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ABOUT COACH TROY
 MENTAL FITNESS EXPERT

B.A. CLINICAL PSYCHOLOGY, MA DEPTH PSYCHOLOGY, PSYD IN CLINICAL PSYCHOLOGY ^{ABD}


- Worked in childcare industry for 50 years
- Entertainment Industry
- Foster Care
- Mid West
- NYC
- Los Angeles
- Entertainment Industry
- Oncology % Psychology
- Life Purpose – Mindology Fitness



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INTENTION

Provide you with the tools
 you need to ensure that
 your **peace of mind**
 is in your hands at all times.



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OUTCOMES

PEACE ON DEMAND
 STRESS, FEAR, ANXIETY, GRIEF, SELF-CONFIDENCE REGULATION SKILLS
 ACTIVATE YOUR HEART'S INTELLIGENCE
 TRIGGER DEACTIVATION SKILLS
 PROBLEM RESOLUTION
 CLEARING YOUR ENERGY FIELD
 ...AND MORE

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PREPARATION FOR PROGRAM

Chair or Yoga Mat
Water
A Problem

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THIS IS A MINDFULNESS FITNESS PROGRAM

THE WORKOUT

BODY MIND SPIRIT

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WHAT IS PEACE?




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PEACE: GIVING UP THAT THERE IS SOMETHING WRONG

THIS DOES NOT MEAN
you have to always think positive
you have to detach from reality


THIS DOES MEAN
practicing **acceptance**
surrendering instead of resisting



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FORMULA FOR PEACE

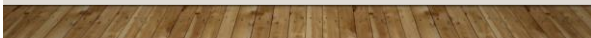
ACCEPTANCE + SURRENDERING = PEACE



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ACCEPTANCE

choosing what is **AS IS**
committed to *creating something better*



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SURRENDER

zero resistance to avoid persistence

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NOW THAT WE UNDERSTAND WHAT PEACE IS...

...HOW DO WE
ORGANICALLY ACCESS PEACE?

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MINDOLOGY FITNESS

BODY MIND SPIRIT

"Our bodies can change our minds, our minds can change our behavior, our behavior can change our outcome." - Dr. Amy Cuddy, Social Psychologist

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BODY

- Brain – cross lateral stimulation
- Eyes – activate the optic nerve
- Kidney Massage - cleansing
- Lungs – eliminate grief
- Energy Drains – release from body



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BRAIN ACTIVATION



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OPTIC NERVE STIMULATION



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KIDNEY MASSAGE



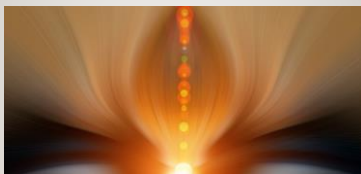
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REMOVING GRIEF FROM LUNGS

- THINK OF GRIEF
- BEND OVER & COUGH
- ARMS SWING BEHIND YOU
- PALMS FACING CEILING

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REMOVING ENERGY DRAINS



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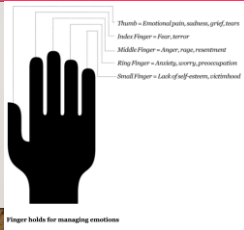
MIND

- Emotional Release Finger Holds
- Mind Free Flow
- Trigger Identification
- Head Cradle
- Breath Hold



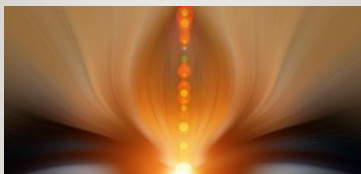
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EMOTIONAL FINGER HOLDS



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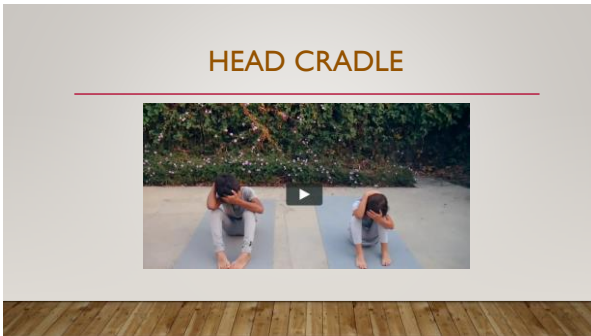
MIND FREE FLOW



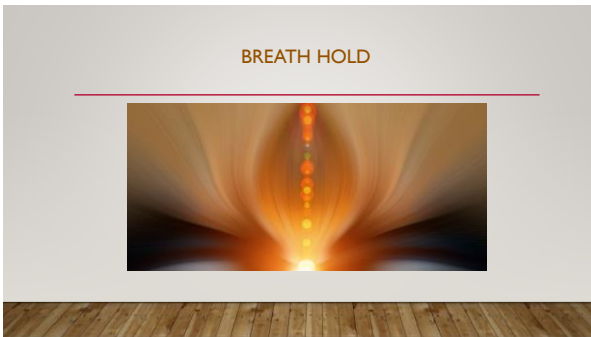
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SPIRIT

- Activating Your Heart's Intelligence
- Your Beingness By Design
- Cleansing Your Energy Field



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ACTIVATING YOUR HEART'S INTELLIGENCE



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YOUR BEINGNESS BY DESIGN



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ADULT & KIDS PROGRAMS

MINDOLOGY FITNESS KIDS
WWW.MINDOLOGYFITNESSKIDS.COM

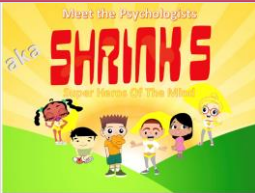
MINDOLOGY FITNESS ADULTS
WWW.MINDOLOGYFITNESS.COM

FUN, FIT, FABULOUS MIND
WEEKLY SESSIONS WITH TROY
WWW.MINDOLOGYFITNESS.COM



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ANIMATED MEDITATIONS FOR KIDS



WWW.MINDOLOGYFITNESSKIDS.COM

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ADULT OPPORTUNITIES

Become A Mindology Fitness Kids' Trainer



WWW.MFKTRAINING.COM

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THANK YOU FOR SHARING THIS TIME WITH ME

NOW, GO BE
GREAT!
