

New IMHO Reviews Video Rates Mindvalley Courses From Practical Skills to High-Strangeness Claims

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IMHO Reviews has released a new YouTube video titled ?How Weird Are Mindvalley Courses in 2026? (Honest Review + Weirdness Scale). The video introduces the ?Mindvalley Weirdness Scale,? meant to help viewers judge how far a course?s claims and language drift from mainstream expectations, without turning it into a ?true versus false? war. Vitaliy Lano, the owner of IMHO Reviews, said the goal is simple: keep what helps, be honest about what is speculative, and avoid getting hypnotized by marketing language.

Mindvalley, a subscription-based personal growth platform, blends programs that feel familiar - memory training, meditation, habits, nutrition - with programs that talk about energy systems, manifestation, and spiritual concepts. The membership includes ?over 100 Quests,? which creates both variety and a real sorting problem for new members trying to choose what to trust and what to skip.

Lano?s scale is structured in ranges that map to different comfort levels. At 1-2, he places programs that ?make logical sense? and feel close to conventional coaching. He points to Mindvalley?s Superbrain program with Jim Kwik as an example of a mainstream entry point focused on memory, learning, and attention. He also references WILDFIT by Eric Edmeades as largely practical nutrition coaching, with some exercises that may feel awkward to newcomers.

At 3-4, he describes content that may feel ?a bit woo,? yet still has practical, widely used elements, such as breathwork. A meta-analysis published in Scientific Reports evaluated breathwork interventions and reported associations with lower self-reported stress versus non-breathwork controls, while noting the usual variability across studies and approaches. Lano said he uses short breathing sessions when his attention feels scattered and he needs a clean way to start tasks, without dressing it up as magic.

At 5-6, the scale shifts to what the video describes as science-sounding persuasion: mystical ideas presented with technical vocabulary that can feel engineered. Lano argued that this is where consumers can get overconfident, not from the practice, but from the packaging. Research in cognitive psychology has found that people can rate weak explanations as more satisfying when they include irrelevant neuroscience details, a bias often discussed as the ?seductive allure? effect.

?People do not need to buy every explanation that comes with a technique,? Lano commented. ?If the practice helps focus or reduces stress, take the win. If the story needs a lot of science words to sound real, slow down and ask what?s actually being measured.?

At 7-8, Lano places energy-healing and body-based routines that may help some people feel calmer while still raising questions about mechanism and evidence quality. He cites Mindvalley?s Energy Medicine program with Donna Eden as an example of a course that sits in this zone for many mainstream viewers - popular, experiential, and polarizing.

At 9-10, the scale hits what Lano calls ?ontological shock?: courses that talk about instant reality edits, collapsing timelines, or dimension-jumping. In the video, he states plainly that physics does not support those literal interpretations, and he frames the value - when value exists - as coming from goal clarity, visualization, and sustained attention rather than supernatural mechanics.

He points to Mindvalley?s ?The Art of Manifesting? program as a common example of where people split into camps: some feel inspired, others feel sold. Lano said he has repeated the Quest multiple times and attributes his strongest results to structured reflection and follow-through, not miracles. ?The practice can sharpen decisions,? Lano expressed, ?yet the claims can still be overcooked.?

For more information about Mindvalley Quests and a discount on annual membership, visit the company's

website.

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IMHO Reviews

IMHO Reviews helps people better understand the services they are planning to use. IMHO Reviews publishes reviews of the services that they personally use and consider worth recommending.

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