

Biomat's PAL Programs

PROGRAM NAMES

AND

DESCRIPTIONS

QUICK TOPIC GUIDE

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SUZY PRUDDEN

WEIGHT LOSS SUCCESS

LOSE WEIGHT SAFELY

Safe and Easy Weight Loss starts from within by making healthy food and beverage choices. Please remember that you are making a lifestyle change for the better.

PUT A STOP TO SELF- SABOTAGE

This session addresses one of the major difficulties in sticking with a weight loss program, and maintaining your weight loss over time. Self-sabotage is the major cause for regaining weight after you've lost it. This is one of the most important processes you will ever use.

THINK THIN BE THIN

This session is designed to help you eliminate the destructive foods of the past, and maintain your natural and ideal weight forever, permanently throughout the rest of your life.

SOLUTIONS FOR HEALTHY WEIGHT LOSS

Deep inside your mind you have all the solutions to create a safe and permanent weight loss. These weight loss solutions can come in many different ways—some people receive solutions in the forms of words, others as feelings; however you experience them will be perfect for you. You know that all solutions to your safe and permanent weight loss are already inside you. You are taking control of your body and mind and following the instructions you are given for safe and permanent weight loss.

MAKE HEALTHY DECISIONS FOR A HEALTHIER YOU

The hardest part of weight loss is making the decision to eat healthier and apply those healthy eating habits to any situation or scenario. Here Suzy will show you how to make the better choice for your health and wellness.

DETERMINATION LEADS TO SUCCESS

Being positive and persistent will lead you to a life of being a healthier and happier you, so stay focused.

EMPOWER YOURSELF

After working with thousands of clients to enable them to make the changes they want in their lives, Suzy Prudden, discovered that changing starts with a burning desire to want to change. In this powerful TGI process Prudden instills that burning desire in your subconscious that enables you to take back your power and change your habits and behavior patterns no matter how stubborn they may appear at first.

STAY POSITIVE AND LOSE WEIGHT

Positive motivation allows you to focus on the behaviors that allow you to eat the right foods at the right time, in the right amount. It allows you to say yes to your body at your ideal weight. Keep the positive motivation flowing into your daily routine. Let yourself experience a positive life—it's right there inside your mind.

RELAX AND STAY FOCUSED FOR WEIGHT LOSS

With inner peace and focus, you can now begin the journey of health, harmony and vitality.

ACCELERATE YOUR WEIGHT LOSS SUCCESS

Learn how to lose those stubborn pounds with Suzy's Weight Loss tips and tricks.

JEFFREY HOWARD

IN THE ZONE

Jeffrey Howard takes you on a magnificent journey connecting with your greatest resource—your wondrous and amazing mind. You are taken to powerful places for you to explore—the inner depths of your mind, as you are gently guided into the various states of being in the zone. You let go of frustrations, worries and sense of distraction, as you focus on your breath and the sound of his voice, while allowing the music, sound and light technology of these CVR sessions to guide you into a new state of focused awareness—your ideal brain wave state for this creative visualization experience.

In this deep state of focused relaxation, you open your mind to new ideas and concepts, as you choose to let go of limiting thoughts, limiting beliefs and actions you have carried with you from the past. You are integrating the knowledge and feelings of your process and are ready to take these new steps in your life with infinite possibilities. You stay completely aware and follow the trail as new ideas and thoughts develop in your mind about how to be more productive with you time, energy and your personal genius. Your brain is able to store and process more information faster than the most powerful super computer and you can call on this genius at will anytime you choose and know you will have the answers that you seek.

Give yourself this gift of inner peace and special time for you that you deserve. Take this time for you to rejuvenate, heal, recharge and energize your body, your mind, your health and wellbeing. Breathe deeply into the music and allow it to permeate into your being. At the end of your journey, you return to your fully conscious awake state and enter back into room awareness. Your journey has embedded your mind with new thoughts, new ideas and new concepts and created a shift in your life

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 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.

THE ZONE OF CASH FLOW AND WEALTH

You will be guided into the state of being in the zone of cash flow and wealth creation. Focusing your thoughts, balancing your energy, and increasing your connection to your cash flow, leads you to your wealth. You will learn to train your mind, align and rewire your brain, as you become more effective in attracting money opportunities, ideas, and the right people to help you create your wealth, while learning to make better decisions about your money. The place to start with creating cash flow into wealth

strategy is in your mind. Using your new mantra—*money flows to me easily and effortlessly; I receive money constantly from expected and unexpected places*; you become a powerful Manifestor as you create your abundantly prosperous life.

THE ZONE OF COMMUNICATION

Communication is at the core of everything we do and what we become in our lives. The most successful people of all time were great communicators. By increasing your communications skills, you will learn to train your mind as you become a more effective communicator. Effective communication is at the core of your personal and business success. Effective communication is a skill you can learn and improve with practice. It has a vital role in the life you create with yourself; it begins with your self-talk, what you think, sets the wheels in motion for the outcome of what you experience in your life. How you communicate and convey ideas with others determines the quality of your relationships. Your relationships feed every element of your life—personal and business.

THE ZONE OF CREATIVITY

Discover a new way to consistently inspire a deeper level of creativity in your life, your work and in solving day-to-day challenges as they arise. Your ideas, thoughts, inspirations, and imaginings all come from a higher place—you may call it your higher power, subconscious, infinite intelligence, collective consciousness or you may call this God. Whatever you choose to call it, your creativity is enhanced and expanded by connecting with this more relaxed, aware and focused state, as you move into the zone of creativity. Never before in history has creativity had so many possible outlets with the current technology giving us the ability to enhance, expand and express your creativity through virtually any form. You are creating a brilliant future, bringing creative processes into tangible form.

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.

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.

THE ZONE OF GENIUS

Using the magic and power of your magnificent mind, you are discovering a new way to connect to your inner genius. By going into the inner depths of your mind, you are guided into a state of being in the zone of genius. This is a journey of inner discovery about yourself, as you learn new ideas that will connect you with the power of your brain—your deeper mind, your inner genius. You enter into this deep state of mental clarity allowing your brain to process faster, understand and remember everything you hear and feel, as you open your mind to new ideas and concepts. The profound power of asking the right questions is an ongoing part of being connected with your own personal genius. Ask yourself this magical, powerful question—why am I so brilliant?

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.

THE ZONE OF IMAGINATION

Your imagination is a most powerful tool that can take you places that you might otherwise never reach. Einstein said that "Imagination is more important than knowledge, for knowledge is limited to all we know now and understand, while imagination embraces the entire world and all there ever will be to know and understand." Imagination can take you to places that the logical and analytical part of your mind would never think to visit or explore. You control this process of deep inner exploration into the world of your vivid, wonderful, colorful and limitless imagination. Your thoughts are alive and ready to come to life in the material world as you focus your attention and energy on those thoughts. What you focus on and where you take your thoughts is the reality that you create for yourself.

THE ZONE OF PRODUCTIVITY

In this session, you will discover new ways to create higher performance levels in your life and in your work day that will help you increase your focus and productivity. Ask yourself, what are the distractions that interrupt and pull you away from important activities? Release those distractions and replace them with new habits, new ideas, and new ways of staying focused and productive, as you accomplish more in your day, do it more efficiently, and create

more free time for yourself. The simplest way to be more productive, is respecting your own time. You are empowered as you get more done faster, releasing the stress of distraction and procrastination and creating more time and freedom for yourself while you doing what you like to do. You deserve to be in the zone of productivity.

THE ZONE OF SUPER LEARNING

You will take a fantastic journey and be guided into the zone of super learning, as you open your mind to learn and create this new experience. This is a discovery about yourself, as you learn new ideas that will connect you with the power of your incredible brain and your highest levels of super learning, memory, and creative mental processing. You have the power to be at your highest power and purpose, as you connect with your inner guidance; and you have the power to be at your highest level of motivation and action in this deeply focused and relaxed state. As you enter into this deep conscious state of focus, clarity, memory and super learning, you are allowing your mind to open and blend both sides of your brain - helping you to retain more information and process it more quickly and creatively. Journey into the zone of super learning and recognize your own genius, as you connect with super learning.

MICHAEL GRADY

EZ LEARNING

MOTIVATE YOURSELF TO DO HOMEWORK

Having trouble being motivated to do that homework you've been putting off? Yes, we understand... but we also know that there is a process to shift this state of mind so you will actually WANT to do your homework. This is a technique that will re-wire the neuro-pathways in your brain to have true motivation to do your homework with ease.

REST, RISE, AND SHINE

Getting proper deep sleep and arising bright and early for the day is crucial to your life as a student.

This session will help you sleep if you are having trouble and also help you wake up on or even before your alarm clock goes off. Rest peacefully and deeply with no interruptions so tomorrow you can take on the day fresh and ready!

EXAM PREPARATION STRATEGIES

Prepare your mind before a quiz, test or exam for best results. Recall information just like you would search for information on an internet search bar.

Specific ways to heighten your test scores will be given to you and activated throughout this session.

Let go of any test anxiety and allow the answers to now come to you.

THE GIFT OF LEARNING

Every individual has powerful Gifts lying dormant within themselves. In this session we will tap into this power of yours, activate it and integrate this essence into how you learn, utilize and recall information for your highest benefit. You will be guided into a very profound state of mind for this process to occur that will forever shift your personal possibilities.

CONSTRUCTING THE BEST VERSION OF YOURSELF

Imagine being able to transform into the version of yourself that is the very best of everything that you do. You will be constructing a new version of yourself, how you would ideally like to be and the type of results you get. After creating exactly how you would like to be knowing that your unlimited mind will create this for you, now experience this new world unfold before you.

ACQUIRING SUCCESS BY OVERCOMING FAILURE

Everyone has past experiences that didn't work out as best as we hoped for, the difference between successful students and unsuccessful students is that successful students will past failures to their

advantage to learn from and excel forward. You will be changing your personal history on how you've been viewing "failures," completely reframe these experiences and benefit highly from them.

SUCCESS STARTS WITH GOOD GRADES

Sky rocket forward by utilizing the energy of the successes you've already have experienced to literally jet propel yourself forward. Many times students may get bogged down by focusing too much on the negatives. This process will enable you to run forward with the feeling of achievement no matter where you are in your learning development truly setting yourself up to do well.

MEMORIZATION TECHNIQUES

The brain stores information like files in a computer and when you know how to create and organize these files correctly you will easily be able to recall them faster. You will go through a process to create the information you are learning to be available to you just like it is on auto-pilot or at your "mental fingertips."

TIPS TO IMPROVE YOUR READING COMPREHENSION

With a heightened skill of retaining the information you read will save you much time and mental energy so you can do more of what you love. You will be exposed to secrets, tips and tricks that enable individuals like you to learn quicker, faster and easier. Without these skills one may not figure out how this is possible until you experience it yourself.

GIVE A POWERFUL PRESENTATION

Powerful presentations are not only great for your in-class participation skills, they also increase your confidence in life. Through this session learn at a profound mental state how you will have the skills of a great presenter having enthusiasm, confidence, and better language skills, while having a radiant presence.

BE THE MOST SUCCESSFUL STUDENT IN CLASS

There are simple yet profound keys that you will be taught that when used will enable you to be able to "ace" any test and pass any subject with flying colors. The keys we are passing on to you are known and used by the most successful people so you can become the most successful student that you can be. Follow these keys and you'll have everything you need to be a super successful student.

SECRETS TO GETTING STRAIGHT A'S

Through studying successful students we have found the major key factors each of them has that enables their ability to score high grades. We will take each of these powerful qualities and with a process called "neuro-duplication," set these qualities into your brain like downloading a program onto a computer. This process will change the way you learn forever, easily.

STAY POSITIVE

Ever wish you had a force field around you that would protect you from any type of harm, where you are completely safe and always in your power? In this process we will set up a reaction system in your mind for when people are negative or you experience negative criticism and you will only be affected positively. Keeping a positive mental state is essential to your learning and this will help maintain this for you.

THE ART OF SALES

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

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 needs 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 list to the session and when you awaken you will have greater self confidence in selling than you ever dreamed possible.

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)

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)

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.

ELIMINATING FEAR OF SALES

Overcome your sales resistance as this program shifts you from a mindset of “sales” to a mindset of “service.” When you focus on highest levels of service, you will come away feeling that you absolutely **MUST** share your opportunity with others, for **THEIR** benefit.

TAKING THE RIGHT ACTIONS EVERY DAY

Creating success in your life or business is a matter of weaving together a series of successful actions, every day, week after week, month after month, and year after year.

YOU ARE A PERSUASIVE COMMUNICATOR

Communication is at the core of business success. Whether sharing stories about your product, showing the benefit in your opportunity, or inspiring your team to take the right actions, becoming a persuasive communicator will accelerate your business more than any other single action.

FOCUSING YOUR TIME AND ATTENTION

Lack of focus, distraction and attention challenges are part of everyday life in our complex society. But your power of focus is your powerful ally. This program will guide and instruct you to a new level of focused awareness and help you to stay laser-focused on the most important activities in your life and business every day.

THE ART OF PROSPECTING AND GETTING REFERRALS

This is a simple, yet powerful 6-step process for getting referrals to others who would be interested in the product or the opportunity.

PHRASEOLOGY FOR GETTING A COMMITMENT

The most common objections are discussed, with phraseology provided to overcome them. The ones most requested from clients include: "I want to think it over." "I couldn't take time from my family." and "I could never sell anything."

HOW TO QUALIFY BUYERS AND POTENTIAL RECRUITS

This is a very simple formula that helps you determine if the person you are talking with would truly enjoy the benefits of the product (or the opportunity), and if they're in a position to make a decision. This helps you save time by only going into in-depth presentations with qualified decision-makers.

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.

BOB PROCTOR'S 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.

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.

DEEPAK-CHOPRA'S 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.

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.

DR. BRENDA WADE'S 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.

MICHAEL BECKWITH'S VISIONING: THE HERE AND NOW

This inspirational track by Michael Beckwith will help you affirm the good in yourself, and inspire you to see the world in a more positive way.

DR. EMMETT MILLER'S MENTAL RELAXATION

Allows relaxation to flow through your entire body and offers affirmations for self-image enhancement.

DR. JONATHAN ELLERBY'S THE BAREFOOT MEDITATION

This interesting and powerful visualization will show you a surprisingly quick way to calm yourself and come back to your center.

DR. JONATHAN ELLERBY'S MAINTAINING BALANCE— MANAGING STRESS

A few thoughts and suggestions on creating balance in daily life.

DR. JONATHAN ELLERBY'S A GUIDED MEDITATION

This is a simple and effective technique for relaxing, managing difficult times, or even as a regular spiritual practice.

MICHAEL GRADY'S 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.

MICHAEL GRADY'S 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.

MICHAEL GRADY'S 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.

MICHAEL GRADY'S 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.

SUZY PRUDDEN

WEALTH SUCCESS

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

CREATE YOUR WEALTH THROUGH 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.

BELIEVE IN YOURSELF TO CREATE 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!

CREATING THE MINDSET FOR 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.

POSITIVE PEOPLE BRING POSITIVE RESULTS

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.

ORGANIZE YOURSELF FOR WEALTH SUCCESS

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.

IMAGINE YOUR 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.

PLAN YOUR SUCCESS

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.

STRIVE FOR YOUR NEXT LEVEL OF 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.

STRIVE TO REACH YOUR GOALS

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.

MAKING THE RIGHT DECISIONS FOR SUCCESS

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!

PERSISTENCE AND HARD WORK LEADS TO SUCCESS

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.