

## Mind-To-Muscle Pattern

From *Accessing Personal Genius Training Manual*  
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**Mind-to-muscling:** We can turn highly informative and insightful principles and concepts into **neurological patterns**, encoded in muscle memory. This happens when we learn to type. From the original learning of considerable time and trouble to get the muscle coordination imprinted into our fingers, practice eventually *incorporates* the learnings *into the very fabric of our muscles*. We then lose awareness of the concepts, the muscles run the programs. The concepts are embodied in terms of “muscle memory.” This translates *principle into muscle*. Since this holds true for expertise and mastery in all fields, from sports, mathematics, teaching, to surgery, selling, and public relations, we can begin with a *principle* – a concept, understanding, awareness, belief, etc., and translate it down into muscle so that it becomes embodied there.

### Mind to Muscle Case Study

Roberto of Miami, as a 27 year old male, had experienced blocking since he was nine years old. During our first few hours of therapy, Roberto’s father stood out as the main contributor to Roberto’s problem. The fear of his father drove his anxieties that were behind his blocking.

As I was questioning Roberto during our fourth session about how it was in his home as a child when he desired to express his feelings; Roberto replied, “I was never allowed to express my feelings. I was made to believe that my feelings were not ‘legitimate.’ I have always thought that my father lay at the root of my problems. Deep inside I always knew that dad was at the root of my blocking.”

I kept on going with this thought when Roberto interrupted. Roberto inquired, “Did you notice?” I inquired, “Notice what?” Roberto continued, “When I was telling you about my thoughts concerning dad’s being at the root of my blocking, I was fluent. I felt a ‘lightness’ in my chest and I was totally fluent.” “Yes, that is correct Roberto, you were totally fluent.”

I picked up on this thought and explained to Roberto that when a child is not permitted to express honest emotion, that can cause great harm in adulthood. Then I inquired, “And, Roberto, *what does it mean* to you that you felt that ‘lightness’ in your chest when you were expressing honest emotions and beliefs about your father’s role in your blocking?”

Roberto, “It means that the feeling is right.” Further inquiry revealed that to Roberto, experiencing that ‘lightness’ in his chest when he was discussing his honest feelings about his father’s role in his blocking, let him know that his feelings were right all along and that his father was the one in the wrong. Roberto summarized it when he said, “My feelings are valid.”

[\(See Figure 1\)](#)

So, picking up on Roberto's principal that "His feelings were valid," I proceeded to lead him in incorporating this principal into his very muscles. The fear of his father being incorporated into his muscles drove his blocking. Roberto's ability to honestly express his feelings about his father and getting the affirmation from the internal feeling of lightness, provided an extremely valuable resource in Roberto's gaining fluency. I proceeded with the "Mind to Muscle Pattern" to get the process going where Roberto could install this resource state into his muscles ([See Figure 1](#)).

1. **The principal to incorporate into my muscles** – The principal that I wanted to lead Roberto in installing in his muscles was, "*My feelings are valid.*"
2. **Describing the principle as a belief** – "So, Roberto, what do you believe about your 'feelings being valid?'" Roberto, "*I believe that my feelings are valid.*"
3. **Re-formatting the belief as a decision** – "And, Roberto, what will holding the belief that your feelings are valid lead to in your life? What will you decide to do?" "*I am going to apply it. I am going to be conscious of it all the time.*"
4. **Rephrasing the belief and decision as an emotional state/experience** – "How do you feel about that, Roberto?" "*It makes me feel like I have some control of myself. I have a 'feeling of control.'*"
5. **Turning the emotions into actions that express the belief and decision** – "And with that 'feeling of control,' how will you be changing your behavior?" "*I will be conscious of it all the time, especially when the validity of my feelings is being challenged especially with my father. This will certainly give me a lot more 'hope' – that's for sure!*"
6. **Stepping into the action and letting the higher levels of the mind spiral downwards** – I led Roberto to repeat the above thought-feelings several times. He wrote them down to continue processing. The purpose is to take these thoughts and to continue rehearsing them in one's mind over and over and putting them into practice so that they become habituated.

## The Pattern

### Summary Steps to “Mind-to-Muscle”

1. “I understand...”
2. “I believe...”
3. “From this day forward I will...”
4. “I feel and experience...”
5. “The one thing that I will do today as an expression of this understanding, concept, belief, decision and state is....”
6. Step into your higher understandings and bring it back down through numbers 2 to 5. Repeat this looping to install.

#### 1) Identify a principle (concept, understanding) you want incorporated into your muscles.

- What concept or principle do you want to put into your neurology and commission to run your programs? (Suggestions: “The Map is not the territory.” “I know how to speak fluently; therefore, I can speak fluently in all situations.” You may select the new part from the New Behavior Generator.)
- Describe your conceptual understanding.
- What do you know or understand or believe about this that you want to set as a frame in your mind?
- State it in a clear, succinct, and compelling way as you finish the statement, “**I understand...**”

#### 2) Describe the principle as a belief.

- Do you believe this? Would you like to believe it?
- If you really, really believed that, would that make a big difference in your life?
- State the concept by putting it as a belief saying, “**I believe...**”
- Now state it as if you really did believe it. Notice what you’re feeling as you say that again.

#### 3) Reformat the belief as a decision.

- Are you doing to do it? Would you like to live by that belief? [Yes.] You would? [Yes.] Really? [Yes.]
- Will you act on this and make it your program for being?
- Then state it as a decision as you finish this statement, “**From this day forward, I will...**”
- Or, “I want... I choose ... it is time to...”

**4) Rephrase the belief and decision as an emotional state or experience.**

- State the belief decision again noticing what you would feel if you fully believed it.
- What would you feel if you were fully believing this empowering belief and decision and living them?
- Be with those emotions... let them grow and extend.
- Put your feelings into words: **“I feel ... I experience... because I will ... because I believe...”**

**5) Turn the emotions into actions to express the belief and decision.**

- **“The one thing that I will do today as an expression of these feelings, to make this belief decision real is...”**
- And what one thing will you do tomorrow? And the day after that?

**6) Step into the action and let the higher levels of your mind spiral.**

- As you fully imagine carrying out that one thing you will do today... seeing, hearing and feeling it; you are doing this because you believe what?
- Because you've decided what?
- Because you feel what?
- And you will do what other thing?
- Because you understand what?
- Because you feel what?
- Because you've decided what?
- Because you believe what?
- And what other thing will you do?

**Note:** This pattern, as most, is best processed by having someone walk you through the pattern so you can totally focus on processing the pattern.

**Figure-1**  
**Mind to Muscle Pattern**  
**A Case Study**

