



Chaos to Flow

Curriculum

Presented By
Mind Sense

Chaos to Flow

Course Length: 1 Semester (14 weeks)

Time Commitment: 4-6 hours per week including personal self reflection time.

Required Texts & Materials: Laptop, Zoom, & Google docs for virtual journaling assignments

Assessment and Grading Breakdown: Participation: 60% | Weekly Journal Entries: 25% | Reflection Paper / Mid term exam: 15%

Teaching Methods: Class is virtual; the student requires a quiet space to take the class for learning, assimilation and meditation processes.



Chaos To Flow



▶ About the Course

The journey from dreaming to manifesting can either be chaos or flow. Who you are, or who your students are, is determined by how you respond to **chaos** or **flow**.

Their future could look either **promising or bleak**, but if they possess the wisdom and power born from within, they will ride the wave of chaos and become **great surfers of life**. They will create order transforming lives, their business, and relationships from **Chaos to Flow**.





The Chaos to Flow journey addresses four key dimensions of our being and life:

1. **Body Intelligence** – Developing awareness and harmony with the body's rhythms and signals.
2. **Emotional Intelligence** – Learning to detangle yourself from limited states of being. Developing insights and transforming emotional patterns into sources of love.
3. **Activation of Higher Intelligence** – Tapping into the inner wisdom beyond the conditioned mind. Live, relate and act inclusively, interconnectedly. Creating and relating, becomes much easier.
4. **Conscious Intelligence** – Cultivating purpose, and the ability to lead from within. Awakening to Conscious Leadership.



Who will you become through this journey?

A CONSCIOUS Being who is:

- **A Mindful Warrior** – Free from physical, mental, and emotional limitations.
- **An Alchemist** – Transformed from within, you radiate a presence that draws others in.
- **A Yogi of Action** – You act aware and connected, transforming intention into meaningful impact.



Program Overview



▶ Our Approach:

A transformational journey that integrates...

Profound Insights

Guided Meditative Processes

Collective Learning

Reflective Practices

▶ Course Schedule:

14-week virtual program. 3 classes per week each lasting between 90min to 120 min.

The course is broken into 4 dimensions and each dimension has its weekly sessions. See next page for dimension breakdown and course outline.



Dimension 1:

Body Intelligence

The first dimension of the Chaos to Flow journey focuses on releasing the stress-impulsive memory stored in the body. You unlock sensory acuity and awaken to body intelligence.



Week 1: Orientation

Orientation is not just a beginning—it's an invitation to arrive fully, to engage with openness, and to prepare the inner space for transformation.

Week 2: Is Impulsivity a Body Thing?

Gain profound insights into stress—not just as a mental or emotional reaction, but as a neurobiological wiring that influences how we experience life.

Break the cycle of impulsiveness through a powerful 7-step practice called **The Art of the Pause.**



Dimension 2:

Emotional Intelligence

Gain insights into your state of being. You learn how to break impulsivity, responding calmly and intentionally. Making life choices becomes easier.



Week 3: Breaking Free of Emotional Entanglement

We will dive into self-awareness and the nature of our emotions as humans. Learning to break free from emotional entanglement.

Week 4: Hurt to Flow

We will dive into hurt, what causes hurt and the rumination behind hurt states. Learning to move between the line of necessary defense and unnecessary suffering.

Week 5: Appreciation and Gratitude

Greater well-being unfolds when you can see the various ways life sustains you. Starting to feel whole and supported.



Dimension 2:

Emotional Intelligence

Week 6: Fear to Flow

In this week's lesson we learn the difference between real fears and psychological fears. How to approach them with a clear calm mind.

Week 7: Connect with the Intelligence Around Us

There are 2 ways to see our existence: as a random happening or as a one interconnected whole, and either as matter or as energy. In this week's lesson we will learn how each one of these observations reveal an intelligence that is embedded within us and around us.

Week 8: Becoming Present

A week of Assimilation. This week we pause in accumulation of knowledge. We bring attention to assimilate the learning, to pause, reflect and learn how to set ourselves free.



Dimension 2:

Emotional Intelligence

Week 9: Self-Love: From Fragmented to Whole

In this week's insight we learn what creates a fragmented human and we dive into the first two factors for what keeps us living a fragmented life.

Week 10: Connect with the Intelligence Around Us

This week's insight will continue to deepen our awareness of our beings and the relationship we share with ourselves. We go into the last two factors of living a fragmented life and the absolutes we hold about ourselves and others.

We complete this dimension by learning what is the path to freedom. A mind that is aware, is a mind that is free.



Dimension 3:

Activation of Higher Intelligence

By releasing the conditioned patterns held in the body, we begin to activate the higher regions of the brain—the very seat of intelligence and insight. Awakening to Interconnection.



Week 11: Wheel of Life

This week we learn about the 7 dimensions in the wheel of life. Learning to master each one so they function together in harmony. We also go into a deep meditation process to unlock our energy chakras. These chakras bring about a balance in everything.

Week 12: Nurturing Love

This week we learn the truth behind what love is and how love is an experience that begins in our being. We will go through a deep meditation process to awaken to heart intelligence.



Dimension 4:

Conscious Intelligence

Conscious action is in the awakening to interconnection. Feeling an expansion in your body, mind, and consciousness. With a greater sense of wholeness; you bring a profound peace and impact to yourself and those around you.



Week 13: Conscious Human

We will dive into self-awareness and the nature of our emotions as humans. Learning to break free from emotional entanglement.

Week 14: Conscious Action

This final week we bring attention to yet another important aspect of a leader – ACTION. Taking conscious action means learning to see the interconnection of life. Learning to make decisions through choice and flow.

Final Session

In this session, we guide the student through the path of freedom. A journey in the development of inner sight – the ability to gently see oneself, moment to moment. We finish by journaling and reflecting together.

We have grown in awareness, moving through life as calmer, more expansive and present conscious beings.



Who is this for?

- A student looking to expand away from limiting states of being.
- A student who is ready to find the path to a life of wholeness.
- A student who wants to achieve greatness in their business or career.
- For the student who is willing to invest their time and money towards reaching life mastery.



Next Program Starts
Sept. 2025

Contact Information

For any questions about the training program, please reach out to us.



Phone
+573-343-8486



Website
mindsense.academy



Email
mej@mindsense.academy

Mind Sense

