

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 — 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 on 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 state. Consequently, minds are conditioned to conform to the commercial construct with limited 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, 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* requires the brain to be put under considerable pressure, to activate the brain's neuroplastic element, involving **Synaptogenesis** — the formation of new synapses, linguistically expressed as “*I've never thought about it like this*”, and **Neurogenesis** — the formation of new new neurons, linguistically expressed as “*I've never lived like this*”.

The destination — is for the individual to be free of all mental limitations within the unnatural consciousness state propagated by the construct, living life within a richer more expansive experience, developing natural consciousness, which in turn creates an energetic field of human collective ascension — which ultimately means 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, 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 constructs confines. The surfacing process, begins with an external catalyst that prompts the individual to ask why — about everything — and continues to do so, until the mind is released from the jail of illusion; conforming and validating within the construct without introspective thought. All past certainties and beliefs are explored for deep conscious structure and coherence, revealing the voids of thought within the egocentric identity. Through taking a position, learning to argue the position, and then leaning to argue opposing and complementary perspectives, synaptogenesis is agitated. 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. To stay within the jail of the mind, the 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 rich 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 unnatural unconscious subservient life and the expansive nature of unrestricted thought, will only fall between the two — as unfulfilled potential in a state of 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 & superfluidity, 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 you give unconsciously to — a person, a belief, a situation or a perspective, and the corresponding emotion. But in the aware mind, that value assigned always has choice, as one becomes the architect and creator of the life experience, rather than the victim. For me, it's 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 — consciousness.

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 on themselves, their commitment to growth and exploration into the unknown, as well as the destination they have in mind at anyone time; that will lead inevitably into 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 objective 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; unique methodologies for physical and mental fitness. All of this came from freeing

the 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 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 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 that the individual must think-out for themselves in order to expand the mind through Neuroplastic development; otherwise they would remain 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.

NMA — as the extreme science of the personal development world, is an expensive exercise in the amount of time and money having 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 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 true humanitarian meaning, purpose and destiny — a unified expanding 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, and spend my entire day in flow state — 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 the stumbling unconscious path I took, to you, in a consciously directed way. In terms of it's value — only you can determine this for yourself; but for me — with regard to time and finances 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:

Quantum Psychology — the move from thinking in certainties to multiple potentials co existing in the mind space.

Theoretical Consciousness — the shift from an unconscious personal perspective reality, to the personal philosophical belief system.

Non combative argument — the move from the subjective to the objective

Polymathic training — leveraging the unconscious mind over the conscious for superfluidity

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 there are multiple futures co existing
- 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.

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