

**FREE E-BOOK**



# **Focus 2021 On What You Want Series**

*By Charles E. Winburn, M.Ed.*

# Mark 11:23-24



***For verily I say  
unto you,***



***that whosoever  
shall say unto this  
mountain,***



***Be thou removed,  
and be cast into  
the sea,***



***And shall not  
doubt in his heart,  
but shall believe***



***that those things  
which he saith  
shall come to pass;***



***he shall have  
whatsoever he  
saith.***





***Therefore I say  
unto you,***



***What things  
soever ye desire***



***when ye pray,  
believe that ye  
receive them,***



***and ye shall  
have them.***



# Romans 12:2



***And be not  
conformed to  
this world:***



*but be ye  
transformed*



*by the renewing  
of your mind,*





*that ye may prove  
what is that good,*



***and acceptable,  
and perfect,  
will of God.***



A close-up, slightly out-of-focus photograph of a woman's face, showing her eyes, nose, and mouth. She has dark hair and is looking directly at the camera. The image is overlaid with a semi-transparent red filter.

**In retrospect,  
how did you get  
here in life?**



# Ten negative forces undermine positive thinking & positive focus



# Six Internal Forces *(Within)*



# **1. Negative Beliefs 0-18**

*(Given by parents,  
peers & trustees)*



# 2. Negative Emotions 0-18

*(Given by parents,  
peers & trustees)*



# **3. Negative Memories 0-18** *(Given by parents, peers & trustees)*





# 4. Negative Perceptions 0-100 *(Worldview)*



# 5. Unforgiveness

## 0-100

*(Self & others)*



# 6. Religious Traditions

*(limitations on God and others with rituals, orders, traditions, and relics)*



# Four External Forces



# 1. Focus on Sin, Self, & Others *(Missing the mark)*



# 2. Focus on Death

*(Afraid to die or live)*



# 3. Focus on the Devil

*(Negative thoughts)*



# 4. Focus on Hell

*(Negative life)*





# Memory

*Your entire life is  
stored from conception  
to adulthood*



**How your memory  
maintains your  
information  
over time**



# Encoding

*Information positive  
or negative converted  
to memory*



# Memory Storage

*How information is  
retained in storage*



# Memory Retrieval

*Taking information  
out of storage short  
term or long term*



**How did 7.8 billion  
people get  
so screwed up  
on earth?**



# 95% Sickness & Disease

*(Starts in subconscious  
mind. Zero DNA,  
genes or hereditary)*



# How sickness and disease evolve:





**1. Stress**

**2. Toxins**

**3. Inflammation**



# Results:



# Poor Circulation

## Fatigue

## Allergies



**Digestive Issues**  
**Headaches**  
**Depression**



# Migraines

# Heart Problems

# Swelling



**How did 7.8 billion  
people get  
so screwed up  
on earth?**



**Question:  
Who are you  
co-creating with  
each day?**



# Co-Creation:





**Two or more  
people who come  
into agreement,  
likeness, and**



**sameness for  
the purpose of  
creation.**



**Two or more  
people bringing  
something into  
existence.**



**Two or more people  
in agreement,  
likeness, &  
sameness in  
5 ways:**



# 1. Beliefs

0 – 100

*Negative/positive*



# **2. Emotions, vibrations, energy**

*0 – 100*

*Negative/positive*



# Law of Attraction Matches



- **Emotions**
- **Vibrations**
- **Moods**
- **Feelings**





# 3. Memory

*0 – 100*

*Negative/positive*



# 4. Habits

0 – 100

*Negative/positive*



# 5. Behavior

0 – 100

*Negative/positive*



**60 seconds to come  
into agreement,  
likeness, or  
sameness with  
someone.**



# Results:



# Positive energy and momentum



# Negative energy and momentum



- **Stress**
- **Toxicity**
- **Inflammation**





# Lack of Focus 2021



**Co-create with  
people who want  
what you want.**



**Co-create and  
focus with people  
who want what  
you want.**



# Two Types of Minds:



# **1. Conscious Mind**

*Focus 2021*



# **2. Subconscious Mind**

*Focus 2021*



# Conscious Mind

- Will
- Intellect
- Creative



- Imagination
- Thoughts

*5% decision making*





# Conscious Mind

*40 units of data or  
information  
(Lipton)*



# Conscious Mind:

## *How does it learn?*



- **Creative Thinking**
- **Observation**
- **Perceptions**



# Subconscious Mind



- **Beliefs**
- **Emotions**
- **Memory**

***95% decision making***



# Subconscious Mind

*40 million units of data  
or information*



# 70% Negative Programming *(Lipton)*



# Subconscious Mind:

## *How does it learn?*





- **Habits**
- **Repetition**
- **Habituation**



# Conscious Mind Summary:



# Not paying attention



**Not in control  
of subconscious  
mind**



**Undermined  
by negative  
subconscious mind  
programming**



# Subconscious Mind Summary:



**Negative  
programming  
doesn't support  
your:**



# Positive Thinking





# Positive Focus



# Conscious Thinking





# Ask the right questions:





# What's wrong with you?





A faded, high-contrast portrait of Oprah Winfrey's face serves as the background for the slide. She is smiling and looking slightly to the right.

# What happened to you?

*(Oprah Winfrey)*



**As a result of what  
happened to you,  
how did it make  
you feel? *(Dr. Mate)***



# Six Principles at Work in Your Negative Evolution



# **1. Adverse Fetal Trauma (AFT) 0-9 Months/Conception and Birth *(Winburn)***





# **2. 0-2 The Still Face Experiment: Lack of Attention**

*(Dr. Tronick)*



# **3. 0-3 Childhood Lack of Attachment & Authenticity**

*(Dr. Mate)*



# **4. 0-7 The** **Biology of Belief** *70% Negative Parental, Peer & Teacher Influence* *(Dr. Lipton)*



# 5. 0-18 Adverse Childhood Experiences (CDC-Kaiser ACE Study)



# 6. 0-100 Current Adulthood Challenges *(Winburn)*



**Take your life back  
in 2021 from the  
principles at work  
in your negative  
evolution**



**Take your life  
back from the  
negative focus**



**Change your  
brain programs  
and rewrite  
your life**





**Your imagination  
undermining  
your focus**



**Your memory  
undermining  
your focus**



# Negative Imagination

*(Conscious Mind 5%)*



# Negative Memory

*(Subconscious Mind)*



# Subconscious Memory *(95% Negative)*



- **Negative Beliefs**
- **Negative Emotions**
- **Negative Perception**



# Results:



**Spiritual Decline**  
**Health Decline**  
**Mental Decline**





**Financial Decline**  
**Relationship Decline**  
**Sexual Decline**



**Moving your  
life toward a  
positive focus**



**Your imagination  
supporting  
your focus**



**Your memory  
supporting  
your focus**



# Positive Imagination

*(Conscious mind 5%)*



# Positive Memory

*(Subconscious mind,  
95% positive)*



- **Positive Beliefs**
- **Positive Emotions**
- **Positive Perception**



# Results:





**Spiritual Increase**

**Health Increase**

**Mental Increase**



**Financial Increase**  
**Relationship Increase**  
**Sexual Increase**



**What do you  
really, really  
want for life?**



**What do you  
really, really  
want?**



**Short term  
(30, 60, 90)**



**Long term  
(1 year or more)**



# Now focus on it!



# Define focus





**Recognizing &  
then going after  
what you really,  
really want**



**With great  
passion, zeal, &  
intensity**



# Achieving personal goals & objectives



# Focus 2021



# The Nine Life Focus



# 1. Spiritual Focus

*(Better connection  
with divine source)*



# 2. Health Focus

*(Better functioning  
heart, lungs, kidneys,  
lose weight)*



# 3. Mental Focus

*(Peace of mind, fun,  
& feel better)*





# 4. Financial Focus

*(Attract more money)*



# 5. Relationships

## Focus

*(Love & trust again)*



# 6. Career Focus

*(Better job or  
employment)*



# 7. Business Focus

*(Increase contracts & better customers)*



# 8. Self- Appreciation Focus *(Focus on valuing self)*



# 9. Self Love

*(Love self first  
& better)*

