

# **A Guide to Your Mind**

How to Master Your Mind and  
Experience Success in Your Personal and  
Professional Life

**Thomas Safrin**

[GuideToYourMind.com](http://GuideToYourMind.com)

**A Guide to Your Mind: How to Master Your  
Mind and Experience Success in Your Personal  
and Professional Life**

Thomas Safrin

Copyright © 2020 Thomas Safrin

All Rights Reserved.

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission from the author, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

First Printing: October 2020

ISBN: 978-1-7360497-1-6

Thomas Safrin  
Quantum International, LLC  
200 Blue Moon Crossing,  
Suite 102  
Pooler, Georgia 31322

(912) 373-7377

[www.ThomasSafrin.com](http://www.ThomasSafrin.com)  
[www.HypnosisofSavannah.com](http://www.HypnosisofSavannah.com)

**Thomas Safrin is available to speak at your business or conference event on a variety of topics. Call (912) 373-7377 for booking information.**

## Why Read This Book

What if you could master your thoughts? Taking control over your thoughts, having the ability to focus on goals, visualize your intention, and taking action to significantly change your life is truly possible. Many books on personal development provide information, but don't always give you the tools to actually make real change in your life.

This book reveals effective methods to change your thoughts, habits, and actions in order to master your mind. Thomas Safrin shares relatable stories and metaphors that you can apply in your life right away. This book is written in a clear, easy-to-read style that is like sitting across from a friend at the local coffee shop. There is something in this book for everyone, from ages 8 to 88, that are ready to learn mind hacks to be successful.

We are all born with a brain and a mind, but no one gave us a guide. Until now! This book is a culmination of a lifelong career of learning and teaching along with real-life experiences; practical and simple techniques that are easy to use and easy to remember. You can use one chapter or the whole book to make massive changes in the way that you think about yourself, your environment and circumstances, and to create a bigger

and better vision for your future to achieve ultimate success in all areas of your life.

**Get the free resources at [GuidetoYourMind.com](http://GuidetoYourMind.com) to help put your specific personal goals into action!**

## Written by a Leading Expert with 25 Years' Experience



Thomas Safrin is a Certified Consulting Hypnotist through the International Certification Board of Clinical Hypnotherapists (ICBCH), the International Medical and Dental Hypnosis Association (IMDHA), and the National Guild of Hypnotists, (NGH).

Thomas Safrin is a mind coach, hypnotist, criminal justice professional, technical educator, and a lifelong learner. Having over 25 years of experience as a police officer, investigator/narcotics agent, adviser/mentor, and trainer/educator and 20+ years as a Neurolinguistic Programming Practitioner and Trainer. Thomas Safrin provides leadership,

management, and training expertise as a technical educator and criminal justice professional.

Thomas Safrin has earned a Master of Public Administration - Justice Administration degree from Columbus State University, Columbus, Georgia; a Bachelor of Arts in Criminology; as well as, Associate of Arts in Liberal Arts from Saint Leo University in Savannah, Georgia.

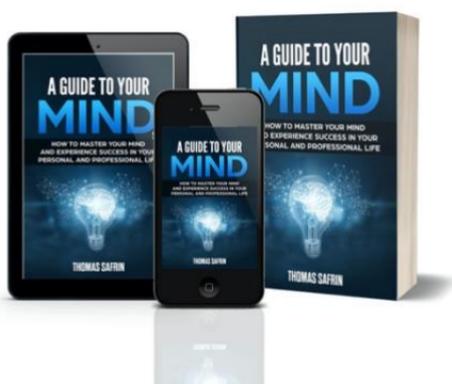
Thomas Safrin has attained the title of Certified Force Science Analyst through the Force Science Institute and is a member of the International Law Enforcement Educators and Trainers Association (ILEETA), International Association of Law Enforcement Firearms Instructor (IALEFI), and the National Rifle Association (NRA).

Thom Specializes In: Hypnosis for Fear and Anxiety, Communications Training, Criminal Justice / Law Enforcement Instruction, Use of Force policy and training, Consulting - Security Consulting, Human Performance Improvement, Project Management including Needs Assessment, Policy Development, Training, Implementation, and Evaluation, Public Speaking

In this book, you will have a new resource that you can tap into for the rest of your life.

Do you want **Thomas Safrin** to be the motivational speaker at your next event? Call (912) 373-7377 or visit [ThomasSafrin.com](http://ThomasSafrin.com)

Get the free resources at [GuidetoYourMind.com](http://GuidetoYourMind.com) to help put your specific personal goals into action!



## What others are saying about this book

"Thom has taken complex psychological and neuroscience topics and simplified them in a meaningful way so that you can put your mind to work in powerful ways. This book reveals the pathway to success by transforming the mystery of the mind into a powerful set of strategies that work in your favor. Get this book!"

**Dr. Richard Nongard, Bestselling Author of *The Seven Most Effective Methods of Self-Hypnosis***

"Great read! Thom has managed to collect together the most effective mindset strategies from his experiences in law enforcement, teaching in higher education, and as a hypnotherapist. He presents them to you in a valuable, usable format. The writing style is very personable and invites the reader into an experience."

**Jason Linett, Best-Selling Author of *Work Smart Business***

“Thom Safrin has created the must-read guide to mastering your mind that everyone can use. He covers a complex topic and gives you the flashing lights in your rear-view mirror wake up call to a better life. It's walking the straight-line path to success in every area of your life.”

**Rich Guzzi, Entrepreneur and Success Coach**

“As I read through this book, I feel like he's speaking directly to me, as well as the thousands of people I have worked with throughout my career. Thom outlines and defines real-life issues and gives excellent, easy-to-use resources to bring about long-lasting changes. Highly recommend this to all looking to improve their daily lives.”

**Dr. Tracy Riley, Author of *Tales from The Couch***

“Thought provoking information that can help anyone at any age make improvements in their life. From managing stress and anxiety, to improving communication at home or at work, Thom lays out technical information in a practical and usable way that can be applied to every aspect of one's life.”

**Raymond “Mitch” Shores, Chief of Police -  
Richmond Hill, Georgia, Police Department**

# 1

## Introduction and Overview

**H**ave you ever been lost in your own negative thoughts? Almost universally, people place far more attention on the negative than they do on the positive. We all do this. Whether we get out of the shower and look at a certain body part wishing that we could lose some weight, tighten this, or shrink that, or feel insecure in our relationships or our abilities at work, we all have gone beyond recognizing that we want to improve something about ourselves and let our negative thoughts bring us down.

It seems that we get dragged down by our own thoughts. We create these limiting beliefs that we either don't deserve something or that we don't have what it takes to reach our goals or dreams. Sometimes, it even feels like we're in our bodies as passengers, just observing life as it passes. Other times, it is our busy

lives and our inability to change focus at the appropriate time to enjoy life, enjoy the journey, and be in the moment.

In 2000, as a police officer making less than \$30,000 a year, I worked my normal police job. I worked off-duty security jobs often (sometimes 5-6 days a week), and I was going to school to finish my college education. Simultaneously, I was trying my best to be a husband and a father between work and whatever semblance of sleep that I could manage on rotating shifts. I had an abstract goal of finishing my degree with the idea that, when I finished, I would somehow magically make enough money that I wouldn't have to work 5 jobs in order to pay the bills; and thereby actually enjoy life. I had friends who had hobbies. I didn't have time or money for hobbies.

I remember times of feeling depressed because there wasn't anything to which to look forward. There was no light at the end of the tunnel. There was no end in sight. Looking back, I muddled through several years of my life. I wasn't fully present when I had conversations or was spending time with family members, friends, or co-workers. The job was getting to me. I was burned out.

Many years before, when I was a teenager, I read *Unlimited Power* by Tony Robbins. Reading that book helped me overcome abuse and trauma from my childhood. Tony fired me up with the realization that I had limiting beliefs. I learned, in that book, the very

basics of neurolinguistic programming (NLP). Reading that book changed the framework for how I thought about myself, my capabilities, and unlocked an ability to heal myself emotionally and mentally.

Remembering that, I was in a bookstore one day and found that Tony Robbins had written an even more recent book, *Awaken the Giant Within*. I bought that book without hesitation, devoured it within a few days, and added to my schema. But it really wasn't until I completed graduate school and learned about creating goals and employed strategies that I felt like I was in control of my life or that I had an effect on the outcome of my life. The vast majority of the time I felt that life was happening to me and around me rather than any one thing or collective of decisions or actions that I took had any impact on the outcome. I began to feel a sense of empowerment.

Since 2005, I have accumulated knowledge and practical psychology that has not only helped me achieve my goals and sculpt the kind of life that I want to have, but I have had the opportunity to teach thousands of people many of the skills that I've learned. Having an understanding of how your own mind works and how to make changes rapidly leads to a feeling-of-power mode and that mode can lead you truly to be empowered. Having the ability truly to re-wire your own brain so that you focus on success, in every aspect of your life, it's truly to be happy.

A couple of years ago I had a hypnosis client who came to me because of depression and anxiety. He told me at the intake that he had been battling with anxiety and depression for several years and that he had seen several psychiatrists, psychologists, and counselors over the years. He told me that he was former military and that he had had separate stays in inpatient facilities. He told me that he had been on several different types of medications over the years and that nothing really seemed to work.

A day or two after the second session I received a text message. The client sent me a message to tell me that he had bought a truck. I sat there and looked at the text message, trying to figure out why he sent that to me. I thought it was out of the ordinary, but I sent a brief message of congratulations and went about my day.

At the next appointment, when the client showed up and I asked how his week went, he again mentioned buying the truck. I congratulated him again, but he replied, “you don’t get it, do you?” He continued to explain to me that he was the type of person that would never commit to something unless he fully intended to follow through. He went on to say that before coming to the first appointment he had become so depressed that he was considering suicide. His commitment to purchasing the truck therefore had much larger implications than I could have realized.

In the first session, we did a process that helped re-wire his brain by changing perspectives and seeing things much differently. The process takes the emotion out of a life circumstance, helps prove to the client that he/she can view any circumstance differently. In the second session, we did a regression. For any hypnotists or therapists reading this, you will know that regression therapy is a somewhat controversial subject. The way I was taught to do a regression is different than most traditional hypnotists do it. The way I describe it, which I have borrowed from my friend and mentor, Jason Linett, is that I only take you back in time long enough to propel you into the future.

While we all know consciously that we can't re-write history, our subconscious doesn't know the difference between reality and reliving those troubled moments with newer, better resources. Of course, I am simplifying the process. In this book, I am going speak in plain language rather than academic jargon as much as possible. But I digress. When I work with a client, for any reason, I always like to teach them self-hypnosis. I usually do this in the final session.

In reality, I am teaching them techniques in each session that they can recreate and use in their own self-hypnosis sessions. Likewise, the concepts and techniques that I am going to show you how to employ in your life through these next chapters will often be illustrated in stories to which you can relate and that

will resonate both consciously and subconsciously. I have dedicated my life to learning continuously. My greatest passion is helping people. Passing on these learnings to help everyone experience success in their personal and professional life is the highest honor. Join me in this journey.

I have spent my entire adult life in service to others. After a rough childhood and a lot of exposure to police officers, I always knew that I wanted to be a police officer. Something about it was always appealing and exciting to me. I watched a lot of cop shows and movies as a teenager, but I also got to see police officers up close and personally.

Before I was old enough to be a police officer, I went into the Air Force. After that, I came home and went from job to job for a few years. Then I went to school to be an emergency medical technician (EMT). I thought that it would be a great way to develop the ability to work well in an emergency situation. I have always been fascinated with practical human psychology. I found the work as an EMT interesting, but I knew that my passion remained as a police officer. While I was going to school to be an EMT, I decided to join the local fire department as a volunteer firefighter as the EMT school was held at the fire station.

After a few years of working as an EMT in an industrial environment, I finally made my move into policing. Through a series of events from patrol,

school resource officer, special operations, and drug investigation positions, I ended up going to a course to become an instructor. The truth is, at the time, I only went to the course for the credentials, as I believed it would help me get promoted in the future. By pure happenstance, I fell in love with training.

The dynamics of sharing both my good and bad experiences, so that others could help people, in some way became my passion. I found that not everyone was good at conveying knowledge. I sat in courses and would evaluate both the direct learning being offered and the instructional style. I would learn ways to present information that was more efficient, more effective, more entertaining. I also found that I was learning ways NOT to do things also. I thought about thinking – also called metacognition. I realized that there was both a science and an art to being an instructor and that, while the content of teaching police academy courses may have a different motivation, there were also many similarities to teaching other skills.

Eventually, I made the big move to becoming a full-time police academy instructor. I followed that career path for many years as an instructor and, eventually, as a supervisor, manager, and director. I spent more than four years in middle eastern countries as a contractor for the United States government with the goal of training and mentoring democratic policing.

In my last year of contracting, I was sitting outside of my apartment after hosting a get-together for my expatriate colleagues. We were all having a discussion about what we were going to do when the mission was over and we all went home. A colleague mentioned that she was going to go to school to be a hypnotherapist. After some questions and the conversation continuing on to the others in the group, everyone left. I went inside and began an internet search that kept me riveted for over 12 hours.

You see, earlier in my police career, I went to an interview and interrogation course where I learned about NLP. In that course, the material on NLP was limited in scope to interview and interrogation communications. When I conducted the internet search, I found that there was a nexus between hypnosis and NLP. I devoured the information. I watched videos. I ordered books and online courses. After about two years of learning about hypnosis as an enthusiast or as a hobby, I decided to take a legitimate course to learn how this all works.

I searched several people and organizations that offered courses. I signed up for one, but then realized that a person to whom I was listening on a podcast offered a course. Jason Linett has a podcast called *Work Smart Hypnosis*. His topics were not just about the process, but also about the business of hypnosis. At that point I wasn't sure whether I would ever start a business, but I certainly knew that I wanted

to have the knowledge and the tools if I ever decided to start a business.

That was one of the greatest business decisions that I could have made. The course was divided into several three-day residential, in-class meetings spaced a few months apart. By the second meeting, I had office space lined up, a business name, and business card mocked up. That was four years ago. I continue to teach courses in criminal justice for a private university and teach police courses, as I am a Reserve Sergeant at a local Sheriff's Office.

After 25 years in law enforcement, twenty years teaching and training, and four years as a hypnotist, I have helped thousands of students and clients using some of the knowledge that I have accumulated and techniques that I have either learned or developed myself. Understanding how my brain works has helped me and others survive and thrive in life-threatening circumstances in law enforcement and as a contractor. These same concepts can be applied into all areas of your life.

If you read these pages and apply this knowledge to your thinking, your learning and your communication will change your life for the better. No matter whether you are eight or eighty-eight, there is something for everyone. We were born without an instruction manual. This is the next best thing. This book will not be long and will not contain extraneous

jargon. This is not a technical manual for neuroscientists (although I may cite a few).

In the next chapters, you may want to have a pen and paper handy so that you can take meaningful notes. Also, go to the website [www.guidetoyourmind.com](http://www.guidetoyourmind.com) for additional resources. Turn the next page with the idea that the information presented is not only going to change your mind and change your life in all aspects, but that there are layers being presented that will continue to become more and more meaningful to you as you digest the information.



## **You Are Invited!**

Thomas Safrin, MPA, CHt-I, offers seminars in his hometown of Savannah, Georgia, and throughout the world. You can attend these events!



**Visit [GuidetoYourMind.com](http://GuidetoYourMind.com) for dates and locations.**

**Learn from an expert Mind Coach and Hypnotist**

Learn the advanced strategies that can lead you to master your mind and experience success in every aspect of your life.

**Call (912) 373-7377 or visit [GuidetoYourMind.com](http://GuidetoYourMind.com)**