

NewReality

PROGRAM NAMES

AND

DESCRIPTIONS

QUICK TOPIC GUIDE

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PERFECT SLEEP

SST01—SLEEP MEDITATION

Lay back, relax and allow the peaceful and calming voice along with the music carry you away on a beautiful journey. Feel the calming effect as you clear your mind and just let go of all the noise and confusion of the day. Experience total comfort and relaxation as you are gently guided into deep and restful sleep. Your body and mind are now working together to create a profound state of relaxation allowing you to reach deep Delta sleep. As you sleep, your body is being rejuvenated, recharged and energized so that you will awaken to a wonderful new day.

SST02 - INNER JOURNEY

"Inner Journey" by Les Brown, a straight-from-the-heart, high-energy, passionate TGI message, motivates and engages all participants to step into their greatness; providing them with the motivation to take the next step toward living their dream. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST03- GUIDED IMAGERY - STILLNESS

Set to tranquil music, Deepak Chopra guides you into the stillness, the silence between your thoughts, the silence that is you. You are the window to the infinite mind, the mystery we call God - God is whispering to you in the silent space between your thoughts. Wisdom traditions say "be still and know that I am God." The stillness is the secret part of you that transcends space and time; the part of you that is immortal. In the stillness you find the secret part of you that will continue to evolve, as the Universe evolves. When you relax your body whenever stress overwhelms you, come back to the secret space of your heart - you are the stillness, you are the silence between the thoughts - return to your stillness, that stillness, that silence is you. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST04- TOUR OF THE UNIVERSE

Guided by Keith Scott-Mumby, You will go on a spectacular journey and visit a place you haven't seen in thousands of millions of years. This mind exercise is about space. Space is a function of your mind, the larger the space you can occupy, the bigger your mind, the bigger your being. This journey around the universe will open up your mind and soul to travels beyond the body, magical travels in other dimensions. Starting from earth you rise up and travel off planet earth into deep space. You travel out to the moon, the sun and the planets; you are traveling millions of miles and it is nothing to a free spirit like you. You see comets and asteroids; you keep traveling and moving and you see clouds of light in the distance, nebulae, big clouds of flowing interstellar gas where stars are born, each one is thousands of millions of miles across. As you travel further, you see the billions of billions of individual stars. This is the cosmos where you are infinitely vast; you are a child of the stars, you were made from star dust. You now feel you are going home to the great wide universe. It is your universe, you made it. This is where you want to be; you are a great intellect, a powerful consciousness that lives out here among the beautiful places of infinite space. Everything in the universe is alive and you share in that vast infinitude of life out there among the stars. As you journey on your way back to earth, you will carry this vision of creation in your heart, mind and soul. This is where you belong, this is who you are, and this is what you stand for - greatness-infinite splendor. You are great beyond measure, your being is as vast as the cosmos. This empowered audio is here to help you whenever you wish to return to this assisted spacewalk. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST05 - JOURNEY TO ATLANTIS

You are going on a journey to a place that is so astonishing just knowledge of it alone will empower you beyond imagining. Guided by Keith Scott-Mumby, you will leave behind the world of today and go to a famous lost world known for its magic, science, wisdom, and medicine; a place that can teach us all the best of what we might be. It is a place which foreshadowed the development of mankind but with one important difference, it was a

world of peace and plenty, not a world of strife and stress such as man has created for himself today. Go there now on an electronically enhanced journey and you will be able to harvest the good in this forgotten place and bring some of it home with you here to our present troubled planet and help sow the seeds of real civilization, real truth, real beauty, real happiness, that the future of mankind is seeking. This is the world known as Atlantis, not the forgotten land supposedly sunk in the ocean but the true Atlantis, which is a memory of a different world. You will find your memory of Atlantis is lying just beneath the surface waiting to be awakened. You will come back here again and again and you will always be welcome in this world as you come and find peace, to restore love, to grow in wisdom and see what our world could really be like. Atlantis the lost world is not lost, it is merely forgotten and you will not forget what you learn on your journey there. Narrated by Dr. Keith Scott Mumby. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST06 - REST! AN EVENING MEDITATION

Sit back, relax and unwind from a stressful day with this powerful TGI stress reduction meditation created by Dr. Jonathan Ellerby and NewReality. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST07 - IMAGINATION TO REALITY

Imagination is a gift that is often times misunderstood. Nothing is ever created without it first being imagined. To imagine is to create and to create is to give life. Imagination to Reality guides you through the difference between "thinking about it" to having your imagination create the reality you desire. Connect with the power of your imagination to bring forth your new reality. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST08 - HAVING YOUR DREAMS

In Having Your Dreams you will connect to what makes your heart sing. You will discover the secret to why you are not living your dream(s). When

discovered, your dream(s) will become your reality. Having Your Dreams will connect your head with your heart to bring forth your dreams. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST09 - THE ZONE OF DEEP RELAXATION

You are guided by Jeff Howard on this fantastic journey, as you move into the zone of deep relaxation, through a process that will allow you to connect with and relax every part of your body, mind and spirit. You allow yourself to completely relax, taking deep cleansing breaths, as you move through your body for complete relaxation, letting go of tension, any sense of uneasiness that you feel emotionally, physically or mentally. Negative thoughts and emotions drift away, as you relax deeper and deeper with every breath cycle. You breathe in power, focus and relaxation and breathe out anxiety and fear. You become more deeply aware of your body; even in this relaxed state, your mind is open, awake and alive. You are feeling more connected as you breathe deeply allowing yourself to simply be in this relaxed state. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST10 - EVENING RELAXATION

This relaxation session is designed for you to listen to in the evening or just before you go to sleep. You'll find that it'll not only reinforce and deepen the new positive thoughts, beliefs and behaviors that you're developing it will also remove all stress, allowing you to relax and letting you naturally drift into a deep restful sleep. Narrated by Adoley Odunton. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST11 - WORRY-FREE SLEEP

One of the things that prevents us from sleeping is the habit of worrying. When we worry we tend to hold on to stress, tension and anxiety. Let the voice of Adoley Odunton guide you through washing away all the worry, so you can achieve a peaceful sleep. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST12 - GOOD BEDTIME HABITS

Nearly half of all Americans have chronic insomnia. Inadequate sleep can lead to serious health problems such as obesity and diabetes. This meditation will help you establish good bedtime habits, so you can fall asleep quickly and easily. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST13 - SLEEP LIKE A BABY

Sleeping is easy and natural. Your body is designed to do it. Have you ever watched a baby sleeping? After all its needs have been met, it falls asleep quickly and soundly. You too will know how to sleep like that, since you have known how to since you were a little child. Adoley Odunton will guide you back to that time, so you can recover your ability to surrender to sleep. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

LESS STRESS

Stress is the most pervasive malady of our time. The effects on our health, productivity and quality of life are more devastating than most people care to admit.

Luckily, you've just found the solution! CVR can help you see yourself as the healthy, happy, optimistic person you'd prefer to be. With this new image, your fears and frustrations fade away, your anxiety vanishes, and you no longer let small things stress you.

SRM09—USING CHI ENERGY TO CLEAR BLOCKAGES IN THE BODY

In this session, you will be guided through a process to build up chi energy in your body and use it to clear the blockages that have been built up by stress and negative thoughts. You will be taught a specific breathing technique that will build chi energy in your body, and you will use this energy to clear out the blockages. Over time, we have forgotten how to properly breathe and this is one of the causes of added stress and disease. Utilizing chi energy to decrease the stress that you have, you will find yourself more energized during the day with a clear

mind; and your body will be more restored, healthy and revitalized. You will continue to reduce stress at a level you never thought possible, and you will have mental clarity and better well being.

SRM10—COMPLETE CHAKRA CLEANSING

You will utilize the chi breathing technique of the previous session “Using Chi Energy to Clear Blockages in the Body” to expand more on this process. Using the physical body’s center of gravity located in the abdomen—the Dantien, you are going to build up chi energy to clear your chakras—the 7 power points of life or energy force in your body. It is the essence of life that you are breathing in and you are using the energy of the air to its highest degree. When using the dantien, the energy is drawn in from the air and pulled through your body; and it can dissolve any negativity in the body with no effort at all. You use this breathing technique to clear your chakras and open up the channels so you can have energy flowing through them; allowing the connection of each chakra to become like a well paved highway.

SRM11—THE MENTAL MASSAGE

This session guides you through a process to give your body a mental massage. It will be as if you were receiving a massage from a professional masseuse; you visualize and imagine every body part being massaged. The further you go into this visualization process, the more the mental massage will take place within your mind and body, relieving all the stress, feeling the energy and warmth of the massage. As you breathe rhythmically, you scan your body and place awareness to its different parts, allowing this process to induce a very relaxed state. The more you gain control of your mind and body, you allow the sensations to increase your awareness, and your ability to relax will increase each and every time you listen to this session.

SRM12—CREATING YOUR STRESS FREE FUTURE

In this session, you are going to focus on future situations that could come up and be stressful; and by taking control of the stress when it surfaces, you

are able to take control of your life. Your brain can choose any thought that you want to think at any moment in your life; you can choose to experience any feeling you would like to create right now. When you have control of your thoughts, you can set your future to be stress less by trusting in the process, knowing you can take 100% control of everything that happens to and around you. You know that when a situation comes up, everything works out to your ultimate advantage because you choose it to be. You can expand on this new powerful approach to your life, knowing you can create what you want to feel, as you create your new reality.

WWBP01—BOB PROCTOR AFFIRMING SELF

In this inspirational session, you learn that what you have identified as weaknesses within yourself are false perceptions which can be released and dissolved from your mind. Your weaknesses are not real; they are false concepts placed in your mind. As you release them, you are healed. You replace them with a greater power, and you give that power to the talent, ability and the consciousness that you possess. You release these false concepts that damage the image that you have of yourself. You let them go; you don't give them any power. Everything you are is yours forever; you are developing a desire to share that beautiful truth. Your mind is the greatest power in all of creation and it is ever seeking greater expression and greater expansion. Make certain you never sell yourself short; if you have the slightest desire to do something, you have been blessed with the power and ability to do it.

WWLN01—LISA NICHOLS DESIGN YOUR DESTINY

Lisa Nichols' accompanies you on a journey of guided imagery. You allow your body to completely relax and thoughts to melt away and to be totally present as you visualize a serene setting. You can tap into what is possible, into what the Creator can create on your behalf. You engage your mind to surrender and accept your greatness, accept your value and remove the opposing conversation. Recognize that you are designed for greatness and

your past experiences perfectly prepare you for your future. Say yes to your greatness. Only you can design your destiny. You are the culmination of all past choices. You are the creator of all future choices. Your life will be a constant reflection of your choices and the lessons you learn are perfect. You are God's perfection in a physical form. You have everything you need within you to walk the path you have chosen and experience the life you want to experience—bliss, joy, peace of mind and crazy amazing love are yours. You have everything in you to make those moments and experiences your reality.

WWDC01—DEEPAK-CHOPRA GUIDED IMAGERY—STILLNESS

Set to tranquil music, Deepak Chopra guides you into the stillness, the silence between your thoughts, the silence that is you. You are the window to the infinite mind, the mystery we call God—God is whispering to you in the silent space between your thoughts. Wisdom traditions say “be still and know that I am God.” The stillness is the secret part of you that transcends space and time; the part of you that is immortal. In the stillness you find the secret part of you that will continue to evolve, as the Universe evolves. When you relax your body whenever stress overwhelms you, come back to the secret space of your heart—you are the stillness, you are the silence between the thoughts—return to your stillness, that stillness, that silence is you.

LB01—LES BROWN'S INNER JOURNEY

A straight-from-the-heart, high-energy, passionate CVR message, motivates and engages all participants to step into their greatness; providing them with the motivation to take the next step toward living their dream

BW01—POWER CHOICES GUIDED MEDITATION

This guided meditation relaxes, restores, energizes and helps us to move through emotional or mental blocks that have kept us from living the life we desire. By releasing these blocks, we are free to envision, decree and create a life of victory and

success. The beautiful music of Kathleen Ryan enhances the effectiveness of these meditations.

WWBW01—YOU ARE LOVE

Like most people, you have experienced heartbreak and heartache; and your beautiful, powerful heart wanting to close, wanting to shut down so that you can be safe, safe from the risk, safe from the possibility of ever having your heart hurt again. It's not possible to live with a closed heart. There is something in us that is beyond our conscious control, the thing that makes each of us human, and it's that compelling energy of the Divine, God, the Universe, the Light; that part of us insists that we learn to open our hearts. It's only when our hearts are open that we can actually experience our true nature, experience ourselves as the most powerful, the most beautiful beings that we can each be. When we close our hearts, we cut off the flow of our life force, our life essence—it's our nature, you can't run from it. Choose to stand for love, before you lose the chance in this lifetime; the chance to experience fully, powerfully, and courageously who you truly are—you are love.

KSM04—TOUR OF THE UNIVERSE

You will go on a spectacular journey and visit a place you haven't seen in thousands of millions of years. This mind exercise is about space. Space is a function of your mind, the larger the space you can occupy, the bigger your mind, the bigger your being. This journey around the universe will open up your mind and soul to travels beyond the body, magical travels in other dimensions. Starting from earth you rise up and travel off planet earth into deep space. You travel out to the moon, the sun and the planets; you are traveling millions of miles and it is nothing to a free spirit like you. You see comets and asteroids; you keep traveling and moving and you see clouds of light in the distance, nebulae, big clouds of flowing interstellar gas where stars are born, each one is thousands of millions of miles across. As you travel further, you see the billions of billions of individual stars. This is the cosmos where you are infinitely vast; you are a child of the stars, you were made from star dust. You now feel you are going home to the great wide universe. It is your universe, you made it. This is where you want to be;

you are a great intellect, a powerful consciousness that lives out here among the beautiful places of infinite space. Everything in the universe is alive and you share in that vast infinitude of life out there among the stars. As you journey on your way back to earth, you will carry this vision of creation in your heart, mind and soul. This is where you belong, this is who you are, and this is what you stand for—greatness—infinite splendor. You are great beyond measure, your being is as vast as the cosmos. This empowered audio is here to help you whenever you wish to return to this assisted space walk.

KSM06—JOURNEY TO ATLANTIS

You are going on a journey to a place that is so astonishing just knowledge of it alone will empower you beyond imagining. You will leave behind the world of today and go to a famous lost world known for its magic, science, wisdom, and medicine; a place that can teach us all the best of what we might be. It is a place which foreshadowed the development of mankind but with one important difference, it was a world of peace and plenty, not a world of strife and stress such as man has created for himself today. Go there now on an electronically enhanced journey and you will be able to harvest the good in this forgotten place and bring some of it home with you here to our present troubled planet and help sow the seeds of real civilization, real truth, real beauty, real happiness, that the future of mankind is seeking. This is the world known as Atlantis, not the forgotten land supposedly sunk in the ocean but the true Atlantis, which is a memory of a different world. You will find your memory of Atlantis is lying just beneath the surface waiting to be awakened. You will come back here again and again and you will always be welcome in this world as you come and find peace, to restore love, to grow in wisdom and see what our world could really be like. Atlantis the lost world is not lost, it is merely forgotten and you will not forget what you learn on your journey there.

ADOLEY ODUNTON

EASY WEIGHT LOSS NOW

Guided visualization is a powerful technique used by top businesspeople and athletes to excel at any activity by seeing themselves as winners. This powerful CVR program, Adoley helps you train your mental attitudes toward confidence, motivation and ultimate weight loss success. It sets the stage for success by establishing a powerful plan of action for creating your ideal healthy and slim body.

AO01—DESIGN YOUR IDEAL BODY

This powerful CVR process allows you to harness the power of your amazing mind to create the body you've always wanted. It brings together the linear, logical part of your mind, the left brain, which controls your conscious mind with the creative part of your mind, the right brain, otherwise known as your other than conscious mind. By using the whole brain you are able to release old habits and behaviors that no longer serve you while creating new positive ones. You access new resources, develop new skills and habits and naturally empower yourself to achieve your goal of healthy, lasting weight loss, easily, and effortlessly.

AO02—YOUR PLAN FOR WEIGHT LOSS SUCCESS

Guided visualization is a powerful technique used by top businesspeople and athletes to excel at any activity by seeing themselves as winners. This powerful session of creative visualization and relaxation helps you train your mental attitudes toward confidence, motivation and ultimate success. It sets the stage for success by establishing a powerful plan of action for creating your ideal healthy and slim body.

AO03—EAT AND DRINK THE RIGHT FOODS

Everything you do in life involves making choices. You have the power to choose right or wrong. You also have the power to make the necessary changes in your life so you can accomplish your goal of reaching your healthy, ideal weight and living a long and healthy life. Through regular use of this session, you will develop the mindset necessary to make the choices that support your goals. You will find that eating and drinking the right foods that support

lasting weight loss will become easy, natural and automatic for you.

AO04—END THE CYCLE OF YO-YO DIETING

This process is designed to help you eliminate the demoralizing pattern of yo-yo dieting once and for all. As you listen to this process, you once again strengthen your connection with one of the most powerful allies in the fulfillment of your goals—your other than conscious mind. By making use of the sophisticated powers of the imagination to change your thinking, you will develop new positive habits that lead you naturally to your goal of lasting weight loss.

AO05—LEARNING TO ENJOY EXERCISE

Much of our resistance to exercise comes from having bad habits and a poor understanding of and relationship to our bodies. This process is designed to overcome exercise resistance. As you listen to it regularly, you will create a new relationship with your body. You will learn to understand and appreciate it. You will listen to the messages it gives you. You will develop new positive habits. Exercise will become a new, automatic habit and something you enjoy like brushing your teeth and eating.

AO06—DEVELOPING A SUCCESS MINDSET

In this powerful session, you will let go of the negative programming of the past so that you are no longer dragging it into your future. As you develop a success mindset, you will find that you are able to be fully in the present moment where you can make the make powerful, loving choices that support you to realizing your goal of returning to your natural and ideal weight forever.

AO07—BECOME A FAT BURNING MACHINE

Imagine what it would be like to have the thoughts and habits that boost your metabolism and energize your entire system? That is what this session is

designed to do. You will systematically reprogram your mind and body so they work powerfully together. Your body will begin to burn the excess stored fat, converting it into energy while at the same time, eating only those healthy foods that are necessary for your daily needs. As you develop these new positive habits, you will naturally eat less than you burn every day. Over time, the healthy slim body that you have been visualizing will become a reality.

AO08—LISTEN TO HOW YOU FEEL

One of the major reasons why we gain weight is the habit of using food to cope with emotions that make us uncomfortable or unhappy. This process helps you understand why you do this and gives you a new way of looking at your emotions. You will learn to listen to your emotions and to use them to solve the underlying problem such as boredom, depression, anger, frustration, loneliness etc. Repeated listening to this process will give you a new way of dealing with your emotions and getting to the root of the problem. You will no longer need to stuff yourself with food to stuff down your emotions.

AO09—TALKING TO THE REAL YOU

When you are carrying lots of excess weight you don't feel like yourself. You know that there's a "real you" inside; under all the weight, fat, habits and behaviors that you don't like. The real you is the person who has a healthy respect for themselves and knows how to prioritize and puts their wellbeing first. It is the person who practices self-care by eating properly, exercising and making sure that their body is healthy, trim and slim. This session is designed to talk to the "real you" and create the mindset and habits that will unleash the "real you" and make the changes that let you become who you truly are.

AO10—GETTING RID OF URGES & CRAVINGS

One of the challenges we often face in the process of developing healthier eating habits is how to deal with food cravings. This process trains your mind to respond differently to urges and cravings. As your conditioned responses are changed, your body

adjusts and no longer has any need, craving or desire for unhealthy foods. It automatically craves natural healthy foods, vegetables and fruits and you are energized by eating them.

AO11—NO MORE DIETS

The whole concept of dieting is one that keeps you trapped in an endless and negative cycle. The word diet is a negative word. It threatens the body with denial and starvation and ultimately death. Diets make us feel deprived which leads to overeating and lead to weight gain. This process will restore the normal reflexes that will allow you to eat an appropriate amount of food and feel satisfied. As you incorporate them into your life in a natural and organic way, they rapidly bring about the changes that you want so that you can have a permanently slim, healthy and attractive body.

AO12—HOW TO HANDLE STRESS AND STILL LOSE WEIGHT

Stress is a fact of life for most of us. 34% of Americans are suffering from unhealthy levels of stress at work and their numbers continue to rise. Stress not only contributes to diseases such as heart disease, high blood pressure, strokes, it is one of the major causes of weight gain and obesity. This session we will give you some simple but highly effective tools that you can use to deal with stress anytime, anywhere.

AO13—DATE YOUR BODY

When you are overweight it is all too easy to "hate" your body, beat it up and blame it for all the things that aren't working in your life. Your body is not an object. Your body is an extension of you. How you feel about your body is how you feel about yourself. This powerful process helps you become a loving partner to your body. When you change your relationship with your body for the better, you improve your relationship with yourself as well. As you honor and accept your body, you become responsible for your health and wellbeing and the excess weight naturally disappears.

AO14—MORNING MOTIVATOR

Your morning motivator will provide you with the daily action plan that will ensure your return to your natural and ideal weight. By listening to this process first thing in the morning you'll be motivated to start your day by focusing on your goals. You'll then take action on them throughout your day. The more you listen to this, the stronger these suggestions will become. You will find yourself making changes in your thoughts and habits so that you can achieve your goal of becoming healthy, trim and at your ideal weight.

AO15—EVENING RELAXATION

This relaxation session is designed for you to listen to in the evening or just before you go to sleep. You'll find that it'll not only reinforce and deepen the new positive thoughts, beliefs and behaviors that you're developing it will also remove all stress, allowing you to relax and letting you naturally drift into a deep restful sleep.

NAPOLEON HILL

REALIZING WEALTH SERIES

Obtaining wealth in your life starts from within. Changing your thought patterns and directing them to your financial goals is key to learning wealth consciousness.

In this powerful series, Suzy Prudden will help you unlock the door to these fundamental principles that have helped thousands of people take charge of their thinking and manifest success.

"Imagination is the workshop of your mind, capable of turning mind energy into accomplishment and wealth." - Napoleon Hill

WCS01—CREATING YOUR WEALTH THROUGH DESIRE, BELIEF AND DETERMINATION

In this CVR session, Suzy Prudden opens the door to the mansion of your own mind. She will guide you to the room of Desire, Belief and Determination, the foundation of wealth consciousness. You are only

one step away from holding the key to this very important and powerful principle.

WCS02—FAITH AND BELIEF IN CREATING YOUR WEALTH

Without having a belief that you can accomplish your goals, may sometimes make it more difficult to manifest financial success into your life. In this CVR session, Suzy Prudden takes you to the room of Faith and Belief, where you will be shown your inner power. Soon, you will begin to think positive about your financial future, allowing yourself to realize that is you who controls your destiny!

WCS03—AUTO SUGGESTION—THE MEDIUM FOR CREATING WEALTH

In this CVR session, you will be guided through auto suggestion, a powerful technique of repetition, to retrain the other than conscious part of your mind to know that it is possible create wealth in your life.

WCS04—ATTRACTING LIKE-MINDED, POSITIVE PEOPLE INTO YOUR LIFE

One of the keys to financial success is spending your valuable time with like-minded, upbeat people. People who are just as focused as you are, in achieving their goals. In this session, Suzy Prudden will help you build a mental support group of success. And, by using this power of your mind, you will begin to manifest this success group into your reality.

WCS05—LEARNING AND ORGANIZING YOUR KNOWLEDGE TO ACCUMULATE WEALTH

In our lives, we all have accumulated knowledge that if organized in the right way, could lead us to the path of wealth. In this CVR session, you will be given the tools and techniques to regain this knowledge, and organize it in a way that will help you create the wealth that you desire.

WCS06—THE IMPORTANCE OF YOUR IMAGINATION IN CREATING WEALTH

Imagination is very important in creating wealth. If you can think of an idea and believe it is possible, then you can manifest it in your reality. This CVR session helps you to open that creative part of your mind to new ideas, so that you can start inventing new and exciting ways to bring wealth into your life.

WCS07—ORGANIZED PLANNING

In this process you will learn the importance of organizing planning for your financial success. You will open up to your own creative unconscious and bring in these positive suggestions and information, which will allow you to move forward to create more wealth and well being. Your subconscious mind will utilize every word to help you achieve your wealth goals. Plan for your wealth—once you create it in your mind, you achieve it in your reality. You bring your wealth that much closer when you increase your power to plan. Everything you want to create begins with desire; you take abstract desires and turn them into reality. Your plan will create your fortune; your achievement can be no greater than your plans are sound.

WCS08—THE NEXT LEVEL OF FINANCIAL SUCCESS

On this journey, an adventure in your mind, you are drawing your wealth to you. You will learn the (7) steps of creating an organized plan for achieving your wealth success. Success is not an accident. Allow your mind to take you to the place where your knowledge lies. You are creating your million dollar plan and there is a formula—the QQS formula: Quality, Quantity & Spirit. Quality—the performance of every detail; Quantity—the habit of rendering all the service of which you are capable, and Spirit—maintain agreeable, harmonious conduct, inducing cooperation from all you work with or for. Ponder this formula and realize that deep inside you know exactly what to do. Your mind is the power that creates your success. Learn the 30 major causes for failure, one of which may be holding you back from your success.

WCS09—GOALS - SERVICE - SATISFACTION

This CVR session will take you to the next level of organized planning to achieve your success. Make the changes you need to make in order to move forward in the direction of your wealth goals. Take an inventory of yourself—there 28 questions you should answer every year for self-analysis. You are building your master plan with your own ingenuity and organizing ability—with imagination, faith, enthusiasm, prompt decision making and persistence. You can do anything; you stay motivated by the desire to build, construct, achieve, render useful service, earn profits and accumulate wealth. Allow yourself to create your life filled with purpose, passion, power and wealth; and commit yourself to your new reality.

WCS10—BEING DECISIVE

This session was created to help you take action and make your decisions quickly. The inability to make decisions quickly and change them slowly is a great cause for failure in business, as well as other areas of your life. Procrastination is the opposite of decision and must be released for your success to be assured. Courage is required to render decisions quickly; it is a greater risk not to make a decision. Stalling the decision stalls the success. When you have been indecisive in the past, it held you back. The definiteness of the decision increases your opportunity for success, as if the decision alone creates the outcome. Make the decision to change your reality now!

WCS11—PERSISTENCE

This session will help you become more persistent—persistence is the sustained effort necessary to induce the faith you need to achieve your financial freedom, your wealth, and the life you desire. It is the essential factor in the procedure of turning your desire into its monetary equivalent. By opening up to the power within you, your mind will establish the will, the persistence, and the desire for your wealth. With persistence you can overcome any obstacle that may attempt to stop you from accomplishing your goals. Persistence creates achievement and it comes from the power of the will. Cultivate the habit of

persistence and tenacity by staying focused on your goals.

SUPPORT FOR CANCER PATIENTS

SCP01—EXHALE

Music Only

SCP02—COURAGE AND FAITH

Featuring Marianne Williamson

SCP03—LES BROWN'S INNER JOURNEY

A straight-from-the-heart, high-energy, passionate CVR message, motivates and engages all participants to step into their greatness; providing them with the motivation to take the next step toward living their dream.

SCP04-THE ZONE OF BALANCE AND HARMONY

You will be guided through a process that will allow you to explore the inner depths of your mind, as you relax and balance your body. You will practice a form of breathing deeply and breathing out slowly that is a form of Yoga breathing and duplicates your body's natural relaxation response, relieving stress and giving you time to simply relax into this balancing and harmonizing process. You become more aware of the deep connection with your spiritual essence, the Source of who you really are. Being out of balance and harmony lowers our conscious connection to our source energy and we no longer perform at our peak potential. Restoring balance and harmony gives you a sense of inner peace and inner power—your true power within.

SCP05-THE ZONE OF DEEP RELAXATION

You are guided on this fantastic journey as you move into the zone of deep relaxation, through a process that will allow you to connect with and relax every part of your body, mind and spirit. You allow yourself to completely relax, taking deep cleansing breaths, as you move through your body for

complete relaxation, letting go of tension, any sense of uneasiness that you feel emotionally, physically or mentally. Negative thoughts and emotions drift away, as you relax deeper and deeper with every breath cycle. You breathe in power, focus and relaxation and breathe out anxiety and fear. You become more deeply aware of your body; even in this relaxed state, your mind is open, awake and alive. You are feeling more connected as you breathe deeply allowing yourself to simply be in this relaxed state.

SCP06-THE ZONE OF HEALTH AND HEALING

As you relax and balance your body, you move into your ideal state of being in the zone of health and healing. Your most powerful tool for health and healing is your marvelous and infinite mind. Your body replenishes, rejuvenates and cleanses itself constantly without your having to think one conscious thought about it. Whether you are in good health and desire to maintain or improve that state, or whether you are experiencing a physical, mental or emotional challenge that requires more attention, how you communicate with yourself, with inner faith, and belief will have a dramatic effect on your desired outcome. Remarkable results and miraculous healings happen every day. Anything is possible and you are now open to all possibilities as your first step to a healthier, happier and more balanced life.

SCP07—BOB PROCTOR AFFIRMING SELF

In this inspirational session, you learn that what you have identified as weaknesses within yourself are false perceptions which can be released and dissolved from your mind. Your weaknesses are not real; they are false concepts placed in your mind. As you release them, you are healed. You replace them with a greater power, and you give that power to the talent, ability and the consciousness that you possess. You release these false concepts that damage the image that you have of yourself. You let them go; you don't give them any power. Everything you are is yours forever; you are developing a desire to share that beautiful truth. Your mind is the greatest power in all of creation and it is ever seeking greater expression and greater

expansion. Make certain you never sell yourself short; if you have the slightest desire to do something, you have been blessed with the power and ability to do it.

SCP08—YOU ARE LOVE

Like most people, you have experienced heartbreak and heartache; and your beautiful, powerful heart wanting to close, wanting to shut down so that you can be safe, safe from the risk, safe from the possibility of ever having your heart hurt again. It's not possible to live with a closed heart. There is something in us that is beyond our conscious control, the thing that makes each of us human, and it's that compelling energy of the Divine, God, the Universe, the Light; that part of us insists that we learn to open our hearts. It's only when our hearts are open that we can actually experience our true nature, experience ourselves as the most powerful, the most beautiful beings that we can each be. When we close our hearts, we cut off the flow of our life force, our life essence—it's our nature, you can't run from it. Choose to stand for love, before you lose the chance in this lifetime; the chance to experience fully, powerfully, and courageously who you truly are—you are love.

SCP09—BEING WHOLE

Featuring Rachel Naomi Remen, MD

SCP10—APPRECIATION MONTAGE

Featuring Desmond Tutu with Christiane Northrop, MD; Ira Byock, MD; Angeles Arrien, PhD; Joan Borysenko, PhD; and Rachel Naomi Remen, MD

SCP11—DEEPAK-CHOPRA GUIDED IMAGERY—STILLNESS

Set to tranquil music, Deepak Chopra guides you into the stillness, the silence between your thoughts, the silence that is you. You are the window to the infinite mind, the mystery we call God—God is whispering to you in the silent space between your thoughts. Wisdom traditions say “be still and know that I am God.” The stillness is the secret part of you that transcends space and time; the part of you that is immortal. In the stillness you find the secret part of

you that will continue to evolve, as the Universe evolves. When you relax your body whenever stress overwhelms you, come back to the secret space of your heart—you are the stillness, you are the silence between the thoughts—return to your stillness, that stillness, that silence is you.

SCP12—LISA NICHOLS DESIGN YOUR DESTINY

Lisa Nichols' accompanies you on a journey of guided imagery. You allow your body to completely relax and thoughts to melt away and to be totally present as you visualize a serene setting. You can tap into what is possible, into what the Creator can create on your behalf. You engage your mind to surrender and accept your greatness, accept your value and remove the opposing conversation. Recognize that you are designed for greatness and your past experiences perfectly prepare you for your future. Say yes to your greatness. Only you can design your destiny. You are the culmination of all past choices. You are the creator of all future choices. Your life will be a constant reflection of your choices and the lessons you learn are perfect. You are God's perfection in a physical form. You have everything you need within you to walk the path you have chosen and experience the life you want to experience—bliss, joy, peace of mind and crazy amazing love are yours. You have everything in you to make those moments and experiences your reality.

THE ART OF SALES

ELS01—LEARN TO EMBRACE SALES

Eric Lofholm presented Make More Money Using Sales Scripts at the 1209 CEOSpace Forum. In this CVR process, Suzy Prudden has taken the major points from the presentation and created this process to give you a deeper understanding of the importance of sales scripting. She also takes his information and, through the relaxation process, gives you the ability to access your own inner power to write your own scripts, give better presentations (even on the phone) and make more money

ELS02—TAKE YOUR SALE TO A HIGHER LEVEL I

In this unique time in American Economic history, Suzy Prudden takes the teachings of Eric Lofholm, and gives you the tools you need to be a sales superstar. You will learn the Inner Game, the Outer Game and the Action of selling. You will learn Baseline Strategy and how to play a level 10 game every day of your life. All this is given to your subconscious mind while you listen to the session and when you awaken you will have greater self confidence in selling than you ever dreamed possible.

ELS03—TAKE YOUR SALE TO A HIGHER LEVEL II

A continuation of “Take Your Sales to a Higher Level Part 1”, you will learn additional techniques of modeling. Eric Lofholm holds nothing back in this session, giving you incredible tools. Combined with the power of CVR, you will realize and utilize your sales potential. (Narrated by Suzy Prudden)

ELS04—ASKING FOR MONEY

In this powerful session, you will access and train your other than conscious mind to become the salesperson you have always imagined yourself to be. You will learn new and exciting ways to easily ask for the sale and make the close. (Narrated by Suzy Prudden)

DV01—CONFIDENCE FOR PUBLIC SPEAKING

As you go deeper into relaxation and listen to Dave’s words, you will be given powerful affirmations and visualizations to assist you in becoming a confident public speaker. Your mind is a perfect computer and employing self-talk strengthens you and makes you a better speaker. You will talk to yourself anyway and it is much better to put powerful commands in your mind/computer. You allow these powerful beneficial ideas and concepts to make a deep and lasting impression in your subconscious mind never to be removed and always to be recalled the moment you say the word POWER. The word POWER is a trigger in your mind, in your subconscious that gives you the energy, the clearness, the opportunity to be powerful. You feel more confident knowing you can

be a powerful communicator anytime you give a presentation. You are an amazing public speaker.

SUCCESS IS AN INNER GAME

Every physical outcome, including success in a new business (or an existing business) begins with the right mindset. With *Success Is An Inner Game* you will lay the groundwork for creating your successful network marketing business.

DEVELOPING BELIEF IN YOUR PRODUCT

Creating an unshakeable belief in your product and confidence in your company is vital to your success in network marketing. This program will help you to create a belief in the value and benefit of your product so you increase your desire and confidence to share your story.

MHB01—YOU HAVE ALL THE MONEY YOU WANT RIGHT NOW

So many entrepreneurs and small business owners fret over money—how can I make more; how can I spend less? The truth is you have everything already at your fingertips. You’re about to learn how to see it.

MHB02—AWAKEN YOUR BUSINESS MIND. AWAKEN YOUR LEADERSHIP

Every great business follows a powerful leader. You are that leader. Discover how to stand in your power, the center of your knowledge, skill and leadership.

MHB03—CLAIM YOUR UNIQUENESS

There are thousands of businesses that do what you do, yet none of them do what you do. Identifying what makes you unique and compelling to a customer is one of the most important questions an entrepreneur must answer. Learn to uncover the answers to what makes you different and great!

THE ZONE OF ACTION

In this process you will discover a new way to motivate yourself into action—inspired action. You will be guided into a state of being in the zone of action. You know that right inspired action will achieve your goals and desires. You will learn a process to become clearer about your next action, learning to be more efficient and effective. This simple process that keeps you connected to your deep inner guidance is called *VIBE into Action*. You will develop your power of clarity further by connecting with this process for staying in this powerful zone of action. VIBE is an acronym for **V**ision, **I**ntention, **B**elief and **E**xpectation. You have the power to take action—get ready to take your VIBE into the action process.

THE ZONE OF FOCUS

Awareness is your primary key to focus by becoming aware of the movement of your thoughts and bringing those thoughts and actions back in the direction you choose. You have the power to be at your most productive in thought and action while you are in a focused and relaxed state of awareness. Your mind is an amazing tool and your power of focus is one of your strongest allies in business and in your personal world, whether used as a meditative tool to control your thoughts or a productivity tool to keep you on track. The first rule of focus is *wherever you are, be there*. Practice your awareness as you continually bring your thoughts and actions back into the zone of focus on your intended outcome of action.