

A PRACTICAL GUIDE TO

MFT

MIND
FREEDOM
TECHNIQUE



*A phenomenal alternative to traditional counselling,
psychotherapy and coaching*

Finally a proven way to actually heal
without having to tap, talk, meditate,
medicate, visualise, vocalise or
practice doing anything ongoing...

MFT Testimonials in 5 words or less...

"WOW...I feel so different"

"Best thing I've ever done"

"Problems? What problems lol"

"I feel so relaxed now"

"That was amazing, super simple"

"I feel so big now!"



Legal Notice

A Practical Guide to MFT (V1.1)

Full Colour Version PDF

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TABLE OF CONTENTS

1. The Phenomenal Alternative	4
2. The Origin of MFT	7
3. How MFT Works	10
4. Other Modalities Compared	15
5. Is MFT for Me?	17
6. What a Session Involves	18
7. Next Steps	21
8. A Nudge From Nicole	22
9. Our Signature Programs	24

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1 THE PHENOMENAL ALTERNATIVE

***MFT is a spring clean for your mind, body and soul....
clearing away the crud so the real you can shine through.***

When the 'real you' is in control of your life again, the way you see the world changes, your moods stabilise, and you're naturally more upbeat. You simply 'respond' to difficult situations rather than 'react'.

Life's challenges are not only easy to handle, but there's less of them (the law of correspondence/attraction). You'll naturally focus on and create what you want, not what you don't want.

Things don't get you down anymore, people don't trigger you, challenging situations resolve quickly, and your dreams and goals start to miraculously manifest.

If it seems obvious that the real you is **not** in control, it's actually your Dysfunctional Identities running your life, on auto, quietly in the background.

They have more power than your conscious mind...and you don't even know they're there most of the time. They are the various masks we wear to protect ourselves, powered by past pain and beliefs that we do not want to acknowledge.

ANYTHING about you that you do not like or would like to change is not YOU... It's a Dysfunctional Identity!

~ Nicole Vlug, Founder MFT



If you have underlying thoughts and feelings around being '*not good enough*' or '*not worthy*', it might manifest in never having enough money, or being rejected by people and opportunities in life, recurring bad luck, or neediness. The hidden belief that '*I'm not loveable*' sets the stage for ongoing failed relationships and people-pleasing. People running around under the shadow of '*It's not safe*' often suffer from anxiety, self doubt and indecision...all Dysfunctional Identities creating a sub-optimal life.

Nobody notices the powerlessness behind someone's anger, the insecurity behind the over-achiever and workaholic, or the feeling of worthlessness behind the kindest people you know.

Everyone's Dysfunctional Identities are unique to them, and we all have them to varying degrees...some are running your everyday life right now, some might pop up out of the blue in 10 years time when they get triggered by a certain situation or event...it could be anything anywhere...like the death of a loved one, or loss of a job, or someone does or says something to you...and then life comes tumbling down...and you struggle to pick yourself up and get back on track.

The Mind Freedom Technique is a phenomenal alternative to traditional counselling, psychotherapy and coaching in that offers non-invasive guided processes to quickly dissolve the fears and emotional issues holding you back from being the very best version of you.

Anything about you that you do not like or would like to change can be eliminated in one or a few 1-on-1 sessions.



MFT is:

- ✓ **Non-disclosure** - no need to talk about the details
- ✓ **Simple** - follow a practitioner guided process
- ✓ **Fast** - each process takes 5-10 minutes
- ✓ **Instant results** - you'll feel the difference immediately
- ✓ **Thorough** - issues handled successfully don't return - ever

*How long has it been since you've gurgled with **JOY?***

Finally and completely:

- ✓ Dissolve emotional problems including depression
- ✓ Remove self sabotage and achieve your goals
- ✓ Overcome addictions and compulsions
- ✓ Remove limiting beliefs and fears
- ✓ Heal health and body problems
- ✓ Dissolve trauma and anxiety
- ✓ Transform relationships
- ✓ Create a life you'd love

Read on to find out how...



2 THE ORIGIN OF MFT

In 1998 John Mace, a 70yr old ex mariner turned counsellor, was discussing an unwanted emotional issue with counselling colleague John Avery, and discovered that when he closed his eyes and put his attention on the issue, he found himself looking at an image in his mind's eye that was totally irrelevant to the emotion he was focussed on. With both men having extensive experience working in the mental health industry in various fields, they knew they were on to something...



The discovery is the cornerstone of the healing modality he named The Mace Method. Another unique component of the method is John Mace's simpler way of understanding our unseen parts, preferring 'identities' as the fourth element and missing link after the mind, body, and soul, rather than ego, sub-conscious, unconscious etc.

John Mace was awarded a Ph.D by Stafford University England for his unique and groundbreaking research into mental & emotional health.

His book is an interesting read, you can find [Energy over Mind](#) on Amazon



Nicole met with John Avery for a session in 2001 to help with dire relationship issues, and the results were profound, she was suddenly able to handle the messy situation she was in. She went back in 2006 when experiencing business related overwhelm and depression, which were miraculously gone in just a few sessions.

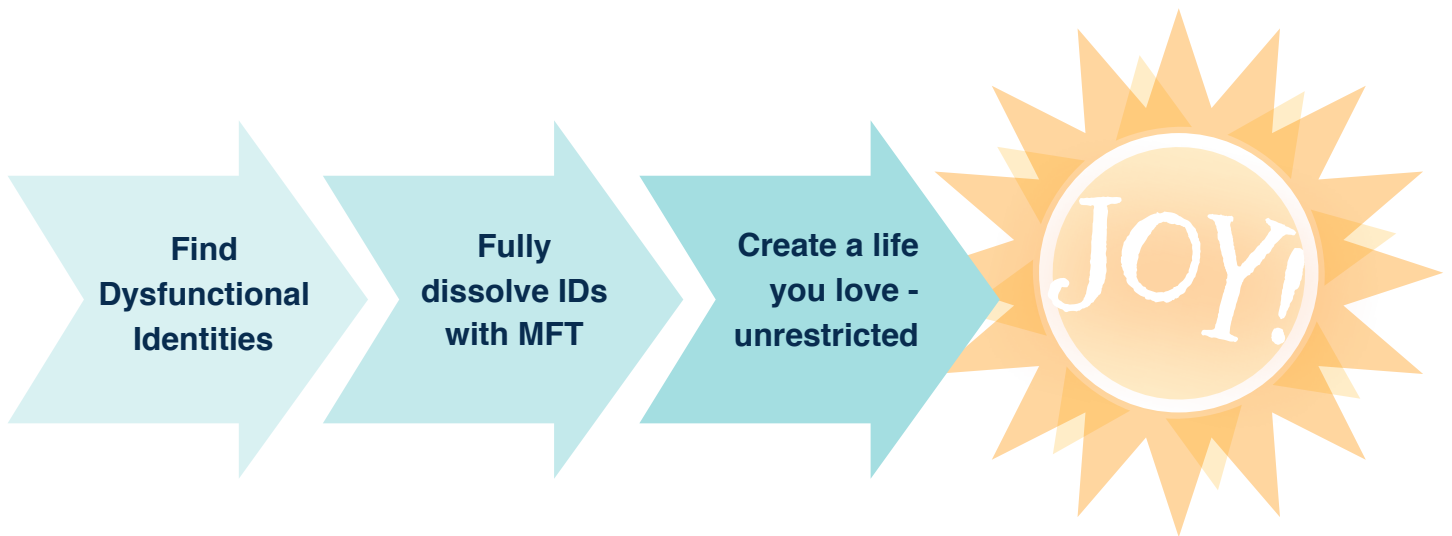
She couldn't comprehend why this method was not a household name like NLP or EFT so she launched into helping John Mace, then 80 years old, and John Avery, then 70, to bring their process into the digital world internationally. She also became a qualified Advanced Practitioner and Practitioner Trainer.



From her personal experience using the method, and observing her clients, she noticed the original process didn't always find all core beliefs, and it finished off with the client feeling big and empowered, but with no idea what to do with it as they walked back into their lives totally changed...so five years later, Nicole founded The Mind Freedom Technique.

Using the original process at its core, MFT offers a more thorough exploration of our deeper Dysfunctional Identities, and better awareness, practices and tools for creating a life you'd love.

MFT is all about restoring your personal power - the real you - and removing everything that blocks you from creating the life you'd love. It's a smooth and thorough process for people with a simple singular issue to resolve as well as those who want big change and total life mastery.



Historic MM testimonials worth reading:

"The (Mace) Method looks too good to be true because of its simplicity. However, the rapid positive outcomes amaze and delight my clients. Relationships improve, negative emotions and compulsory urges disappear, and they enjoy a new sense of wellbeing."

~ Gloria Arenson. MS., DCEP. (Psychologist in USA)

“This method advances the effective treatment of emotional illness and heralds a breakthrough of such unparalleled importance as to be worthy of a Nobel Prize”

~ Dr. Robert Roerich M.D. Research Psychiatrist

“I consider the Mace Energy Method to be a major advancement in psychology, psychotherapy, and Energy Psychology. The method involves no analysis; limited discussion; no tapping, poses, gestures, bodily postures, or muscle testing; although I’ve been exploring if there is any need to integrate the method with other approaches,

I believe it is a stand-alone method that relies simply on mental images and that it generally works faster and deeper than other more complicated therapeutic methods.”

~Fred P Gallo, PhD. Author ‘Energy Psychology’ and ‘Energy Tapping for Trauma’

“John Mace has pursued his dream in his quest for knowledge, and in the process has developed and refined a dynamic procedure for locating and eliminating the emotional blocks associated with trauma.

The concepts may initially appear revolutionary, but the process is so inclusive and interactive that the client cannot help feeling empowered by the procedure, which transforms notions of mind, body, spirit and identity into tangible realities.

Tangible because the client participates at an experiential level in the process of identifying and eliminating unwanted identities using visual imagery.

This unique method works rapidly and the outcomes are amazing and long term.”

~ Jocelyn Hardie Registered Psychologist
BSc.Psych. Dip Counselling, Dip Ed.

3 HOW MFT WORKS

There are **6 elements** that come together to make this process a cut above any other therapeutic process available:

It's a non-disclosure process

You don't have to talk about your stuff if it is too painful/shameful.

Healing the cause, not the effect

Unwanted emotions and life situations are the effect...there's no need to dwell there.

The simplicity of identities

No complicated psychological ideology, it's a simple concept to understand.

A profound and complete process of non-resistance

Important because what you resist persists (and owns you). This is the only guaranteed process out there for letting go.

The mind makes pictures!

Which allows you to focus on something that is otherwise invisible.

Change is permanent

Dysfunctional Identities are anti-survival, you will never re-create them once you know.

MFT is unique in that firstly, we help you quickly get rid of your unwanted stuck emotions, thoughts, beliefs, and behaviours by removing the root cause. It's that unseen 'stuff' deep down that you may not even notice is there.

We call this stuff 'Dysfunctional Identities'.

We naturally create Functional Identities in order to operate in life...they are the personalities or roles we play and drop into when dealing with certain people and situations, and the habits we form so we can do things on autopilot. We can't function without them.

They are like masks that we wear for various reasons - good and bad. We call them identities because you and everybody else identifies with them.

Behind all the masks is the REAL YOU

...and the real you is just *energy*. In order to drive a car, you need your body, and a car driving identity. You drop into the car driver identity when you get behind the wheel of a vehicle. Imagine how tedious and effortful it would be if it was not an automated process!

If someone experiences a car accident or an adverse experience with other drivers, they may have also unknowingly created an 'aggressive' or 'fearful' identity that triggers when they get into a car, causing their behaviour and mental state to be sub-optimal.

This may prevent them from getting into a car at all, or it may 'trigger' when a certain situation happens, like a 'close call' with another vehicle, or seeing a similar vehicle or person to the one that caused initial the harm. Often the trigger event will be totally exaggerated or even totally fictional. Regardless, it is running on auto in the background 24/7

This situation can happen in any area of life when a Dysfunctional Identity has been accidentally created.



Functional Identities = pro-survival

Dysfunctional Identities = anti-survival

Though at the time that we created them, we believed they were ALL for our survival, Dysfunctional Identities are accidentally created in a moment of upset or trauma.

The problem is that our unwanted Dysfunctional Identities are just energy...and you can't see energy. But just because you cannot see something doesn't mean it's not there...think radio waves, and gravity for example.

Dysfunctional Identities keep you stuck.

Because you can't 'see' energy (your identities) it's virtually impossible to put your attention fully on them. Dysfunctional Identities are the cause of everything unwanted in our lives - but all we see are the effects - how they make us feel and how they are affecting our lives.

The solution? The mind makes pictures!

It's our unique way of focussing on that unseen stuff, and in the process of fully putting your attention on this stuck energy...the process of 'not resisting' can be effectively and painlessly completed, permanently removing the Identity and stuck energy from your body and psyche.



TEST YOURSELF!

- ➔ Close your eyes and think of an apple
- ➔ What color apple are you looking at? Your apple will be different to everyone else's but everyone will see one!
- ➔ Now a tree, a dog, a car...get the picture?
- ➔ These are easy, they're familiar objects...but the mind will also make a picture of concepts....and it could be "*anything from a donut to a dinosaur*" as John Mace would put it....or even a fuzzy mass or a dark shadow....you may not understand exactly what you are looking at, but at the very least you will sense something...try it...
- ➔ Close your eyes and think of love....what does that look like in your mind's eye?
- ➔ One at a time, think of...stress... joy....sadness...peace...what images are you looking at?
- ➔ You're looking at energy!

A profound and complete process of non-resistance

What you resist does persist, and control you, and it's the act of focus and non-resistance through specific practitioner guidance that simply and thoroughly releases the stuck energy.

Within 10 minutes Dysfunctional Identities fade to nothing and the energy returns to you. You regain your true nature and power. When the stuck energy is gone, it's gone for good, and you feel the change instantly.

Note: We've all tried to do this process alone, but unfortunately...it is not possible...it's a bit like trying to give yourself a full body massage...



You can think, tap, talk, meditate, medicate, visualise, vocalise, discipline yourself and create goals all you like...the 'stuff' you don't want in your life inevitably keeps popping back up...right?

MFT deals with the cause...it's like pulling the weeds out by the roots...rather than just plucking the leaves off constantly as it keeps growing back (like conventional mental health practices) which is pure madness.



4 OTHER MODALITIES COMPARED

There's a number of things that set MFT apart from most other types of psychotherapy or counselling methods:

✓ **It is effective and fast:**

Clients are amazed that major problems can be quickly and thoroughly resolved. **Booking in for 10 sessions or years of therapy will never happen - ever.**

✓ **It's relatively non-confronting for clients:**

Any tears are usually of the 'thank you' type. We focus on the energy, **there's no dwelling on the unwanted emotions or issues...**

✓ **It's a non-disclosure process:**

The session does not require the you to talk about your unwanted or traumatic experiences whatsoever, **talk is actually time wasting.**

✓ **The technique is uncomplicated:**

The process is very easy to understand and participate in, and kids actually love it and want to come back for more. **There's no manual ongoing practices or exercises to remember.**

✓ **Immediate release of emotional trauma:**

Clients experience a mental, emotional, and cellular release and 'healing shift', **not just a mental realisation or understanding of their 'condition'.**

✓ **You're NOT broken:**

Dysfunctional Identities simply need to be removed. **Most other modalities teach that you need to be fixed and/or medicated.**

Most importantly, MFT is non-confrontational, non-disclosure, and we don't need to give you advice! There's no dwelling on your uncomfortable or shameful feelings and experiences. In fact, talking about your problems has no therapeutic effect whatsoever and wastes your time and ours. So in effect it's more like coaching than counselling which is very empowering.

Many therapies spend too much time with an upset...often re-triggering the client...or no time at all (like cognitive therapies), that leave the client with a just a mental understanding and exercises to remember to do for a 'potential' result (and a high level of failure). They deal with what is seen - the effect - and therefore their processes are only ever a band aid.

A great example of a conscious mind 'failure' is your new years resolutions - how are they working? Same with these types of therapies! If mentally thinking could change things, you'd have done it yourself already.

MFT is not a form of hypnosis. You are wide awake and focussed during a session. There is nothing subliminal or imaginary in the process.

Some therapies propose that you cannot remove your Dysfunctional Identities or unwanted traits...that you just have to manage them and maintain practices to keep them under control...interesting but not true...it's just the mechanism that can create an unwanted Identity that we cannot remove.

MFT doesn't have a long drawn-out recovery time, and as mentioned in the last chapter, it doesn't add more chores to your life with tools and processes to remember to do like tapping, thinking, meditating, medicating, visualising, vocalising, or practicing anything ongoing in the hope of maintaining some level of happiness in your life.

Oddly, even the MFT practitioner feels great after your session...we don't get burnt out...the energy all round is uplifting and empowering!

5 IS MFT FOR ME?



Who MFT works for: Anyone from around the age of 10 onwards. Kids love the sessions and usually want to come back for more! If you're stuck in life, want more happiness, success, or better health, MFT will most likely work for you.



Who MFT doesn't work for: If you don't *truly* want change in your life, if you're hiding behind your 'condition', if your issues have created a safe place that you are afraid to let go of, if you're not open to new ideas, or don't want to let go of your 'stuff' and stories, or if you're being sent to 'therapy' under duress by someone else (like a nagging partner)...then you 'may' have difficulty in getting any results.

What would you like to get rid of?

- Stress and fatigue
- Depression & anxiety
- Overwhelm & frustration
- Relationship conflict
- Trauma & PTSD
- All unwanted emotions
- Limiting beliefs & fears
- Self sabotaging behaviours
- Learning disabilities
- Addictions & compulsion
- Physical health issues
- Relationship issues
- Low self worth & esteem
- Career and money blocks

What would you like more of?

- Freedom of mind
- Happiness & joy
- Self esteem & confidence
- Mental & emotional peace
- Life balance
- Physical health & weight loss
- Feeling focussed and on purpose
- Control of your 'monkey mind'
- Motivation & inspiration
- Successful relationships
- Success in life & business

"My son was skipping in the yard after his session and he said 'just feel SO BIG!!'. Now he wants to come back to get rid of the monsters under his bed as well!"

~Peta D

6 WHAT A SESSION INVOLVES

As mentioned earlier, unlike other 'psychotherapeutic' modalities where you need to confront and discuss the painful areas of your life and attempt to manually discipline your thoughts, feelings, and behaviours, MFT uses a quick and painless eyes closed process to *permanently* remove anything about you or your life that you do not like, or would like to change.

We don't muck around...we get you in deep and guide you to release the unwanted feelings, beliefs, and trauma - without having to dwell on painful feelings and memories. They will be gone within minutes – never to return – guaranteed! You do it yourself - with practitioner guidance.

A session consists of a 1-1.5 hour face to face session in person, via video call, or over the phone. A week later, we have a 30min followup to clean up any loose ends and anything else that may have popped up since.

In the first session, we'll explain how it all works, give you a little practice run, and then get right into it. Each Dysfunctional Identity we focus on normally takes 5-10 minutes to clear away. We then test and check that it is indeed gone.



To find your deeper and often hidden Dysfunctional Identities, we ask the right questions in the right order for most effective release of as much negative energy as possible.


You might initially feel that the practitioner is not focussing on what you specifically want help with...but it's surprising where the roots of our issues actually lie at times...

First we handle the deep core issues that you may not have even realised were there. Be assured, everyone has them! After that's done you'll most likely see the connection to what you actually thought you were going to work on.

Then we handle all the other unwanted thoughts, feelings, beliefs, and behaviours around anything in your life that you want gone. This includes relationship issues, which actually means how you relate to people, places, things...and yourself.

If you have any physical health issues, they get handled next. With the evidence that up to 80% of health issues are psychosomatic, you'll be surprised what health conditions we can work on with you.

Lastly, once you feel completely clear, calm and happy, we do a magical eyes-closed process that allows you to experience how infinite and powerful you really are - *the real you!*



I've had a session with Nicole, and can attest to how powerful, swift and totally transformative it was for me.

*~ Dr Gary Wohlman, PhD
The Presentation Doctor*

After being bogged down by Dysfunctional Identities and heavy energy for so long, you'll have forgotten what **the real you** feels like...in fact most people have never felt this state of being.

You get to dwell in this space for as long as you like, using your imagination to explore and realise everything that you can now do and create in your life... and how good it feels from your new infinite and empowered state of being... knowing deeply that you are in charge and have the power to create anything you'd love to create for your life from now on.

The following 'wrap up' session a week later is designed to finish off anything that did not get handled in the first session, and to handle anything new that may pop up unexpectedly as a result of the first session's clearing away.

Although naturally all sessions are confidential...and you do not need to disclose any traumatic details....you might just want to rave about the results!

***MFT is like a spring clean for your
mind body and soul....clearing away the crud
so the real you shines through again...***

(like a brilliant white diamond)

***Would you like to get back to being happy,
confident, and in control?...the real you?***



7 NEXT STEPS



I hope you're feeling well informed and keen to keep moving forward!

Head over to www.MindFreedomTechnique.com to:

- Ask questions! Book a free info call with Nicole
- Learn about our signature program - Happiness For High Achievers
- Find out about the Confident Kids Workshop
- Get info on Practitioner Training
- Grab our 'all you need to know' micro book - Its a quick read with a big message and action steps if you're not quite ready to book a session

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linkedin.com/in/nicolevlug



[Book a call](#)



[Email us](#)

Me waiting for your call :-)



8 A NUDGE FROM NICOLE

We're all struggling with something, and I probably know what you're going through...I've been there too, from growing up with debilitating shyness, to living with a sociopath, and finishing with workaholism and financial crisis leading to breakdown, overwhelm, depression, anxiety...but I wouldn't be who I am today if I hadn't been pushed by those life lessons...

I've been fortunate to have great mentors though, and John Avery was one of them. After the first MEM sessions I was able to handle the messy situation I was in without the fear I had previously been operating under. I felt like I had 'Me' back. I could feel my power – the real ME.

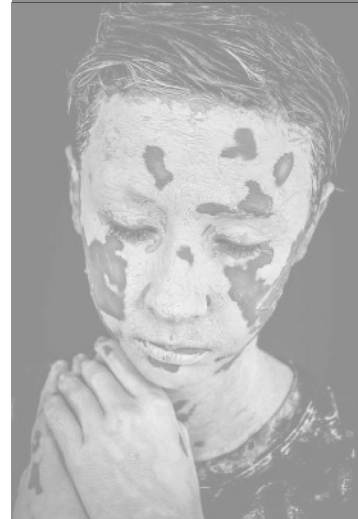
Five years later I was struggling in my business. Due to my extreme emotional state, it never crossed my mind to go back for another session...until I'd sold the business, took a year off, and found I wasn't recovering as expected. Removing deep depression, anxiety, overwhelm, and debilitating food allergies in just a few sessions was the pivotal moment for me...suddenly, I had something really important to share with the world...

We're all on a similar journey to find a way to 'fix' our broken selves...but you're not actually broken, just a bit muddy and weighed down with crud...stuff just needs to be removed.

Personal development is a billion dollar industry, which says a lot ... people spend thousands of dollars eternally searching for answers... and so did I for a while... because MFT seemed too good to be true...I wanted to find more amazing tools to add to my personal development toolbox, just in case...

I found nothing that came close to producing the same results, and stopped looking...because nothing compares to the work I was taught by two old men way back in 2007. It's a simple and complete method for quickly finding and permanently removing the energetic blocks that stop you from living powerfully and creating the life you'd love.

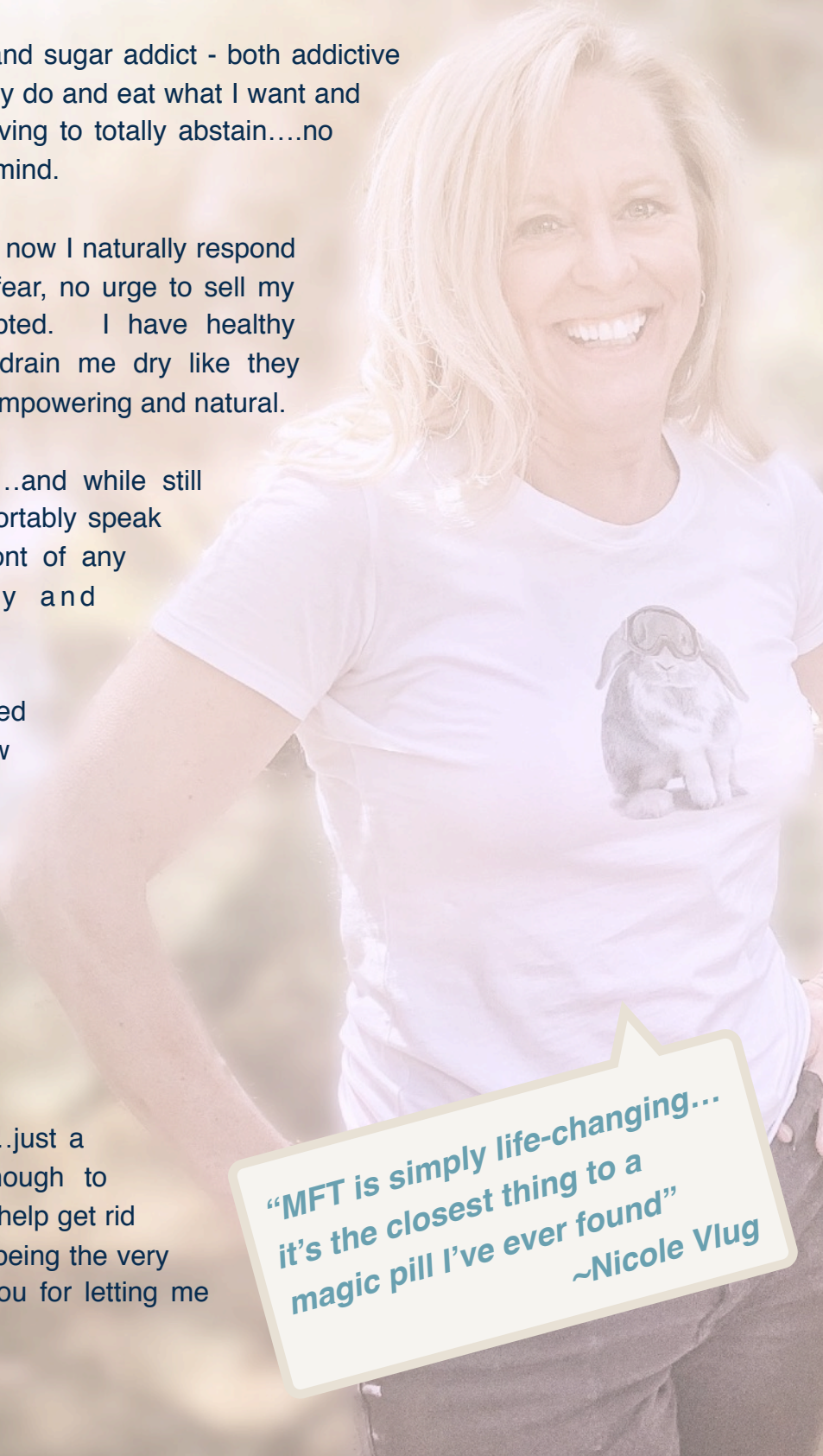
Everyone is looking for a shortcut, quick fix, magic pill...a guaranteed result for all the effort they put in to healing



I'm not perfect...or living in a constant state of bliss (that would actually be boring)...but I'm the one driving my life now and the adventure is by design. Here's a few of my transformations:

- I used to be a workaholic and sugar addict - both addictive behaviours...but now happily do and eat what I want and moderate easily without having to totally abstain....no cravings, no crazy monkey mind.
- A born people pleaser...but now I naturally respond for the right reasons...not fear, no urge to sell my soul to be liked or accepted. I have healthy boundaries...people don't drain me dry like they used to, and saying 'no' is empowering and natural.
- I used to be horribly shy...and while still happily an introvert, I comfortably speak my mind, can stand in front of any audience comfortably and confidently.
- Twice in my life I suffered from depression...but now it's simply not possible to slide back into that dark hole...in exactly the same way that you'd never put your hand on a hot stove a second time...it's anti-survival. Never going to happen!

I'm no different to most people...just a normal gal that was lucky enough to come across an amazing tool to help get rid of anything that blocks me from being the very best version of myself...thank you for letting me share it with you.



**“MFT is simply life-changing...
it's the closest thing to a
magic pill I've ever found”
~Nicole Vlug**

9 OUR SIGNATURE PROGRAMS

HAPPINESS FOR HIGH ACHIEVERS

H4HA is our signature program - and it's not for the faint of heart...imagine being able to strengthen your superpowers and neutralise your inner saboteur!...If you know you're a powerful creator but you're feeling stressed, depressed, overwhelmed and exhausted....you know...like everything has become a struggle... and you've lost your Midas touch...and there's a lot at stake in your business, family, and financially...we'll get you get back to being the master creator that you once were....clear, focussed, passionately on purpose, full of energy...and happy...A brand new you in all areas of life...in just 3 months

www.HappinessForHighAchievers.com

PRACTITIONER TRAINING

For those interested in facilitating this amazing process we have 3 levels of training:

- The Basics course - that anyone can do and is also great for helping kids
- Practitioner training for existing health practitioners & professionals looking for new tools
- Full Practitioner training if you're looking for a new career in helping people become the very best version of themselves.

Finally have the processes to really help your clients make powerful change...yes, your clients won't stay for long (they won't need you!)...but they'll tell everyone how quickly and painlessly they healed themselves and changed their lives with you....think about that for a moment (hint: referrals, glowing testimonials and job satisfaction)...and with the brilliant bonus of not being exhausted any more yourself...this process work is actually uplifting for the practitioner too!

www.MindFreedomTechnique.com/confident-kids

www.MindFreedomTechnique.com/mft-practitioner-training



ONE-ON-ONE MFT SESSIONS



HAPPINESS FOR HIGH ACHIEVERS



CONFIDENT KIDS



PRACTITIONER TRAINING

If you take nothing else away from this guide, remember this:

***Anything about you that you do not like, or would like to change, is not you ...it's a Dysfunctional Identity...
You're not broken!***

MFT
MIND
FREEDOM
TECHNIQUE