



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 in your hands. 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 sabotage themselves, becoming so undecided, unattractive, even stressed out and anxious, unable to manage their creative resources. They just limit themselves, fragmenting their perception.

My findings challenged me to create **Mind Bridging® Psychology** grounded on my concepts of **Mind Hologram** and **Mind Bridging® Matrix (MBM)**. An accomplishment I am very proud of".

Dr. Maria de Rocha Chevalley along 20 years developed her psychological research, which integrates principles of the quantum theory, neuroscience, new biology and holography.

In a nutshell:

- **Mind Bridging® Psychology** sets out to be a 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 holistic perception interpretation, is a remarkable piece of evidence of human cognitive and emotional evolution and the recognition of our greatness to be creative human beings.

- **Mind Hologram** is a perception brain template, a perception encoding information.

Through a brain-computational achievement of neural activity the communication via neurons consists of processing the perception encoding information of psycho-environmental-neurochemical energy frequencies within dendritic junctions in a distributed network, dividing it into bridging and unbridging mind holograms—positive and negative programming. Plus of transmitting this divided information by synapses and reuniting it, being stored—consciously or unconsciously—at the receptor level on our cell membranes throughout our brain and body as well as over the whole of our mind and of the quantum energy field—our extended mind. Such 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 subconscious negative programming. MBM is a way out of our behavior pattern of self-sabotage, inherent in our fragmented perception.



Dr. 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 Zurich, Switzerland.

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

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 is, how it works and how to manage it, so 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 holographic psychological method, developed by Dr. Maria de Rocha Chevalley, to rewrite your subconscious negative programming.

In a very practical way you free yourself from 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 for a more meaningful and successful life, free from self-sabotage. Your main focus is on:

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

You build up your Mind Bridging® Matrix (MBM).

You are trained to rewrite your subconscious negative programming.

You restructure positively your brain.

You overcome the negative behavior pattern of self-limitation that misleads you to work against yourself and your goals.

You free your mind, brain and body from physiological stress.

Your wellbeing and leadership abilities exceed to an even greater degree and you start enjoying a more exciting life performance.



6-Modules Perception Management Course

In this 6-Modules Perception Management Course you are challenged to enhance your excellence, leadership abilities and your wellbeing to an even greater degree. You win back your power, because you gain the knowhow to stop sabotaging yourself at any given moment of your life. 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 proactively 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 during a previous non-chargeable interview.

Get in contact with us.



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 science and spirituality naturally meet.”

Chuck Spezzano, Ph.D.

“The author provides an inspiring new model of the mind and psyche. It is a message of clarity, simplicity and hope. I have thoroughly enjoyed reading it, both as a professional and on a more personal level”.

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

“Relearning your wholeness 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.

