



Perception Management

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Mind Research

You live in the way you choose to perceive... It is your choice to restore your holistic perception, preserve your own individuality and take your life quality and aspirations to a higher level. But how, you may ask? On her research, Dr. Maria de Rocha Chevalley says, "I became curious to find the way out of how some people hold themselves back by becoming so undecided, unattractive, even stressed out and anxious, unable to manage their creative resources. They just limit themselves, fragmenting their perception. Such evidence led me to create Mind Bridging® Psychology and the concept of mind hologram, culminating with the Mind Bridging® Matrix (MBM) a holographic psychological method to shift our fragmented perception into a holistic perception for a fulfilling and rewarding life quality. An accomplishment I am very proud of".

And in a nutshell:

- **Mind hologram** is a perception brain template, neurochemical information, encoding memory-images energy frequencies.

Through a brain-computational achievement of neural activity the communication via neurons consists of dividing within dendritic junctions the neurochemical information in a distributed network into constructive and destructive memory-images energy frequencies, transmitting the distributed information by synapses and reuniting it at its destination as bridging and unbridging mind holograms—our positive and negative programming. Plus storing the referred information at the receptor level on our cell membranes throughout our brain and body and enfolded over the whole of our individual mind, and the quantum energy field—our extended mind—consciously or unconsciously. The process mirrors a hologram in its function.

Mind hologram's formation is determined by our felt-perception experiences, explaining why perception feels and shapes itself the way it does and why we behave, sense, believe and live the way we do.

- **Mind Bridging® Matrix (MBM)**—a perception shifting matrix—is a pioneering holographic psychological method to rewrite our ever active subconscious negative programming by recovering our holistic perception. MBM is a way out of our behavior pattern of self-sabotage, inherent in our fragmented perception.



Dr. de Rocha Chevalley, along almost 20 years developed Mind Bridging® Psychology, a holographic psychological approach, which has been successfully applied to hundreds of people. By building on principles of neuroscience, new biology, quantum theory and holography, it brings psychology in line with the new vision of reality and findings of contemporary science.

Therefore, Mind Bridging® Psychology sets out to be a pioneering holographic psychological self-directed neuroplasticity. In other words, the ability to influence intentionally brain plasticity—the changing of neurons, the organization of their networks and their functions—via our deliberate positive perception interpretations is a remarkable piece of evidence of human cognitive and emotional evolution and the recognition of our greatness to be creative human beings.

Perception Management Courses

Do you know that your brain's great plasticity—its ability to change—can work for or against your goals, depending on your positive or negative perception interpretations?

The good news is in our Perception Management Courses you learn what perception truly is, how it works and how to manage it to use the plasticity of your brain in your favor.

What's the highlight? You build up your Mind Bridging® Matrix (MBM)—a perception shifting matrix—a revolutionary holographic psychological method, developed by Dr. Maria de Rocha Chevalley, to rewrite your subconscious negative programming, so that in a very practical way you get the key to free yourself from the danger of self-sabotage.

You do improve your wellbeing and proactivity, refine your sensitiveness and empower your decisiveness.

1-Day Perception Management Course

Boost your „genius“! In this 1-Day Perception Management Course you are challenged to learn how to manage your perception. You build up your Mind Bridging® Matrix (MBM), using its simple but mind-blowing holographic psychological methodology to shift your fragmented perception into a holistic perception, which allows you to rewrite your subconscious negative programming.

Consequently, you restructure your brain positively. You free your mind-brain-body from physiological stress. You overcome the negative behavior pattern of self-imposed limitation that misleads you to work against yourself and your goals. Needless to say, your wellbeing and leadership abilities exceed to an even greater degree and you start enjoying a more exciting life performance.

In this 1-day course your main focus is on:

- Inner Resource: Regaining the power of choice: *Discovering your Sense of Purpose and Meaning*



6-Modules Perception Management Course

In this 6-Modules Perception Management Course, with each module you go deeper into the dynamics of perception management. You are introduced to the effective nuances of the Mind Bridging® Matrix (MBM) that prompts you to rewrite your subconscious negative programming by shifting your fragmented perception into a holistic perception. As a result, you stop sabotaging your life projects and building up stress by releasing yourself from being mostly dominated by your too powerful subconscious negative programming. Yet, you have the best chance to enhance your excellence, wellbeing and leadership abilities to an even greater degree.

In this 6-modules course your main focus is on:

- **Strength** Developing the will to self-management, flexibility and sense of opportunity: **Positive Attitude.**
- **Effectiveness** Appropriating the inner space and inner direction: **Self-Organization and Prioritization.**
- **Excellence** Developing ease, humor and true leadership abilities: **Irresistibility.**
- **Affluence** “What makes me unique? Who am I?” Developing the senses of abundance and mutuality: **Self-Reevaluation.**
- **Centered Approach** Dealing creatively with unpredictable life situations by managing acceptance and support: **Stress Management.**
- **Decisiveness/Sensitiveness** What is meaningful and what is not? “Should this be part of my life?” by developing the “I deserve” and “I can” patterns: **Life Quality and Goal Redefinition.**

The Perception Management Courses are held in English—professional translation is available on request.

The course schedule and the participant’s financial investment are coordinated in a previous non-chargeable interview.

Get in contact with us.

Dr. Maria de Rocha Chevalley is a clinical psychologist, author and course leader. She is actively engaged in mind research and is co-founder and director of the Mind Bridging® Swiss Institute in Zürich, Switzerland.

Michel Chevalley, BSc in business administration, is at present working in the areas of Search & Selection, Career Consulting and Outplacement Coaching and is co-founder of the Mind Bridging® Swiss Institute.



References

Mind Bridging helped me in many areas of my life to get a better understanding of my environment and relationships. It helped me also in my company to build up a new way of trusting my collaborators, my clients and my suppliers”.

H.U. R., Chairman and Owner, Bern

“It is a brilliant concept to cope with your polar consciousness and shift your perception towards unity, fulfillment, power and love. It connects your head, heart and soul with your meaning of life, moving perception from a fragmented, sequential materialistic and mechanistic understanding away—towards wholeness. It makes you aware that you can always choose and become the creator of your own life and influence it. An unbelievable journey re-awakening my heart”.

H. H., Head of R & D, Zürich

“Techniques developed by De Rocha Chevalley encourage a healthy ‘brain chemistry communication’, which allow set mind-patterns to be dissolved or reversed, enabling true change to take place in behavior patterns. This can lead to significantly change in one’s life for the better... To me it seems like nothing less than a form of rebirth”.

M. S., Senior Consultant in PR & Communication, Zürich

“As a burnt out senior manager I came to see you for help. As a newly born man, who gained back his self-confidence and strength, as well as his life pleasure, I leave you after a very professional work; this thanks to your supreme insight into human nature. Thank you for all with my warmest feelings”.

E. F., Senior Manager, Zürich

“Mind Bridging is the clear mirror of yourself and the empowerment to a new life. It is empowerment—speed—happiness”.

A. S., CEO, Zürich

Dr. de Rocha Chevalley’s Books & Endorsements

“Mind Bridging® Psychology is a psychology of the 21st century. It is based on 20th century physics, the insights of which the world has not yet caught up to in a lived sense. It joins the rank of fine transpersonal psychologies meant to go beyond the narrow reductionism which behavioral and experimental psychologies brought with models based on 19th century physics. In Mind Bridging® Psychology science and spirituality naturally meet.”

Chuck Spezzano, Ph.D.

“The author provides an inspiring new model of the mind and psyche. By building on quantum theory it brings psychology in line with the new vision of reality and findings of modern physics. It is a message of clarity, simplicity and hope for everyone who wants to actualize their wholeness and accomplish what they came into life to be and do. I have thoroughly enjoyed reading it, both as a professional and on a more personal level”.

Minda Cloete, M.A. (Clin. Psych.)

“Mind Bridging® Psychology allows you to shift from a linear perspective and experience everything from a non-local perspective so your choices become contextual, relational and holistic”.

Deepak Chopra, M.D.

