MASTERMIND CLASS & CLINIC 2026

E-BOOK AND TOOLKIT







DOES POSITIVE THINKING REALLY WORK?

LEARN WHAT REALLY WORKS SUNDAY!

By Charles E. Winburn, M.Ed.

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WHEN POSITIVE THINKING GOES WRONG, WHAT DO I DO?

By Charles E. Winburn, M.Ed.

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WHY POSITIVE THINKING DOES NOT REALLY WORK FOR MOST PEOPLE!

LEARN WHAT REALLY WORKS THIS SUNDAY!

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POSITIVE THINKING!

WHY IT DOESN'T WORK MOST OF THE TIME FOR YOU!

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POSITIVE THINKING: IS IT BIBLICAL?

FIND OUT IN THIS SUNDAY'S MASTERMIND CLASS!

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FIND OUT WHY POSITIVE THINKING CAN MAKE SOME PEOPLE FEEL SICK OR WORSE!

IN SUNDAY'S MASTERMIND CLASS AND CLINIC

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HOW DO YOU MAKE YOUR EMOTIONS FEEL GOOD EACH DAY?

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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Aim for Wellbeing

The Christ Hospital

513-791-5521

AIM for Wellbeing: Integrative and Functional Medicine

Life Extension

Research-based vitamins and minerals

855-874-9087

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John H. Thomas, Ed.D.

Clinical psychologist

513-961-5682

(24-hour answering service)

Amen Clinics

Brain SPECT Imaging

877-311-2828

Natural ways to heal your body

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Clifton Natural Foods

336 Ludlow Avenue
Cincinnati, OH 45220

513-961-6111

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Ohio Domestic Violence Network (ODVN) Helpline

1-800-934-9840

www.odvn.org

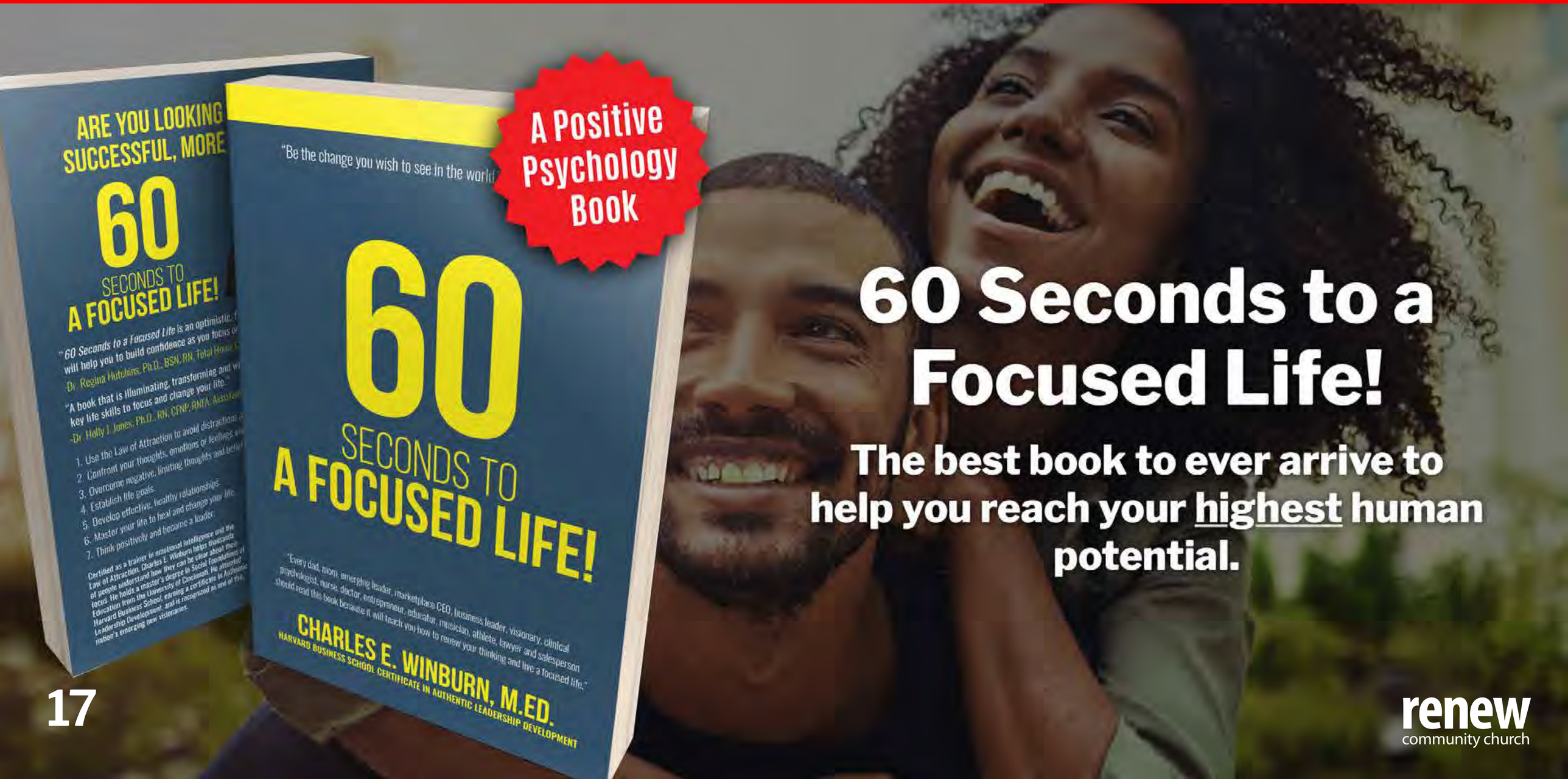
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: **60SecondsToAFocusedLife.com**



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Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.

Joshua 1:9

Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.

Psalm 27:14

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Isaiah 41:10

When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.

Isaiah 43:2

For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

Jeremiah 29:11

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It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.

Lamentations 3:22-23

And said, O man greatly beloved, fear not: peace be unto thee, be strong, yea, be strong.

Daniel 10:19

Therefore I will look unto the LORD; I will wait for the God of my salvation: my God will hear me.

Micah 7:7

Nay, in all these things we are more than conquerors through him that loved us.

Romans 8:37

Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

Romans 15:13

**Watch ye, stand fast in the faith,
quit you like men, be strong.**

1 Corinthians 16:13

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2 Timothy 1:7

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

Hebrews 4:16

My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience.

James 1:2-3

But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.

1 Peter 5:10



The subconscious mind must be reprogrammed in order for positive thinking to become effective

AI Research

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1. **The subconscious mind is like a tape recorder. It downloaded all of your positive and negative programs since conception, from 0 to 100.**

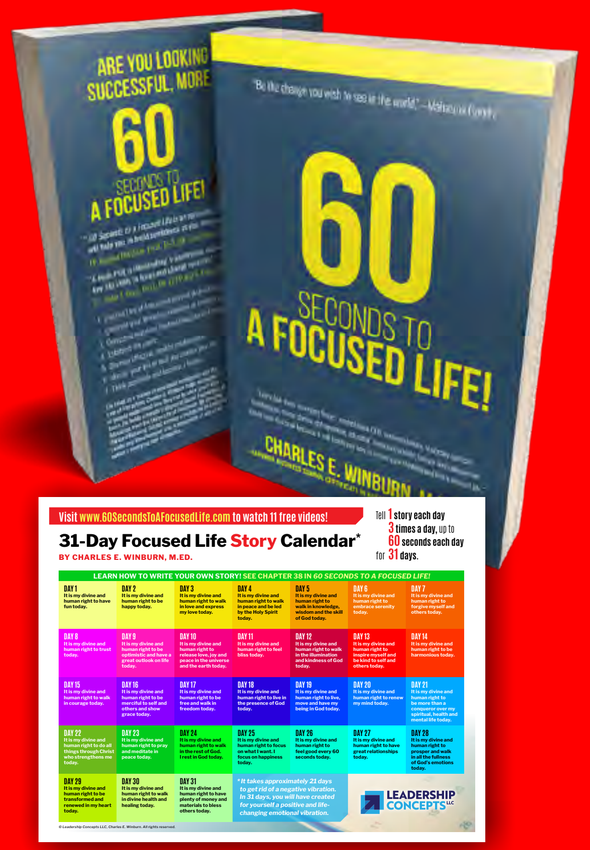
2. **Your subconscious mind tape recorder downloaded all of your beliefs, emotions, and memories since 0 to 100.**

3. **Your subconscious mind tape recorder has a file history of all your positive and negative programs since you were in your mother's womb.**

4. **A person needs to train their subconscious mind to line up with their conscious mind thinking in order for positive thinking to work.**

5. **Positive thinking doesn't work if you try to override a negative subconscious mind and an untreated childhood trauma.**

6. **The subconscious mind makes up your entire life, which makes up 95 percent of your decisions as it relates to your spiritual life, health, mental health, business, family, and relationship life.**



7 reasons why positive thinking doesn't work for 90 percent of the people that you know

AI Research

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1. **Failure to understand that the brain has two minds and functions uniquely differently. (Romans 12:2)**

2. **Inability to articulate the difference between the conscious mind and the subconscious mind.**

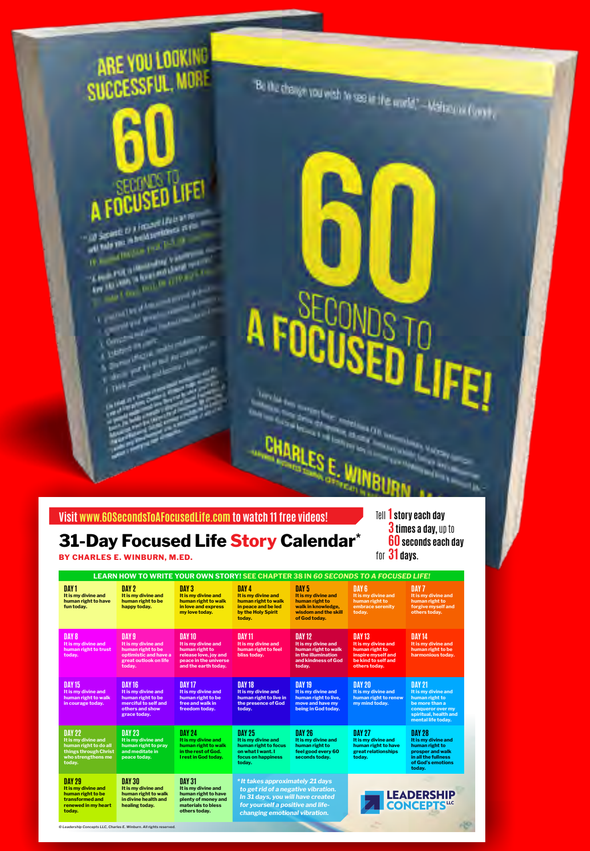
3. **Failure to understand that the conscious mind makes up only 5 percent of human decisions.**

4. **Inability to understand that the conscious mind consists of our imagination, perception, spiritual awareness, intellectual reasoning, and creativity of the mind.**

5. **Inability to understand that the subconscious mind consists of our beliefs, emotions, vibrations, and the emotions of the mind.**

6. **Failure to resolve untreated childhood trauma from 0 to 100 years of age.**

7. **The failure to declare what you want in the present tense. For example, to say “I want to be healed” is not positive thinking; however, to say “I am healed” is declaring your positive thinking in present tense.**



9 practical, step-by-step way to “reprogram” your subconscious using positive thoughts and thinking

AI Research

60SecondsToAFocusedLife.com

1. **Tell yourself positive stories (rewrite the script)**
   - **Pick 1 situation you want to change (confidence, money, relationships, health).**
   - **Write a short "new story" in present tense (as if it's already happening).**

- Read it daily for 2–5 minutes.
- Example: “I handle this calmly. I’m guided. I’m becoming more consistent every day.”

2. Use positive self-talk (replace the inner critic)

- Notice negative self-talk as soon as it appears (catch it fast).
- Respond like a coach, not like a judge.

- **Use phrases like:**
  - » **“That’s an old thought—choose a better one.”**
  - » **“I can learn this.”**
  - » **“I’m safe to try.”**
- **Do this at key moments: mornings, before stressful events, and when you catch yourself spiraling.**

3. Affirmations with repetition (but make them believable)

- Create affirmations that feel at least 30–60% believable (don’t force extreme claims at first).
- Keep them short, positive, and in the present tense.

- **Repeat 1–3 times:**
  - **Morning (5–10 reps)**
  - **Midday (5 reps)**
  - **Evening (5–10 reps)**
- **Pair affirmations with a feeling (see the next point).**

4. Hypnosis (guided, best with a qualified professional)

- Choose a certified, reputable therapist who uses evidence-based or ethical practice.
- Go in with a clear goal (example: reduce anxiety, improve sleep, build self-worth).

- **After sessions, continue with:**
  - **the affirmations they suggest**
  - **brief daily visualization**
  - **journaling about changes you notice**

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5. **Read “60 Seconds to a Focused Life” (use it as a practice)**
   - **Don’t just read—apply the technique immediately.**
   - **For each concept, do:**
     - » **What is the idea?**

- What will I do today for 60 seconds?
- What will I measure (mood, focus, behavior)?

6. **Belief modification (choose beliefs that support your goals)**
   - **Identify the belief underneath the problem.**
     - » **“I always mess up.”**
     - » **“I’m not good enough.”**
     - » **“It never works for me.”**

- **Replace it with a higher-truth belief:**
  - **“I improve with repetition.”**
  - **“I learn and adjust.”**
  - **“I take small wins seriously.”**
- **Do “evidence building” daily:**
  - **Write 3 small real examples that support the new belief.**

7. Use positive Bible scriptures (faith + thoughts)

- Pick 5–10 scriptures that directly match your goal (peace, confidence, provision, healing, courage).
- Read them slowly and meditate on them 1–3 minutes.

- **Then say a matching affirmation:**
  - **Scripture: “God has not given us a spirit of fear…”**
  - **Affirmation: “I choose peace. I act from courage.”**

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8. Practice feeling good every day (emotional programming)

- Your subconscious learns through repeated emotional states.
- Daily “feeling good” actions can be simple:
  - » 5 minutes of gratitude
  - » listening to uplifting music

- a walk in nature
- one kind action toward someone
- visualizing a positive outcome for 60–90 seconds

- If you feel bad, don't fight it—shift it:
  - "I'm having a feeling. And I can choose my next thought."

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9. Focus on what you want—and give zero attention to what you don't want

- This doesn't mean you ignore reality; it means you stop rehearsing fear.
- Use a replacement method:
  - » When a "don't want" thought appears >> label it ("fear thought")

- Then return to your target ("I want calm, clarity, and progress.")
- Best technique: visualize the outcome you want for 1–3 minutes daily.

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