



KONFERENCIJA

We Evolve World

NLP – IN | Coaching – ICI | Mindfulness – In-Me | Hipnoza – WHO | Konstelacije WSCO

NIŠ

30. maj 2026. od 10–17h
Naučno – tehnološki park

TAME YOUR DRAGONS

Update your brain for
happiness, health and success

Inspired by Barin - Kaubezling - NLP

Karl Nielsen

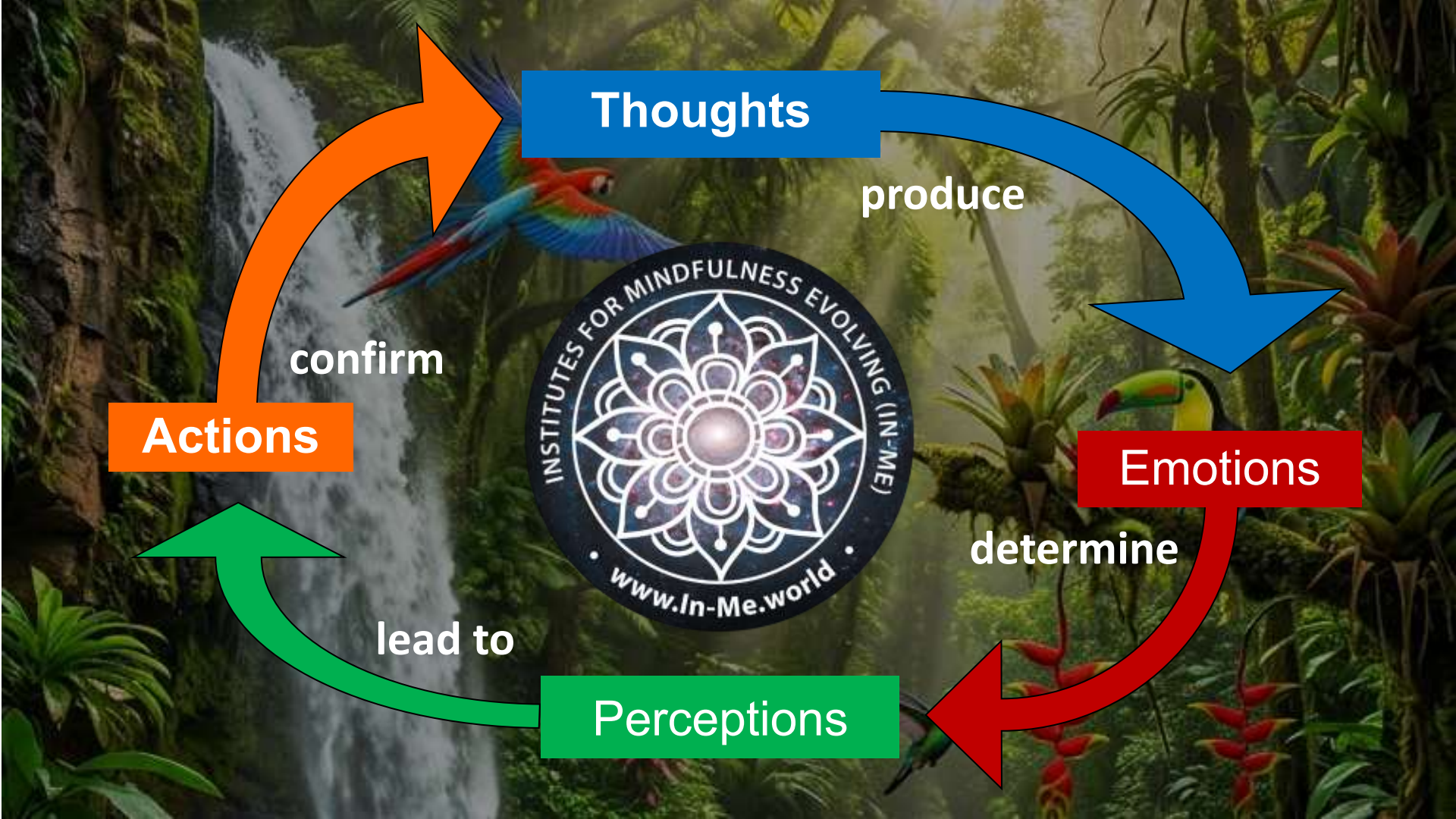
Activate your Happiness Dragon - Mental Strength & Happiness



There is only one
really important decision
in your life.

The decision for your contact with your soul.

This single one decision influences
all other decisions in your life.



Thoughts

produce

Emotions

determine

Perceptions

lead to

Actions

confirm

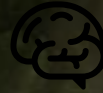


Your brain runs 300,000 years old software.



Battle

Fight-Flight-Freeze
Without real danger



Conditioning

Outdated beliefs from
300,000 years



MATRIX

invisible programs
control your life

Your Dragons are the update for you and your brain.



- ✦ *Inspired by the historical data of Prof. Dr. Yuval Noha Harari* ✦
- ✦ *The Mindfulness Science of Dr. Jon Kabat-Zinn* ✦
- ✦ *The practical magic of NLP* ✦

The 8 Dragons of your Soul

Dragon Challenges from Human Evolution

Stages of Development of a Mindful Human

Starting point of each stage

1990 with evidence based Mindfulness

100 years ago
Feminist Revolution

200 years ago
Industrial Revolution

500 years ago
Scientific Revolution

12.000 years ago
Agricultural Revolution

70.000 years ago
Cognitive Revolution

300.000 years ago
Homo Sapiens

8. Happiness

7. Mindfulness

6. Liberation

5. Creation

4. Evidence

3. Power

2. Magic

1. Survival

Useful questions for mastering the stage

Can you live "Beginner's Mind", "Non-judging", "Letting go"...?

Are you surrounded by friends who accept you as you are?

Do you already express yourself or are you still working?

Do you decide evidence based or based on anecdotal stories?

Do you possess your possessions or do they possess you?

Are you still a slave of the stories others tell you?

Can you handle today's stress and enjoy your healing energy?



1



SURVIVAL DRAGON

1

Homo Sapiens Evolution: Survival

Homo Sapiens started 300,000 years ago.

2

Historically caused Brain Default Setting

eating fatty, sugary, as much as possible, drugs, drama, sex, tribe, instinct, fight-flight-freeze response, belonging

3

Peak Experience by Choice

enjoying contact to the unconscious and connect to the reptilian brain with healthy food and lifestyle

4

Call to action

Eat healthy food, exercise your body and get enough sleep!

1

Your beige Survival Dragon tells you:

*You are not only here to survive.
You are also here to be the very best friend
of your mostly unconscious reptilian
“SURVIVAL DRAGON” stem brain.*

**Breathe in, a little bit more, and more, and then let it out - Ahhhhh.
Repeat and enjoy, letting the noise grow louder and louder.**



2



MAGIC DRAGON

1

Cognitive Revolution: Fiction and Storytelling

This thinking style started 70,000 years ago.

2

Historically caused Brain Default Setting

Believing in stories others tell you for their advantage and your disadvantage

3

Peak Experience by Choice

Enjoying self-designed empowering stories that support you in riding your magic storytelling dragon

4

Call to action

Tell yourself and those around you empowering stories!

2

Your purple Magic Dragon tells you:

*You are not here to believe in the stories
others put in your head.*

*You are here to create your very own success stories
inspired by your “MAGIC DRAGON”.*

**Create a beautiful energy field in front of you. Step into it.
What beautiful stories about yourself come into your mind now?**



3

POWER DRAGON

1

Agricultural Revolution: Possession

Land ownership started 12,000 years ago.

2

Historically caused Brain Default Setting

the more I possess, the more power and safety for me - being possessed by possession

3

Peak Experience by Choice

enjoying freedom from possession orientation and feeling fully alive, possessing your rich inner world

4

Call to action

Do not get lost in making possessions your highest priority!

A vibrant jungle scene with a waterfall on the left, a colorful macaw in flight in the center, and a toucan perched on a branch on the right. The background is filled with lush green foliage and mist.

3

Your red Power Dragon tells you:

*You are not only here to possess material things.
You are also here to possess your dreams
and your deep contact to your soul.
Connect now through your body to your soul.*

**Let's move and roar like a very energetic, happy Dragon.
Show everyone your power. Enjoy to let your Dragon fly now.**

An illustration of two elderly men with long white beards and glasses, wearing green and gold robes, sitting at a wooden table in a laboratory. The table is cluttered with various scientific instruments, including a telescope on a tripod, a microscope, a glass flask with yellow liquid, a mortar and pestle, and a small globe. The background features a large arched window with green panes, a clock on the wall, and hanging plants. A blue circle with the number '4' is in the top left corner.

4

EVIDENCE DRAGON

- 1 **Scientific Revolution: Science and Evidence**
started 500 years ago
- 2 **Historically caused Brain Default Setting**
believing in scientific claimed facts that serve
the interests of politicians and big companies
- 3 **Peak Experience by Choice**
Enjoying fact checks, feedback, evidence
and clarity of mind
- 4 **Call to action**
Clearly separate Fake News from Evidence-Based Facts!

4

Your blue Evidence Dragon tells you:

*You are not here to believe in fake news.
You are here to master scientific thinking
and to check the evidence-based facts
with your “EVIDENCE DRAGON”.*

What do you intend to experience today? Give your brain a clear evidence-based direction for what you want in your life.



5

CREATION DRAGON

1

Industrial Revolution: Mass Production
started 200 years ago

2

Historically caused Brain Default Setting
your professional success and consumption
is the meaning of life

3

Peak Experience by Choice
knowing who you really are beyond your profession,
success and status symbols

4

Call to action
Do not live as if you are a machine! Explore your options!

5

Your Creation Dragon tells you

*You are not only here to earn money to live.
You are also here to express your potential, to realize
your calling, and to fly with your “CREATION DRAGON”.
Do not mix yourself with your profession.*

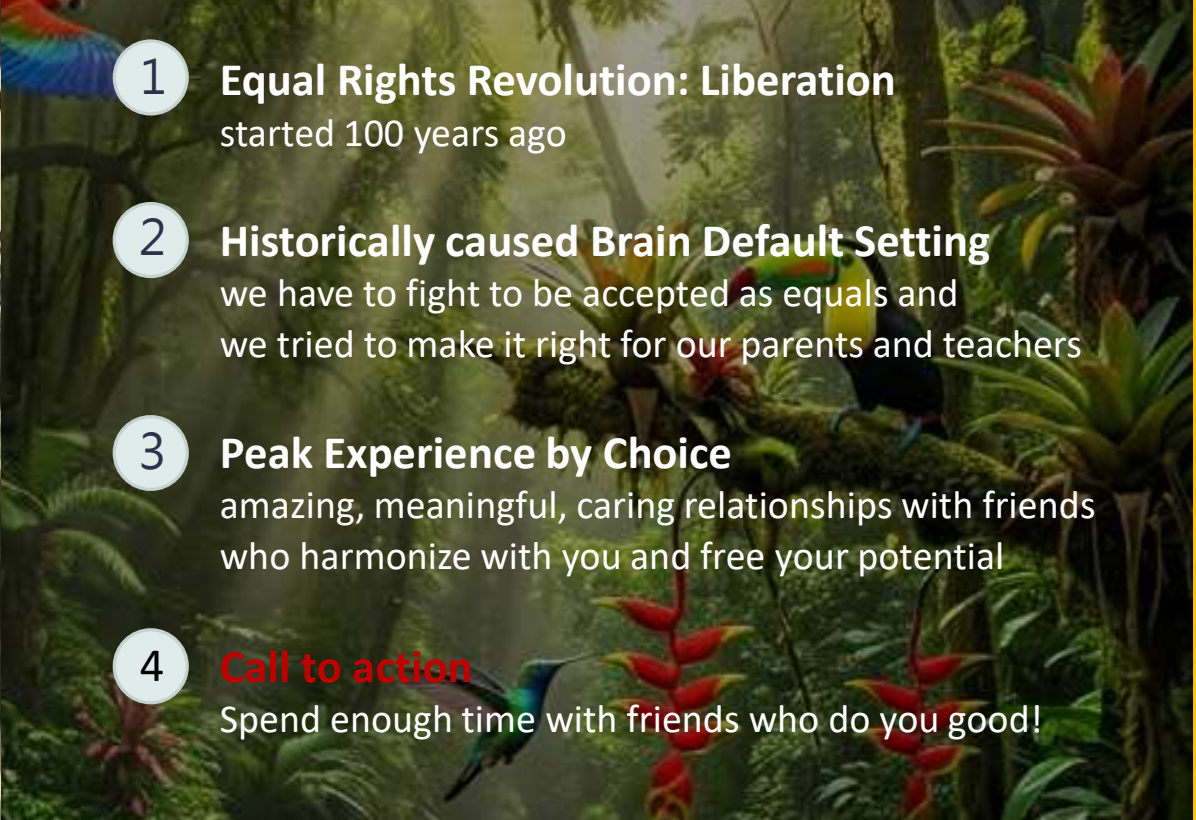
**What did you love to do when you were a child?
Tell your neighbor about your favorite games.**

6



LIBERATION DRAGON

- 1 **Equal Rights Revolution: Liberation**
started 100 years ago
- 2 **Historically caused Brain Default Setting**
we have to fight to be accepted as equals and
we tried to make it right for our parents and teachers
- 3 **Peak Experience by Choice**
amazing, meaningful, caring relationships with friends
who harmonize with you and free your potential
- 4 **Call to action**
Spend enough time with friends who do you good!



6

Your green Liberation Dragon tells you:

You are not here to please anybody or ask for acceptance.

*You are here to enjoy true friendship
and maximum time with people you like and trust.*

Use your “LIBERATION DRAGON”.

With whom would you like to spend more time for you feel seen by him and accepted as you are? Tell your neighbor.

A woman with brown hair tied back, wearing a light green button-down shirt, is sitting at a wooden desk. She is smiling and looking down at a stack of papers on the desk. The background is a blurred office setting.

7

MINDFULNESS DRAGON

1

Mindfulness Revolution: Mindfulness
started 1990 with evidence-based mindfulness

2

Historically caused Brain Default Setting
mindfulness is a boring inwards bound meditation
that calms you down

3

Peak Experience by Choice
finding peace inside you in an energetic, joyful, active,
mindful way – a revolutionary new mindfulness approach!

4

Call to action
Find your peace within! Center in the here and now!

A vibrant tropical jungle scene with a waterfall on the left, a colorful macaw in flight in the center, and a toucan perched on a branch on the right. The background is filled with lush green foliage and trees.

7

Your Mindfulness Dragon tells you

You are not here to do boring Mindfulness meditations. You are here to embrace your awareness, to be PRESENT, a PRESENT, and PRESENT how you enjoy full-power mindfulness and fascinating meditation.

The strength is to be found in serenity and wonderful presence. Center yourself with a mindful hand movement. Be here now.

8



HAPPINESS DRAGON

1

Digital AI Revolution: Generative AI
Started 30 Nov. 2022 with ChatGPT

2

Historically caused Brain Default Setting
AI replaces people and is a danger
that we can't control

3

Peak Experience by Choice

Using AI to understand what is unique to human beings,
such as intuition, peak experiences, emotions, love...

4

Call to action

Use and enjoy the benefits of AI for your HAPPINESS!

8

Your golden Happiness Dragon tells you

*You are not here to be hypnotized by AI.
You are here for your health, happiness and success.
Use AI to fully understand what it means to be human.
Choose the red pill and master the MATRIX.*

The 2-minute Ritual. Breath in and say ahhhh. Open a beautiful energy field and step in. Dragon Yes. Set your intent now.



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If you feel inspired now,
then read my book
“Tame Your Dragons”
and come to our
“Mindful Human, In-Me”
training with Darko.

The world urgently
needs more mindfulness.

Your brain runs on 300,000-year-old software.

This book is the update.

There is a calling older than your name — beneath the noise, beneath the fears, beneath every story you were told about who you are. It is the calling of your soul to come home.

Drawing on the historical insights of Yuval Noah Harari, the mindfulness science of Jon Kabat-Zinn, and the practical magic of NLP, this book weaves three streams of wisdom into one luminous path.

8 Dragons. 18 exercises. 8 weeks. 5 minutes a day.

Survival Dragon

Return to your body and senses

Magic Dragon

Be the author of your story

Power Dragon

Claim what truly belongs to you

Evidence Dragon

See through the fog of fake news

Creation Dragon

Release your soul into your work

Liberation Dragon

Choose the people who set you free

Mindfulness Dragon

Rest in the present moment

Happiness Dragon

Embrace joy that needs no reason

This is not another self-help book.

This is your Hero's Journey.

May the Dragon Force be with you.

Karl Nielsen, Professor of Psychology, Global President of 9 International associations with 14,000+ members in 116 countries.

www.in-me.world/mindful-human-revolution



Tame your Dragons

Karl Nielsen

TAME YOUR DRAGONS

Update your brain for
happiness, health and success

Inspired by Harari · Kabat-Zinn · NLP

Karl Nielsen

Link for
more
about
the book

www.in-me.world/mindful-human-revolution





**Thank you for our presence.
More below.**

The 8 Mighty Dragons

SURVIVAL DRAGON 300.000 years
Overcome fight-flight-freeze.

MAGIC DRAGON 70.000 y., Cog. Rev.
Determine your own story.

POWER DRAGON 12.000 y., Agric. Rev.
Be here for your holiday experience.

EVIDENCE DRAGON 500 y., Science R.
Keep asking the evidence question.

CREATION DRAGON 200 y., Indust. R.
Let your soul sing when you work.

LIBERATION DRAGON 100 y., Female R.
Choose friends who truly see you.

MINDFULNESS DRAGON 1990, MF R.
Center in the present moment.

HAPPINESS DRAGON 30. Nov. 2022, AI
Enjoy happiness for no reason.

- ✦ *Inspired by the historical data of Prof. Dr. Yuval Noha Harari* ✦
- ✦ *The Mindfulness Science of Dr. Jon Kabat-Zinn* ✦
- ✦ *The practical magic of NLP* ✦



We-Evolve.World

We are 9 associations with 14,000+ members and 72,000 experts in 117 countries worldwide.

