



# NEUROSCULPTING

A Step-by-Step Program to  
Change Your Brain and  
Transform Your Life

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## SESSION ONE

### What is Neurosculpting?

1. Introduction 0:45
2. What is neuroplasticity? 11:21
3. What is Neurosculpting? 9:06
4. Guided Practice: Body Scan for Stress 11:03
5. The prefrontal cortex and the limbic brain 9:51
6. Stress's effects on the mind, body, and spirit 10:17

Total running time 52:27

## SESSION TWO

### The Art of Becoming Present

1. Introduction 0:45
2. Present-time awareness 9:50
3. Being in the moment 8:54
4. The Neurosculpting template 11:01
5. Guided Practice: The Art of Becoming Present 20:57
6. A review of "The Art of Becoming Present" 7:00
7. Body-tapping 8:58

Total running time 67:30

## SESSION THREE

### Replacing Old Patterns

1. Introduction 0:45
2. Replacing old patterns 11:03
3. Diet and lifestyle 8:55
4. Guided Practice: Releasing Negative Thought Patterns 14:44
5. Review of "Releasing Negative Thought Patterns" 3:02
6. Guided Practice: Entraining Positive Thought Patterns 12:30
7. Review of "Entraining Positive Thought Patterns" 3:54

Total running time 54:57

## SESSION FOUR

### Energetic Awareness

1. Introduction 0:45
2. Energetic Awareness 8:49
3. How our moods influence and are influenced by others 11:10
4. Primitive Survival School 7:40
5. Guided Practice: Identifying Others' Influence in Your Space 14:13
6. How to adapt these exercises for your own needs 2:48
7. Guided Practice: Navigating the External World 15:12

Total running time 60:42

## SESSION FIVE

### Neurosculpting for Health and Healing

1. Introduction 0:45
2. Epigenetics 9:14
3. Taking control of your life 8:03
4. Guided Practice: Enhancing Cellular Life and Vibrance 16:41
5. Creating a gratitude ritual 8:12
6. Guided Practice: Accessing Your Inner Healer 15:07

Total running time 58:06

## SESSION SIX

### Neurosculpting for Better Relationships

1. Introduction 0:46
2. Navigating relationships 9:43
3. Guided Practice: Making Space for Healthy Relationships 29:44
4. How to use this information to transform your life 5:25
5. Guided Practice: Integrating Your Neurosculpting Experience 10:04

Total running time 55:46



