

A decorative graphic on the left side of the slide consisting of a network of thin, light-orange lines. These lines form a complex, branching pattern that resembles a circuit board or a neural network. Some lines end in small circles, while others are open. The pattern is denser on the left and tapers off towards the right.

# THE CURIOSITY PROTOCOL

HOW TO REWIRE YOUR BRAIN IN 7 MINUTES FOR EMOTIONAL AND PHYSICAL WELLNESS.

# THE EMOTIONAL STATE OF CURIOSITY!

The process of engaging in curiosity is by its very nature, brain building.

Curiosity commands the brain to expand, wonder and wander.

Curiosity engages the brain in a unique way. True curiosity changes the brain chemistry encouraging and favoring new neural-pathway generation and growth.

When a person begins to be curious, the electricity in the brain changes to encourage growth and expansion.

# THE EMOTIONAL STATE OF CURIOSITY!

Curiosity activates the brain in ways that we could not otherwise do.

The process of being curious is hard-coded into our DNA and deeply into the oldest parts of our brain. Survival, creativity, innovation, advanced problem solving are all born of curiosity.

# THE EMOTIONAL STATE OF CURIOSITY!

When we engage in curiosity, we are awakening and activating our brain in special and unique ways that allow us to re-wire and reprogram with grater ease and grace.

# THE CURIOSITY PROTOCOL

The purpose of this Protocol is to use **curiosity** to assist you in rewiring your brain for a particular benefit or outcome.

# THE CURIOSITY PROTOCOL

## Instructions Overview.

This protocol involves watching a Passive Brain Fitness Video while simultaneously using your imagination to visualize two things...

**1:** Visualize your brain growing new neural-pathways and / or restructuring itself to achieve your desired outcome.

**2:** Visualize a movie of yourself enjoying the benefit of your desired outcome.

# THE CURIOSITY PROTOCOL

## Instructions Overview.

While watching a Passive Brain Fitness® Video, you'll bounce back and forth between visualizations.

→ I know this may sound difficult...but I have a special technique that make this simple and easy to do.

# THE CURIOSITY PROTOCOL

## Instructions Details:

- Before using this protocol, take a few minutes and create a "Curiosity Statement" that represents positive change you want to see in yourself. The write it out on an index card or paper that can be easily accessed.
- Be very precise with your language making certain to emphasize what you want as to oppose to what you don't want. The "Arrow" of your intention must be pointed forward, not backwards.

# THE CURIOSITY PROTOCOL

## Instructions:

- Then, above your "Curiosity Statement", write the matching intention.
- When you are done, you will have an "Intention Statement" and a "Curiosity Statement".

# THE CURIOSITY PROTOCOL

## Instructions:

- I've included some examples below to assist you in formulating your language based on some difficult subjects.

*For now, I'll complete your instructions:*

# THE CURIOSITY PROTOCOL

## Instructions:

**Once you have everything written out, follow these steps each time you use The Curiosity Protocol.**

# THE CURIOSITY PROTOCOL

## Instructions:

- Step 1: Read everything you've written 1 to 3 times so that your brain understands the purpose of what you are doing.

# THE CURIOSITY PROTOCOL

## Instructions:

- Step 2: Start the video
- Step 3: As you watch the video focus in on the "Curiosity" aspects of your "Curiosity Statement". Get curious about how your brain is rewiring.

# THE CURIOSITY PROTOCOL

## Instructions:

Get curious about how many new neural-pathways are being built and how they are getting connected to support your intention.

# THE CURIOSITY PROTOCOL

## Instructions:

Allow your curiosity to create images in your mind of new neural-pathways growing and connecting in new and surprising ways.

# THE CURIOSITY PROTOCOL

## Instructions:

I like to have images and movies come up in my mind as I am watching the video. I make it so that I can still see the Passive Brain Fitness® Video behind the images and movies that are playing in my mind. I highly suggest you practice doing this.

# THE CURIOSITY PROTOCOL

## Instructions:

Allow the curiosity to build a new self-image, picture and / or movie about how you look, feel, behave with the new rewiring that has happened.

# THE CURIOSITY PROTOCOL

## Instructions:

- IMPORTANT TIP:
- In your mind, create a layer between you and the video where you will be curious and watch your pictures and movies that illustrate the "NEW YOU"!
- Practice doing this because the technology and balancing of the visual stimulation will help create the reality of your new image.

# THE CURIOSITY PROTOCOL

## Instructions:

**Step 3 Continued:** As you watch your chosen Passive Brain Fitness Video ®, visualize your curiosity about how many new pathways are growing to support you. [project your visualization on that imaginary layer between you and the video]

Then, switch to a movie or a series of mental pictures that show the result of the "New You".

# THE CURIOSITY PROTOCOL

## Instructions:

**Step 3 Continued:** Bounce gracefully back and forth from curiosity of how beautifully and efficiently your brain is “restructuring” and the curiosity of how you will look, feel, and, behave with the new wiring.

# THE CURIOSITY PROTOCOL

## Examples:

Here are some examples based on some difficult subjects.

**These examples can be tricky...**

# THE CURIOSITY PROTOCOL

## Examples:

When dealing with physical or emotional dis-ease, addictions and such, I like to focus on a self-image or an image (picture) of being **in** and **enjoying complete health.**

# THE CURIOSITY PROTOCOL

## Examples:

- I avoid calling out a specific dis-ease or diagnosis because the most significant underlining causes are likely **not known OR NOT ALL known...**
- **..AND,** even if they are known and how they are connected, focusing on them does not provide the proper instructions for activating the healing power of curiosity.

# THE CURIOSITY PROTOCOL

## Examples:

You must always think about "creating, building, newness, moving forward".

# THE CURIOSITY PROTOCOL

## Examples:

When it comes to using curiosity, I would never write a statement that says, ***"I want to heal my dementia"***. Or ***"Reduce brain plaque"*** or anything that talks about removal or elimination.

# THE CURIOSITY PROTOCOL

## Examples:

I would never say, "*I don't want to abuse drugs or alcohol anymore*" OR "*I want to heal my addiction*"

# THE CURIOSITY PROTOCOL

## Examples:

- When you formulate your language, always keep the "Arrow of Time" moving onward and upwards.
- When you read the examples below, pay attention my language and model your statements accordingly. I'll underline the words that are particularly important.

# THE CURIOSITY PROTOCOL

## Examples:

### Drugs / Alcohol / General Addictions:

#### Intention Statement:

- I ask that my brain be rewired (re-programmed) to support a new and natural tendency for enjoying sobriety.

# THE CURIOSITY PROTOCOL

## Examples:

### Drugs / Alcohol / General Addictions:

#### Curiosity Statement:

As I watch, I am curious how efficiently my brain is growing new neural-pathways to support my new and natural tendency for remaining sober. (or enjoying sobriety)

# THE CURIOSITY PROTOCOL

## Examples:

Drugs / Alcohol / General Addictions:

OR

I am so curious how my brain is rewiring to support my new and natural enjoyment of remaining sober.

# THE CURIOSITY PROTOCOL

## Examples:

### Physical Healing

### Intention Statement:

- I ask that my brain be rewired (re-programmed) to support ever increasing brain health OR “new neural-pathways growth that supports consistent improvements in my short-term memory and long-term memory Or just "Memory".

# THE CURIOSITY PROTOCOL

## Examples:

### Physical Healing

#### Curiosity Statement:

As I watch level, I am so curious how my brain is rewiring to support consistent improvement in my short-term and long-term memory..

# THE CURIOSITY PROTOCOL

## Examples:

### Physical Healing

### Curiosity Statement:

**OR**

I am so curious how my brain is rewiring to improve my short-term and long-term memory.

# THE CURIOSITY PROTOCOL

## Examples:

### Emotional Healing

- **Special notes:** When dealing with emotional trauma and pain, you must start thinking about the negative expressions of those experiences and what they have cost you. Then, you must find a positive polarity that presupposes the underlying causes have healed or transformed.

# THE CURIOSITY PROTOCOL

## Examples:

### Emotional Healing

- Remember, curiosity builds, creates and expands, it does NOT remove or eliminate things directly. The result can be a “removal or elimination” but only as a natural consequence of growth and expansion.

# THE CURIOSITY PROTOCOL

## Examples:

### Emotional Healing

**For instance:** Many of my past traumas led to low self-confidence and low self-worth.

So for me, I would work with improving self-confidence, self-worth and self-love.

# THE CURIOSITY PROTOCOL

## Examples:

### Emotional Healing

#### Intention Statement:

- I ask that my brain be rewired (re-programmed) to support ever increasing feelings of self-love and importance. **OR** “new neural-pathways growth that supports consistent improvements in my self-confidence and self worth.

# THE CURIOSITY PROTOCOL

## Examples:

### Emotional Healing

#### Curiosity Statement:

As I watch, I am so curious how my brain is rewiring to support consistent improvement in my self-confidence and self worth.

# THE CURIOSITY PROTOCOL

## Examples:

### Emotional Healing

#### Curiosity Statement:

**OR**

- I am so curious how my brain is rewiring to improve my short-term and long-term memory.

# THE CURIOSITY PROTOCOL

## IMPORTANT TIP:

- The second part of STEP 3 instructions is to build a movie or use a series of pictures that expresses the new change. You are to view them in a imaginary layer between you and the Passive Brain Fitness® video.

# THE CURIOSITY PROTOCOL

## IMPORTANT TIP:

- You are to access your curiosity about how you will express yourself differently with the new change.
- When it comes to things like confidence, you may play a movie about all the pleasant and surprising ways you are being confident... maybe on stage or on social situations.

# THE CURIOSITY PROTOCOL

## IMPORTANT TIP:

- When it comes physical healing, you may create a movie that involves you wining at a memory game.
- Create something that is a positive and emotional visual example of how the "new you" is expressing the new change in the outside world.