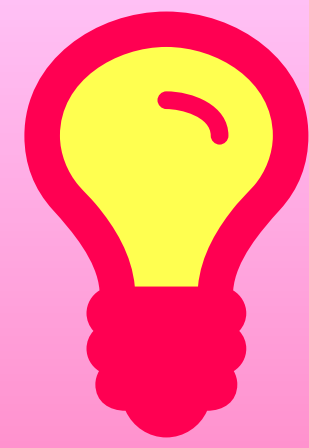




MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

KINGDOM OF GOD EMOTIONAL HAPPINESS

By Charles E. Winburn, M.Ed.



MASTERMIND CLASS & CLINIC 2026



Master Life Coach
Charlie Winburn



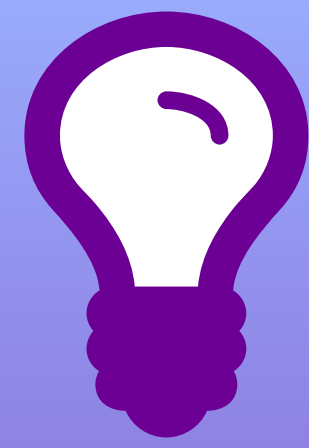
Coach Chuck Futel



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KINGDOM OF GOD OVERCOMING YOUR TRAUMA

By Charles E. Winburn, M.Ed.



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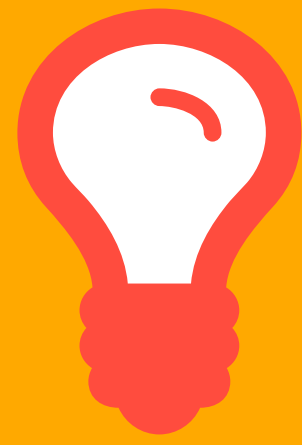
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KINGDOM OF GOD FORGIVENESS OF SELF AND OTHERS

By Charles E. Winburn, M.Ed.



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KINGDOM OF GOD

HEALTH & HEALING

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.

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Ohio Domestic Violence Network (ODVN) Helpline

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www.odvn.org

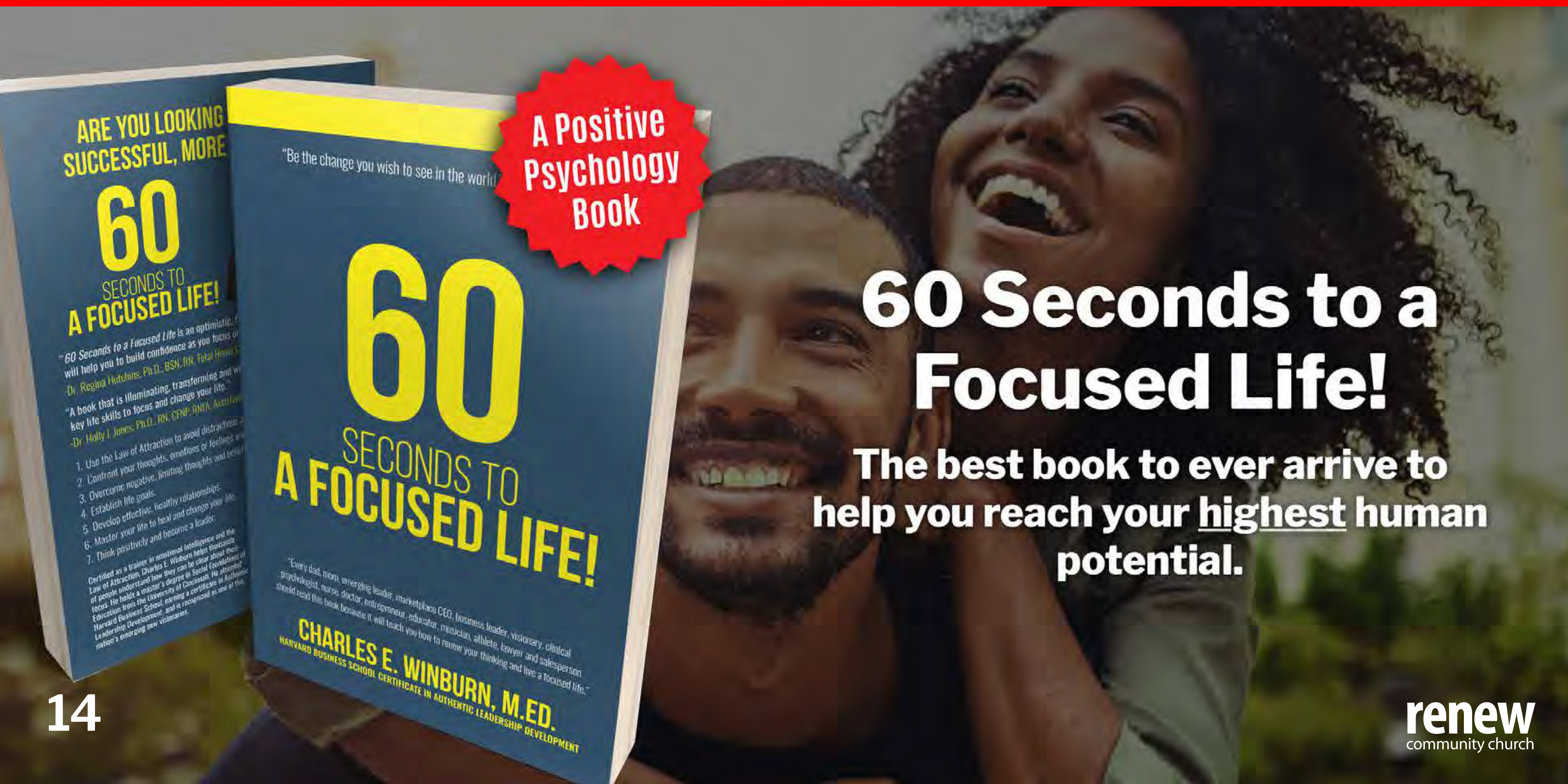
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

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ARE YOU LOOKING
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"A book that is illuminating, transforming and will...
key life skills to focus and change your life."
Dr. Holly J. Jones, Ph.D., RN, CFNP, RNFA, Assistant

1. Use the Law of Attraction to avoid distractions and
2. Confront your thoughts, emotions or feelings and
3. Overcome negative, limiting thoughts and beliefs
4. Establish life goals.
5. Develop effective, healthy relationships.
6. Master your life to heal and change your life.
7. Think positively and become a leader.

Certified as a trainer in emotional intelligence and the
Law of Attraction, Charles E. Winburn helps thousands
of people understand how they can be clear about their
focus. He holds a master's degree in Social Foundations of
Education from the University of Cincinnati. He attended
Harvard Business School, earning a certificate in Authentic
Leadership Development, and is recognized as one of the
nation's emerging new visionaries.

60

SECONDS TO
A FOCUSED LIFE!

CHARLES E. WINBURN, M.ED.
HARVARD BUSINESS SCHOOL CERTIFICATE IN AUTHENTIC LEADERSHIP DEVELOPMENT

**But seek ye first the kingdom of
God, and his righteousness; and all
these things shall be added unto
you.**

Matthew 6:33

**And saying, The time is fulfilled,
and the kingdom of God is at hand:
repent ye, and believe the gospel.**

Mark 1:15

**But rather seek ye the kingdom of
God; and all these things shall be
added unto you.**

Luke 12:31

Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.

John 3:3

Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God.

John 3:5

**Neither shall they say, Lo here! or,
lo there! for, behold, the kingdom of
God is within you.**

Luke 17:21

**For the kingdom of God is not meat
and drink; but righteousness, and
peace, and joy in the Holy Ghost.**

Romans 14:17

Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son: In whom we have redemption through his blood, even the forgiveness of sins.

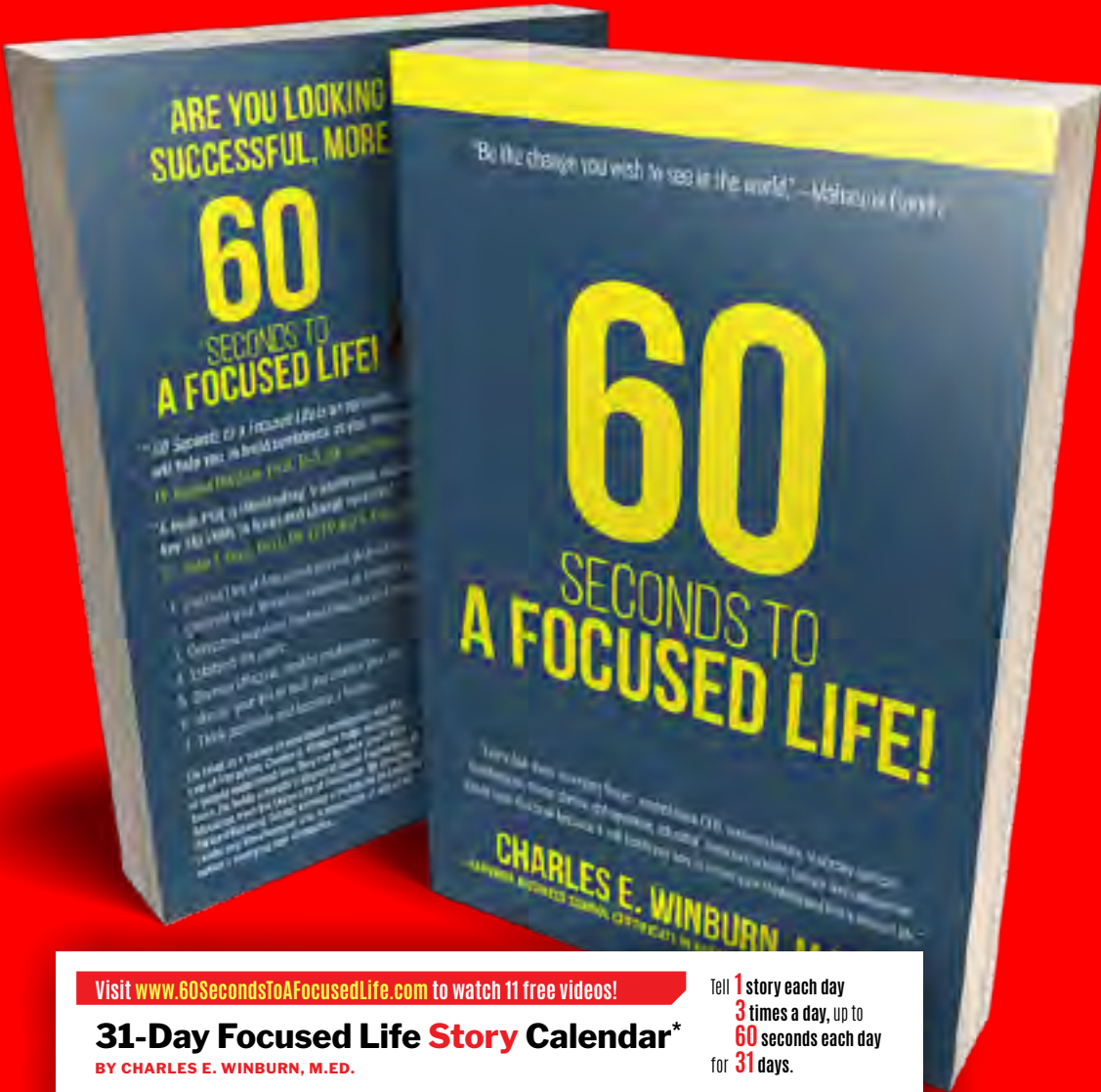
Colossians 1:13-14

Again, the kingdom of heaven is like unto treasure hid in a field; the which when a man hath found, he hideth, and for joy thereof goeth and selleth all that he hath, and buyeth that field.

Matthew 13:44

Another parable put he forth unto them, saying, The kingdom of heaven is like to a grain of mustard seed, which indeed is the least of all seeds: but when it is grown, it is the greatest among herbs, and becometh a tree, so that the birds of the air come and lodge in the branches thereof.

Matthew 13:31-32



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LEARN HOW TO WRITE YOUR OWN STORY! SEE CHAPTER 38 IN 60 SECONDS TO A FOCUSED LIFE!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
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It is my divine and human right to love today.	It is my divine and human right to be joyful and give great outlook on life today.	It is my divine and human right to be peaceful, joy and peace in the universe and live earth today.	It is my divine and human right to feel safe today.	It is my divine and human right to walk in the illumination and kindness of God today.	It is my divine and human right to be kind to self and others today.	It is my divine and human right to be harmonious today.
It is my divine and human right to walk in courage today.	It is my divine and human right to be confident, be and others and share grace today.	It is my divine and human right to be free and speak the freedom today.	It is my divine and human right to live in the presence of God today.	It is my divine and human right to live, love and have my being in God today.	It is my divine and human right to renew my mind today.	It is my divine and human right to be more than a consumer over my spiritual, health and mental life today.
It is my divine and human right to do all things through Christ who strengthen me today.	It is my divine and human right to pray in the end of God's peace today.	It is my divine and human right to walk in the end of God's love in God today.	It is my divine and human right to focus on what I want, I focus on happiness today.	It is my divine and human right to focus on what I want, I focus on happiness today.	It is my divine and human right to have great relationships today.	It is my divine and human right to prosper and walk in all the fullness of God's emotions today.
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Kingdom of God: emotional happiness

AI Research

60SecondsToAFocusedLife.com

- 1. Emotional happiness is inner well-being that stays steady even when circumstances change.**

- **It's a sense of stability inside—your mood isn't completely controlled by what happens around you.**
- **You may still feel uncertainty, but you can return to peace and balance.**
- **It's like having an inner “home” of calm, hope, and kindness.**

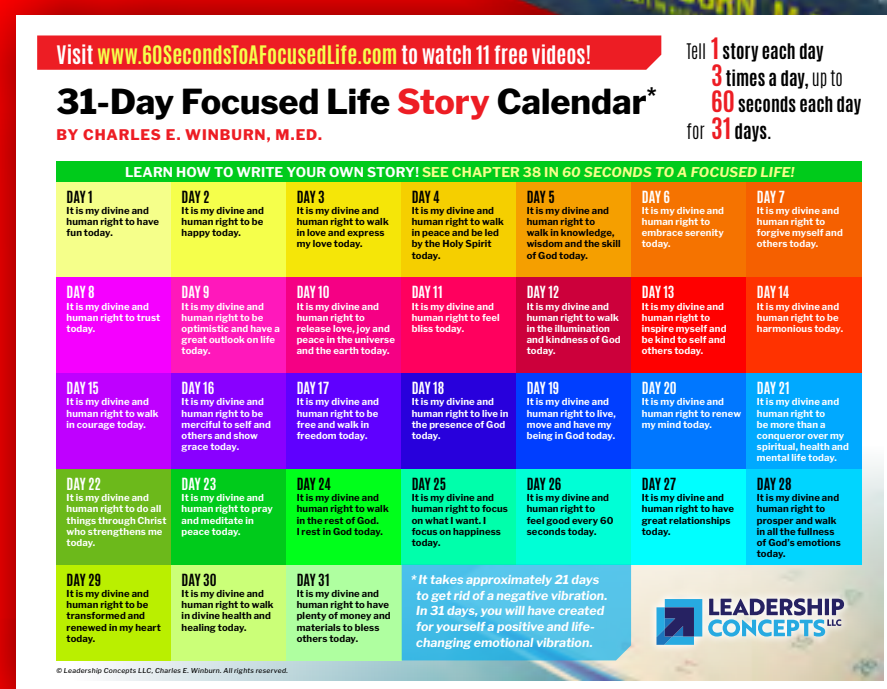
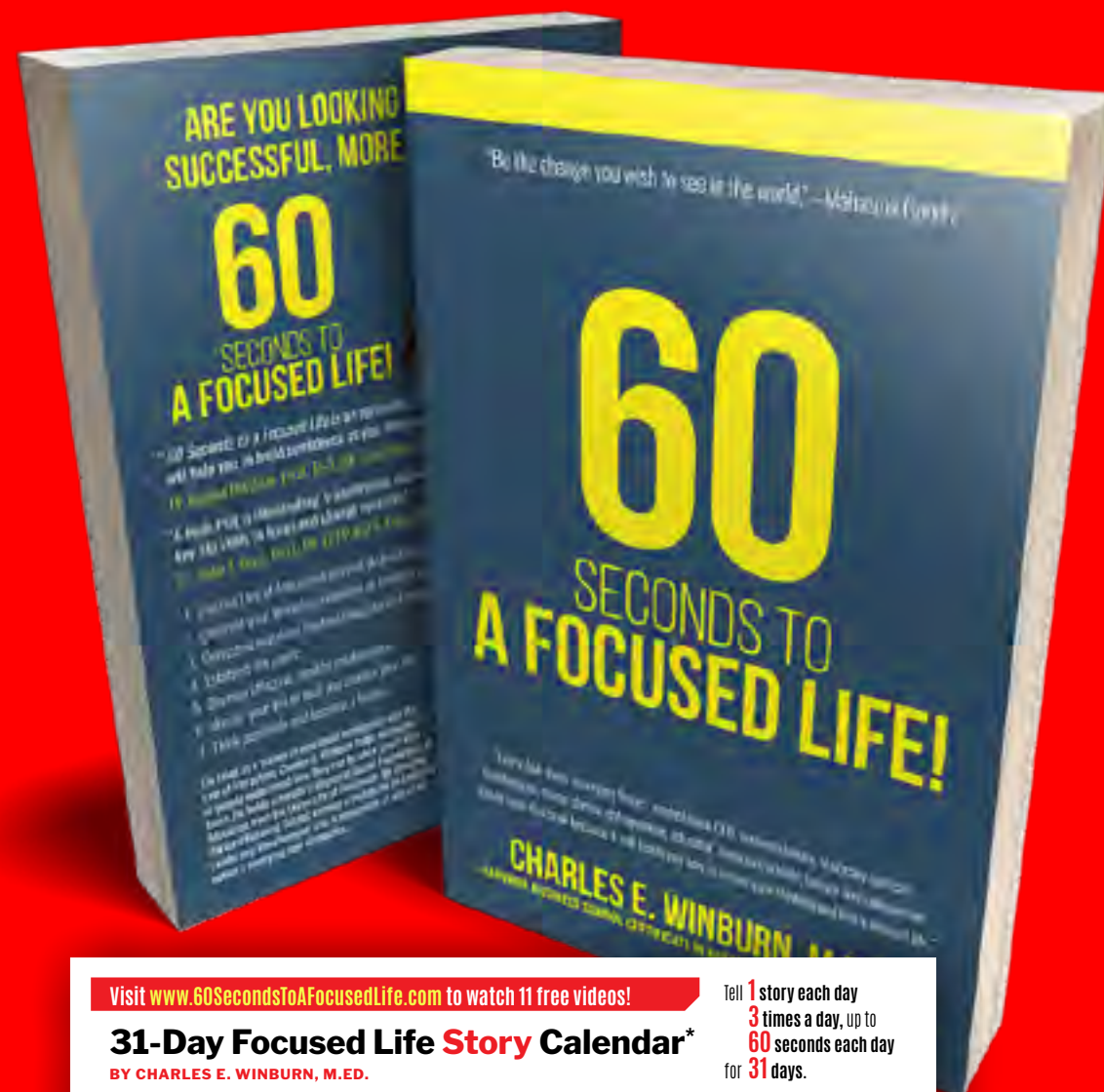
2. Emotional happiness is emotional alignment—your feelings match your values and purpose.

- **It means you're living in a way that resonates with who you truly are.**
- **When you act with integrity, forgiveness, and truth, your emotions naturally feel lighter and more joyful.**
- **It's happiness that grows from coherence: mind, heart, and choices working together.**

3. Emotional happiness is a heart that can love and receive love—leading to joy and gratitude.

- **You feel good because you're connected: to God, to people, and to your own spirit.**
- **Gratitude and compassion help lift your emotional state.**
- **Even small moments (support, comfort, kindness, worship) produce genuine joy.**

4. Emotional happiness is feeling good most of the time in your emotions, feelings, moods , energy, vibes or vibrations as it relates to your humanity.



Kingdom of God–centered, trauma-healing path: 20 steps to overcoming trauma now

60SecondsToAFocusedLife.com

- 1. Recognize that you have untreated trauma in your life**
 - Notice patterns: triggers, fear responses, anger, numbness, shame, people-pleasing, or hypervigilance.**

- **Get honest about impact: trauma may show up as difficulty trusting, setting boundaries, intimacy struggles, or cycles you repeat.**
- **Name it without blame: recognizing isn't self-condemnation—it's clarity that healing is possible.**

2. Make a decision that you are going to do something about it right now

- Choose action over avoidance: healing begins when you stop “waiting until it feels better” to begin care.**

- **Prioritize support: decide you will not walk alone—therapy, trusted mentors, or a safe community.**
- **Treat healing like stewardship: your life, relationships, and future are worth the work.**

- 3. Decide you will not procrastinate any further and take steps to get healed today**
 - Do one “today step”: book the appointment, contact the therapist, or start a journal of triggers.**

- **Reduce resistance: set a timer for 10–20 minutes—start small so you don't quit before momentum.**
- **Track progress: write what you did today; trauma healing grows through repeated courageous acts.**

4. Find the best clinical psychologist in your area or in your country to help you resolve your untreated childhood trauma

- Look for trauma expertise: search for clinicians trained in trauma-focused approaches (e.g., EMDR, TF-CBT, somatic therapies).**

- **Confirm safety and fit: ask about experience with childhood trauma and how they handle pacing and emotional safety.**
- **If you have urgent symptoms: consider a clinician who can assess risk, dissociation, or severe depression/anxiety immediately.**

- 5. Learn how trauma affects your body and mind (not just your “thoughts”)**
 - Notice body signals: tight chest, stomach knots, fatigue, shaking, or “going blank.”**

- **Understand the nervous system: trauma can keep your brain stuck in threat mode even when you're safe.**
- **Use gentle awareness: instead of forcing feelings, observe them like a scientist of your own healing.**

6. Create emotional safety before going deep

- Stabilize first: build routines (sleep, hydration, movement) so your system can tolerate healing work.**

- **Use grounding skills: breathing, 5-4-3-2-1 senses, orienting to the room, or holding a safe object.**
- **Work with pacing: deep trauma work is not meant to be rushed—your nervous system must consent.**

- 7. Tell the truth of your past in an age-appropriate, supported way**
 - Focus on impact, not graphic detail: start with “what it did to me” rather than re-living every moment.**

- **Use a safe container: therapy sessions, journaling with boundaries, or guided exercises—not uncontrolled recall alone.**
- **Bring your whole self: emotions, beliefs, and bodily sensations are part of the truth.**

8. Identify the lies trauma taught you (and replace them with God's truth)

- Common trauma beliefs: “I’m not safe,” “I must earn love,” “My needs are wrong,” “I’m unlovable.”**

- **Examine evidence: what experiences made these beliefs feel true?**
- **Replace with scripture-aligned truth: e.g., God's care, your dignity, your right to safety, and your worth.**

9. Grieve what was lost

- **Name the losses: childhood security, trust, protection, consistent love, innocence, and belonging.**
- **Allow sadness without self-destruction: grief can be slow and still holy.**

- **Seek companionship: grieving often requires safe people or a therapist—don't grieve in isolation.**

10. Break the cycle patterns that trauma repeats in your present life

- Track triggers >> response: notice what happens right before your shutdown, anger, or fear.**

- **Interrupt the automatic reaction: pause, breathe, and choose a new next step (even a small one).**
- **Practice new relational patterns: healthy boundaries, honest communication, and consistent choices.**

11. Practice forgiveness carefully (wisely, and in stages)

- **Distinguish forgiveness from denial: forgiveness doesn't mean pretending harm didn't happen.**

- **Forgiveness can be gradual: you may still feel hurt while choosing not to let bitterness govern you.**
- **Protect yourself: forgiveness without boundaries can re-open wounds—safety comes first.**

12. Build a Kingdom-centered new life (habits, community, and purpose)

- Renew your mind: prayer, scripture reading, and “replacement” of old narratives with God’s perspective.**

- **Join healthy community: healing grows faster when you're connected to trustworthy people.**
- **Serve from wholeness: purpose can help integrate pain—God redeems, restores, and)**

13. Learn to recognize dissociation and return to the present safely

- Watch for signs: blank mind, time gaps, feeling unreal, “checked out” during stress.**

- **Use grounding “returns”: feet on floor, name 5 things you see, slow breathing, orient to what’s real now.**
- **Tell your therapist: dissociation changes how trauma work should be paced.**

14. Set boundaries with people who triggered or harmed you (and with unsafe dynamics)

- Clarify what you will/won't tolerate: tone, contact frequency, manipulation, disrespect, or intimidation.**

- **Use consistent communication: calm, brief, and repeatable limits.**
- **Choose distance when needed: boundaries may include reduced contact or no contact until safety is restored.**

- 15. Process shame and self-blame
(because trauma often makes
you carry what wasn't yours)**
- **Identify the core shame:
“Something is wrong with me”
or “I caused it.”**

- **Replace blame with responsibility: you can own choices you make now without blaming yourself for what happened to you as a child.**
- **Practice compassionate self-talk: treat yourself the way God treats you—dignity, not condemnation.**

16. Use trauma-informed tools to regulate your nervous system

- **Breathing and down-regulation: longer exhales, paced breathing, nervous-system calming techniques.**

- **Somatic regulation: gentle stretching, walking, shaking out tension, heat/cold therapy (as appropriate).**
- **Create a “calm plan”: what you do when triggered before you escalate.**

17. Repair your relationship with your emotions

- **Stop treating feelings like enemies: fear, anger, and grief often protect you in some way.**
- **Name emotions precisely: not “bad”—but “anxious,” “unsafe,” “sad,” or “disrespected.”**

- **Give emotions appropriate outlets: journaling, prayer, art, movement, or therapy sessions.**

18. Re-parent yourself: practice care as if you were the child you needed

- Provide what you didn't receive: safety cues, comfort, validation, and protection of your inner life.**

- **Use “inner dialogue”: speak to yourself with kindness and firmness.**
- **Make it practical: schedule rest, meals, and support—self-care is not luxury; it’s healing.**

19. Develop healthy intimacy and trust in small, safe increments

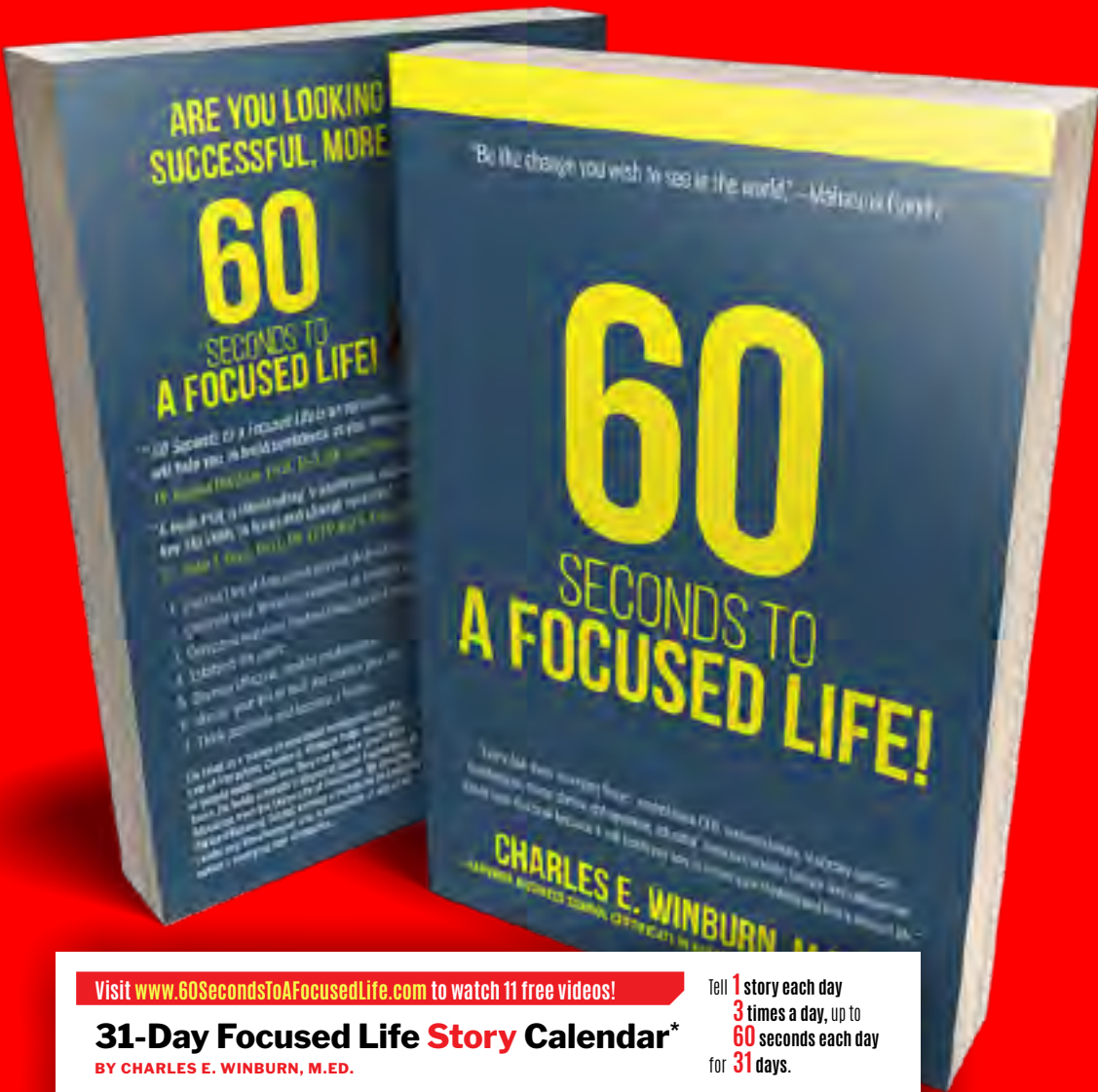
- Start with safety, not intensity: build trust through consistency, not rushing closeness.**

- **Learn your attachment patterns: what you do when you feel abandoned, rejected, or controlled.**
- **Communicate needs gently: ask for clarity, boundaries, and repair after conflict.**

20. Stay spiritually grounded and accountable—so healing doesn't become avoidance or control

- Pray honestly: bring God your anger, fear, grief, and questions—without pretending you feel “fine.”**

- **Use scripture as medicine: meditate on God's character (safety, steadfast love, justice, restoration).**
- **Stay accountable: therapy, a mentor, or a support group helps ensure you don't isolate, spiral, or suppress.**



Kingdom of God: Great grace on you

AI Research

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31-Day Focused Life Story Calendar*

BY CHARLES E. WINBURN, M.D.

Tell 1 story each day
3 times a day, up to
60 seconds each day
for 31 days.

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What is grace?

**Grace is God's unearned favor—
His kindness and help toward
you—received through Christ, not
because of your own merit or works.**

**But where sin abounded, grace did
much more abound.**

Romans 5:20

**In whom we have redemption
through his blood, the forgiveness
of sins, according to the riches of
his grace.**

Ephesians 1:7

But God, who is rich in mercy, for his great love wherewith he loved us, Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved).

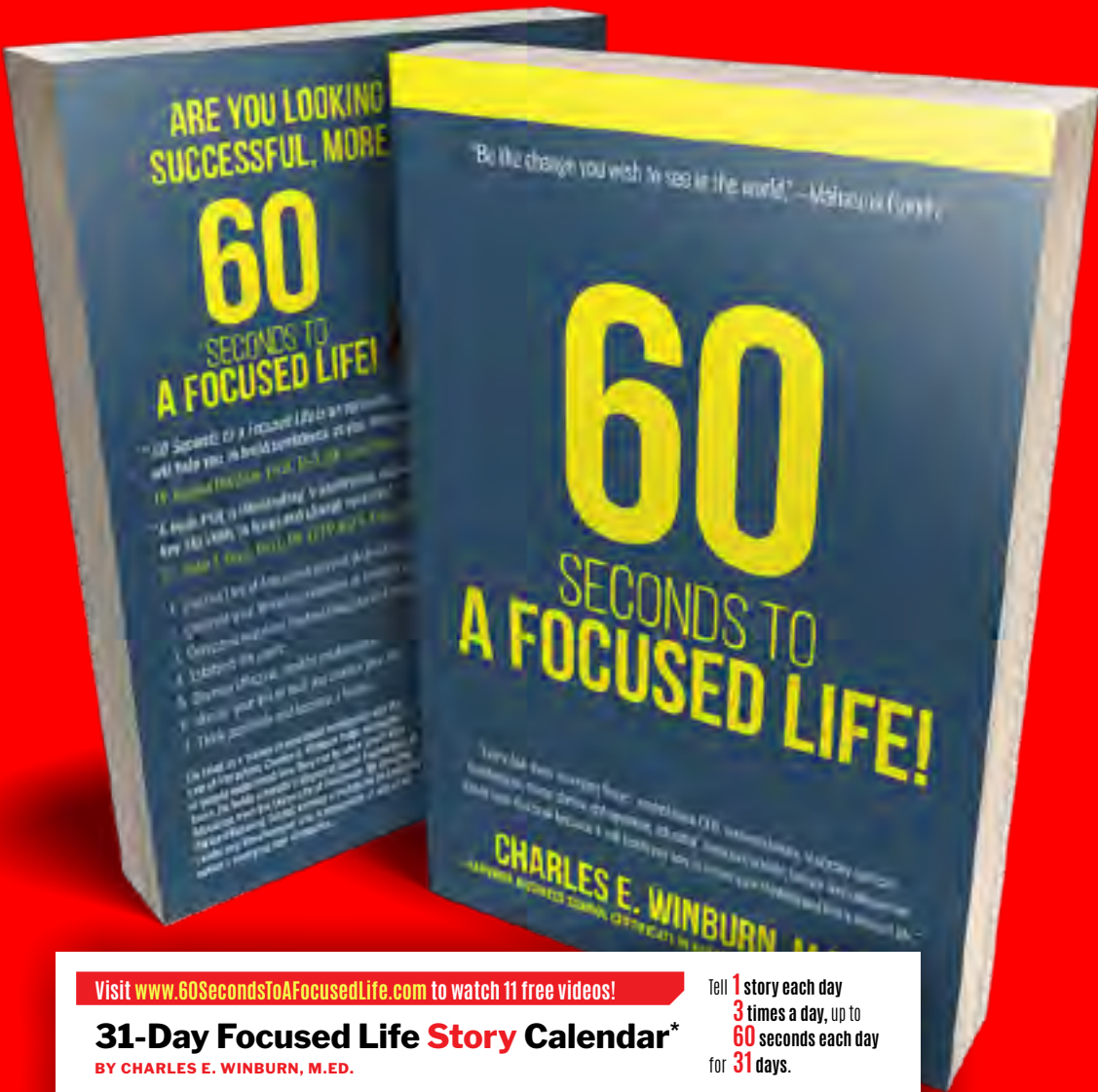
Ephesians 2:4-5

**Unto me, who am less than the
least of all saints, is this grace
given, that I should preach among
the Gentiles the unsearchable
riches of Christ.**

Ephesians 3:8

And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I glory in my infirmities, that the power of Christ may rest upon me.

2 Corinthians 12:9



Kingdom of God: forgiveness of yourself and others

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**For if ye forgive men their
trespasses, your heavenly Father
will also forgive you: But if ye
forgive not men their trespasses,
neither will your Father forgive your
trespasses.**

Matthew 6:14-15

**And be ye kind one to another,
tenderhearted, forgiving one
another, even as God for Christ's
sake hath forgiven you.**

Ephesians 4:32

**Forbearing one another, and
forgiving one another, if any man
have a quarrel against any: even as
Christ forgave you, so also do ye.**

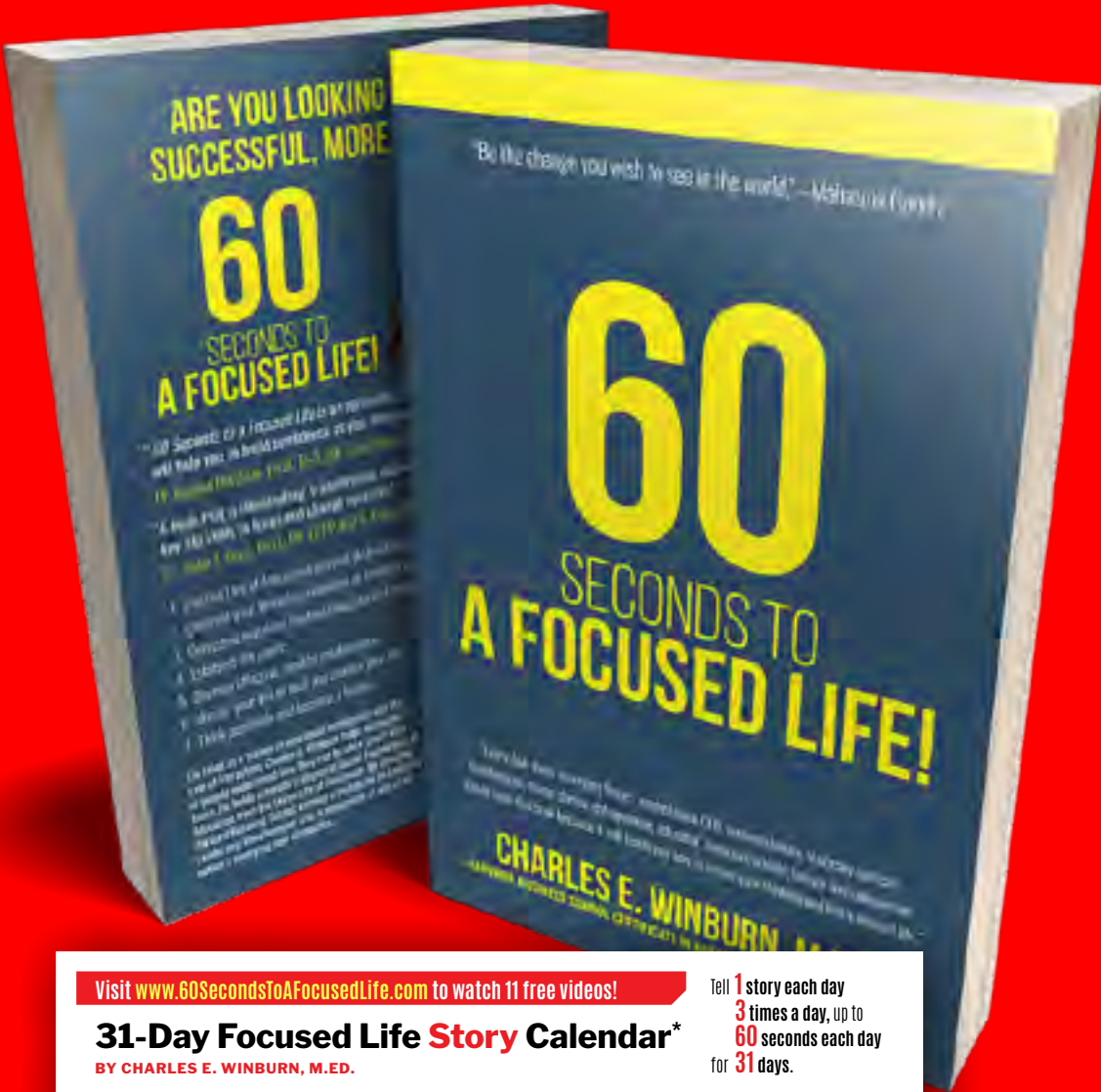
Colossians 3:13

**And when ye stand praying,
forgive, if ye have ought against
any: that your Father also which
is in heaven may forgive you your
trespasses.**

Mark 11:25

**If we confess our sins, he is
faithful and just to forgive us our
sins, and to cleanse us from all
unrighteousness.**

1 John 1:9



Kingdom of God: health and healing

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**But he was wounded for our
transgressions, he was bruised for
our iniquities: the chastisement of
our peace was upon him; and with
his stripes we are healed.**

Isaiah 53:5

For thus saith the LORD; There shall be a time of trouble, and Jacob shall be saved out of it. And it shall come to pass in that day, that I will heal thee of thy wounds, and will cure thee of thy bruises, saith the LORD.

Jeremiah 30:17

**And said, If thou wilt diligently
hearken to the voice of the LORD
thy God, and wilt do that which is
right in his sight, and wilt give ear
to his commandments, and keep all
his statutes, I will put none of these
diseases upon thee, which I have
brought upon the Egyptians: for I
am the LORD that healeth thee.**

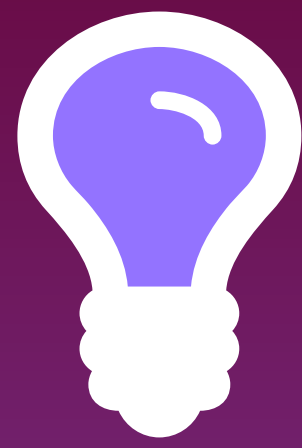
Exodus 15:26

**Bless the LORD, O my soul, and
forget not all his benefits: Who
forgiveth all thine iniquities; who
healeth all thy diseases.**

Psalm 103:2-3

**Is any sick among you? let him call
for the elders of the church; and
let them pray over him, anointing
him with oil in the name of the Lord:
And the prayer of faith shall save
the sick, and the Lord shall raise
him up; and if he have committed
sins, they shall be forgiven.**

James 5:14-15



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