



Mind Fitness
— INC. —

The Bosurgi Mind Fitness Certification Program

The Bosurgi Mind Fitness Training Curriculum Guide 2023

The Bosurgi Mind Fitness Training is a structured program teaching students to powerfully manage their mind. The mind determines all life outcomes, so when its needs are fulfilled, it can deliver a rewarding and successful life; no matter the challenge it faces.

The Bosurgi Mind Fitness Training has four levels, each taking students on an ever-expanding personal journey of Mind Management. Each level sequentially prepares students to advance in Mind Mastery, so completion is essential to graduate to the next level.

1st level

Level 1 establishes Emotional Self-Reliance (ESR); the vital foundation for a free and healthy powerful mind key for long-lasting results. These classes are designed to help the mind clear all anxiety and fears linked to false threats, both physical and emotional.

Class 1.1

40 m. Mind Discovery

- Emotional Self-Reliance (ESR)
 - What it is and how we achieve ESR.
 - Spiritual journey.
 - Separation and adoption.
 - Eternal mind vs. physical mind.
 - Transform logic to perception.

20 m. Cognitive Guide Meditation (CGM)

- ESR and Positioning
- Clearance of false threats

Class 1.2

20 min. Interactive Conversation

- Progress assessment, Q&A, review of the ESR fundamentals.

20 min. Mind Discovery

- ESR
 - The Minds Basic Needs (MBN)
 - Protection (Safety)
 - Unconditional Love (Validation)
 - Leadership (Learning)
 - Application of MBN toward self
 - Self-Re-Parenting Level 1
 - Positioning Level 1

20 min. Cognitive Guide Meditation (CGM)

- ESR, Love, Protection, and Leadership
- Further clearance of false threats

Class 1.3

20 min. Interactive Conversation

- Progress assessment, Q&A, review of the ESR fundamentals.

20 min. Mind Discovery

- Mind Management
 - The 4 primary instincts
 - Reducing/Clearing anxiety
 - Redirecting thoughts and perceptions
 - Stress management

20 min. Cognitive Guide Meditation (CGM)

- ESR & Stress Management
- Further clearance of false threats

Class 1.4

20 min. Interactive Conversation

- Progress assessment, Q&A, review of the ESR fundamentals.

20 min. Mind Discovery

- Mind management
 - Mind vs. Brain
 - Blueprint of the mind
 - Brain power management the key to clarity and success
 - Brain power mismanagement
 - Procrastination
 - feeling overwhelmed
 - Burn out
 - depression
 - Mind Efficiency/Organization

20 min. Cognitive Guide Meditation (CGM)

- ESR & Brain Power Management/Efficiency #1.
- Further clearance of false threats

Class 1.5

20 min. Interactive Conversation

- Progress assessment, Q&A, review of the ESR fundamentals.

20 min. Mind Discovery

- Mind management
 - Decisional making process
 - Chaotic Thinking
 - Freeing brain power
 - Reducing anxiety
 - Stopping looping thoughts
 - Stressors and looping thoughts categories.

20 min. Cognitive Guide Meditation (CGM)

- ESR and Brain Power Management /Efficiency #2
- Final clearance of false threats

2nd level

We have found that for most, almost all negative emotional and/or mind management difficulties, such as unfounded anxiety, depression, anger, lack of confidence, procrastination, addiction, etc., can be traced to a mental condition we term as Adult Emotional Dependency (AED). Level 2 of Bosurgi Mind Fitness Training works to clear AED and its detrimental effects on effective Mind Management.

Class 2.1

20 min. Interactive Conversation

- Progress assessment, Q&A, review of Level 1 Bosurgi Mind Fitness Training

20 min. Mind Discovery

- Mind management
 - What it is Adult Emotional Dependency (AED)
 - Clearing AED
 - Fulfilling the mind's needs
 - Self-Re-Parenting Level 2
 - Substituting others with self

20 min Cognitive Guide Meditation (CGM)

- Stopping AED, redirecting the mind's needs from others to self #1
- Clearance of negative behaviors related to AED (fear of rejection, judgements, abandonment, social anxiety, emotional numbness, being a people pleaser, etc.)

Class 2.2

20 min. Interactive Conversation

- Progress assessment, Q&A, review of AED fundamentals

20 min. Mind Discovery

- Mind management
 - Identity and visibility
 - How are you?
 - Devine identity vs human/physical identity
 - Freeing the mind from an assets, features/appearance, or skills-based identity

20 min. Cognitive Guide Meditation (CGM)

- Stop AED, redirecting the mind's needs from others to self #2
- Embracing your divine identity
- Further clearance of negative behaviors related to AED (fear of rejection, judgements, abandonment, social anxiety, emotional numbness, being a people pleaser, etc.)

Class 2.3

20 min. Interactive Conversation

- Progress assessment, Q&A, review of the AED fundamentals

20 min. Mind Discovery

- Mind management
 - Turning the camera from being seen to being the seir
 - Chose vs. being chosen
 - Clearing social anxiety, fear of public speaking, performance anxiety
 - Redirecting focus from you to 'others' training

20 min. Cognitive Guide Meditation (CGM)

- Stopping AED, redirecting the mind's needs from others to self #3
- 'Rotate the Camera'
- Further clearance of negative behaviors related to AED (fear of rejection, judgements, abandonment, social anxiety, emotional numbness, being a people pleaser, etc.)

Class 2.4

20 min. Interactive Conversation

- Progress assessment, Q&A, review of AED fundamentals

20 min. Mind Discovery

- Mind management
 - Positioning Level 2 – the essential key to successful and easy relationships
 - Proper positioning in work, family, partnership, and relationships
 - CAPTAIN YOU
 - YOU as leader of your mind
 - Redirecting focus from you to 'others' training

20 min. Cognitive Guide Meditation (CGM)

- Stopping AED, redirecting the mind's needs from others to self #4
- 'Turn the camera'
- Further clearance of negative behaviors related to AED (fear of rejection, judgements, abandonment, social anxiety, emotional numbness, being a people pleaser, etc.)

Class 2.5

20 min. Interactive Conversation

- Progress assessment, Q&A, review of AED fundamentals

20 min. Mind Discovery

- Mind management
 - Taking charge – How to be a good captain
 - Tones of voice
 - Explaining vs. convincing
 - Using Humor
 - Relationship toward experiences – manage or be managed
 - Doing Vs. Trying
 - ‘We will figure it out’
 - Using life’s events as a training ground.

20 min. Cognitive Guide Meditation (CGM)

- Stopping AED, redirecting the mind’s needs from others to self #5
- Being in the driver’s seat
- Further clearance of negative behaviors related to AED (fear of rejection, judgements, abandonment, social anxiety, emotional numbness, being a people pleaser, etc.)

Class 2.6

20 min. Interactive Conversation

- Progress assessment, Q&A, review of AED fundamentals

20 min. Mind Discovery

- Love
 - The key to successful relationships
 - Emotional vs Rational love – opening your heart
 - The journey of love
 - Transactional love vs. Unconditional love
 - Unconditional Love training

20 min. Cognitive Guide Meditation (CGM)

- Stopping AED, redirecting the mind’s needs from others to self #6
- Set the proper flow of love
- Further clearance of negative behaviors related to AED (fear of rejection, judgements, abandonment, social anxiety, emotional numbness, being a people pleaser, etc.)

Class 2.7

20 min. Interactive Conversation

- Progress assessment, Q&A, review of AED fundamentals.

20 min. Mind Discovery

- Parenthood
 - Children's need to be loved, protected and lead
 - Effecting children's minds
 - Verbal or physical abuse
 - Dysfunctional (unsafe and chaotic) home environments
 - Emotionally unstable (AED) parents
 - Mirroring
 - Stages of development vs. stages of parenthood
 - Identifying deficiencies in parent/child relationships and solutions
 - Application of principals to relationship with your own mind

20 min. Cognitive Guide Meditation (CGM)

- Finally stopping AED, redirecting the mind's needs from others to self.
- You are the source of love, the protector, and the life coach of your kids
- Further clearance of negative behaviors related to AED (fear of rejection, judgements, abandonment, social anxiety, emotional numbness, being a people pleaser, etc.)

3rd level

Building on Level 2, Level 3 of Bosurgi Mind Fitness Training enhances participants developing ESR behaviors through progressive discovery and application of mind management tools and skills. Focusing on the further development of agency, confidence, mental clarity, joyful living and assertiveness, Level 3 participants engage in intensive work clearing past mental struggles through a journey of exploration in forgiveness, the release of judgment, shame, guilt, pain and regret toward oneself and others.

Class 3.1

20 min. Interactive Conversation

- Progress assessment, Q&A, review of Level 2

20 min. Mind Discovery

- Mind management
 - Unconditional love and acceptance for past experiences
 - Life and Purpose
 - Embracing past mistakes
 - Transforming past liabilities into future assets
 - Self-forgiveness - clearing self-judgement, shame, guilt, and regret

20 min. Cognitive Guide Meditation (CGM)

- Journey of self-forgiveness I
 - Self-forgiveness - clearing self-judgement, shame, guilt, and regret
 - Capitalizing past experiences to transform liabilities into assets
 - Freeing the mind from the burden of negative experiences and feelings

Class 3.2

20 min. Interactive Conversation

- Progress assessment, Q&A, review of past learning

20 min. Mind Discovery

- Mind management
 - Unconditional love and acceptance of the present and of future experiences
 - Allowing the mind to fail in order to learn and ultimately succeed
 - Analyzing risk and developing trust in your ability to best respond in any circumstance
 - How to efficiently process and progress from mistakes
 - Enhancing self-forgiveness commitment
 - Avoiding future self-judgement, shame, guilt, and regret

20 min. Cognitive Guide Meditation (CGM)

- Journey of self-forgiveness II
 - Self-forgiveness clearing self-judgement, shame, guilt, and regret
 - Capitalizing past experiences to transform liabilities into assets
 - Freeing the mind from the burden of negative experiences and feelings

Class 3.3

20 min. Interactive Conversation

- Progress assessment, Q&A, review of past learning

20 min. Mind Discovery

- Mind Management
 - How forgiveness allows you to regain your power
 - Purpose of past experiences
 - People as involuntary teachers
 - Clearing the memory bank of unprocessed past events
 - Capitalizing negative past events

20 min. Cognitive Guide Meditation (CGM)

- Journey of forgiving others I
 - Forgiveness of others - Clearing judgements, shame, guilt, and regret
 - Capitalizing past experiences to transform liabilities into assets
 - Freeing the mind from the burden of negative experiences and feelings

Class 3.4

20 min. Interactive Conversation

- Progress assessment, Q&A, review of the past class learning

20 min. Mind Discovery

- Mind management
 - Forgiveness allows you to walk free of fear in relationships
 - Positioning and love
 - Seeing people without judgement
 - Understanding human weakness
 - Setting risk levels for every relationship
 - Strong mind management and emotional independence replaces trust of others with self-trust

20 min. Cognitive Guide Meditation (CGM)

- Journey of forgiving others II
 - Forgiveness of others - clearing judgement, blame, resentment, and pain
 - Capitalizing past experiences to transform liabilities in assets
 - Freeing the mind from the burden of negative experiences and feelings

Class 3.5

20 min. Interactive Conversation

- Progress assessment, Q&A, review of past learning

20 min. Mind Discovery

- Mind management
 - Teamwork with your mind
 - Driving the mind out of corners
 - Red flags to avoid rabbit holes
 - Presence

20 min. Cognitive Guide Meditation (CGM)

- Establishing new emotionally independent behaviors throughout the memory bank
- Archiving obsolete behaviors
- Positioning enhancement for your relationship with your team/mind

Class 3.6

20 min. Interactive Conversation

- Progress assessment, Q&A, review of past learning

20 min. Mind Discovery

- Mind management
 - Mind Maintenance
 - Managing vs. Micromanaging
 - Proactive vs. Reactive Thinking
 - Minimalistic approach to living
 - Organization and choice of thoughts
 - Choice of where to invest your brain power
 - Developing a healthy environment for the Mind
 - Maintaining presence

20 min. Cognitive Guide Meditation (CGM)

- Establishing new emotionally independent behaviors throughout the memory bank
- Archiving obsolete behaviors
- Enhancing comfortable leadership

Class 3.7

20 min. Interactive Conversation

- Progress assessment, Q&A, review of past learning

20 min. Mind Discovery

- Mind management
 - Emotions vs. feelings
 - Understanding the generation of feelings
 - Indulging pleasure in negative feelings
 - Manage or be managed
 - Feeding or starving feelings
 - Continually being the Co-Creator of your life moment by moment

20 min. Cognitive Guide Meditation (CGM)

- Establishing new emotionally independent behaviors throughout the memory bank
- Archiving obsolete behaviors
- Enhancing emotional management

Class 3.8

20 min. Interactive Conversation

- Progress assessment, Q&A, review of past learning

20 min. Mind Discovery

- Mind management
 - Valuing life on Earth – Purposeful exploitation of time
 - Time and mind power
 - How past and future thoughts reduce one's presence in the moment of living
 - Nature of procrastination
 - Thinking of doing vs. doing – 20 sec. rule
 - Routines and organization – helping the mind succeed

20 min. Cognitive Guide Meditation (CGM)

- Establishing new emotionally independent behaviors throughout the memory bank
- Archive obsolete behaviors
- Treasuring Time - Making every moment of everyday count

Class 3.9

20 min. Interactive Conversation

- Progress assessment, Q&A, review of past learning

20 min. Mind Discovery

- Mind management
 - Life stories and false limitations
 - Freeing your mind by challenging obsolete stories and false limitations
 - Freeing your mind from the stress of expectations
 - Setting ambitious goals by thinking big

20 min. Cognitive Guide Meditation (CGM)

- Establishing new emotionally independent behaviors throughout the memory bank
- Archiving obsolete behaviors
- Giant Goal setting

Class 3.10

20 min. Interactive Conversation

- Progress assessment, Q&A, review of past learning

20 min. Mind Discovery

- Mind management
 - How the behavioral system is built
 - Function of the memory bank
 - How the mind encodes events
 - Nature of PTSD/trauma
 - Survival response to traumas
 - Desensitization vs. rebuilding event perception

20 min. Cognitive Guide Meditation (CGM)

- Establishing new emotionally independent behaviors throughout the memory bank
- Archiving obsolete behaviors
- Mind Re-mapping of past events

Class 3.11

20 min. Interactive Conversation

- Progress assessment, Q&A, review of past learning

20 min. Mind Discovery

- Life coaching
 - How to experience healthy relationships
 - Inter-dependency vs. Co-dependency
 - Maintaining equal positioning
 - Male mindedness
 - Female mindedness
 - Communication
 - Emotional intimacy
 - Physical intimacy
 - Living of the edge with an open heart

20 min. Cognitive Guide Meditation (CGM)

- Establishing new emotionally independent behaviors throughout the memory bank
- Archive obsolete behaviors
- Opening your heart in every relationship

Class 3.12

20 min. Interactive Conversation

- Progress assessment, Q&A, review of past learning

20 min. Mind Discovery

- Life coaching
 - A healthy connection with God
 - God as pure unconditional love
 - Soul as receptacle for God's unconditional love
 - Fear of Sin vs. Right & Wrong
 - Flowing in Life - A journey of successive ups and downs
 - Being guided by fulfillment and developmental instincts towards a spiritual life
 - Working in God's Movement - Your Personal Mission

20 min. Cognitive Guide Meditation (CGM)

- Establishing new emotionally independent behaviors throughout the memory bank
- Archive obsolete behaviors
- Experiencing pure connection with God

Class 3.13

20 min. Interactive Conversation

- Progress assessment, Q&A, review of past learning.

20 min. Mind Discovery

- Life coaching
 - A healthy mind in a healthy body
 - Your body is your precious equipment
 - Your brain controls most functions of your body
 - A healthy brain determines a healthy mind, thus a healthy life
 - The catastrophic effects of alcohol and drugs
 - Parallel memory and struggles of the brain under the influence to compute the mind
 - Food as nutrition vs. reward
 - Sleep and working out
 - Building stamina
 - Protecting your self
 - Physical Danger
 - Toxic people
 - Unsuitable environments

20 min. Cognitive Guide Meditation (CGM)

- Establish new emotionally independent behaviors throughout the memory bank
- Archive obsolete behaviors
- Embracing your body as your life's equipment

Class 3.14

20 min. Interactive Conversation

- Progress assessment, Q&A, review of past learning

20 min. Mind Discovery

- Life coaching
 - Survival vs. Development/fulfillment
 - Academics
 - Athletic
 - Art
 - Passing the test vs. building tools for the future
 - Trying instead of doing – how this differs in the mind
 - Training vs. Performing
 - Trusting the mind/body connection and letting them perform

20 min. Cognitive Guide Meditation (CGM)

- Establish new emotionally independent behaviors throughout the memory bank
- Archive obsolete behaviors
- Trusting your mind and body

Class 3.15

20 min. Interactive Conversation

- Progress assessment, Q&A, review of past class learning

20 min. Mind Discovery

- Life coaching
 - The doubt system – A double edged sword
 - Positive - Your first line of defense
 - Negative - Limiting achievement
 - Success takes daring- Trusting your mind's capability while your mind trusts your leadership
 - Challenge every limitation – Believing today you can
 - Setting big goals and just going for them – Believing today you can
 - Being constantly present - Using all available brain power to exploit time and enjoy the ride
 - Life's fulfillment is Captain You's own design!

20 min. Cognitive Guide Meditation (CGM)

- Establish new emotionally independent behaviors throughout the memory bank
- Archive obsolete behaviors
- Embracing life as a powerfully meaningful exciting adventure of growth and transformation

4th level

Level 4 is where all the work and discovery of past levels come together in the most practical and transferable way possible. The goal of this level is to achieve mastery by ultimately evolving Bosurgi Mind Fitness Training students into teachers as we collectively address specific real life and personal issues such as: PTSD/traumas, depression, anxiety, relationship issues, career/business issues, along with any topic students may bring to the class, through the lens of effective mind management; making these classes entirely interactive and responsive to participants needs and areas of interest.

Attendance form

Please keep track of your attendance on this form, it will be used for the certifications process.

Class	Attendance Date
Level 1	
1.1	
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1.4	
1.5	
Certification I	

Class	Attendance Date
Level II	
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Certification II	

Class	Attendance Date
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Certification III	

Class	Attendance Date
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Certification IV	