

JOHN ASSARAF



**WINNING
THE GAME OF
MONEY**

NEUROTRAINING™ SYSTEM

USER'S MANUAL

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Please Note: Read through this entire manual before beginning the program! This manual, complete with written transcripts of the audios, contains **very important** instructions. Read through the transcripts from start to finish. The manual outlines the process that I highly urge you to follow to maximize the benefits of this amazing new brain-training system for achieving maximum success to win the game of money, wealth and life—*right now!*

Note: This NeuroTraining™ System is **Prescription Strength**. Use as directed.

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TABLE OF CONTENTS

Welcome Letter6
Precautions & Terms of Use-Disclaimer8
Instructions for Optimal Use and Benefits.	11
Overview of Audio Tracks for All Three Levels	13
Part I: Winning the Game of Money.	18
Introduction.	18
What is The Game?	19
What Is Money?	20
What are the Different Ways of Making Money?	20
Three Laws of Compensation	21
Perception is Reality.	21
Personal Income Goals	23
Define Your Passion	24
Part II: Winning the Game of Money	25
Neural Reconditioning Process™ Techniques	25
Neural Reconditioning Process.	26
The Power of Your Brain Waves.	27
The Gamma Waves	28
The Beta Waves	28
The Alpha Waves	28
The Theta Waves.	28
The Delta Waves.	29
Brain Entrainment	30
Audio 3-D Technologies	30
Precision Affirmations.	31
Hypnosis.	31
Visualizations	32
Meditations	32
Subliminal Messages	34
Neuro-Linguistic Programming	34
Eye Movement Desensitization Reprocessing.	34



Bilateral Sound	35
Emotional Freedom Technique	35
Part III: Winning the Game of Money	36
The NeuroTraining System in Action	36
Initial Assessment	37
Level 1 – The Foundation	43
Level 1 A – Universal Quantum Lab	43
Precision Affirmations	48
Transcripts for Level 1 B – Finding Financial Opportunity.	49
Precision Affirmations.	52
Transcripts for Level 1 C – Attracting Wealth.	53
Precision Affirmations.	57
Your Game 30-Day Assessment	60
Level 2 – Quantum Acceleration.	65
Transcripts for Level 2 A – Increasing Wealth Feelings	65
Precision Affirmations.	69
Transcripts for Level 2 B – Being Creative	70
Precision Affirmations.	74
Transcripts for Level 2 C – Tenacity and Resolve	75
Precision Affirmations.	78
Level 3 – Pure Access	86
NeuroTraining Boosters	88
Level 9Mi: Meditation - Immune System	88
Level 9Mm: Meditation - Mental Clarity	88
Level 9Mp: Meditation - Problem Solving	89
NeuroTraining Mega-Meditations	89
Level 9Ma: Meditation - Alpha	89
Level 9Md: Meditation - Theta/Delta	89
Level 9Mg: Meditation - Delta/Gamma.	89
Your Game 90-Day Assessment	90
Winning the Game: Levels 4, 5, 6	93
Acknowledgements.	94



Appendix 95
 Winning the Game of Money NeuroTraining™ System - Month 1.96
 Winning the Game of Money NeuroTraining™ System - Month 2.97
 Winning the Game of Money NeuroTraining™ System - Month 3.98
 AudioTracks - NeuroTraining™ Money99
Top 10 Questions for Winning the Game of Money 100



WELCOME LETTER

Dear Friend,

Congratulations on trusting yourself and my Winning the Game of Money: NeuroTraining™ System! This system will get you moving in the right direction to create the income and build the wealth of your dreams. The more money you want to make, the more specialized knowledge, skill and application of the right strategies and tactics in the right order must be applied. This program is truly both the first—and best—of its kind in the world! And now it is yours, helping you unleash and apply the genius within you!



Never before has there been a NeuroTraining System designed specifically for programming your brain to win the game of money. Your self worth determines your net worth, and this program is designed to increase both. This system works synergistically, where each level and audio track progressively builds on previous tracks. It has been designed as a stacking system—like building a big huge skyscraper from the foundation all the way up from one level to the next. I am confident this will be an amazing journey together over the coming months and years.

Due to the painstakingly precise Neuro-linguistic Programming (NLP) Language Patterns; Hypnosis Sessions; Embedded Positive Suggestions; Cutting-Edge Brain Entrainment Technology; Sound Wave Patterns; 3-D / Surround-Sound Technology; Affirmations; Subliminal Messages; sophisticated audio interpretations and elements of Emotional Freedom Technique; Eye Movement Desensitization Reprocessing; Guided Visualization Sessions; and Meditation Tracks—I *highly urge* you to follow this system and *do not* go out of sequence.

Everything in this program is a result of years of research that includes my personal application of these techniques, including, feedback from thousands of my students around the world.

Please trust my reasons and why I choose these specific stories, metaphors, affirmations, beliefs, habits and syntax. Each layer builds on the last one and you will reap the benefits. Set aside personal preferences and allow the *message* within the messages to deeply penetrate your subconscious mind.

*In other words: **DON'T MESS WITH THE FORMULA!***

Winning the Game of Money: NeuroTraining™ System will assist you in programming your subconscious mind in the easiest, fastest, and most reliable way known today. Yes, there are others who may offer partial pieces to the puzzle of engaging the subconscious mind, however, you will find limited results because they focus separately on processes,

techniques, and products. Other programs do not compare in scope or depth of this newly-developed system. It encompasses the best in positive psychology in conjunction with the best technologies and techniques—all in one program.

This unique program provides **all of the pieces of the puzzle**, in a powerfully-concentrated system found nowhere but here.

For now, use only this program and allow its **prescription strength** process to do its work. You are about to be blown away with the changes you will witness and feel over the next 90 to 365 days. This process will please you beyond your wildest desires. Do your part by following the outlined plan; and allow the use of our cutting-edge technology with its neural-stacking system to do the rest!

Please remember your commitment is required to follow the simple formula to change from the inside out.

No more than two hours of brainwave entrainment per day for the first month and up to three hours as tolerated. The bonus meditation tracks are powerful. You will experience significant benefits in every area of your life by expanding your awareness, raising your deserve level, lowering your stress, and activating both hemispheres of your brain. Plus, a host of other positive benefits!

To Your Financial and Life Success—

John Assaraf

P.S. I look forward to hearing about how this program is changing your wealth and your life!

P.P.S. If you are currently using your own affirmations or visualizations techniques, you may continue to do so, however, it is not needed for the next 90 days (at least). You may also choose to mediate for additional periods of time after each of your daily sessions with me.

PRECAUTIONS & TERMS OF USE-DISCLAIMER

John Assaraf or Praxis Now is not responsible for any physical or non-physical damages imagined, perceived or otherwise as a result of the use of this program or any of the content contained in or provided on his websites.

Use the content and audios in this program at your own risk. Read the precautions below.

Precautions

Although these audios are gentle enough to be used by most people, there are a number of factors that may exclude you from listening to these audios. Please read the following carefully.

Do not listen to these audio tracks while driving or operating any potentially dangerous machinery. Only listen to these audios when you can give them your full attention.

Do not listen to these audios if you have, are prone to, or at risk for any of the following conditions without checking with your doctor first:

- Stroke
- Epilepsy
- Seizures of any kind
- Heart Disease
- Heart Surgery
- Brain Injury
- Brain Surgery
- Sleep Apnea (specifically before going to bed)
- Neurological and psychiatric disorders

Subliminals are scattered throughout this program.

IMPORTANT: Consider this your FAIR WARNING!

The technology and neuro-psychology combinations in these audios are as strong as it gets. In our test groups, some people have experienced bouts of anxiety, crying, mild depression, headaches and uneasiness at times.

First and foremost, this is normal for some people to experience. These symptoms usually pass as people become acclimated to this powerful technology. If any of these symptoms persist or become too much for you to endure, please reduce your daily time to 15 minutes a day or every other day. Another option is to start with the Alpha bonus meditation track for a week and then start 15 minutes a day on the regular program to get acclimated to the brain

entrainment technology. For most people, these symptoms only represent a healing crisis of sorts and they get through it easily by following these instructions.

Always remember to communicate with us in the membership area and ASK US FOR ASSISTANCE! Follow your intuition and feelings and together we can help you have an amazing experience like most of our clients experience and report. If serious emotional issues arise, it may be due to a chemical imbalance or an undiagnosed psychological disorder. I urge you to discuss this with your primary care physician and with us in the forums so we and others who have experienced these symptoms can guide you.

Why does this happen?

Emotional Detoxification

The technology used in these audios encourages new neural pathway growth in the brain and specifically between the hemispheres of the brain, resulting in the electrical energy flow to increase in your brain. Another way to look at it is that your overall brain power and processing abilities increase. As this occurs, your brain becomes more capable of releasing hidden traumas, frozen and negative emotions. As your neurological resources increase, the more likely your brain and body will choose to detoxify of these negative blocks and emotions. When this occurs, it can feel like a healing crisis especially if your brain chooses to *Emotionally Detoxify* all at once.

The good news is that the more you emotionally detoxify the more balanced and emotionally free and in control you become. For most people, this emotional detoxification happens gradually, bit by bit and it may not even be noticeable. For some, this happens really fast and it can feel really uncomfortable. As I mentioned earlier, these symptoms normally pass and gradually get less intense as time goes on.

What can I do about it?

As I stated earlier, if the symptoms persist or become overwhelming, you must discontinue use and see your doctor. For everyone else, I recommend that you start to use this system very slowly—one session every other day until you acclimatize to this process. For those that find even listening to one full track too much, I recommend that you start off listening to only 5 or 10 minutes of an audio during each session every other day until you acclimatize to this technology. Gradually increase the time you listen as your tolerance increases.

Physical Detoxification

This technology also increases blood flow to the brain which may cause toxins to be flushed out of some of the tissues in the brain. These toxins are irritants and can cause feelings of uneasiness, bad moods and general emotional unrest until they are flushed out.

What can I do about it?

Drink a glass of purified water before and after each session to help detoxify. While using this program, keep yourself properly hydrated at all times. This usually helps and it is also healthy to keep yourself fully hydrated.

Over Stimulation

Brainwave Entrainment is also called Brainwave Stimulation and we've designed these tracks to be prescription strength. Some people are sensitive to any types of stimulations—whether audio, visual or physical.

If you have epilepsy or are prone to seizures, over stimulation can be dangerous and you must not use these audios if you have or suspect you have epilepsy or seizures.

If symptoms persist or are very intense, you must go see a doctor because you may have undiagnosed epilepsy or are prone to seizures and are not aware of it.

What can I do about it?

If this happens to be true in your case, start to use this system very slowly. Use one session every other day until you build up your tolerance to this technology. For those who find even listening to one full track too much, start off listening to only 5 or 10 minutes of an audio during each session every other day until build up your tolerance. Gradually increase the time you listen as your tolerance increases. Once you build up your tolerance, begin using this program as prescribed.

Special Note from John about Sleep Apnea:

I want to take this opportunity to explain my caution about sleep apnea and why I have included it here. First and foremost, I suffer from severe sleep apnea and have been sleeping with a CPAP for 10 years.

If you want to use this program when you go to bed, please be sure your machine or any other device is turned on. I want you to be careful so you don't fall asleep without your CPAP machine or mouthpiece.

I do all my daily brain retraining when I wake up so I do not have to be concerned about using my machine at that time. Additionally, I listen to programs while sitting, but you can do it either lying down or sitting.

You can gain the benefits of this program while complying with your sleep apnea treatment.

If you are unsure, please consult a qualified medical practitioner before listening to these audios, which include powerful Brainwave Entrainment Technology.

Terms of Use – Disclaimer

By downloading, listening to, watching, reading and using this technology, you agree that you are fully responsible for your own actions.

In no way is John Assaraf, his affiliates, partners or associates responsible (financially or otherwise) for any intended or unintended “side effects” that may be perceived as a result from listening to any of the audios, watching any of the videos, using any of the content contained on his NeuroTraining programs, his websites, or any other content pertaining to John Assaraf.

These audios are for personal use only. You may copy this track to a medium of your choice for your personal convenience alone. However, please do not share, duplicate or transmit this audio in part or in its entirety for any reason aside from your own personal use. Thank you.

Warning! These files can dramatically affect states of consciousness when heard. Even if you do not notice these changes in the beginning, this technology may affect your ability to drive and/or operate equipment or machines. Do not drive or operate any equipment or machinery while listening to these audio files. Only use these files when you have no other obligations that require your attention.

Warning! Do not use these files or listen to this audio if you suffer from sleep apnea unless your doctor gives you permission. If you are uncertain about any pre-existing medical condition, consult your qualified medical practitioner before listening to these files. Do not use these files while breast feeding or pregnant unless otherwise instructed by your physician.

Warning! People with a history of stroke, seizures or heart problems must consult a qualified medical practitioner before using these programs.

Use the content and audios at your own risk.

INSTRUCTIONS FOR OPTIMAL USE AND BENEFITS

To begin you only need:

- A commitment to do this program every day for 90 days
- A good set of headphones
- Your journal

Here’s the incredible news: Optimal use and benefits from this NeuroTraining System require minimal work on your part. With the careful and precise design and technologies used in this program, the work has been done for you.



Each day as you listen, all you need to do is find a quiet place. Close your eyes and allow me to take you on a new, exciting journey to create your wealth. I highly encourage you to do this program upon waking or just before bed.

When each track is finished, you may continue to relax, meditate, fall asleep or go about your day. Remember to keep yourself hydrated. It is recommended that you drink a glass of water before listening to the brainwave entrainment audios. Drink another glass of water after listening to these audios allowing your body to flush out any toxins that may have been released as a result of your NeuroTraining session.

For best results, only listen to the appropriate track and level as instructed and not more than twice in one day. Do not exceed two hours per day.

If you are already doing your own visualization sessions, please continue with them. If you're currently using affirmations, you may continue to do them if you desire, however, it is not necessary because there are powerful wealth-building affirmations built into this program.

Please Note: Recommended use for Level 3

This is a **prescription strength** program. Use only once per day for the first 30 days. Do not exceed one use per day. Some people become slightly agitated when exposed to regular Gamma Brainwave Frequencies. If you feel any unpleasantness from listening to any of the Level 3 tracks, reduce your usage to once every 2 or 3 days. However, continue your daily sessions with any one of the tracks in level 2 or from any of the Bonus sections.

OVERVIEW OF AUDIO TRACKS FOR ALL THREE LEVELS

The three levels in this program are:

- Level 1 — The Foundation
- Level 2 — Quantum Acceleration - Intermediate Level
- Level 3 — Pure Access - Advanced Level

Level 1 Ai: Intro

The Foundation

- Introduction: NeuroTraining System Program

Level 1 Ai: Universal Quantum Lab

- Universal Quantum Laboratory/Beliefs & Habits Generator
- Hypnosis, NLP and Success Programming
- Precision Affirmations
- Meditation & Subliminals

Level 1 Bi: Finding Financial Opportunity

- 1B Main
- Track Intro
- Centering
- Opportunities Generator
- Hypnosis, NLP and Success Programming Techniques
- Precision Affirmations
- Meditation & Subliminals

Level 1 Ci: Attracting Wealth

- 1C Main
- Track Intro
- Centering
- The Wealth Anchor
- Hypnosis, NLP and Success Programming
- Precision Affirmations
- Meditation & Subliminals

Level 2 Ai: Intro

Quantum Acceleration

- 2A Main
- Track Intro
- Centering

Level 2 Ai: Increasing Wealth Feelings

- The Wealth Attractor
- Hypnosis, NLP and Success Programming
- Meditation & Subliminals

Level 2 Bi: Being Creative

- 2B Main
- Track intro
- Centering
- The Creativity Generator
- Hypnosis, NLP and Success Programming
- Precision Affirmations
- Meditation & Subliminals

Level 2 Ci: Tenacity and Resolve

- 2C Main
- Track Intro
- Centering
- Tenacious Resolve
- Hypnosis, NLP and Success Programming
- Affirmations
- Meditation & Subliminals

Level 3 Ai: Intro

- Intro
- Centering

Level 3 Ai: Deep Programming 3A

- Deep Programming Using Various Meditation & Subliminals

Level 3 Bi: Deep Programming 3B

- Intro
- Centering
- Deep Programming Using Various Meditation & Subliminals

Level 3 Ci: Deep Programming 3C

- Intro
- Centering
- Deep Programming Using Various Meditation & Subliminals

NeuroTraining Boosters

Level 9Mi: Meditation - Immune System

Level 9Mm: Meditation - Mental Clarity

Level 9Mp: Meditation - Problem Solving

NeuroTraining Mega-Meditations

Level 9Ma: Meditation - Alpha

Level 9Md: Meditation - Theta-Delta

Level 9Mg: Meditation - Delta-Gamma

Before starting the Level 1A audio program, be sure to complete the Initial Assessment starting on page 37.

These audios are layered by integrating several different technologies, techniques and proven practices that produce an exponential effect. Some of which include: Brain Entrainment; NLP; Audio 3-D Technology; Hypnosis; Affirmation; Visualization; Meditation; and Subliminal Messages. The general format within the audios is as follows, right after *centering* and the *introduction piece*:

- Guided Hypnosis Session
- Precision Affirmations Session
- Visualization Session
- Meditation Session
- Subliminal Affirmations (barely audible)
- Proprietary Brain Entrainment Formulas & Sequencing (our secret recipe)
- Bonus Meditation

Each of the three levels spans over a 30-day cycle. The *Innercises™* will guide you through your conscious and subconscious mind through multiple audio tracks and our precision wealth building programming process. The audios are supplemented in this manual with written support so you can stay focused on being consistent with the program to maximize your understanding of its beneficial impact.

The transcripts of all the audios are integrated within the manual for your benefit. As you progress, it is helpful to journal/record the types of discoveries and results you are producing. Every 30 days, take an assessment to gain further insight and awareness about the impact the NeuroTraining is having on you and your income.

Be certain to block out approximately 45 minutes per day (preferably upon waking or early evening, but not when you are tired and likely to fall asleep) to implement your training session. As a simple reminder, insert the NeuroTraining System in your daily schedule and let the audios guide you to your new level of financial success. I do not want you to fall asleep during this program.

After a short period of time, you will be in the habit of following the system, but it is still a good idea to schedule this program on your daily calendar so you can set yourself up for success and develop your new *innercise habit*. The progressive impact of following the formula precisely will help you achieve your ultimate financial results!

5 STEPS TO WINNING THE GAME OF MONEY AND WEALTH

- Step 1 – Get in a quiet setting and get comfortable
- Step 2 – Write a journal entry before each session (See page 95 for instructions)
- Step 3 – Sit back & relax and listen to the audio
- Step 4 – Write a journal entry after each session
- Step 5 – Drink a glass of water before and after each session.

Special Note: The routine for Level 1 demonstrates the general routine carried through to Level 2 A' B' C and Level 3 A, B, C, which is as follows:

Level 1 A – Listen to for 7 consecutive days.

Level 1 B – Listen to for 7 consecutive days.

Level 1 C – Listen to for 14 consecutive days.

The bonus meditations can be added to any session you like.

After just one to two weeks of using Level 1, you will find it significantly easier to enter the Alpha Brainwave state—gaining all the benefits associated with the Alpha state. After you have completed the entire 30-Day cycle through Level 1, you will move on to follow a similar pattern in Level 2.

This system is based on continually reinforcing and building upon previous sessions. Throughout the day, it is important to positively reinforce new ways of thinking, feeling, and behaving that are consistent with achieving your goals.

After the 90-day program, please check out our other programs including *Winning the Game of Business NeuroTraining System*. Keep your new mindset in action by using a variety of combinations of the NeuroTraining System as well as progression to Levels 4, 5, and 6 (coming soon).

PART I: WINNING THE GAME OF MONEY

INTRODUCTION

Winning the Game of Money: NeuroTraining System is designed to train your brain to achieve the income and build the wealth you have always desired. Whether you want to make \$1,000 more this month, make \$100,000 more this month, or make \$1 million next year, this program will help you retrain your brain to believe, think and act in ways to help make it a reality. The proprietary formula in this program is based on the latest scientific research on accessing the subconscious mind—using each of the technologies and techniques we have integrated into this program.

We all have infinite untapped potential that is blocked by our subconscious conditioning. This is referred to as neural resonance. This NeuroTraining System both synergistically and progressively reconditions and creates new neural pathways in your brain so your conscious and subconscious mind work together to support you in reaching a whole new level of financial success.

The power of your subconscious mind will greatly amplify your success, and is one of your best untapped tools.

Brain science has proven that 96-98% of your perceptions, feelings, and behaviors, as well as all of your beliefs, values, and habits, reside at your subconscious level.

In order to change your current thoughts, feelings, behaviors and results, it is essential to change your beliefs, perceptions, emotions, and habits.

The most powerful way to do so is by accessing the subconscious mind through affirmations, hypnosis, visualization, alpha brain wave frequencies and positive repetitive behavioral modification.

The most direct way to access the subconscious is through hypnosis, visualization, brain entrainment technology and meditation.



Achieving more financial success starts with a desire and intention to create more income and wealth than what you have already achieved. In order to build your wealth, you have to change your financial mindset. You will not achieve more financial success than what you are programmed to achieve. This program will increase your deserving level through your new self-worth vibration and self image.

As part of my commitment that you get the most out of this program, you can review the written transcripts included in this manual beforehand, as you listen to the audio. Many people like to read affirmations or say them aloud while going through the program. Both are fine. I want you to be able to read every carefully-selected word so you are familiar with the specific affirmations and stories selected. (The transcripts are all for your benefit only and do not contain anything other than what is written on the transcripts.)

Sometimes when you strive to achieve something you have not yet experienced before, you encounter resistance from other people, your environment, and yourself—often before you have even started. A deep desire for change starts from the inside out.

YOU ARE NOT YOUR PAST CONDITIONING or RESULTS.

Your brain has been wired to produce the current results you are conditioned to manifesting with your income. The current habitual actions you take, or do not take, are based on your current subconscious programming. Think of how many years your mind has been programmed the way it is now and how you're current subconscious mind continues to limit you from experiencing your true power.

As part of my commitment that you get the most out of this program, you can follow along with the written transcripts included in this manual, as you listen to the audio. I want you to be able to read every carefully-selected word so you are familiar with the specific affirmations and stories selected. (These are all for your benefit only and do not contain anything other than what is written on the transcripts.)

The NeuroTraining System sequence was carefully designed to reach the innermost depths of your subconscious mind through both the overlay and stacking process, and frequent repetition of the techniques used. There is a specific formula to following the system—which I have made easy for you to use.

Sometimes when things are easy to do, they are just as easy not to do. To get the full effect of this concentrated program, follow the program as directed. It is important to start, continue and finish the program on a daily basis as it builds progressively.

WHAT IS THE GAME?

We often underestimate the power of our internal world because it is intangible, however, the results of our game are tangible because they create our physical world and they also contribute

to how we feel about ourselves. Remember that most success first happens on the inside AND then is produced in the outside world.

The inner game is the inner workings of our subconscious mind. It is always at play, it just isn't always playing positively for us. It is essential to do the *Innercise* reconditioning work necessary to reprogram your subconscious mind to get desired results. You can work and struggle for years and years if you only pay attention to the outer game, and neglect the importance of the inner game in being prepared for success with money and life.

Our brains are conditioned to being in certain brainwave frequencies that produce habitual behaviors and ways of thinking. In order to achieve our fullest potential, it is essential to break free of those conditioned ways of thinking and behaving. Our stories keep us stuck and these stories come in all forms of rationalizations, justifications, and excuses that offer us reasons why we do what we do, and why we don't do what we need to do.

There are billions of bits of information and frequencies that we tap into in our environment, just like a radio taps into different radio waves transmitted through the air. We can train our brains to see more, hear more, have more and become more by increasing our awareness. You are infinite in your potential!

Reconditioning and reprogramming your brain using brain entrainment technology and other methods used in this program will allow your brain to access different frequencies that will open new doors of opportunities for you.

WHAT IS MONEY?

Have you ever thought about what money is really? Money is an idea. Money is energy. Let me explain. Money is an idea created to establish a value system so that fairness existed among people bartering, trading, investing and giving. Money is nothing more than an idea and ideas are nothing more than electromagnetic energy. Money is also used as a means of exchange in our society and if you do not understand the laws of compensation and exchange, you will never win the game of money and you will never achieve what you want to earn.

What are the Different Ways of Making Money?

The more money you want to make, the more specialized knowledge, skill and application of the right strategies and tactics in the right order must be applied, including the right thoughts and feelings. There are six options to consider when it comes to making or finding money.



1. **Win it.** In any given year, about 25 people out of 250 million will win a big lottery. I don't recommend banking your financial career on hitting the winning number. And statistics show that people quickly lose all the money within a few short years—because the amount of money you earn has to be equivalent to your deserve level.
2. **Steal it.** This price is expensive because you are going to jail if you get caught, and there's a very big chance you will. So, stealing money is not really an option.
3. **Find it.** The odds on this one are about the same as winning the lottery, maybe less. Don't hold your breath.
4. **Invest it.** This is an excellent option that requires your own or someone else's specialized knowledge in anything from real estate to business to diamond...
5. **Inherit it.** I don't know about your family, but in my family, this option isn't worth holding my breath for, which means the only option left for me is to earn it...
6. **Earn it.** Yes, you actually have to work and provide tangible value in the marketplace. It's the marketplace that pays you based on the value you bring to it and your ability to get people to exchange their money for your product, service, ideas or investments.

If you are saying, "But I already provide value." Or, "I am already being paid for what I contribute at work," you probably aren't working on the right things in the right order and the right quantities to make the income you desire. Money is part of a value system where those who figure out how to provide more of their products, services, knowledge or expertise can create the income of their dreams.

Three Laws of Compensation

1. **Is there a need in the marketplace for my product, service or idea?**
Compensation happens as a means of exchange. There are tons of options to consider, but find out first if there's a need.
2. **How good is my product or service compared to other people?** How do you compare? How good is yours from a quality perspective? How unique is it? Think of specialization and being the best at something instead of general and average.
3. **Your ability to sell your idea on a local, regional, national or international basis.** This is the most vital part of the equation. How good are you at marketing your services? To become a marketing and selling master, you have to become one or have one on your team.

Perception is Reality

Answer the two questions below to gain more clarity on how the way you perceive yourself impacts your income level.

1. Do I really feel that I deserve to earn a lot of money?

It doesn't matter if you want to earn an extra \$100 this week or \$1 million dollars next year, if your deserving level doesn't match the income you want to earn, you won't achieve it. You must raise your deserving level and lower your excuses level—all of the reasons you give for why you haven't earned this amount so far in your life. Stop telling yourself you aren't smart enough or good enough and start valuing yourself. People will only value you and treat you to the degree in which you value and see yourself.

2. What is my financial persona?

What is the **financial** mask you wear? How do you project yourself? What are your beliefs and habits when it comes to your **finances**? Your true persona is about what you think about, do and say each day. We all have our money face on whether we are aware of it or not. To attract more money, you must alter your financial persona.

Start thinking, acting and behaving like the people who are already earning the income you want to earn. It's the *fake it til you make it* concept. One of the best ways to alter your financial persona is to believe a certain thing that's a lie right now. Start walking, talking and behaving like a person who is already earning the level of income you want.

It may feel awkward at first and your internal dialogue might try and talk you down—*You're not making that much money yet, why are you acting like you do?* When you encounter resistance, persevere. Act as if. Get into the vibration of good thoughts. Here's an example:

Trump was \$900 million in debt and he kept his game face on as if nothing was wrong. Although he was probably getting irate phone calls and visits from creditors, Trump kept his deserving level—his persona—in line with that of a billionaire. For people who didn't know the truth, his mask of a billionaire projected an air of arrogance and certainty that made people want to do business with him. His outside world soon began to mirror his inside world once again.

By acting as if, you will be treating yourself with value and getting in the right vibration. Money is abundant. Money will give you options and choices. It all begins by changing your financial persona.



Personal Income Goals

If you want to change your income, you need to recalibrate your financial set point—it's that number you are accustomed to thinking you are worth. But you can program your nonconscious mind with the income you **want**. And you will be able to achieve the wealth of your dreams if your **why** (the reason for wanting it) is big enough. What is the income you want to achieve?

My Personal Income Goals	Why I Want It	Date I Achieved It
■ By ____ I will be earning _____.	■ I want to travel and see the world.	_____
■ By ____ my net worth will be _____.	■ I want to give my family security and financial abundance.	_____
■ By ____ I would like to save _____ to put my kids through college.	■ I would like to put my children through college so they don't have to struggle to pay for themselves.	_____
■ By ____ I will save _____ to send my parents on their dream vacation.	■ I want to give back to my parents who gave me so much.	_____
■ By ____ I will have enough money to buy the car I have always wanted.	■ I want my car to match my new, abundant life.	_____
■ By ____ I will have paid off all my debt.	■ I want to live with the ease and peace of mind of zero debt.	_____
■ By ____ I will have _____ to have a destination wedding.	■ I have always wanted to get married on a tropical island.	_____
■ By ____ I will donate ____ to _____ a charitable organization I am passionate about.	■ I want to be able to leave a legacy by giving back 10 percent of my income.	_____
■ By ____ I will put _____ down on my dream home.	■ I will be able to purchase the house of my dreams.	_____

Define Your Passion

What do you love to do? What's easy and fun for you? There are so many ways to make money with your skills. You can take anything and make money at it, but you will have greater chances of succeeding if you focus on your passion.

<p><u>My Unique Abilities and Strengths Are:</u></p>	<p><u>Questions to Ask</u></p> <ul style="list-style-type: none">■ What did you love to do as a child?■ What do people often tell you that you are good at?■ What do you know well?■ What's your specialized knowledge?■ What do you want to achieve?■ What makes me unique?■ What's your why (your reason) for wanting to earn more?	<p><u>My Passion Is:</u></p>
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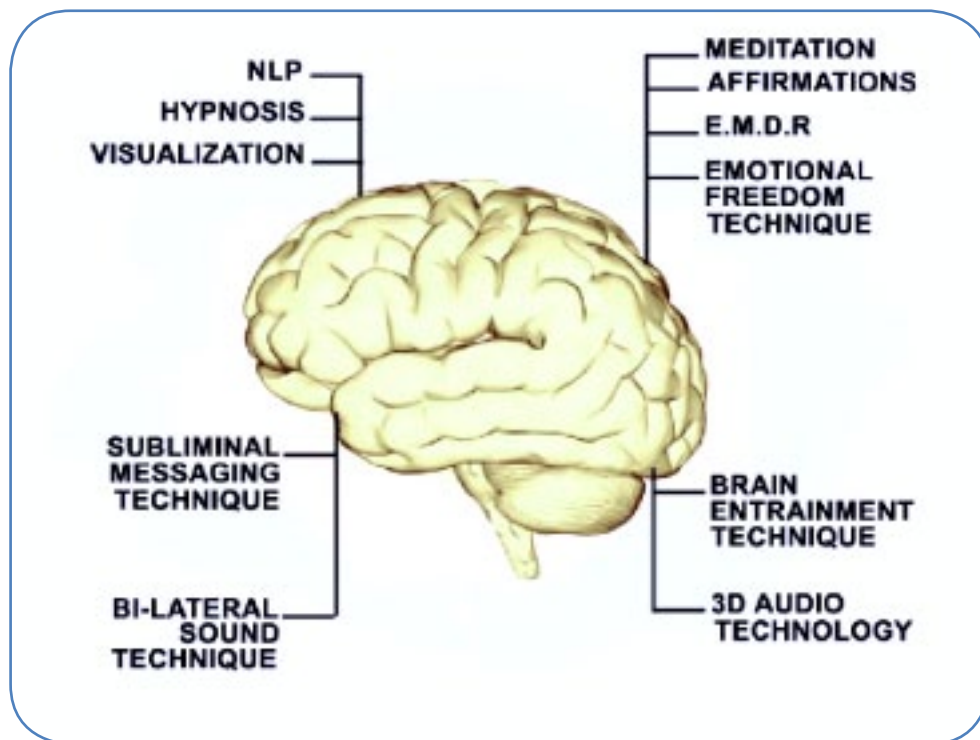
Remember, you will rise or fall to the level you perceive you are worth. In order to earn the income to achieve your goals and dreams, it all begins with how you value yourself and making your WHY big enough. When your WHY is big enough, your HOW becomes easy. If your WHY is big enough, you can achieve anything.

What is your big audacious why?

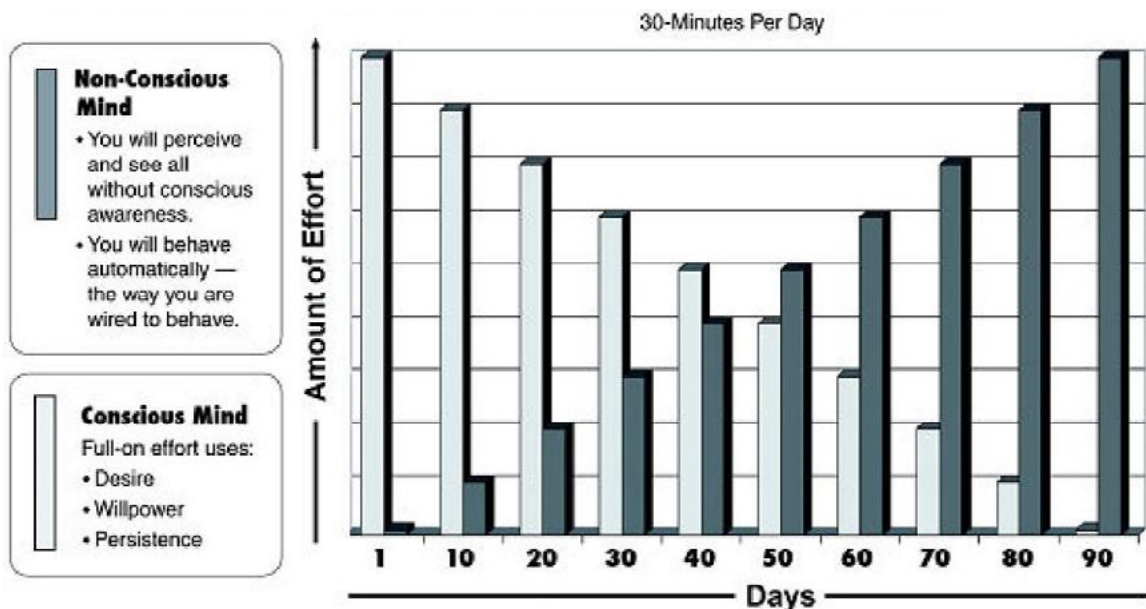
PART II: WINNING THE GAME OF MONEY

NEURAL RECONDITIONING PROCESS™ TECHNIQUES

- The Power of Your Brain Waves
- Brain Entrainment
- Audio 3-D Technology
- Precision Affirmations
- Hypnosis
- Visualization
- Meditation
- Subliminal Messages
- Neural Linguistic Programming
- Audio Interpretations and Elements of: Eye Movement Desensitization Reprocessing
- Bilateral Sound
- Audio Interpretations and Elements of: Emotional Freedom Technique



Neural Reconditioning Process



This process takes into consideration the best ways to access the subconscious mind for the purpose of creatively changing the existing neural networks and creating new ones that are needed to achieve your goals and dreams.

Research has shown that it takes 30-90 days of daily repetition to make a significant impact on developing new beliefs and habits when we consciously make the efforts to acquire them.

The good news is that by accessing your subconscious mind through conscious choice, you are learning to enter new ranges of frequencies and possibilities on your own.

As you make the conscious effort to retrain your brain daily, it becomes a habit. Once it becomes a habit, you will do it automatically, and it will become part of your daily routine.

In other words, no effort will be required to do your *Inncercise Program* and in doing this, you will reinforce your new positive beliefs and habits.

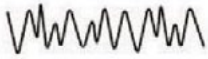


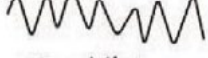
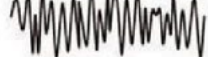
The graph above illustrates that with time, less conscious effort and thinking is required on your part to own your new beliefs and habits.

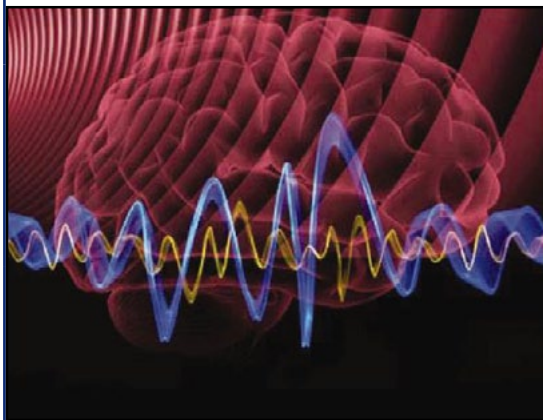
THE POWER OF YOUR BRAIN WAVES

In neuroscience, there are five commonly-recognized brain wave patterns:

Brain Wave Pattern

Name and Brief Description

Beta: Alert/Working		Beta (14-39.9 Hz) – Alert/Working/Stress Waking to Fast. Not conducive to super-learning. This is our day-to-day awake state – the higher end of the spectrum indicates when we are engaged or stressed.
Alpha: Relaxed focus		Alpha (8-13.9 Hz) – Relaxed Focus Eased. Can be induced by meditation, relaxation, or light trance. Indicates increased serotonin production and beginning of access to non-conscious mind. Conducive to super-learning and higher intuitive factors.
Delta: Dreamless sleep		Delta (.1-3.9Hz) – Non-Focus Very slow. Indicates dreamless sleep or deep meditative state. Human growth hormone released.
Theta: Dreaming		Theta (4-7.9 Hz) – Internal/Integrative Focus Slowed. Can be induced by meditation, dreaming (REM) sleep. Indicates increased creativity and production of catecholamine (vital for learning and memory). Conducive to integrating emotional experiences and changing behavior. Can tap into universal intelligence.
Gamma: Most powerful brainwave found to date		Gamma Waves (40-100 Hz) – Peak Performance Super fast. Indicates higher mental activity (not normal thinking or problem-solving), flashes of brilliance and consolidation of information from all areas of the brain.



But let's back up a minute. What exactly is a brain wave and what does a brain wave tell us about what's happening in our brain? Without getting too technical, let's try for a simple explanation.

An electroencephalograph (EEG) is a medical device that is able to measure the electrical activity on your scalp and plot it out in lines that looks like waves. That's actually where the term "wave" in brain wave comes from. Electrical activity looks like a wave when you plot it out, and the electrical activity produced by the brain is no exception. If you look at the graph of the wave, you can pick any point on that wave and then find the next point on the wave where the pattern starts repeating. That fragment of the wave is called a "cycle." For instance, the distance between one crest of the wave (the topmost point) and the next is one "cycle." When we refer to the "frequency" of a wave, that's just the number of those cycles that happen in a second (In fact, the Hz designation is short for Hertz, which is the way scientists refer to "the number of cycles

per second” or the vibrational speed of the wave). A higher frequency indicates more cycles per second and a faster-vibrating brain wave. A lower frequency indicates fewer cycles per second and a slower-vibrating brain wave. Some brain waves are seen more often during certain activities and for the sake of convenience, they are divided into distinct ranges of frequencies so they can be referred to collectively:

The Gamma Waves

These are the fastest brain waves, found between 40 — 100 Hz.

- Usually indicates states of peak performance plus super concentration (either mental or physical).
- Associated with higher mental activity (not normal thinking or problem-solving) which includes flashes of brilliance and sudden bursts of insight, as well as moments of extreme focus or concentration.
- Some studies have linked these waves with the synchronization and consolidation of information over different areas of the brain.

The Beta Waves

This is the range of brain waves that spans what is commonly thought of as our waking awareness — found between 14 — 39.9 Hz.

- Frequencies at the upper end of this range indicate stress, anxiety, panic or self-criticism while those at the lower end are usually accompanied by more feelings of clear-headedness, alertness and creativity.

The Alpha Waves

These waves, slower than the Beta waves of normal waking awareness, indicate a deep relaxation and are found in the range of 8 — 13.9 Hz.

- These waves generally indicate a relaxed and detached awareness where concentration, imagination, learning, memory and visualization are heightened. In fact, super-learning and higher intuitive factors are benefits of this frequency.
- This range is the state of awareness that is the bridge between your conscious and subconscious mind and allows you to become consciously aware and remember experiences from deeper (non-conscious) states.
- Meditation, relaxation or a light trance can induce this type of brain wave activity.

The Theta Waves

- These waves are normally only experienced momentarily as you are drifting off to sleep or waking up (this includes the period of REM sleep where dreams occur) and are found in the range of 4 — 7.9 Hz.

- Indicates increased creativity and production of catecholamine (which are vital for learning and memory) as well as accelerated healing.
- This state of awareness is conducive to integrating your emotional experiences and changing behavior. It is the level of the subconscious that holds some of the deepest programming for our behavior—where we find unconscious or suppressed desires and beliefs.
- It is also the first state through which we can start to tap into a universal intelligence and is often associated with vivid visualizations, creativity, insight and inspiration.

The Delta Waves

- These waves are the slowest frequencies and are normally experienced during (dreamless) sleep and very deep meditation —found between .1 – 3.9 Hz.
- Increase in growth hormone production and accelerated healing
- This is the realm of the individual and collective subconscious where information is available to our subconscious mind in a way that is not available to our conscious mind.
- Response for our empathetic “hunches” or insights, and is often exhibited most strongly in those working in therapeutic environments or helping those who are healing from a trauma.

It's good to remember that our brain does not produce a single brain wave. Our brain activity is always a combination of all of these frequencies at the same time; some frequencies are just stronger than the others at certain times. So there is no *best* brain wave. The healthiest brain activity is when the brain wave that is best suited to the situation, becomes dominant while it is needed and then allows the others to become dominant as the situation changes.

Scientists are now able to verify that meditation actually changes our brain waves. It encourages a shift from the dominant over-thinking, stress-related brain activity that is nurtured by our fast-paced society, to a more balanced mix that includes other states of awareness. By identifying the link between changes in brainwave frequencies with changes in both conscious states and biological responses, researchers are coming closer to understanding the connection between mind, body and spirit. Perhaps it is no coincidence then, that the benefits of an ongoing meditation practice can be classified further into three categories which will be explained in more detail in the meditation section:

1. The Physiological Component
2. The Psychological Component
3. The Spiritual Component

However, whether your interest in meditation stems from the benefits you will receive in just one of the above areas or all of them, (whatever you think of as your goal), the practice of meditation offers transformation in all of these areas at the same time. How is that? Think of meditation as a room with many doors. It doesn't matter which door you enter, when you get inside the room,

you can enjoy all the treasures you find there. So, if you are only looking for a way to lower your blood pressure, meditation will inevitably lead you to new opportunities for growth in other areas of your life at the same time. That's just how it works.

BRAIN ENTRAINMENT

Our brainwave frequencies affect every aspect of our lives. We are conditioned to being in certain types of frequencies and those frequencies affect every cell in our body. We now know through scientific research that we can recondition our brain through old age. There are certain brainwave frequencies that support us in reconditioning our neural patterns. By having the flexibility to adjust to different brainwave states, you can control your mind and the impact your conscious and subconscious mind have on what you think, what you attract into your Financial environment, and what success you achieve. This will also have an impact on the awareness of your environment.



Audio 3-D Technologies

Audio 3-D Technology incorporates a new way to simultaneously entrain the brain at different frequency ranges without creating interference. Previously, simultaneous brain entrainment was almost impossible to do in a controlled manner. This system uses proprietary advanced 3-D Technology to entrain both dominant and sub-dominant brainwave patterns at the same time as well as even entrain multiple dominant brainwave patterns simultaneously.

This technology can be used to add additional layers of brainwave entrainment to increase the effectiveness of the track way beyond what is normally possible. This 3-D layering process also helps to induce a trance state while substantially increasing the processing load of the conscious, and particularly the non-conscious function of the brain. In essence, this forces the brain to do MASSIVE amounts of internal math. This increased processing load provides brain-building *Inncise* that exercises the brain and helps increase the following:

Neuro-peptide and protein release (which are the building blocks for new neural pathways)

- Mental power
- Sensory acuity
- Reaction time

Other benefits of this process include inducing trance (allowing for deeper integration of affirmations, suggestions, and therapeutic metaphors) and encouraging the release positive brain chemicals such as Serotonin. Overall, it dramatically improves the effectiveness of Brainwave Entrainment Technology while increasing the enjoyment of listening to the audio tracks.

Precision Affirmations

Precision Affirmations are significant to your financial success because they express and create your beliefs that go deep your subconscious. The beliefs in your subconscious mind come into play in getting your inner game working for you so you can win the outer game of money.

An affirmation is a clear statement that declares a belief and makes a firm imprint in your subconscious mind. The process of impressing affirmations within your brain is already going on— yet, when left to the default mode, the affirmations are most often not positive. Being intentional about what you want to affirm to yourself is important in getting the results you desire for your financial success and life.

Repeating affirmations frequently and with emotion as if they are already true gives clarity to your intended outcome.

Affirmations build brand-new neural pathways into your subconscious especially when done in the right frequency. Creating new affirmations based upon the following statement types can change your life and finances:

- **I am:** A statement of who you are (attributes, strengths, talents, competencies).
- **I can:** A statement of your potential (power to change, grow, help yourself.)

Hypnosis

Hypnosis is a process by which the conscious mind is initially engaged to access inner resources and deeper learning and enhanced personal growth. These audio tracks use techniques such as confusion, embedded positive commands and sensory overload to assist in the disengagement of the conscious mind's critical factors to allow for deeper integration of the positive affirmations and life altering metaphors.

Hypnosis is a trance-like state that can be induced by someone else or by yourself. Always be certain that you choose a fully qualified person with positive intentions and positive messages when information is being sent to your subconscious. It's important to realize that all hypnosis is self hypnosis and nothing can be done to you that you do not allow. The old days of watching a hypnotist on the stage having someone bark like a dog while pretending to be in the shower is not what this is about. That is comedy and totally based on participants that are comfortable in that state of fun and mind. Hypnosis can be powerful in either helping guide you through something that has had a negative impact on you or helping you imprint something positive into your subconscious mind.

Visualizations

The act of visualization is powerful. Visualization is the process of forming a mental image of something based on the past, the present, and the future. When we visualize about the past, it is a visual memory—yet, when we alter that visualization, it becomes imagination. Our ability to visualize is crucial to our ability to comprehend and learn because language translates to mental images. We can even visualize about the future—which draws us toward actually fulfilling what we visualize for ourselves (whether wanted or unwanted manifestations in our physical world).

The conscious mind and subconscious mind both play a role in visualization. The conscious mind can focus on one fragmented thing at a time in a logical, sequential order—which, if left to default mode, is usually limited to thinking about what has already happened before. The conscious mind has a major weakness about following through because it gets distracted. The conscious mind processes ½ of 1/millionth of 1% of the amount of the subconscious. On the other hand, the subconscious mind focuses on the complete picture at once and is not limited to what has been done before. The subconscious process remembers billions of things at once—and never forgets anything that occurs over your lifetime! This system helps you train your brain to access your powerful subconscious so it benefits you.

Meditations

Dr. John Hagelin on Transcendental Meditation

This is a great video to learn the power of meditation from one of my friends and a brilliant quantum physicist.

There are hundreds of forms of meditation, where each form of meditation simultaneously provides three basic transformational benefits in the areas of physiology, psychology and spirituality. An increasing number of doctors are beginning to prescribe meditation as a result of the following types of benefits:

Physiological Transformation – Reduces stress; relieves anxiety and depression; increases emotional stability; lowers cholesterol and blood pressure; improves breathing and cardiovascular function; enhances natural immune system; improves memory, decision-making, and attention span; and deepens more restful sleep.

Psychological Transformation – Fosters discovery and recovery; accelerates healing from past psychological trauma; increases feelings of vitality, clarity, and rejuvenation; increases self-confidence and satisfaction; serves as an aide in self-discovery and self-inquiry for psychological therapy or for self-actualization purposes of reaching full potential. Meditation increases your sensitivity to your own mental balance (Discovery); and strengthens your flexibility and resiliency (Recovery).



**Go to membership area
to watch video.**

Spiritual Transformation – Connects you with God, the universe and your infinite potentiality; removes limitations and barriers, where everything becomes possible; changes every atom and molecule in your body to being one with God and the universe; gives you abundant energy and creativity; and creates calm and joy in any moment.

Meditation differs from relaxation, thinking, and concentration. Relaxation tends to be more of an external change where the internal can remain anxious. Meditation transcends and allows both the mind and body to relax, be aware and calm. Thinking consumes energy and has a tendency to be focused on problem-solving as well as be scattered and overwhelmed. Meditation transcends this never-ending thought activity, allowing us to remind ourselves we are in control of our own thoughts. Although meditation involves concentration techniques, Concentration is generally focused thinking to find a solution. Meditation is focused awareness with total awareness of all going on around us—yet without getting distracted.

Science has discovered that the electrical activity in the brain is associated with certain brainwave frequencies for different states of consciousness. Our fast-paced society today keeps our brainwaves in an over-thinking, stress-related state of brain activity. Scientists have also verified that meditation changes our brainwaves to a more balanced mix of brainwaves as well as slowing it down to more healing levels of consciousness.

Being able to retain the flexibility and adaptability of brainwaves is important for us to be more physically resilient and able to change brainwave frequencies fitting for different situations. By mastering and controlling your own mind, you can transform your life.

What is common to most forms of meditation is that it is designed to engage both the body and mind to accomplish particular goals. Regulating breathing is central to meditation as breathing is controlled by both the voluntary nervous system and the involuntary nervous system. You can control your breathing both consciously and subconsciously. In meditating, you ignore the flow of ideas, sounds, and thoughts in order to overcome distractions. This practice can be of great benefit when you are not in a meditative state and need to focus rather than be overcome by distractions.

In a recent PSY Blog called “Cognition Accelerated by Just 4 x 20 Minutes Meditation,” it states how a new study in the journal *Consciousness and Cognition* (2010) reports that short amounts of meditation can have significant results for novice meditators. In just four days of 20 minutes of daily meditation (80 minutes total), 15-50% improvements were found in that it helped: accelerate cognition and working memory; increase attention; increase visuo-spatial processing; improve mood; and decrease anxiety.

Another PSY Blog “How Meditation Improves Attention” (May 2009). Our attention naturally jumps around. However, attention spans can be developed through meditation—even by people who have never meditated before. Over an eight-week period, novice meditators improved their focus and attention by attending three-hour classes and meditating 30 minutes per day. A different group attended a mindfulness retreat for one month and showed improvement in reactions and receptivity

to new stimuli. And yet another group practiced 20 minutes of instruction every day for five days using a Chinese “integrative body-mind training.” This group demonstrated an improved attention compared to a control group (along with other benefits such as lower levels of stress and higher energy levels).

This blog also describes how meditation can help us increase the duration of what is known as our *attentional blink*. By being able to process information more rapidly and accurately, meditation provides more opportunity of perception. There are many other benefits being discovered about meditation—including increased motivation and emotional intelligence. Increasing our attention and awareness empowers us to be able to shape who we are and what we accomplish.



Subliminal Messages

Subliminal Messages can be either visual or auditory. For subliminal messages that are visual, they are flashed and masked beneath or just at the verge of conscious awareness; and for auditory ones, they are played just below conscious audible levels. They are often subliminal to the conscious mind, but obvious to the subconscious mind. Because the subconscious mind is so powerful and accepts what is suggested to be “true,” it is especially important to be cautious about what subliminal messages you encounter in either format, visual or auditory.

This system includes subliminal messages in part of the audios; however, this manual provides the transcripts that include those subliminal messages so you are fully aware of what is said.

Neuro-Linguistic Programming

Neuro-Linguistic Programming (NLP) is a brand of informational science developed by Dr. Richard Bandler and John Grinder. Many of the concepts, strategies and models that have emerged from NLP help people access inner resources; eliminate fears and phobias; and re-program the brain for optimal efficiency. NLP is now considered to be one of the best sciences for achieving peak performance. These audios employ concepts from NLP, such as Anchoring to build emotional states and reprogram your brain for success.

Eye Movement Desensitization Reprocessing

EYE Movement Desensitization Reprocessing (EMDR) is a methodology and system that accelerates the treatment of a wide range of pathologies and self-esteem issues related to upsetting past events and

traumas. Our tracks include audio mechanisms that will assist you in releasing negative energy and emotions that may be stopping you from achieving the wealth you desire.

Bilateral Sound

Bilateral sound is the movement of noise or sound back and forth in a stereo field that enhances visualization and hypnosis. Visualization and hypnosis are key ingredients to help reprogram your brain for success. Our tracks include the most sophisticated bilateral sound that will help you to relax deeply and reprogram your mind with expert guided visualizations.

Emotional Freedom Technique

The main concept for the Emotional Freedom Technique (EFT) is to release emotional blocks so that you are emotionally free. EFT uses tapping and special affirmations to release these emotional blocks. Our audio tracks use mechanisms in audio form that will also help you release emotional blocks and reprogram your brain with positive affirmations.

PART III: WINNING THE GAME OF MONEY

THE NEUROTRAINING SYSTEM IN ACTION

This section is designed to support your use of the NeuroTraining System. There is Level 1, Level 2 and Level 3. You will focus on one level for 30 days before moving on to the next level. Within a level, there are three parts: A, B and C. The first seven consecutive days, you will focus on listening to the A audios. The next seven consecutive days, you will focus on listening to the B audios. And, the last 14 consecutive days, you will focus on listening to the C audios. Additionally, each level has Bonus Tracks you can listen to daily and at the end of the first cycle of 28 days the last two days you may listen to the Bonus Tracks before moving on to the next level.

Level 2 C Bonus is important to listen to prior to moving on to Level 3 because it has been especially designed to prepare you for the Gamma Brainwaves in Level 3. Before you begin the NeuroTraining System, take the Initial Assessment to determine your baseline measurement.

Initial Assessment

Your Game Initial Assessment

What changes would you like to experience in your thinking, feelings, and behaviors as a result of this program?

Your thinking —

Your feelings —

Your behaviors —

During these timeframes what beliefs and habits would you like to release and upgrade?

In the next 30 days:

Release:

Upgrade:

In the next 60 days:

Release:

Upgrade:

In the next 90 days:

Release:

Upgrade:



In the next year:

Release:

Upgrade:

In the next 30, 60, and 90 days, what habits will you stop and what new habits will you start?

In the next 30 days:

Old habits I will stop:

New habits I will start:

In the next 60 days:

Old habits I will stop:

New habits I will start:

In the next 90 days:

Old habits I will stop:

New habits I will start:

In the next year:

Old habits I will stop:

New habits I will start:

What Financial goals will you achieve with your new beliefs and habits over these next 90 days?

Note: As you go through the program, be aware of and journal about your new beliefs, habits and your results related to increasing your financial success.

WELCOME TO WEALTH INTRO (TRANSCRIPTS START HERE)

Hi, This is John Assaraf, and congratulations on taking the right steps to achieving the success you truly want, desire, and deserve. I personally believe that each one of us including you has the God given right and ability to create a masterpiece in each area of your life.

Science shows us now that our outer world of results is just a mirror reflection of our internal self-image, beliefs, and habits. Therefore, changing from the inside out is the way to reaching your next level of success. The latest brain research has made it abundantly clear. Our brains are conditioned by genetics and personal experiences that begin at birth. Science has also discovered which brainwaves create peak performance mental states for thinking, learning, studying, and virtually every other mental task including releasing beliefs that may be holding you back from reaching your true potential right now.

In addition, this research has also shown that certain brainwave frequencies, words, images, and language patterns will help you set aside your internal shield and allow you to absorb the right beliefs, ideas, and habits that you want and need to transport you from the results you're achieving right now to the results you truly want. And I know you are capable of having and achieving right now.

What's amazing and as close to a miracle as I know is that the simple innercize you are about to do has had a profound impact on thousands of people around the world, with many reporting significant and sometimes immediate changes and positive results in their lives. I know for a fact that the program you now have to use is the best of its kind anywhere in the world. I pride myself on doing the research, applying what I learn in my own life and business, and then and only then sharing the best of what works with my friends, just like you, all over the world.

Your brain is forming a million new connections every second of your life. It is a mind-blowing statistic and one that highlights the amazing flexibility and sheer genius that lies within you right now. I believe that you are now embarking on the most fun, exciting, and rewarding personal growth program that you have ever participated in.

Trust the process, the science, and the intelligence within you that guided you to me and this program. Mastering the game of money and wealth will allow you to take advantage of the latest brain research to reprogram your brain for higher and more potent levels of thoughts, feelings, and actions required to help you achieve all of the financial goals that you have set for your life right now.

Each level in this program will build on the previous one with deeper and deeper and stronger and stronger positive neural connections made each time you listen to this program. Please remember, it is the repetition and daily schedule that I'm asking you to follow that will help you release your old un-supporting beliefs, habits, and actions and replace them with new positive, healthier, and life altering ideas, beliefs, and behaviors.

Again, repetition is a crucial part of achieving the results you truly want and desire. So set aside time daily to retrain your most amazing brain.

LEVEL 1 – THE FOUNDATION

This level establishes the foundation for the entire program. It introduces you to *The Universal Quantum Laboratory* as well as to your new *Beliefs and Habits Generator*. This introductory level is imperative for the next few levels as it contains special knowledge and suggestions that your brain will require during each of the next levels.

It helps acquaint you with the Alpha brain wave range. The three tracks are designed to train your brain to enter the Alpha State easily from the usual waking Beta State. Within each track and each level, the main technologies we use provide the *Inncercises* to increase your brain-plasticity to move between brainwave frequencies. The first two tracks of Level 1 gently guide you from the Beta Range to various degrees of the Alpha Range of brainwave patterns. The third track of Level 1 guides you to the deeper levels of the Alpha Range; and introduces you to the Theta Range.

Focus

This first level of Brainwave Training focuses on providing the following results: train the ability to easily enter a Balanced Alpha State while beginning training towards acquiring the ability to enter the Theta State; increase Brain Balance; reduce stress; suppress stress hormone release; increase personal threshold to stress; and reprogram self-image with positive programming, suggestions and affirmation and therapeutic metaphors.

Benefits

There are many benefits associated with Alpha Brainwaves. They provide a link between the conscious mind and the subconscious mind, where there is increased access to unconscious resources while maintaining consciousness— which allows you to perform in peak performance and zone states. Alpha waves are ideal for reprogramming suppression of negative self talk— particularly when one's negative habits, self-image, and self-defeating thoughts are combined with affirmations, suggestions, therapeutic metaphors, and/or hypnosis/visualization.

Alpha brainwaves are associated with the benefits of meditation and a profound relaxation of mind and body. They encourage production of positive brain chemicals, which provides many benefits, including: increases levels of serotonin; balances emotional states; encourages increased healing by reducing stress; increases problem-solving (by reducing excess Beta waves); encourages positive thinking; increases creativity; and improves visualization.

Level 1 A – Universal Quantum Lab

The affirmations, stories, and meditations you are about to listen to have all been created using the most advanced positive psychology, brain research, and cutting edge technology that will allow you to easily and comfortably make all the necessary changes required to achieve your goals and ultimate lifestyle.

Remember, continuous repetition while allowing your feelings to fully associate with each affirmation, story, or meditation in this audio is the secret to deeply absorbing the new beliefs, habits, and mental programs that will transform your life right now.

Welcome to the universal quantum laboratory and the beliefs and habits generator. This is John Assaraf, and what I would like you to do for yourself right now is to get into a quiet, relaxed state of mind, and just release all tension, any worries, any doubts, or concerns that you may have. And take this time just for you.

This is your time, so take it. Enjoy it, and relax into it right now. We will begin with a few deep breaths as you count backwards with me from three to one. Ready? Take a deep breath in. Three. And release it at your own slow pace. Take another deep breath in. Two. And release slowly as you feel more and more relaxed, and more and more peaceful. And finally, inhale deeply. One. And release gently and slowly right now. Remember, you can do this anytime throughout the day to get centered, relaxed, and focused.

As you continue to win the game of money and wealth, I'm going to invite you to come with me to the universal quantum laboratory where we will build all of the mental upgrades required for you to take your financial success to the next level right now. What is the universal quantum laboratory? The universal quantum laboratory is a place where you can with your mind go anytime you like to access all the knowledge, intelligence, and blue prints for your financial success. In this quantum laboratory, you can also build mental upgrades for your brain. Once they are built to your specifications, you can effortlessly install the upgrades so that you can enjoy more happiness, financial success, and peace of mind in everything that you desire and do.

All that is required for you to build these upgrades is that you intently focus on what you want them to do for you. As you begin to provide these details inside and outside of the laboratory, the universal quantum laboratory will begin assembling your mental upgrade until it meets your precise specifications and needs. Once these mental upgrades are done, you can install them or uninstall them just as easily as installing or uninstalling any software program for your computer.

In this audio and in the audios that follow, you will step into the universal quantum laboratory to build new upgrades for your brain that will help you in very specific ways. It is important to remember that the universal quantum laboratory will only let you build upgrades for your brain that help and support your financial success. This is your personal laboratory, and it will only build upgrades that benefit you and the people around you.

Imagine stepping into this quantum laboratory now. It's easy to do. All you have to do is close your eyes, take a deep breath, and ask that you be taken there right now. This laboratory may seem familiar to you because this is not the first time you have been here. You have been here usually in your dreams or as a result of experiencing a profound and peaceful state of relaxation.

Notice now how you automatically feel more relaxed and more comfortable when you are in the universal quantum laboratory. That's right. Notice the feelings of peace and relaxation in every part of your body and being now that you are in the laboratory. Start first by imagining that you have the ability to create a beliefs and habits generator in your quantum laboratory. This beliefs and habits generator allows only you to enhance, add, or delete any mental program that you currently have.

Use your imagination right now to visualize this beliefs and habits generator. This new generator now gives you the ability to insert or delete any mental program that you choose once it is in place. Imagine that taking any belief or habit program in and out of this generator is as easy as taking a file in or out of a filing cabinet. Imagine creating your new beliefs and habits generator in the color and shape of your choice. As you begin to see it on the screen of your mind, or as you feel the essence of it within your brain, notice how it contains every belief and habit you have ever had right within it.

This new belief and habit generator belongs to you and only you. By installing this belief and habit generator, you have now gained the ability to delete and add specific mental programs and ideas that you choose that will serve your financial success. Focus now on how easy it is to pull out or insert any belief or habit you want right now. It's as easy as opening and closing a drawer and pulling out or inserting a new folder with more accurate, power information in it.

Imagine and ask yourself this question. How will my ability to upgrade my beliefs and habits enhance the game of money and wealth? Once you have the answer, imagine your beliefs and habits generator again. Once you have the image on the screen of your mind, shrink it down and I want you to install it anywhere you'd like in your brain. Anywhere at all is just perfect. All that is required now for a safe, quick, and easy installation is that you say these words. Install beliefs and habits generator now.

Now that your beliefs and habits generator is installed and working perfectly, it's time to test it. Imagine a belief you now have that might have caused you to limit your success in the past. Imagine how you can now take that belief and simply remove it right now. In its place install a new empowering belief.

The intelligence that gives you life knows exactly what you need and want. Trust it right now. All you have to do is think and say install new powerful belief right now. It's really just that easy.

Feel the confidence and certainty that comes with the control and power you now have within you to upgrade any belief or habit you choose. Notice how this has you feeling smarter, more centered, and happier right now. If you ever choose to remove this generator, all you have to do is say uninstall beliefs and habits generator, and it happens safely and instantly. Remember, you are always in control.

Each time that you return to your laboratory, you can upgrade any of the beliefs or habits that you choose. Notice how it makes you feel so much better and more confident to be in control of your beliefs, habits, and financial success right now. The next time you listen to this audio or any of the other audios in this series you will have new information that will allow you to make your beliefs and habits generator even stronger and more powerful.

As you begin to relax deeply, you can choose to listen to my voice or you can let your mind wander. It really is not important because everything you are hearing is not meant for your conscious mind to understand. My voice, the words you hear, and the sounds behind my voice are all for your subconscious mind to learn and grow effortlessly as you continue to relax deeply in total comfort now.

Each and every day, you are going to find that you are getting clearer and clearer about the financial wealth that you are achieving for yourself, and this is so because achieving wealth, arriving at your destination happens quickly and easily when you know where you are going. You are going to find that day by day you begin to formulate your own unique blue print, your own unique map for living and acquiring all of the money and wealth you choose.

Your goals for achieving new wealth grow are becoming stronger and more compelling with each and every day. And your dedication and resolve to make that a reality is going to grow stronger and stronger each and every day. You find it easier and easier each and every day to focus your attention on your financial goals, and to work towards their fulfillment.

Deeper and deeper, deeper and even deeper now. You are feeling deeply and deeply relaxed. You are feeling comfortable and secure. Comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure. You can continue to listen to my voice, or you can simply drift down deeper and deeper into a state of blissful peace. You find it so easy to relax as you hear my voice and unconsciously you follow my suggestions because as you hear each and every word that I say, it does not mean you have to pay attention. Echoing deep, deeper still in your subconscious.

The suggestions that I make grow stronger and stronger in your mind because they are here to assist you in achieving all the wealth and financial prosperity you desire. My suggestions grow stronger and strong, more and more powerful with each and every passing day. Deeper and deeper, deeper and deeper.

You are feeling deeply, deeply relaxed. You are feeling comfortable and secure. Comfortable and relaxed. You are breathing comfortably and deeply feeling completely relaxed, comfortable and secure. As you become more and more certain of the wealth that you are going to experience, powerful impulses will move you toward a fuller and more complete commitment to making your financial goals a reality.

You will find that throughout the day, your thoughts will often turn to your financial goals. As you imagine how good you feel as you enjoy your wealth as it is attracted to you, and as it grows day by day. Where obstacles or fear would've once stopped you or slowed you down, you will now find that you have more confidence and more certainty to break through each and every one of your fears and each and every one of the obstacles that come in your way.

This will happen easily and more gently each and every day. Your confidence and your certainty to grow and acquire the wealth that you desire becomes easier and easier each and every day. You are going to find more and more with each and every day that your emotions in dealing with any barriers or obstacles become more and more positive each and every day.

You find it easier and easier to concentrate on what is important for you to earn and acquire the financial wealth that you desire. You find it ever increasingly easier to let go of anything that may have held you up in the past allowing you to move away from anything that wasn't serving your financial goals, allowing you to move forward with confidence and certainty to amassing new levels of wealth.

Deeper and deeper, deeper and deeper. You are feeling deeply, deeply relaxed. You are feeling so comfortable and secure. Comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed. Completely comfortable and secure that you are learning something new even as you drift off or lose track of my voice, your subconscious now hears each and every word that I say echoing deep, deep in your mind. Each and every day the suggestions that I make grow stronger and stronger in your mind.

My suggestions grow stronger and stronger, more and more powerful with each and every passing day. And this gives you joy. Deeper and deeper, deeper and deeper. You are feeling deeply, deeply relaxed. You are feeling comfortable and secure. Comfortable and relaxed. You are now breathing comfortably and deeply, feeling completely relaxed, comfortable, and secure with your new abilities to earn and attract as much financial wealth as you choose.

Each and every day, you're going to become aware of being more and more committed to achieving new and satisfying levels of wealth in your life. You are going to find more so with every day that if you were to become temporarily distracted from your financial goals, you are now able to get back on track smoothly and efficiently. Even if a diversion may seem appealing, you are going to find that you develop a stronger and stronger internal voice. An internal voice that will gently guide you back to your own goals.

You are now going to find it's easier and easier to let go of any diversions or activities that you know and realize are unproductive. You will always be able to quickly and accurately determine when an activity is going to be financially productive, or when it's going to be unproductive. Whenever these situations arise, you will now find that you can easily redouble your efforts for productive activities, and very easily pull back from your involvement from any un-productive activities.

As your strength and resolve to meet your goals increases, day by day you are going to become very aware of opportunities that you have never noticed before. You are going to find more and more strongly with each and every day, that things just seem to fall in place for you as more opportunities to meet your goals open up for you. Now, allow yourself to fill with joy, peace, and confidence because you take great pleasure in watching your wealth and abundance grow with each and every day that passes.

Now, continue to enjoy the next moments wondering where your new opportunity will come from next. Feel the confidence and certainty that comes with knowing that you are now on your way to financial abundance and freedom.

Precision Affirmations

- I have all the power within me to earn as much money as I choose.
- I am consistently in the right vibration to earn money.
- Money flows to me from known and unknown sources.
- Money is easy to earn and attract.
- I now have all the intelligence I need to make my fortune.
- Earning money comes easily to me. I deserve all the money I want.
- I consistently use money wisely. I now have absolute certainty in my ability to generate the income I choose.
- Once I choose my financial goals, I achieve them.
- Money is everywhere, and I find it with ease.
- I now release any negative thoughts, feelings, or associations with money.
- I now give myself permission to earn as much money as I choose.
- I now live, feel, and expect an abundance of money.
- It is easy for me to earn lots of money.
- It feels so good earning the amount of money I choose.
- I now have all the confidence and certainty I need to earn as much money as I want.
- I now have a millionaire mindset.
- I am so grateful for who I am becoming so I can earn whatever amount of money I choose.
- I now release any negative experiences that I've had in the past with money.
- Making lots of money is so much fun.
- I love the choices that making lots of money gives me.
- With more money, I can help more people and do more good in the world.
- The more I give, the more I earn. My personality easily attracts money from many positive sources.
- I consistently take advantage of the right opportunities to earn lots of money.
- I now release any emotions and negative people that may have hindered me from earning all the money I can in the past.
- I think, feel, and act rich because I am.

- I deserve to earn all the income I choose and am capable of earning.
- I am so happy and grateful that all these beliefs about money are true right now, and they are.
- I am now fulfilling my financial destiny to be rich.

Transcripts for Level 1 B – Finding Financial Opportunity

The affirmations, stories, and meditations you are about to listen to have all been created using the most advanced positive psychology, brain research, and cutting edge technology that will allow you to easily and comfortably make all the necessary changes required to achieve your goals and ultimate lifestyle.

Remember, continuous repetition while allowing your feelings to fully associate with each affirmation, story, or meditation in this audio is the secret to deeply absorbing the new beliefs, habits, and mental programs that will transform your life right now.

This is John Assaraf, and what I would like you to do for yourself right now is to get into a quiet relaxed state of mind and just release all tension, any worries, any doubts, or concerns that you may have. And take this time just for you.

This is your time, so take it. Enjoy it, and relax into it right now. We will begin with a few deep breaths as you count backwards with me from three to one. Ready? Take a deep breath in. Three. And release it at your own slow pace. Take another deep breath in. Two. And release slowly as you feel more and more relaxed, and more and more peaceful. And finally, inhale deeply. One. And release gently and slowly right now. Remember, you can do this anytime throughout the day to get centered, relaxed, and focused.

Finding opportunity is always about where you look, where you are willing to look, and feeling confident that there are always opportunities no matter how bad things seem to be. Take a few minutes with me now and imagine yourself in a dry desert. Imagine you are there now, tired and thirsty with no water in sight and no sign of civilization anywhere. As you wonder when the next village will appear, you begin to think about heading back to the little town you just came from because you're not sure you could make it to where you're going across the hot desert sand.

Everyone has been in this situation at least once in their life, of feeling uncertain and maybe even wanting to turn back. As you know, there are plenty of opportunities even in the most unlikely of situations. All you have to do is believe, trust the universe, and move forward.

As you continue to walk under the hot sun, you look up to the sky and suddenly you trip over a small cactus. As you fall on to the burning hot sand, you cut your hand on a cactus, and in a flash you realize that you just stumbled across a potential source of water. You remember that plants in deserts do really well at collecting water, so you slice it open and find enough water to quench your thirst. As your thirst is quenched, you smile in a way that you haven't smiled in a long, long time. That's right.

Smile because you now have a level of confidence and certainty in your ability to find opportunities in ways that you never dreamed possible before this moment.

You now take a moment and wonder how many of these cacti did I pass before I accidentally tripped on this one. As you turn your head to trace back your steps with your eyes, you see two cacti that you did not see before as you were walking by them. And as you turn your head to face forward, you see many more large cacti in the distance.

You start to laugh because you realize that this walk through the desert did not have to be that tough at all. As a matter of fact, it could've been a much easier journey for you had you just been aware and looked for all the opportunities that were everywhere around you. As you reflect on this fact that opportunities are everywhere, you now begin to apply the law of abundance in every area of your life.

You now feel overjoyed and grateful that you now know one of the true and real secrets to wealth. Opportunities to achieve your financial goals are always near. All you have to do is open your inner eye to see them, and they will be all around you.

As you begin to relax deeply, you can choose to listen to my voice, or you can let your mind wander. It really is not important because everything you are hearing is not meant for your conscious mind to understand. My voice, the words you hear, and the sounds behind my voice, are all for your subconscious mind to learn and grow effortlessly as you continue to relax deeply in total comfort now.

As you continue to be more focused on achieving financial wealth, you will notice more and more that many more financial opportunities are becoming available to you. You are now going to find that a strong inner voice guides you with your decision making process. You will effortlessly and unemotionally examine each opportunity. Assess both its strength and weaknesses arriving at a decision as to whether or not to pursue each and every opportunity. Great wealth and great lives are made on making great decisions.

Deeper and deeper, deeper and deeper. You're feeling deeply, deeply relaxed. You're feeling comfortable and secure, comfortable and relaxed. You're breathing comfortably and deeply, feeling completely relaxed, completely comfortable and secure. As you hear each and every word that I say, there is no need to pay attention because your subconscious now is accepting these powerful suggestions for achieving all the financial wealth that you desire. As you relax even deeper still, allow your subconscious mind to absorb everything I say.

I would like you to remember to be pleasantly surprised as you notice all the new opportunities arriving at your door. Remember to be grateful each and every time you are presented with a new opportunity. Remember to notice how your decision making process is improving every day. Day by day. And remember to thank yourself for taking this time to improve your life.

Each and every day the suggestions that I make grow stronger and stronger in your mind. My suggestions grow stronger and stronger, more and more powerful with each and every passing day. Deeper and deeper, deeper and deeper. You are now feeling deeply, deeply relaxed. You are feeling comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed comfortable and peaceful, right now.

Anytime that you decide to take advantage of a new opportunity, you are going to find that you are filled with energy and excitement about that activity. You are going to find more and more each and every day that you can apply yourself without reservation to the focus of that activity. You now have the ability to get focused and stay focused on all of your financial goals and dreams. Being focused comes naturally to you, and staying laser focused is one of the highest attributes that you have available to you right now.

You are going to find more and more with each and every passing day that you find other people to help you succeed in achieving your financial and wealth goals. Deeper and deeper, deeper and deeper. You are feeling deeply, deeply relaxed. You are feeling comfortable and at peace, comfortable and relaxed. You are breathing comfortably and deeply. Feeling completely relaxed, comfortable and at peace.

As your subconscious learns new things, you find it so easy to absorb and integrate the words I speak. You find it easy to follow my suggestions. Your subconscious hears each and every word that I say, even though you may be drifting off. Drifting deeper down into complete relaxation. Each and every day, the suggestions that I make grow stronger and stronger in your mind. My suggestions grow stronger and stronger, more and more powerful with each and every passing day.

Deeper and deeper, deeper and deeper. You are feeling deeply, deeply relaxed. You're feeling comfortable and at peace. Comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure. You are going to find more and more that people contribute to your financial success in many different ways. Just imagine having others available to you to help you achieve your financial success. Imagine all the confidence and certainty you now have and feel, knowing that you are receiving all the help that you want and need.

Sometimes others open doors for you to contribute to your financial plans. Sometimes they're just pointing you in the right direction where new opportunities exist. You will now find it easier and easier, day by day to accept the fact that other people want to help you succeed in your financial goals. Whenever an opportunity presents itself to you, you are going to find that you easily invest more time and energy in cultivating these opportunities.

People will now respond well to you when you approach them for help. As you invest in yourself, you will find that you feel more and more comfortable with having others contribute to your financial success and wealth building efforts. You now radiate positive wealth building skills that attract everything you need to achieve all of your financial goals.

Imagine what it will be like when everyone you come into contact with suddenly begins to light up with positivity. Imagine your infectious, positive attitude spreading to everyone including the people that will assist you in achieving all the wealth that you desire right now. Each and every day you will find it easier and easier to approach people that you do not know. When people respond well to your efforts, you will now enjoy a very pleasant feeling of joy and satisfaction. At the same time, on those occasions when people do not respond positively to your attempts, you will find that it is easier and easier to dismiss their negativity or non responsiveness since it really doesn't have anything to do with you. Today just may not be a good day for them. And you may contact them again sometime in the future, or not at all.

Deeper and deeper, deeper and deeper. You are feeling deeply, deeply relaxed. You're feeling comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and at peace. You now find it so easy to accept and follow my suggestions, your subconscious is now learning how to use this new knowledge and programming to increase your financial wealth. Each and every day the suggestions that I make grow stronger and stronger in your mind. Increasing your ability to achieve the wealth you desire. My suggestions grow stronger and stronger more and more powerful with each and every passing day.

Deeper and deeper, deeper and deeper. You are feeling deeply, deeply relaxed. You're feeling comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable, confident and certain. As you now become more and more involved and more and more focused on your own financial plans and your own financial goals, you will now find that you are also able to contribute more and more to other people achieving their financial goals as well. You now find it easier to be supportive of other people's needs and interests without sacrificing any of the energy and dedication you have for meeting your own financial goals and needs.

The support you give others will provide payoffs many times over for you. When people realize that you want them to meet their financial goals, they become more and more supportive of you, in your efforts, to help you realize your financial goals. Now enjoy this day and every day knowing with confidence and certainty that you are increasing your financial wealth.

Continue now to enjoy the next few moments as you become more and more available and more and more aware of all of the financial opportunities around you.

Precision Affirmations

- You have all the power within you to earn as much income as you choose.
- You are consistently in the right vibration to earn money.
- Money flows to you from known and unknown sources.
- Money is easy for you to earn and attract.
- You have all the intelligence you need to make your fortune.
- Earning money comes easily to you.

- You deserve all the money you want.
- You consistently use your money wisely.
- You now have absolute certainty in your ability to generate the income you choose.
- Once you choose your financial goals you achieve them.
- Money is everywhere and you find it with ease.
- You now release any negative thoughts, feelings, or associations with money.
- You now give yourself permission to earn as much money as you choose.
- You now live, feel and expect an abundance of money.
- It is easy for you to learn how to earn lots of money.
- You feel so good earning lots of money you know have the confidence you need to make as much money as you choose.
- You now have a millionaire mindset.
- You are so grateful for who you are becoming, so you can earn whatever amount of money you choose.
- You now release any negative experiences that you have had in the past with money.
- Making lots of money is so much fun for you.
- You love the choices making lots of money gives you.
- With more money, you can help more people and do more good in the world.
- The more you give the more you earn.
- Your personality easily attracts money from many positive sources.
- You consistently take advantage of the right opportunities to earn lots of money.
- You now release any emotions and negative people that may have hindered you from earning all the money you could in the past.
- You think, feel, and act rich, because you are.
- You deserve to earn all the income you choose and are capable of earning.
- You are so happy and grateful that all these beliefs about money are true for you right now. And they are. You are now fulfilling your financial destiny to be rich.

Transcripts for Level 1 C – Attracting Wealth

The affirmations, stories, and meditations you are about to listen to have all been created using the most advanced positive psychology, brain research, and cutting edge technology that will allow you to easily and comfortably make all the necessary changes required to achieve your goals and ultimate lifestyle.

Remember, continuous repetition while allowing your feelings to fully associate with each affirmation, story, or meditation in this audio is the secret to deeply absorbing the new beliefs, habits, and mental programs that will transform your life right now.

This is John Assaraf, and what I would like you to do for yourself right now is to get into a quiet relaxed state of mind and just release all tension, any worries, any doubts, or concerns that you may have. And take this time just for you.

This is your time, so take it. Enjoy it, and relax into it right now. We will begin with a few deep breaths as you count backwards with me from three to one. Ready? Take a deep breath in. Three. And release it at your own slow pace. Take another deep breath in. Two. And release slowly as you feel more and more relaxed, and more and more peaceful. And finally, inhale deeply. One. And release gently and slowly right now. Remember, you can do this anytime throughout the day to get centered, relaxed, and focused.

Building positive feelings towards wealth is a very powerful way to attract money and wealth into your life. The stronger these emotions, the easier you will find to achieve wealth. So during the course of the next few minutes I'm going to help you build a series of positive emotions that will naturally propel you to increase money and wealth now.

Imagine yourself 10 or 20 years into the future, and you are now wealthy. You are wealthy beyond your wildest dreams. You have become a pillar of strength and hope, and possibility for the people around you, and a role model for younger people around the world. Imagine what this feels like. Breathe deeply and comfortably, and bring all of those feelings inside you now, knowing that you've become an important part of society known for your philanthropy, generosity, fairness, and integrity.

That's right. It feels so good to know that you have helped so many people with your wealth now. Imagine yourself as this wealthy person talking in a room with many other wealthy individuals. You and the others are talking about a variety of interesting subjects when you notice out of the corner of your eye an old friend that you've not seen since your days at school. You remember that you were very fond of this person back in school. Your old friend is talking to an acquaintance of yours, and you feel a great sense of joy, and you immediately excuse yourself from the conversation you're having, and you make your way over to say hi to your old friend.

As you approach, your friend recognizes you and greets you with surprise, and a firm handshake quickly becomes a heartfelt hug. The next hour feels like time is standing still as you reminisce about old times, and talk about how you both became wealthy. You both share a sense of joy about how both of you are now living your life's dreams.

As you continue talking, you share stories about the important people in your life, the people you've helped along the way, and your amazing plans for the future. You are pleasantly surprised that you share many of the same goals, and you are now feeling full of happiness, joy, and excitement. Now as you listen to the rest of this audio, imagine all the things you are talking about with your friend. Imagine all of the financial success stories and new goals that you and your friend are talking about, and remember feel your feelings as intently as you can as you think about the wealth you have already built and are now continuing to build in your life.

As you begin to relax deeply, you can choose to listen to my voice or you can let your mind wander. It really is not important because everything you are hearing is not meant for your

conscious mind to understand. My voice, the words you hear, and the sounds behind my voice are all for your subconscious mind to learn and grow effortlessly as you continue to relax deeply in total comfort now.

Take a few moments now and consider the difference between financially successful people and people that struggle day in and day out and never achieve their financial goals. The difference between people who are able to create financial wealth and non-achievers begins with the way those people think about themselves and their abilities.

Take for example two women who live in the same city. One will fail, and one will succeed massively. Each one on their own comes up with the same innovative and amazing idea that could make them a fortune. The first woman thinks to herself this will never work. It's just too hard, and it's just too complicated. However, she's willing to give it a chance and half-heartedly sets out to sell her ideas to others. When she fails, it's her half-hearted approach and lack of confidence and certainty that has created her demise. In essence, her results are just reaffirming what she knew would happen all along.

The second woman is excited and enthusiastic about her new idea and infects everyone around her with her optimism and positive energy. Her passionate belief that this idea is the best thing to come along in years gives her idea life and momentum. She is filled with excitement and anticipation. Now before we continue, take a few moments to relax deeper still in total comfort because you are about to learn, really learn, something new.

And this learning is not something you have to understand with your conscious mind, but rather it is learning that builds new neural pathways, new understandings in your subconscious mind. Deeper and deeper, feeling deeply and more deeply relaxed and at peace. Take a deep breath and know that you are now easily overcoming years of criticism, put downs, negativity from others or even yourself. You are now leaving behind any self-doubt that may have stopped you in the past.

There's an old and popular saying. If you always do what you've always done, you'll always get what you've always gotten. Which is why if you want to achieve something different you must look to the future instead of focusing on the past. Because your future has not yet happened, you can play with it and design it any way you like, building the beliefs that through imagination will move you to achieve your financial goals. That's what creating wealth with your mind is all about.

So let's begin designing your financial future right now, allowing you to obtain all the beliefs that will support you with the creation of new wealth and prosperity. Imagine with the eyes of your mind where would you like to see your financial net worth in five, ten, or twenty years? Set yourself a date by which you would like to have doubled or tripled your wealth. Be realistic and optimistic. You don't have to wait ten years, and at the same time next week may be a bit too soon, or maybe not. You know where you are right now and what is the appropriate time frame that is best for you.

Now, see inside your mind everything you would like to be doing with your new wealth. If your goal is to own your own business or grow your business, a real estate empire, or even an impressive stock portfolio, a house by the sea, and maybe one in the country. See it all right now with the eyes of your mind thereby designing your future right now. However you would like to increase your wealth, I want you to see yourself enjoying it, feeling it, and having all of the emotions of actually experiencing it and being there right now.

Now, it's time to relax even deeper still, taking a soft and complete breath. Soften the rest of your body more and more with each breath, deeper still, and even deeper right now. Relax in total comfort as you continue to imagine your financial success and wealth. Who would you like to be there with you? What would you be wearing? Use your imagination to be as specific as you can about the future and what you are doing with your new wealth.

Think about how much you are giving to charities and to the causes that make your life filled with passion and purpose. What kind of car are you driving? What kind of home do you live in? What kind of vacations are you taking? What kind of clothes are you wearing? I want you to get into the feeling, the emotion. Just like a Hollywood actor or actress would feel and own the part. It is now your turn to own the part of being financially free and wealthy.

Remember to see your financial future in living color. Notice all the details and take joy in experiencing all the details. That's right. You can smile and relax even deeper and deeper still. Designing your future and how you will be enjoying your newfound wealth, right now. When you've designed your financial future and experienced the many details in your mind, go over it a couple of times and ask yourself is there anything more that I can add to the way that I will enjoy my new wealth? Take the next thirty seconds to review your future designs, and my voice will return in thirty seconds.

Okay that's good. Now that your designs are complete, you know the wealth you will be achieving, and you know how you will be enjoying it. I want you to relax deeper and even deeper still because in the moments to come, I'm going to setup what is called an anchor. An anchor is a trigger. It's a word or a movement or a picture you make in your mind or all three that cause you to instantly feel an emotional experience. We are going to build an anchor that you can use to bring up a strong positive feeling that is associated with a design you just made in regards to your future wealth.

Once your anchor is built, I want you to use this trigger anchor each and every day to build belief and motivation when you need it most. Now, I want you to bring back all the images that you created about the details of how you will be enjoying your new financial wealth.

Begin right now to experience those feelings in every pore and every cell of your body. Feel the good feelings building stronger and stronger with every breath that you take. That's right. Your breath is becoming stronger. Your feelings are becoming stronger and more powerful. That's right. Enjoy these feelings, and when you think you're experiencing all the excitement, joy, and passion that you can

feel, I want you to double it. That's right. Double the intensity of your feelings right now, and you can do it easily because multiplication is done naturally and unconsciously in your mind.

So you don't even have to think about it. Two times two is four. It's automatic. Now feel the good feelings in every pore of your body and double it again. That's right. Even stronger now. Stronger now, and get ready. Double it again. That's right. Hold those feelings, and on the count of four, when I count to the number four, you are going to clench your right hand into a fist, say the words double it to yourself in a powerful and confident voice as you see a picture of yourself enjoying your future wealth in your mind. This will be your anchor that you will use every day to build belief, passion, and motivation.

Okay get ready now. One. Feeling the emotions grow even stronger now. Two. Feeling the energy building and flowing in every pore and every cell of your body. Three. Getting ready to make a fist with your right hand. Getting ready to bring up a picture of yourself enjoying your new financial wealth. Getting ready to say the words double it. Now. Double it.

Okay that was great. Now you've built a powerful anchor associated with making a fist with your right hand, the words double it with a picture of you enjoying your new wealth. Now every day, I want you to find opportunities to fire off this anchor by making a fist, saying the words, and making the picture in your mind. You do all three at the same time, and it will only take a second or two. And when you do it, you will suddenly be filled with power, joy, energy, confidence, focus, certainty, and excitement.

Also, every time you listen to this audio you will be strengthening your anchor until it becomes so strong that it will propel you to your financial success at will, no matter where you are, what you are doing, or what is happening in your life.

Now, take a few moments. As you listen to the rest of this audio, I want you to picture yourself using this anchor in different situations in your life.

Precision Affirmations

- I have all the power within me to earn as much money as I choose.
- You have all the power within you to earn as much income as you choose.
- I am consistently in the right vibration to earn money.
- You are consistently in the right vibration to earn money.
- Money flows to me from known and unknown sources.
- Money flows to you from known and unknown sources.
- Money is easy to earn and attract. Money is easy for you to earn and attract.
- I now have all the intelligence I need to make my fortune.
- You have all the intelligence you need to make your fortune.
- Earning money comes easily to me.

- Earning money comes easily to you.
- I deserve all the money I want.
- You deserve all the money you want.
- I consistently use money wisely. You consistently use your money wisely.
- I now have absolute certainty in my ability to generate the income I choose.
- You now have absolute certainty in your ability to generate the income you choose.
- Once I choose my financial goals, I achieve them.
- Once you choose your financial goals, you achieve them. Money is everywhere, and I find it with ease.
- Money is everywhere, and you find it with ease.
- I now release any negative thoughts, feelings, or associations with money.
- You now release any negative thoughts, feelings, or associations with money.
- I now give myself permission to earn as much money as I choose.
- You now give yourself permission to earn as much money as you choose.
- I now live, feel, and expect an abundance of money. You now live, feel, and expect an abundance of money.
- It is easy for me to learn how to earn lots of money.
- It is easy for you to learn how to earn lots of money.
- It feels so good earning the amount of money I choose. You feel so good earning lots of money.
- I now have all the confidence and certainty I need to earn as much money as I want.
- You now have the confidence you need to make as much money as you choose.
- I now have a millionaire mindset.
- You now have a millionaire mindset.
- I am so grateful for who I am becoming so I can earn whatever amount of money I choose.
- You are so grateful for who you are becoming so you can earn whatever amount of money you choose.
- I now release any negative experiences that I've had in the past with money.
- You now release any negative experiences that you've had in the past with money.
- Making lots of money is so much fun.
- Making lots of money is so much fun for you.
- I love the choices that making lots of money gives me.
- You love the choices making lots of money gives you.
- With more money, I can help more people and do more good in the world.
- With more money, you can help more people and do more good in the world.
- The more I give, the more I earn.
- The more you give, the more you earn.
- My personality easily attracts money from many positive sources.
- Your personality easily attracts money from many positive sources.
- I consistently take advantage of the right opportunities to earn lots of money.

- You consistently take advantage of the right opportunities to earn lots of money.
- I now release any emotions and negative people that may have hindered me from earning all the money I can in the past.
- You now release any emotions and negative people that may have hindered you from earning all the money you could in the past.
- I think, feel, and act rich because I am.
- You think, feel, and act rich, because you are.
- I deserve to earn all the income I choose and am capable of earning.
- You deserve to earn all the income you choose and are capable of earning.
- I am so happy and grateful that all these beliefs about money are true right now, and they are.
- You are so happy and grateful that all these beliefs about money are true for you right now, and they are.
- I am now fulfilling my financial destiny to be rich.
- You are now fulfilling your financial destiny to be rich.

Your Game 30-Day Assessment

In comparison to your Initial Assessment what has shifted for you at 30 days in the program?

What transformations are you beginning to see and still want to experience in your thinking, feelings, and behaviors?

Your thinking —

Your feelings —

Your behaviors —

In the next 30 days I would like to release and upgrade:

Release:



Upgrade:

In the next 60 days:

Release:

Upgrade:

In the next 90 days:

Release:

Upgrade:



In the next year:

Release:

Upgrade:

In the next 30 days what habits will you stop and what new habits will you start?

Old habits I will stop:

New habits I will start:

In the next 60 days:

Old habits I will stop:

New habits I will start:

In the next 90 days:

Old habits I will stop:

New habits I will start:

In the next year:

Old habits I will stop:

New habits I will start:

With your new habits and beliefs what new financial goals will you achieve one year from now?

Note: As you continue to go through the program, be mindful of your new beliefs, habits and results related to your increasing your wealth and journal about them. Reflect back to previous assessments as well to see your progress.

LEVEL 2 – QUANTUM ACCELERATION

This level progressively trains your brain as Track 1 gets you intimately familiar with the Theta Brain-wave state; Track 2 begins to entrain your brain to the Delta state; and Track 3 trains your brain to move from the Theta state to the Delta state.

Focus

In this level, the focus is on training the ability to easily enter a Theta State as well as the Delta State. This level builds upon the previous level in reprogramming self-image with positive programming, suggestions, affirmation, and therapeutic metaphors. It increases Brain Balance while increasing production of healing body chemicals. One of the primary targets of this level is stress, where it reduces stress primarily by the dynamics between suppressing the stress hormone release, while also increasing the threshold ability to handle higher stress.

Benefits

This section describes the Theta and Delta Brain waves. The benefits associated with Theta Brainwaves: improves the ability to remove negative self-image, negative programming and beliefs; and is ideal for increasing resistance to negative programming. This level also strengthens the emotional self by developing a connection with the emotional self as well as helping resolve emotional issues. It is also associated with spiritual growth and increased meditation benefits. The Theta State increases connection to your subconscious processing and increases intuition. It enhances learning, promotes advanced problem-solving, and is especially associated with long-term memory improvement. It increases creativity as well as ability to hyper-focus. This state also increases your immune system as well as encourages deep relaxation, which results in reduced stress and reduced anxiety.

The benefits associated with Delta Brain waves: provides even greater access to the subconscious mind making it ideal for reprogramming the self-image with positive programming, suggestions and affirmation and therapeutic metaphors. It also increases empathy, social responsibility, kindness and understanding. It also improves access to deep states of spirituality and increases intuition. There are multiple effects on the hormones, which provide many benefits as well, such as: release of anti-aging hormones; release of natural growth hormone; release of melatonin; increase in production of DHEA; and reduction of the stress hormone Cortisol. It also improves the immune system and is associated with mind-body healing. This state also increases the resistance to mental disorders and encourages deep meditative states with experienced mediators.

Transcripts for Level 2 A – Increasing Wealth Feelings

The affirmations, stories, and meditations you are about to listen to have all been created using the most advanced positive psychology, brain research, and cutting edge technology that will

allow you to easily and comfortably make all the necessary changes required to achieve your goals and ultimate lifestyle.

Remember, continuous repetition while allowing your feelings to fully associate with each affirmation, story, or meditation in this audio is the secret to deeply absorbing the new beliefs, habits, and mental programs that will transform your life right now.

This is John Assaraf, and what I would like you to do for yourself right now is to get into a quiet relaxed state of mind and just release all tension, any worries, any doubts, or concerns that you may have. And take this time just for you.

This is your time, so take it. Enjoy it, and relax into it right now. We will begin with a few deep breaths as you count backwards with me from three to one. Ready? Take a deep breath in. Three. And release it at your own slow pace. Take another deep breath in. Two. And release slowly as you feel more and more relaxed, and more and more peaceful. And finally, inhale deeply. One. And release gently and slowly right now. Remember, you can do this anytime throughout the day to get centered, relaxed, and focused.

Now and in the next few minutes, I would like you to explore feelings of positivity that are connected with building wealth and attracting money. The reason is simple. The way you feel from moment to moment naturally attracts circumstances into your life that resonate with your emotions. It's important to understand the emotions you feel are the attractors in your life not your circumstances. Thinking and feeling wealthy attracts circumstances that will bring you wealth. Thinking and feeling great about having money will attract circumstances that will bring you more money.

This holds true for everything in your life. So for now, I want you to increase the range of positive feelings that you have regarding wealth and money so you can naturally and easily attract circumstances, events, resources, and people that will bring you more money, more wealth, and more prosperity now. Take a deep breath and exhale gently.

As you draw in the new air, I want you to remember a time that you earned any amount of money all on your own. Maybe it was your first job. Maybe it was back when you were really young and you cut the grass or shoveled some snow. Maybe it was a babysitting job. It's not important what it was or what you did that earned you the money. What is important is that you are remembering a time that when you earned this money, you felt joy, excitement, and you were proud of your accomplishments.

That's right. Go back and remember exactly how it felt right now. Now, what I want you to do is to feel the positive feelings you were feeling back then. Feel the excitement and the sense of accomplishment you felt. Bring back all of those great feelings right now right into this very moment. You may notice that your breathing is changing because your feelings are building stronger and stronger. It's almost as if it's happening again right now.

That's right. Enjoy these feelings as you continue to listen to the sound of my voice. The great thing about your imagination is that you can with a couple of thoughts increase the strength of your emotions, increase the strength of your feelings. You can build them stronger and stronger if you choose. So now I'm asking you to make this choice and allow your subconscious mind to double these feelings right now. That's right. Double your feelings of positivity right now.

Notice how your breathing is changing to match your feelings. Now double it again times two. Feeling even more positivity. Imagine how much money you're attracting from the universe as these feelings increase more and more with each breath you take.

Listen to the rest of this audio and know that you can bring back this feeling anytime you like by simply remembering how it felt as you are now listening to this audio. And every time you listen to this audio track, your positive feelings and emotions about money and wealth grow even more and more positive each time you listen to this audio. You are now resonating at a higher frequency and commanding the quantum universe to bring you wealth and money because of the intense positive feelings you are feeling right now associated with money.

And I wonder how many other good feelings could you feel every day that would attract even more money into your life. Maybe as you sleep and dream tonight, your subconscious mind will build for you more awareness and opportunities to increase your positivity and wealth building productivity. And every day, you will feel especially good when you notice it working for you, right now.

As you begin to relax deeply, you can choose to listen to my voice, or you can let your mind wander. It really is not important because everything you are hearing is not meant for your conscious mind to understand. My voice, the words you hear, and the sounds behind my voice are all for your subconscious mind to learn and grow effortlessly as you continue to relax deeply in total comfort now.

Even when I ask you to do something, you can choose to actively participate or you can let your subconscious mind do it for you as you relax and enjoy this process. Whatever you decide, you will be experiencing new levels of programming that will assist you in multiplying your wealth right now.

In this audio we are going to do some direct programming of your subconscious mind, making you impervious to negativity around money. We are going to program your mind on the deepest levels to be open to building more wealth and success than ever before.

So let's begin by taking a couple gentle and complete breaths. Notice as you inhale and exhale you feel relaxation flowing through your body. That's right, breathe in and out. And soften every muscle in your body as you do this right now. Deeper and deeper, deeper and deeper. You are feeling deeply, deeply relaxed. You are feeling so comfortable and secure, comfortable and

relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable, and secure. Now that you are learning something new, even as you drift off or lose track of my voice your subconscious now hears each and every word that I say, echoing deep, deep in your subconscious mind. Each and every day the suggestions that I make grow stronger and stronger in your subconscious mind.

Now let's begin programming your mind. Negative thoughts or negative suggestions around money have no influence over you at any level of your mind. You reject all thoughts and suggestions detrimental to your health, wealth or happiness. The inner kingdom of your mind is universal. Your thoughts around money are success and power reactors. Your brainwaves are tuned to natural success and wealth frequencies right now.

You are now becoming receptive to conditions and circumstances people and opportunities that are beneficial to your wealth and financial prosperity. Deeper and deeper, deeper and deeper. You are feeling deeply, deeply relaxed. You are feeling so comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable, and secure that you are learning something new, even as you drift off or lose track of my voice your subconscious mind now hears each and every word that I say, echoing deep, deep in your subconscious mind. Each and every day the suggestions that I make grow stronger and stronger in your mind.

It is your natural right to be rich and to accumulate as much wealth as you desire. You accept this right at all times. You program your mind daily to alert your conscious and subconscious mind to any financial opportunities that will enhance your personal gain. Your new wealth programming is effective now. This input in subconscious programming has a powerful money reaction circuit associated with it. It functions to attract money easily in your daily life. It also will act as a money multiplier for you. You remember from Level 1 don't you? Double it.

My suggestions grow stronger and stronger, more and more powerful with each and every passing day. And this gives you joy. This gives you confidence. Deeper and deeper, deeper and deeper. You are feeling deeply, deeply relaxed. You are feeling comfortable and secure, and at peace right now.

Money attraction is a constant function of your thoughts and emotions. Money attraction constantly flows into your life. Money will always be good to you. It will always return to you in good ways, time and time again. You will always have a healthy positive attitude about money. And an abundance flowing into your life.

This programming is effective now. Accelerating your wealth on a quantum level, even as I speak these words, money and new wealth is being created for you in your life, right now. Feel it now. Believe it now. As you continue to feel deep, deeply relaxed. You are feeling so comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply,

feeling completely relaxed, completely comfortable, and secure, that you are learning something new.

Even as you drift off or lose track of my voice your subconscious now hears each and every word that I say, echoing deep, deep in your mind. Each and every day the suggestions that I make grow stronger and stronger in your mind.

Your thoughts and actions around money are highly profitable in every way possible. Your financial wealth is growing every day. First on the quantum level in your mind, then in many ways that are observable and tangible in your life. Money is constantly flowing and circulating in your life. This is the way wealth works. It is like the ocean, you can take as much of it as you'd want and there is always enough for everyone else. Your new wealth is now ready to manifest into your life right now. This new programming is extremely effective. Imagine how this new program is going to benefit you in your life.

Think about the future, think scenarios where now, with your new programming, you take on the opportunities that present themselves to help you earn all the income that you could ever imagine or desire. Think and feel for just a moment what it's like to have an abundance of wealth in your life right now. As you imagine and feel the abundance that is flowing into your life and all the good that comes with it, know that with each passing day, the programming that we are doing right now will get stronger and stronger, deeper and deeper, and have the long lasting effects that you want and desire.

Now listen to the rest of this audio as you continue to imagine and feel how you will be enjoying all the new wealth that is so naturally flowing into your life.

Precision Affirmations

- I have all the power within me to earn as much money as I choose.
- I am consistently in the right vibration to earn money.
- Money flows to me from known and unknown sources.
- Money is easy to earn and attract.
- I now have all the intelligence I need to make my fortune.
- Earning money comes easily to me.
- I deserve all the money I want. I consistently use money wisely.
- I now have absolute certainty in my ability to generate the income I choose.
- Once I choose my financial goals, I achieve them.
- Money is everywhere, and I find it with ease.
- I now release any negative thoughts, feelings, or associations with money.
- I now give myself permission to earn as much money as I choose.
- I now live, feel, and expect an abundance of money.
- It is easy for me to learn how to earn lots of money.

- It feels so good earning the amount of money I choose.
- I now have all the confidence and certainty I need to earn as much money as I want.
- I now have a millionaire mindset.
- I am so grateful for who I am becoming so I can earn whatever amount of money I choose.
- I now release any negative experiences that I've had in the past with money.
- Making lots of money is so much fun.
- I love the choices that making lots of money gives me.
- With more money I can help more people and do more good in the world.
- The more I give, the more I earn.
- My personality easily attracts money from many positive sources.
- I consistently take advantage of the right opportunities to earn lots of money.
- I now release any emotions and negative people that may have hindered me from earning all the money I can in the past.
- I think, feel, and act rich because I am.
- I deserve to earn all the income I choose and am capable of earning.
- I am so happy and grateful that all these beliefs about money are true right now, and they are.
- I am now fulfilling my financial destiny to be rich.

Transcripts for Level 2 B – Being Creative

The affirmations, stories, and meditations you are about to listen to have all been created using the most advanced positive psychology, brain research, and cutting edge technology that will allow you to easily and comfortably make all the necessary changes required to achieve your goals and ultimate lifestyle.

Remember, continuous repetition while allowing your feelings to fully associate with each affirmation, story, or meditation in this audio is the secret to deeply absorbing the new beliefs, habits, and mental programs that will transform your life right now.

This is John Assaraf, and what I would like you to do for yourself right now is to get into a quiet relaxed state of mind and just release all tension, any worries, any doubts, or concerns that you may have. And take this time just for you.

This is your time, so take it. Enjoy it, and relax into it right now. We will begin with a few deep breaths as you count backwards with me from three to one. Ready? Take a deep breath in. Three. And release it at your own slow pace. Take another deep breath in. Two. And release slowly as you feel more and more relaxed, and more and more peaceful. And finally, inhale deeply. One. And release gently and slowly right now. Remember, you can do this anytime throughout the day to get centered, relaxed, and focused.

Think for a moment what it means to be creative. I hear some people say that they are just not creative. However, I don't believe them, and neither should you because creativity is something

that every single individual on this planet is born with, zero exceptions. Every thought that enters your head is a creation. Every word that you utter is created by you. Every word you write or type is an act of creativity.

When you feel emotions, they are your creations. Every man made thing on this planet was once an idea, a thought in someone's mind, and it eventually became a creation, a work of creativity.

Money and wealth are created every day. So today and every day, you will take part in the creation of more money and wealth in your life. You deserve it. Every time you listen to this audio, you are reminded to be a joyful participant in the creation of your own wealth. Imagine now how you are and will be participating in the creation of wealth. It will most surely start as a thought and blossom into an idea. Imagine feeling creative.

You already know that you are a creative person. It is your birthright. Now, imagine yourself wealthy beyond your dreams. Imagine walking into a bank where you have more money than you ever thought possible at one time in your life. Maybe it's hundreds of thousands of dollars. Maybe it's millions. Maybe it's even billions of dollars in your account. As you see yourself walking into the bank, notice how you are walking. Notice what you are wearing. What type of clothes are you wearing? What kind of jewelry do you have on? What about your shoes? Notice that the tellers and manager in the bank are watching you and thinking what an amazingly wonderful and successful person you are.

Notice the way you are carrying yourself as the manager springs out of his chair to greet you now. I want you to float inside of this image of you so that you are now seeing the bank manager and all of your surroundings with your own eyes. That's right. As you float into this moving picture of you in the bank, you now notice that your body reacts in the most positive way as you listen to my words.

As the bank manager greets you with his handshake, you flash him a comforting smile because you're about to make his day, because you are not here to make a massive withdrawal. You are here to make another very big deposit. You reach into one of your pockets and you pull out a check with your name on it. See your name on this check and see that it is written to you in the sum of one million dollars. Notice how the bank manager reacts as you hand him the check. Notice the smile on his face, and notice the way you feel as another big deposit goes into your account.

Now as you continue listening to this audio, let the creative power of your mind flow in new and pleasantly surprising ways as you enjoy your newfound creativity for attracting and achieving the income and wealth you now desire.

As you begin to relax deeply, you can choose to listen to my voice or you can let your mind wander. It really is not important because everything you are hearing is not meant for your conscious mind to understand. My voice, the words you hear, and the sounds behind my voice

are all for your subconscious mind to learn and grow effortlessly as you continue to relax deeply in total comfort now.

In this audio, we are going to do some deep subconscious programming in accelerating your ability to create new wealth using your creative abilities. Most people think that creativity has only to do with art and music. This is untrue. Creativity is at the foundation of everything on our planet, including wealth, success, and abundance. Think of the word creativity, the root of this word is to create. Just as you can take a pen, a paintbrush, or any number of tools and create a painting, so can you use any number of tools to create new and amazing wealth. The process is essentially the same. Now the more creative you are, the easier it is to create new wealth. So in the remainder of this audio, I am going to guide you into a deep trance, silencing your conscious mind. And after you are deeply relaxed and in deep trance, I'm going to offer your subconscious mind a powerful program that will ultimately enhance your ability to create amazing amounts of financial wealth in your life.

So make yourself comfortable and rest your hands on your thighs, or down by your side. Now gently allow your eyelids to close and just begin to allow yourself to relax. Letting all of your cares and worries go. And at this moment in time, nothing matters. As you switch off your thoughts and just allow this time for you, so that you can unwind completely, and as you begin to feel more and more relaxed, letting go of any worries or problems that may have been on your mind lately. There is no need to fight any unwanted negative thoughts, as they will soon drift out of your mind again just as easily as they came.

I would like you take a couple of deep breaths right now. Slowly filling your lungs with fresh air and as you inhale and exhale you will relax more and more with each and every breath. Take a few deep breaths in and out at your own pace. In and out. And as you gently slow your breathing down, begin to feel more and more relaxed, more and more comfortable. You will feel your whole body sinking into the couch or chair that you are on. And you will notice how relaxed your whole body has become. From the top of your head, down your neck, across your back, your abdomen, your butt, your legs, all the way down to your toes. Absolutely, totally relaxed, totally calm, and totally at peace.

You now notice that your eyelids have become very heavy, as you let go of any tension in your body and face. All the muscles of your jaw have become limp and relaxed. As your jaw sinks down, and your tongue rests gently on the bottom of your mouth, you are beginning to drift down deeper and deeper, feeling more and more relaxed with every word I speak.

As this wave of relaxation spreads down your neck and shoulders, and all the way down your arms to your finger tips, you may feel a tingling sensation in your fingertips as your arms grow as heavy as lead. And you soon become aware of a growing peaceful feeling inside. A feeling of calmness and contentment as you feel every muscle in your chest and abdomen become limp

and relaxed and all the muscles in your back are relaxing. Almost like a mental message. All the way down your spine the muscles loosen and relax. And as you drift down deeper and deeper, relaxed, you let this wave of relaxation spread all the way down your legs, so that your legs become as heavy as lead.

And every muscle in your legs becomes limped and relaxed so that you are completely relaxed from the top of your head to the tips of your toes. And as the outside world fades into the background, as you begin your journey into your own inner world, to that unique and special part of you that only you can go to, you continue to let go of any negative thoughts or feelings. And any sounds around you or in the distance, will fade into the background right now.

The only sound that will matter to you is the sound of my voice, which will continue to take you deeper and deeper into a wonderful state of relaxation. And you soon may find that your mind begins to wander. And it doesn't matter where you drift or where you go, my voice will travel with you at all times, so that you continue to respond to me at a subconscious level.

And in a few moments time, you will hear me say the word now. And when you hear me say the word now, all tension is going out of your body, and your body will continue to sink down becoming more and more limp, more and more relaxed and comfortable too. Just feel yourself sinking down into your couch or chair. Your head sinking down into the pillow, becoming even more comfortable, feeling completely at peace, completely calm, and completely content.

As you continue to drift down, really enjoying this wonderful feeling of complete relaxation and there may be times when you will not be aware of your body. You won't be aware of your body at all, as you continue to go deeper and deeper, relaxed. Deeper and deeper, relaxed. You are now becoming all that you are capable of being. You are here on this physical earth, in physical form, as a result of your desire to learn, grow, and evolve. You have a mission and purpose in your life.

Let your subconscious mind tap into the universal levels of the mind to help physically manifest your financial ability and potential so that you may fulfill your destiny on earth. Your creative abilities are now being activated. Your creative abilities are beginning to emerge and intensify with each and every passing moment. You now draw upon all the subconscious knowledge from your past to intensify your creative abilities. New fields of creative activity are now open to you. You draw from the universes unlimited creative inspiration, intelligence and energy. You now active the creative abilities given to you by the divine mind. You now utilize the unlimited powers of your subconscious mind. The wisdom of the universe is within you and you now draw upon its unlimited divine inspiration. You now have the ability to tap knowledge that you've never tapped before.

You now have the ability solve situations in a creative manner. You feel creative and you are creative. The wisdom and the creativity of the universe is within you right now. The wisdom and creativity of the universe is within and you now. The wisdom and creativity of the universe is within and you now. And you are free to access it anytime you wish.

Precision Affirmations

- You have all the power within you to earn as much income as you choose.
- You are consistently in the right vibration to earn money.
- Money flows to you from known and unknown sources.
- Money is easy for you to earn and attract.
- You have all the intelligence you need to make your fortune.
- Earning money comes easily to you.
- You deserve all the money you want.
- You consistently use your money wisely.
- You now have absolute certainty in your ability to generate the income you choose.
- Once you choose your financial goals, you achieve them.
- Money is everywhere, and you find it with ease.
- You now release any negative thoughts, feelings, or associations with money.
- You now give yourself permission to earn as much money as you choose.
- You now live, feel, and expect an abundance of money.
- It is easy for you to learn how to earn lots of money.
- You feel so good earning lots of money.
- You now have the confidence you need to make as much money as you choose.
- You now have a millionaire mindset.
- You are so grateful for who you are becoming so you can earn whatever amount of money you choose.
- You now release any negative experiences that you've had in the past with money.
- Making lots of money is so much fun for you.
- You love the choices making lots of money gives you.
- With more money, you can help more people and do more good in the world.
- The more you give, the more you earn.
- Your personality easily attracts money from many positive sources.
- You consistently take advantage of the right opportunities to earn lots of money.
- You now release any emotions and negative people that may have hindered you from earning all the money you could in the past.
- You think, feel, and act rich, because you are.
- You deserve to earn all the income you choose and are capable of earning.
- You are so happy and grateful that all these beliefs about money are true for you right now, and they are.
- You are now fulfilling your financial destiny to be rich.

Transcripts for Level 2 C – Tenacity and Resolve

The affirmations, stories, and meditations you are about to listen to have all been created using the most advanced positive psychology, brain research, and cutting edge technology that will allow you to easily and comfortably make all the necessary changes required to achieve your goals and ultimate lifestyle.

Remember, continuous repetition while allowing your feelings to fully associate with each affirmation, story, or meditation in this audio is the secret to deeply absorbing the new beliefs, habits, and mental programs that will transform your life right now.

This is John Assaraf, and what I would like you to do for yourself right now is to get into a quiet relaxed state of mind and just release all tension, any worries, any doubts, or concerns that you may have. And take this time just for you.

This is your time, so take it. Enjoy it, and relax into it right now. We will begin with a few deep breaths as you count backwards with me from three to one. Ready? Take a deep breath in. Three. And release it at your own slow pace. Take another deep breath in. Two. And release slowly as you feel more and more relaxed, and more and more peaceful. And finally, inhale deeply. One. And release gently and slowly right now. Remember, you can do this anytime throughout the day to get centered, relaxed, and focused.

I love the tenacity of young children because they go after the things that they desire with little to no personal ability to achieve it on their own. When young children make up their mind that they want something, they will continue to use whatever limited resources they have and push forward at every opportunity.

I've learned a lot from children in this way because I rarely see the tenacious resolve in adults that have many more resources than children. I'm sure you can remember what it's like to be a kid who is tenacious, can't you? Take a few moments and drift back in time, and remember what it's like to want something so badly that you did whatever you had to to get it. Maybe it was a puppy or maybe it was a certain type of bike, or maybe it was something completely different and intangible. It doesn't really matter what it was. What's important is that you remember a time that you desired something so intensely that you would've done anything to get it, and the result was that you did. Somehow you got what you desired.

Think of this time and begin to feel what it was like to feel all that intense desire in your body, and as you remember, you may be pleasantly surprised that you are starting to feel that way right now. That's right. Float yourself back to that time and remember every detail that you can remember and let it happen naturally. Even if a clear picture doesn't come to mind, just trust that your subconscious hears and understands exactly what to do. That's right. Just trust your subconscious mind.

Imagine yourself right now feeling the tenacious resolve building stronger and stronger with every moment. Remember that you never did focus on the obstacles. What you do as a child is focus intently on your desires and goal, giving little to zero attention to what may have been standing in your way. Your focus is sharp. Your feelings intense, and your resolve absolute.

That's right. With one more deep breath, you feel those feelings of tenacity filling every cell of your body right now. Think about all the money and the wealthy lifestyle that you are manifesting in your life right now. Imagine what you will do with your new wealth as you feel even more and more tenacious, right now.

Take the next few minutes and visualize all of the good things that will happen to you as you achieve your wealth and as the feeling of tenacious resolve builds within you. As you feel these feelings, know that within you is everything you need and require to achieve every one of your financial and non-financial goals and dreams.

As you begin to relax deeply, you can choose to listen to my voice or you can let your mind wander. It really is not important because everything you are hearing is not meant for your conscious mind to understand. My voice, the words you hear, and the sounds behind my voice are all for your subconscious mind to learn and grow effortlessly as you continue to relax deeply in total comfort now.

In this audio, we are going to do some deep subconscious programming that is directly involved in accelerating your ability to create new financial wealth. When creating new financial wealth your ability to be tenacious and have resolve about your goals is paramount to your success. In this audio I ask you to allow me to program your subconscious mind to have an enhanced ability to follow through with your plan of action with unbridled tenacity and resolve.

So make yourself comfortable and rest your hands on your thighs, or down by your side. Now gently allow your eyelids to close and just begin to allow yourself to relax. Letting all of your cares and worries go. And at this moment in time, nothing matters. As you switch off your thoughts and just allow this time for you, so that you can unwind completely, and as you begin to feel more and more relaxed, letting go of any worries or problems that may have been on your mind lately. There is no need to fight any unwanted negative thoughts, as they will soon drift out of your mind again just as easily as they came.

I would like you take a couple of deep breaths right now. Slowly filling your lungs with fresh air and as you inhale and exhale you will relax more and more with each and every breath. Take a few deep breaths in and out at your own pace. In and out. And as you gently slow your breathing down, begin to feel more and more relaxed, more and more comfortable. You will feel your whole body sinking into the couch or chair that you are on. And you will notice how relaxed your whole body has become. From the top of your head, down your neck, across your back, your abdomen, your butt, your legs, all the way down to your toes. Absolutely, totally relaxed, totally calm, and totally at peace.

You now notice that your eyelids have become very heavy, as you let go of any tension in your body and face. All the muscles of your jaw have become limp and relaxed. As your jaw sinks down, and your tongue rests gently on the bottom of your mouth, you are beginning to drift down deeper and deeper, feeling more and more relaxed with every word I speak.

As this wave of relaxation spreads down your neck and shoulders, and all the way down your arms to your finger tips, you may feel a tingling sensation in your fingertips as your arms grow as heavy as lead. And you soon become aware of a growing peaceful feeling inside. A feeling of calmness and contentment as you feel every muscle in your chest and abdomen become limp and relaxed and all the muscles in your back are relaxing. Almost like a mental message. All the way down your spine the muscles loosen and relax. And as you drift down deeper and deeper, relaxed, you let this wave of relaxation spread all the way down your legs, so that your legs become as heavy as lead.

And every muscle in your legs becomes limped and relaxed so that you are completely relaxed from the top of your head to the tips of your toes. And as the outside world fades into the background, as you begin your journey into your own inner world, to that unique and special part of you that only you can go to, you continue to let go of any negative thoughts or feelings. And any sounds around you or in the distance, will fade into the background right now.

The only sound that will matter to you is the sound of my voice, which will continue to take you deeper and deeper into a wonderful state of relaxation. And you soon may find that your mind begins to wander. And it doesn't matter where you drift or where you go, my voice will travel with you at all times, so that you continue to respond to me at a subconscious level.

And in a few moments time, you will hear me say the word now. And when you hear me say the word now, all tension is going out of your body, and your body will continue to sink down becoming more and more limp, more and more relaxed and comfortable too. Just feel yourself sinking down into your couch or chair. Your head sinking down into the pillow, becoming even more comfortable, feeling completely at peace, completely calm, and completely content.

As you continue to drift down, really enjoying this wonderful feeling of complete relaxation and there may be times when you will not be aware of your body. You won't be aware of your body at all, as you continue to go deeper and deeper, relaxed. Deeper and deeper, relaxed. You are going to find that with each and every day, you are more and more eager to follow through on the financial goals and objectives you have committed yourself to. You now find that you've become more and more aware of your schedule, what commitments you have made and what amount of time you can expect to complete them in. You find that you have the strength and the resolve to agree to undertake only those tasks that you really want and should undertake.

You have an excellent sense of where you are going and what you need to achieve your financial goals. When something doesn't fit in or compliment what you want to be doing, you will

simply not agree to do it. From this day on, you will only focus on your highest income and highest impact producing activities. Regardless of the amount of distractions that come your way each and every day, you now have the ability to stay focused and on track to achieve each and every one of your financial goals. You have the ability to stay on track with each one of your highest impact and highest income producing activities, making it easier and easier every day to get closer and closer to your financial goals and dreams.

Each and every day you feel more and more sure of yourself and of your vision of the world and the way you want to live your life. You find that you're resolved to carry out your financial goals and objectives. Become stronger and stronger each and every day. You find that you are especially attuned and attract people to you that are supportive of your mission. You find it easier and easier to draw strength and resolve from the connections that you have with other people. At the same time you become aware of the fact that many people are actively supporting you in your quest for your financial goals and objectives.

You are heartened and strengthened by the support, appreciation, and loyalty of friends and supporters. Your life is now a series of financial successes. All of your financial experiences are potential opportunities for you to accomplish even more. You can now literally accomplish any financial goal you set. And your only limitation is your imagination. And you are now letting your imagination go free. You are very clear about what you want out of your life, and you now get exactly what you want out of life.

You have the self discipline to stick with your goals until they are accomplished. You now allow only positive and winning thoughts to flow through your mind. You are filled with optimism and enthusiasm in pursuing your financial goals to fruition. You are a financial goal oriented winner. You accomplish all of your financial goals. You feel an intense inner drive to reach all of your financial goals and to accomplish and win the game of wealth, right now.

Precision Affirmations

- I have all the power within me to earn as much money as I choose.
- You have all the power within you to earn as much income as you choose.
- I am consistently in the right vibration to earn money.
- You are consistently in the right vibration to earn money.
- Money flows to me from known and unknown sources.
- Money flows to you from known and unknown sources.
- Money is easy to earn and attract.
- Money is easy for you to earn and attract.
- I now have all the intelligence I need to make my fortune.
- You have all the intelligence you need to make your fortune.
- Earning money comes easily to me.

- Earning money comes easily to you.
- I deserve all the money I want.
- You deserve all the money you want.
- I consistently use money wisely.
- You consistently use your money wisely.
- I now have absolute certainty in my ability to generate the income I choose.
- You now have absolute certainty in your ability to generate the income you choose.
- Once I choose my financial goals, I achieve them.
- Once you choose your financial goals, you achieve them.
- Money is everywhere and I find it with ease. Money is everywhere and you find it with ease.
- I now release any negative thoughts, feelings, or associations with money.
- You now release any negative thoughts, feelings, or associations with money.
- I now give myself permission to earn as much money as I choose.
- You now give yourself permission to earn as much money as you choose.
- I now live, feel, and expect an abundance of money.
- You now live, feel, and expect an abundance of money.
- It is easy for me to learn how to earn lots of money.
- It is easy for you to learn how to earn lots of money. It feels so good earning the amount of money I choose.
- You feel so good earning lots of money.
- I now have all the confidence and certainty I need to earn as much money as I want.
- You now have the confidence you need to make as much money as you choose.
- I now have a millionaire mindset.
- You now have a millionaire mindset.
- I am so grateful for who I am becoming so I can earn whatever amount of money I choose.
- You are so grateful for who you are becoming so you can earn whatever amount of money you choose. I now release any negative experiences I have had in the past with money.
- You now release any negative experiences that you've had in the past with money.
- Making lots of money is so much fun.
- Making lots of money is so much fun for you.
- I love the choices that making lots of money gives me.
- You love the choices making lots of money gives you.
- With more money, I can help more people and do more good in the world.
- With more money, you can help more people and do more good in the world.
- The more I give, the more I earn.
- The more you give, the more you earn.
- My personality easily attracts money from many positive sources.
- Your personality easily attracts money from many positive sources.
- I consistently take advantage of the right opportunities to earn lots of money.

- You consistently take advantage of the right opportunities to earn lots of money.
- I now release any emotions and negative people that may have hindered me from earning all the money I can in the past.
- You now release any emotions and negative people that may have hindered you from earning all the money you could in the past.
- I think, feel, and act rich, because I am.
- You think, feel, and act rich because you are.
- I deserve to earn all the income I choose and am capable of earning.
- You deserve to earn all the income you choose and are capable of earning.
- I am so happy and grateful that all these beliefs about money are true right now, and they are.
- You are so happy and grateful that all these beliefs about money are true for you right now, and they are.
- I am now fulfilling my financial destiny to be rich.
- You are now fulfilling your financial destiny to be rich.

After the 60-day cycle, take the assessment below to check your progress in comparison with the 30 day assessment.

Your Game 60-Day Assessment

Where are you in comparison to the 30 Day Assessment at the end of Level 1?

As a result of this program, what continued changes are you noticing and what are you experiencing in your thinking, feelings, and behaviors?

Your thinking —

Your feelings —

Your behaviors —

In the last 60 days what beliefs have you released and upgraded?

Released:

Upgraded:

In the last 30 day cycle what beliefs have shifted? What did you release and upgrade?

Released:

Upgraded:

In the next 30 day cycle what habits do you still need to release and upgrade?

Release:

Upgrade:

In the next year, I will have released and upgraded these beliefs:

Released:

Upgraded:

Over the last 60 days these are the habits I stopped or started; or habits I still need to stop or start:

Old habits I will stop:

New habits I will start:

In the next 30 days:

Old habits I stopped:

New habits I started:

In the next 30 day cycle these are the habits that I will stop and new habits I will start:

Old habits I will stop:

New habits I will start:

In the next year:

Old habits I will stop:

New habits I will start:

With your new habits and beliefs, what goals for building your wealth and income have you achieved over this next year?

Note: As you continue to go through the program, be mindful of your new beliefs, habits and results related to your increasing your wealth and journal about them. Reflect back to previous assessments to see your progress.

LEVEL 3 – PURE ACCESS

This level provides pure access technology. All three of these tracks are designed to entrain you from Gamma to sub-Delta, giving you the ultimate flexibility in brainwave control and personal power. Listen to this level with your eyes opened or closed.

Focus

This Level 3 Brainwave Training segment is what we have been training for along the way—while also gaining benefits that progressively build upon each other. It is commonly known that the more flexible a person is, the more they can adapt to any situation and achieve a desirable outcome. Many psychologists and researchers have noted that the most flexible person in a room or social situation will control the flow of information and will typically achieve the highest degree of benefit from those interactions.

The main focus of your Level 3 brainwave entrainment is to train your brain to have access to the full range of brainwave patterns from GAMMA all the way down to Sub-Delta. During this training, the audios will emphasize flowing from one brainwave state to another, thereby training you to have ultimate mental flexibility and maximum flexibility in your behavior. Increased mental and behavioral flexibility will lead to increased success, happiness, and overall fulfillment. You also will gain increased ability to steer your life in the direction that you desire. In Level 3, you will access all the brainwaves states that you have learned to access in the previous levels as well the following: GAMMA and Sub-Delta (which are on opposite ends of the brainwave spectrum).

Benefits

There are many benefits of GAMMA Brainwaves that occur at high levels, which allow you to reach peak performance states. It is associated with high intelligence; increased focus and concentration; and overall brain functioning. These brainwaves have been linked with the ability to process large amounts of information in small amounts of time so that there is increased mental processing speed and capacity—resulting in super learning and increased memory. It also helps integrate sensory information to all parts of the brain, which increases your sensory acuity enhancing your perception of reality. It also provides self-control, increased internal happiness, and increased compassion. Many people believe that GAMMA is the pathway to enlightenment.

Although Sub-Delta is on the opposite end of the spectrum, it also provides significant benefits. It boosts the immune system by encouraging a variety of immune and body healing chemicals. It brings improved/increased physical healing. These brainwaves are very soothing for the limbic system (the amygdala and hypothalamus) as well as reduce and promote relief from both hyper-tension and chronic pain.

In Level 3, you will experience an incredible 3-D Effect which will take your brain into a deep and new realm of consciousness. It may feel unique at first. (Trust me from experiencing the power of it myself, this experience is amazing!) This level also will gently introduce your brain to the most powerful of brainwave frequencies: GAMMA. You will need to use this track for 14 days to prepare you brain for the next two powerful levels.

There are 7 main components to each track and each level. Level 3 content is entirely different than Level 2 in every way except the syntax. Level 3 is Pure Access technology. All three of these tracks are designed to entrain you from Gamma to Sub-Delta—giving you the ultimate flexibility in brainwave control. The content covered is different, although the sequence is similar.

Each Level 3 audio track contains brainwave entrainment technology that will guide you through multiple dominant brainwave patterns. It results in your strengthened ability to access your internal resources that are associated with the following Dominant Brainwave Entrainment:

As you are being guided through the dominant brainwave patterns listed above, the Level 3 tracks are also stimulating Delta and Sub-Delta brainwave entrainment patterns. These tracks are also created for the purpose of teaching your brain how to produce Gamma and waking Delta— simultaneously. While all the brainwave entrainment patterns provide extensive benefits, the combination of Gamma and Delta (Sub-Delta as well) have been shown to produce extra-ordinary benefits for those who can access both levels at the same time. People who produce regular Gamma and waking Delta brainwave patterns often report increased: emotional control, empathy and good will towards others, mental clarity with left brain and right brain coherence as well as ability to focus and concentrate and ability to finish what they start. They have a heightened or higher IQ in addition to enhanced or improved intuition, healing and resistance to disease, and overall sense of well-being.

It has often been suggested that people who produce more Gamma and waking Delta are able to manifest their goals with greater ease than those who do not.

The Level 3 tracks contain extensive use of left and right individualized brainwave entrainment as a means to:

- Improve cerebral hemispheric synchronization for higher and lower brainwave patterns that are typically harder to induce a frequency following response.
- Induce trance and loosen the conscious filters that resist new positive programming.
- Improve the acceptance and integration of positive affirmations and therapeutic metaphors into the non-conscious mind.

These tracks also use the most advanced multi-layering of brainwave entrainment technology available anywhere using a proprietary blend of technologies developed. In addition to brainwave entrainment, we translated advanced psychological and self-improvement techniques

into audio format; and have embedded them in these tracks to increase the overall effectiveness of these audios. It is important to understand that these techniques are not always represented directly, but rather they have been interpreted as concepts that have then been applied to our audio technology. Some of these techniques include: Neuro-Linguistic Programming; Hypnosis; Eye Movement Desensitization Reprocessing; Emotional Freedom Technique; and Bilateral Sound.

PLEASE NOTE: Recommended use for Level 3

This is a **prescription strength** program. Only use once per day for the first 30 days. Do not exceed one use per day. Some people become slightly agitated when exposed to regular Gamma Brainwave Frequencies. If you feel any unpleasantness from listening to any of the Level 3 tracks, reduce use to once every two to three days. However, continue your daily sessions with any one of the tracks from the Bonus sections.

There are no transcripts within this manual for Level 3 because it is a Pure Access level, which reinforces and builds upon the same content in the previous levels. If desired, refer back to the Transcripts for Levels 1 and 2 (although the content may be in a different order within Level 3).

You can use the NeuroTraining System Tracking Chart located in the Appendix to help you track which audio to listen to each day. After you have listened to Level 3 A for 7 consecutive days, move on to Level 3 B, listen to this track for 7 consecutive days as well and then listen to Level 3 C for 14 days. There are 3 Bonus Tracks for Level 3; Level 3A – Immune System Booster, Level 3B – Mental Clarity, and Level 3C – Problem Solving and Inner Guidance. Listen to these upon waking or before bedtime.

NEUROTRAINING BOOSTERS

Bonus tracks designed to assist you with achieving deeper meditative states of consciousness.

Level 9Mi: Meditation - Immune System

This track is centered on frequencies that are associated with improving the immune system and increasing the body's ability to heal. To build wealth, having a well-functioning immune system is essential to ensure that you never miss important opportunities due to unnecessary illness.

Level 9Mm: Meditation - Mental Clarity

This bonus track is centered on frequencies that are associated with mental clarity and calm focus.

To *Win the Game of Money*, your ability to maintain a clear and focus mind is one of your best assets. When your mind is filled with clutter and distractions, your ability to perform at your peak is diminished. This track will help you clear your mind of this turbulence so you can stay focused and on task.

Level 9Mp: Meditation - Problem Solving

This bonus track is centered on frequencies that are associated with accessing the unconscious resources to solve complicated problems. These frequencies are also associated with strong intuitive abilities.

To achieve financial success, your ability to solve problems is paramount. Success is often based on speed; and the faster you can solve your problems and the problems of your clients, the more success you will enjoy.

We also have three hour-long megabonuses for you to enjoy!

NEUROTRAINING MEGA-MEDITATIONS

Level 9Ma: Meditation - Alpha

Level 9Md: Meditation - Theta/Delta

Level 9Mg: Meditation - Delta/Gamma

Your Game 90-Day Assessment

Where are you in comparison to your first 60 Day Assessment at the end of Level 2?

As a result of this program, what continued evidence do you see in your thinking, feelings, and behaviors and what else do you still want to upgrade?

Your thinking —

Your feelings —

Your behaviors —

Over the next 90 days these are the new beliefs I will release and upgrade:

Release:



Upgrade:

In the following timeframes these are the habits I have stopped and the new habits I started.

In the last 90 days:

Old habits I stopped:

New habits I started

In the next year:

Old habits I stopped:

New habits I started:

With your new habits and beliefs what wealth goals have you achieved one year from now?

In the next 90–180 days:

What additional beliefs will you release about your business and health?

What additional habits will you upgrade about your business and health?

Note: As you continue to utilize the Bonus audios of the program, be mindful of your new beliefs, habits and results related to increasing your financial success, and journal about them. Reflect back to previous assessments to see your progress.

Once you have completed the NeuroTraining System Tracking Chart for the full 90-Day cycle you are finished with the first three levels. **CONGRATULATIONS!** Levels 4, 5, and 6 are coming soon. In the meantime, feel free to cycle back through the levels in a similar manner to continue on your path to financial success.

Winning the Game: Levels 4, 5, 6

An additional level will be coming soon to give you specific mind-blowing breakthroughs in the area of Health.

I also will provide ongoing updates on how to maintain your maximized use of the three distinct, yet interconnected programs so that all are followed according to the formula within each.

Throughout the program—and especially after the 90-Day Cycle—let me know about your stories and what results you are getting in building your wealth and your life!

John Assaraf

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APPENDIX

Refer to the instructions in the beginning of this manual entitled, *Instructions for Optimal Use and Benefits*. The worksheet below is a sample format you could follow as a Daily NeuroTraining System Tracking Chart. To keep track of the daily audio to play, refer to the Daily NeuroTraining System Tracking Chart within this Appendix as well. The bonus tracks are optional except for Level 2C, which introduces you to Gamma brainwaves. In Level 3 each track has a bonus that I highly recommended integrating into your day. After you are in the program for 90 days, you may wish to cycle back through.

Winning the Game of Money: NeuroTraining System

90-Day Program

Level 1 — The Foundation [30-Day Cycle]

NeuroTraining System Tracker: Day # 1 Today's Date: _____

Focal Audio: Level 1 A [Day 1 of 7]

NeuroTraining Steps:

Step 1 - Get in a quiet, comfortable setting.

Step 2 - Write a Journal Entry before session:

Step 3 - Sit back & relax. Listen to Audio: Level 1-A

Step 4 - Write a Journal Entry after session:

* Feel free to supplement this journal space with your own separate journal.

Winning the Game of Money NeuroTraining™ System - Month 1

- Check off each day as you complete the audio tracks.
- Be certain to read ALL Transcripts prior to listening to the audios.
- These forms are available for download in the members area.

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7			
NTMoney L1AI Universal Quantum Lab										
Week 2	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14			
NTMoney L1BI Finding Financial Opportunity										
Week 3	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21			
NTMoney L1CI Attracting Wealth										
Week 4	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Day 31
NTMoney L1CI Attracting Wealth										

Winning the Game of Money NeuroTraining™ System - Month 2

- Check off each day as you complete the audio tracks.
- Be certain to read ALL Transcripts prior to listening to the audios.
- These forms are available for download in the members area.

Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7			
NTMoney L2AI Increasing Wealth Feelings										
Week 6	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14			
NTMoney L2BI Being Creative										
Week 7	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21			
NTMoney L2CI Tenacity and Resolve										
Week 8	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Day 31
NTMoney L2CI Tenacity and Resolve										

Winning the Game of Money NeuroTraining™ System - Month 3

- Check off each day as you complete the audio tracks.
- Be certain to read ALL Transcripts prior to listening to the audios.
- These forms are available for download in the members area.

Week 9	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7			
NTMoney L3AI Deep Programming 3A										
Week 10	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14			
NTMoney L3BI Deep Programming 3B										
Week 11	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21			
NTMoney L3CI Deep Programming 3C										
Week 12	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30	Day 31
NTMoney L3CI Deep Programming 3C										

Audio Tracks - NeuroTraining™ Money

NTMoney L1Ai Intro

NTMoney L1AI Universal Quantum Lab

NTMoney L1BI Finding Financial Opportunity

NTMoney L1CI Attracting Wealth

NTMoney L2Ai Intro

NTMoney L2AI Increasing Wealth Feelings

NTMoney L2BI Being Creative

NTMoney L2CI Tenacity and Resolve

NTMoney L3Ai Intro

NTMoney L3AI Deep Programming 3A

NTMoney L3BI Deep Programming 3B

NTMoney L3CI Deep Programming 3C

NTMoney L9Ma Meditation - Alpha

NTMoney L9Md Meditation - Theta-Delta

NTMoney L9Mg Meditation - Delta-Gamma

NTMoney L9Mi Meditation - Immune System

NTMoney L9Mm Meditation - Mental Clarity

NTMoney L9Mp Meditation - Problem Solving

TOP 10 QUESTIONS FOR WINNING THE GAME OF MONEY

Video answers for these questions are available on the membership site.

1. When is the best time to retrain your brain, and when is the best time specifically to use the NeuroTraining System?
2. How come I feel disoriented, or like I am a little bit lost when I am listening to the music, the sounds, affirmations and subliminals?
3. Do I need to listen to the intro track each time?
4. What happens if I miss a day?
5. Can I listen to two, three, or four different tracks in one day?
6. What happens if I get interrupted or if I fall asleep half way through one of the tracks?
7. Do I really have to invest 30 or 35 minutes a day to do this?
8. What do I do with all the thoughts that are going on in my head?
9. Do I need to have a headset or not? And if I do, what quality of headset do I need?
10. Do I really need to listen to all the tracks, and everything that is on the tracks? What if I don't like some of the analogies and metaphors?



**Now it's time to start creating all
the Money and Wealth success you
are capable of . . .**

For more products, tools, and resources designed to help
you live the life of your dreams...

Go to: www.praxisnow.com

You may also have instant access to me through:

Facebook: www.facebook.com/johnassarafpage

Twitter: www.twitter.com/johnassaraf

