



JACOB KORTHUIS

HOW YOU CAN IMPROVE YOUR LIFE WITH PMA

IN ACCORDANCE WITH THE LATEST SCIENTIFIC FINDINGS

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Progressive Mental Alignment®: The most powerful and advanced method for obtaining optimal health, better relationships, and a successful lifestyle.

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CHAPTER 1

INTRODUCTION

PROGRESSIVE MENTAL ALIGNMENT

I would like to introduce Progressive Mental Alignment®(PMA), a revolutionary method that has already helped thousands of people in different countries improve the quality of their life.

I will not claim that PMA (Progressive Mental Alignment®) serves as a cure-all, what I will say, is that PMA is based on the latest scientific findings of the working of our subconscious brain. From these insights, I have developed a technique that helps you discover the causes behind your thoughts, feelings, and driving forces. PMA, like a mirror, reflects the inner working of your own subconscious mind. You learn to understand where your emotions come from and why you make certain decisions or behave in a certain way. This groundbreaking method provides the tools needed to make a positive change in your life.

You learn that you do not have to live with overwhelming feelings of frustration or emotional pain. PMA deals with the origins of these feelings, and moreover, has helped to resolve psychological and psychosomatic symptoms. You will have abundant energy and ultimately rediscover inner peace and freedom, finding you are ready to face anything life may throw your way.

Enjoy reading this brief introduction to the workings of your subconscious mind.

I wish you many benefits and success,

Jacob Korthuis, Founder of PMA

CHAPTER 2

HOW PMA CAME TO BE

From a young age I was looking for answers. I asked doctors, psychologists, and neurologists about the origins of psychological and psychosomatic problems. None of them were able to give me a satisfactory answer. "This will forever remain a mystery," or "Our brain is too complex to be able to understand this," was the most common answer. I always replied: "As long as we are smart enough to formulate the question, we are also smart enough to understand the answer."

From 1978 I owned a successful practice in holistic medicine, in which I treated about thirty patients per day. In addition, I spent the rest of my time on social and spiritual pursuits, reading, and conducting research. I worked myself to the bone, and the result was very predictable. In the early nineties my tank was running on empty. My health and life, in every way, were in a dark valley. After extensive research into my condition by an esteemed colleague, who was also a natural health doctor, revealed that I had used up all of my reserves, even various organs were showing signs of the early stages of cancer.

"My health and life, in every way,
were in a dark valley"

The 75-hour workweeks of the last fifteen years had taken their toll and I was left facing a very harsh reality. According to the standards of the world I seemed successful, happy, satisfied, and healthy. But actually, I had been functioning like a robot for several years. I constantly felt uncomfortable in my own skin and I was anything but happy and healthy. I realized that if I did not change, my body would soon enough call it quits.

Nevertheless, my curiosity and researcher's spirit were given a boost by these circumstances, and in 1992, my research delivered its first fruits and I started to lay the foundation for PMA. To further develop the technique I conducted sessions with myself, and immediately after the first session, I felt the change in my body. I had more energy and my exhaustion vanished like snow in the springtime.

"My body would soon
enough call it quits."

Through the inner freedom and balance that PMA gave me, I gained a better understanding of who I was and how I could change my life to climb out of the valley. I realized that many of my motives originated from subconsciously stored negative feelings. Piece by piece, I encountered all of the beliefs on which my life was based: my work, friends, religion, the relationship with my wife, indeed my whole life! I began to see them from a whole new perspective.



Then, I turned my life around. This time, I directed it according to my newly acquired values and beliefs. I cannot begin to describe the amount of inner peace, freedom, and balance I experienced. This is something you have to experience for yourself.

However, all this does not mean that everyone must go through the same process as I did. For me, it resulted in the vital understanding of how the brain works; and ultimately, how you can influence it, which was necessary in order to further develop PMA.

Now, after all these years, I realize that the healing of my physical ailments and the large amounts of energy I now have are only desirable side effects. The PMA

“I cannot begin to describe the amount
of inner peace, freedom, and balance
I experienced”

technique has given me a much greater benefit. I can finally breathe. For years now I feel an inner freedom, rest, and harmony that was previously completely unknown to me; and that feeling is increasing every day.

Through PMA, you will learn that you do not have to live with emotional pain, sadness, or irrational fears. PMA helps you track down the deeply buried causes of pain and fear and permanently eliminate them. Consequently, you will have plenty of energy to face all of your life’s challenges. With this technique, many psychological and psychosomatic symptoms will vanish. It is simple a lesson in living, and it gives insight to the working of our brain and our driving forces. By making the PMA technique your own, you will open the doors to new and exciting opportunities in your life.

GIVE YOURSELF PERMISSION TO MOVE FORWARD. DARE TO LIVE!

CHAPTER 3

IS PMA FOR ME?

Do you get up in the mornings feeling like there is already too much on your plate? Are you always tired? Don't feel like doing anything? Feeling spent? Depressed? Afraid? Frustrated? Is life, day after day, the same struggle? Do you have the feeling that you could be getting a lot more out of your life than you do right now?

"You will experience how you
often sabotage yourself"

If this sounds familiar to you, then PMA can help you. You get to know yourself and discover why you do the things you do, and why you see things the way you see them. You will experience how you often sabotage yourself and how you get in the way of your own happiness and success. Through PMA, you will function better, feeling more comfortable in your own skin.

PMA HELPS YOU TO...

- improve your health
- have more energy
- feel inner peace and harmony
- get control of your life
- better understand your own feelings of those of others
- increase balance and stability in your life
- increase your self-confidence

However, applying the PMA process takes courage. Are you willing to face your hidden subconscious motivations and behavioral patterns? Do you have the courage to take the journey of discovery into your own mind? Are you willing to discover the subconsciously stored experiences and disruptive signals that contribute to the negativity you feel on a daily basis?

If you are willing to do that, and once you become aware of and remove these subconscious signal jammers, you will feel an unimaginable relief. You will be more sure of yourself and more able to face the day's challenges.



CHAPTER 4

CONTROL IS A MYTH

Everything you do, all of your thoughts, beliefs, decisions, and behavioral patterns are controlled by your brain. Once you understand the workings of the subconscious, it will become obvious to you that your health is determined by how your brain controls your physiological processes; and you will see how this is connected to your sensory observations.

AN EXAMPLE...

Paula is at a birthday party and someone shows her a picture of their last vacation. Suddenly, she gets an uncomfortable feeling and has no idea where it came from. After all, it is just a vacation picture...

Nevertheless, it is more than an ordinary picture. Just looking at the photograph causes all kinds of physiological changes in her body, just like the uncomfortable feeling she is experiencing right now. It is later revealed, during a PMA session, that the picture actually contains certain details that included, but were not limited to, colors, objects, or particular facial expressions that activated an unpleasant experience from Paula's past. This emotional experience has nothing to do with the vacation at all, but instead, with an incident that took place ten years ago at the office where Paula worked. This incident contained the same details as the photograph she just saw.

In this example with Paula, we see that her subconscious influences her feelings. If these negative feelings are only activated temporary, it is not so bad. But if there is something in your surroundings that generates these feelings on a daily basis,

then the physiological processes remain active. This, in turn, becomes the root cause for various health and behavior problems.

“The majority of what the brain processes happens outside our conscious perception”

In general, we think we have pretty good control over our beliefs, actions, and behavior. Insight to our subconscious brain will show you that nothing could be further from the truth. The majority of what the brain processes happens outside our conscious perception. Your subconscious brain can only work with the comparison material that has been previously stored there from former experiences. While you are unaware of what exactly has been stored in your subconscious, it is important that you do not mislead yourself with the belief that you can control your subconscious. Likewise, you are similarly unaware of the incorrect connections created there.



CHAPTER 5

IS IT REALLY ALL IN MY HEAD?

Do you suffer from physical ailments for which doctors are unable to find a cause? Have you ever been told, "It's all in your head"? It may amaze you to discover that for many psychological and physical symptoms, the brain does indeed play a decisive role. That is not to say that these issues are imaginary; they are very real. But what causes them?

" Bad clusters cause various types of negative feelings and anxieties"

The vast majority of disruptive health problems seem to be caused by a recently discovered phenomenon called bad clusters. Bad clusters are subconscious signal jammers that not only make you sick, but cause various types of negative feelings, anxieties, and behavioral issues. Bad clusters have a greater influence on your daily functioning than you might imagine.

BAD CLUSTERS

Bad clusters are physiological signal jammers responsible for negative feelings, fears, and behavioral issues. They influence your every day functioning and can ultimately cause your symptoms.

What causes bad clusters? And how can you render them harmless? In order to answer this question, it is necessary to look at how the subconscious brain functions.

CHAPTER 6

HOW DO I RECOGNIZE A BANANA?

If all of the subconscious processes during the registering and storing of your sensory observations are working correctly, the various fragments of what you have observed are saved in your subconscious. Specific codes link them together into a memory. We call this a cluster.

Whenever you remember something from a past experience, good or bad, your subconscious pieces together the fragments belonging to that cluster, producing an image. The moment you recall something that happened in your past, you experience the exact same feelings as before. For example you hear the same music, or the same voices that were present during the original experience.



You remember the smell of the same scents and undergo the same physical and emotional sensations. In this way, your brain continuously reconstructs your memories that are stored in your brain cells. Throughout everything observed by your senses in your day-to-day life, these memories, or clusters, are used as comparison material.

AN EXAMPLE

You see a banana. You immediately know it is edible, what the taste is, and that you have to peel it before you eat it. This seems to happen quite automatically. But to make this possible, your subconscious must make many comparisons between the banana you see and everything in your past that had anything to do with bananas, all of which are stored in your brain cells.

Your awareness of the present, and what you currently understand is therefore entirely determined through the stored details from your past. This is the comparison material available to you. During this comparison process, the subconscious part of the brain processes about a million times more details than are ever passed through to the conscious part of the brain.

CHAPTER 7

WHY DO I SUDDENLY FEEL SO STRANGE?

But sometimes, something goes awry in the subconscious process with the stored fragments of an event. For example, for the man who had been in a car accident:

AN EXAMPLE FROM A PMA-COACHING SESSION

A 38-year-old man had a head-on collision with another car six years earlier. He said that he could literally remember 'everything' about that accident. The PMA coach asked him, "What was the color of the car that collided with you?" The man said, he could no longer say with certainty. "Who was the first person to help you after the accident? Was it a man or a woman? What was the first thing that person asked you? What kind of clothes were they wearing? Did you have the radio on or off at the time of the accident? If it was on, what song was playing at the time of the accident?" The man was unable to answer these, as well as many more questions.

Experiences from PMA sessions have repeatedly shown that these details are actually present in the mind. During a PMA session, the far-reaching consequences of storing these details will become quite clear.

In the earlier example of the 38-year-old man, the PMA coach asked him about the seemingly insignificant details like the color of the car, music on the radio, words, sounds, and the color of clothing. While he did not consciously remember these details, they were activated on a daily basis in the years afterward, both at home and as well as at work. Because these bad cluster details were activated so often, he began to suffer physical symptoms and function more poorly.

He started to develop serious behavioral problems, leading to issues in his marriage and making it impossible to work. This man is an example of what can happen if a bad cluster is continuously activated.

“Have you ever felt like your world was falling apart?”

Have you ever experienced an extremely unpleasant event? A moment where you felt your world was falling apart and the ground was crumbling beneath your feet? Can you remember all the details of that time? In these situations, which produce feelings of extreme fear, your brain is no longer able to make the correct connections between the different fragments of the experience. Extreme fear blocks the correct processing of sensory information, and you end up storing the experience incorrectly. As a result, ‘stray’, or incorrectly coded fragments, lie scattered throughout your brain, and you are no longer able to compile them into a complete memory.



These incorrectly coded fragments are linked to the part of the brain that is responsible for the storing and causing of emotions and physical (physiological) reactions. Not just any random emotions and reactions, but the exact reactions that belong with the details the moment when the unpleasant event was stored. Because of this, you may suddenly and 'mysteriously' feel a negative, anxious, uncomfortable, or some other unpleasant feeling, when you observe a certain scent, color, object, facial expression, sound, or word related to the content of a bad cluster. You may experience physical reactions like an increased heart rate, chills or tremors, perspiring, stomachache, pressure in the chest, or neck pain or any other negative feeling.

"Because of bad clusters, you may suddenly and 'mysteriously' feel a negative, unpleasant feeling"

How bad cluster details can be activated in your every day life by simple things like color, music, words, and facial expressions, etc., and why that has such incredible consequences for your behavior, performance, and health, is thoroughly explained during PMA seminars and programs.

CHAPTER 8

WHERE DOES THAT NEGATIVE FEELING COME FROM?

MOOD SWINGS

We all know the feeling of sudden mood swings. One moment you feel great, like you could take on the world, and the next, for no apparent reason, you suddenly become anxious, depressed, or angry. This not only negatively affects your mood, but also your behavior and performance. These behavior patterns often negatively affect your relationships with others, both personally and at work, and become very apparent in your daily life.

“For no apparent reason, you suddenly become anxious, depressed, or angry”

However these mood swings do not just arbitrarily happen. It is possible that in a certain situation, details in your brain become associated with emotions from negative experiences from your past. This is because details observed by your sensory receptors from the present situation are similar to those in your past. In that case, there is a bad cluster at work – that is to say, subconscious comparison material, which was not assigned an appropriate ‘code’ during the storage process which generates uncomfortable and undefined uneasy feelings. And you do not know why.

CHAPTER 9

HOW DO YOU RECOGNIZE ACTIVE BAD CLUSTERS?

ACTIVE BAD CLUSTERS

Here are some of the most common signs of active bad clusters.

“Feeling like you should be able to get more out of life but you are unable to do so”

- Inexplicable physical symptoms
- Sudden changes in mood
- Every disproportionate emotional reaction
- Every unreasonable behavior that continues in the face of better judgment
- All unexplained symptoms or feelings that arise unexpectedly and abruptly
- Irrational behavior
- Extreme perfectionism
- Dysfunctional behavior
- The inability to let go of work or problems
- Inadequate performance – feeling like you should be able to get more out of life but you are unable to do so
- Weight issues
- Eating disorders
- Sleep disorders (insomnia)

Psychosomatic symptoms like Headache, migraine, whiplash, Epilepsy and PTSD are common signs of active bad clusters

- Fatigue, for no apparent reason
- Depression
- Unexplained fears
- Phobias
- All kinds of addictions
- Indecisiveness
- Fibromyalgia

PSYCHOSOMATIC SYMPTOMS LIKE:

- Headache, migraine
- ME (Chronic Fatigue Syndrome)
- RSI (Repetitive Strain Injury)
- Whiplash
- Nerve pain
- Crohn's Disease
- Epilepsy
- MS (Multiple Sclerosis)
- Burn-out
- PTSD (Post Traumatic Stress Disorder)

CHAPTER 10

WHAT DOES PMA DO?

A QUICK AND PERMANENT SOLUTION

PMA offers insight to the working of the subconscious mind, showing which mechanisms are directing your life and how you can take back control. These insights include not only my own observations from my practice and on myself, but also from my ongoing research since 1992.

“PMA goes beyond the point where
other techniques stop”

PMA is not just another gimmick being offered to you, but is a scientifically sound approach with an infinitely high success rate. PMA is the only method that deals with the phenomenon of bad clusters and looks at how they influence our physiology. By dealing with the bad clusters, PMA goes beyond the point where other techniques stop. In contrast to other techniques that consist of repetition, exercises, and tips to change your behavior, PMA is a fast and lasting method that identifies and deals with a bad cluster only once, rendering it harmless forever.

Following a PMA program has value for the rest of your life, ensuring you will start to recognize essential behavioral patterns, discover which underlying causes lead to these behavioral patterns, and how you can learn to manage them, improving your quality of life significantly. However, like most lifestyle changes, this requires

PMA

PMA is a method that makes subconscious blockages visible and helps you to break through them. This ensures a reduction in symptoms and an improvement in health. Additionally, it leads to positive changes in beliefs, decisions, actions, and behavior.

commitment, as well as a genuine want to discover why you are the way you are, and make decisions the way you do.

If you choose PMA, you will learn how your subconscious mind determines your health, behavior, and indeed, your whole life. You don't just learn how it works; you feel it too. You will learn how to recognize subconscious signal jammers as well as how to permanently render them harmless. For every insight that you gain, you make the choice of whether or not to do something with it.

PMA offers you the insights and techniques to move forward in many areas of your life; including your relationships, health, skills, and career. Besides your own growth and development, you can also receive training to help your family members, friends, and acquaintances experience the same progress as you.



CHAPTER 11

PMA HELPS YOU FOR THE REST OF YOUR LIFE

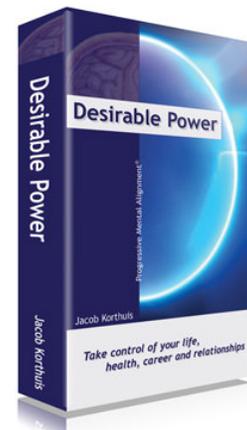
TANGIBLE RESULTS

Learning to understand the language rules of the subconscious brain, and knowing how to work them to your advantage, and that of others, is just like swimming. Once you know how to do it, you will never forget!

If you ever feel a sudden unpleasant emotion, or react in an unpleasant or inexplicable way, you can discover for yourself where the negative emotions come from, exposing the underlying cause, and permanently eliminating it. You will immediately experience this as a freeing and relaxing feeling in your body.

PMA offers many possibilities in each area of life, both personally and professionally. The extraordinary thing is that the basic principle of the PMA technique is very easy to learn. The PMA sessions guarantee, from the beginning, visible and tangible results.

WANT TO KNOW MORE ABOUT HOW PMA WORKS?
READ THE BOOK **DESIRABLE POWER**
BY JACOB KORTHUIS



CHAPTER 12

ARE YOU UP FOR THE CHALLENGE?

THE RESULTS ARE REWARDING

It would be nonsense to claim that through PMA, all good things will come your way. Following a PMA program requires courage and commitment. But you will notice from the beginning that the results are rewarding, enlightening, and soothing.

WHAT KINDS OF RESULTS CAN YOU EXPECT?

- You have more control over your life
- You overcome negative behavioral patterns
- You understand how most health problems are caused
- You learn how these health problems can be overcome
- You gain a greater consciousness and experience an increase in rational and emotional intelligence
- You understand yourself and others better
- It gives you the insight and technique to help others
- You develop more self-confidence
- You experience inner peace and harmony

“overcome negative behavioral patterns”

PMA is not a technique with long-term procedures and endless repetition. It is a technique you can grasp quickly and apply right away. With your new insights, you will overcome the subconscious signal jammers that are currently causing your symptoms.

To guarantee optimal and lasting results, a number of specific programs have been developed. For example, you can choose to participate in a seminar, a 1-on-1 session, or the self-help program.

Take a look at our website Or contact us so that we can see which PMA program or possibilities are the best fit for you.

ENJOY OUR FREE 90 MINUTE WEBINAR:
[Click here to view it now](#)

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