

FreeMind Foundation

These recordings are the most powerful of all the FreeMind recordings. They are designed to enable a person to overcome their most difficult challenges. This involves facing ones fears and therefore these recordings can be very intense and should be used with care. It is advisable to get familiar with the other recordings before moving onto these potentially emotional experiences. These more powerful programs are designed to enable you to create real and lasting change in how you approach life. This is more than improving your performance or getting over a single upset. These recordings are about dissolving any of the interferences and obstructions in your psychology that are left over from your development. This is about freeing your mind of anything that has ever held you back or stopped you from living your life to the full. These recordings facilitate a clear-out that can make a fundamental difference in how you experience yourself and life. They are the heart of the whole FreeMind system and when you are ready for them we cannot recommended them highly enough. They are very carefully designed so that even though they can be very intense at times, as long as they are used according to our guidelines, they are safe and you will remain completely in control of the experience. The foundation recordings are analytical in nature and can help you understand how you have come to be how you are and how you can begin to make structural changes in how you go about thinking and feeling enabling you to live with more freedom and fulfilment than you ever thought possible.

Past – Our past can ruin our lives if we are not careful. This program is designed to encourage you to realise that in order for you to have a good future you may have to go back and resolve your feelings about your past. This is an introduction to the program called “Support” that will enable you to do that for yourself safely.

Support – Designed to help you put your past behind you. Many of us have had times in our lives when we could have used more support. This program is designed to get you in touch with old feelings and difficulties to help you release and become free of them. This is a journey that may well get emotional. If at any time you find yourself getting too upset you can always use the program called “Overwhelm”. It can be very useful to return to “Support” over and over again as each time you may find yourself going to different times, healing old wounds and making it possible for you to get totally clear of the feelings that may have been unnecessarily holding you back.

Calm – Designed to help you keep calm if this toolkit is actually making you feel worse. When you start exploring your own psychology you may have periods of feeling unhappy. The process of freeing your mind can at some points be challenging because it involves thinking about difficult times from your past. Feeling upset is actually part of the healing process but it can put people off. You might think that the system is not working for you but using this audio program will help you to understand what is happening and can help you make it through the difficult times.

Analysis – Designed to enable you to understand why you do certain things, why you feel certain feelings and the reason that may lie behind some habits or patterns you may find yourself caught up in. This program will enable you to get down to some of the root causes that impact on who you are. Sometimes knowing why can be really useful. It can be a great source of compassion and understanding for yourself and others.

Emotional - This is best used when you are feeling upset and emotional. It is designed to enable you to understand where your emotions are coming from. More often than not, we are getting emotional because we are being reminded of difficulties from our past that are yet to be dealt with properly. When we run into troubles in our everyday life that are overwhelming, it is a great opportunity to bring things out of storage so that once and for all we can put them behind us properly.

