Winning the Inner Game of Business Success: Brain Training System (BTS)

User’s Manual

by

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Integrating Science and Spirituality for Achieving Maximum Results in Life and Business
Please Note: Read through this entire manual before beginning the program! This manual with written transcripts of the audios contains very important instructions. Read through the transcripts from start to finish. The manual outlines the process you must follow to maximize the benefits of this amazing new brain-training system for achieving maximum success in your business and life—right now!

Note: This Brain Training System (BTS) is Prescription Strength. Use as directed.

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Dear Friend,

Congratulations on trusting yourself and my Winning the Inner Game of Business Success: Brain Training System (BTS) to get you moving in the right direction to fulfill your business goals and dreams. It truly is both the first — and best — of its kind in the world! And now, it is yours to help you unleash and apply the genius within you!

Never before has there been a brain training system like this designed specifically for programming your brain for success in business. This system works synergistically, where each level and audio track progressively builds on the 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; 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 the reasons I chose these stories, metaphors, affirmations, beliefs, habits and syntax as you will gain the benefits of each layer building on the last one. 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 Inner Game of Business Success: Brain Training System (BTS) will assist you in programming your subconscious mind in a way that I know is the easiest, fastest, and most reliable way known today. Yes, there are others who offer partial pieces to the puzzle of engaging the subconscious mind, however, you will find limited results by utilizing individual ones that separately focus on processes, techniques, and products that do not compare in scope or depth of the newly-developed system I have developed that encompasses the best in positive psychology in conjunction with the best technologies and techniques in one program.
This unique program provides all of the pieces of the puzzle—in a powerfully-concentrated system found no where but here.

For now, use only this program and allow its "prescription strength" process to do its work. It will blow you away with the changes you will feel and witness over the coming 90-365 days, which 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 that it is your commitment that is required to follow the simple formula to change from the inside out.

The bonus meditation tracks are powerful and can be used as often as you wish. They will provide significant benefits to you in every area of your life by expanding your awareness, lowering your stress, activate both hemispheres of your brain so you use more of plus a host of other positive benefits.

All my best—

\[John Assaraf\]

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

P.S. S. If you are currently using your own affirmations or visualizations techniques, you may continue to do so however, it is not needed at least for the next 90 days. You may also choose to mediate for additional periods of time after each of your daily sessions with me.
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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 audios tracks while driving or operating any potentially dangerous machinery. Only listen to these audios when you 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:

- Stroke
- Epilepsy
- Seizures of any kind
- Heart Disease
- Heart Surgery
- Brain Injury
- Brain Surgery
- Sleep Apnea
- Neurological and psychiatric disorders

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

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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
- Journal

The incredible news is optimal use and benefits from this brain training system require minimal work on your part. The work has been done for you in the careful and precise design and technologies used.

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 into optimal business success. I highly encourage you to do this preferably 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. You may also drink another glass of water after listening to these audios to allow your body to flush out any toxins that may have been released as a result of your brain training 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 2 hours per day.

If you are already doing your own visualization sessions, please continue with it, and if you’re currently using affirmations you may continue with those if you desire to do so, however, it is not necessary as there are powerful business affirmations built into this program.

**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 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

(Times listed below may vary depending on what media device you use when listening to audio tracks)

Level 1

The Foundation (First 30 Days)

1A Introduction - Intro to the Brain Training System Program/The Foundation - 5:04

1A Main - Universal Quantum Laboratory/Beliefs & Habits Generator - 31:28

Welcome/ Introduction/Foundation and Universal Quantum Laboratory - 12:21

Affirmations - 12:35 to 18:10

Hypnotic Story and Visualization - 18:16 to 26:15

Meditation - 26:15 to 31:28

1A-Bonus Track, Meditation- 11:28

Level 1 B

Confidence & Certainty Program

1B Main - 27:10

Track Intro & Centering - 2:51

Story - 2:55 to 9:21

Affirmations - 9:30 to 13:38

Hypnotic Story and Visualization - 13:38 to 19:06

Meditation - 19:06 to 27:10

1 B-Bonus Track, Meditation - 12:48

Level 1 C

1C Main - 36:26

Track Intro & Centering - 2:51

Affirmations - 3:02 to 15:53
Hypnotic Story and Visualization - 16:04 to 24:40
Meditation - 24:40 to 36:26
Bonus Track, Meditation 9:34

**Level 2**

*Quantum Acceleration (Second 30 Days)*

Level 2 Introduction - 5:04
2A Main - 30:40
Track Intro & Centering - 2:46
Affirmations - 5:33
Hypnotic Story and Visualization, Look on the Bright Side - 5:33 to 12:07
Meditation - 12:07 to 30:40
Bonus Track, Meditation - 14:09

**Level 2 B**

2B Main - 35:45
Track intro & Centering - 2:46
Affirmations - 5:37
Hypnotic story and Visualization, The Value of a Penny - 5:37 to 14:38
Meditation - 14:38 to 35:45
Bonus Track, Meditation - 14:14

**Level 2 C**

2C Main - 34:39
Track Intro & Centering - 2:46
Affirmations - 8:24
Hypnotic story and Visualization, Monkey and Banana - 8:27 to 14:08
Meditation - 14:38 to 34:39
Bonus Track, Introduction to Gamma for Level 3 - 20:20
Level 3 A

Pure Access (Last 30 Days)
Level 3 Introduction - 5:04
3A Main - 37:00
Track Intro - 5:37
Combo Integration - 37:00
3D Programming - 5:37 to 37:00
Bonus Track, Immune System Booster - 24:00

Level 3 B

3B Main - 44:00
Track Intro = 5:37
Combo Integration = 25:00
Pure Access Meditation = 25:00 to 44 :00
Bonus Track, Problem Solving & Inner Guidance - 29:00

Level 3 C

3C Main - 33:00
Track Intro - 5:37
Combo Integration - 15:00
Pure Access Meditation - 15:00 to 33:00
Bonus Track, Mental Clarity - 19:00

Before starting the Level 1A audio program, be sure to complete the Initial Assessment starting on page 29.

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; Affirmation; Hypnosis; Visualization; Meditation; and Subliminal Messages. The general format within the audios is as follows right after "centering" and introduction piece:

- Precision Affirmations Session
- Guided Hypnosis 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, where the “Innercises” will guide you through your conscious and subconscious mind through multiple audio tracks and our precision business success programming process. The audios are supplemented with written support in this manual for you to stay focused on being consistent with following 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 BTS is having on you and your business.

Be certain to block out approximately 45 minutes per day (preferably upon waking or early evening) to implement your training session. As a simple reminder, insert BTS in your daily schedule and let the audios guide you to your new level of business success.

After a short period of time, you will be in the habit of following the system—but it is still a good idea to integrate into your daily calendar so as to 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 business results!

4 Simple Steps to “Winning the Inner Game of Business Success”

• Step 1 – Get in a quiet setting and get comfortable
• Step 2 – Write a journal entry before each session
• Step 3 – Sit back & relax and listen to the audio
• Step 4 – Write a journal entry 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 1-2 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, keep your new mindset in action by using a variety of combinations of BTS as well as progression to Levels 4, 5, 6 and 7 (which will be coming soon).
Introduction

* Winning the Inner Game of Business Success: Brain Training System (BTS) is designed to help you train your brain for winning the inner game of business success. 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 BTS both synergistically and progressively reconditions and creates new neural pathways in your brain so your conscious and subconscious mind work together to support you reaching a whole new level of business 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 metaphoric stories.

Meditation is a phenomenal practice to connect to the quantum field of intelligence while giving you access to whole brain use and synchronicity. In addition, meditation will train you to have the ability to focus and gain absolute clarity on the achievement of your business goals.

Achieving more business success starts with a desire and intention to accomplish more than what you have already achieved. Sometimes when you strive to achieve something you have not yet experienced before, you encounter resistance from other people, your environment, and yourself—many times before you have even started. Having 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 in your business. 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 your current subconscious mind continues to limit you from experiencing your true power.
There are various technologies and techniques available to help us reprogram our brains. This program, however, is the first ever to strategically unite these progressively and synergistically retrain your brain for maximum business results.

As part of my commitment that you get the most out of this program, the audios are accompanied by the written transcripts within this user manual for you to be able to read every carefully-selected word used so you fully know what affirmations and stories are used. (These are all for your benefit only—and do not contain anything other than what is written on the transcripts.)

Level 3 transcripts are not included because the content in this level is already contained within the previous Levels.

The BTS sequence was carefully designed to reach the inner-most 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 Inner Game”?

We often underestimate the power of our “internal world” because it is intangible, however, the results of our inner game are tangible in that they create in our physical world and they also attribute to how we feel about ourselves. Remember that most success first happens on the inside AND is then produced in the outside world.

The inner game is the inner-workings of our subconscious mind. It is always at play—it is just that it isn’t always playing positively for us. It is essential to do the “Innercise” reconditioning work necessary to reprogram your subconscious mind to get the 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 in business and life.

Our brains are conditioned to being in certain brainwave frequencies that produce habitual ways of thinking and behaviors. 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 based on what’s already here now by increasing your awareness—you are infinite in your potential!

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

Having a clear vision for your business is essential in your success. This unique program will help you retrain and program your brain for success by reducing negative thoughts and replacing them with positive ones that are in alignment with your highest goals. Therefore, it is also important for you to have conscious, clear intentions about what you want to achieve.

Answer the two questions below to gain more clarity on your business goals.

1. **What do I intend to create in my business in the next 12 months? (Describe what you envision for your business success. Write it in the present moment as if it already exists.)**

   **Example:** I am in absolute awe with what I have created in my business this last year. My business has sky-rocketed over these last 12 months with the addition of several new products and services that have added 1 million dollars to my bottom line. It is a great feeling to pay off all my debt and begin to make larger contributions to the world. My sales have increased by $55,000 per month and continue to go up each month. It is exciting to see the extraordinary abundance flowing into all the areas of my life and business.

   I am so excited that I have hired the right sales and marketing team and they are producing amazing results. My financials are in order and I now run my business like a business with checks and balances in place.

2. **Why I must and will achieve this vision I have for my business.**

   **Example:** My product/service allows people to feel better about themselves more than ever before and my business allows me to fulfill my mission and purpose in life by helping others succeed. The more people I help, the better I feel and the more my own life has purpose and meaning. My destiny is to serve others and help them.

Take the time every day to do the right “Innercise” – listen and allow the process and technology to transform your life. By setting a clear intention, vision and “why” for your business goals, you are aligning with your highest desires.

Business Success Goals

Your vision for achieving business success requires you to have both Financial and Non-Financial Goals. It is essential to know what business success you want to produce one, three, five, and ten years from now for both Financial and Non-Financial Goals. Create a list of your specific and measurable goals you want to achieve with a specific and measurable timeline.
### Financial Goals

Financial Business Goals are vital to knowing what income you need and want to receive. Some of the Goals are directly related to earning revenue. Write down no more than 10 major ones. Some examples you could include are:

<table>
<thead>
<tr>
<th>My Financial Goals</th>
<th>Why I Want it</th>
<th>Date I Achieved it</th>
</tr>
</thead>
<tbody>
<tr>
<td>• By ____ I will be earning $1,000,000 pre-tax income.</td>
<td>• I want to cover expenses and build savings.</td>
<td></td>
</tr>
<tr>
<td>• By ____ I will develop at least 10 new clients for my business.</td>
<td>• It will develop a stable income quickly.</td>
<td></td>
</tr>
<tr>
<td>• By ____ I will find a financial partner that will invest at least $____.</td>
<td>• I want to expand only using outside sources.</td>
<td></td>
</tr>
</tbody>
</table>

### Non-Financial Goals

Non-Financial Business Goals are vital to knowing where to focus your time and resources. These goals can be diverse in any area ranging from marketing to people or operations. Some examples you could include are:

<table>
<thead>
<tr>
<th>My Non-Financial Goals</th>
<th>Why I Want it</th>
<th>Date I Achieved it</th>
</tr>
</thead>
<tbody>
<tr>
<td>• By ____ I will hire a marketing VP.</td>
<td>• To streamline getting more leads and sales.</td>
<td></td>
</tr>
<tr>
<td>• By ____ I will develop my sales and marketing process.</td>
<td>• It will develop a stable income quickly.</td>
<td></td>
</tr>
<tr>
<td>• By ____ upgrade computer technology to a new platform.</td>
<td>• I want to expand only using outside sources.</td>
<td></td>
</tr>
</tbody>
</table>
Part II

“Winning the Inner Game of Business Success”

Background of Technologies & Techniques Used

- Neural Reconditioning Process™
- The Power of Your Brain Waves
- Brain Entrainment
- Audio 3-D Technology
- Precision Affirmations
- Hypnosis
- Visualization
- Meditation
- Subliminal Messages
- Neural Linguistic Programming
- Eye Movement Desensitization Reprocessing
- Bilateral Sound
- Emotional Freedom Technique
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 “Innercise”

Program and in doing this, your will reinforce your new positive beliefs and habits.

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

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

<table>
<thead>
<tr>
<th>Brain Wave Pattern</th>
<th>Name and Brief Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpha (8-13.9 Hz) – Relaxed Focus</td>
<td><em>Eased.</em> 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.</td>
</tr>
<tr>
<td>Beta (14-39.9 Hz) – Alert/Working/Stress</td>
<td><em>Waking to Fast.</em> 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.</td>
</tr>
<tr>
<td>Delta (.1-3.9Hz) – Non-Focus</td>
<td><em>Very slow.</em> Indicates dreamless sleep or deep meditative state. Human growth hormone released.</td>
</tr>
<tr>
<td>Theta (4-7.9 Hz) – Internal/Integrative Focus</td>
<td><em>Slowed.</em> 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.</td>
</tr>
<tr>
<td>Gamma Waves (40-100 Hz) – Peak Performance</td>
<td><em>Super fast.</em> Indicates higher mental activity (not normal thinking or problem-solving), flashes of brilliance and consolidation of information from all areas of the brain.</td>
</tr>
</tbody>
</table>

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 (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 deep (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 it is not available to our conscious mind.
- Responsible 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 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 our 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 your interest in the benefits you will receive in just one of these components or in 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 even 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 has on what you think and attract into our business environment and the success you achieve. This will also have an impact on your 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 “Innercise” 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) as well as that it encourages 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 business 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 business.

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 business 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 business:

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

**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—you always want to be certain that you choose a fully qualified person with positive intentions and positive messages are being sent to your subconscious. Also note 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 and/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/or 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 towards 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 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. More and more 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 tool 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).

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 (May 2009) [addresses “How Meditation Improves Attention.” 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 sublim 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 business success.

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 re-program 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 Inner Game of Business Success”

The Brain Training System (BTS) in Action

This section is designed to support your use of BTS. 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 7 consecutive days, you will focus on listening to the A audios. The next 7 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 BTS, take the Initial Assessment to determine your baseline measurement.

Initial Assessment

“Your Inner Game” Initial Assessment

As a result of this program, what changes would you like to experience in your thinking, feelings, and behaviors:

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 business 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 and habits as well as results related to increasing your business success.

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 “Innercises” 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 re-program 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 re-programming 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.

Transcripts for Level 1

Level 1 – The Foundation

Level 1 A Introduction (approx. 5 min.)

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 brain-waves 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 brain wave 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 are 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 “Innercise” 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 learned 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 inner game of success will allow you to take advantage of the latest brain research to reprogram your brain for higher and more potent level of thoughts, feelings and actions required to achieve the 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 am 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 A Main**

**Universal Quantum Laboratory / Beliefs & Habits Generator (approx. 32 min. total)**

**Welcome and Introduction to The Foundation (approx. 12 min.)**

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. 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 3 to 1. Ready, take a deep breath in 3, and release it at your own slow pace. Take another deep breath in 2, and release slowly as you feel more and more relaxed and more and more peaceful. And finally, inhale deeply 1, 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 rule the inner game of business success, I’m going to invite you to come with me to the Universal Quantum Laboratory where we will build all the mental upgrades required for you to take your business 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 blueprints for your business 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, business 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 business 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 and/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 business and life 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 powerful information in it.
Imagine, and ask yourself this question: How will my ability to upgrade my beliefs and habits enhance the success of my business and life?

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 business 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 to even stronger and more powerful.

**Precision Affirmations (approx. 6 min.)**

- Each day, in every way, I am becoming a better and better business person.
- I have the extraordinary ability to accomplish the business goals that I choose and want.
- I am committed, determined and passionate about what I do.
- I am a very focused and persistent business leader.
- I have tremendous energy and focus for achieving all my business goals.
- My business is now a masterpiece.
- I consistently and easily achieve all of my business goals.
- I am a smart and savvy business person.
- I am uniquely talented to achieve all of my business goals.
- People love doing business with me.
- I consistently provide an abundance of value to my clients and my customers.
- I now do only the highest income and impact producing activities to grow my business.
- I easily delegate all low income tasks to others.
- I now release any overload or frustration that I may be feeling.
- I live each day with passion and purpose.
- I am a success in all of my business endeavors.
- I respect my abilities and I consistently fulfill my potential.
- I always have more than enough money for all that I need.
- Money consistently flows to my business from numerous known and unknown sources.
- My life and business is now filled with prosperity and abundance.
- I easily achieve all of my business goals and dreams.
- I am totally confident and certain in my business decisions.
- I am excellent business person.
- I am wealthy and successful in all that I do.
- I now have all the tools and resources to fulfill any and all of my business goals and dreams.
- I am a powerful and resourceful creator.
- I have absolute certainty in my ability to generate any amount of income and revenues that I choose.
- I now have all the resources I need to become a multimillionaire.
- I have great abundance flowing into my life which affords me every luxury that I desire.
- I am a powerful resourceful creator attracting all the wealth and business opportunities I want and need.
- I have all the business skills, intelligence and contacts I need right now to create an absolute masterpiece with my business.
- I deserve to earn money easily and in abundance in my business.
- I deserve happiness and prosperity.
- I easily accomplish all of my financial goals.
- I now have complete freedom over my time.
- I am so grateful for the business success I am now achieving.

Hypnosis and Visualization Session (approx. 8 min.)

As you continue down this wonderful path with me on mastering the inner game of business success, I invite you to imagine what it would be like to receive a series of letters from your future self regarding all your business successes.

I invite you to close your eyes and to first imagine 3 years from now as you continue to succeed in business. What would you tell yourself about your success? What is your life like 3 years from now? How do you spend your work time? How much are you enjoying your time with the people you care about most in your life?
Maybe this letter from your future self will focus on a typical week in your life as you enjoy all the business success you have achieved. In it, you describe your feelings about your success, the people you meet and the joy you’ve brought to your loved ones.

Maybe you’ll describe that new house that you bought and in your 3 year letter from your future self it contains all kinds of sensory specific details about this house. How big is it? What does it look like from the outside? Where is it located? How many bedrooms? How many bathrooms? Does it have a swimming pool? Does it have a perfect theatre and game room?

Maybe your letter will describe how awesome your neighbors are and how you just had them over for a wonderful barbeque. In your mind, bring yourself 3 years into the future seeing, feeling, hearing and experiencing all the joys of your business success.

Now, enter the mind of your future self 3 years from now and imagine yourself sitting down and writing this letter to your present self. Feel all the feelings of satisfaction and gratitude that come from achieving all the success that you have achieved during the course of those last 3 years.

As you imagine your future self writing this letter to your present self, include all of the important things that matter the most to you. Take the next 30 seconds and allow your subconscious mind to process all of the things that matter most to you. See your business exactly the way you want it and make sure you’ll include your lifestyle as well. I’ll return in 30 seconds.

Now that you have imagined writing that letter from your future self 3 years from now to your present self, I invite you to repeat the process except this time you will be writing this letter to your present self after you’ve enjoyed 5 years of business success.

Include all the additional success that you have enjoyed since the last letter you wrote from 3 years into the future. Again, include all of the sensory based experiences about what you are doing – your new contracts, the number of employees you have, the revenue and how you’ve been able to help so many people in your community, in your business and around the world.

Now, because your subconscious mind can do this really quickly, I am asking you to take the next 30 seconds and process all of this unconsciously right now. My voice again will return in 30 seconds.

That’s awesome! Doesn’t that feel great? Now, it’s time to write one more letter to your present self from your future self. This time imagine writing this letter after enjoying 10 years of business success.

Write this letter including all the amazing and wonderful success stories that you’ve had since your 5 year letter to yourself. Feel all the feelings and all the positive emotions that you are having as you write this letter after enjoying 10 years of outstanding business success.

Include all the joy, all the love, all the compassion and all the good you’ve done. Include your sense of accomplishment in this letter to your present self right now. Include the vacations, your summer home, the money in the bank that you have, cars, boats, the charities that you are investing time with, the money you are putting away for the things that you want to do with your loved ones, with your friends and for others that are in your life.
In this letter to your present self express just how much you love yourself and how proud you really are of yourself. You’ve worked hard and also took time to smell the roses and the flowers along the way.

In this letter to yourself express just how good it feels to earn money and to be increasingly successful while adding value to all others around you. Now, take the remainder of our time together today and process all of these unconsciously and consciously so that when this audio finishes you are filled with joy and excitement and passion for your life and your business success.

You can use the BTS Tracking Chart located in the Appendix to help you track which audio to listen to each day. After you have listened to Level 1 A for 7 consecutive days, move on to Level 1 B.

**Level 1 B**

**Confidence & Certainty Program**

Level 1 B provides the main part of establishing the foundation within Level 1 and for the entire program. The format is similar to Level 1A. By reading through the Audio Transcripts, you will learn more about this level.

**Transcripts for Level 1 B**

**Confidence & Certainty Program** - (approx. 27 min. total)

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, just for you, 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 3 to 1. Ready, take a deep breath in 3, and release it at your own slow pace. Take another deep breath in 2, and release slowly as you feel more and more relaxed and more and more peaceful. And finally, inhale deeply 1, and release gently and slowly right now. Remember, you can do this anytime throughout the day to get centered, relaxed and focused.

Let’s now focus on confidence and certainty. Once again, as you continue to win the inner game of business success take this opportunity to expand your confidence and certainty in yourself right now. Confidence and certainty in yourself and certainty in your ability to make good decisions even when things do not go as you have planned is a precious internal mental program that the most successful business people have.

Now, in the next few minutes we are going to install in your brain a confidence and certainty program that will work day and night behind the scenes of your conscious mind. We are going to build your
Confidence and Certainty Program in the Universal Quantum Laboratory using your beliefs and habits generator.

It is important for you to remember that the quantum universal laboratory will only let you build upgrades for your brain and help you and support you and your business success.

Now, it does not matter if this is the first time or 21st time that you are listening to this audio because each time you listen to this audio you will receive an upgrade to your mental programming. This repetition will make it easier and easier for you to achieve success in business and life now.

This process is natural and exactly as it should be. Each time you listen to this audio and create a new upgrade you will notice the benefit of how well your upgrade works to accelerate your business and life success. This upgrade process will become easier and more effective each time you return to the Universal Quantum Laboratory. You will be pleasantly surprised how this is so.

It is important to know that your new Confidence and Certainty Program will only improve and accelerate your sound judgment and good decisions now. As you install your new Confidence and Certainty Program, trust the intelligence within you to install exactly what you require right now to get you from where you are right now to where you want to be, safely and easily.

Notice as you step into the Universal Quantum Laboratory that your mind becomes clear and focused and you begin to experience profound and deep relaxation in total comfort right now.

Now that you are here, let’s begin to build your Confidence and Certainty Program using your beliefs and habits generator. Imagine where in your brain you placed your Beliefs and Habits Generator. Begin to focus on upgrading your new Confidence and Certainty Program right now.

All the additional confidence and certainty you could ever want is available to you right now. Simply ask this question: How much more confidence and certainty do I want in my business and in my life right now?

As you answer these questions notice how you feel, notice the confidence and certainty that’s within you right now. As you do this, your Beliefs and Habits Generator is designing the perfect Confidence and Certainty Program for you right now. All you need to do is say: Install Confidence and Certainty Program.

As your Confidence and Certainty Program is perfectly installed right now, see yourself in a business scenario as if you were watching a movie at a theatre and now you have all the confidence and certainty you could ever want or imagine. I want you to see and feel and hear yourself with your new Confidence and Certainty Program installed.

Run the business scenario just like a movie from beginning to the end noticing how you feel and how things are different within you right now. Make sure you pay attention to all the little details. Notice how you are standing, notice how you are breathing, notice how you feel so much better than ever before, notice how this is the most confident and certain you have ever been in any business situation.

The next time you will listen to this audio, you will add more information that will automatically upgrade your Certainty and Confidence Program. This continuous process will make your Confidence and Certainty Program better and better and better each time you step into the Quantum Universal Laboratory.

I want you to close your eyes and pretend that I’m sitting right next to you wherever you are right now. I want you to pay attention to my voice as you listen to me telling you about you.
Precision Affirmations (approx. 4 min.)

- You are now an outstanding business person who leads with confidence and certainty.
- You are comfortable leading others and yourself in the business world.
- You are a powerful and savvy leader in business that people respect and look up to.
- People now follow you into your business because you are a leader.
- You are a natural leader and a positive inspiration for others to observe and look up to.
- People model themselves on your success.
- You think, act and talk like a highly successful leader right now.
- You command the attention of those around you.
- You consistently lead with the highest integrity and ethical business practices.
- You are a powerful and resourceful leader and others are inspired by you.
- You are an organized, proactive, disciplined and talented business leader.
- Your innovative business ideas and intelligence shines in everything that you do.
- You are an example of a servant leader.
- Your enthusiasm inspires and draws others towards your success.
- You are a highly sought after business leader who is paid top dollar for your products and services.
- Every day, in every way, you are a leader in all the things that you do.
- You can consistently lead others by your brilliant example.
- You are so grateful to be of service in the world of business.
- Your brilliant genius shines in every one of business and life endeavors.

Hypnosis and Visualization Session (approx. 6 min.)

Now in this session, we are going to talk about opening the letters from the future. Now as you continue to master the inner game of business success, you may have noticed how important it is to always keep in mind your goals, to see them in the screen of your mind, to feel what it is like to have achieved your business goals now in the present as if you’ve already achieved them.

Not too long ago you imagined what it would feel like to write 3 letters to your present self from your future self. You imagined writing these letters from 3 years in the future, from 5 years in the future and from 10 years in the future.

Now, I want you to imagine going to your mailbox and receiving these letters from your future self. Imagine going to check your mail and the only 3 envelopes you find are these 3 letters. Filled with curiosity and amazement, you sit down at a table and open the first letter.
The first thing that you noticed is that this is absolutely your handwriting and contains the kind of descriptive language that you commonly use. Suddenly, you feel a great sense of gratitude that you are now receiving such a wonderful and amazing gift that allows you to peak into your future.

As you continue to read the first letter that describes an abundant detail just how much you are enjoying your business success after 3 years, you are now filled up with excitement and relief. It sure is nice to know that all your hard work is paying off.

Your belief in yourself continues to grow with every word you read. As you come to the end of the first letter, you can barely wait to read the next letter from your future self to your present self. In your mind you were thinking, “Wow! So much success in just 3 years, how much will I have after 5 years?”

As you open up this letter, you are amazed at how many goals you have achieved and how many amazing opportunities opened up for you in the future. You are pleasantly surprised that you have already achieved goals in the future that you presently have not yet set.

It’s so nice to know that you will have nice neighbors and that your loved ones are taken care of. You feel a great sense of accomplishment and you are beginning to clearly see and understand how your good decisions now are rewarding you so well into the future.

As you come to the close of the second letter, you are filled with such happiness and anticipation that you quickly tear open the envelope containing the 3rd letter. It’s the one you sent yourself after enjoying 10 years of business success.

As you begin reading this letter, you realize that you never felt so much confidence and certainty as you do right now. As you continue to read, paragraph after paragraph, it becomes abundantly clear that you and your business is evolving beyond the dreams you have now.

You are feeling so happy and grateful now that you see yourself taking time in the future to enjoy the fruits of your labor and giving back to the community. You are so happy and proud that you are sharing your success in ways that improve the lives of so many other people.

As you come to the last paragraph of this letter, you see that the “you” from 10 years in the future is expressing just how much you love yourself right now. You read how proud you are of yourself and how grateful you are that you’ve made so many great decisions while never losing site of what is truly important in your life.

You take a few minutes to process all of what you’ve learned and feel renewed and refreshed with greater resolve, Confidence and certainty than ever before.

Now, take the remainder of our time together today and process both consciously and subconsciously everything that you have learned. When this audio ends, I want you to smile and know that you will enjoy the process and the road to business success ahead.

You can use the BTS Tracking Chart located in the Appendix to help you track which audio to listen to each day. After you have listened to Level 1 B for 7 consecutive days, move on to Level 1 C.

Level 1 C

Pure Access

By reading through the Audio Transcripts, you will learn more about this level. It provides Pure Access audio tracks that reinforce what has already been established and bridges gently towards the next level, Level 2.
Transcripts for Level 1 C

Pure Access (approx. 36 min.)

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 releases all your tensions, any worries, any doubts or concerns that you may have and take this time just for you.

This is your time, just for you, 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 3 to 1. Ready, take a deep breath in 3, and release it at your own slow pace. Take another deep breath in 2, and release slowly as you feel more and more relaxed and more and more peaceful. And finally, inhale deeply 1, and release gently and slowly right now. Remember, you can do this anytime throughout the day to get centered, relaxed and focused.

Precision Affirmations (approx. 13 min.)

- Each day, in every way, I am becoming a better and better business person.
- You are now an outstanding business person who leads with confidence and certainty.
- I have the extraordinary ability to accomplish the business goals that I choose and want.
- You are comfortable leading others and yourself in the business world.
- I am committed, determined and passionate about what I do.
- You are a powerful and savvy leader in business that people respect and look up to.
- I am a very focused and persistent business leader.
- People now follow you into your business because you are a leader.
- I have tremendous energy and focus for achieving all my business goals.
- You are a natural leader and a positive inspiration for others to observe and look up to.
- My business is my own masterpiece.
- People model themselves on your success.
- I consistently and easily achieve all of my business goals.
- You think, act and talk like a highly successful leader right now.
- I am a smart and savvy business person.
- You command the attention of those around you.
- I am uniquely talented to achieve all of my business goals.
- You consistently lead with the highest integrity and ethical business practices.
- People love doing business with me.
- You are a powerful and resourceful leader and others are inspired by you.
- I consistently provide an abundance of value to my clients and my customers.
- You are an organized, proactive, disciplined and talented business leader.
- I now do only the highest income and impact producing activities to grow my business.
- Your innovative business ideas and intelligence shines in everything that you do.
- I easily delegate all low income tasks to others.
- You are an example of a servant leader.
- I now release any overload or frustration that I may be feeling.
- Your enthusiasm inspires and draws others towards your success.
- I live each day with passion and purpose.
- You are a highly sought after business leader who is paid top dollar for your products and services.
- I am a success in all of my business endeavors.
- Everyday, in every way, you are a leader in all the things that you do.
- I respect my abilities and I consistently fulfill my potential.
- You can consistently lead others by your brilliant example.
- I always have more than enough money for all that I need.
- You are so grateful to be of service in the world of business.
- Money consistently flows to my business from numerous known and unknown sources.
- Your brilliant genius shines in every one of business and life endeavors.
- My life and business is now filled with prosperity and abundance.
- You are now an outstanding business person who leads with confidence and certainty.
- I easily achieve all of my business goals and dreams.
- You are comfortable leading others and yourself in the business world.
- I am totally confident and certain in my business decisions.
- You are a powerful and savvy leader in business that people respect and look up to.
- I’m an excellent business person.
- People now follow you into your business because you are a leader.
- I am wealthy and successful in all that I do.
- You are a natural leader and a positive inspiration for others to observe and look up to.
- I now have all the tools to fulfill any and all of my business goals and dreams.
- People model themselves on your success.
- I am a powerful and resourceful creator.
- You think, act and talk like a highly successful leader right now.
- I have absolute certainty in my ability to generate any amount of income and revenues that I choose.
- You command the attention of those around you.
- I now have all the resources I need to become a multimillionaire.
- You consistently lead with the highest integrity and ethical business practices.
- I have great abundance flowing into my life which affords me every luxury that I desire.
- You are a powerful and resourceful leader and others are inspired by you.
- I am a powerful resourceful creator attracting all the wealth and business opportunities I want and need.
- You are an organized, proactive, disciplined and talented business leader.
- I have all the business skills, intelligence and contacts I need right now to create an absolute masterpiece with my business.
- Your innovative business ideas and intelligence shines in everything that you do.
- I deserve to earn money easily and in abundance in my business.
- You are an example of a servant leader.
- I deserve happiness and prosperity.
- Your enthusiasm inspires and draws others toward your success.
- I easily accomplish all my financial goals.
- You are highly sought after business leader who is paid top dollar for your products and services.
- I now have complete freedom over my time.
- Every day, in every way, you are a leader in all the things that you do.
- I am so grateful for the business success I am now achieving.
- You consistently lead others by your brilliant example.

**Hypnosis and Visualization Session (approx. 8 min.)**

I’d like to share a little story with you about a tomato plant and as you continue to master the inner game of business success naturally you may notice that your behaviors are changing. Your behaviors are changing to match up with your business goals more and more each and every day.
As you continue to relax listening to my voice, I would like you to imagine your business as a freshly planted seed of a tomato plant. You’ve taken care to plant this seed in fresh nutrient dense soil, in a place where it gets just the right amount of sun and just the right amount of shade.

You got down on your hand and knees and with your index finger you poked the hole in the fresh soil and gently placed the seed in the ground. You then lovingly covered it with more fresh soil and gave it just the right amount of water that will allow it to grow. Why did you plant this seed?

As you get up from planting the seed you brush off the moist soil from your pants and you smile, you vividly imagine all the delicious fruit that this plant is going to produce for you and your family as it grows over the following months. You might even be able to smell all the great food you are going to eat because of the perfect fruit that your full grown tomato plant will produce.

As each day follows you check on your seed to see if it has peeked out of the ground. You can barely contain your excitement because you know how gratifying it is to successfully grow something from scratch.

You check the soil to see if it’s moist enough, you give it water when it gets too dry and you refrain from giving it water on the days that God decides to water it for you. A week goes by and still nothing peeks out of the ground; you ask yourself, “Did I give it too much water? Did I give it enough? Did I plant it in the right place?”

Maybe it’s just the weather. You go into the house and look on the internet to see how long it takes for a tomato seed to sprout once it’s planted. You find that it takes about 2 to 3 weeks for a leaf to show. You now feel a sense of relief knowing that you are probably on track.

You continue reading and you discover that the average plant will not produce fruit for about 2 full months. You remember reading about this earlier and now you are very content to have fruit in 2 months.

You can almost taste and feel exactly what it’s going to be like biting into that perfectly ripened tomato and then you read one last fact that no one ever told you before.

The tomato expert writes, “Some plants won’t produce fruit the very first year depending on the seed. Sometimes you have to care for the seed until it grows then wait till the plant germinates and drops another seed in the ground that will grow the following year.”

You stop and think, I wish I would have known this before I started this whole thing. You make a mental note to plan better next time before embarking on a farming adventure.

As you absorb this information, you feel less excited than you did just one week ago. You hope that all your work will produce fruit this year. As another week goes by you check on your seed only to find that it’s not a seed anymore, it’s now a tiny little plant with one leaf peeking out of the soil.

You feel your excitement return because even if this plant does not produce fruit this year at least you have the satisfaction of knowing you made something real. You planted a seed and it’s now growing everyday.

With your new found excitement that comes from noticing your successes, you begin to ask yourself, “Is there anything that I can do to make this tomato plant grow faster?” Is there anything you can do that will tilt the scale in your favor that would get you fruit this year?

So, you make a wise decision in getting your car and you decide to seek advice of an expert. After a short consultation from the best tomato farm in the business, someone who knows how to get these tomato plants to grow and produce more fruit you go back home to your tomato plant and follow his instructions to the letter.
You tirelessly do everything that’s required and your plant now grows and grows and grows. Two more weeks passed and you are getting so close to when most tomato plants will produce fruit. Will your plant produce fruit this year? You can barely wait, you feel confident because you have done everything right.

The next morning you wake up and to your surprise you notice several tiny tomatoes on your plant. You feel great; you feel immense satisfaction that you will get ripe fruit this season.

It’s time to celebrate and like any good farmer you also know it’s now time to make even better decisions regarding your plant. Feeling confident and ready you now take all the appropriate action to insure that you are biting into a perfectly ripe and fresh tomato in just a few more weeks.

**Low Subliminals**

- Each day, in every way, I am becoming a better and better business person.
- You are now an outstanding business person who leads with confidence and certainty.
- I have the extraordinary ability to accomplish the business goals that I choose and want.
- You are comfortable leading others and yourself in the business world.
- I am committed, determined and passionate about what I do.
- You are a powerful and savvy leader in business that people respect and look up to.

You can use the BTS Tracking Chart located in the Appendix to help you track which audio to listen to each day. After you have listened to Level 1 C for 14 consecutive days, you will have two bonus days to listen to Level 1 BonusTrack Meditation. At the end of those two bonus days, move on to Level 2.

**Level 1**

**BonusTrack:**

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

All the bonuses (except Level 2 C and Level 3 A / B / C Bonus Tracks) are to be used to obtain meditative states in shorter time frames. After the 30-day cycle, take the assessment to check your progress.
“Your Inner 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 these are the beliefs 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 business goals will you achieve one year from now?

Note: As you continue to go through the program, be mindful of your new beliefs and habits as well as results related to your increasing business success 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 re-programming 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 Brainwaves. The benefits associated with Theta Brainwaves, include that it continues to improve 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 Brainwaves, continue to provide even greater access to the subconscious mind making it ideal for re-programming 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 as well as being associated with mind-body healing. This state also increases the resistance to mental disorders and encourages deep meditative states with experience mediators.

In Level 2, you will learn how easy it is to install your new “Confidence and Certainty Beliefs” program, which you will need to achieve every one of your business goals.

There are 7 main components to each track and each level. Track 1 gets you intimately familiar with the Theta Brainwave state. Track 2 begins to entrain your brain to the Delta state. Track 3 trains your brain to move from the Theta state to the Delta state.

Level 2 content is entirely different than Level 1 content in every way except the syntax. The content covered is different, although the sequence is similar.

You will find additional explanation about Level 2 within the Audio Transcripts. Be certain to read each Transcript at least prior to listening to the audios as well as consider re-reading them periodically throughout the business success journey.

Transcripts for Level 2 A

Quantum Acceleration

Level 2 A Introduction (approx. 5 min.)

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 brain waves 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 brain wave 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 are 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 “Innercise” 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 learned 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 shear 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 inner game of success will allow you to take advantage of the latest brain research to reprogram your brain for a higher and more potent level of thoughts, feelings and actions required to achieve the 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 am 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.

Transcripts for Level 2 A Main

Quantum Acceleration (approx. 31 min.)

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 3 to 1. Ready, take a deep breath in 3, and release it at your own slow pace. Take another deep breath in 2, and release slowly as you feel more and more relaxed and more and more peaceful. And finally, inhale deeply 1, and release gently and slowly right now.

Remember, you can do this anytime throughout the day to get centered, relaxed and focused.

- Achieving business success is now becoming easier and easier.
- I feel more confident, and more certain and happier than ever before.
- Each day I grow in my ability to grow your business.
- The time is now to achieve the next level of my business success.
- I love who I am becoming from the inside-out.
- My brain easily accepts my new affirmations, beliefs and business vision.
- Growing my business makes me feel alive, confident and certain.
- The complexities of running and growing my business are becoming easier and more clearer each and everyday.
- I am now attracting all the right people, information, tools and resources required to achieve my business goals.
- I now feel totally energized, enthusiastic and excited about all the positive things that are happening in my life and business.

As you continue to win the inner game of business success, once again, I have a short story to share that will help your subconscious now to be programmed in a manner that will significantly improve your ability to succeed in business.

This story comes from my good friend, Jeffrey Gignac. Years ago, before he began building a successful business, a notoriously optimistic mentor of his told him that no matter what happens in life or in business, always look on the bright side because that’s where the opportunities are. Jeff openly admits that for years he never really took that advice to heart because it seemed like one of those old clichés that was never really practical in the real world.

Now, Jeff always dreamed of building and running a very successful business and have tried many, many times in the past and did not succeed. For years, he worked at a job that he really did not like very much and regularly complained about all the things he didn’t like about it.
Well, as we all know, focusing on what we don’t like usually means that we’re going to get plenty more of it, and over the course of a couple of years, Jeff got a boatload more of what he did want or like.

Jeff always complained about one thing or another, especially that his job was boring and unfulfilling. Eventually he got injured on the job and was forced to go to an even more boring and unfulfilling position.

Now, Jeff is a smart guy and to be trapped in a position that was mind numbing was absolute torture to him...so, what did he do? Jeff admits that he complained even more than ever before, that is, until his friends and family could barely stand to be around him.

This went on for some time until one day, this notoriously optimistic mentor of his found him in his place of work in the most miserable state of his life. His mentor said to him, “I see you never took my advice.”

“What advice?” Jeff murmured.

To this, his mentor replied, “Do you remember years ago, I told you that no matter what happens in life or business to always look on the bright side because that’s where the opportunities are?”

Jeff then replied, “Oh, yeah, that advice.”

His mentor then said, “You don’t like my advice, do you?”

Jeff then said, “What bright side can there possibly be? I got injured on the job that I hate and now I am forced to work on a job that I hate even more. On top of it all, my attempts to build a business have failed miserably. I failed to see any bright side to this.”

His mentor then stopped him and said, “Listen to me carefully, if you want better opportunities, you have to look on the bright side because that’s where they are at. You’ve been focusing on the dark side of things to better your business and your life, but you will never find good opportunities by focusing on the dark side because they don’t exist there.”

Jeff then said, “I can’t look on the bright side! So many bad things have happened to me.”

His mentor gently tapped him across the head and said, “The bright side is a state of mind. Your eyes have been closed to the opportunities because your mind has been in the dark. You have focused for the last time on the dark side of any situation.”

After Jeff heard these words, it finally sank in deeply and the reality that he could find opportunities to better his life and build a successful business hit him like a ton of bricks.

Jeff finally understood that it does not matter what happens in life or business, the opportunities are always there on the bright side. The only thing required to be able to see them is to be positive as you ask yourself, “Where is my opportunity in every situation?” If you do this, the opportunities will reveal themselves even in the darkest of times.

So, what happened to Jeff you may think? He now helps thousands of people look on the bright side and he also owns several other successful businesses.

So, what’s the moral of this story? It is that no matter what has happened to you or will happen to you in your life or your business, you have the choice to choose what to focus on.

Choose to focus on the solution rather than the problem; choose to focus on the bright side instead of the dark side. Choose now to focus on the positive and it will become your reality.
You can use the BTS Tracking Chart located in the Appendix to help you track which audio to listen to each day. After you have listened to Level 2 A for 7 consecutive days, move on to Level 2B.

Transcripts for Level 2 B Main

Quantum Acceleration (approx. 36 min.)

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 3 to 1. Ready, take a deep breath in 3, and release it at your own slow pace. Take another deep breath in 2, and release slowly as you feel more and more relaxed and more and more peaceful. And finally, inhale deeply 1, and release gently and slowly right now.

Remember, you can do this anytime throughout the day to get centered, relaxed and focused.

- Achieving business success is now becoming easier and easier for you.
- I know that you are feeling more confident, more certain and happier than ever before.
- Each day you are growing in your ability to grow your business. The time is now for you to achieve the next level of your business success.
- I love who you are becoming from the inside-out.
- Your brain is easily accepting your new affirmations, beliefs and business vision.
- Growing your business makes you feel alive, confident and certain about your abilities.
- The complexities of running and growing your business are becoming easier and more clear for you each and every day.
- You are now attracting all the right people, information, tools and resources required to achieve all of your business goals.
- You now feel totally energized, enthusiastic and excited about all the positive things that are happening in your business and your life.
As you continue to win the inner game of business success, it may naturally occur to you that setting goals that start from where you are at is very beneficial.

It may also occur to you that momentum and leverage are powerful forces that can and will help you achieve business success beyond your previously held expectations. As you continue to listen to the sound of my voice, begin to relax even more deeply now.

Take a deep breath in through your nose and exhale through your mouth as if you are exhaling through a straw. That’s right! Feel in your mind and body relaxing deeply in total comfort.

A friend of mine told me a story recently of how he grew his first business and it left a very powerful impression on me, so much so, that I want to share it with you right now.

My friend experienced many negative happenings like so many other people do before they make the changes required to build a magnificent and profitable business. He was broke, about to lose his house, his car and maybe even his family. And then in a flash of clarity, he discovered a powerful secret that lead him to develop a mental strategy for building a successful and highly profitable business. What is this strategy? How did he tweak his inner mental game to build this highly successful business?

He told me that it was very simple once he understood this lesson – One day, when he was surfing on the internet desperately looking for a solution that would solve his money problems, he came upon a simple story about the value of a penny.

Do you know the value of a penny? Usually, one single penny would not make a huge difference in someone’s life but when you add the power of momentum and leverage over the course of a month that penny will become $1 million.

Let me explain, if you were to take 1 penny and double it, what would you have? Well, of course, you know you would have 2 pennies. Now, if you double that again, what would you have? Again, we know that now you’d have 4 pennies or just about enough to buy a 5¢ candy.

Well, here’s where the interesting part comes in, if you continue to double the amount that you had each day for the next 28 days, the answer to how much you would have is really quite staggering. At the end of 30 days you would have in excess of $1 million.

As my friend read this story with calculator in hand, he did the math and discovered that – yes, in fact, it is true! If you take a penny and double the new amount everyday for 30 days, it will indeed give you over $1 million.

For him, this discovery helped him to dispel a limiting belief that he had held onto for years. He falsely believed that it took lots of money and effort to grow a successful business.

He also figured out and realized that the power of momentum and leverage starting from where he was would be very important to building a successful business. Only a couple of days after he internalized these secrets with only $50 left to his name. He took out a sheet of paper and wrote down 30 goals.

Each having to do with achieving the business success he so desperately wanted to achieve. His first goal was to turn his $50 into $100. His second goal was to turn $100 into $150. His third goal was to turn that $150 into $200. After he built $50 into $200, his confidence and certainty grew.

His faith in his abilities grew and his belief that he could create business success grew as well. After he achieved the small but certain level of success, he rewrote his remaining 27 goals because prior to his success all of his goals were about adding an extra $50 to the amount he already had.
Now, this is okay but now he felt that he could do so much more using leverage and momentum. He then rewrote the remaining 27 goals so that by the time he reached his 27th goal he would have built a business with over a million dollars in sales.

So, what do you think? Did he achieve it? Well, he actually surpassed his goal and added over $1,115,000 to his business in less than one year all from a measly $50.

My friend went on to tell me that he had been writing goals and planning for years, but never succeeded in building a successful business. As a matter of fact, in the past he only managed to get himself in more debt.

The difference that made the difference this time was that he set his goals starting from exactly where he was at. As he achieved each small goal he set, he always looked for a little daily progress one step at a time.

His next goal was always just a little out of reach so that when he did achieve it – it was satisfying, gratifying and helped build all the momentum and leverage that was required to achieve the next business goal.

Each of his smaller goals were like rungs on a ladder each leading up to his bigger vision and goal. You, too, can now experience the power of momentum and leverage.

You can build an even more successful business one step at a time. You, too, can build it whether you start with a little or a lot. It really doesn’t matter how much you have to start with as long as you plan, write your specific goals and start exactly from where you are at right now.

Daily positive thinking, feelings and actions will bring you the momentum and leverage you require and need to successfully grow your business.

You can use the BTS Tracking Chart located in the Appendix to help you track which audio to listen to each day. After you have listened to Level 1 B for 7 consecutive days, move on to Level 2 C.

Transcripts for Level 2 C Main

Gamma Level (approx. 35 min.)

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, just for you, 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 3 to 1. Ready, take a deep breath in 3, and release it at your own slow pace. Take another deep breath in 2, and release slowly as you feel more and more relaxed and more and more peaceful. And finally, inhale deeply 1, and release gently and slowly right now.
Remember, you can do this anytime throughout the day to get centered, relaxed and focused.

- Achieving business success is now becoming easier and easier.
- Achieving business success is now becoming easier and easier for you.
- I feel more confident and more certain and happier than ever before.
- I know that you are feeling more confident, more certain and happier than ever before.
- Each day I grow in my ability to grow my business.
- Each day you are growing in your ability to grow your business.
- The time is now to achieve the next level of my business success.
- The time is now for you to achieve the next level of your business success.
- I love who I am becoming from the inside-out.
- I love who you are becoming from the inside-out.
- My brain easily accepts my new affirmations, beliefs and business vision.
- Your brain is easily accepting your new affirmations, beliefs and business vision.
- Growing my business makes me feel alive, confident and certain.
- Growing your business makes you feel alive, confident and certain about your abilities.
- The complexities of running and growing my business are becoming easier and more clear each and everyday.
- The complexities of running and growing your business are becoming easier and more clear for you each and everyday.
- I am now attracting all the right people, information, tools and resources required to achieve my business goals.
- You are now attracting all the right people, information, tools and resources required to achieve all of your business goals.
- I now feel totally energized, enthusiastic and excited about all the positive things that are happening in my life and business.
- You now feel totally energized, enthusiastic and excited about all the positive things that are happening in your business and your life.

As you continue winning the inner game of business success, you are going to release negative emotions, beliefs and experiences that have held you back in the past.

As you release whatever it was that used to hold you back, you will find that your life becomes more fulfilled and it now becomes easier for you to do what is required for you to enjoy increased business success.

You will start to notice as it becomes easier and easier to break old, yet familiar habits, beliefs and thoughts that have hurt you and have held you back in the past.
It’s no secret that in order to evolve and gain control over your business and your life, you have to let go of as much negative energy and bad habits as possible, so that you can live in balance and harmony with yourself and your business.

If either your personal or business life is out of balance the aspect of your life that is in balance can negatively affect it. It’s also no secret that when you let go of negative beliefs and bad habits and bring ourselves into balance that making those changes can be a little unpleasant at first.

The important thing to know is that this process is well worth the many rewards it brings with it. Holding on to negative thinking, bad habits and past negative energy can lead you to living a life of self imposed slavery.

In some countries, the native people have a very ingenious way of trapping monkeys. They do not use sophisticated technologies or elaborate mechanisms to entrap and enslave their prey, rather, they use a simple cage with very strong metal bars spaced very closely together.

Inside the cage, they place a big banana right on the floor. Then, they place the cage with the banana right out in the open where the monkeys search for food.

When a monkey finds the cage and sees the banana in it, they insert their flat hand in between the bars and grab a hold of the banana. The cage is designed so that a flat hand can easily go in but a hand grasping the banana cannot be pulled out.

Once the monkey has its hand around the prized fruit, it is trapped. The only way the monkey can escape is if it lets go of the banana and pulls its hand out the same way that it went in.

This is a primitive and old trap but it is still used today because the people know that once the monkey has its hand on the banana it will not let go despite the imprisonment that will eventually lead to its doom.

Now, some monkeys are smarter then others, some monkeys will let go so they can escape their trap. They let go even though it is very hard for them to overcome their desires and the programming that tells them that they have to hold on, whatever the cost.

The monkeys that do let go, despite the challenge, are free and go on to live and grow and are never again trapped by their old conditioning and beliefs.

When it is time for you, let go of limiting beliefs and bad habits, go and do it now with a smile and with a sense of celebration because you are earning your freedom, true freedom that will allow you and help you grow your business and your life into the masterpiece that it deserves to be.

You can use the BTS Tracking Chart located in the Appendix to help you track which audio to listen to each day. After you have listened to Level 2 C for 14 consecutive days, you will have two bonus days to listen to Level 2 Bonus Track, which prepares you for Gamma Brainwaves in Level 3. After the Bonus Days, move on to Level 3.

**Level 2**

**Bonus Tracks**

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

All the bonuses (except Level 2 C and Level 3 A / B / C Bonus Tracks) are to be used to obtain meditative states in shorter time frames.
After the 60-day cycle, take the assessment below to check your progress in comparison with the 30-day assessment.

“Your Inner 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 this next year I will have released and upgraded these beliefs:

Released:
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Upgraded:
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Over 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 last 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 new business goals have you achieved over this next year?

________________________________________________________

________________________________________________________

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

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 will also 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 will also gently introduce your brain to the most powerful of brainwave frequencies: GÂMMA. 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 effective 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 2 or 3 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 BTS 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 – Problem Solving and Inner Guidance, and Level 3C – Mental Clarity. Listen to these upon waking or before bedtime.
Level 3

Bonuses

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

Level 3 A Bonus

Bonus: Immune System Booster

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

Level 3 B Bonus

Bonus: Problem-Solving and Inner Guidance

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 business 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.

Level 3 C Bonus

Bonus: Mental Clarity

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

In business, 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.
“Your Inner 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 next year these are the 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 business goals have you achieved one year from now?

In the next 90-180 days
What additional beliefs will you release about wealth and health?

What additional habits will you upgrade about wealth and health?

Note: As you continue to utilize the Bonus audios of the program, be mindful of your new beliefs and habits as well as results related to increasing business success and journal about them. Reflect back to previous assessments to see your progress.
Once you have completed the BTS Tracking Chart for the full 90-Day cycle you are finished with the first three levels. **CONGRATULATIONS!** Levels 4, 5, 6, and 7 are coming soon. In the meantime, feel free to cycle back through the levels in a similar manner to continue on your path to business success.

**“Winning the Inner Game”: Levels 4, 5, 6, 7**

The additional levels will be coming soon to give you specific “mind-blowing” breakthroughs in both the area of Wealth and the area of Health.

I will also provide ongoing updates on how to maintain your maximized use of the three distinct, yet inter-connected 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 your business and in your life!

_John Assaraf_

**Acknowledgements**

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Appendix

Refer to the instructions in the beginning of this manual called “Instructions for Optimal Use and Benefits.” The worksheet below is a sample format you could follow in supporting you as a Daily BTS Tracking Chart. To keep track of the daily audio to play, refer to the Daily BTS Tracking Chart within this Appendix as well.

Winning the Inner Game of Business Success:
Brain Training System
90-Day Program
Level 1 – The Foundation [30-Day Cycle]

BTS Tracker: Day # 1  Today’s Date: ______________
Focal Audio: Level 1 A  [Day 1 of 7]

Brain Training Steps:

- Step 1 - Get in a quiet, comfortable setting and get comfortable
- 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.
**Level 1: Daily BTS Tracking Chart**

- Write “BTS” in your calendar to block out approximately 45 minutes each day.
- Be certain to read ALL Transcripts prior to listening to the audios.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1: 1-A</td>
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| Day 8: 1-B | Date: ___ |
| Day 9: 1-B | Date: ___ |
| Day 10: 1-B | Date: ___ |
| Day 11: 1-B | Date: ___ |
| Day 12: 1-B | Date: ___ |
| Day 13: 1-B | Date: ___ |
| Day 14: 1-B | Date: ___ |

| Day 15: 1-C | Date: ___ |
| Day 16: 1-C | Date: ___ |
| Day 17: 1-C | Date: ___ |
| Day 18: 1-C | Date: ___ |
| Day 19: 1-C | Date: ___ |
| Day 20: 1-C | Date: ___ |
| Day 21: 1-C | Date: ___ |
| Day 22: 1-C | Date: ___ |

| Day 23: 1-C | Date: ___ |
| Day 24: 1-C | Date: ___ |
| Day 25: 1-C | Date: ___ |
| Day 26: 1-C | Date: ___ |
| Day 27: 1-C | Date: ___ |
| Day 28: 1-C | Date: ___ |
| Day 29: Level 1 - Bonus Track Option | Date: ___ |
| Day 30: Level 1 - Bonus Track Option | Date: ___ |
Level 2: Daily BTS Tracking Chart

- Write “BTS” in your calendar to block out approximately 45 minutes each day.
- Be certain to read ALL Transcripts prior to listening to the audios.

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<tr>
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<th>Level</th>
<th>Date</th>
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<td>___</td>
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<tr>
<td>32</td>
<td>A</td>
<td>___</td>
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<tr>
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## Level 3: Daily BTS Tracking Chart

- Write “BTS” in your calendar to block out approximately 45 minutes each day.
- Be certain to read ALL Transcripts prior to listening to the audios.

| Day 61 | Day 62 | Day 63 | Day 64 | Day 65 | Day 66 | Day 67 | Go To Next Level
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| Day 83 | Day 84 | Day 85 | Day 86 | Day 87 | Day 88 | Day 89 | Day 90 | Go To Next Level
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Top 10 Questions for Winning the Inner Game of Business Success

1. When is the best time to retrain your brain, and when is the best time specifically to use the brain training 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 subminals?

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?
Top 10 Questions for Winning the Inner Game of Business Success

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 business success you are capable of.....

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

Go to: www.johnassaraf.com

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Twitter: http://twitter.com/johnassaraf