



**This is the main method to share...**

**We call it our “Make It NOW” Technique (MINT)**

**You’ll soon see why!**



# PUNK PSYCHOLOGY

This is the main method to share...

We call it our “Make It NOW” Technique (MINT)

You’ll soon see why!

**Anyone can do this... And I mean ANYONE!**

**(anyone with a will and a heart)**



# **PUNK PSYCHOLOGY**

**Like anything else, skill comes with practice.  
But excitement and adventure starts from the  
first moments you try it.  
If you do it exactly as described, the mind will  
open up to you, like a flower blooming!**



# **PUNK PSYCHOLOGY**

**Start by practicing on family, friends,  
colleagues and neighbors.**

**However, we do NOT recommend you try it on  
your spouse or significant other!**



# **PUNK PSYCHOLOGY**

**Never say “I can fix your migraines”, instead offer to, “Look and see if any stress factors are playing a part.”**

**Never say, “I can fix your marriage.” only say “We can work on trying to restore harmony and affection...”**



# **PUNK PSYCHOLOGY**

## **Steps:**

- 1. You find someone to work with.**
- 2. They offer you a mild stressful episode to learn on.**
- 3. You address it using our MINT method.**
- 4. As follows...**



# **PUNK PSYCHOLOGY**

**Get a brief description (just a few words):  
“The time you were stranded without a car or  
flashlight...” or  
“The day you were passed over for the  
cheerleaders team...”**



# **PUNK PSYCHOLOGY**

**Say “Close your eyes,” then ask:  
When was it? (note the different time tools  
from the last video)  
Where were you?  
Then send him or her back: “Travel back in your  
mind’s eye and really be there, as it was...”**



# PUNK PSYCHOLOGY

**Work on getting him or her immersed:**

**Really be there. Make it now. See, feel and hear everything as if it is happening to you RIGHT NOW...**

**There are no set commands.**

**Watch and listen to the replies.**



**Send him or her to the start: “Move to very beginning, tell me when you are there...”  
Wait for them to nod. Then:**



# PUNK PSYCHOLOGY

Send him or her to the start: “Move to very beginning, tell me when you are there...”

Wait for them to nod. Then:

**Move through what took place, talk me through it, step at a time, being sure to experience it as if it was NOW.**



**If he or she opens their eyes, they came back to the present. Say, “Please close your eyes and go back to that event. Be there, as if it is now...”**



# PUNK PSYCHOLOGY

If he or she opens their eyes, they came back to the present. Say, “Please close your eyes and go back to that event. Be there, as if it is now...”

**Listen to the language: we want to hear “I am..” and “She is standing..” and so on, not “I was...” etc.**



# **PUNK PSYCHOLOGY**

**Here's a quick tip:**

**If he or she has trouble getting the memory clearly to mind, ask, "How long did this episode/event last?"**

**To do that, he or she has to create it right through to the end, to measure it!**



# **PUNK PSYCHOLOGY**

**After the first time through, you will have got some idea of what happened, the emotions, any trauma or injuries, the main players, etc. We start them through it again: “Go to the beginning and let’s go through this again, this time paying special attention to the emotions...”**



**Now you start to work the sensate awareness:  
Get them feeling the emotion, over and over  
("Don't fight it... Let it come")**



# PUNK PSYCHOLOGY

Now you start to work the sensate awareness:  
Get them feeling the emotion, over and over  
("Don't fight it... Let it come"). **This is actually a  
version of "emotional flooding", pioneered by  
Pierre Janet (1859 - 1947) and Wilhelm Reich  
(1897-1957).**



# **PUNK PSYCHOLOGY**

**Then “Can you hear what is being said?” then  
“Anything you are resisting...” and if there is  
injury, “Feel that pain, let it come...”**

**The point is, it is not sufficient to make the  
unconscious conscious, to simply think about  
and merely translate the meaning of memories.**



# **PUNK PSYCHOLOGY**

**Instead, we work through sounds, feelings, action, voices, posture, anything you can think of that is relevant and will keep the person engaged. All the time you are listening for that release of emotions and tension, things getting easier and easier...**



# PUNK PSYCHOLOGY

**Another good tip:**

**Ask: “Where in your body do you get that  
[feeling, sadness, anger, pain etc.1]?”**

**It’s all about being there and experiencing it:  
Immersion.**



# **PUNK PSYCHOLOGY**

**Look out for what we call HANDLES. These are sudden changes that indicate memoneme material is beginning to surface...**

**Listen for phrases that are from the event. Sighs are important. You might even get a sensate awareness yourself.**



# PUNK PSYCHOLOGY

**Maybe breathing will change.  
We call these “handles” because you can use  
them to leverage yourself into the memoneme  
even deeper. Have the person deliberately  
breathe strangely, or say out loud the words  
that came up...**



# **PUNK PSYCHOLOGY**

**Now I want you to show courage, vision,  
confidence: GO AND DO IT!**

**You don't have to find someone begging for  
help! Maybe just say to a friend, "Say, can I try  
a special kind of memory recall process on  
you?" Get any memory and just MINT it!**