

THE **effectology**TM
M E T H O D

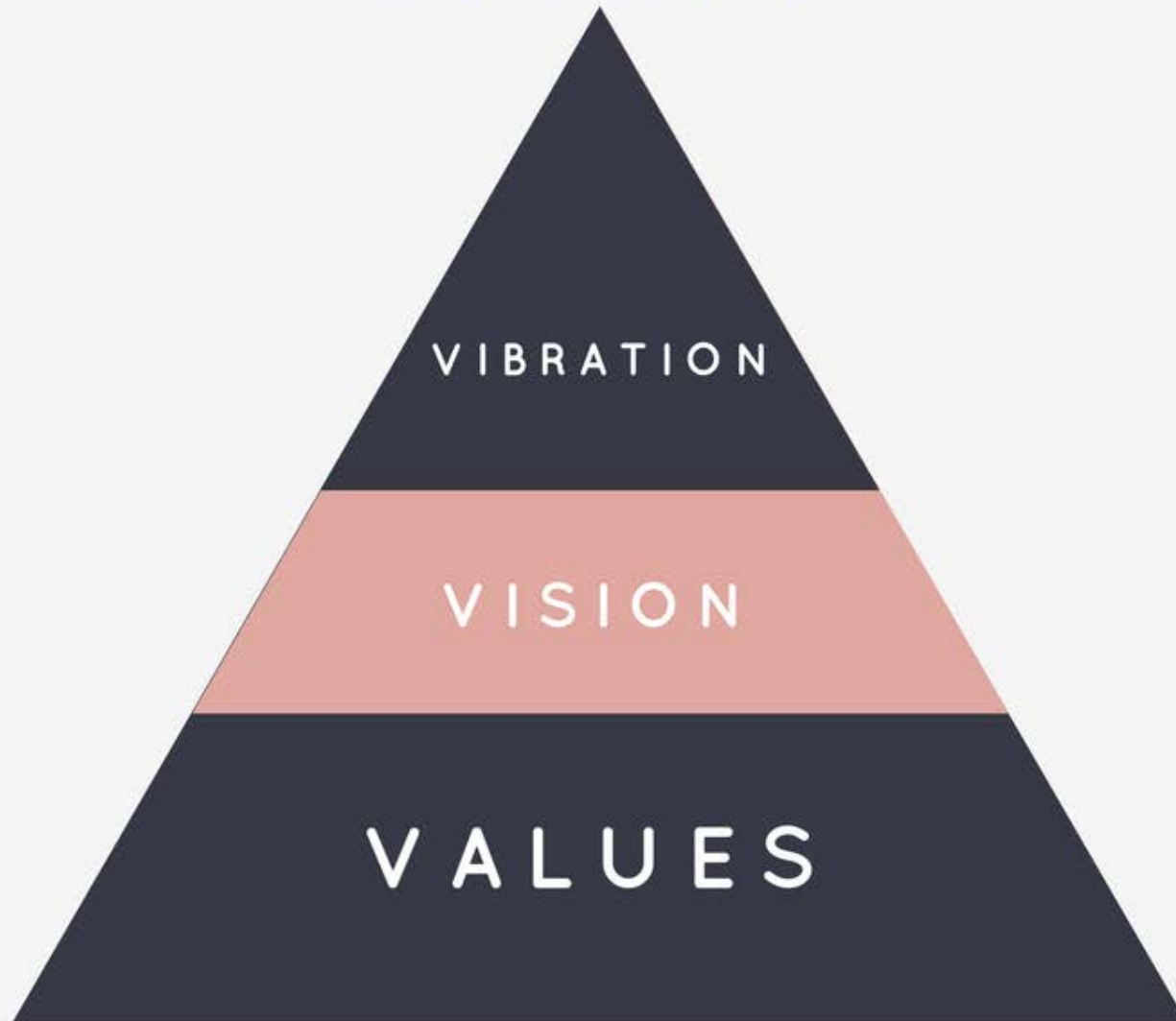
TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

Miriam Castilla

LIFE ON PURPOSE

THE effectology™

M E T H O D



THE effectology™

M E T H O D



Module 2

Program The Universe



2.1

THOUGHTS BECOME THINGS

You Are The Thinker

THE effectology
METHOD



THE effectology™
O D

2.2

PATTERN INTERRUPTS

Hack The Cycle



2.3

PROGRAM THE CYCLE

The Easy Way In

THE **effectology**[™]
METHOD



2.1

THOUGHTS BECOME THINGS

You Are The Thinker

”

*Thoughts
Become
Things*

MIKE DOOLEY

We are the Creators

Spirituality

Pop Culture

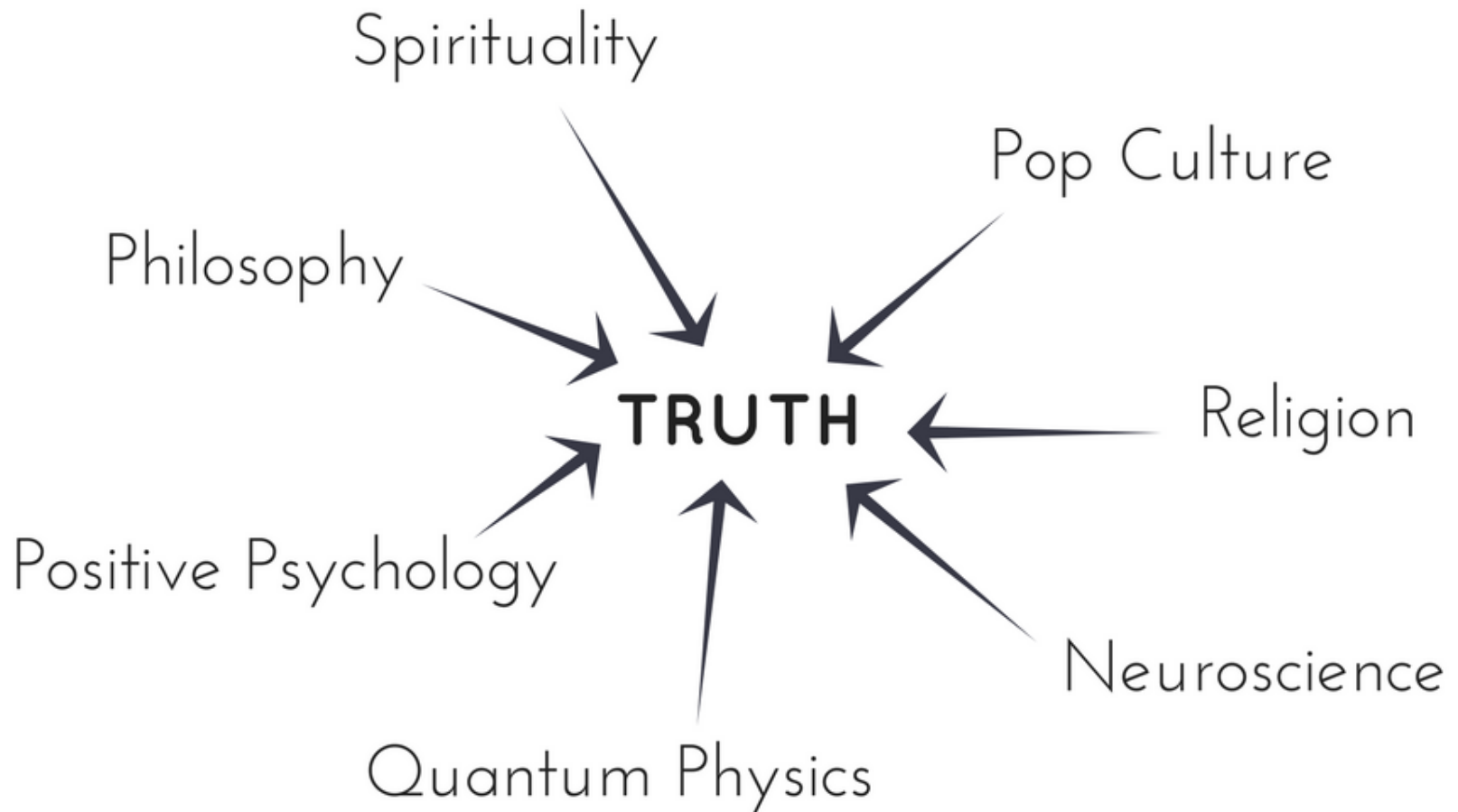
Philosophy

Religion

Positive Psychology

Neuroscience

Quantum Physics





1
SIGHT

HEARING 6
REASON

(SUPERFICIAL)

3000 POSSIBILITIES

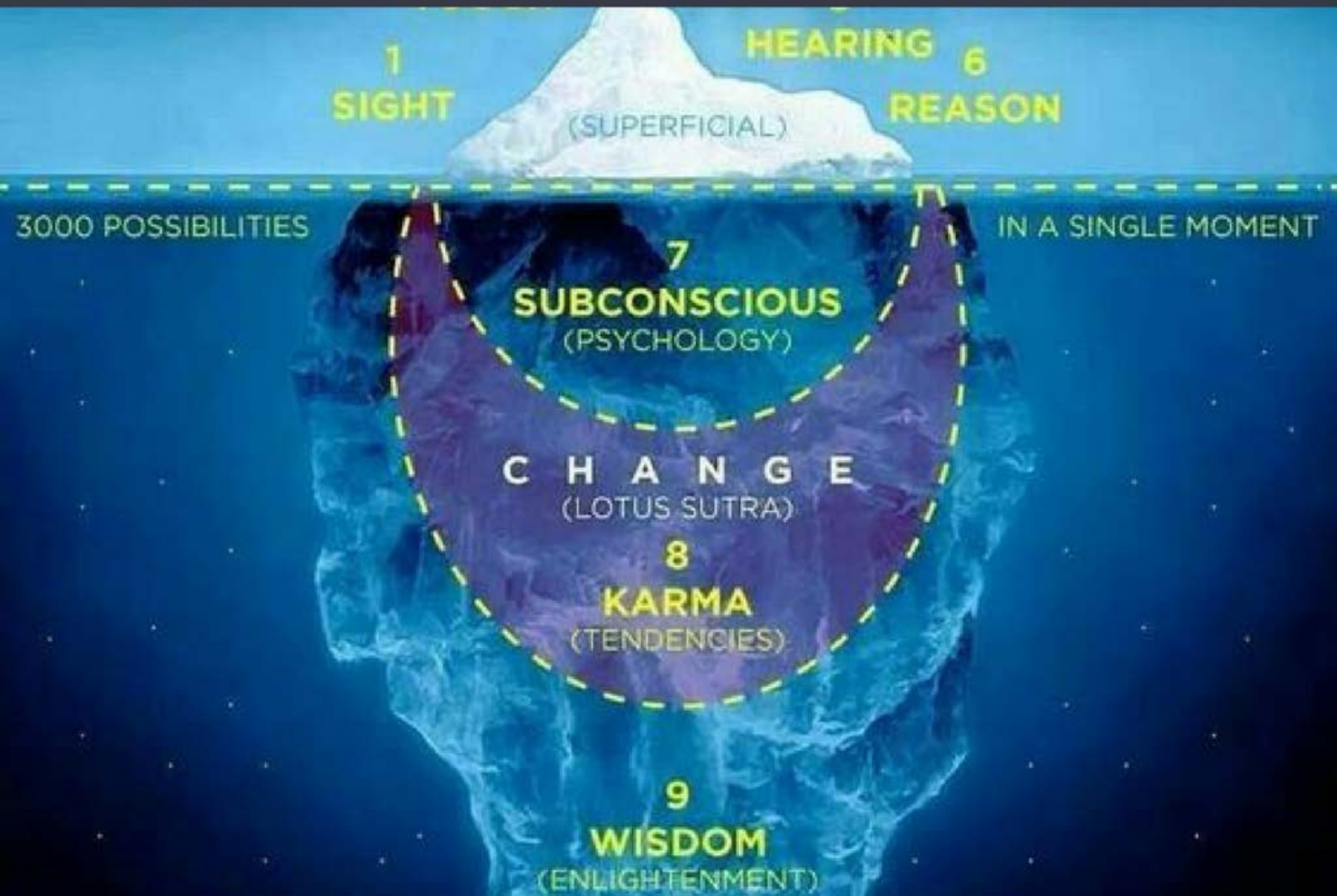
IN A SINGLE MOMENT

7
SUBCONSCIOUS
(PSYCHOLOGY)

C H A N G E
(LOTUS SUTRA)

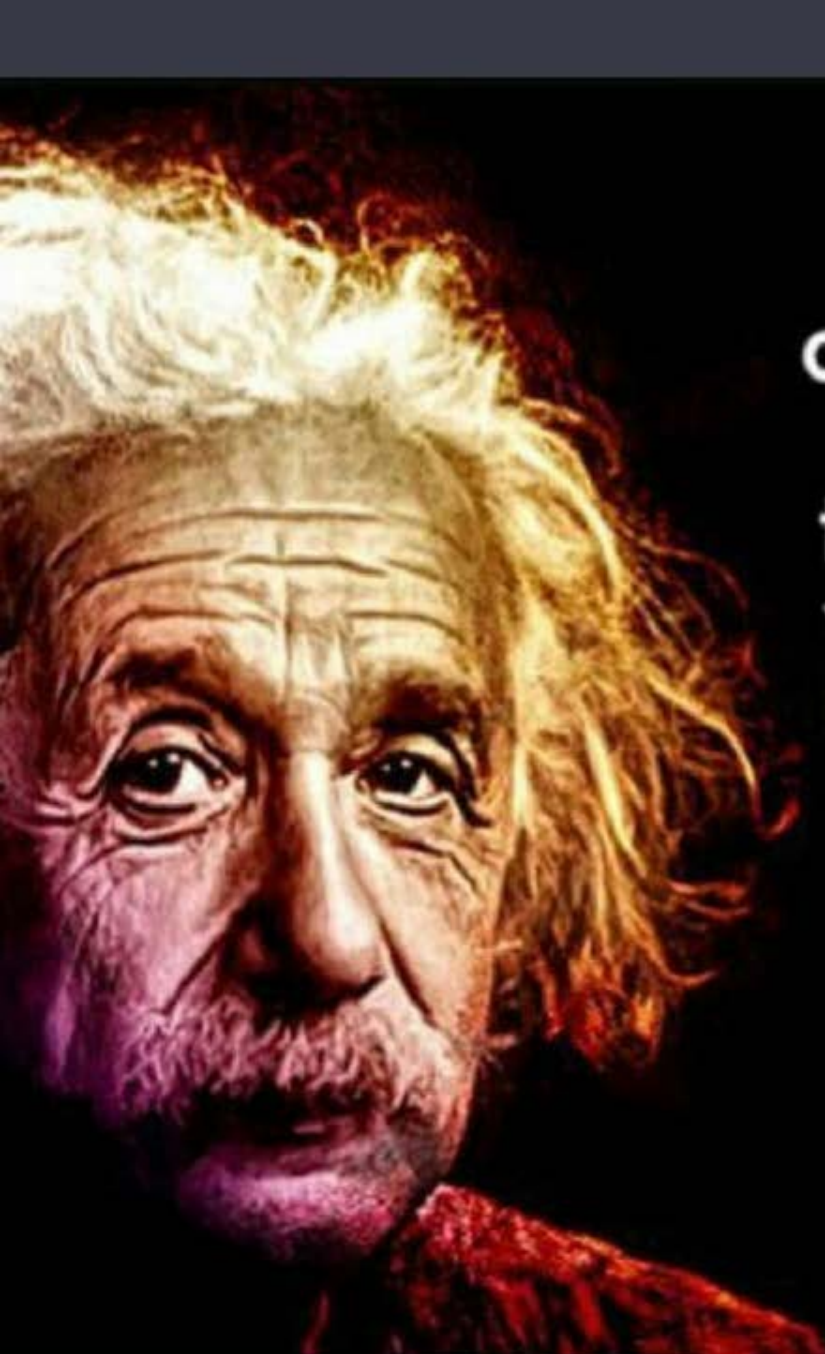
8
KARMA
(TENDENCIES)

9
WISDOM
(ENLIGHTENMENT)



Thoughts Become Things





"Everything is energy
and that's all there is to it.
Match the frequency of
the reality you want and
you cannot help but get
that reality. It can be no
other way. This is **not**
philosophy. This is
physics"

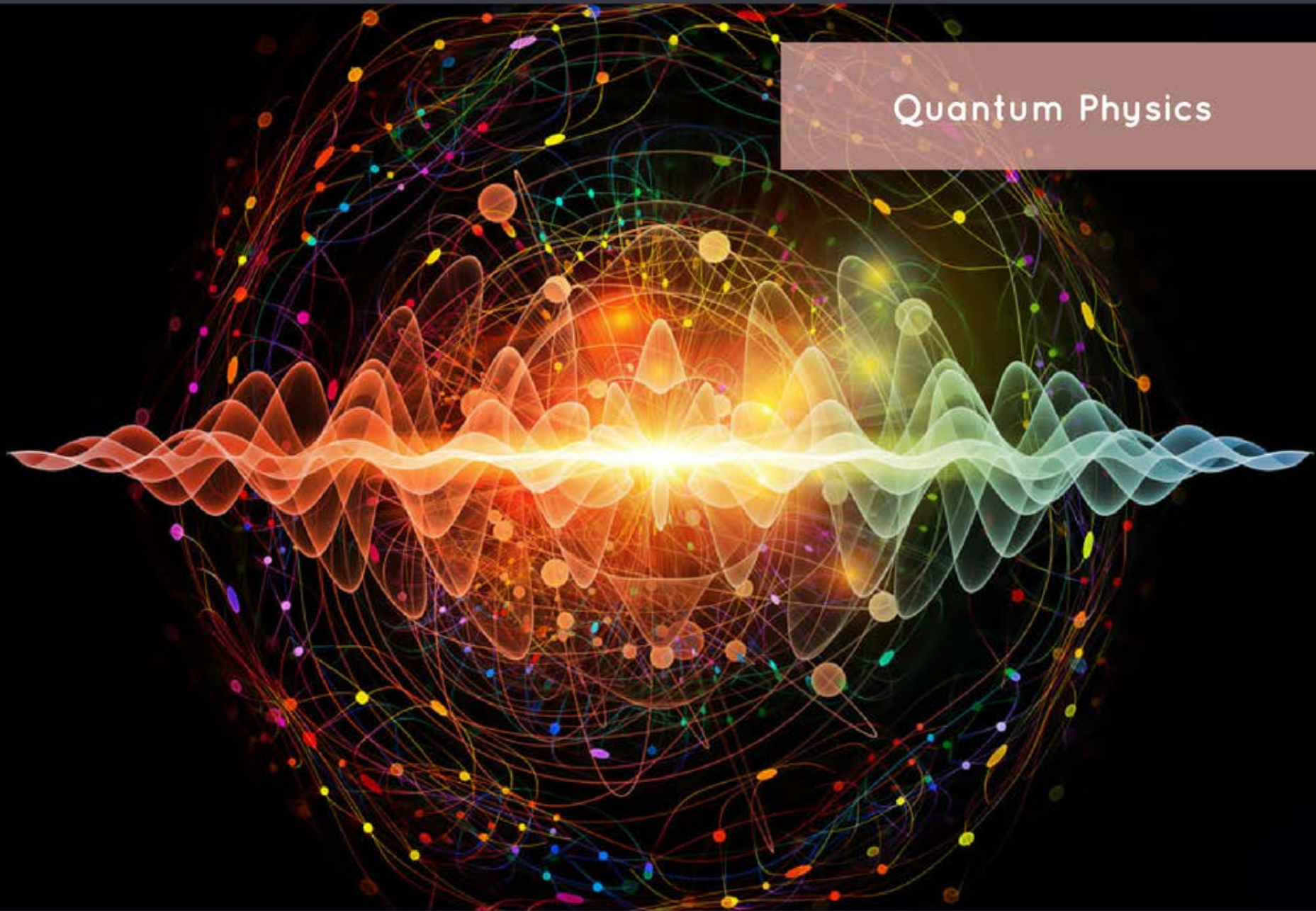
- Albert Einstein





Thoughts Become Things

Quantum Physics



Nothing Is Certain Until It Happens



All Is One & All Is Of One Mind



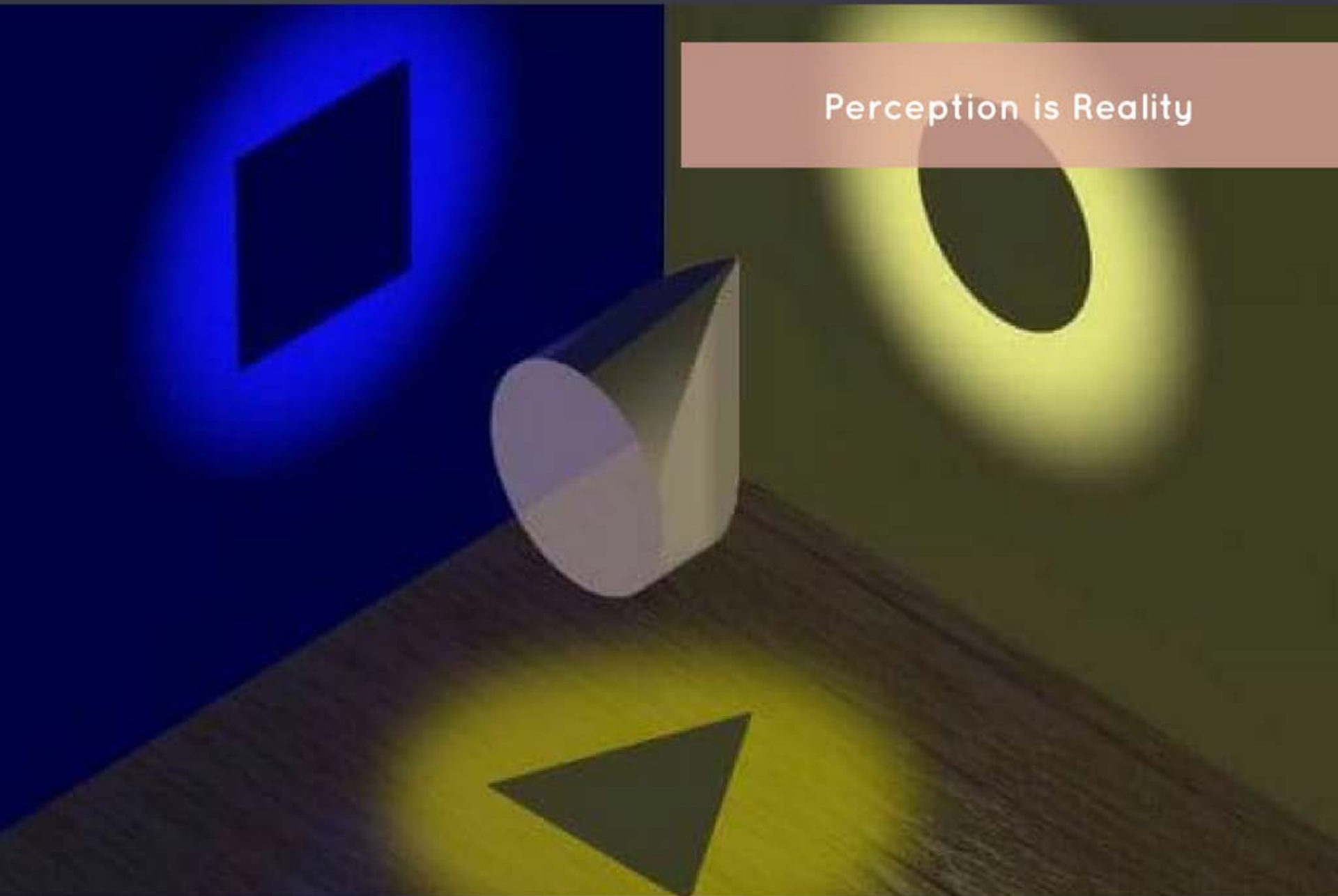
Neuroscience



Perception is Reality



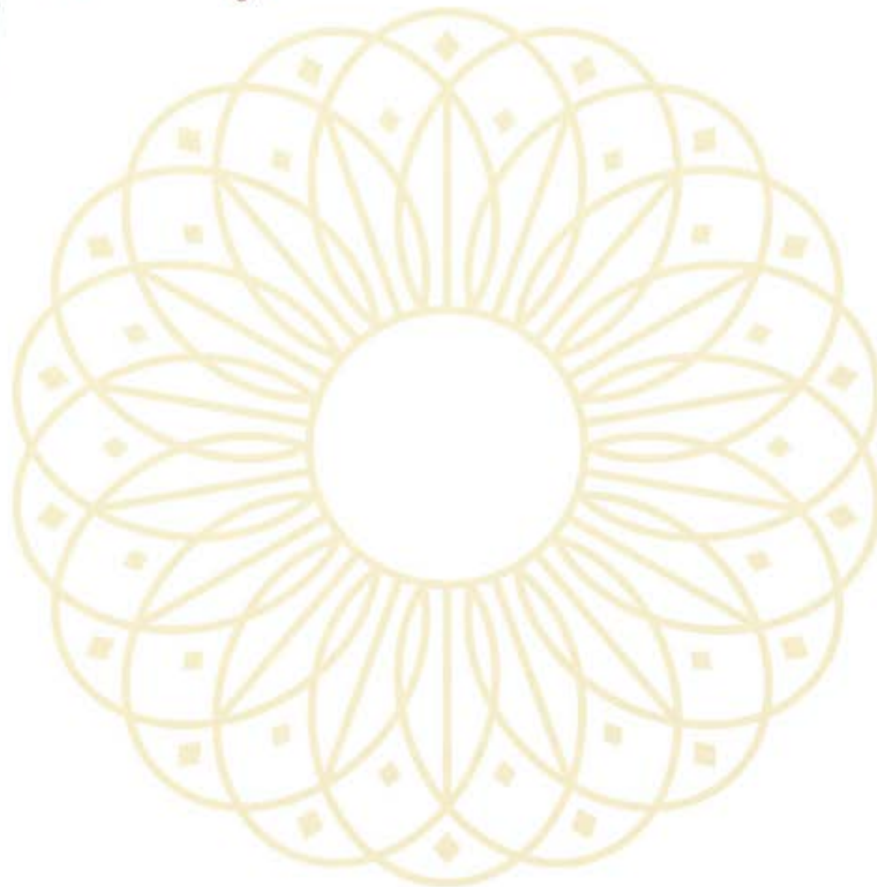
Perception is Reality

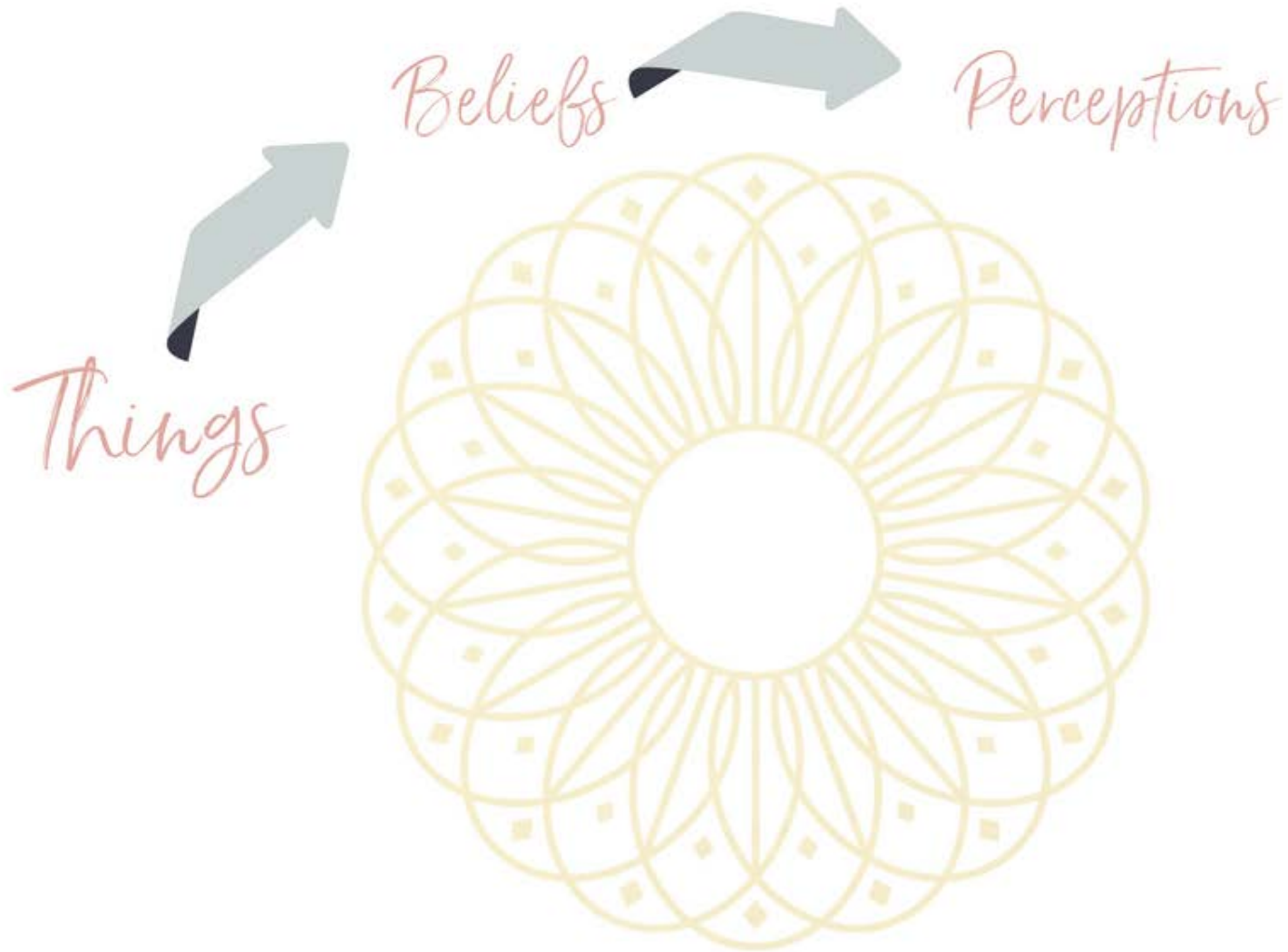


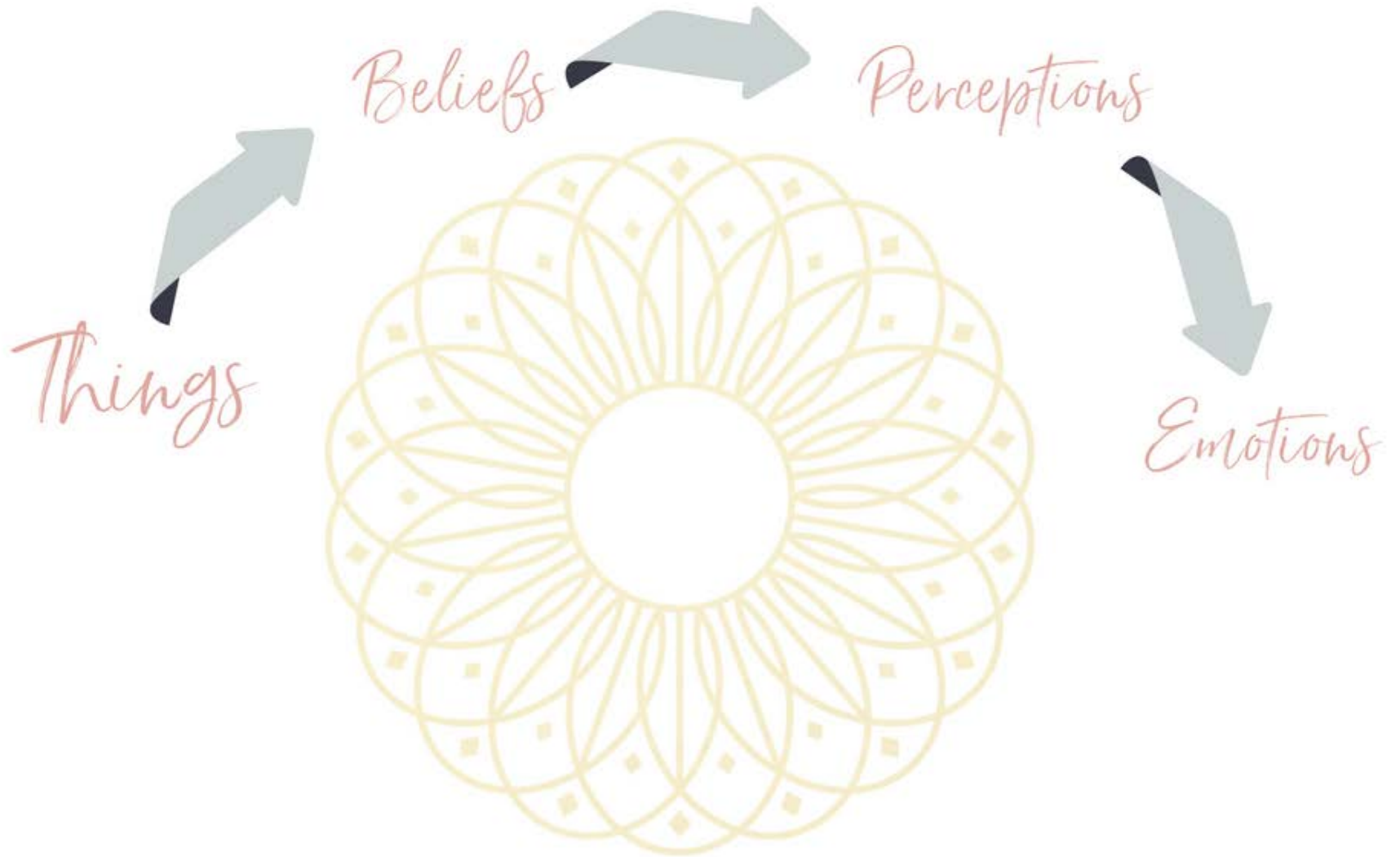


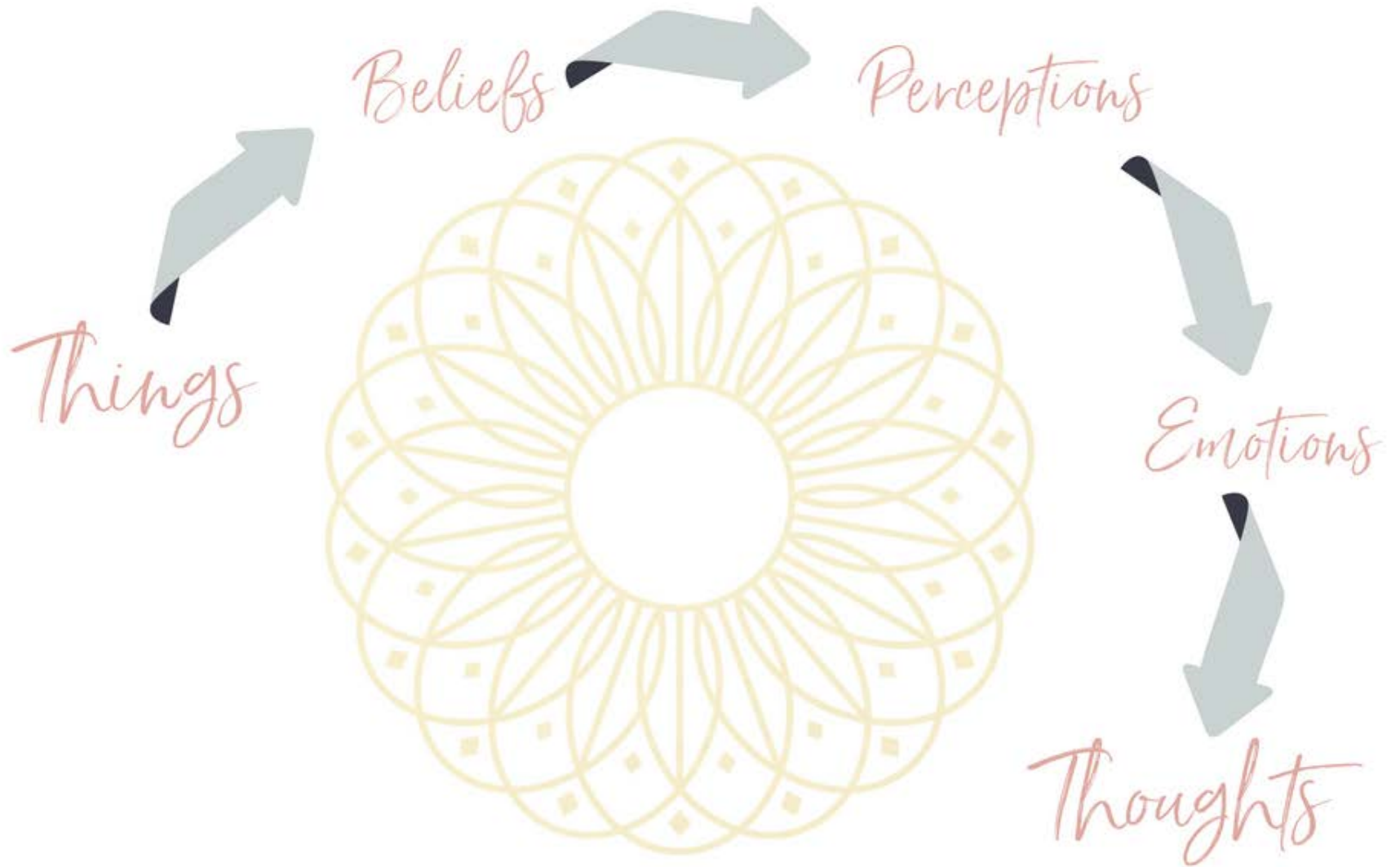
Things

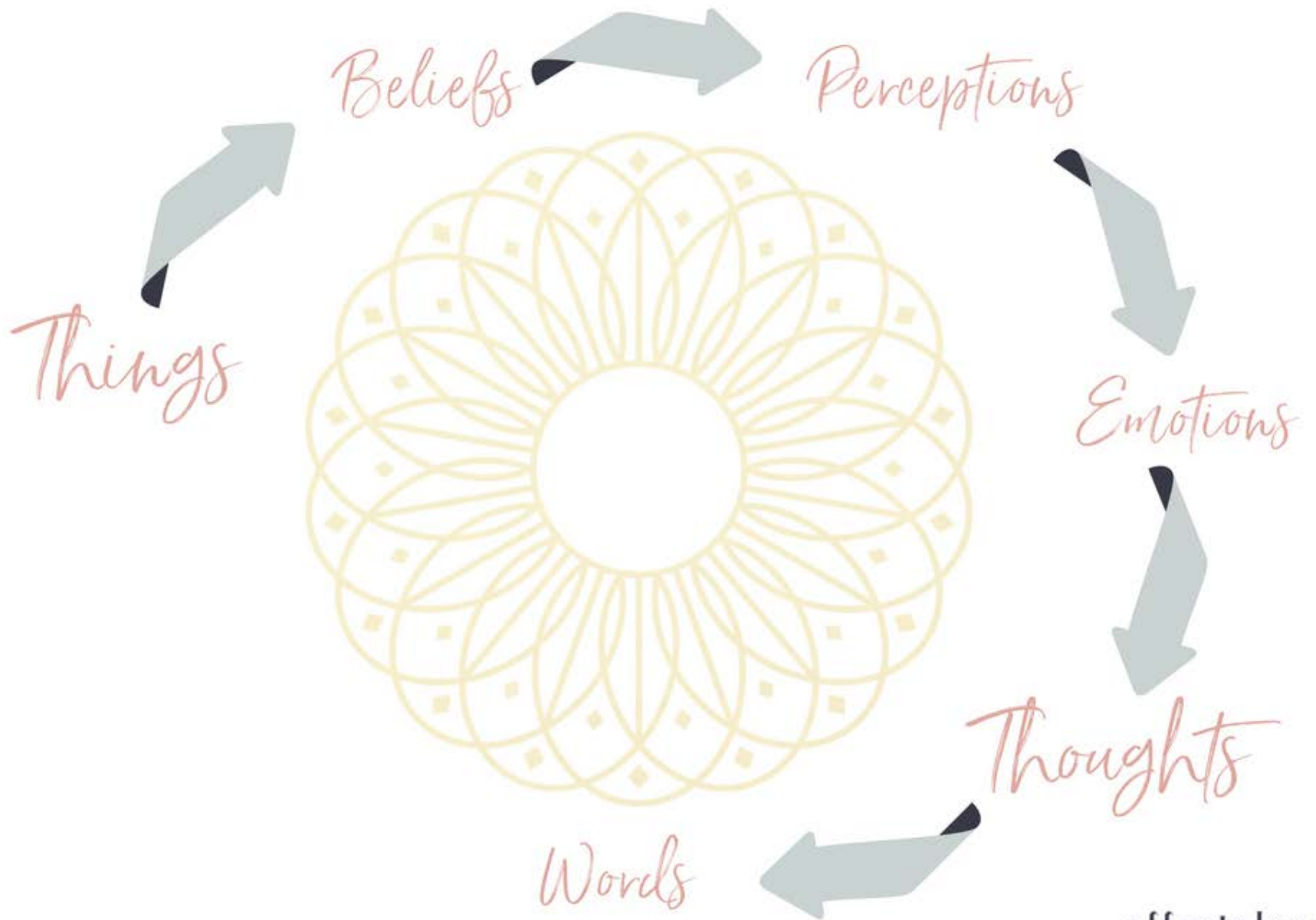
Beliefs

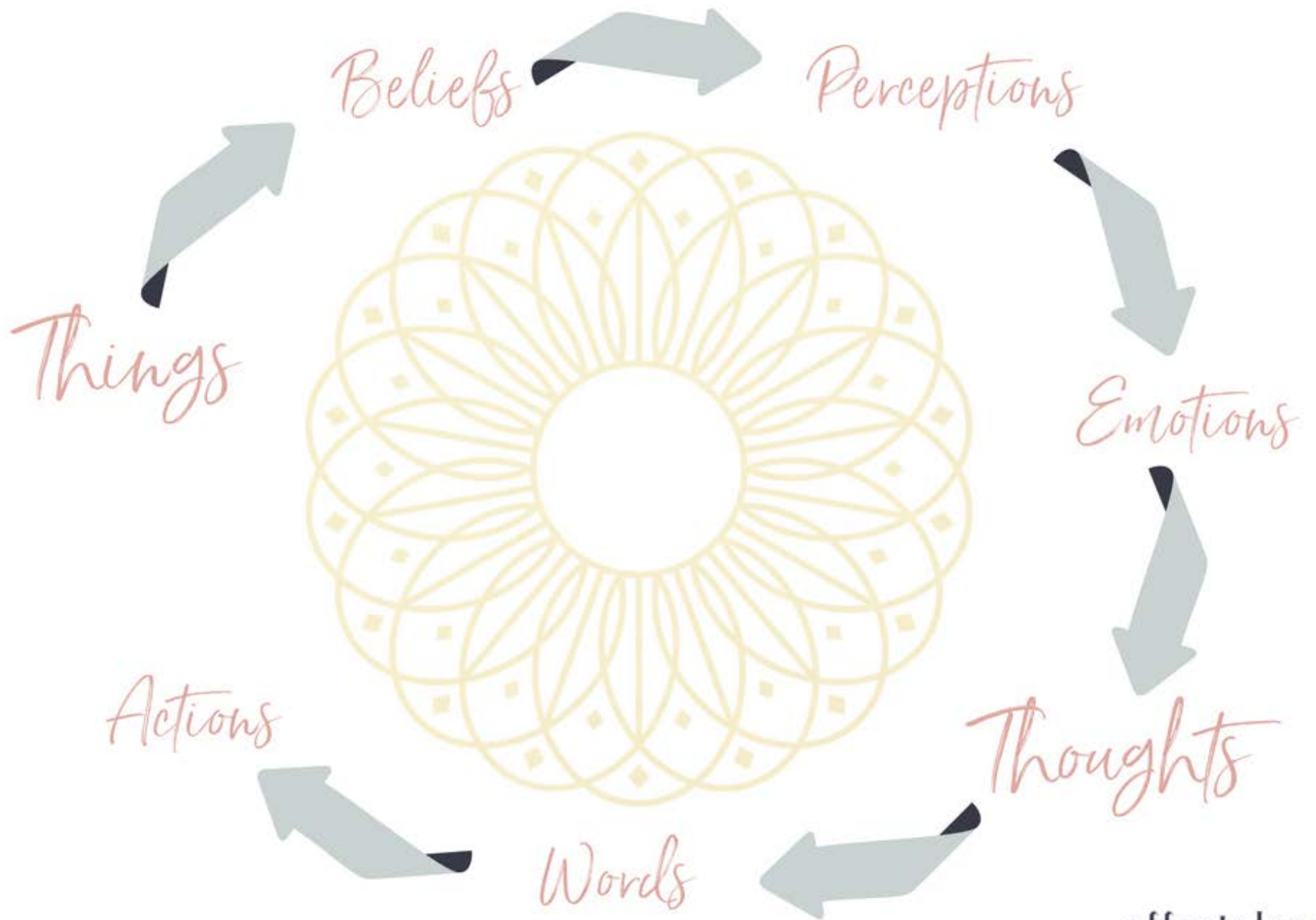






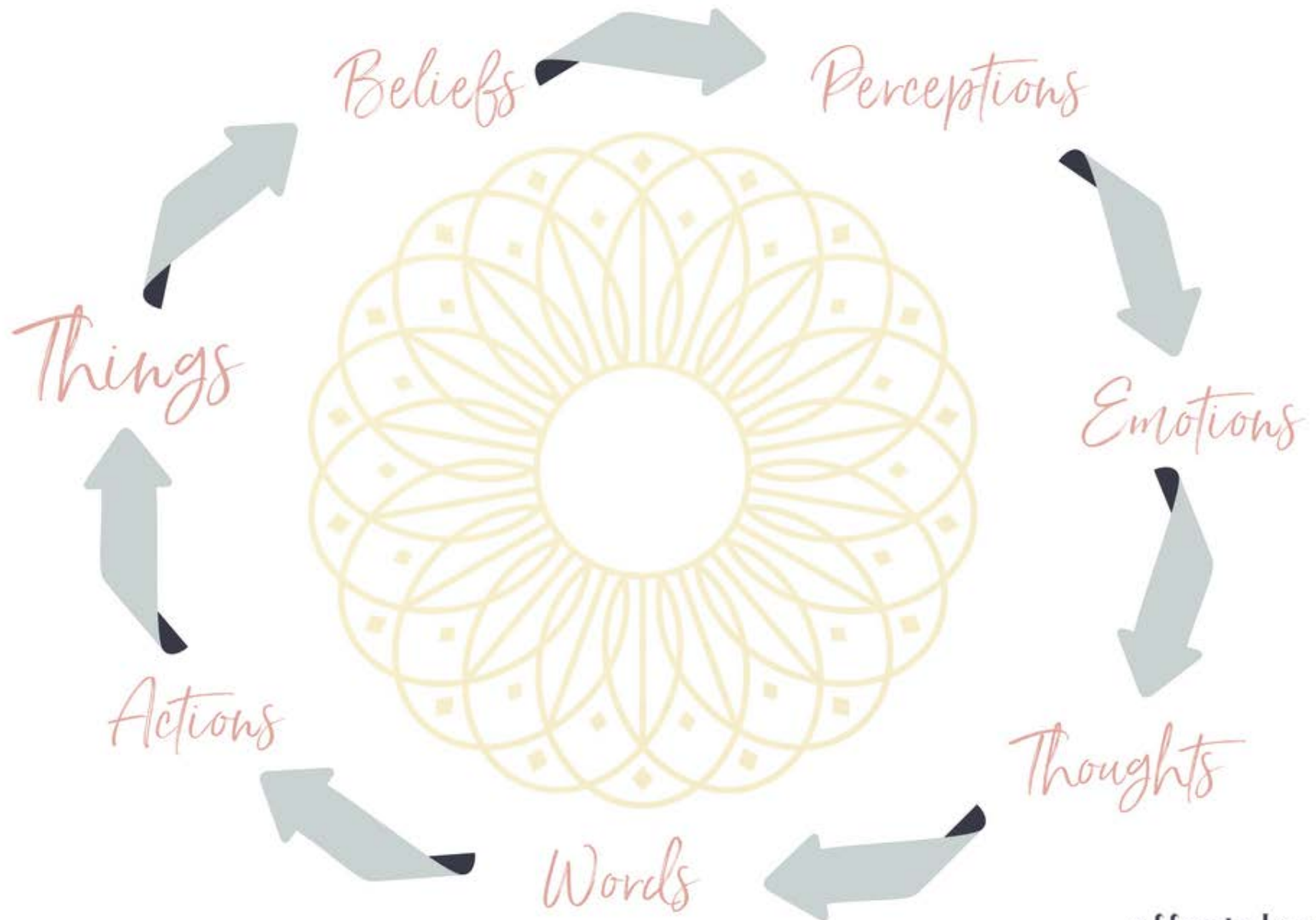






”

*A belief is
just a thought
you keep thinking
over & over again.*



Brain Principles

Brain Principles

1. Conscious vs. Unconscious

Brain Principles

1. Conscious vs. Unconscious



Brain Principles

1. Conscious vs. Unconscious
2. Synergy & Repetition

Brain Principles

2. Synergy & Repetition



Brain Principles

1. Conscious vs. Unconscious
2. Synergy & Repetition
3. The Mind Thinks In Pictures

Brain Principles

3. The Mind Thinks In Pictures

Brain Principles

3. The Mind Thinks In Pictures



Brain Principles

1. Conscious vs. Unconscious
2. Synergy & Repetition
3. The Mind Thinks In Pictures
4. Triggers & Associations

Brain Principles

4. Triggers & Associations

Brain Principles

4. Triggers & Associations



Brain Principles

1. Conscious vs. Unconscious
2. Synergy & Repetition
3. The Mind Thinks In Pictures
4. Triggers & Associations
5. No Contradictions

Brain Principles

5. No Contradictions



**The Red Button
Is False!**



**The Blue Button
Is True!**

Brain Principles

1. Conscious vs. Unconscious
2. Synergy & Repetition
3. The Mind Thinks In Pictures
4. Triggers & Associations
5. No Contradictions
6. Anchors

Brain Principles

6. Anchors



Brain Principles

6. Anchors

C A _ E

Brain Principles

6. Anchors

C A _ E

B A T C A _ E

Brain Principles

6. Anchors

C A _ E

B A T C A _ E

B I R D C A _ E

Brain Principles

6. Anchors

C A _ E

B A T C A _ E

B I R D C A _ E

E A T C A _ E

Brain Principles

6. Anchors

HOW TO PICK A WINNER::

1. Recency
2. Repetition
3. Multi Modality
4. Intensity
5. Novelty



Use It

Lose It

Neurons that
fire together,
wire together

Neurons out
of sync,
fail to link

Creative Visualisation

Strengthens Associations

- Elite Sports
- Philadelphia Basketball Experiment
- Mental Gymnastics

5 min a day is plenty!



The Process:

- decide on your daily visualisation time & place
- listen to the Quantum Visualisation meditation
- do your first 4 minute solo visualisation
- remember to ALLOW the visualisation

Share in group:

- A photo of your visualisation spot & your chosen time of day
- How did you first solo visualisation go?
- TAG your accountability buddy!

Live Call:

- Review of the TBT cycle
- Visualisation questions & fine tuning
- Bring your manifesting questions