

RICK & ISABELLA PINA COACHING

PATREON PREMIUM GUIDE • AUGUST 25, 2026

RENEW THE MIND

I watched this video. Here is the video. Here are my notes.



VISHEN LAKHIANI



ROMANS 12:2



MY NOTES

WATCH VIDEO

DOWNLOAD PDF

MY NOTES

7

STEPS HE TAUGHT. NOT OUR FRAME.

1

BRULE TO NAME THIS WEEK

3

LINES: EXPERIENCE, GROW, CONTRIBUTE

PDF

TAKE THE NOTES WITH YOU

I watched this. Some of it is useful. The frame is not our frame. We do not call this consciousness engineering. We call it renewing the mind.

VIDEO + WHAT THEY SAID + MY NOTES

Hey family, I watched this video and I want to share it with you, along with my notes. Watch first. Read what Vishen Lakhiani said. Then read MY NOTES so you know what is his and what is mine.

WATCH

THE VIDEO

Vishen Lakhiani. Mindvalley. Seven steps he calls consciousness engineering.

[Watch in this guide →](#)

TAKEAWAY

DOWNLOAD THE PDF

The notes. Offline. Printable.

[Get the PDF →](#)

WORK

MY NOTES

Rick sat with the video. Keep. Reframe. Skip.

[Read my notes →](#)

01

I Watched This Video

02

The Video

03

What They Said

04

See the Code

05

Prove the Code

06

Choose Your Road

07

Aim It

08

Rewrite It

09

Fuel It

10

Install It

11

My Notes

12

Keep / Reframe / Skip

13

This Week For This Family

14

Diagnostic

15

Checklist

16

Declaration

17

PDF and Related Guides

HEY FAMILY, I WATCHED THIS VIDEO

I want to share it with you, along with my notes.

I watched Vishen Lakhiani. He founded Mindvalley. He wrote The Code of the Extraordinary Mind. This talk is seven steps he calls consciousness engineering. I am not claiming his talk as my teaching. I am curating it. Mentorship is obedience with a witness.

Some of it is useful. The frame is not our frame. He says religion programmed you. He sells Mindvalley. I am going to name that in WHAT THEY SAID. I will not hide it. I will not send you to his mini-course or his newsletter as if that is our next step.

We do not call this consciousness engineering. We call it **renewing the mind.**

You are not swapping leftover religion for a new guru. The Word is not leftover code. This family, \$25 library and 1:1 people, needs a mind renewed. Not a new operating system from a channel.

DOWNLOAD THE PDF

THE VIDEO

Vishen Lakhiani. Mindvalley. Seven steps of what he calls consciousness engineering. Watch it before you read the rest.

Watch the video: <https://www.youtube.com/watch?v=RkHUPslv7A8> · Also: <https://youtu.be/RkHUPslv7A8>

Seven steps to listen for. Write them down while he talks. Then come back here and read what he said, then MY NOTES.

01**SEE THE CODE**

Culturescape. Brules. Five doors. His teacher-suffering belief.

02**PROVE IT**

Harvard housekeepers. Beliefs as models. Habits as systems. Hardware and apps.

03**CHOOSE**

Kensho vs satori. Grow on purpose or life forces you.

04**AIM IT**

Means vs end goals. Three questions. RAS. The refugee who wrote it.

Then rewrite it with lofty questions. Fuel it with the reverse gap. Install it with a 15 to 20 minute six-phase meditation. He funnels you to a free Mindvalley mini-course and newsletter. That is his close. It is not ours.

WHAT THEY SAID

This section is Vishen Lakhiani. Honest breakdown. Credited by name. Not my sermon.

VISHEN LAKHIANI • WHAT HE TAUGHT

He opens with this: you can grind on behavior for 30 years, but if the code underneath is running something different, the code always wins. He says that was not laziness and not a discipline problem. You were editing the wrong layer. Behavior is the surface. Beliefs are the inner code. This video is not motivation. Motivation fails you on day 22. This is an operating manual. Seven steps in order.

He wrote The Code of the Extraordinary Mind. He says it became the number one book on Amazon. He founded Mindvalley, which he says runs these tools to over 20 million students in 190 countries. Stay till the end: step seven makes the other six permanent. He is teaching a productized system. Name that.

"From the moment you were born, your brain was being programmed by your parents, your teachers, your cultures, the media, your religion." Vishen Lakhiani

He calls religion one of the programmers. He sells Mindvalley as the rewrite. I

WHAT THEY SAID: SEE THE CODE

04

Step one. Almost every rule you live by, you never selected.

VISHEN LAKHIANI

Culturescape and brules.

He names the invisible system the culturescape. The rules it installs he calls brules, "BS rules," because you absorbed them before you were old enough to think for yourself. You do not experience them as opinions. You experience them as reality.

Five doors.

Childhood conditioning. Authority figures. The need to belong. Social proof. Your own insecurities.

His example.

For years as his business grew he kept himself broke, undercharging, self-sabotaging. Under hypnotherapy a memory surfaced: a kind, lonely English teacher, depressed after a divorce, broke, with an alcohol problem, and a great teacher. The child installed: to be a great teacher you have to suffer. When he became an online teacher, that belief hit his bank account.

The voices.

Don't be too much. Play it safe. Finish what you started. People like us don't do things like that. Money is hard to come by. Inherited code. Step one is catch the code, because you cannot rewrite a code you cannot see running.

He uses hypnotherapy as the moment the belief surfaced. I will come back to that in MY

LESSON 05

05

WHAT THEY SAID: PROVE THE CODE

Step two. Beliefs do more than change how you feel. He says they shape physical reality.

VISHEN LAKHIANI

Harvard housekeepers.

Ellen Langer and Alia Crum. Seven hotels. 84 housekeepers. Same job, same hours. One group was told their work already exceeded the Surgeon General's guidelines for an active lifestyle. The other group was told nothing. Four weeks later the informed group had lost weight, blood pressure dropped, body fat went down. Nothing changed except the sentence in their head. He calls it Harvard psychology, published and peer-reviewed.

His extra proof.

He says hypnotherapists can tell someone they are sitting under a hot sun and their skin can tan on command. That is his illustration. I am not using it as our proof.

Hardware and apps.

Beliefs are models of reality, like hardware. Habits are systems of living, like apps.

LESSON 06

06

WHAT THEY SAID: CHOOSE YOUR ROAD

Step three. Kensho or satori. Grow on purpose or life forces you.

VISHEN LAKHIANI, CREDITING MICHAEL BECKWITH

Kensho.

Growth through pain. The relationship ends. The business fails. Life forces you to grow.

Satori.

Growth through insight. A book that rearranges your mind. A line that changes everything. No suffering required.

His point.

If you are engaged in your own growth, lessons tend to arrive gently. If you fall asleep at the wheel, you do not stop growing. Life has to hit you in the gut. His path: the Silva Method, then instructor, then the Mindvalley app to put Silva out to the world.

The assignment he gives.

Look at the last two years. Was your growth chosen or forced? Put something on the calendar this week. A book. A course. 20 minutes every morning. You will

LESSON 07

07

WHAT THEY SAID: AIM IT

Step four. Means goals vs end goals. Confusing them will cost you your life. His words.

VISHEN LAKHIANI

Means goals.

You chase them because you think they get you something else. Degree. Money. Title. House.

End goals.

The actual destination. Experiences you want. How you want to grow. The contribution you want to make.

Miserable lawyer.

Harvard degree. Successful lawyer. Wife left. Gorgeous apartment. Lonely. Never became the father he wanted to be. He climbed a ladder of means goals and never asked what was at the top. He assumed lawyer was the only way to contribution, home, and family. Vishen cites studies in Australia and the United

States that 50 percent of lawyers are clinically depressed because they chased a means goal.

Three most important questions.

What experience do I truly want in this one lifetime? How do I need to grow to have them? How do I want to contribute? Write what makes your soul light up. No shoulds. No means goals in disguise. He tells Asian listeners: you do not have to be a doctor, engineer, or lawyer.

RAS / red car.

Reticular activating system. The moment you decide to buy a red car you see red cars. The cars did not multiply. Your filter changed. Clarity works the same way. Writing it down does something thinking never will.

The refugee.

A young man at Mindvalley in Kuala Lumpur. On his three questions he wrote:

LESSON 08

08

WHAT THEY SAID: REWRITE IT

Step five. Lofty questions, not affirmations.

VISHEN LAKHIANI, CREDITING CHRISTIE MARIE SHELDON

Why affirmations fail.

You stand in the mirror and say I am wealthy. The little voice says no you are not, you could not afford pizza last night. You started an argument with yourself. The old belief has evidence, so it wins.

Lofty questions.

Instead of "I am healthy," ask "Why is it so easy for me to be healthy, lean, and full of energy?" Why-questions. Your brain hunts for answers instead of arguing. He learned it from a mystic in Chicago named Christie Marie Sheldon. He has not been able to trace her since.

His 40th birthday.

January 2016. Shirt off. Disappointed. Failed marathon. Failed weight goals. Diets. Trainer. A three-day juice fast that made him sick. He started asking, "Why do I have the fit muscular body of an athlete?" About six weeks later, at a conference in Costa Rica, he met Eric Edmeades and WildFit, then a free 90-day guidance. 22 percent body fat to 14 percent. He says he still sits at 14 percent ten years later, with the body of someone 20 years younger by his longevity markers.

LOFTY test.

Lift your energy. Ownership of your reality, something you can control. Focus on your future self. True to your values. Yes to life.

Urgency line.

More than 7,000 people die every hour. Most never become who they could have

LESSON 09

09

WHAT THEY SAID: FUEL IT

Step six. Happiness as fuel, not reward. Reverse gap. Gratitude.

**VISHEN LAKHIANI, CREDITING DAN SULLIVAN, ROBERT EMMONS, AND
MICHAEL MCCULLOUGH**

Forward gap.

You stare at the distance between where you are and where you want to be. You tie happiness to a future outcome. Chasing the horizon. You hit the goal, the horizon moves, you are still not happy.

Reverse gap.

Turn around. Measure how far you have already come. He learned this from entrepreneurial coach Dan Sullivan. In his own books he calls the discipline of being happy now, on purpose, daily, "blissdiscipline."

The study.

Robert Emmons and Michael McCullough. One group wrote down five things they were grateful for from the past week. The gratitude group came out roughly 25 percent happier. Not from more money, more weight loss, or more sex. From reflecting how far they had come.

His claim.

Happiness in the present is a performance enhancer. Happy people are more creative, more resilient, better at solving problems. Genuine happiness now plus

LESSON 10

10

WHAT THEY SAID: **INSTALL IT**

Step seven. A daily 15 to 20 minute six-phase meditation. Then the Mindvalley funnel.

VISHEN LAKHIANI

Six phases.

Compassion. Gratitude. Forgiveness. Vision three years out. Master the day ahead. Blessing. First three are present-state emotions. Last three are future. He says it is used by about a million people, athletes, R&B stars, actors. Phase one he traces to Zen Roshi Buddhism. He walks a live compassion expansion from one face you love, to the room, the street, the city, the country, the planet.

Why morning.

Most people wake up and hand their mind to the phone, the inbox, the news, and let the culturescape reprogram them every morning. This practice is how you stand firm first.

His CTA. Name it.

He points you to a free Mindvalley guide to the six-phase. He says he will release a free mini-course in the next two months. Subscribe to the newsletter, one to two times a week, so you hear about it. Hit subscribe on the channel. That is a sales

funnel. It is his. It is not mine. I am not sending this family there as the assignment.

He says religion programmed you. He sells Mindvalley

MY NOTES

LESSON 11

MY NOTES

This is Rick. I sat with the video. This is my mindset for this family. Do not confuse this with Lakhiani.

I watched this. Some of it is useful. The frame is not our frame.

We do not call this consciousness engineering. We call it renewing the mind. Romans 12:2.

You are not swapping leftover religion for a new guru. The Word is not leftover code. Behavior is the surface. Beliefs run underneath. That part is true. But the code that rewrites you is the Word and the Spirit, not a 7-step Mindvalley stack.

ROMANS 12:2 KJV

"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and

acceptable, and perfect, will of God."

He is right that you can grind on habits and still lose if the belief underneath is a lie. I have watched people white-knuckle a new routine for three weeks and slip back. I do not call that a software problem. I call it a mind that has not been renewed and a will that has not obeyed. The Word does the rewrite. The Spirit does the conviction. A seminar does not get to be your new priest.

This family is the \$25 library and the 1:1 people. You need a mind renewed. You do not need a new operating system from a channel. If you already pray and do Today's Word in the morning, you already have step 7. Do not add a second religion in the first 20 minutes of the day.

2 CORINTHIANS 10:5 KJV

"Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

JOHN 8:31-32 KJV

"If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free."

FAITH

The Word is the code

Culturescape is real. The world, the flesh, and the devil install lies. The answer is not a guru. The answer is the Word and the Spirit.

IDENTITY

Son or daughter first

Identity before behavior is true. Who does God say I am? Then what is the next act of obedience? A lofty question that starts with "why is it so easy for me" can become pride.

MARRIAGE

Do not climb the wrong wall

Means goals wreck homes. Title. Money.
The apartment. He told the lawyer
story. I have watched the same ladder

LEADERSHIP

Obedience with a witness

Name the brule. Write three lines.
Practice gratitude for how far God has
already brought you. Then do the next

LESSON 12

12

KEEP / REFRAME / SKIP

Still MY NOTES. This is how I want you to handle his seven steps.

KEEP

Identity before behavior

End goals vs means goals. Do not climb
a ladder leaning on the wrong wall.
Write down what you actually want.
Experience. Grow. Contribute. Gratitude
/ reverse gap. You already know this. A
daily practice that happens BEFORE
the phone.

REFRAME

Lofty questions

Do not argue with yourself in the
mirror. Ask God. Ask better questions.
"Why is it so easy" can become pride.
Better: Who does God say I am, and
what is the next act of obedience?

SKIP

As-is, leave it

Hypnosis as the proof. Religion as the
villain. Six-phase as a replacement for
prayer. Any CTA to Mindvalley or Paul
McKenna. I am not sending you to a

ALREADY

You have step 7

If you already pray and do Today's Word
in the morning, you already have the
install. Do not add a second religion in
the first 20 minutes of the day.

mini-course or a newsletter from that channel.

REFRAME THE QUESTION

Not "Why is it so easy for me..."

Who does God say I am? What lie did a family, a paycheck, or a "people like

LESSON 13

13

THIS WEEK FOR **THIS FAMILY**

Name ONE brule that is not the Word. Write the end goal in three lines. Practice gratitude. Then do the next obedient act.

01

Name the brule

A family lie. A money lie.
A "people like us" lie. If it
is not the Word, it is not
your law.

02

Three lines

Experience. Grow.
Contribute. Write what
you actually want. No
shoulds. No title in
disguise.

03

Gratitude, then obey

Thank God for how far
He has already brought
you. Then do the next
obedient act. Bring it to
the 1:1 or the comments.

**A mind renewed. Not a new operating system from a
channel.**



RENEW THE MIND **DIAGNOSTIC**

Answer honestly. Your responses save in your browser.

WHAT BRULE IS NOT THE WORD?

Example: people like us do not start companies. Money is always hard. I have

END GOAL IN THREE LINES. EXPERIENCE. GROW. CONTRIBUTE.

Experience I want. How I must grow. How I will contribute.

WHAT HAPPENS IN THE FIRST 20 MINUTES OF YOUR DAY?

Select...



WHAT IS THE NEXT ACT OF OBEDIENCE?

One act. Not a new operating system.

RUN DIAGNOSTIC

YOUR RENEW THE MIND CHECKLIST

- ☐ I watched the video. [Open Lakhiani video](#)

- ☐ I downloaded the PDF. [renew-the-mind-premium-guide.pdf](#)

- ☐ I read **WHAT THEY SAID** as his teaching, including the Mindvalley CTA and the line about religion.

- ☐ I read **MY NOTES** and I know the difference. Romans 12:2 is our frame.

- ☐ I named **ONE brule** that is not the Word.

- ☐ I wrote the end goal in three lines: experience, grow, contribute.

- ☐ I practiced **gratitude** for how far God has already brought me. Reverse gap. Not a new religion.

- ☐ I did the next **obedient act** and I did not add a second morning stack on top of prayer and Today's Word.

DECLARATION OF A RENEWED MIND

SAY IT WITH FAITH

- Father, I will not be conformed to this world. Transform me by the renewing of my mind.
- The Word is not leftover code. I am not swapping faith for a guru.
- I name the lie that is not from You. Family lie. Money lie. People-like-us lie.
- I will not climb a ladder leaning on the wrong wall. I write the end goal: experience, grow, contribute.
- I ask You who I am. I ask You for the next act of obedience. I will not argue with myself in the mirror to become proud.
- I thank You for how far You have already brought me. Happiness is not a horizon I chase. Gratitude is how I remember Your hand.
- I already have a morning. Prayer. Today's Word. I will not add a second religion before the phone.
- I use what is useful. I refuse the funnel. I obey with a witness.

This is the YEAR OF DISCOVERY. CREATED IS COMING. In Jesus!

LESSON 17

17

PDF AND RELATED GUIDES

Take the assets. Do the work. Do not leave this as a nice read. Do not follow his CTA as if it is mine.

WATCH

LAKHIANI VIDEO

Seven steps. Consciousness engineering. His frame.

[Open video →](#)

DOWNLOAD

THIS GUIDE AS PDF

Take the notes with you.

[Get the PDF →](#)

WORK

MY NOTES

One brule. Three lines. Then obey.

[Back to my notes →](#)

Live PDF: <https://guides.rickpina.cloud/renew-the-mind-premium-guide.pdf>

Video: Vishen Lakhiani, Mindvalley, [the seven-step consciousness engineering talk](#).

Book: The Code of the Extraordinary Mind. I am not claiming this talk as my teaching. I curated it for mentees and wrote MY NOTES. Companion resource by Rick & Isabella Pina Coaching. I am not sending you to Mindvalley, a newsletter, or a six-phase mini-course.

- **Patreon Premium Guide: Five Blind Spots**
- **Patreon Premium Guide: Consistency Compounds**
- **Patreon Premium Guide: Confidence Is Built on Promises You Keep to Yourself**

- **Patreon Premium Guide: High Road Leadership. Emotional Capacity**
- **Patreon Premium Guide: There Are No Excuses Not To Engage AI**
- **Featured Video: Vishen Lakhiani**

YEAR OF DISCOVERY

GREATER IS COMING

RICK & ISABELLA PINA COACHING

[PATREON.COM/RICKPINA](https://patreon.com/rickpina)

PATREON PREMIUM GUIDE • RENEW THE MIND • AUGUST 25, 2026

YEAR OF DISCOVERY • GREATER IS COMING