

# How to Use the Mind Imaging Spread Sheet

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Here is what version 3 allows you to do:

1. Record your daily Emotional States, Frequencies, Durations and Velocities.
2. Automatically Add/Average your weekly Emotional States, Frequencies, Durations and Velocities.
3. Record Behaviors, Prior and Next Cells and Associated Thoughts.
4. Automatically calculate the S-Codes, P-Codes.
5. Sort all your frequencies from the highest to lowest.
6. Sort all Emotional States by S-Codes and P-Codes from highest to lowest.
7. Count the total number of Frequencies and the total number of Negative frequencies and total number of Positive frequencies.
8. Calculate how much time you spend in positives vs negative emotions.
9. It also has a way to Calculate the size to draw each of the cells.

The Daily Record can be printed and used to record your daily emotional state information.

Only input Emotions, Access Codes, Daily (F, D, & V) Paper size and Variable Factor and Smallest Cell Size. You can also use the exit and entrance ratios to the far right in AK and AL columns (this comes late in the 21 day program). Other cells are formulas and you will damage the spreadsheet if you input in those cells. The Formulas are in RED. If you have suggests for improvement or want to change anything, let me know so I can change it for everyone.

Here are the controls for the Weekly Cell Record Sheet which allows you compile 7 days of data, sort the Frequencies and determine the appropriate cicles sizes.

In the Wkly Cell Record, Hit Control Home and then put your cursor over Cell A1 to see these notes are in a comment drop down window.

Use "**Control t**" to close the individual days of the week info to expose only the weekly totals

Use "**Control j**" to sort the frequencies from highest to lowest

Use "**Control s**" to sort the Security Codes from highest to lowest

Use "**Control j**" to sort the Probability Codes from highest to lowest

Use "**Control r**" to restore the spreadsheet to its original order. You can do this when you are ready to create a new NP.

Use Smallest Cell in A12 to determine your smallest cell (1.75" or 2" is probably the smallest you should use). You can then Use the Variable Factor in A11 to change the relative sizes of the circles.

Use AK1 and AL1 to place the dimensions of your paper. And then you can look in AM2 to see what percentage of of your Paper will be filled with Circles. The calculation includes a 1" space between the cells for the connections.