



Expanding the Intuitive Mind

By

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THE BRAIN'S ABILITIES ARE INFINITE

We talk about only using a small percentage of the Mind's ability; I would argue we only use a fraction of the power available to us! Most people only use a small amount of the mind's capacity because we don't know any other way of operating. We have an amazing computer available to use which is more powerful than any computer on the planet but we have not used it fully as we don't get educated on how to! We live like we have a bicycle at our disposal when really we have a time machine available!

MindScape is a tool for life which enables you to get the most out of life through accessing the power of the creative and intuitive mind. Through training with me anyone can possess an incredible tool which can enhance life more than you thought possible – really tap into your full potential.

If you're interested in finding out how to utilise more of your mind's ability and use it more effectively in many aspects of your life then read on...

"The mindscape course was a really profound experience for me. It rang true with lots of things I already knew but also challenged me to look deeper into them. I feel it's a really useful and wide ranging skill and it really complements other practices and approaches. It's made me feel excited about possibilities, more aware of where I am (and also where I'd like to be) and therefore happier. Eloise is a really lovely and I felt in very good hands!" Jenny

WHAT IS MINDSCAPE?

MindScape is an amazing tool for deepening our connection to the intuitive, creative brain. It is a great framework for tapping into the potential of the mind and really opening to the possibility of life! It enables us to bring clarity to the mind and the ability to think clearly. It also balances the left and right brain which improves brain communication, and helps the brain coordinate its activities.

When we open to the bigger potential of what is possible it can open many more possibilities in life and get us back in flow! Meaning we can flow through life understanding more of the bigger picture and gaining insights which were not available to us before. I'll let you into a little secret – the answers are always there we just don't pick them up!

When we live mainly utilising our left brain (the logical, analytical side) we are only able to experience the World through our limited physical senses (touch, taste, smell, sight and hearing). You may feel that this is a strange thing to say; that these are limited. But our physical senses experience the World and then the brain "manipulates", "distorts" and "filters" the information to match our expectations before feeding it to us. Plus our senses are limited to a small range of the available information. So this means our "reality" or experience of life is a distorted, delayed and only a limited amount of information gets fed to us! For example apparently only 10-15% of what you "see" you actually see, the



rest is made up by your brain! Your brain literally “fills in the gaps”. We may only get a small amount of information to our conscious mind but the subconscious gets all the information! All 400 billion bits per second!

The right brain has access to the more information than the left, therefore it has a wider scope for giving us accurate information about the world not only just around us, but the inner wisdom. The right brain has been proven to be able to do everything that the left brain can do and quicker with more accuracy.

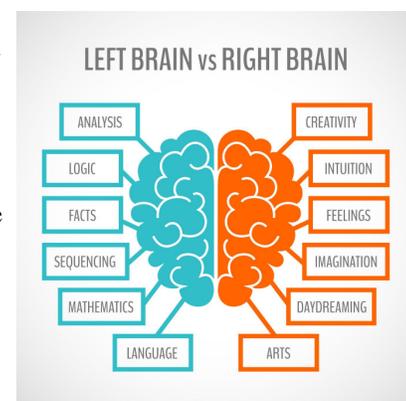
(Obviously I am using a simplified model of the brain here – but I like to keep things simple.)

Our brain is constantly battling with itself! The fight between the left and right sides of the brain takes up a lot of glucose! The two hemispheres are constantly fighting for gaining the power of who rules. The left side of the brain is the logical side where the ego lives, the right brain the more holistic, intuitive side. Society and school in the Western world programs us to think more left brained. It is even in our language, how often have you heard “oh that isn’t logical” ? Some of us are born more right brained than left; either way the fight for who is more important goes on!

The left brain being the home of the ego, thinks it should rule and the right brain because it has access to the holistic view of the world, i.e. everything, thinks it should be the boss; not the small viewed left brain that looks at the detail.

In MindScape we guide you through an exercise to build a framework in the mind which gives the left brain some tools to keep it busy so the right brain can be accessed unhindered. This means we have access to the intuition and creative imagination in a structured way, giving us a greater level of accuracy and structure to the intuition. Working the two hemispheres of the brain together as a team gets us far better results.

“I am always blown away by what the people attending my class can do within such a short space of time. I really hold the space for people to really tap into their intuition at a deep level, and at every class I am blown away by what they do! It is incredible.” Eloise



HOW DOES MINDSCAPE WORK?

Well I cannot tell you everything, because this is a tool which is “programmed” over the weekend in the class. It is not a technique you can just read about and work out, you need to experience it for yourself. Explaining what MindScape is in detail would ruin the class as your left brain would start predefining it and creating expectations which would “ruin” the creative right brain aspect of the class. It would be just like giving you the ink pictures the night before a psychological assessment - having the evening to look over the pictures beforehand would invalidate the experiment of saying the first thing you see!

What I can tell you though is it is that the process I take you through enables you to easily access a state of mind, called the alpha state, which enables you to have access to your creative and intuitive mind not usually accessible in normal brain function. Many geniuses have used various methods to access this productive state, and used it to come up with their amazing ideas and breakthroughs. Einstein, Tesla, Mozart and many more have used the alpha state to produce amazing results. And so have many of the students who attend the class!

“Thoroughly enjoyed it
THANK YOU! Finally I
feel as intuitive as everyone
else” Atsuko

I hear so many amazing examples of where people have used the tools to change their lives or gain insights into their reality which have astounded them. MindScape is an easy way to acquire these abilities for anyone to use to enhance their life.

“I have just completed the mindscape course with Eloise. I found the weekend truly enlightening and revealing. It allowed me to explore the inner workings of my subconscious in a safe and supported way. Eloise was a great teacher, approachable, funny and kind. I would recommend anyone to do it and expand their potential.” Gemma

WHO IS MINDSCAPE FOR?

It isn't for everyone! Some people are too closed to even think about attending. And I will warn you it will still take some work with the tool after the class to really master it! The brain is like a muscle – use it or lose it. Over the weekend we will make use of the plasticity of the brain and program in some “new” connections to make an easy path to your right brain. You then have to put the work in to make that path a well-trodden path so your brain uses it as it's default “go to” route for the intuition.

SO WHO WOULD BENEFIT FROM ATTENDING MINDSCAPE?

PARENTS

I have used MindScape to support my clients during pregnancy as well as in the early years when the child is unable to communicate! The early years can be quite frustrating for babies as they are unable to “speak” to communicate their wants and needs. With MindScape though we can open a path of communication to understand what is needed. We can also use it for conflict resolution and mediation... which with children can come in handy!

For example one mother asked why her baby wasn't feeding. In MindScape the baby told me when the mother was breastfeeding she had a habit of watching the news which upset the baby! She had not realised this had become a habit.

Sports

“The potential for peak performance in any life activity, from work to sports”

We spend some quality time over the weekend talking about how you can use MindScape to excel in any sport. Most top sports people employ some form of mental training! We look at how to train and how to take mental training to another level. At this level of the mind your body doesn't know the difference between imagination and real life! Hence you can get extra training in whilst you have downtime, even squeezing more training in when your short on time! We also teach you ways to get coached by the right person for you (you can invite them in to help you at any time!).

I have personally used this to improve my swimming technique and designing exercise programmes.

THERAPISTS/COACHES

Anyone who works one-to-one with people can benefit from learning how to interact with people in MindScape. Making people feel more at ease with you, finding out what is really going on under the surface etc. It can help identify the exact question needed to bring about a realisation or shift fast for a client.

The power of the mind over the body is a well-known relationship, and methods of healing using visualisation and the mind work well. We take this to another level and build an amazing healing tool which taps into the minds abilities to heal itself, and teach you how to use this on yourself and others. Everyone can heal themselves! I talk about the healing aspect of the intuition over the weekend.

ARTISTS & WRITERS

Being in MindScape enhances your abilities to tap into the creative facilities. Ideas just appear from nowhere without any need to force! Any form of artistic pursuit can be done within the MindScape framework which will enhance creativity and allow more balanced thinking.

Writers create characters and watch the movie of what they do – the book writes itself! Practise makes perfect; any performances can also be rehearsed using the MindScape tools.

BUSINESS PEOPLE

Any organisation can benefit from enhancing the mental performance abilities of its personnel. Creativity is also essential for business success. We teach you to use MindScape when attending meetings so you are more relaxed (which can be perceived as

confidence), have clarity of mind, be more creative and even have insights into the needs of the others in the meeting. You can even connect with people before you meet them, to get ideas on what they need, what they want from you, or feedback on proposals. It is great for problem solving, presentation rehearsal, influencing others, goal setting, sales, and brain-storming! Definitely leads to more win-wins!

STUDENTS

The state of the MindScape workshop allows your brain to be more receptive to learning than an untrained person would be. Memory retention is enhanced! Anyone needing to study can do so using MindScape so that their brain is engaged and ready to learn. Plus we talk about how to use the tools to prepare for exams, problem solving and relaxation.

WORKING WITH ANIMALS

Through the MindScape Workshop, participants learn to tune in to animals in an intuitive and experiential way. As well as for fun, these skills can be used to work with real animals for healing, gaining understanding or just opening lines of communication with pets.

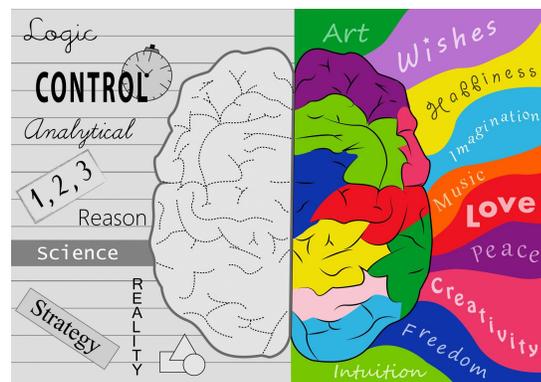
SUMMARY

Whoever you are, and whatever you do MindScape can enhance your life! We are programmed that the answers are “out there” – that others have the answer – but the truth is we all have access to the answers. They are not out there but inside and through our inner wisdom we all have access to. We just need a way of structuring the intuition and allow ourselves to trust it to open our hearts to an incredible world.

Think of the class like getting a new “app” or icon on your computer - giving you access to so much! MindScape gives you a quick, easy to access tool which you can use for all areas of your life and work, and use for the rest of your life.

MindScape is suitable for anyone, any age. No previous experience or knowledge is needed.

'I loved Mindscape and 6 month's on I am still exploring new aspects of my workshop. The more I use it, the more potent it becomes!' Patti London



YOUR INSTRUCTOR

Join me, Eloise Ansell for an incredible weekend where I will expand your world to what is possible and leave you with an experience you won't forget. I love opening people's minds to new possibilities and showing them what is really possible! I teach MindScape because it is a tool for life and I am passionate about teaching this incredible work with as many people as possible. I have used it in my life every day since taking the class and have many stories to share from dating to fixing mechanical faults on my car.

I have worked in many different industries, from online gaming to telecoms over the last 30 years in a variety of roles. I was a well-respected life coach, and I am trained to teach NLP (Neuro linguistic programming). I have always been fascinated with the mind, brain and consciousness due to my own life experience; navigating the education system with a dyslexic brain and being put in special needs for much of my education. My studies and interests led me to get degrees in Mathematics & Computing Science.

In the corporate world I had a reputation for always asking "What If" and I am always looking for ways to make life simpler, more fun and passionate, where people can love and enjoy whatever they choose to do, and have more direction, focus and opportunities. Opening their hearts to more love, joy and abundance.

I have a wealth of experience to draw on to teach MindScape having run classes for many years before training to teach the class and qualifying as the first UK instructor in 2011. Since then I have been teaching these tool to people around the World to enhance their lives.



CONTACT DETAILS

For more information, book on a class or to ask any questions – please contact myself:

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"Welcome to the world of "Mindscape" with Eloise. She makes learning fun with her clever, witty delivery of facts and her caring attitude to others. I really enjoyed my weekend workshop with her and have found that I can easily recall what was taught because of her easy, relaxed teaching methods.

She also provides good after care with useful links and plenty of advise. I can say this workshop has proved to be one of the best I have ever attended." Sally