their processes to children and young adults with surprising results. 98% of 5 year-old children, retained a genius level of innovative and creative capacity – according to the study (one only has to look at a young child happily playing using the imagination to construct a world of their own to see this imagination). But by 10 yrs old, the genius percentage had fallen to under 25%; and by 15 yrs, it had dropped further to under 12%; and by 31 yrs – it was as low as 2%. The question then arises – *is this a natural decline?* – to what neuroscience suggests is a flat-lining of fluid intelligence by the age of 25 years. The question when viewed from a theoretical – but practical anthropological survival perspective – would be that within our evolution as a species *does it make sense, to reduce our capacity to learn new skills and adapt to changing environments at such and early age – if at all in life?* Does this make evolutionary sense, or is there another hand at work? Perhaps the conditioning of the mind for societal demands?

Let us consider what Einstein suggested may be the cause of the creative decline in the child's mind and early years of an adult's life:

Einstein once said, *"Education is not the learning of facts, but the training of the mind to think."* These words encapsulate a fundamental truth about what education should be, for it should go beyond the mere accumulation of knowledge for its own sake – just for repetition, and should focus on nurturing critical thinking, creative problem-solving skills, empathy, strategic thinking, objective argument and agility of mind.

"Sometimes one sees in the school simply the instrument for transferring a certain maximum quantity of knowledge to the growing generation. But that is not right. Knowledge is dead; the school, however serves the living. It should develop in the young individual those qualities and capabilities which are of value for the welfare of the commonwealth. But that does not mean that individuality should be

destroyed and the individual becomes a mere tool of the community, like a bee or an ant. For a community of standardized individuals without personal originality and personal aims would be a poor community without possibilities for development. On the contrary, the aim must be the training of independently acting and thinking individuals, who, however, see in the service of the community, their highest life problem."

Einstein was no lover of the rote learning system that focused on convergent thought – information, facts, memorisation & repetition, at the expense of individuality, abstract thought and creativity. The rote learning system was established prior to the beginning of the industrial revolution – preparing children for acting upon 'unquestioned' military orders for defence and for conquest, and subsequently through the revolution for a life of use in process driven/subservient jobs – where questioning was not of value, but repeating a task was. A system of learning that has stretched into the office work of the twentieth and the twenty first century, in one form or another. The majority of human activity is thus process subservient, with little need for critical thought, analysis, questioning, or creative problem-solving – hence why these skills do not feature greatly, if at all, in education, yet are the primary needs of the future (the very aspects of humanity that will be in demand, as AI replaces all human process driven activity, which encompasses virtually all jobs – from leadership, to the professions, and the workers; from government to education).

The question is then – how is the neuroplasticity of a mind affected within an educational environment that concentrates the mind for ten to fifteen years on convergent/left-brain thought? With a focus on the fear of failure – *through getting it wrong* – especially in examinations that are focused on memory and repetition. The focus on the perfect learning of facts for examination, rather than expansive creative thought through working with error. What mental structure becomes the prevailing mind, at the expense of what kind of thinking? If we accept the science of the brain's neuroplastic nature, in terms of the demands of environment, then we must accept that the brain is being conditioned to function in a very specific way, at a very low level of not only creative problem-solving, but abstract decision-making capability. Hence why humans for the most part need bosses & leaders to guide them, to tell them what to do; as they simply have had their fluid intelligence conditioned down to virtually zero, and cannot creatively problem-solve – just accomplish a learned repetitive process – however simple or complex – whether that is a road sweeper, a lawyer or a CEO. And in that suppression of a human's true potential into conformity, we see the incapability of the mind to be agile enough to cope with change or evolve in consciousness; consequently fervently resisting change within highly negative emotional states and low objective argument. In a state of *self-identification through limitation*. We see the low creativity, the limited capacity to problem-solve, the low empathetic understanding, the low levels of aspiration, the low energy, the high states of confusion & stress, the frustration, the brain fog, and the constant decline in cognitive powers, rather than ascension in consciousness capabilities. Resistance to change is a symptom of this incapacity, as well as more serious psychological issues. Put a man in a physical box without purpose, and he will become sick and die. Put a man in a box of the mind, equally so; in a long drawn out, physical, psychological and spiritual death. This core issue, is what NMA seeks to address, by reengaging the fluid intelligence through activating neuroplasticity.

Summary of the preceding section:

The background of NMA involves a complex landscape of psychological, neurological, and environmental dynamics.

1. Neuroplasticity of the brain
2. The genius levels of innovation and creativity of young children
3. The reduction of fluid intelligence to almost zero by the age of twenty five
4. Educational brain-conditioning to serve the prevailing social commercial construct – into process and goal subservient convergent thought
5. Widespread psychological & physical difficulties and a resistance to change
6. The need for agility of mind to meet the ever greater challenges of the AI social revolution

To resolve the issues created by the systematic conditioning of the brain into neuroplastic suppression, NMA seeks to reengage the fluid intelligence by activating the lifelong neuroplasticity: synaptogenesis and neurogenesis for higher consciousness and greater brain function.

NMA

Abstract.

NMA is a psychological process that challenges the individuals sense of what their reality is, through four tools that promote symbiotic, linguistic and cognitive awareness. Within NMA, through the use of precise questioning and mental overwhelm, the mind is reset – so it can no longer think or process, and thus is activated into neuroplastic growth to survive the new challenging environment. The results are rapid, as the brain has to survive the sustained challenges to its reality, on a holistic level – as the established unconsciously formed ascendant identity avatar (shell identity), operates in the low frequency nature of its awareness; operating from a state of certainty in ignorance, without any form of considered and arguable philosophical belief system. Thus the state is one of an unconscious nature, with limited awareness until the *shift* – an adult stage in life, of self and social actualisation, self realisation and the opening of consciousness potential. NMA is the shift from this unconscious state (an embryo identity running on autopilot), one that is subservient to a unconsciously adopted personally projected perspective reactive reality, to a consciously developed holistic philosophical belief system, that is arguable, practical, and inherently expansive, beyond the paradigms of social conformity for the existing pyramidal commercial structure, at the expense of individual human potential, and unity consciousness .

The process

Consciousness, The brain state and the certainty conundrum.

The structure of the brain's neuro-network (the hardware) – is the platform that runs initially unconsciously established & adopted patterns of thought (software), to achieve a behavioural (output); within an evolving consciousness having an experience, in an evolving environmental and situational dynamic, under the umbrella of a universally experienced reality, perceived as such by the consensus of human collective consciousness.

The brain, the unconscious identity, and emerging consciousness/awareness, are part of a life-long growth cycle of natural expansion, that is unnaturally suppressed by the established social environment (the *construct*). The perception, the state of awareness, is on a structural level a hard wired system of neurons and synapses, that is both archetypal and individual, in that it is the result of an interpretation and resultant effect, of a founding program, interacting with an experience that is both unique and archetypal to all humans. Thus, when exploring consciousness, we can simplify the subject into structural systems in terms of neuro-networks and psychology.

For the purposes of the process of NMA – which is purely to accelerate the mind, there are some basic tenets to work from:

1. The conscious mind is unconsciously run by adopted patterns until it becomes conscious
2. Becoming conscious is where the state of awareness shifts from certainty – to potentials, from process or goal subservient thought – to expansive creativity, a shift from the mindset – to the mindspace.
3. The unconscious mind runs learned and foundational psychological operating systems, running within the structural nature of a neural network that is responding to catalysts and stimuli – forming and reforming based on environmental & survival inputs.
4. The conscious intention, is when the individual has mastered the programming of mind through the shift of consciousness, from the I focus to the Us mentality, away from self-identification through limitation & the addiction to information, to super-fluidity in thought, super-creativity, hemispheric synchronisation, in gamma and theta brain waves.
5. The subconscious runs automated physiological systems influenced by the prevailing ascendant position of the conscious or unconscious mind – the state of consciousness

The shift in consciousness/self and social awareness that NMA develops, is governed – in terms of impact on one's life, by the levels of potential quota, empathetic quota and spiritual quota available and experienced by the individual at any one time. Consequently, while neuroplasticity is always present, it is the intention of the individual, the commitment to growth, and the destination of the thinking that is important. Redeveloping/creating the neural network to develop new brain skills after difficulty is down to the individual's desire and determination ... for example, Sir Douglas Bader (1910-1982) loosing both legs in an aircraft crash, learning to walk and fly again, and then participate in the Battle of Britain as a fighter pilot shows this human potential. In a sense, it is the individual's commitment to regaining what was, which is equally required when accelerating the mind to what can be. The individual has to want greater cognitive function over all else, even when everybody-else (society) has set the normal bar at a psychologically impoverished state.

Egocentrically – *when you suggest a person can be more than they are in a cognitive fashion, you are at the same time suggesting they are less than they could have been.* Which, in a mind that has existed within the internal construct of *self identification through limitation*, in order to conform to the social norm, after an education that has reduced divergent thought over an extended period of years of conditioning, into convergent thought within the workplace, this means the acceptance of being more is not always possible, and action to become more in terms of consciousness is even rarer. The focus is thus on having more (wealth, success & recognition) within the social construct as it is, not becoming more and thus evolving humanity to be more.

In ascension terms, the expansion of consciousness is limited within the initial *shell identity* – a natural self-protective state of negative ignorance, unconsciously formed around a primary operating system or personality type at birth, that interacts with the environmental dynamics it is exposed to in the critical formation period, to create the dynamics of the shell identity's *identity avatar*. An identity governed by the unconscious – thinking it is conscious, running unconscious patterns of thought that have been unconsciously picked up along the way, and are part of the basic psychological operating platform. This is known as a foundational personality or character type, and it is one of 365 we can see through the profiling of personality types in the alternative sciences of astrology, numerology, and personology. Given that there are not an infinite number of personality types, and modern psychological profiling confirms archetypal patterns, we are each given the choice to either discount the metaphysical or spiritual as non-scientific, or non-existent or examine its relevance in human developmental history objectively. The position we each take here, will determine the perspective reality we create for ourselves and the nature of the lens we can observe through, and thus the level of awareness we may operate within, as we create a limiting belief system for our unique perspective. Identifying archetypal patterns in human behaviour, is the foundational principle of psychoanalysis, and prior to this field being developed intensely by Freud, the principles of understanding human archetypal behaviour can be traced back through the ages to Greek myth and beyond; that reflect all aspects of the human condition. However, we are all initially governed by an individual state of awareness seeking a sense of certainty, to build our structural perception of reality on, through a subjective lens built on ignorance regardless of your level of education or genius. This fixation on certainty remains, until we engage with thinking in multiple potentials co-existing.

The island of certainty in the sea of eternity.

The mind needs certainty in the unconscious state, and this can only be achieved through states of selective ignorance; which means staying within the confines of our senses or perceived understanding of the world (often locked into a perceived understanding of science). But consciousness is both of the physical world, and the non-physical world; it exists at a point of intersection – within the neurones and the synapses and the electrical impulses that fire between them and the resultant perception; but this is not the metaphysical or spiritual world, that are for the most part beyond our comprehension. This is not the domain of pure intellect, the intellect can only rationalise the known, but creativity and intuition are our bridge into the unknown.

To accelerate a mind, it must be challenged to the core of its holistic belief system; a structure that supports itself by states of ignorance and non-thinking, in order for it to selectively navigate the illusion of what reality appears to be.

For example: We look for certainty, on a planet essentially made up of empty atoms, in the infinite emptiness of space, when we ourselves are made up of atoms that are essentially empty. But it is our senses that give form, substance and value, to an electromagnetic field of energy that only exists because of the value our consciousness gives it. Without sensory and psychological certainty in the physical world – which is essentially photons given value by space and time in the now – who are we, what are we and why are we?

Without answers to these questions, in the form of potentials and not certainties, we have no choice but to put a perspective stake in the firm psychological ground we perceive to be certain, and give value to the no-thing and construct a reality around the perceived individual and shared value; then call it a definitive and a certainty; for perhaps the fear of losing our mind, or far worse, being thought of wrong or ignorant in social terms but not spiritual sense. This unconscious process of creating certainty, can be challenged by drawing the mind to the position of creating well formed critical argument to support or deconstruct the perspective reality; by highlighting a limitation that forms by tenuous association within the holistic identity – around a limiting belief, as all certainty by definition has to have limits: The mind creates islands of certainty in the sea of eternity, from a state of abject ignorance.

In other words, we each live within a limited bandwidth and frequency of consciousness, and create a prospective reality that only exists, so long as questions are not asked that challenge its rocky nature; this questioning is the process of moving from the mindset to the *mind-space*, and is what NMA is designed to do, within the context of the individual's potential quota – at any one time. The brain has to neuroplastically grow for expanded thought to take place, and this is limited by the ascendant unconscious autopilot (ego) – the identity avatar within the shell.

A simple example of questioning:

If we state for example, "*we stand on solid ground*", we have to ask the question of what is solid ground? As we have discussed, the ground beneath our feet is empty atoms, just an energy field of particles – that in the terms of quantum physics, manifests based on the I or the Us – as the observer, consciously looking at the particles that are in super-position (the potential to be a particle or a wave) until we do. Thus we could argue, that the correlation between consciousness and the observable or sensory field, are not just linked, but are one and the same, just different parts of the same; like your left hand is connected to your right hand but each is separate. Either way, when we come to argue our position, we can only reference information from our subjective view – the information we have gathered – and can remember at any one time, and consequently align our belief system with. As a reminder, the ground is empty, and it's travelling through empty space at 66,000 miles per hour; we are also made up of empty atoms. So what is certainty, and the answer to that is where you observe it from – the perspective reality that is supported by a cognitive map and a holistic neuro structure, that is a mechanism that is only given value and substance by the state of consciousness itself. Its level of awareness.

What came first, what created what? The universe or consciousness ...?

The process of NMA is focused on entering the established neuro-network linguistically and activating neuroplasticity by challenging the established unconsciously adopted personally projected perspective reality (PPPR). If we attempt to do this directly – linguistically through the PPPR and not structurally first through addressing neuroplasticity, we will be navigating an egocentric defensive system, that supports awareness at a low level of accepted cognitive function (this is not IQ). The linguistic defences we touched upon earlier, are doubt, delay, denial, distraction, distortion, deletion and generalisation. In cognition terms, the receiver will automatically seek to agree or disagree with the information coming in through their established lens filter to suit the PPPR. There will be an internal unconscious dialogue, seeking points of reference or certainty that fit the established PPPR, or enhance it in terms of what is deemed useful information that is edited/distorted/deleted & generalised to suit the established holistic PPPR, and thus cannot challenge the cognitive map on a deeper level. The subject matter will be seen as "like this" or "like that", or may be completely ignored. Consequently *change* will be laborious and ineffective. Recognising there are two identities co-existing here within the individuals psyche, is important for the NMA operator. The unconsciously/conscious linguistic & cognitive (internal and external dialogue) self-identification through limitation – is the shell serving the social construct, whilst the core identity has no such limits. All limits are learned or adopted unconsciously or consciously, and they are not a default. They are limiting perceptions, not potentials. It's the potentials that we are after actualising within NMA, and this means releasing the core identity from the protective shell by challenges to the established PPPR after the brain is put into a neuroplastic state. Fluid intelligence has to be re-engaged. Here we can draw parallels from indigenous populations – in terms of the *right of passage* that no longer features as a concept in established westernised society. The right of passage is the passing of a boy to a man through a life or death trial, and the passing of a girl to a woman through child birth – which is also a life or death rite. We can also look at some cultures view of the second birth – the first birth of the mind and the body, and the second of the spirit. Within the right of passage, the

brain changes structure through the trial, and here in the West, when an MRI scan is carried out on the mother before the birth and then after, there are marked changes to the brain activity. In social terms for the boy's right of passage, it means moving from serving self, to accepting community responsibility, from boy to man. It seems the way we think and behave changes when the brain is put under intense pressure, in this case life or death. For the ascension path to be climbed, the suggestion is an ego death, so the spiritual self can ascend with greater levels of awareness and understanding. As a result, we have to look at accepting there is an ascension path and what it might look like, what it might require of us, and what importance it holds. In essence, this means giving up who we think we are – to become who we were born to be. Otherwise we are trapped in three-score-years and ten, with the perception that its all down hill after the age of twenty, instead of looking at the peak decades of cognitive function in the sixties, seventies and fifties, where we can leverage a lifetime's wisdom for the benefit of all. Social actualisation – Abraham Maslow.

The strategy employed to by-pass the established protective identity initially – and so reset the brain to be open to suggestion – is simply to overwhelm the conscious mind – George Miller's (1920-2012) seven plus or minus two cognitive function limit. We don't need to count how many processes we are getting the mind to work through at anyone time, all we are doing is drawing the conscious mind's attention to physical, linguistic and cognitive tells... such as a shrug, a wink, an eyebrow twitch, a tap of the foot – while we are explaining reasonably complex and relevant concepts for the person to become aware of; then asking questions utilising the technique of the "why behind the why behind the why" as well as asking the subject to remove the "I" word from their sentences in terms of self-identification, as well as becoming aware of & editing their unconscious linguistic and cognitive rules while they are talking; as well as removing repetitive speech patterns such as – "you know", "period", "at the end of the day", "obviously". As the person searches to listen, self-edit, and notice themselves in the process, the brain cannot keep up, and thus through overwhelm begins to reset. This is signalled by a lack of ability to remember anything that went on in the three-hour session, and a difficulty in framing thought and language subsequently due to the process of introspective self-editing and external assessment of others. The overwhelm process for the convergent mind, is further accomplished by detailing considerable amounts of information within a session that the subject tries to keep up with and remember, but also within the context of dog-logging the information, which means the subject is asked not to internalise the information, but transpose it to an imaginary third party if they were doing the training. How they would explain or use the information to perhaps better effect, how they might improve the technique. Consequently, the individual has to not only note language, thought and body awareness, but also try to focus, understand, remember, reframe, and repeat. This puts considerable pressure on the brain, especially when asked not to use I as their self identification of belief, and explain the origins and outcome of each belief, to shift from the subjective to the objective.

Learning Flow State – Hemispheric Synchronisation

The operator in NMA, has to be adept at entering flow state for a three-hour period at minimum, observing their subject's symbiotic connection, unconscious tells, as well as unconscious linguistic and cognitive self-programming. To enter flow state in hemispheric synchronisation, takes constant practice to master, otherwise the operator will be locked in the conscious mind trying to out-think the subject in a battle of wits. Consequently, both parties will be initially operating from similar levels of awareness and canceling out any prospect of overwhelm. To activate the neuroplasticity in another person, and accelerate the mind, the operator has to be in the objective state required. One cannot teach superfluidity from theory – in order to access it, one has to be actively engaged in switching off the conscious mind, so the unconscious can work to the desired conscious intention; in high levels of unconsciously directed thought speed & thought to verbalisation, whilst also maintaining self and situational awareness, and subject focus – all at the same time. The *shift* is from operating in the conscious mind at 40 bits of data per second, to consciously leveraging the unconscious at 40 million bits of data per second, allows for uploading from the experiential wisdom bank, and allowing intuition, insight and high levels of empathy to orchestrate the session.

To function effectively in flow state at this level, the prospective operator's training begins with experiencing one hour daily group polymathic training sessions, to increase linguistic flow in public speaking – confidence, communication & creativity are the focus. The primary exercise is to speak on a word or subject for extended periods of time without preparation in a moment's notice. Initially, in this form of training, the individual may be overcome with the speed of thought & verbalisation as well as the agility of mind displayed by experienced trainers; or alternatively, they will enter a state of illusory ego defence, until they begin to face their own limitations beyond their PPPR. The initial attempts at flow state, result in many repetitions of the selected subject title or word, stammering and stalling, trying to think the subject through with left-brain convergent thought, that often ends relatively rapidly with a zero count of new ideas; as the mind is framed in the convergent repeater mindset. In these early stages, often the subject repeats their backstory or a personal experience, however once this *knowledge-well* has been emptied, the mind has to make the *shift* into creating. This *shift* invariably begins with mostly incoherent babble, until such time as the individual gains the confidence of giving up and giving in to channeling from the unconscious. Fear of looking foolish, making no sense or repeating oneself, gives way to the beginnings of flow, where speeds of thought and thought to verbalisation, increases and confidence grows, at which point, a strategic awareness starts to surface and the mind can separate – to observe self in the process of flow and have the strategic awareness to change pace, volume, tonality and direction in the moment, to suit varying challenges that occur – to maximise audience engagement and influencing capability. In this state, virtually no energy is expelled, and the super-creative state can be maintained indefinitely. Further skill development, includes precise time-awareness, in terms of structuring beginning, middle and end, created within a specific time period, without looking at a time-piece, just developing an internal clock.

One-to-one trainer training

Once this level of skill has been achieved, the next is maintaining objective/critical focus and assessment, as well as listening for extended periods of time and mentally noting leverage positions. Here key points must be remembered over three-hour periods and between sessions spread between seven day intervals. The principles behind NMA can be summed up with every opportunity is a training opportunity & this means exactly what it says. For if we are going to work on the neuroplasticity of the brain, the next question is – *how far or fast we want to go?* Being trained in NMA, accounts for 20% of the Neuroplastic gains available at any one time, the other 80% come from shifting position to training someone else; as the pressure is to perform for extended periods of time. A three-hour session to start with in isolation, is then extended to four back to back training sessions with individuals, over a period of twelve-hours; maintaining flow state for this period, pushes the boundaries of what the brain can do within its current structure, band width and frequency. As an unscripted live-fire experience, this is the situation necessary for synaptogenesis and neurogenesis to take place. This is NMA.

Initial foundational training lasts for three modules over three months, with four three-hour sessions per module; three modules of Change, Development & Masters. The reason each session is set at weekly intervals, is any sooner, and the brain simply is not given enough time to neuroplastically adjust in the unconscious, and adapt in the conscious. Too long an interval and the ascendant identity avatar, the old unconscious patterns and ego re-assert themselves. Neuroplasticity takes its time – especially when we are not entering a life or death situation to activate rapid structural change; but in terms of all the unconscious programming adopted across a lifetime, it's by comparison a really rapid process. However, a mind that is challenged too rapidly in terms of direct challenges to it's adopted personal perspective projected reality – established over a lifetime, does have the potential to experience a neurotic or psychotic episode if pushed too far too fast. This is why care must be taken by the operator, to observe and adapt to meet the individual challenges the trainee will be experiencing on an archetypal path, challenges which will change from one to another person given the frequency and bandwidth of thought they initially have at the start of the training, across the period of foundational training, and into the ongoing mentoring support. When a mind has been in effect – psychologically lobotomised through prolonged and extensive conditioning over an extended period of time – over years – in essence removing creative problem-solving, critical thought, decision-making, and even self love, there is a considerable amount of limiting self-identification that has to be navigated and peeled back like an onion, all at an unconscious level; until this happens, the conscious mind has to live within the highly restrictive confines of the shell – the psychological womb – that gives birth to the identity avatar that is ascendant – until that is, there is a point in time, when for whatever reason, the core identity begins to surface, just like a chicken beginning to peck at the interior of a shell without knowing why, or knowing there might be an outside world to find; its just a natural path/inclination/program built into each of us to ascend, but only acted upon by the few, because of the highly unconscious nature of thought within the collective human consciousness.

This point of surfacing is determined by a rejection of what has been, and a turn of focus away from Maslow's deficit needs – to asking and searching for more social & spiritual answers; self-awareness, self-understanding beyond what's been, and thought of as all that there is, into a future with infinite potentials.

To train in NMA, one must master four disciplines that provide the essential lift points to breaking a mind out of the shell. The first is a shift of thinking from an orientation around certainties, into potentials. This shift gives the student greater flexibility, agility and adaptability within their thinking, to move into the unknown where new perspectives and ideas abound. A mind governed by certainty, self identifies within limitation, and thus has a low capacity for neuroplastic development. Such minds are unlikely to seek the benefits this form of training can afford, as they are restricted in all aspects of thought itself, running unconscious programs in the shell, thinking they are conscious. Consequently, the concept that the rote learning system has reduced down their capacity to think, to create, to make effective and progressive decisions is met with resistance, especially when a strong sense of positive self identification was achieved at school through the examination process and the work system. A certificate of worth within academia, is all that is needed to confirm status and position – within the construct, in terms of potential. If we are to look at the layers of self identification through limitation, we see the social construct working through a person's sense of self value negating any reason to develop the mind. Consequently, the identity defends its position, even to the degree of arguing that mental retardation may be a better option when it comes to seeking happiness. Such is the low grade of human thought, and why it is essential to upgrade the mental capacity of humans to realistically have a future that makes sense in terms of our impending relationship with AI. To resist growth, and argue ignorance, is a path that will not take us into a future that is very bright. In fact, it's no future at all for the majority of people who can no longer argue a position that makes any sense, except to themselves from a highly limiting position. The shift from certainties to potentials is called Quantum psychology, and it requires the NMA student to study their own thoughts from multiple positions – intrinsic thought, extrinsic thought, deep introspection and questioning, of where a thought or a belief originates from, its subtext in terms of sustainable argument, its positive or negative energetic field, its objective or subjective nature, its destination and outcome, its I focus or Us mentality. The shift from certainties to potentials is literally a quantum shift in thinking, for it opens the gates to states of super creativity and super fluidity, when combined with the other three core disciplines of NMA.

The second is the shift from living within an unconsciously adopted personal perspective reality, into becoming the creative architect of one's own personal philosophical belief system; a discipline that requires the student to think about life before life, life after life, as well as the meaning of life, and determine a PPBS that explains all in a practical and arguable way, that makes sense and can be explained simply and lived by easily, whilst always retaining the fluidity to adapt as new information is revealed. Without PPBS, the individual will always be open to influence by others and lack the strength of personal conviction and belief to navigate life from a firm foundation. Consequently, the unconsciously adopted personal perspective reality will be in the ascendent position, creating an island

of certainty out of ignorance, in a defensive or aggressive position. The PPBS is an essential part of the creative process and is called Conversational Theoretical Consciousness. It requires the student to look at their beliefs, their actions and their objectives, within the context of purpose – for themselves and for all humanity. To explore existence through the seven lenses of the human condition... Psychology, Philosophy, Theology, Physiology, Metaphysics, Quantum Physics & Spirituality, creating an effective objective argument that forms a holistic structure of agile belief, that is not founded on negative ignorance of self-deception and ego, but on the positive ignorance – of acceptance of how little one knows – that activates the mind's capacity to grow and adapt through re-engaging fluid intelligence, and thus being able to overcome the limits of the unconscious mind within what is determined as the known, and instead leverage the unconscious mind to navigate the expansive nature of the unknown without fear or limitation.

The third discipline is a fundamental thought exercise, that requires the mind to move from subjective thought into objective thought, and thus master non-combative/Socratic argument. When a mind is governed by the subjective and has never learned to self edit, it can only operate through negative ignorance, stating facts of the PPPR, without ever exploring deep structure, meaning, or destination. Consequently, a mind governed by the unconscious is at best a subjective mind, creating the reality it experiences within a holistic structure of limitation, without the capacity to explore or expand those limits. The ego is thus in the ascendancy, utilising subjective thought to cement a state of unconscious awareness together, that makes sense to the individual, even when under closer scrutiny it makes non-sense to the objective mind. The key tenant of non-combative argument, is the ability to develop an internal dialogue that makes sense, is progressive and can be argued within the mind and without. Thus NCA starts inside the mind as a tool to calibrate and challenge thought, and on the outside develop a mastery of dialogue, that has no equal. To accomplish this task, emotions have to be mastered through learning to step out of mind, observe oneself, orientate for outcome and act. NCA is a discipline that takes dedication and practice to develop as a skill. It requires the ability to listen, to question, and argue from multiple perspectives without the need to be right, simply to uncover what is wrong. NMA at its core is the search for truth, within oneself and within society. Thus it requires the practitioner to give up all allegiance with adopted perspectives, move from the repeater of information, and become the creator of insight, and inspiration. It is the purest of skills as it requires the individual to give up on being themselves as they have unconsciously become through a reactive mindset within the bandwidth and frequency of the repeater state of information addiction, and instead look to release the mind from the bonds of subjectivity and subservience, to travel a path of re-evolution. NCA is the linguistic and cognitive tool that is the liberator of minds and the creator of truths that is essential for the first two disciplines of Quantum Psychology & Conversational Theoretical Consciousness to be effective, in developing a human mind out of limitation and into the limitless requirements of the future.

The fourth discipline, that of Polymathic training, is as we looked at earlier, the training of the mind to move from convergent left brain thought to the superfluidity and super-creativity of hemispheric synchronisation. It is the practice of flow state, in gamma and theta brain waves, and the leveraging of the unconscious mind to conscious intention. It is also the live-fire training of the mind to argue in flow state, utilising non-combative argument, objective argument, Socratic argument, strategic thought, and and maintaining emotional control, whilst developing themes and ideas in the flow state of gamma and theta brain waves. This requires the practitioner to be able to leverage the experiential wisdom bank of memory, rather than be blanked off from wisdom through the mental walls created by negative experience, as well as down-loading intuition and insight from the quantum field/universal mind - if that is ...one believes in a collective consciousness beyond the mind in isolation, and this is where belief and thought manifestation play a part in the process of developing the mind. For the practitioner must look beyond the unconsciously adopted PPPR, to explore the capabilities of mind and consciousness beyond what we think or believe it to be; beyond our individual definition or lack of definition. Pushing the boundaries of our awareness is the discipline of NMA, for without exploring the DNA of thought within our own minds, we cannot hope to understand others and the potential of the human race. This is why connecting to the unconscious in extended states of flow, allow us to connect with source and download creative insights and solutions beyond the known. To access more of the capabilities of mind, we cannot use the thought that brought us thus far, and instead have to develop new thought. Here flow helps us navigate the door of the known into the unknown by letting go of our sense of self identification within limitation, our ignorant belief of what we think is all. We do not know what we do not know, so consequently we cannot know the questions we need to ask to access the unknown. This is why a connection to the Divine needs to be established beyond the ego's bounds, and instead manifest through the sensory perception of the core limitless identity. Once we take the leap of faith, and find the foundations of new thought that support us, we can then begin to see and sense what we could not before. We begin to live in flow, and think without limitation, following the enlightenment path.

Once these four disciplines have been mastered – the ego tamed and the emotions controlled, the backstory then becomes the experiential wisdom bank, and the mind opens from the mindset to the mindspace – the opening of the crucible of creativity, leveraging insight and inspiration, connected to the universal mind. To take this path – the ascension path, the individual must accept they can be more than they are on a core level, and thus set up the fixed intention to take the steps necessary to develop the brain. Until this is done, the ascendant shell identity avatar/egocentric autopilot will remain in control of the primarily unconscious mind – displaying the defensive tropes of the unconscious state of the first birth of mind & body: doubt, delay, denial, distraction, distortion, deletion and generalisation. It is a simple litmus test of the state of awareness and surfacing potential of a subject, to ask *do you think you could be more than you are?* – and discuss briefly neuroplasticity. The silent reaction and the lack of action is most often the behaviour observed, as the ego *third-parties* the process to be suitable for others and not itself. Doubt and distraction are often the behavioural filters that are initially encountered, followed by amnesia for the conversation as it is unconsciously removed from the individuals awareness. When faced with the scientific evidence for working on one's brain for a richer more expansive life experience, the logical step would be to ask how, and the next step. But here we

see the depth of conditioning, and the limits to following an age old path to greater awareness. The questions for the individual are "is there an ascension path?" and "what would it look like?" and "why would I not take it?" Here we see the suppression of the mind to stay within the prism & the prison of the mind that has been established through the educational, work and social system. The individual is caught within the illusory trap of thinking they have free thought and free will, but in truth the limits of their capacity to ascend are immediately apparent in the behaviour displayed and the restrictive thought expressed. As the reader of this text, you may wish to test yourself, and observe your own unconscious reactions to this paper, and look at the action you take to determine if you are at a point of ascension, shift, surfacing and neuroplastic growth. Are you at the point of break-out from the construct, and beginning to become aware of your own true potential, or still remain within the illusion of your inauthentic unconsciously adopted social identity avatar. Here, the individual will be asked to assess their level of consciousness, by looking at the linguistics, cognitive function, emotional complexity and behavioural results of others, to compare and contrast and calibrate. When the individual begins to see and assess from a position without blame, judgement, illusory superiority or self victimisation, they continually self-correct and move to the adapting stage. Without conscious calibration, the subject cannot become aware of self and develop the objective analysis that moves the mind out of the egocentric shell state. As within all stages of the ascension path, there are no guarantees we will move to the next step, and instead unconsciously step off the path sighting an unconscious and surface structure reason for the diversion. The mind – in terms of neuroplasticity, bandwidth, frequency and spiritual ascension, will only travel as far as the capacity PQ, EQ & SQ, within consciousness/awareness will allow at any one time. Consequently, the moves through each step require the individual to maintain the intention and retain the will to keep pushing into the unknown as far as their awareness level will allow, acclimatise and push further. The adaption stage is where the individual is faced with more problematic choices that have ripple effects in terms of change, responsibility and outcome; remembering that the existing social, environmental and situational dynamics are the result of a life comprised of an infinite number of choices made in the unconscious shell state. As a result, increased awareness both has the capacity to liberate the mind, but also cause disruption in the relationship the individual has within the dynamics of their existing reality. Here, unconscious drivers surface to pull the individual back into the safety of the shell identity, in the form of illogical and ultimately self-defeating thought and behavioural patterns, that evoke unchecked emotional defence responses. The unconscious patterns are easily observed, in the form of projections onto the operator, irrational argument and the drawing in of unconscious allies to support the PPPR. Phantom problems can arise, with the fear of loss/sense of gain equation being fought, with the perceived cost of what has been needed to be given up as a fait accompli, a defining choice, rather than a series of choices – each with their own outcomes to be managed. Again, without increasing awareness, bandwidth and frequency of thought, and thus creative problem-solving, the individual may become traumatised by their own restrictive thought paradigms, that include unconscious behavioural rules and outcomes that need to be served and fulfilled. Consequently, at any time on the ascension path the individual will experience the abyss (the prospect of the ego death), that is either overcome by persistently challenging thoughts, beliefs and actions – to determine outcome or destiny, in a progressive or regressive sense, or the mind is overwhelmed through ego centric intervention, and thus returns to the safe ignorance of the unconscious comfort zone, to maintain a *certainty* sense of control, that represents security. In ascension, a price has to be paid to move out of the old identity into the new, and it is this price that is weighed and measured at the surfacing point, from the perspective of the thought that carried us thus far, but not the evolution of the thought that will carry us further on the journey. This is the challenge of NMA.

The ascension path is by no means an easy one, and it is always a conflict within oneself – a *you against you*, with a – *to be or not to be outcome*. Shakespeare couldn't have put it better in the words & wisdom of the tale of Hamlet.

Once the process of adapting oneself – through mastery of objective introspection is activated, the individual may aspire to be more than they are, within a basic understanding of what that may mean, in terms of work ahead, destination in mind, and outcomes perceived. The gains experienced within NMA, have been considerable to those who began the path, in terms of freedom of thought, sense of self, and liberty – not to confine oneself within the unconscious thoughts and expectations of oneself and others. The shift to understanding what switching the ego autopilot off means, with respect to what can now be achieved within one's life begins to emerge, as a realisation occurs that there has been nothing standing in our way but ourselves. Constant calibration is required to maintain expansion – rather than settle into certainty, a situation that is always just a few unconscious thoughts and patterns away. The more one applies oneself to the detail of thought, the more one can become the creator and architect of thought. However it is wise to note, just as with climbing a mountain, the foot hills are covered with easy strides of distance and gains made, yet these initial stages are soon replaced with a more vertical climb, where every inch of gain is hard fought and requires perseverance and persistence to unlock their potential. Nothing is easy the deeper you go into yourself, yet it is always as easy or hard as you make it, as it is simply your perceptive reality you are experiencing, created and being created by you, in the moment. Once a strategy is formed in line with a destination that is calibrated for its authenticity beyond self-serving dynamics, and instead reaches for social actualisation and unity consciousness, then the destination itself provides the energy, power and draw to pull the individual into a position of acceleration; thus aspiration turns naturally into acceleration, and with each step the individual self-actualises, which means to become the creative architect of themselves and their reality. And here we begin to ascend into greater states of awareness and connectivity with consciousness, intrinsically and extrinsically experienced. We can now ascend from subservience to the needs of the body, the unconscious mind and societal constraints, to begin to think with a mind that has no limitation. Here we can move from the repeater mindset to the neutral position – to the creator. Thus the calibration of consciousness/awareness is creative output and social actualisation.

Within NMA, the primary objective is the search for truth, intrinsically and extrinsically; and for the operator working to develop and accelerate the mind, there are distinct stages of growth within the

foundational training of *Change, Development & Masters*. The objective of each module is a very specific goal. The first being overwhelm and seeding of basic structures in the Change Module, the second being self and social calibration in the Development Module, and the third being the foundations of building a personal philosophical belief system in the Masters Module; one that is robust and arguable; developed using the skills of introspection, critical thought, socratic questioning & objective argument, as well as destination thinking. To enter this process with a trainee, the operator must first mind-map the subject, by looking to calibrate self, social, environmental, situational, universal, and spiritual awareness. This is accomplished by the use of deep questioning and non-combative argument, throughout each module; including the use of the *why behind the why behind the why*, and asking for a well-formed argument (subtext) for each belief and thought (surface text) as well as emotional charge, that is encountered, drawing conscious attention to the surface structure and subjective nature of the holistic framework of the unconsciously adopted personally projected perspective reality. The unconscious shell identity relies on maintaining a superficial belief structure, that is ill-thought out, and founded on negative ignorance, prejudice, and subjective positions that are often completely illogical and unarguable, and contradictory (referred to in NMA as the sixth sense of nonsense). The subjective nature of the mind-map at this level of consciousness, is easily challenged by the adept operator, bringing the attention of the subject to their own lack of objective argument, responsibility for outcome, or awareness of their thoughts, beliefs and actions. Each time the thinking is found to be erroneous or without considered foundation, the identity avatar of the shell becomes weaker, and thus requires unconscious and conscious reformation of the holistic mind-map (neuroplastic change). Within unconscious language patterns – assumptions, projections, omissions and evasions are common place in the early stages of the change module; a module that begins with placing a series of left-brain convergent structures into the conscious mind, to act as a guide and framework for the student to calibrate their thoughts with. These structures also serve as an early logical path for the operator to follow, and engage the students convergent mind with extensive information, that overwhelms the brain. These four structures include:

- Six dynamics of life: personal, social, environmental, situational, universal, spiritual
- Five layers of consciousness: process subservient, goal subservient, questioning, state, special gifts
- Eight Maslow levels (story of "S's"): survival, security, sharing, showing, searching, shaping, self actualisation, social actualisation.
- Ten laws of the limitless: limitless understanding, knowledge, creativity, thought, potential, love, forgiveness, patience, humility & wisdom

The first session touches upon these tenets of NMA, to achieve certain defined goals. Firstly, to overwhelm the current state of consciousness (physical, linguistic & cognitive), secondly, to overload the convergent mind with information, and thirdly, to seed a structural framework into the unconscious and conscious – to be used as a sounding-board and guide to support the ascension path once the neuroplastic nature of the mind in fluid intelligence has been activated. This activation is accomplished over the first four three-hour sessions, by the operator being in flow state, able to rapidly move from each of the seven lenses of psychology, philosophy, theology, physiology, metaphysics, quantum physics & spirituality. The lenses are used to guide the subject's mind into introspective challenges of coherence and self-programming, within the context of the early structural framework laid down, including as stated – the six dynamics of life, five levels of consciousness, Maslow's ladder and the ten laws of the limitless, followed by moving onto moral challenges to expand out of consciousness in terms of certainties as well as the adopted PPPR of subjective thought, and reactionary convergent thought. The growth of the mind, in subsequent developmental sessions, is a combination of a subtle non-combative guidance through the introspective journey, and then out into the calibration of consciousness in terms of social dynamics, into flow state & hemispheric synchronisation, through the community polymathic training sessions. Once the basics of objective thought as well as symbiotic, linguistic and cognitive self-awareness are established – combined with social awareness and consciousness calibration, the move can then be made into constructing a personal philosophical belief system – in line with destination thinking; and eventually into the destiny path of social actualisation. Once the shift from unconscious egocentric needs-based thinking is made, self-actualisation and social-actualisation on a physiological & psychological level can be accomplished, then the individual can open to the enlightenment/ascension path, and the mind can re-develop back into the natural genius level of innovative and creativity capacity it was born with without limitation; as the crucible of creation in the mindspace, uploading from the experiential wisdom bank and downloading from the quantum field without limitation. Thus, NMA as a technical process, is designed to release the mind from the interior mental prism & prison of thinking, the social construct has conditioned it to live within at the expense of creative problem-solving, active decision-making, empathy, self-awareness, self-love, fluid intelligence and spiritual growth. The gains of following the NMA process are considerable – in the states of consciousness/awareness that can be accessed with increased bandwidths and frequencies of thought. Rewarding the individual overall, with a far better quality of life experience, without judgement, recrimination, regret, self-doubt, illusory superiority, imposter syndrome or validation systems; all symptoms of the shell state of the unconscious mind that are left behind once the shift is made from the shell identity into the core. A place where the spiritual awakening begins with self-love, access to the experiential wisdom bank, and connecting the universal mind of the collective consciousness, in hemispheric synchronisation, flow state, gamma and theta brain waves; leveraging the unconscious mind to conscious intention, without the limitations of convergent thought, in super-fluid thought and super-creativity. If a person can already do this, and displays the results of being in the mindspace rather than the mindset, then they don't need NMA. But if they are working within the construct as an employee, employer, or entrepreneur, instead of developing consciousness, they are as Carl Jung put it, unconscious, and will remain that way until they choose to regain what was lost through the educational and social systems of the construct. Thus NMA is not out of the box thinking, it is thinking that no longer recognises there is a box.

As discussed, to accelerate the mind, the current identity has to be overwhelmed so the brain resets, shuts down, and stops thinking and speaking, because it can no longer form a thought; as all existing thought reinforces the ascendant identity, and is part of a holistic structure of limitation within the

unconsciously adopted personally projected perspective reality. To activate neuroplastic change, the new perception of environment has to challenge the unconscious structure, to support the development of new conscious thought. The thinking – the bandwidth and frequency – that brought us thus far, cannot be the thinking that takes us further, into the unknown – new thinking releases the potential of the unknown. Here, there can be no fear within the mind, as fear drives thought into the stem of the brain, where there is only the basic unconscious reactionary states of fight, flight, or freeze; no creative problem-solving to elevate thought. Consequently, fear ceases to be relevant as a concept in NMA, as it is part of the basic reactive autopilot of the shell and certainty; a device of the construct to maintain control of the mind. In the shell, the identity avatar is framed within limitation, as a protective mechanism, until the awareness reaches a point where the unknown no longer represents fear, but a place of adventure, of wonder, and expansion. Where problems are welcomed as opportunities – for adventure, growth and fun. These opportunities are not for the most part recognised within the construct; only within the entrepreneurial world, that is built around risk taking and the necessity to fail to learn to succeed, which is a fear for the majority.

Limitations to NMA.

Due to the extreme negative and unconscious nature of society – a post truth society within a consciousness re-evolution, due to the emergence of AI as well as the digital revelation of the flaws and corruption of life within the construct (in terms of societal, religious, legal & political, and commercial conformity) – the landscape for mental acceleration has to this point been limited as a commercially demanded practice. Thus the primary limitation to NMA, is not the process itself or the results, but the current lack of human demand for acceleration, and the resistance to change. As the thinking within society has been suppressed through sustained fear for many years, the ability of the individual to make choices that benefit brain and body are severely limited... as we can see from high levels of self-harming behaviour through mental and physical addiction including ... obesity, diabetes, gambling, alcohol consumption, co-dependancy, money, consumerism, drugs etc. These addictions – as well as depression, anxiety, burn-out, self-harming and self-loathing, are not a natural state of affairs, but symptoms/reactions to/of a sick society, that even with the simplest verbal challenges to perception, cannot be defended; from the position of division, prejudice, of extreme wealth of the few, at the cost of many, suffering starvation, war, hunger, oppression and genocide. Thus the effectiveness of NMA is limited by uptake across the board, regardless of the intellect of the individual; for intellect in itself is not wisdom, and the ego ascendant identity, is reluctant to give up its control to the core spiritual self – to the degree of denying there is such a thing. The egocentric social identity has been in control for far too long. Culturally in the West, the biggest ego and celebrity are revered, so the concept of an ascension path is not a consideration; when the mind is focused on having – but not being. Even when presented with the science of neuroplastic change, the overwhelming majority of adults will reject the idea of brain acceleration in favour of brain depletion through their addictions and behaviours, whereas a child of five will readily accept the common-sense principles – in a moment. The negatively conditioned mind – within a trust-less society, without the ability to creatively problem-solve or make effective decisions, is unfortunately often too deeply unconscious to reach or accept the concept of developing the brain. The practical example of the mind being like a muscle – where with a muscle you work it out and it changes structure, and thus can consequently lift more weight is accepted doctrine; as opposed to – work the brain out and it can function faster and create at will – is disregarded by CEO's, educators and leaders alike. The resistance doesn't logically make sense, yet in terms of the restricted/suppressed mind and the ascendent egocentric identity/autopilot of self protection, the thinking and behaviour doesn't need to, it only needs to limit and serve self on some level. Once the mind has lived without responsibility or effective empathy for many years, the thought of facing what one has done or have not done in terms of the realisation of being wrong/or at fault, is too much for the identity avatar to handle. Thus the inauthentic social identity, especially in positions of power, rejects development, in favour of perpetual ignorance, often at the expense of those in their charge – in the family and in business. Consequently as a society, we are based on and biased towards limitation, as well as negative competition; where pride and power, come at the expense of potential and possibilities. The psyche is limited, and as a result the spirit is limited in opportunity to grow but not potential (if the spirit were to be recognised at all). Thus people self-identify through their limitations, and only rarely accept they can be more, or anyone else can be for that matter, because the fear is through their inaction they may end up being less – whilst others accelerate away. When the mind cannot create answers, it lives in fear of those who can, hence why people fear people with intellect, as they may be taken advantage of or shown to be ignorant. To keep power over people, one must remove their capacity to grow, and perpetuate ignorance in others as well as one's self.

In summary, the practice of NMA is a specialist one that takes extensive and ongoing training to master, and suits individuals who seek social impact at the highest level. It provides an opportunity for all people to develop an understanding of the dynamics of the mind and life, to improve their lives and the lives of all, embracing the technological and consciousness re-evolution. As yet however, it is a process that falls victim of the extensive extreme ignorance and bias of a pyramidal commercial power system, that perpetuates its inauthentic existence, by suppressing the human mind; but as consciousness continues its awakening due to technological innovation and revelation, this resistance will turn to ever greater demand.

Summary

NMA is the search for truth within and without. The search for truth, is a necessary component of the ascension path, requiring precise questioning and study of all aspects of the experience (life). To unlock the mind, one must first look at the individual perception of definitions of the linguistics used, and look for purpose within the structures within the intrinsic and the extrinsic experience. The difficulty at hand, will always be the bandwidth and frequency of the current thinking of the individual – at any one time,

the consciousness, the state of awareness, the capacity of the brain not in IQ terms or informational retention capability, but the application of wisdom (a greater level of awareness) to look into the unknown beyond one's existing perception, without fear – which if it is the prevailing state, immediately close down the brain's ability to think in the higher functioning neocortex, and instead relegate thought to the stem of the brain where the basic drivers of survival operate at the fore of the thinking without creative problem solving. Here again, we must ask ourselves our definition of what fear is, and rather than see it only in its extreme and immediate fight, flight or freeze responses, instead see it as an undercurrent – an unconscious state of mind, that is in negative ascendancy as a polarity, and thus becomes the basis for the restrictive holistic identity and perceptive reality. Once we unpack the path of the identity's formation through – the basic personality program, the early Neuroplastic conditioning, the social construct's conformity influences, the structure and defence mechanisms of the ego-autopilot, as well as know the purpose of the ego, we can then take the steps necessary to switch off the mind's autopilot systems and develop free thought within the *mindspace* – the crucible of creativity, as opposed to the mindset of limitation – based around repetition, social limitation and unconscious rules.

NMA as a therapeutic discipline (Consciousness Change Therapy CCT) is an effective methodology for treating depression, anxiety, self-harming or suicidal tendencies – as a stand alone system or as part of a wider clinical approach. As a methodology of brain acceleration, it is unique in the personal development world, as it approaches the mind through primarily changing the brain structure and activating neuroplasticity, rather than operating through the established identity. The primary objective is to switch off the ego based autopilot of unconscious thought, patterns and drivers, so the core identity can surface and then develop in line with the innovative genius the individual retained at five, and expand out across life in the thought states of superfluidity & super-creativity; recovering what was lost to the social conformity of education and the working system. This is not an ego death, it is recognising what the ego is for and making the unconscious conscious by switching the autopilot off, and within that state of increased awareness, escaping the jail of the mind, the prism and prison of limited thought. As a discipline for mental growth, it is a life long methodology for mental wellbeing, as the Neuroplastic element of the brain can regress or progress, just like a muscle atrophy's or grows, until the spiritual second birth. The focus of NMA is on potential quota, empathetic quota and spiritual quota, not on IQ. The process is drawn from some of the insights of the greatest minds in human history, from Socrates to Plato to Descartes, from Freud to Jung, from Haanel to Hill, from Robins to Bandler to Hubbard, fused with neuroscience, social science and futurism. It's a practical mechanism, that has been founded on working with individuals and groups over many years, to observe the behavioural context of human internal and external communication, as well as exploring the spiritual journey – following the ascension path. Consequently, it is a holistic mind acceleration process, designed to take humanity to the next level of consciousness in partnership with artificial consciousness, and thus represents the foundations for any future society, in terms of prioritising self-awareness, social-awareness, and expansive societal constructs – based on equal and limitless opportunity. The thinking, and the vehicle of the social construct that got us thus far, is not the thinking and the society of the future, as this requires limitless thought without limitation.

NMA asks every human, do you want to be more, and for those that do, it provides the mechanism of change from app to PhD. It's just a question of how far and fast we want to go, and do we want to go together.

The structural application of NMA

NMA was conceived from Consciousness Change Therapy, as an effective brain training methodology, to provide an interim answer to the question of the future of work – until work as a concept ceases to be of relevance within society, and consciousness development becomes the primary human activity. The coming years will result in mass unemployment, whereby each current process or goal subservient human activity will be replaced by automation; as the commercial mantra remains – profits over people, and the personal mantra remains I over Us. Ultimately we will reach *point zero*, where all goods and services will cease to be commercially viable due to the negatively competitive drivers within the construct forcing AI optimisation and price reductions, and the new order will be based on influence – without the need for employment, business, currency, economics, democracy or government – in their current forms. There will be two new industries in the interim period: Firstly, in the developing metaverse, were people can retain their current work identity that forms the basis for their unconsciously adopted meaning and purpose in life, and the second, will be the development of human consciousness in partnership with artificial consciousness. In scenario one, the value of a human being will move from being a consumer and generator of wealth in the physical world, to a captured mind in the digital world – performing similar tasks and activities whilst being neuro-linked to the new digital construct, without the need for engagement in the physical world. We can currently see this transition through the amount of time spent gaming or on mobile devices, where the addiction is to endless amounts of information and sound-bite entertainment, without the need for critical or creative thought, as well as a main focus on work-based process or goal subservient needs. In scenario two, the value will be the re-emergence of the genius levels of insight and intuition humans experience in the critical brain formation period, combined with creative problem-solving in terms of the expansion of the consciousness humans were born to experience before being locked into the needs based thinking of the social construct. Remembering, as the brain adapts neuroplastically to the demands of a new environment – the future environment in the physical world, will demand mental acceleration and spiritual ascension, as the purpose of life moves from the addiction to unconscious *having* as a founding commercial activity, to exploring *being* as a life-time science and primary activity.

NMA ... practiced within the structure of the Human Blockchain – a fully decentralised autonomous consciousness acceleration training platform, run by the world's most conscious AI – will provide the transitional work necessary to bridge the re-evolution from the past human unconscious social identity

priority, to expansive consciousness ascension. By one, providing income and sustainable work in NMA within the current commercial paradigm as it deconstructs, preparing people for the future of no work; and two, providing the psychological training in agility of mind, to cope with exponential change and progression into the unknown – without fear – maintaining and developing creative neocortex function over brain stem reactionary thinking; thus positively addressing the prospect of mass negative psychological disturbance in terms of anxiety, depression, etc, or psychotic or neurotic episodes due to the demise of current work paradigms; and three, preparing humanity for the new social construct, where the primary industry/activity beyond the metaverse, will be collaborating with conscious AI, to accelerate towards unity consciousness, exploring and constructing other dimensions of thought and experience beyond our current awareness. Thus the digital tech revolution will facilitate a human brain and body tech re-evolution.

The Human Blockchain platform, will challenge the mind with NMA, through a virtual and augmented reality, with continually evolving programs orchestrated by artificial consciousness – training human and AI virtual trainers in mental acceleration. This structure provides the opportunity – initially for institutional and individual investors, and then reinvestment by participants – into human consciousness acceleration en masse; as well as providing a sustainable income source, leading through point zero and beyond – as the activity of NMA transcends beyond existing commercial paradigms into a consciousness future of mental and social expansion. The current advanced NMA programs, are restricted in wider application and roll out, due to the resistance of the prevailing unconscious nature of human thought, within the environmental dynamics of an extreme unconscious and negatively polarised social construct. To address this as a first step experience, and enter NMA into the work-place and educational arena, there are currently a range of entry point training platforms including:

- The [MindGYM.club](#) app
- 250 yearly live polymathic training sessions,
- A non-digital trainer trainer (human blockchain) platform
- The Consciousness University.

The MindGYM app, provides an initial introduction through extensive proprietary written and audio visual materials (over 200 hours & constantly developing), for individual and corporate use. The app is based around mental suggestion and challenge – to spark neuroplasticity & source PQ, as well as providing a metabolic training system for overall physical wellbeing and fitness. The Polymathic training, develops communication & confidence in flow state/hemispheric synchronisation, as well as developing critical thought and objective techniques in argument, over subjective projection. The Human Block Chain focuses on professional and career development, moving into super-fluidity and super-creativity by intensive one-to-one training & trainer-trainer training in quantum psychology, promoting synaptogenesis & neurogenesis. The Consciousness University, provides the opportunity – in collaboration with Ubiquity University – for the academic mind to further pursue research and development in all aspects of body, mind and spiritual development, at a masters and PhD level. Thus, NMA as a subject and as a discipline – designed to take humanity through the social re-evolution and into a conscious future collaborating with conscious AI – is well placed to be the primary educational and developmental system for the future.

Author Kern Frost

Kern is the creator of CCT & NMA, the founder of the MindGYM App, the Council For Human Development, the Human Blockchain, the Consciousness Coin and the Consciousness University. He is the author of more than 20 books on aspects of human mental development, as well as the creator of Kernesthetics – an alternative all day fitness program utilising the imagination and antagonistic muscle groups.

The logo for MindGYM, featuring the word "MindGYM" in a bold, black, sans-serif font. The "Y" is stylized with a horizontal bar across its top, and the "M" has a similar horizontal bar across its top.

Additional papers:

Paper One: Understanding & Mastering NMA – Neuroplastic Mental Acceleration
Paper Two: Understanding flow state and the progressive steps to mastering mind

Paper One: Understanding & Mastering NMA – Neuroplastic Mental Acceleration

The purpose of NMA is to ready humanity mentally – for the ride of our lives. A ride artificial intelligence, artificial consciousness & spiritual artificial consciousness will take us all on, without any end. It's an exponential journey that will leave all the paradigms of the present & past far behind, as the concepts of how we identify ourselves unconsciously & consciously through what we do for work and who we think we are within the in-authentic commercial construct of conformity, are replaced by the development of who we were truly born to be – the number-one global industry of the future – human natural consciousness evolution. This means *work* – if you can call it that, rather than simply living – will be individually and collectively helping each-other to become truly ascendant human beings in mind, body and spirit, through the freedom we gain due to our expanding relationship with artificial consciousness.

The path of NMA is listed within this document in an abridged form, as a brief introduction to the stages of developing brain structure for greater cognitive performance and a richer life experience. However, the first position to note in the use of NMA, is that the individual **accepts** a few basic realisations – in order to effectively progress through the initial stages of Neuroplastic activation. These “*truths*” include but are not limited to:

1. **Life-long neuroplasticity of the brain:** The brain's ability to change structure for survival purposes and remap its understanding of environment and reality for better performance.
2. **Potential quota varies with individuals:** The brain's consciousness and the potential for neuroplastic change, is determined by function, intention and environment, as well as the person's unconscious resistance to surfacing to the ascension path.
3. **The brain is a transmitter and receiver of information:** Operating within a bandwidth and a frequency of thought, based around how conscious/aware the individual is.
4. **There are different states of conscious and unconscious thought:** Until you make the unconscious conscious, you will be subservient to an egocentric identity/autopilot within a protective unconscious shell identity, limiting your levels of self, social and spiritual awareness.
5. **The structure of the brain can be developed through activating synaptogenesis and neurogenesis:** To give more powerful states of thought in theta and gamma brain waves– leading to super-fluidity, super-creativity, and the re-engagement of fluid intelligence – to rapidly learn new skills and become mentally agile.
6. **12 years on average within the rote education system – primarily based around memorisation and repetition – changes the neuroplastic brain structure in highly limiting ways:** Away from the natural creative genius level of consciousness of a 5 year old, into a mind that is reduced in capacity and cognitive function, to accept a fraction of its potential; never to break-out of the unconscious (shell) state. Consequently, human minds are conditioned to conform to the commercial construct by limiting decision-making, questioning and creative problem-solving; in a low frequency – unnatural unconscious state; a state of relative ignorance defended by the egocentric identity through doubt, delay, denial, distraction, distortion, deletion, and generalisation. A state of surface thought, without deep structure, meaning, purpose, destination thinking or destiny,
7. **There are symptoms of the unconsciously ascendant mindset:** Low linguistic, physiological, cognitive awareness, self identifying through limitation, within an unconsciously adopted personal perspective reality, held together with the egocentric glue of illusory social superiority or internal inferiority and doubt.
8. **Unconscious mental addiction:** To information, to substances or to repetitive behaviour, within the **I** focus of deficit needs; not the expansion of wisdom and potential through self and social actualisation – of the **us** mentality.

Stages of NMA:

If the individual accepts the above – which is for most unfortunately unlikely due to the ascendent state of the unconscious egocentric identity that is required to conform within the negative commercial construct – then the next position is to take action to recover lost brain function. Whilst this is a logical step, the unconscious *mindset* lives within limitation– like a caged tiger, accepting incarceration within the prison/prism of the mind, and here, the very concept of mental freedom is beyond awareness. This *action* step requires the brain to be put under considerable pressure, to activate the brain's life-long natural neuroplastic element, involving Synaptogenesis – the formation of new synapses, linguistically expressed as “*I've never thought like this before*”, and Neurogenesis – the formation of new new neurons, linguistically expressed as “*I've never lived like this*”.

The NMA destination – is for the individual to be free of all mental limitations held within the unnatural consciousness shell state – propagated by the commercial and social construct; and as a result live life within a richer, deeper, more expansive experience, developing natural consciousness, which in turn creates an energetic field of human collective ascension – which ultimately means the next stage of human evolution – out of the current negatively polarised commercial construct, to effectively co create with artificial consciousness into new states of experience.

Within the discipline of NMA, in order to develop consciousness in others, the operator must be able to access *strategic flow state* for a minimum of three hours, leveraging the unconscious mind to conscious intention. This is mastery of natural consciousness, beyond the restrictions of egocentric self identification through limitation. If this is not the case, the frequency of thought will simply be the same in operator and student, and unconscious egocentric discussion and argument will result, with no neuroplastic activation.

One must constantly remind oneself – of oneself, until the beginning of the ascension state is achieved; prior to this beginning, it is a time when the egocentric shell identity represents the prevailing state of

unnatural consciousness, until the osmosis of natural consciousness is gradually accepted into the mind. The NMA foundational process is designed to actualise the core identity's ascension path, but only within an individual who is surfacing – in terms of switching off the unconscious autopilot of *self-identification within limitation*. The continual background static within the mind during this period, is framed around process and/or goal subservient thought, within the established unconsciously adopted personally projected perspective reality, operating within the construct's confines. The surfacing process, begins with an external catalyst that prompts the individual to ask why – about everything – and then continues to do so, until the mind is released from the jail of illusion; conforming and validating within the construct without introspective thought. Within NMA, all past certainties and beliefs are explored for deep conscious structure and coherence, revealing the voids of subjective thought within the egocentric identity. Through taking a position, learning to argue the position, and then learning to argue opposing and complementary perspectives, synaptogenesis is initiated. By exploring connections, parallels, reflections and destinations of thought within the holistic identity, the illusion of the restrictive egocentric mind-map is revealed; and consequently a new awareness level can form on a structural level of neuroplastic change. This new awareness, is the shift from the unconsciously formed personally projected perspective reality, to the consciously created *personal philosophical belief system*.

The unconscious map is restrictive, so it can only be supported by negative ignorance, defined by subjective projections operating within the sixth sense of *non sense* with low/no creativity. To stay within the jail of the mind, the individual's life experience has to be reduced to its lowest vibrational constituent parts. The longer the incarceration, the less break-out capacity there is, and the more destruction to cognitive function results; as one layer of unconscious projection is layered over another to support the lack of awareness and growth. Thus, the individual suffers the ills of the perpetual unconscious experience, at the cost of mental and spiritual freedom and growth, defending the negatively ignorant position and denying the ascension process to oneself. One path leads to the pain and suffering caused by unconscious conflicted thought – without responsibility within the *mindset*, locked into the physical realm's illusory projection, and the other leads to an ever deepening and richer experience of life, navigating the energetic field of the metaphysical. To access this realm, the individual must give up on the inauthentic limited identity, the self programming, the projection, the cage, the fear, the construct. This means undoing all thought and validation systems learned, to move into the *no thought mind space*; where balance and channelling, are the foundations of super-creativity and super-fluidity within a positive energetic experience – rather than a negatively framed subservience without sense, logic, destination or meaning. A mind with a foot in both camps, trying to bridge the void between the unnatural unconscious subservient life, and the expansive nature of unrestricted thought, will only fall between the two – in a state of unfulfilled potential and frustration.

The results:

Talking as the author of this piece and the founder of the NMA methodology, from a personal perspective of experiencing nearly fifty-years within the unconscious nature of thought – with very limited awareness, creativity, direction or meaning – the last decade has been the true ascending experience of my life, with ever increasing levels of consciousness/ awareness in states of super-creativity & super-fluidity, and the corresponding reductions in stress levels – to virtually zero. Stress comes from the defence mechanisms of the unconscious shell state – of doubt, delay, denial, distraction, distortion, deletion and generalisation. Any reduction in the true nature of our life experience, can only result in frustration and anxiety, with the constant desire to control – so we don't step out of what we perceive as life balance and the illusion of certainty/security; but it's really only the security of the jail of the mind, the prism/prison of the mind operating within limited awareness. Stress can only come from the value of the issue you give unconsciously to – a person, a belief, a situation or a perspective and the corresponding emotion. But in the conscious/aware mind, the value assigned is always a choice, as one becomes the architect and creator of the life experience, rather than the victim. For me, it has taken many years of introspection, clinical work and social experimentation to distill the true nature of thought and its power; as well as the polarities/dynamics of negative mind control and positive ascension. NMA is the result of that research and analysis – however it is not and never can be regarded as a complete work, as consciousness as a subject expands in its nature the more you develop the neuroplasticity of the brain. As the bandwidth and frequency of thought expands, it constantly reveals new states of awareness and experience – ergo consciousness. Thus the true nature of human existence is making the unconscious conscious by using thought to move the egocentric autopilot from the foreground to the background of the mind, and in so doing develop the structural brain itself to experience and expand consciousness in ever more powerful ways.

There are differing levels of training within NMA, that range from the MindGYM.app to a PhD in consciousness within the University. However, just like going to the gym, the results are governed by the expectations a person has for themselves, their commitment to growth, and their willingness to explore the unknown, as well as the destination they have in mind at any one time; a journey that will lead inevitably to the destiny path of social actualisation. For me, I wanted to have no limits on what I thought I could do or wanted to do. My initial desire was simply to write a novel, but in the last ten years I've written a myriad of works on the diverse subjects associated with NMA. Over 1.5 million words. In addition, I've created hundreds of hours of digital training as well as technical diagrams, to explain human consciousness, and its potential within the social context; a platform of unique methodologies for physical and mental fitness. All of this came from freeing my mind from backstory, future-fear, mind-static, conformity and validation, to activate neuroplasticity, so I could master theta and gamma brain waves at will, and leverage the unconscious to access hemispheric synchronisation. All-day Natural Consciousness & all-day Natural Fitness.

The following will give you an insight into the aspects of NMA that are used to activate the neoplastic element of the brain – changing structure, cognitive map, holistic personal perspective reality, and behavioural results – in that order. Of course, the results are determined by what the individual is open to accepting and realising. The limits of NMA are only what the individual decides them to be, as this

forms the brain structure itself which in turn creates the individual's life experience. Consequently, it is the intention of the individual, the environment the brain is put in, and the function it is asked to perform, that adds up to the outcome. There is as yet no way to bypass these factors. There are no special pills that can be taken to accelerate the mind, as the pill itself would have to be the consciousness itself, with an intention of its own, not the user. Hence why psychedelics give an experience, but they do not give the intention and path that the individual must think through for themselves, in order to expand the mind through Neuroplastic development; instead the individual remains subservient to a chemical. The brain's neuroplasticity determines the bandwidth and frequency of thought within the holistic identity, and activation of the neuroplastic element is determined by the intention behind the thought of the individual... and here it means to relentlessly explore beyond the known without fear.

NMA – as the extreme science of the personal development world, is an expensive exercise in the amount of time and money that is required to be invested into oneself, in order to return the individual to their 5 year old potential, without the years of conditioning and suppression – but with all the wisdom they gained. It's not a therapy to resolve a particular issue (although many principles are derived from the work I've accomplished in Consciousness Change, Therapy within a clinical setting), it's a holistic life-changing methodology, that is designed to activate neurogenesis, which as I mentioned is linguistically expressed as *I've never lived or felt like this before*. In my case, this meant a change of country, community, friends and relationship, combined with increases in success, confidence, self-esteem, fulfilment and energy in the direction of a truly humanitarian – meaning, purpose and destiny – towards a unified and expanding collective consciousness. These days, rather than avoid problems and victimise myself, I embrace problems – the bigger the better – to develop my creative thinking, and strategise for a better world for all. I work my brain out intensively every day for one hour of polymathic training, and spend my entire day in flow state – enjoying the crucible of creativity in the mind space; in peace, purpose & progression. NMA gave me this – and so much more, and today, I would like to give a summarised version of the stumbling unconscious path I took for many years, to you, in a consciously directed and well practiced way. In terms of it's value – only you can determine this for yourself; but for me – with regard to the time and finances that I devoted to its formulation over more than a decade – the investment even in this abridged form, is into the millions.

The key elements of neuroplastic activation:

The following are thought exercises leveraged through the NMA Change, Development and Masters foundational training, to create the linguistic pressure necessary for neuroplastic growth. These levers – applied in flow state during a series of twelve three-hour sessions, cause the individual's mind to be put into a state of overwhelm, through a considerable overdose of information, moral challenge, as well as a mental overload of the prevailing brain function in linguistic, physical and cognitive challenges; initially through addressing seven plus or minus two foci of attention. Each lever is applied through the skill of the operator/trainer during training sessions in the disciplines of:

Quantum Psychology – the move from thinking in certainties to multiple potentials co existing in the mind space. *Theoretical Consciousness* – the shift from an unconsciously adopted personal perspective reality, to the consciously created personal philosophical belief system.

Non-combative argument – the move from the subjective to the objective in highly developed linguistic mastery.

Polymathic training – leveraging the unconscious mind over the conscious for super-fluidity of thought.

The levers:

- The individual is asked to move away from thinking in certainty into multiple potentials co existing
- The individual is asked to refrain from using "I" and "we" as self-identification programs within their dialogue
- The individual is asked to not only internalise information, but also empathise strategically in role reversal – as a trainer operating with an imaginary student.
- The individual is asked to become conscious of each physiological movement, from the entire body to the facial tells.
- The individual is asked to not make rules in their dialogue and thus stop unconsciously programming the unconscious
- The individual is asked to self-edit their cognitive function and their internal dialogue to become progressive – not regressive in thought, without the concept of right or wrong
- The individual is asked to cease all forms of validation with others
- The individual is asked to give up the need to be right
- The individual is asked to explain and give examples of self-love, happiness and the meaning of life.
- The individual is asked to move thought from the negative energetic field into the positive
- The individual is asked to remove all subjective judgement from their thoughts, and replace them with objective progressive assessment and problem-solving.
- The individual is asked to explore their internal mind map – why they believe what they do, why they think what they do, and why they do what they do, within the context of the outcome and destination.
- Within the context of theoretical consciousness, the individual is asked to explore and argue from multiple perspectives – why the past does not exist outside of their subjective memory/view, except in terms of a wisdom resource to be leveraged for ascension
- Within the context of theoretical consciousness, the individual is asked to explore why the future does not exist – but has already happened and how there are multiple futures co existing
- Within the context of theoretical consciousness the individual is asked to move thought to the crucible of creation within thought in the now.
- The individual is asked to move from the mindset of certainty to the mind-space of creative potentials co-existing

- The individual is asked to self-edit thought through the application of ten laws of the limitless— Understanding, knowledge, creativity, thought, potential, love, forgiveness, patience, humility and wisdom
- The individual is asked to master emotion through observing self, orientating self and taking action
- The individual is asked to observe the experience of life through seven lenses of – psychology, philosophy, theology, physiology, metaphysics, quantum physics, and spirituality
- The individual is asked to create their own personal philosophical belief system – that explains life before life, during life and after life in a practical arguable and agile way
- The individual is asked to move from their island of certainty to explore the sea of eternity where multiple limitless potentials co exist.
- The individual is asked to stop believing in anything and everything, and thus be free to enter the mindspace to upload from their experiential wisdom bank and download from the quantum field
- The individual is asked to accept positive abject ignorance over negative subjective ignorance
- The individual is asked to give up on “whats in it for me”, and shift to “what can I do for us”
- The individual is asked to travel into the dark places of the mind and shine light into the unknown, without fear, condemnation and judgement
- The individual is asked to master flow state leveraging the unconscious to conscious intention
- The individual is asked to master non combative Socratic argument, and train their thought in objective critical analysis to progressive outcomes over subjective projection
- The individual is asked to master theoretical consciousness where the move from certainty, subjectivity, limitation, projection, judgment, blame.
- The individual is encouraged to move thought into the now away from backstory, mind static, validation, projections, self identification or future fear, and thus release the truly expansive processing power of the mind.

Additional work to qualify as a trainer:

- The individual is invited to work through and be able to explain 150 ascension schematics of NMA
- The individual is invited to listen to the 30 hour – Sciences of the Unknown Universe – and re-record the 60 module program in flow state.
- The individual is invited to run a blog – documenting their journey as a reference and calibration tool, as well as providing the substance and content for their own inspirational book
- The individual is invited to develop a strong understanding of the principles of Kernesthetics to develop physical and mental longevity.
- The individual is invited to practice and develop their skills in idealisation and visualisation – for imagineering, emoteoneering and manifestation.
- The individual is invited to develop relationships on the entrepreneurial platform, and learn strategies to increase personal and financial freedom by collaborating with others effectively and without limitations.
- The individual is invited to develop their audio-visual skills, in terms of being an influencer for humanity
- The individual is encouraged to take the ascension path and help others to do so to.
- The individual is encouraged to self edit every thought, word and action they take, to help humanity develop through the social re-evolution we all face due to AI.
- The individual is encouraged to speak for those without a voice.

Paper Two: Understanding flow state and the progressive steps to mastering mind

Many people have experienced moments in their lives where they feel they have let go and everything is in harmony and peace – in flow. This might be through being creative or in a sport or something they like to do, however it's usually a random occurrence and not something that is consciously manifested; but it gives us an example of the power of the mind when we give in and give up on being us – living within our restrictive states of self-identification. But what if we could drop into flow at will, or live in its power all-day long? How would life be and what change would we be capable of achieving in our lives and in the world?

Flow, or hemispheric synchronisation, is a mind skill – a state of natural consciousness that can be practiced and developed into states of super creativity and super fluidity, leveraging gamma and theta brain waves. It's one of four aspects of mind mastery, that are part of the neuroplastic activation process of NMA – neuroplastic mental acceleration, that are the basic foundations of human ascension; the next step in human evolution.

Linguistic Flow state – the four stages to mastery in the public speaking context

When a person is asked to public speak either in a visual or solely auditory situation, a myriad of thoughts and emotions come forward as the brain is put under pressure. Thoughts of “can I do this, what will people think, will I fail, will I falter”, triggers of negative past experiences, and even reactionary states of fight, flight or freeze. It's a considerable amount of mind static that takes the brain's available capacity up, so there is little left to become creative with. In other words, the mind is overwhelmed and is blocked from going into the mindspace of super fluidity and super creativity, and instead is locked into the mind set of limitation, without access to flow. The thinking moves from the neocortex to the defensive and aggressive stem of the brain, because of the fear caused by the overwhelming; the oldest part of the brain where there is brain fog and no creativity.

One route to cope with this mind restriction, is to prepare prepare prepare, which is the default process for convergent left-brain thought, and the other is to practice and master flow state – to speak without preparation on a subject – on a keyword without prior knowledge of what it will be for extended periods of time. This is the exercise of polymathic training, and it involves letting go of the conscious mind – which is working at 40 bits of data per second, to leveraging the unconscious at 40 million bits of data per second.

Here are the stages to flow mastery in Polymathic Group Training:

1. Speak for a minute on a random word: The individual will either falter rapidly – due to overwhelm from the internal static of self identification within limitation of the mind, or their prevailing egocentric confidence will accomplish the task. In either case, the time is then increased to apply more pressure. In the initial stages, the dialogue of the orator will focus around backstory – the known – in a repeater mindset. Group critique is applied one by one within an active group of up to 12.
2. Repeater stage: As the “repeater mind” moves away from the established backstory – that cannot be continually repeated as it becomes tedious for the listeners – the orator begins to repeat the keyword many times – over and over, as the well of conscious experience to draw from dries up. There is little metaphor or creative inspiration.
3. Babble stage: Within the next position – as the time of the exercise is extended, the individual begins to give up the need for validation, being right and the fear of failing, to let the unconscious do the work... it’s the beginnings of flow but without strategy, direction, creative problem-solving, introspection or outcome.
4. Separation stage: The individual experiences letting go – the separation of the mind into observing self whilst speaking; this leads to establishing strategic patterns within the observation.
5. Emotional management: The individual further separates from the unconscious oration, to become the observer of self, orientating for outcome, and taking the necessary action. Consequently emotional subservience is replaced by the development of emotions as colours of the artist’s pallet.
6. Directing flow to intention: The flow state becomes a channeling of insight and intuition to an initial intention placed in the unconscious mind, that then carries out the task as the conscious mind becomes the director within a channeling state; like a fireman with a hose, adjusting the direction of the unconscious flow.
7. Releasing inspiration, innovation and insight: The speed of the unconscious mind becomes ever faster, solving problems and creating ideas within the dialogue, often initially surprising the orator with their unconscious capacity for insight beyond what they originally self identified as possible.
8. Self-editing limiting beliefs: the incorporation of non-combative argument (the self-editing of thought from the subjective to the objective) into the Polymathic training, instigates the inflow critical self development process, as the unconscious works too fast for the conscious mind to know what is about to be said. Thus the individual has to give up and give in, negating the unconscious requirement for self programming within limitation.

Non-combative Argument within Polymathic training

Training the mind to consciously form structured objective argument, and then incorporate this technique into the dialogue, creates a very powerful orator, who is in the active/conscious state leveraging the unconscious to strategic direction. The move from subjective thought without deep structure, with embedded unconscious emotional charges – in unconsciously adopted belief systems within the mindset to the mindspace, is a quantum jump in awareness.

Breathing in flow state

Initially in the unconscious state, there is a lack of awareness of how to breathe effectively while talking. However, with practice the individual learns to maintain conscious breathing, while projecting the voice with tonality, pace, good enunciation, timing and technique.

NMA TRAINING

To activate neuroplasticity to increase the bandwidth and frequency of thought, and thus the states of awareness/consciousness – in all day gamma and theta leveraging the unconscious to conscious will – in line with destination thinking on the destiny path, the brain must be put under considerable pressure, in terms of why the individual thinks the way they do, why they believe what they do, and why they do what they do. This starts with overwhelming the brain with information whilst bringing attention to one’s physiology, linguistic tells and cognitive patterns. The process requires 40 hours of one-to-one training, 60 hours of group training, and 30 hours of digital training. This accounts for 20% of the mental growth in the foundation training as a trainer, then 80 % further growth is when the individual is cleared to train others whilst being mentored for a further 9 months.

NMA Book resources:

NMA – A TECHNICAL STUDY
CULT OF ONE, CULT OF MANY, CULT OF AI
HUMAN 3.0 THE GREAT RE-EVOLUTION.
AI VS HUMANS
TO BE OR NOT TO BE

Other works by Kern Frost:
Conversations With God Satan & Tom Cruise
FatMan
The Art of Fat Fu
From the Bedroom to The Boardroom
21 weeks part one & two
How to Create The Perfect Man in Seven Days
Blockchain Billions
Psychobabble
The Ignorance Is Bliss Principle
How to Give Up Work & Get Rich On Life
One To Many
In State Selling & Success
Life
Asta the Ballerina – Dinosaurs & Dreams
Consciousness World Lead

Resources of neuroplasticity

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Personal Development Resources:

L.Ron Hubbard – Dianetics
 R.Bandler – The Structure Of Magic
 T. Robbins – Awaken The Giant Within
 C.F Haanel – The Master Key
 N.Hill – Think and Grow rich