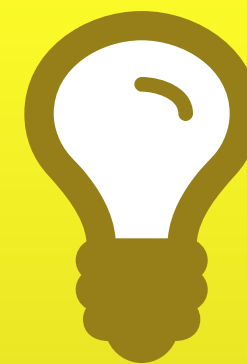


E-BOOK & TOOLKIT

MASTERMIND
CLASS & CLINIC 2025



STOP HOLDING YOURSELF BACK! SERIES!

STARTS WITH
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LEARN THE ROOT
CAUSES OF WHAT
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THIS SUNDAY!

By Charles E. Winburn, M.Ed.

Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.

Resources

We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.

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**Ohio Domestic Violence
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1-800-934-9840

www.odvn.org

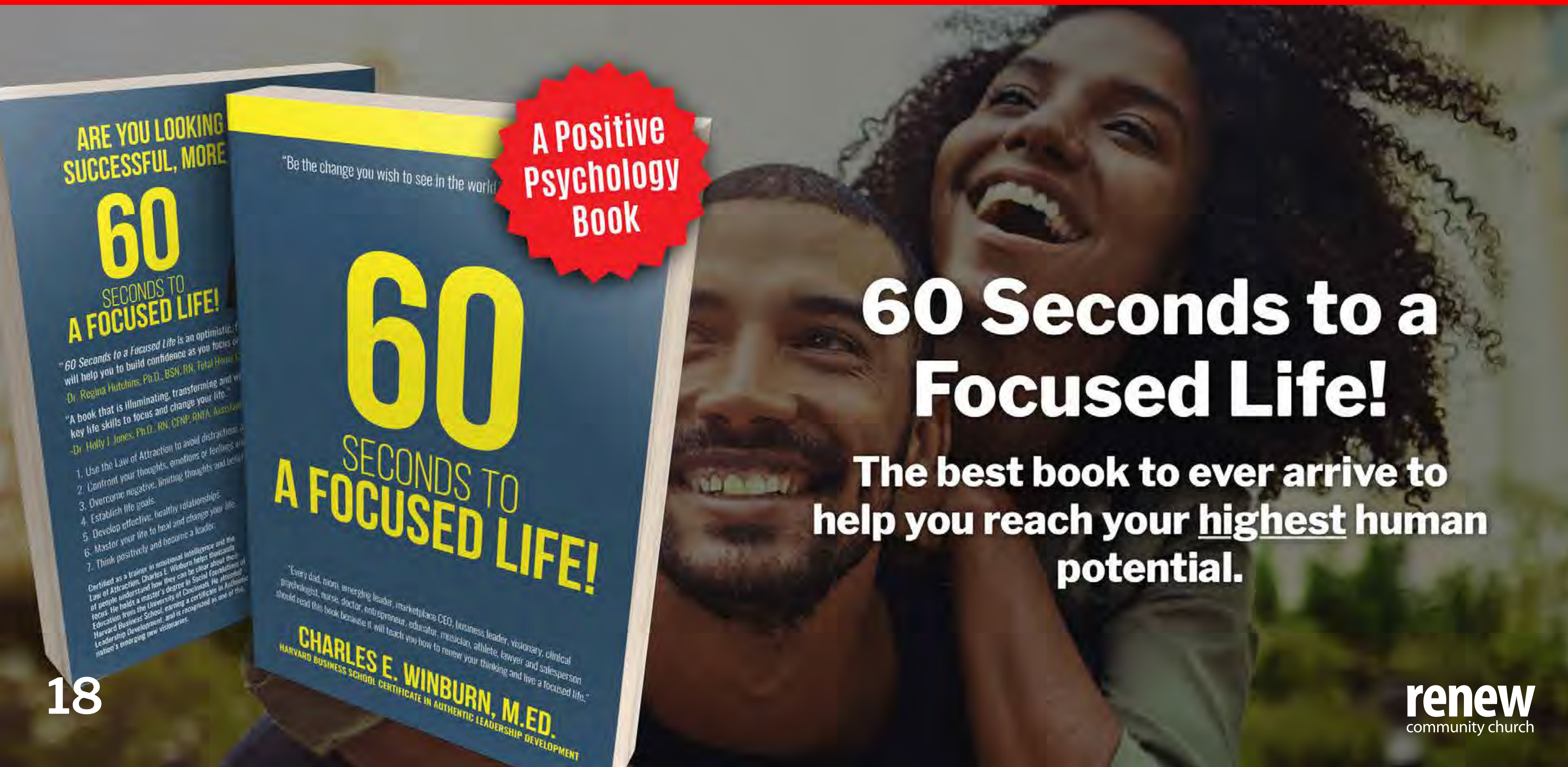
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: **60SecondsToAFocusedLife.com**



**A Positive
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60 Seconds to a Focused Life!

**The best book to ever arrive to
help you reach your highest human
potential.**

1. We are kings and priests

- **Revelation 1:6 — And hath made us kings and priests unto God and his Father; to him be glory and dominion for ever and ever. Amen.**
- **Revelation 5:10 — And hast made us unto our God kings and priests: and we shall reign on the earth.**

- 2. We have been made after the righteousness of God**
- 2 Corinthians 5:21 — For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.**

- **Romans 3:22 — Even the righteousness of God which is by faith of Jesus Christ unto all and upon all them that believe: for there is no difference.**

- 3. We are the righteous of God**
- **2 Corinthians 5:21 emphasizes righteousness in Christ.**
 - **Romans 5:17 — For if by one man's offence death reigned by one; much more they which receive abundance of grace and of the gift of righteousness shall reign in life by one, Jesus Christ.**

- **Romans 3:24 — Being justified freely by his grace through the redemption that is in Christ Jesus.**

4. We are in heavenly places

- **Ephesians 2:6 — And hath raised us up together, and made us sit together in heavenly places in Christ Jesus.**
- **Ephesians 1:3 — Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ.**

5. We are more than conquerors

- **Romans 8:37 — Nay, in all these things we are more than conquerors through him that loved us.**
- **1 John 4:4 — Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.**

- 6. We were created before the foundation of the world**
- Ephesians 1:4 — According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love.**

- **Hebrews 4:3 — For we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world.**

7. The kingdoms of this world are the kingdoms of our Lord

- Revelation 11:15 — And the seventh angel sounded; and there were great voices in heaven, saying, The kingdoms of this world are become the kingdoms of our Lord, and of his Christ; and he shall reign for ever and ever.**

- **Daniel 2:44 — And in the days of these kings shall the God of heaven set up a kingdom which shall never be destroyed: and the kingdom shall not be left to other people, but it shall break in pieces and consume all these kingdoms, and it shall stand for ever.**

8. Greater is he that is in us than he that is in the world

- 1 John 4:4 — Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.**
- Romans 8:31 — If God be for us, who can be against us?**

9. We are divine

- **Psalm 82:6 — I have said, Ye are gods; and all of you are children of the most High.**
- **John 10:34-36: Jesus quotes Psalm 82:6 and affirms, calling it scripture — Is it not written in your law, I said, Ye are gods?...**

10. We are the sons of God

- **John 1:12 — But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name.**

- **Romans 8:14, 16 — For as many as are led by the Spirit of God, they are the sons of God. ... The Spirit itself beareth witness with our spirit, that we are the children of God.**

- **1 John 3:1 — Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not.**

**I press toward the mark for the
prize of the high calling of God in
Christ Jesus.**

Philippians 3:14

**For in him we live, and move, and
have our being.**

Acts 17:28

**Casting down imaginations, and
every high thing that exalteth itself
against the knowledge of God,
and bringing into captivity every
thought to the obedience of Christ.**

2 Corinthians 10:5

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

Joshua 1:8

**Thou broughtest us into the net;
thou laidst a heavy yoke upon our
loins. We went through fire and
through water: but thou broughtest
us out into a wealthy place.**

Psalm 66:12

5 ways trauma can spread and process itself in the body and brain, ultimately contributing to oxidative stress, inflammation, and toxicity in your life

AI Research

1. Adverse fetal experiences (0–9 months)

- **Original reference: Charles Winburn, M.Ed.**
- **Enhanced explanation:**
Adverse conditions during fetal development—such as maternal stress, malnutrition, or exposure to toxins—can program the developing fetal

nervous and immune systems. This early programming can influence stress reactivity, cardiovascular function, and brain circuitry, making a person more susceptible to heightened stress responses later in life. This sets a foundation for chronic inflammation and metabolic dysregulation.

2. Early emotional neglect and trauma (0–2 years)

- Original reference: Dr. Edward Tronick**
- Enhanced explanation:
The first years of life are critical for forming secure attachment and healthy emotion regulation. Persistent emotional neglect or early**

relational trauma can disrupt a child's ability to trust, regulate emotions, and modulate the stress response. These patterns can become ingrained, leading to maladaptive wiring of the hypothalamic-pituitary-adrenal (HPA) axis and increased vulnerability to inflammatory processes in adulthood.

3. Attachment and authenticity issues (0–3 years)

- Original reference: Dr. Gabor Maté**
- Enhanced explanation: Secure attachment requires reliable, attuned caregiving. When caregivers are inconsistent or emotionally unavailable, a child may learn to suppress authentic**

needs and emotions to gain safety. This suppression can become a chronic pattern, contributing to internal conflict, chronic stress, and dysregulated autonomic function, which over time may promote inflammatory and oxidative stress pathways.

4. Negative parental programming (0–7 years)

- **Original reference: Dr. Bruce Lipton**
- **Enhanced explanation: Early parental beliefs, behaviors, and environmental cues shape a child's worldview and self-concept. Repeated exposure to negative messages or modeling**

of dysfunctional coping can engrain limiting narratives and coping strategies. These patterns can perpetuate stress responses, influence behavior, and contribute to long-term physiological wear-and-tear, including immune and metabolic dysregulation.

5. Adverse childhood experiences (0–18 years)

- Original reference: Kaiser ACE study**
- Enhanced explanation:
The ACEs framework catalogs experiences such as abuse, neglect, and household dysfunction.
A higher number of ACEs**

is associated with greater risk for chronic diseases, mental health challenges, and altered stress physiology. Cumulative adversity can drive persistent HPA axis activation, inflammation, and cellular aging processes, increasing allostatic load over one's life.

**Reasons why you are holding
yourself back are due to what
happened to you throughout
your life in the following areas**

AI Research

- 1. Negative beliefs transferred to us by our parents, guardians, teachers, and peers**
- 2. Limiting beliefs, passed down from generation to generation**
- 3. Negative vibrations or emotions given to us through transgenerational epigenetic inheritance**

- 4. Holding onto negative memories**
- 5. Unresolved childhood trauma that shows up in adulthood**
- 6. The failure of parents to teach their children that they are the righteousness of God**

7. The church's overemphasis on going to heaven, instead of teaching that the Earth is the Lord's and the fullness thereof; however, we are already in heavenly places in Christ Jesus

- 8. Parents, guardians, trustees, and churches failing to teach children about their God-created self, which involves the following:**
- We are created after the image of God and we look like God and not Adam (we came out of God, not Adam).**

- **We are kings and priests.**
- **We are gods.**
- **We are the righteousness of God.**
- **Greater is He that is in us than He that is in the world; we are sons of God.**
- **God is in us. “We are the expression of God in me.”**

9. So-called Christian parents and Christian churches have helped to add to the trauma of both adults and children over the centuries by overemphasizing teaching negative Church doctrine in the following areas:

- **Teaching a sin-consciousness instead of a God-consciousness.**
- **Teaching a hell-consciousness doctrine by scaring the hell out of people; however, instead of teaching that God is a God of love.**

- **Teaching a punishment-consciousness that says you're going to hell when Jesus Christ has already nailed hell to the cross. Scaring people that they are going to die before their time if they don't repent of their sins. This is another overemphasis on a sin consciousness that the church**

**has perpetuated on everyone
which helps to further peoples
trauma.**

- **Teaching children how to be
religious instead of being
spiritual and/or being a spirit
being. Our children are talked
to be spirited, but not spiritual
(jumping and shouting is being
spirited, but not being spiritual)**

- **Overemphasis on the church being the most important entity in the universe, instead of teaching that the kingdom of God is the most important entity in the universe. That's because Jesus is king over His domain, even the universe. We**

**are not to preach the gospel
of the church instead, we are
to preach the gospel of the
kingdom that's biblical.**

10 practical strategies to stop holding yourself back in life

AI Research

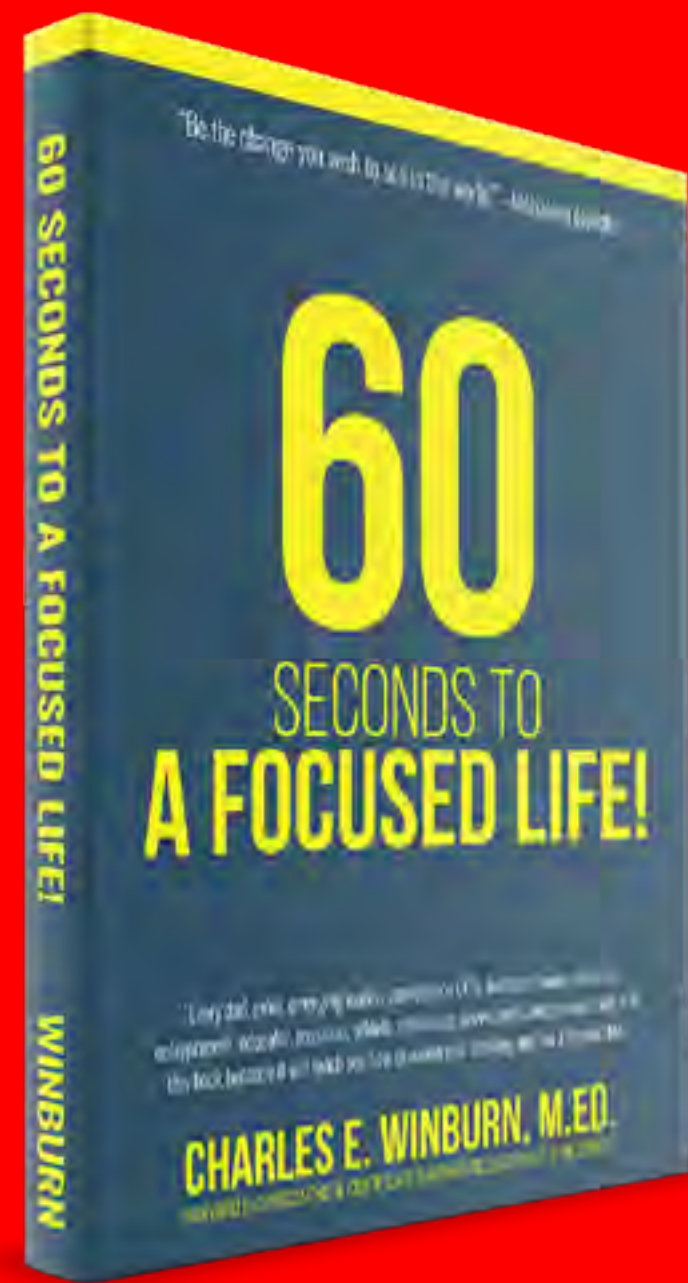
1. Clarify your guiding purpose (Spiritual life)

- **Action: Write a one-page personal mission statement that ties your beliefs to daily actions. Include how you want to serve others, grow spiritually, and align choices with core values.**
- **Tip: Review it weekly and note one small habit that embodies that purpose (e.g., daily gratitude, prayer, meditation, service).**

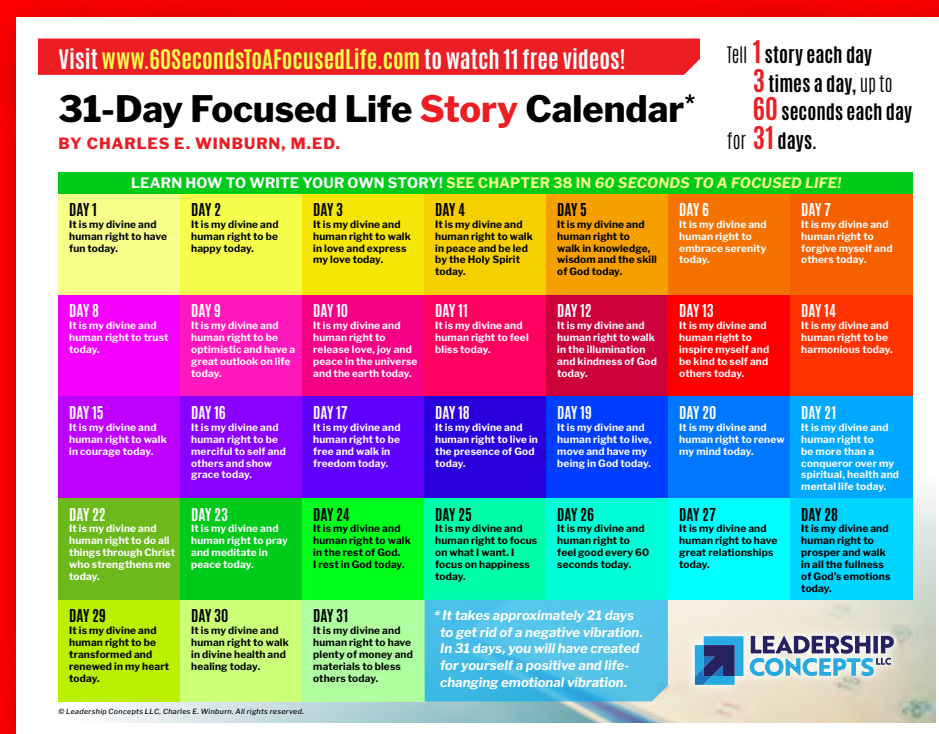
2. Build a consistent daily routine (Health life)

- **Action: Create a simple morning and evening routine (e.g., wake time, 10 minutes of movement, balanced meals, hydration, sleep window).**
- **Tip: Start with 1% improvements each week (earlier bedtime, 5-minute walk) to avoid burnout.**

3. Practice cognitive reframe and stress reduction (Mental health life)



- Read **60 Seconds to a Focused Life!** by Charles Winburn
- Read Charles Winburn's **31-Day Focused Life Story Calendar**
- Visit Charlie Winburn's website **60SecondsToAFocusLife.com**



- **Action: When you notice negative self-talk, pause, label the thought, and reframe it into a constructive alternative. Pair with 3 deep breaths or 4-7-8 breathing.**
- **Tip: Keep a one-page thought journal: capture triggers, automatic thoughts, and a healthier reframe.**

4. Create a financial clarity plan (Financial life)

- **Action: List all income sources, fixed expenses, and debts. Set a monthly savings target (even small, like 5-10%).**
- **Tip: Automate savings and debt payments; use a simple budget app or spreadsheet to track progress weekly.**

5. Cultivate meaningful relationships (Relationship life)

- **Action: Schedule regular, low-pressure connections (weekly check-ins with a friend, a date night, or family time).**
- **Tip: Practice active listening: reflect back what you heard, ask open-ended questions, and validate feelings without immediately fixing problems.**

6. Set boundaries and protect your energy (All life areas)

- **Action: Identify one boundary you need (e.g., no work emails after 8 pm, scarce time for self-care). Communicate it clearly and enforce it for 30 days.**
- **Tip: Use a calendar block for “self-care” and “relationship” time to protect priorities.**

7. Turn goals into accountable micro-habits (All life areas)

- **Action: Break big goals into tiny actions you can do daily (e.g., 5-minute prayer/meditation, 10-minute financial review, 15-minute learning, 1-page journaling).**
- **Tip: Pair new habits with existing routines (habit stacking) to increase adherence.**

8. Invest in learning and growth (Mental health, Spiritual, Financial)

- **Action: Commit to a 12-week learning plan: one book, one course, or one set of audio sessions related to a goal (e.g., mindfulness, budgeting, healthy cooking, communication).**
- **Tip: Apply one insight weekly: a small change you can observe and measure.**

9. Practice gratitude and optimism training (Mental health, relationships, spiritual)

- **Action: End each day by listing three things you're thankful for and one positive outcome from the day.**
- **Tip: Share a gratitude note with someone weekly to strengthen bonds and shift focus from scarcity to abundance.**

10. Build a sustainability plan for setbacks (All life areas)

- **Action: Create a “reset kit” for tough days: a short grounding exercise, a patients-with-self message, a 10-minute recovery routine, and a contact (friend/mentor) to reach out to.**
- **Tip: When you derail, document what happened, what you learned, and the next small step to get back on track—without self-judgment.**



LEARN HOW TO MOVE FORWARD IN LIFE THIS SUNDAY!

STOP HOLDING
YOURSELF BACK
AND MOVE
FORWARD THIS
SUNDAY!

By Charles E. Winburn, M.Ed.