

**CALMCLARITY** Rewire Your Brain for Greater Wisdom, Fulfillment, and Joy

## Higher-Self-Actualization Using Neuroscience

Created by Due Quach ("Zway Kwok"), Author & Founder

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# What is "mind-hacking"?

*Our definition:*

"Using science to enhance the best qualities of being human by proactively steering brain development in a way that physiologically supports greater physical, emotional, mental, and spiritual well-being, alignment, and integration."

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## Meet a key part of your autopilot: your Default Mode Network (DMN)

**The Calm Clarity Framework**

Observe how your DMN changes in Brain 1.0, Brain 2.0, and Brain 3.0

- Brain 3.0 Walk-Being & Mastery Inner Sage / Higher Self**
  - Executive Functioning and Emotional Intelligence
  - Brings out our best selves
    - YOUR EMOTIONS: Open, connected, curious, creative
    - YOUR THINKING & BEHAVIORS:
      - Embody your core values and aspirations
      - See the bigger picture and long-term time horizon
      - Be wise, attuned, collaborative, and agile
      - Appreciate, lift up, and inspire people
- Brain 2.0 Reward & Acquisition Inner Teen Wolf**
  - Dopamine System
  - Fixates on feeling good
    - YOUR EMOTIONS: Anxious, insecure, impulsive, restless
    - YOUR THINKING & BEHAVIORS:
      - Close to to-do lists, to-do lists, and to-do lists
      - Seek immediate gratification or control
      - Treat people as objects or competitors
      - Mindlessly chase rewards
- Brain 1.0 Self-Preservation Inner Godzilla**
  - Threat System
  - Settles for surviving
    - YOUR EMOTIONS: Hypertight, fearful, unsafe, overwhelmed
    - YOUR THINKING & BEHAVIORS:
      - Armor up, withdraw, and isolate
      - Be closed to new perspectives
      - Lose hope and fall into despair
      - Transmit fear and pain in relationships

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## Visualizing Consciousness and Higher-Self-Actualization

**SOURCE**  
Collective Consciousness

**TRUE SELF**

Gradations of Consciousness as Energy

Downloads and Transmissions

Higher Self

Physical Brain Limit

Collective Field of Humanity

Inner Sage

**A. Toxic Stress** **B. Tunnel Vision** **C. Wise & Attuned** **D. Higher-Self-Actualized**

Low Conductivity/High Resistance & High Entanglement

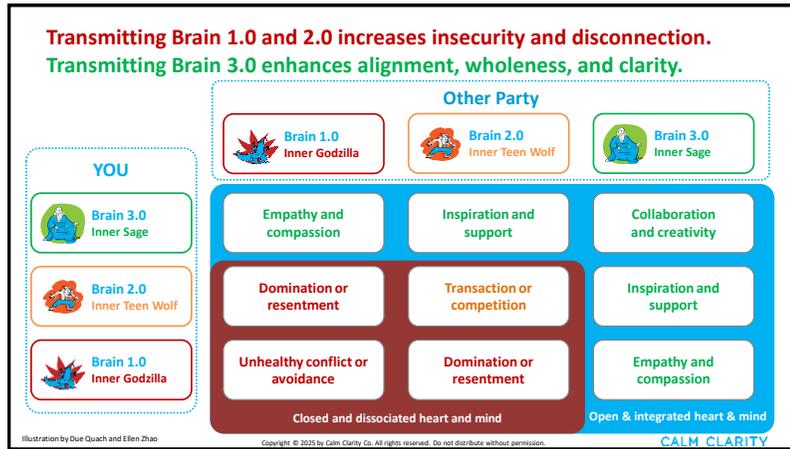
Spiritual Conductivity and Energy Transmutation

Pure Conductivity/No Resistance & No Entanglement

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Reflection Prompt 1

What supports you to experience spiritual conductivity and transmit Brain 3.0?

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We can make a conscious choice to shift from Brain 1.0/Brain 2.0 into Brain 3.0

*“Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”*  
 —Viktor Frankl

**To choose growth and freedom:**

- **Notice and acknowledge** when Brain 1.0 and 2.0 are triggered
- **Intentionally activate Brain 3.0** to respond with wisdom

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**What's Your Strongest Pattern: Brain 1.0, 2.0, or 3.0?**

For each "Brain Pattern," read the 10 statements describing how it can manifest in a person's life. Estimate how much each statement describes your default mode network/autopilot using a scale of 1 to 10 where 1= "this never happens" and 10= "this usually happens automatically." Enter your score in the column to the right. Sum up your scores for the 10 statements to calculate your score for each Brain Pattern.

How Brain 1.0 manifests in everyday life	Scale: 1 to 10	How Brain 2.0 manifests in everyday life	Scale: 1 to 10
1. Stress keeps me awake when I try to sleep.		11. I rush through activities without paying attention to each step.	
2. I think about what can go wrong more than what can go right.		12. I jump into solving problems before gathering enough information to understand the situation.	
3. When assessing anyone's performance, I focus on the negative more than the positive.		13. I tend to push myself to be productive until I am exhausted and burn out.	
4. When I make a mistake, I criticize and berate myself.		14. I do jobs or tasks automatically without being aware of what I'm doing.	
5. When something negative happens, I see it as a catastrophe and blow it out of proportion.		15. I get so hyper-focused on one task or goal that I miss or neglect other important goals or aspects of my life.	
6. My performance is below my full capacity as a result of fear, worry, and/or conflict.		16. I automatically do what is rewarded or recognized without considering a better way to get things done.	
7. When I am stressed, I become defensive and self-protective around my colleagues.		17. I get so frustrated about doing things a specific way, I feel agitated when it doesn't happen the way I want.	
8. When I am stressed, the way I communicate or don't communicate becomes a weapon or a shield (e.g. I get short-tempered, aggressive, judgmental, sarcastic, and/or I stop talking or sharing information).		18. I take control and micro-manage to get the outcomes I want.	
9. When I am stressed, I transmit fear, worry, anger, impatience, and/or irritation to people around me.		19. I get swept up into urges to do any of the following: get external validation, project an inflated image of myself, prove I am right, compete with others, or gain power and dominance over others.	
10. When things get difficult, I engage in excessive behaviors that help me avoid or numb my feelings and sensations (e.g. eating, drinking, gaming, binge-watching tv, shopping, etc.).		20. I make comparative judgements about myself and others based on achievements, job title, wealth, possessions, outward appearance, status or other benchmarks.	
<b>Total Score for Brain 1.0</b>		<b>Total Score for Brain 2.0</b>	

How Brain 3.0 manifests in everyday life	Scale: 1 to 10
21. During meetings and conversations, I am mentally and emotionally present with the other participants.	
22. I am aware when my stress level negatively affects how I think, feel, and/or interact with others.	
23. Whenever my mind wanders or my attention gets diverted, I can refocus my attention within one minute.	
24. I regularly ground myself in a bigger picture perspective to make sure I don't get hyper-focused on one thing.	
25. When I make decisions, I take into consideration what will likely matter most in the long-term.	
26. When I feel overwhelmed, I take steps to calm myself.	
27. When I make mistakes, I use curiosity and self-compassion to learn from the situation.	
28. I make a conscious effort to observe and recognize patterns for how my autopilot (my habitual behaviors, beliefs, and stories) undermines my goals and aspirations.	
29. When things don't go as expected, I quickly learn from what's not working, adapt, and create a new path forward.	
30. During high-stress situations, I reach out to others for support and guidance to better navigate the situation.	
<b>Total Score for Brain 3.0</b>	

**Take the Assessment Online**

<https://bit.ly/CC-BrainPatternTool>

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### Build Brain 3.0 to Live and Lead in Alignment and Wholeness

Strengthen these 4 key systems to enhance your performance and well-being

- I. The Attention System:** directing, focusing, and sustaining attention; reducing distraction (improving concentration)
- II. The Resilience System:** stress regulation, self-care, and recovery (restoring blood flow to Brain 3.0)
- III. The Meta-Awareness System:** observing and being aware of one's stories, feelings, thoughts, behaviors, and patterns
- IV. The Connection System:** attunement, compassion, empathy, and social support (interacting in a humanizing way)

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The stronger your 4 systems, the more clearly your "Brain 3.0 Spotlight" illuminates a path forward

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### 3 Primary Stages in a Journey towards Higher-Self-Actualization

#### The Calm Clarity Lead in Alignment and Wholeness Program

Foundation	Aligning	Conscious Co-Creation
<ul style="list-style-type: none"> <li>Recognize your autopilot and your brain patterns: how they impact your interactions, your effectiveness, and your well-being.</li> <li>Strengthen 4 key neural systems that support alignment and wholeness: the systems for Attention, Resilience, Meta-Awareness, and Connection.</li> </ul>	<ul style="list-style-type: none"> <li>Increase the alignment between your autopilot and your "Higher Self," the person you aspire to become and actualize.</li> <li>Integrate your Brain 1.0 and Brain 2.0 to function as key elements of your inner GPS that assess risk and reward and support you to fulfill your greater life purpose.</li> </ul>	<ul style="list-style-type: none"> <li>Bring alignment and presence into your interactions by deepening your ability to attune to and connect with people and the present moment.</li> <li>Envision and co-create systems, processes, organizations, and institutions that support collective thriving, prosperity, and well-being.</li> </ul>

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### Higher-self-actualization is non-linear

The journey unfolds like a cyclical spiral

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We invite you to continue to build Brain 3.0

**The Science of Listening to Deepen Connection and Understanding**



This half-day workshop can be run in-person or via Zoom. See calendar for dates.

**Lead in Alignment & Wholeness Foundation Program**



The next cohort meets weekly from Oct 1 to Nov 5, over 6 Wednesdays from 7 to 9pm ET via Zoom

Learn more and register at : <https://www.calmclarity.org/events>  
We offer scholarships to support you to shine your light in the world

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Reflection Prompt 2

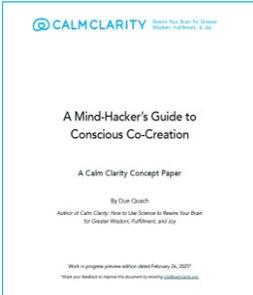
What are you going to remember most from this gathering?

What insights are important to share with a wider audience?

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Resources: "A Mind-Hacker's Guide to Conscious Co-Creation"



<https://www.calmclarity.org/resources>  
<https://www.calmclarity.org/papers>

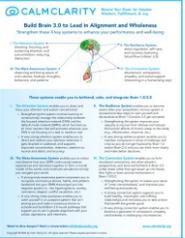
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Download the Calm Clarity Summary Guide

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Public Resource: Our "free" online course to calm anxiety

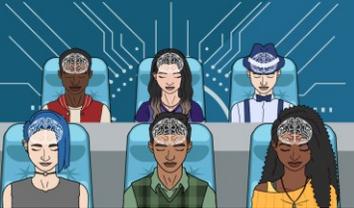
## A MIND-HACKER'S TOOLKIT TO CALM ANXIETY

10 techniques  
to soothe an  
anxious brain

Register at:  
<https://bit.ly/CCMHTCA>



By Due Quach  
Author, CEO & Founder



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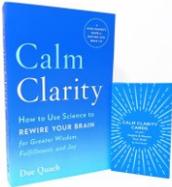
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**Co-create a collective shift into Brain 3.0**

- Read the book, use the cards, and explore more resources at [CalmClarity.org](https://CalmClarity.org)
- Co-create a community of practice by supporting each other's journey



May you be **HAPPY**. May you be **HEALTHY**.  
May you have **CALM CLARITY**.

Let's stay connected and build Brain 3.0 together!

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