“Knowledge is not power. Application of knowledge is power.”  - John Assaraf
“Celebrate every little accomplishment as if it were big and celebrate every big accomplishment as if it was normal. Soon enough big and small accomplishments will keep you in a state of gratitude and awe.” ~ John Assaraf
Centering Meditation
Winning The Game of Life:

- Having It All
- Personality Profile
- WTGM/WTGB
- The 4 Pillars of Wealth video training series
- Money² replays
- Praxis Achievers Facebook Community
- Success Manifestors series
- Praxis Now Video Library
What is Success?

• Think about what success means to you.

• What are the 3–5 things that must happen in order for you to feel your life is a success?
One Year from Today

What has to happen in order for you to feel totally satisfied with your life?

• Professionally

• Personally
1. Create a new powerful physical and mental vision.
2. Choose powerful declarations and affirmations that will support the new vision.
3. Create written, auditory, kinesthetic, visual and subliminal imprinting material.
4. Daily reconditioning, 3–5 min., 3x a day.
5. Apply neurotechnology.
Meditation

- Reduces stress
- Increases creativity and intelligence
- Improves memory and learning ability
- Increases energy
- Increases happiness and self-esteem
- Reduces anxiety and depression
- Improves relationships
- Promotes a younger biological age.
Visualization

We believe what we see and feel!
# Brain Waves

<table>
<thead>
<tr>
<th>Wave</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gamma</td>
<td>Most powerful brainwave found to date</td>
</tr>
<tr>
<td>Beta</td>
<td>Alert/Working</td>
</tr>
<tr>
<td>Alpha</td>
<td>Relaxed focus</td>
</tr>
<tr>
<td>Theta</td>
<td>Dreaming</td>
</tr>
<tr>
<td>Delta</td>
<td>Dreamless sleep</td>
</tr>
</tbody>
</table>
Evolution Theories of the Universe

Galileo and Bruno (1564) 450 Years Ago

Descartes (1596–1650) 400 Years Ago
Evolution Theories of the Universe

Sir Issac Newton (1643–1727) 
300 Years Ago

Albert Einstein (1879–1955) 
Max Planck (1858–1947) 
Less than 70 Years Ago

John Hagelin 
Current
The Great Law

Everything is Energy!
The Law of Vibration and Resonance

• Energy on the same frequency resonates and attracts.
• Thoughts are waves of energy that travel.
• Physical universe manifests from quantum universe.
• Concentration and focus increases the vibration.
• Negative thoughts = negative attraction
• Positive thoughts = positive attraction.
• Gestation applies to all.

• Ideas are spiritual seeds that can move into form or results.

• All things result from changing what was into something that is.

• Your goals and dreams manifest when time is right.

*Know* they will.
Who Are You Really?

You are ... “Intelligent energy” in a form we call body.

You have ... A body and a brain — your vehicle.

... a conscious mind with six intellectual functions.

... a non-conscious mind with three functions.

... a Psycho-Cybernetic Mechanism.

... a Reticular Activation System.
Your Powerful Brain, Body & Physical Senses

Nervous System / Vascular System / Muscular System

Organs: Brains / Lungs / Stomach / Skin

Tissues

Cells

Molecules

Subatomic Particles

Protons & Electrons

Neutrons, Gluons, Quarks, and Mesons
Old Brain, New Brain

- Occipital Lobe
- Frontal Lobe
- Mammalian Brain
- Cerebellum
- Reptilian Brain
Brain Plasticity

• Thoughts are real.
• Your brain can expand.
• We have unlimited capacities to grow.
Your Conscious Mind

• 17% of brain mass
• Controls only 2–4% of perception and behavior
• Thinking and reasoning
• Free will
• Decides what action you need to take
• Can accept or reject any idea

*Thoughts you consistently impress from conscious to non-conscious mind determine the results in your life.*
Your Non-Conscious Mind

- 83% of brain mass
- Controls 96–98% of perception and behavior
- Sees in pictures and patterns
- Impulses travel at more than 100,000 mph
- Cannot tell real from imagined — truth from lie

Believes as totally true, every picture or image you send to it.
Reticular Activation System

- Personal search engine.
- Network of cells.
- 800x faster than conscious ability.
- Directs every sensory impulse.
- Sends signal to conscious mind.
Psycho-Cybernetic Mechanism

- Science of control and communication occurring in some animals and machines.
- Has sensors that measures deviations from set goal program.
- Sensors send feedback to your nervous system which corrects deviation from set goal program.
Power of Beliefs
and Habits

Seeing + Hearing + Doing + Experiencing x Repetition = BELIEFS

Beliefs + Experiences x Repetition = HABITS

Habits cause automatic perceptions + behavior = RESULTS
Process of Creation and Manifestation

Once an idea is chosen and consistently impressed and emotionalized into the non-conscious mind, perceptions and behaviors automatically change to find and produce the desired results.
Neural Reconditioning™ Process

1. Create a new powerful physical and mental vision.
2. Choose powerful declarations and affirmations that will support the new vision.
3. Create written, auditory, kinesthetic, visual and subliminal imprinting material.
4. Daily reconditioning, 3–5 min., 3x a day.
5. Apply neurotechnology.
Neural Reconditioning™ Process

**Non-Conscious Mind**
- You will perceive and see all without conscious awareness.
- You will behave automatically — the way you are wired to behave.

**Conscious Mind**
Full-on effort uses:
- Desire
- Willpower
- Persistence

30-Minutes Per Day

Days

Amount of Effort

[Bar chart showing the amount of effort over 90 days with a focus on 30 minutes per day.]
Find Your True North

- Financial Evaluation
- Business/Career Evaluation
- Spiritual Evaluation
- Mental Health Evaluation
- Physical Health Evaluation
- Relationships Evaluation
- Contribution Evaluation
Write out:

• Top Three One-Year Goals
• Beliefs and Declarations You Now Accept as True
• Why You Must and Will Achieve Your Goals
• The New Habits You Must Create in Order to Achieve Your Goals
Goal Achieving Process

Complete:

30–Day Action Items
• List actions and target completion date.
• List strengths needed to accomplish goals.
• List the help you will need.

Then complete:

60–Day Action Items
90–Day Action Items
John’s Daily Affirmations to Support His Goals

God
I totally surrender to God’s will and path for me.

Health
I enjoy eating healthy food.

Financial
I am a genius and I use my wisdom daily.

Career
I consistently attract all the right people to help me grow my business.

Family/Relationships
I am inquisitive, creative, fun-loving, and adventurous.
More Sample Affirmations

• I live each day with Passion and Purpose.
• I am a success in all that I do.
• I respect my abilities and I always fulfill my potential.
• I always have enough money for all that I need.
• My life is now filled with prosperity and abundance.
My Daily Results Planner

Use this planner daily to help you prioritize your daily activities for OPTIMAL RESULTS!

Highest-Priority, Highest Impact Activities I will focus on and do today:
1. 
2. 
3. 

My Highest Income Producing Activities to focus on today:
1. 
2. 
3. 

Must-do Projects that Support my weekly + monthly goals and objectives
1. 
2. 
3. 
4. 

Awaiting Responses from (list the people you need help from to accomplish today’s goals)
1. 
2. 
3. 
Daily Results Planner

People I will connect with TODAY:
1. 
2. 
3. 

Really Important Stuff That Just Came Up:
1. 
2. 
3. 
4. 
5. 
6. 

If I Have Time I Will:
1. 
2. 
3. 

Daily Review

On a scale of 1-10 (10 being best) How would you rate your effectiveness for the day?

1 2 3 4 5 6 7 8 9 10

My day today was: Highly Productive, Somewhat Productive or Unproductive?

What can I do to improve Tomorrow?
1. 
2. 
3. 