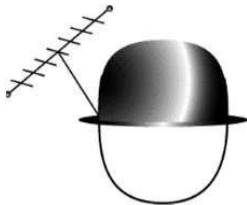




Top Hat Theory

Reticular Activating System (RAS)

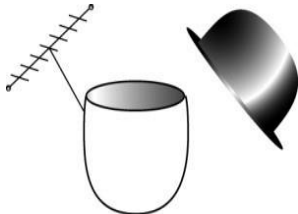
The “Antenna“ represents access to the unconscious mind



Conscious Brain

Diagram 1

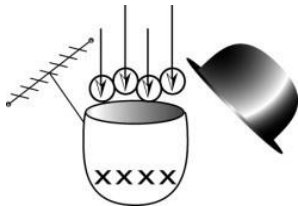
Unconscious Mind



Conscious Brain

Diagram 2

Unconscious Mind



New Positive Suggestions

Diagram 3

X Negative Accepted Suggestions

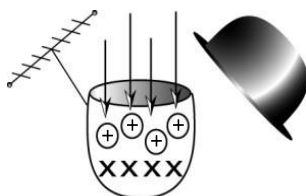


Diagram 4

+ Positive phrases sit next to negative beliefs
and are accepted

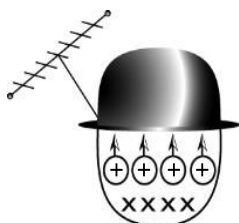


Diagram 5

Over time these positive phrases will dominate
negative beliefs, physically rewiring the brain if
presented correctly and consistently.
(Refer studies on Neuroplasticity)

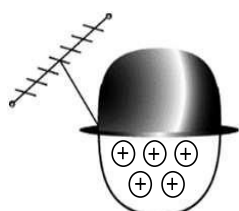


Diagram 6

At the end negative beliefs are completely
replaced by positive beliefs, leading to a
permanent and enduring change of behaviour.
(Refer studies on Neuroplasticity)
