



## PMA WORKS! - PMA Business Performance

*PMA is a pragmatic and certain method for people who want to achieve personal growth, who want to get results and take the findings of neuroscientific research as a basis for action. Anyone who applies PMA correctly will achieve the desired growth. PMA is a rational method, stripped of all non-essential elements. PMA has been tested thoroughly and is supported by the ultimate proof: It works!*

### **A revolutionary method that changes your life and your business!**

The PMA technique provides us with insight in the hurdles that we create for ourselves from within without noticing them. When we expose and eliminate these limiting influences with PMA we are going to experience a level of freedom and creative energy like never before.

Progressive Mental Alignment® (PMA) is a brand new technique to remove neurophysiological blockers that keep us from applying our free will to achieve our goals. Jacob Korthuis, the developer of the PMA method, calls these blockers 'Bad Clusters'. Bad Clusters cause all our psychosomatic complaints and are responsible for the limitations and fears that define our behavior to a large extent.

Bad Clusters create blockers because they influence our physiology with strong inhibiting feelings that do not belong to the situation in which they occur. As a result we feel much worse than the situation would justify. This translates into uncertainty, fear, physical discomfort, the urge to escape, etc., in situations where we definitely don't want to feel that way.

Everybody has Bad Clusters and thus neurological blockers, that is not a deviation, it's the norm. Taking away your blockers gives you enormous advantages and that is possible with PMA. PMA focuses on clients to whom effective interaction with other people is crucial to their success, both personal and professional. Success in life means to become what you want to be. PMA deals once and for all with the obstacles inside of

you that stood in your way. You'll be amazed about the influence that Bad Clusters also have had on your life without even noticing it. Applying PMA will mean a true revelation!

### **How does our brain work?**

We record all events of our entire life as encoded information in our brain. This involves a sophisticated system that can be compared to a huge database managed by a super computer.

This all takes place in our subconscious. Besides information we also register the physiological coding that determines how we feel in any situation. Our basic drive on the biochemical level is the avoidance and reduction of pain and fear. We always move away from pain. But what happens if we cannot do that in circumstances that we don't control?

If the levels of pain and fear become so intense that we are about to lose control our biological system steps in. It redirects our focus away from the source of fear and restricts it to a small safe part of our immediate reality over which it can maintain control. This way the production of harmful levels of the fear inducing substances in our body is prevented. All other sensory perceptions outside of that small area of reality are stored in our subconscious database without receiving the proper coding that is needed for later processing. This spells trouble, we just created a Bad Cluster. And not only the Cluster is bad, its effects on our system turn out to be even more so . . .

### Results of PMA

- Liberating your free will
- Radical shift from reactive to proactive behavior
- Insight in behavior patterns and emotions of yourself and others
- Disappearance of psychosomatic complaints
- Increase of creative energy
- Annihilation of mental and emotional blockers
- Regaining control over your life and circumstances
- Joy, energy, creativity, freedom, daring, relaxation, inspiration, proactiveness and goal orientation

### What is a Bad Cluster?

A Bad Cluster is a technical defect in our internal information processing, an unforeseen byproduct of a temporary emergency. We cannot call it a memory because by definition it doesn't have any conscious component. It is an incomplete registration of a sensory perception which has the eerie effect that its strong negative physiology gets connected to an unrelated everyday event in the present. This happens from an early age on and progressively shapes our view of the world, our health, our beliefs and habits.

### What do Bad Clusters cause in our body and mind?

Just like normal memories Bad Clusters get activated by sensory input. Because they lack the coding to act as a memory, but do activate their physiology, we experience fear and emotional pain without any accompanying memory. Our consciousness really has no other choice than to link these feelings to the observations of that moment. That's how random negative associations keep being formed that are going to determine our life to a great extent. By nature we'd like to run away from the source of these feelings but we can't, because we are not aware of their true source. Because we cannot stop the feelings we learn to deny them and avoid or compensate their activation. This is the direct cause of strong reactive behavior and the basis for many of our belief systems and patterns of physical complaints.

### How can you recognize the activity of Bad Clusters?

By every inexplicable physiological change: emotions that are out of proportion, or the total absence of emotions, sudden or ongoing fatigue, rigidity, irrational behavior, reactive behavior, fears, irritations, phobia, eating disorders, burn-out, addictions, depressions, fear of failure and a long list of psychosomatic complaints.

### PMA Seminars

In the 1-day PMA Personal Seminar the participant learns how stored information and physiological coding control our actions and he learns to eliminate his own Bad Clusters and their limiting effects with the use of the PMA techniques. The 4-day PMA Business Seminar also teaches the participant how to apply PMA principles in their relationship to clients, suppliers, employees and other parties in the work environment.

PMA enables them to get to the core of the matter and leave a lasting impression. The program comes in 2 sets of 2 days of training with a 4-week practice period in between.

### Effective Management Teams

Through PMA we help the members of the management team or board of directors to really become a team, align their own interests with those of the company, not work from a perspective of competition but from one of mutual creation.

### Successful Sales Teams

Sales Management systems are probably in place, but what's more important, how do you leave a much stronger impression with your client than the average salesperson does, and make the sale because the client wants to deal with you?

### PMA based HR Management

Promoting your HR department from an employee administration unit to a genuine internal advisory force that helps people successfully pass through change processes and supports middle managers to effectively manage their staff.

### The Happy Middle Manager

If you're good at your job and are devoted to the company the day may come where you suddenly find yourself in a manager's chair. But you don't really want to direct the people around you. How can you become a stimulating coach who brings out the best in his people?

### PMA based Project Management

How do you prevent yourself from being submerged in planning, meetings and administration? Create a self-guiding team with an excellent performance, yourself included.

### PMA Education Management

Internal coaches in education see their job get tougher by the year. Next to a growing group of students who need guidance it's the colleagues that must be supported too. How can you help them all?

### PMA Top coaching

As a top manager you are in a lonely position. You always have to show your strength to the company. Together with your personal PMA coach you remove the inner barriers between yourself and your objectives.

*PMA Institute*  
3143 Hanging Moss Circle  
Kissimmee, FL 34741  
Tel. 407 343 1555  
Email: [info@pmainstitute.com](mailto:info@pmainstitute.com)  
Website: [www.pmainstitute.com](http://www.pmainstitute.com)