



New York Awareness Center



The Balance of a Yogi and the Focus and Agility of a Jaguar in Pursuit.....

Consider this.....

In yoga you learn to establish balance by adjusting your body within your environment and hold the position of balance as you breathe. What if you could make decisions from balance and then take action as you remain in balance? This is the tactic of the Jaguar, as she hunts to feed her young. Balance in action towards a particular result.....efficient, graceful, focused, unstoppable. It is also the domain of man when he is totally engaged, moving forward in harmony with his environment. We see this most often in performing arts, and athletics, yet it can be transferred to any activity or endeavor. The aesthetic form resonates with the human nervous system to create massive responses which generate a sense of pervasive well-being, transporting you to a state of bliss, in action.

The Devil Made Me Do It

Your responses are the result of both pre-cognitive and cognitive brain function. In other words, there is a large part of your behavioral response; what you say, and do, that are decided, to a large part, before you even have an idea, or thought in mind. Parts of your nervous system drive your experience microseconds before you have the awareness of a sensation, or a hint of a thought.

Do you often second guess yourself and end up wishing you'd taken a different decision?

You inevitably find yourself reacting to your environment in a less than optimal way, and you experience sensations, you call emotions. You don't know where they come from, and what they mean, if anything, because sometimes they're just....gone...when something else more intense pushes the previous one out of the way.

Power Range-Repatterning For Balance in Action

- Uncover your Somatic Signature™
- Take control of your dynamic balance
- Create continuity in action
- Discover your Power Range™
- Learn the Secret Of Decision-Making
- Repattern Your Transition From Decision to Action
- Overcome Your Interruption Template
- Experience Complete Repatterning for Balance in Action
- Motivation For Personal Mastery

One Day Event



**Power Range;
Repatterning
For Balance in Action
In New York City**

**Saturday September 15, 2012
10am-4:30pm**



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I watched a young child in her stroller have a complete meltdown. There was nothing observable in the environment to trigger her tantrum, but there it was, cacophonous chaos. Her mom gave her a familiar toy, and she calmed down.....but not for long, less than a minute went by and the racket returned. The resourceful mother grabbed a playful looking colorful brochure from a nearby display and handed it to the little girl, and magically the crying ceased again, followed by a slight whimper...some more amused sounds....then giggles, and finally she was completely absorbed in the colorful new piece of paper, and utterly delighted. The last thing I noticed, she was looking at her mother waving the paper and laughing.

Did you ever watch a two year move from one activity to another, naturally and fluidly.....

As if there is one continuous line from one thing to another, with apparent great intent.....without hesitation? Balance.

If you've ever touched a hot pot, and let go of it before you felt the heat; or you moved to avoid something before you consciously realized it was there, you've experienced a reflex response that is pre-cognitive. Your pupils contract in bright light, or dilate at the sight of something pleasant without thinking about it. That's a good thing, because you can't consciously attend to every piece of data. You'd go insane.

How many times have you made a decision to do something, and then you didn't follow through, and just let the opportunity evaporate?

Here's why that happens.

You notice an opportunity.....instantly, you are open to possibility. Let's call that an "excitatory bias." From there whether or not you get your result is a function of how you learned to manage yourself in action.

Do you find yourself avoiding and procrastinating when you need to take decisive action?

Your imagination creates pictures of having the outcome you want, and you feel really inspired. You may even begin

to map out some action to take.....and then you get interrupted.....someone or something causes you to shift your attention and with that shift of attention, your intention, and your creativity, and motivation simply evaporate. POOOOF.....Whooooosh.....and you go off in a different direction

How often this happens is a function of how you learned to make decisions, and how you were



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Power Range; Repatterning For Balance in Action

Let us teach you how to use your adult brain now.

When you trigger your **Somatic Signature™** you will find your ability to make perfect balanced decisions and take balanced action based on all the information present to you, even if the action you decide to take is to do nothing at all.

You will know the optimal thing to be doing in that moment, and because you are so focused, you will rarely be phased by interruption.

Learn this; and even if you are interrupted you will be able to get back on track and reengage quickly. You will be amazed at your ability to be calm when it is appropriate, and to be able to burst into high energy action when that is appropriate, and everything in between, call this your **Power Range™**.

Your ticket to Power Range; Repatterning For Balance in Action

Mark Schwimmer and Morrin Bass will sort it out for you, and pull back the curtain on the latest in neuroscience, but much more than that, you will get what you need to boost your performance in every area of your life. We'll give you tips and techniques to keep you in neurological balance and teach you the most important things you need to know to make high quality decision, by attending to the most important signals available in the environment.

Because making high quality decisions is what success is all about, isn't it?

Do you have a way of knowing when you are making a high quality decision?

Are There Situations In Which You Wished You Had Access To The Ability To Make High Quality Decisions?

We've taught hundreds of high level decision makers who find there are times when under stress or crisis they realized they didn't have the presence of mind to really make the best decision, about what to do, or even to not do anything. Because sometimes you react when the heat is on, when it just might have been smarter to do nothing. Other times you may look back and say I know what would have been a more effective thing to do, but under stress, it just didn't come up.

Learn,

- **to repattern your nervous system for success**
- **the purpose of your emotions and what to do with them**
- **why you respond the same way to certain things when you know you'd be better off doing something else**
- **to update your responses in real time, and get high quality results**
- **to make the best decision in the moment, based on the information you have, even if that decision means waiting for more information.**

You will leave this event with your **Somatic Signature™** and total access to your **Power Range™**. You will be in touch with your ability to respond with the same speed and confidence as high quality decision makers and leaders, who make decisions and take action even in crisis and under pressure.

The world is changing at the speed of life. Newspapers, magazines, movies, books like Harry Potter, The Hunger Games, are telling you that you need extraordinary resilience, creative decision making power, and razor sharp skills to survive and flourish in a future that may be more chaotic than ever.

Read on to get the complete details of what you need to do next.



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One Day Event Power Range Repatterning For Balance in Action In New York City 10a-4:30p Saturday 15, 2012

Enjoy a day of personal development unlike anything you may have experienced before, as you discover your **Somatic Signature™** you learn,

Learn,

- to repattern your nervous system for success
- the purpose of your emotions and what to do with them
- why you respond the same way to certain things when you know you'd be better off doing something else
- to update your responses in real time, and get high quality results
- to make the best decision in the moment, based on the information you have, even if that decision means waiting for more information

Register now for **Power Range™; Repatterning For Balance in Action** and you are on the way to awareness and control. With this knowledge, understanding, and your **Somatic Signature™** you will be better equipped to flourish in a world that is changing more rapidly, in more significant ways, than any other time in human history.

A full day of knowledge and experience, takes place in New York City, Saturday September 15, 2012
10am-4:30pm

The event is limited to only 15 people

The tuition for this Event is \$197.....The more the merrier! Bring a friend for FREE,

[Go now and register right here](#)

Are you willing to pay the price of having to accept what's given to you by those who don't have your best interests in mind? Or would you rather elegantly create harmonious results as an effective leader, now?

What's the cost of doing nothing, and then wishing you had because you find yourself reacting with the same old patterns and making sacrifices that you are unwilling to make because you failed to update?