

BASED ON OUR POPULAR DOCUMENTARY FILM

**3-Steps
Guide
Inside**



THE ORACLE'S ERROR

HOW OUR BRAINS ARE FOOLING US
AND WHAT TO DO ABOUT IT

JOSHUA NEWTON

FOUNDER, THE RECODING METHOD™



Reset Your Mind & Refresh Your Life.
www.recoding.world

testimonials for our popular 7-day recoding course

“The Recoding Method makes you feel like you exhaled your mental baggages for the first time in years.” — NC, India

“Recoding my mind is such a clean, minimal method that I use every day, to get amazing results!” — JS, USA

“For years, I’ve followed nice philosophies that gave me theory but no tools. I didn’t expect something this simple to change me so much.” — SR, Germany

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This knowledge is intended to be shared widely for the benefit of all.

Disclaimer and Purpose

Please note that The Recoding Method™ is not a therapy or a medical treatment, or a substitute for professional mental health care. It is an actionable way of living, a simple, practical approach designed to reset thought patterns and bring clarity and happiness to those who diligently practise its steps.

Contact

For further information on The Recoding Method™
or to connect with the author, please visit:

www.recoding.world



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Joshua Newton

Founder, The Recoding Method™

Recode your mind. Rebuild your life.

We freely give away the full programme on our website, socials, and our handouts, so that anyone suffering without knowing the cause of suffering finds the answer immediately.

Nevertheless, research shows that a changeover of your habitual mind takes some dedicated training. Active guidance from a mentor will help you stay steady and not fall away midway. Which is why we offer 7-day beginner training and 30-day full training programmes for you to get this method firmly in hand.

If you'd like to go deeper, or be part of our advanced circles, longer memberships are available. Recoding Groups are also being formed worldwide.

Hope you'll enjoy the book! I'd love to get your feedback at josh@recoding.world

Thanks in love,
Josh

How Did A Successful Screenwriter End Up Creating A Mind Clearing Programme?

[Read Joshua's Story](#)

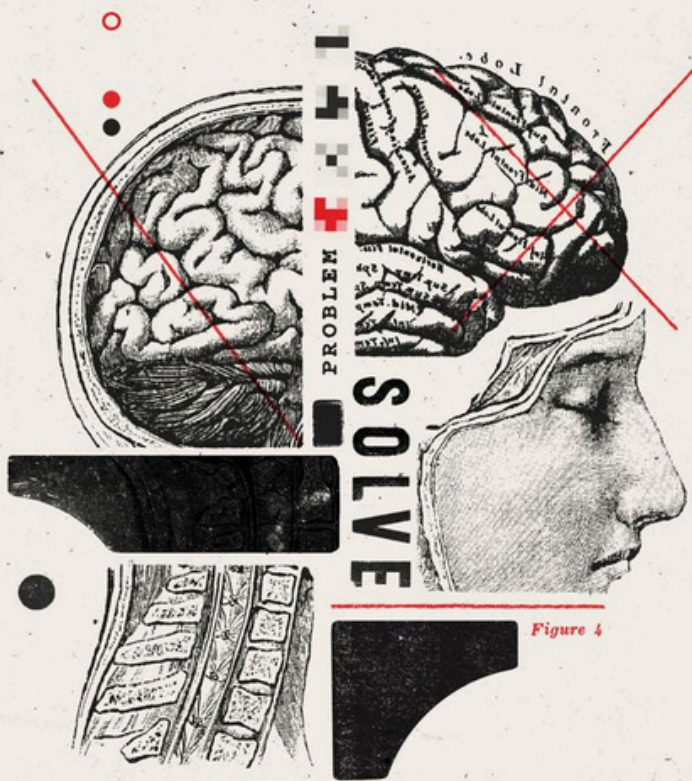


Figure 4

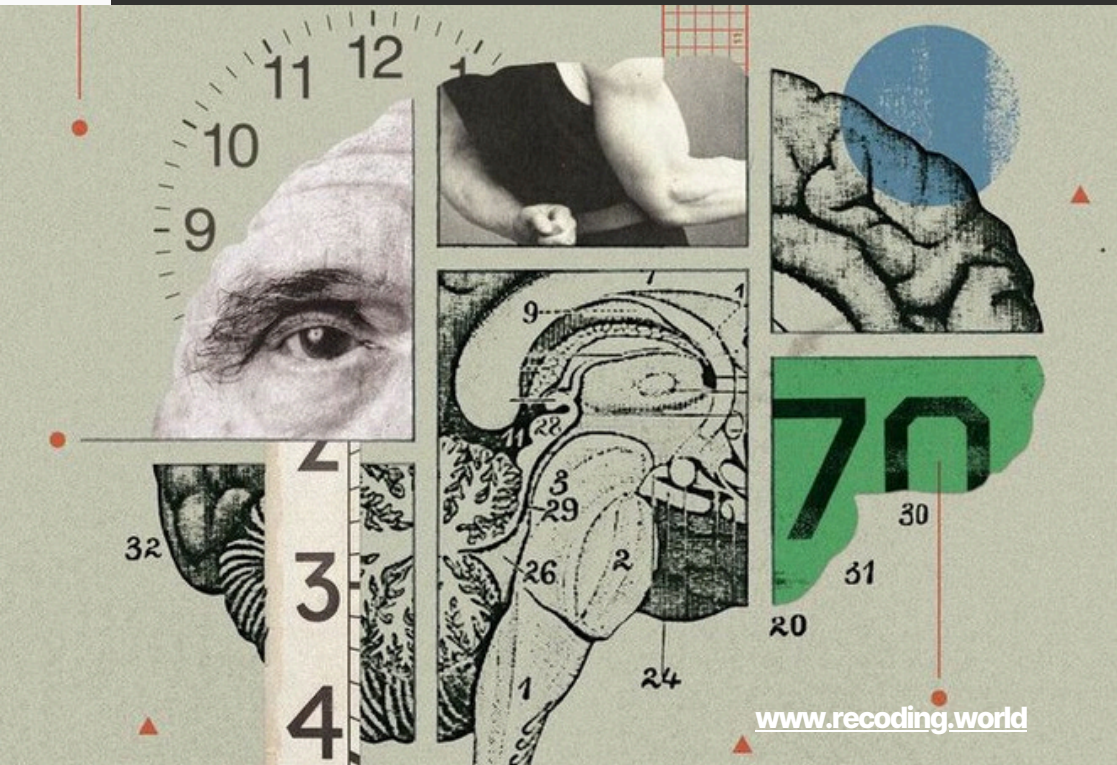
HOW TO TRAIN YOUR MIND TO WORK FOR YOU & NOT AGAINST YOU ANYMORE

The Recoding Method™

Know Your Brain First

Your brain is not a brilliant, all-seeing oracle. It is actually like a kind, yet slightly forgetful, friend who insists on driving the exact same route to the shops every single Tuesday. Look, our brain is simply a prediction machine. Don't believe that it is offering you clear wisdom through the day. Our brains quickly check through our memory banks, and quietly guess what will happen next. And it does this not because it knows best, but purely out of habit. That is why entire years can sometimes pass while you feel absolutely nothing has truly changed. In short, you are being fooled by your brain—unintentionally.

We are going to give you a simple, ritual—an easy 3-step method—to gently stop your predictive mind from just replaying all those tedious yesterdays. Our job is to create a little interruption to bring in a fresh perception. Yes, it is time for us to come out of our trance and start living consciously.



It's a Brain Problem, Not Just a Social Issue

The deep-seated issues we face—moments of despair or profound connection, the racing heartbeat of anxiety, and the feeling of a life stuck in a rut—aren't just social or circumstantial problems. They are, at their core, brain problems.

Everything you feel, every internal experience, is generated within the three-pound mass of tissue we call the brain. This organ is the medium of your life, the very 'clay' you must learn to get hold of, understand, and change to reshape your existence.

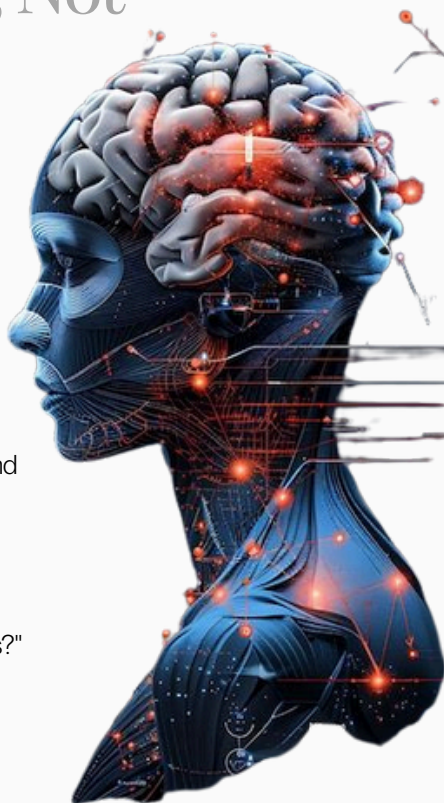
The central questions become:

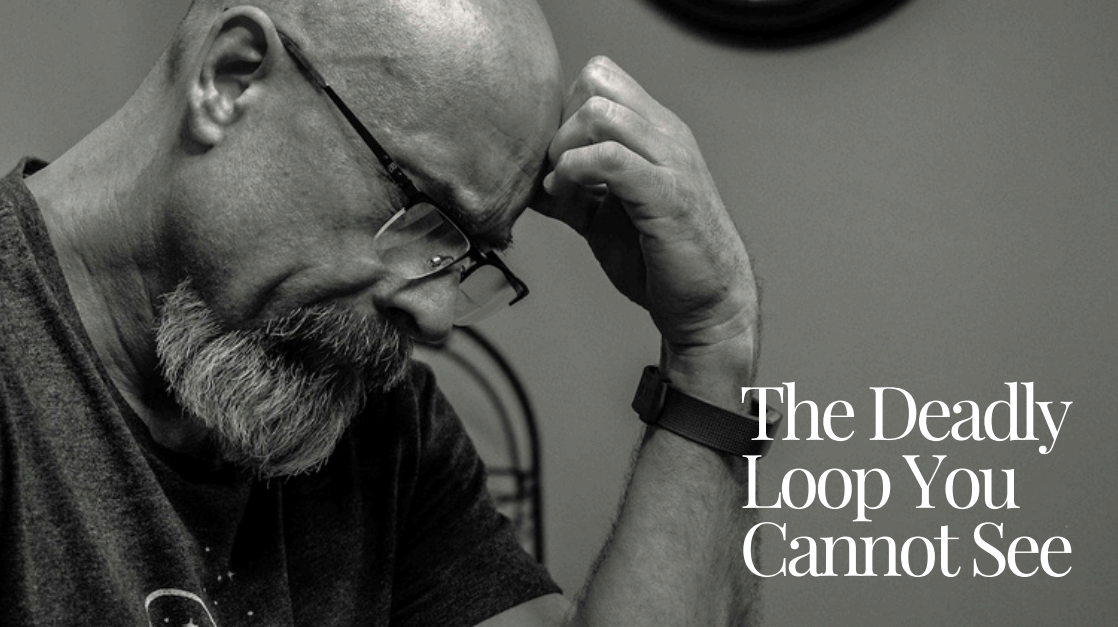
- * "What is really going on with me?"
- * "Why is my life remaining the same for all these years?"
- * "How do I change my life?"
- * "Where do I go to get hold of my medium, something that I can catch and change the shape?"

the brain's reality check

The brain's function is often one of prediction, not just passive reception of reality. The brain is not simply passively cognising or receiving reality; it keeps on predicting rather than showing what is the absolute truth. Our lives and constant decisions are often based on these faulty predictions, and we often take this predictive system for granted, trusting it entirely.

Neuroscientists suggest that the neurones in our brain are actively constructing our experience in real-time—the shapes, objects, colours, and motions that we perceive. It feels like we're taking a perfect snapshot of the world, but in fact, we're constructing what we need in the moment. Scientists say, "We're all hallucinating all the time." The difference between our subjective experience and reality is simply a matter of consensus: when we all agree about our 'hallucinations,' we call that reality.





The Deadly Loop You Cannot See

Most people think they respond to life. In truth, we mostly repeat it. Your brain watches for familiar signals—a tone of voice, a bank message, a memory—and instantly fires the same chemical cocktail: the same irritation, the old worry, the silent tightening inside. It is not personal. It is mechanical. You are not failing. Your brain is recycling. Unless interrupted, it will continue to assume that tomorrow = yesterday.

Most people believe they are reacting to life. But, our brain almost never reacts — it simply predicts. Neuroscientists call this 'predictive processing'. Our brain constantly scans the present and tries to match it with our past. Before you even see something clearly, your brain has already guessed what it is, decided how it will go, and prepared your hormones for how you should feel!

This means:

- You don't meet a person — you meet every memory your brain has filed under “people like this.”
- You don't face a situation — you face your brain's forecast of how such things usually end.
- You don't hear words — you hear tones, triggering stored emotional files faster than thought.

This is why:

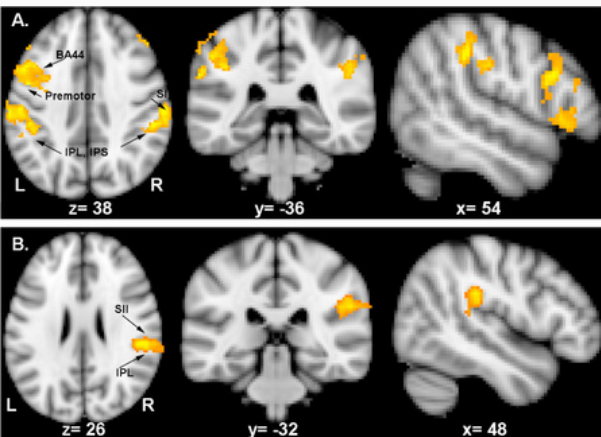
- You feel anger before any insult was actually given.
- You panic before anything has truly gone wrong.
- You shut down before anyone has even abandoned you.

This is not our weakness.

This is our biology.

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The Illusion of Pain: Prediction vs. Reality



Still not convinced? Consider the classic phenomenon of phantom limb pain. A woman experienced intense pain in an arm that had been amputated many years ago. Her brain was convinced the arm was still there and was suffering. Doctors tried many solutions, but nothing worked until a simple technique was applied: placing a mirror to reflect her remaining arm where the amputated one would be.

Her brain, seeing the visual evidence of the 'missing' arm being 'back' and safe, was convinced, and the pain stopped.

an outdated code

Her suffering didn't come from her injury. It came from an outdated code—a faulty prediction—that was still running her psychobiological system, believing the amputated arm was still present and in pain.

The brain wasn't reacting to the objective reality (the arm was gone). It was reacting to the prediction it was still continuing to make.

This raises a crucial question for all of us: Does your experience match reality? Are you really experiencing reality in its objective truth? The simple answer is: *No, not exactly!*

The Science Behind Your Emotional Autopilot

- When your brain expects danger, it sends signals to your amygdala, triggering an amygdala hijack — your rational thinking shuts down, survival mode takes over.
- When it expects disappointment, it releases cortisol in advance — this is called cortisol priming, where your body prepares for stress before stress even arrives.
- When it expects reward but doesn't get it, your dopamine system registers a "prediction error" — the brain blocks motivation and replaces it with frustration.
- Every time the prediction matches the outcome, even slightly, the brain treats it as proof, strengthening that reaction for next time.

This is how emotional habits become hard-coded. Not because they are true—but because they repeat unchecked. Look, our entire lives are shaped by this silent autopilot! We tend to chuck our dreams and stay small, not because we lack vision, but because our nervous system will keep predicting danger and freeze us where there is none.

Relationships die, not because people stop loving each other, but because the brain replays old betrayals that never even happened here. Careers stagnate, not because of external limits, but because the brain whispers, "What's the point? It will fail like last time."

But here's the breakthrough modern science is finding out: Prediction is not destiny. It is just your brain making its best guess. And guesses can be interrupted. That's the good news: **We are not the victim of our psychobiological system. We can be the shapers of our world.** Your brain may fire the first signal—but it does not control the second. That second signal—the moment between impulse and obedience—is where you can take your life back.

The Hidden Contract

Your predictive brain has only one primary job: keep you alive. Not fulfilled. Not peaceful. Not happy. Just alive. To your brain, familiar pain feels safer than unfamiliar peace. It would rather repeat an old misery than risk a new possibility, because survival biology favours certainty over happiness. This is not philosophy—this is neuro-economics.

The brain constantly performs a risk-reward calculation under the surface:

- “I know anxiety. I have automated it—it is easy to maintain. So I'll supply it to you often.”
- “I don't know confidence—it is an unknown territory—so it is a burden for me that I will avoid.”

So when you try to have some confidence, your brain will push you back. Not because it hates you. But because it believes comfort equals safety, even when that ‘comfort’ is killing you. It is loyal to what is known, not what is possible. To it, even suffering is acceptable—as long as it is familiar. This is why: You may long for peace, yet react with anger. You may want to speak up, yet go silent. You may dream of change, yet stick to routines. The brain prefers certainty over happiness. We can't fight it. But we can interrupt it. Smartly.

Your Brain Defends Your Old Self

- When you are supposed to speak up, your amygdala fires “Oh, no, don't. You'll be rejected.”
- When you start a new habit, your cortisol rises, whispering “No, no, just stay where you are. ‘Unknown’ = unsafe. Let's stay with the familiar, okay?”
- When you take even a small new step, your habit circuitry in the basal ganglia will try to drag you back to the usual.

You call it self-sabotage. Science calls it predictive protection.

The Internal Tug of War

This is why:

- You may long for peace, yet react with quick irritation.
- You may want closeness, yet pull away from your beloved.
- You may dream of change, yet wake into sameness.

Because there are two forces inside you: The Predictive Brain & Your Inner Awareness. Most people spend their lives obeying the first voice, believing it is them. But it is not you. It is your nervous system trying to protect you. There is a you beyond the prediction.

Most of the emotional pain we experience —stress, anxiety, anger, rejection, jealousy —is not actually coming directly from the external events or the people we think are responsible.

Rather, these painful emotions are the reactions to those events, stemming from the judgments of our psychobiological system.

Your system's primary goal is to protect and save you from trouble. However, the problem is that its diagnosis is not always reliable. Yet, we trust the stories and narratives our system feeds us so fast that we believe they are real. This is why you may sometimes get angry where you don't intend to, or get upset for a reason that, upon deeper reflection, is merely a symptom, not the root cause.

the power of the thought-brick

Every thought of yours is a single piece of brick that goes into the building of your life. A negative thought is a thought that negates love, peace, or clarity. When a thought of attack enters your mind (e.g., "This person is not good"), and you accept it as real, that thought gains power in your life.

But here, who is actually being deprived of peace, truth, clarity, love, or happiness by that negative thought? *You are*. You are the one who accepted that thought-brick. If you constantly accept these "attack thoughts," your life will turn into a very unhappy mansion.

The True Source of Suffering



The Way Out

You don't need to fight your brain. You need to retrain it—gently, consistently. Not through force or guilt. But through interruption and instruction. The brain listens not to lectures—but to patterns. You show it a new pattern often enough, and it will recode itself. Not because it suddenly understands your dreams—but because it finally trusts your new signals more than your old ones.

The Moment of Power

If your brain is always predicting—is change even possible?

Yes. Because while the first signal comes from your past, the second signal can come from you. Your impulse is automatic. But your response is optional. Neuroscientists call it the neuroplastic window—a tiny space between trigger and reaction, where your old wiring waits for your approval. That pause—sometimes just one breath long—is not a weakness. It is your doorway to freedom.

You Don't Need to Change Everything — Just Interrupt One Thing

People think transformation begins with massive decisions—quitting jobs, leaving cities, cutting people off. But change rarely starts with grand gestures.

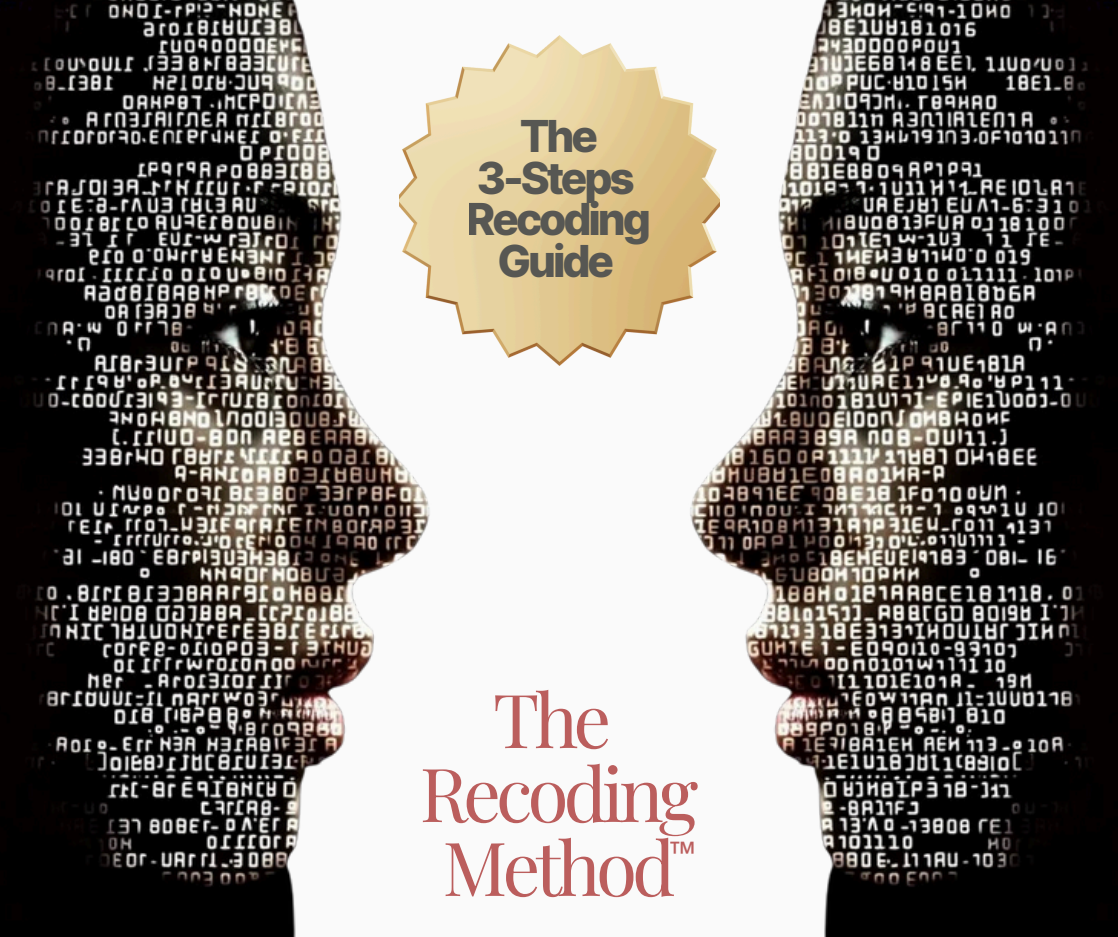
It starts with one interruption.

- The moment you pause instead of snapping.
- The moment you breathe instead of spiralling.
- The moment you notice your brain expecting disaster—and refuse to fuel it.

That is not small. That is a neural rebellion. Because every time you insert that second signal—you send new instructions to the brain: “This situation is not danger. We are safe. We can choose.” And when the brain believes it is safe, it stops predicting threat. That is not positivity. That is neurochemistry.



**Don't
quit.**



The 3-Steps Recoding Guide

The Recoding Method™

The good news is that we have the power to change the building blocks of our experience. The Recoding Method™ is a simple three-step system that resets your thinking and reshapes your life. This system leverages the brain's ability to change, a process known as neuroplasticity.

The entire process takes just about 15-20 seconds and can be done anywhere and everywhere—even in the middle of a conversation, in traffic, or while at work.



The Three Steps of The Recoding Method

Step 1: Recognise

Notice a negative thought.

Pause—It is not your thought. It appeared because you've accepted similar thoughts as truth before.

Now, name it within: **"This thought is self-attack. It will hurt me."**

One slow inhale and a slower exhale through the mouth.

You are simply recognising that this thought is attacking your peace (or clarity, happiness, etc.).

Step 2: Recode

You have recognised the thought as an attack—which is an emotional response coming from fear. Now, you are in power. Don't fight the thought—simply direct your attention to the state you desire. Flip it. Replace the negative thought with a positive, life-affirming choice.

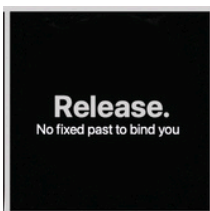
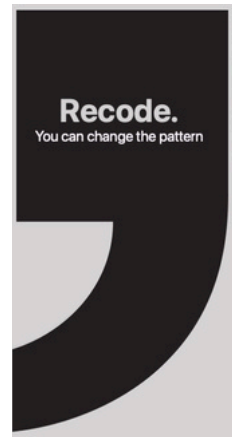
* Examples:

"I choose peace instead of this thought."

"I choose clarity instead of this confusion."

"I choose my happiness instead of this anger."

One slow belly breath in and a longer exhale through your mouth.



Step 3: Release

Release the thought to your deep mind that knows the answer.

Affirm, **"I give this to my intuitive mind."**

Finally, breathe in and out through mouth slowly, and then make a tiny physical move—stand up or stroll or stretch, or shift your gaze.

**The Recoding Method takes as little as 10 to 15 seconds to complete.
It is a super-simple, ultra-fast path to your peace.**

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A New Way of Living

This is not self-control—It is self-leadership. This is not a therapy. It is a new way to shift your perception. You do not need to suppress your reactions. You need to lead them. You are not at war with your brain. You are teaching it. Like a loyal but frightened animal, it has been reacting from old wounds. But it can be retrained. Gently. Steadily. Daily.

One interruption at a time.

The power has always been with you—but it was left unused. Your brain predicts. Your awareness approves or interrupts. Most people never use that power. They believe the first feeling = truth. But it is only momentum. Not identity. You are not the first signal. You are the one who hears it. And the one who decides whether it continues. This process is not about the impossible task of controlling or monitoring every single thought. Instead, it's about noticing when a toxic thought comes in so you can quickly and effectively remove the toxin.

Just as so many things in your life (like driving, eating, or walking) can run automatically once you've formed the habit, this practice of recoding can also become automatic.

The Recoding Method is more than a technique; it is an approach to life—a way to live consciously. By implementing this simple, functional system, you can actually reshape your life, thought by thought.

Start now. The medium you reshape—the clay of your existence—is your thought.

A Practical Approach to Emotional Clarity & Mental Freedom

The Recoding Method™ (TRM) is a simple, science-informed approach that helps people dissolve the mental patterns that create stress, conflict, anxiety and emotional overload. Instead of trying to control emotions or suppress reactions, TRM works at the level where suffering actually begins — the meaning the mind assigns to experiences.

TRM uses a practical three-step process:

1. **Recognise** – Notice a stressful or limiting thought as it appears and recognise that it is a 'self-attack thought'
2. **Recode** – Now you are in power, since you recognised it. Next, simply decide what you want instead—peace/clarity/happiness
3. **Release** – Hand it over to your intuitive awareness that quickly dissolves the story and gives you peace

This method can be applied in real time, wherever you are: at home, work, social settings, or moments of personal challenge.

Why It Works

Modern neuroscience confirms that the brain does not simply respond to reality — it predicts and constructs our experience based on past patterns. The Recoding Method™ helps people interrupt those patterns before they turn into emotional distress, conflict, withdrawal, overreaction, or anxiety. Rather than adding new beliefs or practices, TRM gently removes the mental pressure at its source.

Benefits for Individuals and Groups

The Recoding Method™ offers immediate and practical value in community, volunteer, workplace, and educational environments. Participants report:

- A renewed sense of inner ease
- Greater clarity in decision-making
- Calmer responses under pressure
- Healthier relationships and teamwork
- Improved communication and understanding
- Reduced stress and emotional fatigue

Since The Recoding Method™ is non-religious, non-therapeutic, and non-clinical, it is safe and inclusive across age groups, cultures, and belief systems.

Who Created It?

The Recoding Method™ was developed by Joshua Newton, an international award-winning journalist with decades of experience studying human behaviour, perception, suffering and the psychology of true forgiveness. His work blends neuroscience insights with accessible mind-clearing practices suitable for all audiences.

Formats Available

The Recoding Method™ can be delivered through:

- Introductory workshops
- Group sessions
- One-to-one mentoring
- Corporate or institutional training
- Short-term or ongoing programmes

Why Organisations Choose The Recoding Method™

Volunteer-led groups, community organisations, and support networks often face the emotional burden of service, communication strain, and burnout. The Recoding Method™ provides tools that help individuals stay clear, compassionate, and grounded—without needing therapy or long-term intervention. It is practical, scalable, non-dogmatic and immediately applicable.

Would you like to get 7-days training in this priceless mind clearing method? [Just click below and sign up!](#)

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**Recode Your Mind.
Rebuild Your Life.**



The Recoding Method™

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with Joshua Newton, the founder of
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+

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+

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+

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