



Mindfulness Revolution

“Mindful Human, In-Me” - New Frontiers in Mindfulness Training

By Karl Nielsen

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Please take a few minutes for the following essential questions

How well do you already know who you are? What reality is? How to be happy? When you die, where will you go? And where did you come from? These are essential questions. Do you allow yourself to ask them and to find the answers now? Or do you prefer to wait until you are in heavy trouble? To ask such questions when you are seriously ill or on your deathbed is too late. There is no better time for such questions than right here and now. Is anything already reacting inside you?

Why this article, along with the accompanying book and training, can change your life

How would the quality of your life change if you knew the answers? For which highly beneficial inner states could this knowledge open the doors for you? How about joy, success, health, confidence, trust, mindfulness, calmness, peace, patience, forgivingness, gratefulness, wisdom and happiness? Which challenges and troubles would instantly vanish?

This article here, my book “Tame Your Dragons” and our training “Mindful Human, In-Me” are dedicated to guiding you. As you go through “The Problems” listed below: How many of them are quietly true in your own life — without your permission?

Fair warning: this may feel like taking the red pill from the famous movie “The Matrix”. You might see yourself and others in ways you didn't expect — and you won't be able to unsee it afterward.

Enjoy our Revolutionary Mindfulness, based on the scientifically proven effectiveness of mindfulness from Jon Kabat-Zinn, scientific evolutionary facts from Yuval Harari and the magic toolbox for personal change from Neuro-Linguistic Programming (NLP). Let's take a look at the “Dragons” and how small changes can have enormous effects, before I introduce an exercise and summarize our offer.

The Problems

- Our unconscious is still shaped by the laws of the jungle — fight, flight, or freeze, even when there is no real danger (Harari, 2011). What are typical situations where you react this way?
- For 70,000 years, the human brain has been conditioned to accept anecdotal stories and fake news as proof (Harari, 2020). Which illusions have you already unmasked? Is there more?
- Since the Industrial Revolution, we are manipulated to think we are products with a price tag that needs permanent optimization (Harari, 2016). Are you aware of how you treat yourself?
- 77% of employees worldwide are not engaged in their work (Gallup, 2025). How strongly are you in a delicious, timeless flow state when you work?
- Deathbed regret no. 1: Not having lived your true nature and full potential. (Ware, 2012; Davidai & Gilovich, 2018). Does what you do unfold your true potential and happiness?

If even one of these problems touches you, then you are welcome to the solutions. You are not broken. You are running software that is up to 300,000 years old, in a body that is living in 2026. The good news: unlike Neo from the movie “The Matrix”, you don't need to fight machines or Agent Smith to wake up. You just need to update the software in your brain.



The Solutions

- Your brain was not designed for happiness. But you were. Real happiness and presence are the truth beneath the conditioning of fight, flight, or freeze reactions.
- Conscious, evidence-based thinking can override 70,000 years of fake-news conditioning.
- You are not a product that needs to be optimized. You are a soul that wants to express itself. The moment you listen to your soul, you are never alone again and follow your calling.
- Real engagement is not a personality trait. It is a natural skill that you can reactivate. Flow happens when you deeply connect with what you are actually creating - just as children do.
- A clear, science-based map of the 8 Dragons reveals which unconscious programs are running you — and how to tame them. 18 tested exercises move you from insight to actual change. A daily 2-minute ritual connects you with your true potential and happiness.

This is not a promise of effortless transformation. It is a solid, joyful journey. A highly inspiring method. Tested. Repeatable. Grounded in real science.

The Methods

- Evolutionary science (Harari) — understanding the historical origin of unconscious outdated conditioning.
- Clinically proven Mindfulness (Kabat-Zinn) — rewiring the nervous system through present-moment awareness.
- NLP tools — practical techniques for changing limiting beliefs and automatic behavior.
- Experience from 50 years of personal development trainings, coaching and therapy practice — real stories, real transformation, tested across 117 countries.

What follows in this article is not theory. It is the map — the 8 Dragons, each one named, explained, and shown to you. An invitation to a book and training with real stories of people who tamed them.

By the end of this journey, you will know exactly which Dragons are shaping your life.

And you will know what to do about it to master your Dragons.

Eight Dragons - your journey to true happiness

Each of the eight chapters in the book and training tells the story of one Dragon — where it came from, how it secretly runs your life, and exactly what to do to tame it.

In my book “Tame Your Dragons”, you will meet Vera, who broke free from a self-blame spiral that had silently shaped her marriage. You will meet Ana, whose burnout ended the moment she learned to ask one simple question. You will meet a man who ignored the quiet cry of his own soul for years — until his body forced him to listen and much more. These are not case studies. They are mirrors.

When you recognize yourself in this article, I recommend that you read my book and come to our Mindfulness Trainings from the “Institutes for Mindfulness Evolving (In-Me)”: <https://in-me.world/>

The eight Dragons — A closer look

Our brains are conditioned by outdated fight-flight-freeze reactions. Every human has aggressive impulses, feels anxiety here and there, and wants to hide sometimes. The problem is when we experience this as our identity. When we follow such impulses instead of letting them go. Then, in this process, we lose our center and contact with our soul.

Outdated fight-flight-freeze reactions are the heritage of our history. They are still living in us, mostly below our conscious control. We perceive the behavior of others as if a tiger were approaching us.



Then we often overreact in many inappropriate ways with aggression, anxiety or depression. Sometimes it's overt, and mostly it's subconscious, conveyed through our body language. Our unconscious brainstem often reacts as if our survival would be in danger. And even in international politics, you can easily see how this leads to war.

We also often unconsciously eat XXL unhealthy food as if our grocery stores would be out of stock tomorrow. Or we eat to control our anger, anxiety or depressive impulses.

This supported survival 300,000 years ago, but not today. We run on outdated brain software. I call this challenge "Survival Dragon".

Only by diving deep can one push aside the veil of illusion. Only if you take the red pill (The Matrix) do you have the option to really understand the truth on a new level. So let us dive deeper.

You already know the challenge with the "Survival Dragon". In the following graphic, you can see all 8 Dragons and Challenges imposed upon you by your heritage as part of a 300,000-year-old species.



Anecdotal stories and fake news kept the group together 70,000 years ago when the Cognitive Revolution started. Hierarchies helped the group to survive. Below your conscious, rational mind, fairy tales and harmful beliefs rule your unconscious reactions. It's like living in the movie "The Matrix". You are just not really fully aware of how strongly you create your reality with false explanations. Your unconscious decides, and your conscious mind justifies.

Harari calls this mainstream change the Cognitive Revolution. I call this challenge "Magic Dragon".

Only 12,000 years ago, with the Agricultural Revolution, we claimed property as private possession. Our unconscious is still conditioned by the laws of the jungle. Building wealth is a never-ending story. Once you've reached your goal, you strive for more, and more, and more. Your possession starts to possess you. This unconscious pattern is also responsible for all the wars we are facing, the famines and the dangerous, unjustified distribution of wealth that produces the growing gap between the poor and the ultrarich (Osnos, 2025).

Harari calls this mainstream change the Agricultural Revolution. I call this challenge "Power Dragon".



Humans only began to dare ask questions about evidence 500 years ago, with the rise of the Scientific Revolution. This triggered overthinking and rationalization. Our societies are still flooded by anecdotal stories and fake news. The evidence questions, “Can I be 100% sure that this is true? Where is the evidence for this?” are still so often not asked. They helped to develop medicine, technology and democracy. There were always wise humans who asked such questions. But only about 500 years ago it became a mainstream movement.

Harari calls this mainstream change the Scientific Revolution. I call this challenge “Evidence Dragon”.

Another positive effect of the evidence question is the benefits of the Industrial Revolution, which began about 200 years ago. In this process, the fragmentation of the working process (Taylorism/Assembly lines) fragmented our personalities, and we started to see ourselves as goods (manufactured products) with a price tag that needed to be optimized to sell well on the market. Think about the word make-up. The deeper meaning of this word reveals everything. We are prisoners of fashion, and we stage our lives by playing roles. It is more like living in a theater play or movie. And then sometimes in relationships or at the workplace, the movies clash. They do not fit together. Relationships break, and psychological disengagement sets in. Drama happens.

Harari calls this mainstream change the Industrial Revolution. I call this challenge “Creation Dragon”.

About 100 years ago, the Feminist Revolution gathered momentum. They started to ask the evidence question. Why do men have more rights? This process remains a major work in progress to this day. It also includes the question of whether you are together with the right people. Do they see your potential, support you and love you the way you are? Or do you try to please them so that they like you?

I call this challenge “Liberation Dragon”.

In 1979, Jon Kabat-Zinn opened his Mindfulness Clinics for patients with depression and anxiety disorders. In 1990, he published his famous, groundbreaking book: “Full Catastrophe Living”. I define this as the Mindful Revolution. In the meantime, Mindfulness is on everyone's lips. The big danger is that it can be practiced like a religion.

I call this challenge “Mindfulness Dragon”.

With the rise of Artificial Intelligence in mass public consciousness on 30 Nov. 2022, we now face the question of what it really means to be human. Whatever Artificial Intelligence can do better than humans is not the core of being human. Feeling true happiness, for sure, is not within the realm of Artificial Intelligence. Therefore, I define this as the Happiness Revolution. Now humans can dedicate their lives to true happiness.

I call this challenge “Happiness Dragon”.

Small changes have the power to change your brain

James Clear's bestselling book Atomic Habits (2018) makes one argument with disarming simplicity: you do not need a dramatic transformation. You need a 1% improvement, repeated daily. Improve by just 1% each day, and within a year, you are not 365% better — you are 37 times better. The mathematics of compounding, applied to a human life.

This is not motivational rhetoric. It is how the brain actually rewires itself. Clear's research distills into one central insight: lasting change comes not from focusing on outcomes (“I want to be calmer”), but from focusing on identity (“I am someone who practices presence”). Every small action becomes, in his words, a vote for the type of person you wish to become.

This is precisely how Mindfulness works neurologically. Nobody transforms 300,000 years of conditioning in a single insight, however profound. But two minutes of practice, repeated daily for eight



weeks, physically changes the brain — as the neuroimaging research cited below confirms. The Dragon is not tamed in one heroic act. It is tamed one percent at a time, one small daily practice at a time, until the practice becomes identity.

This is the quiet power behind every exercise in my book. Not radical transformation. A small, repeatable act — five minutes — that, compounded daily, becomes a different brain, a different life.

The moment everything changed

I have lived in the same street in Berlin for 40 years. The same trees. The same flowers. The same walk every day for four decades. And I never really saw the beauty of the flowers and trees there.

Not because I was blind. But because my mind was somewhere else entirely — planning, worrying, judging, remembering. The world outside was passing by while I lived almost exclusively inside my own head. You could call it living inside the MATRIX.

Then came an invitation to an exercise. Eight weeks. Five minutes every day outdoors. Noticing Nature. Truly looking, truly listening, truly feeling. What Jon Kabat-Zinn's pioneering book addresses as: *“Coming to our senses”* (Kabat-Zinn, 2005). To “BE SENSIBLE” again. What a magnificent double meaning. To be reasonable/rational/logical or to be aware and to sense something with your five senses.

And with this exercise started, for the first time in 40 years, that I really saw the flowers and trees in my street. They have been there all the time. I had never really seen them. These new moments of inner joy — so simple, so quiet — were one of the most profound awakenings of my life. Not because of what I saw. But because of what it revealed: that I had been living at a fraction of my actual capacity. That the richness of life had been available to me all along, and I had often been too busy thinking about life to actually live it. This reminds me of a song from Dean Martin when I was 15 years old, about a popular song from my youth about learning the simple facts of life and love. It's very plain to see that it's time you learn about the facts in life”.

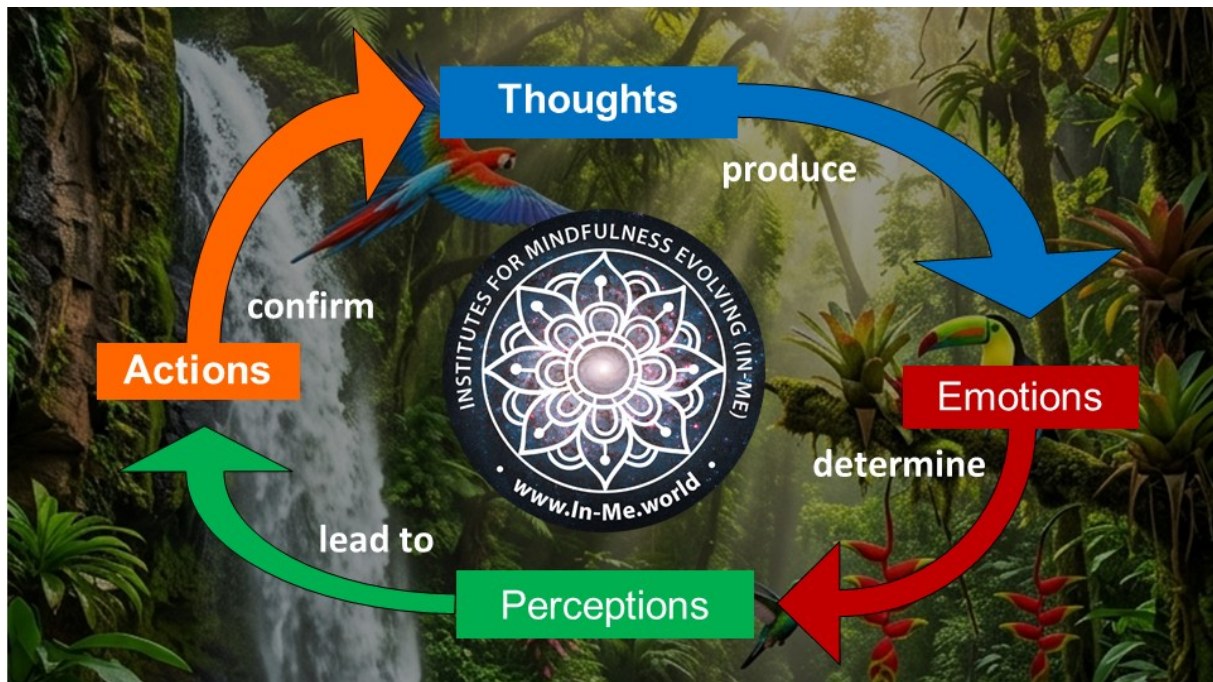
This is what Mindfulness does at its deepest level. Not relaxation. Not stress reduction — though it delivers both. But a fundamental shift in the relationship between a human being and their own existence. Coming from the brain to the heart. From overthinking to true happiness. And this is only the beginning. Here is the link: <https://in-me.world/blog/material/mindfulness-noticing-nature>

The 2-Minute Ritual to raise consciousness, happiness and success

Now it's time to look at how we construct reality and to try out a brief exercise to experience our power to bring about change. A taste of the 18 exercises in the book and the 8-day training.

You are invited to take the red pill from the movie “The Matrix” and start to realize who you really are. That it is very normal to feel anger, anxiety and sorrow. To deeply understand that you are not your feelings. Your feelings come and go. But there is something more beyond your feelings. Your thoughts come and go. But there is something more beyond your thoughts. Your thoughts trigger your feelings. But there is something more. You are invited to encounter your soul behind your thoughts and feelings. To deeply reconnect with your soul and true happiness.

Your thoughts produce emotions, which determine your perceptual filters and lead to actions that, in turn, confirm your thoughts. In this way, one gets caught up in self-reinforcing cycles. A relatively closed circle that constantly confirms itself. The solution is to understand this vicious circle and place yourself outside of it. Become the observer and master of this process.



Here is a simple yet profound practice to break out of this cycle, starting tomorrow morning. It supports your mindful awareness, activates your power, contributes to your health and happiness, centers you in our chaotic times, connects you with your soul and helps you to focus of what you really want in your life.

The 2-minute Ritual instructions

1. In the morning, first thing, look in the mirror and welcome the soul that looks at you through your eyes. If you don't have a mirror, you can also just contact your soul. Feel the energy of your soul vibrating within and surrounding your body.
2. Breathe in, then a little bit more, and more, and then let it out and say: "Ahhhhh." Repeat and enjoy, letting the noise grow louder and louder. You can also softly touch all parts of your body to activate "Coming to your SENSES".
3. Imagine opening a beautiful energy field in front of you. Then step right in or let it come to you. Remember situations where you were happy. What beautiful memories about yourself come to mind now?
4. Dragon Yes. Let's move and roar like a very energetic, happy Dragon. Express your power. Enjoy letting your Happiness Dragon fly now. Ride the energy. It will open your throat and intensively support your power. Now you are really in the here and now, fully awake.
5. After these 4 steps, the time is ready to set your intent for today. What would you like to experience today? Being happily centered. Intensive contact with your beautiful soul. Enjoying your Guardian Angel. Being open to miracles. Listen to the whisper of your soul.

Why MBSR was revolutionary – And why we need to go further

In 1979, Professor Jon Kabat-Zinn developed Mindfulness-Based Stress Reduction (MBSR) at the University of Massachusetts Medical School. Drawing on Buddhist contemplative traditions and translating them into a secular, clinically applicable framework, he created something genuinely unprecedented: a scientifically validated method for reducing suffering through present-moment awareness.



The research that followed was extraordinary. Thousands of peer-reviewed studies confirmed that MBSR reduces symptoms of anxiety, depression, and chronic pain. It improves immune function and produces measurable changes in brain structure, particularly in the prefrontal cortex and the amygdala – the brain's threat-detection center. Please let me cite just a few.

In 2003, Davidson et al. published a randomized controlled trial (RCT) in which researchers measured brain electrical activity (EEG) and immune response in employees undergoing an 8-week MBSR program. After 8 weeks, all subjects were given an influenza vaccine. It provided the first robust link between mindfulness and biological markers, demonstrating a significant increase in left-sided anterior activation (associated with positive emotion) and a significantly higher rise in antibody titers to the vaccine compared to controls.

In 2004, Grossman et al. published one of the most influential meta-analyses in the history of mindfulness research, which has garnered over 8,000 citations to date. It compiled broad clinical data to definitively prove that MBSR helps patients cope with a wide spectrum of physical and psychological ailments, establishing a baseline clinical effect size of ~0.5 for anxiety, depression, and chronic pain reduction. It proved that mindfulness wasn't just a niche tool for one specific illness; it was a universally effective baseline intervention for human suffering.

In 2011, Hölzel et al. published the first longitudinal structural MRI study showing that an 8-week MBSR program physically alters the brain's gray matter density in meditation-naïve participants compared with a control group. It proved that neuroplasticity (the brain's ability to physically change) occurs in regions linked to learning, memory processing, and emotion regulation, such as the hippocampus and the posterior cingulate cortex.

In 2015, Khoury et al. published their massive meta-analysis focusing on healthy individuals. It statistically validated that MBSR is profoundly effective at dropping stress levels and is moderately effective at lowering everyday anxiety, depression, and psychological distress while simultaneously upgrading overall quality of life.

In 2024, Calderone et al. published a comprehensive systematic review reflecting the current state of neuroimaging research. Their findings confirm that MBSR enhances brain networks responsible for emotional regulation, reduces amygdala reactivity, alters pain processing within the orbitofrontal cortex, and even facilitates inter-brain synchronization during live social interaction.

Kabat-Zinn's contribution to human well-being cannot be overstated. His work brought Mindfulness into hospitals, schools, corporations, and living rooms around the world. It gave millions of people their first genuine experience of inner stillness.

And yet. After completing an MBSR program, most participants face a question that the program was never designed to answer: *Now what?*

The skills are real. The benefits are real. But the deeper questions – *Why do I keep reacting the same way? Why do my old patterns return? What is the connection between my inner life and the arc of human history?* – remain largely unaddressed.

This is the frontier that our work at the Institutes for Mindfulness Evolving (In-ME) was created to explore.

The missing dimension: Our Evolutionary Programming

To understand why Mindfulness alone is not enough, we humans need to know what we are working with to take the next evolutionary step in human growth and create peace on earth.



Professor Yuval Noah Harari, in his landmark work “*Sapiens: A Brief History of Humankind*” (2011), documents something that should fundamentally change how we understand human behavior: our brains were shaped by 300,000 years of evolution in environments radically different from the world we now inhabit.

For the vast majority of human history, survival depended on the ability to detect immediate threats, maintain tribal loyalty, compete for resources, and act before thinking. The neural architecture that kept our ancestors alive – what modern neuroscience calls the fight-flight-freeze response, governed by the amygdala and the sympathetic nervous system – is still the default operating system running in every human brain today.

The problem is not that this system exists. The problem is that it was never designed for the world we live in today.

When a colleague criticizes your work in a meeting, your amygdala responds as if a predator has appeared. When you scroll through social media and encounter a threatening opinion, your threat-detection system activates as if your survival were at stake. When your child disobeys you, neural circuits designed for tribal combat fire with full intensity.

Nobody tells us this. We go through our entire education without learning that our most fundamental emotional reactions are, in large part, ancient survival programs running on autopilot – programs that made perfect sense 50,000 years ago and cause enormous unnecessary suffering today.

Harari maps the stages of this evolutionary journey with meticulous scientific rigor. From the Cognitive Revolution 70,000 years ago, which gave humans the capacity for shared storytelling and collective belief, through the Agricultural Revolution 12,000 years ago, which introduced concepts of ownership and accumulation, to the Scientific Revolution 500 years ago and the Industrial Revolution 200 years ago – each transition left a new layer of unconscious programming in the human brain.

These layers do not disappear. They accumulate. And they interact with each other in ways that produce the full spectrum of human behavior – from extraordinary creativity and compassion to violence, self-destruction, and willful blindness.

I call these layers the Dragons.

What's wrong with Spiral Dynamics?

They did not have the scientifically validated data when this model was developed.

In 1996, Don Beck and Christopher Cowan published *Spiral Dynamics: Mastering Values, Leadership, and Change*, building on the earlier research of psychologist Clare W. Graves. The model proposed that human value systems develop through a sequence of stages — color-coded levels of consciousness — moving from survival-based thinking toward increasingly integrated worldviews.

The core intuition is sound, and remarkably close to what this book proposes: human beings move through identifiable stages of psychological development, and most people remain unconsciously identified with whichever stage they currently occupy.

But the model has a serious limitation. Graves' original research relied on small, methodologically questionable studies — including using his own students as subjects without their informed consent. No large-scale, peer-reviewed, cross-cultural dataset has ever validated the specific stage sequence Beck and Cowan popularized. The theory was developed in the absence of the evolutionary, neuroscientific, and cross-cultural data that exists today.



This is the gap "Tame Your Dragons" was written to close.

Where Spiral Dynamics offers intuition, this framework offers Harari's documented evolutionary history — the Cognitive Revolution, the Agricultural Revolution, the Scientific and Industrial Revolutions — each a verifiable historical transition, not a speculative color. Where Spiral Dynamics offers stage labels, this framework offers the neuroscience of Mindfulness — measurable, replicated, peer-reviewed changes in brain structure and function (Hölzel et al., 2011; Davidson et al., 2003). And where Spiral Dynamics stops at description, NLP provides practical tools to help shift from one stage to the next.

The intuition that inspired Spiral Dynamics was right. It simply arrived thirty years before the science that could update it.

Why NLP matters!

Practical Tools, Honestly Assessed

Neuro-Linguistic Programming (NLP) was developed in the 1970s by Richard Bandler and John Grinder. It offers a rich toolbox of practical techniques for changing limiting beliefs, shifting perspectives, and interrupting automatic thought and behavior patterns.

I want to be direct about something here, in the same spirit of evidence-based honesty that this book asks of its readers: the scientific research base for NLP is weak. Systematic reviews have repeatedly found little rigorous evidence for many of its specific theoretical claims, and serious critics have called parts of it pseudoscience.

So why do I still use it, after fifty years?

Because in my direct clinical and coaching experience — across thousands of sessions — certain NLP techniques produce fast, observable shifts in how a person relates to a limiting belief or a triggering memory. I do not present this as scientific proof. I present it as the same kind of evidence the Evidence Dragon asks us to examine honestly: not blind faith, and not blind dismissal either, but a clear-eyed report of what I have actually observed — combined with the awareness that personal observation is not the same as a randomized controlled trial.

What I have done in this framework is take the most experientially robust NLP techniques and place them inside a container that is scientifically grounded: Harari's evolutionary history and Kabat-Zinn's neuroscientifically validated Mindfulness practice. NLP provides some of the practical "how." Mindfulness and evolutionary psychology provide the validated "why."

The 8 Dragons: An Evolutionary Map of the Human Psyche

The framework I have developed over 50 years of work in personal growth, NLP, psychology, and Mindfulness identifies eight universal programs — Dragons — that correspond to the major stages of human evolutionary and cultural development identified by Harari and supported by the broader literature in evolutionary psychology (Buss, 2015; Pinker, 2011).

Each Dragon represents both a challenge — an area where unconscious programming limits human freedom — and an opportunity for profound transformation.

The Survival Dragon corresponds to the most ancient layer of programming: the fight-flight-freeze response. It governs our immediate emotional reactions, our relationship with fear and aggression, and our capacity for physical well-being. When someone cuts in front of you in traffic and you feel the impulse to retaliate, that is the Survival Dragon. Nobody else causes your anger. You generate it.



And recognizing that – truly recognizing it, not just intellectually but somatically – is the first act of genuine freedom.

The Magic Dragon corresponds to the Cognitive Revolution: the human capacity for shared storytelling. The same neurological capability that allows us to build civilizations also makes us vulnerable to limiting beliefs, inherited narratives, and what we might call fake news today. The stories we were told about who we are – by our parents, our cultures, our religions – run as unconscious programs, shaping our perception of reality in ways we rarely examine.

The Power Dragon corresponds to the emergence of hierarchical societies and the accumulation of possessions. The drive for status, wealth, and dominance over others is deeply wired into human social behavior. Left unexamined, it drives much of the conflict – personal, organizational, and geopolitical – that defines our current moment.

The Evidence Dragon represents the Scientific Revolution: the radical, transformative idea that claims about reality should be tested against evidence. In a world saturated with misinformation, the capacity for evidence-based thinking is not merely intellectually valuable – it is, I would argue, the single most urgent developmental skill for citizens of the twenty-first century.

The Creation Dragon corresponds to the Industrial Revolution and its profound disruption of the relationship between human beings and their work. When we reduce people to units of productivity, we sever them from what Aristotle called *eudaimonia* – the deep satisfaction of expressing one's genuine potential. The silent cry of the soul, so often unheard in so many workplaces, is this Dragon speaking.

Humans began to unconsciously perceive themselves as products with a price tag that needs to be optimized. Makeup, fashion clothes, high heels, hair style, to stage oneself becomes important, and the soul gets lost.

The Liberation Dragon traces the great emancipatory movements of the last two centuries – the abolition of slavery, women's suffrage, civil rights, the ongoing struggle for human dignity across cultures and generations. At its personal level, it asks: Are you free to be fully yourself? Do the people closest to you see your actual potential – or do they need you to remain small?

The Mindfulness Dragon represents the integration of present-moment awareness as a genuine developmental capacity rather than a relaxation technique. This is where the work of Kabat-Zinn becomes not a destination but a doorway – into a fundamentally different relationship with one's own mind.

The Happiness Dragon is the most contemporary of all, emerging in the context of artificial intelligence. As AI systems increasingly outperform humans in cognitive tasks, we are forced to ask – with unprecedented urgency – what is irreducibly, magnificently human? The answer, I believe, is this: the capacity for genuine happiness. Not hedonic pleasure. Not the achievement of goals. But the sourceless, unconditional joy that arises when a human being is fully present, fully alive, and fully connected to what I can only call the soul.

Happiness is the truth. Not as a slogan, but as a description of what becomes available when the Dragons are tamed.

From Theory to Transformation: The In-Me training pathway

Understanding these Dragons intellectually is valuable. Transforming them requires something more. This is why, over the past decades, I have developed a progressive training pathway that builds



systematically on the foundation of MBSR, integrating the tools of Neuro-Linguistic Programming (NLP) with the scientific framework of evolutionary psychology and the practice of Mindfulness.

“Mindfulness Intensive, In-Me” qualification is the foundation. Over four days of intensive practice and eight weeks of daily exercise, participants receive a thorough grounding in Mindfulness as both a practice and a scientific framework. The curriculum goes significantly beyond standard MBSR, integrating NLP tools for belief change, somatic awareness techniques, and an introduction to the Dragon framework. This is not Mindfulness as relaxation. This is Mindfulness as the beginning of a lifelong inquiry into the nature of the self.

“Mindful Human, In-Me” qualification takes participants into the full depth of the Dragon framework. Over eight days and eight weeks of practice, each Dragon is explored through a combination of scientific teaching, personal inquiry, experiential exercises, and the kind of authentic group process that only becomes possible when people feel genuinely safe with each other. This training corresponds directly to the content of my book: *“Tame Your Dragons”* and is its natural experiential companion.

Mindful Hero, In-Me follows the structure of Joseph Campbell's Hero's Journey – but with a crucial difference. Each participant works with a genuine major life challenge as their vehicle for transformation. This is not a metaphor. It is a structured process in which the Dragon framework, Mindfulness practice, and NLP tools are applied to the real terrain of a real life. The results, consistently, are remarkable.

Mindfulness Coach, In-Me trains participants to offer this work professionally – to bring the integrated framework of Mindfulness, NLP, and evolutionary psychology into coaching relationships with clients. This qualification builds on the previous three and requires genuine personal transformation as its foundation. You cannot take others where you have not been yourself.

Mindfulness Trainer, In-Me is the final qualification: the right to train others in the full In-Me curriculum. Our Mindfulness Master Trainers carry this work into 117 countries, in dozens of languages, across cultures and contexts that I could never have reached alone.

Together, these five qualifications represent something I believe is genuinely new in the field of Mindfulness training: a coherent, scientifically grounded, experientially rich developmental pathway that begins where MBSR ends and goes significantly further.

A personal note on Science and Soul

I am aware that in combining evolutionary science with concepts like "soul" and "happiness as truth," I am walking a line that some readers could find uncomfortable.

When I speak of the soul, I am not invoking a religious concept. I am pointing to something that every human being knows from direct experience – a dimension of inner knowing that is quieter than thought, deeper than emotion, and more reliable than either. What psychology calls the unconscious at its deepest level. What the contemplative traditions of every culture have pointed to for millennia.

The neuroscience of Mindfulness is now sophisticated enough to tell us something remarkable: that regular practice of present-moment awareness produces measurable changes in the brain structures associated with self-regulation, empathy, and what researchers are beginning to call *wisdom* (Goldin & Gross, 2010; Lutz et al., 2008).

The soul, in other words, is not a poetic metaphor. It is a direction – inward, downward, beneath the noise of the conditioned mind – toward something that was always there.

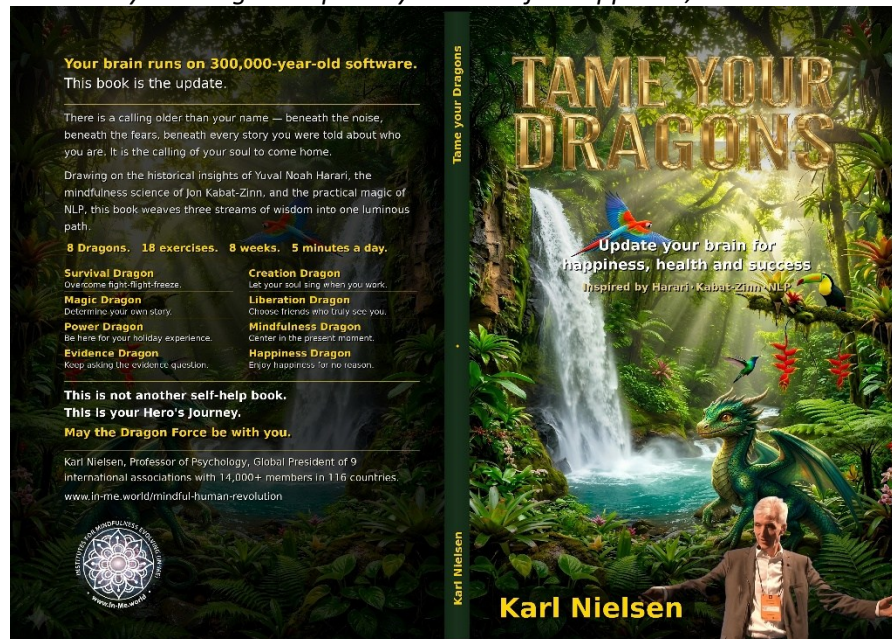


The Dragons are the noise. The work is learning to hear what was always beneath them.

The Invitation

If you have completed an MBSR program and wondered what comes next – my book “Tame Your Dragons”, and our Mindfulness Trainings are your answer.

Read the book: “Tame your Dragons: Update your brain for happiness, health and success”



Available on Amazon worldwide - Scan to get the book directly:

ISBN 978196212635



Or experience it in one of our other Mindfulness trainings at www.in-me.world



May the Dragon Force be with you - Karl Nielsen



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