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## **The PMA Technique: Finally! A Breakthrough for Visionaries and Go Getters!**

**By Jacob Korhuis**

### **A New Human Awareness**

Transforming our inner drives and belief systems is the key to revolutionizing our personal reflections regarding health, self-improvement, relationships and behavior. For too long, we were not aware enough of the power and value of our inner environment and especially how to change negative beliefs and behavior into positive proactive energy. Now, through the groundbreaking Progressive Mental Alignment® (PMA) Technique, this tool is available to you.

The PMA belief system transformation technique is based on the discovery of a new phenomenon called "Bad Clusters." These clusters serve as subconscious neurophysiologic jamming stations, placing a negative sabotaging influence on more than 75% of our thoughts, belief systems, decisions, and behaviors. We all experience their effects when we're suddenly taken out of our flow, or when insignificant things abruptly disturb our good mood and productivity. Everybody has these bad clusters in their subconscious. They work like computer viruses on all your operating systems. They also imprison large amounts of energy that would otherwise be freed for proactive use.

We all carry a certain amount of emotional burdens in our backpack. But we don't want constantly to be reminded of this misery. "You have to leave the past alone," is a commonly heard expression. The recent discovery of bad clusters clearly shows that you may decide to leave the past alone, but the past won't leave you alone as long as those bad clusters remain undetected! These particular hidden elements of the past make you sick and sabotage your behavior.

## **PMA is not for wimps!**

The PMA Technique traces the origins of these bad clusters. These behavioral agitators are stored in our subconscious along with other strange, unrealistic content. Think, for instance, about the unusual design of a nightmare. Although the content of the nightmare is entirely unrealistic, the feelings that wake us up in a sweat with pounding hearts are definitely not unreal! However, the effects of bad clusters on our beliefs, decisions, and actions are in fact a lot worse than those nightmares. They are emotional bombs that sabotage our decisions and actions.

PMA is for open-minded people with a great inner drive; people that have the courage to push through their own fears to identify and release their subconscious sabotage mechanisms. The PMA Technique activates hidden pictures from your own subconscious that will chase away the weak, but that will make the strong even stronger.

Inner power is located in your gut (instinct), in your character. It is the characteristic of the survivor and the perseverant. Real strength of character becomes evident when you demonstrate that you don't want to victimize others as a result of your own jamming stations, and that you understand the urgency of taking care of these blocks. Macho or loud behavior, on the other hand, is mostly the compensation mechanism of someone who has already lost control.

Through PMA you will be able to reveal your true power and control. PMA is the technique for the new generation that dares to let go of old ideas and demonstrates the courage to go one step further. It is for those who have the courage to explore what has shaped them, what really drives them, and have the guts to look for new ways to release their full potential.

## **PMA is only for a select group**

PMA traces bad clusters and permanently removes their negative unhealthy physiology that is connected to them. This results in more freedom, inner peace, health, balance, and energy. Everyone wants this and, now, everyone can have this! You only have to decide how strong your drive is to discover how much power you are really hiding under that layer of varnish?

## **PMA is easy to learn**

Is it scary to locate your bad clusters? Actually, it is much scarier not to locate them, as you will discover through PMA. Many people tend to hate the truth, especially the truth about themselves. As long as you don't know the hidden

powers behind 75% of all your thoughts, convictions, decisions, and actions, you will never be able to make real progress in any area of your life. Time and again, bad clusters in your subconscious database will keep on pushing you towards the same sabotaging behavior patterns.

### **What makes PMA so different?**

PMA enables you to trace your bad clusters and transform their sabotaging physiological power into proactive, positive energy. Through an advanced model of questioning you locate these bad clusters. The PMA Technique doesn't use conditioning or difficult formulas; it just traces the real cause of the blockages. The subconscious brain automatically does the rest.

PMA is easy to learn and is risk-free. You will acquire energy, better health, improved relationships and an inner peace. What a recipe for success in everything you undertake! Does this sound unrealistic to you? Try this for yourself. Take the test and try the power of PMA. Beware, though, PMA is only for the elite individual with courage and an open mind -- one who can directly embrace and apply the technique. You will find that PMA is undoubtedly the technique that will herald in a new era of self-improvement techniques.

You can find more about the transform your bad clusters into positive energy and how this is used in healthcare as well as in the business world on [www.pmainstitute.com](http://www.pmainstitute.com)

### **Author's Bio**

Jacob Korthuis, born in 1950 in the Netherlands, has over 25 years of Medical and Personal Coaching experience. During his holistic medical practice he developed the Progressive Mental Alignment® technique. This technique goes deeper than all other existing techniques. It is the tool for those who have the courage and the insight to go one step further. Progressive Mental Alignment® delivers programs for the corporate world as well as relationship problems and financial issues. The PMA Institute in Florida educates corporate trainers, coaches as well as healthcare professionals.



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### Jacob Korthuis Quick Facts

**Main Areas:** Coaching, Training, Burnout, Behavior, Relationships, Depression, Self-Help, Fibromyalgia, Health

**Career Focus:** Teacher, Lifestyle Coach, Author, Speaker

### Free Articles & Book Excerpts

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[Free Preview: The Happy Millionaire](#)

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## Jacob Korthuis Books

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Free Yourself: Free yourself from physical and psychological Complaints

Desirable Power: Take Control of Your Life, Health, Work and Relationships

The Happy Millionaire: An Effortless Technique to Achieve, Manage and Enjoy Wealth

Mind-Blowing Management: Your Company, Your Mind, Our Technique, Your Success

## Other Programs & Highlights

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Small Businesses and Corporate:

- Corporate PMA QuickScan
- Management Support Plan (MSP)
- Sales Support Plan (SSP)

Coaches and Training:

- PMA Coach Education
- Personal 1-on-1 PMA Coaching

## Getting Started With Jacob Korthuis

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Feel free to visit the website [www.pmainstitute.com](http://www.pmainstitute.com) for more information, the free webinar and free downloads.

## Contacting Jacob Korthuis

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