

## Exercises for MASTER CLASS - WEEK FIVE

### 1) Connect with a Quantum Mentor

Think of someone who you aspire to be like, someone you have great admiration for. Once you pick the person, connect and align on a quantum level, realizing that all is one, that all is connected, that everything is consciousness and energy, and that consciousness weaves and directs energy.

Beliefs are vibrations of energy so when you believe that it is possible to connect with a quantum mentor, you enter into that person's wisdom, insight, imagination, creativity and are guided by their essence.

Do this for 5 min each day.

### 2) Re-imagine an aspect of your past that no longer serves you.

Choose a problem area, an area where you are stuck, where you think you may have established a biased memory or have strong emotional charges.

Choose a lens, which is a different perspective, in which to examine this part of your life. Search diligently and sincerely like a detective looking for evidence for clues.

Know that actually your memory may have been biased and has blocked out important insights that will change how you view this particular situation.

Once discovered, you can then begin to reprogram a new memory, a new story into your consciousness, which will override the faulty memory that you previously had been working with.

Do this for five minutes each day.

### 3) Establish a relationship with your past and future self.

Go to your future yourself and ask your future self. "What do you want me to do?"

Say to your future self, "you know my current situation, you know the choices I have made, you know the obstacles I'm facing, you know the opportunities and lack of opportunities. You know everything about me because you are me. Only you're in the future. Help me and guide me to make good decisions."

Go to your future self for 5 min each day.

You can also mentor yourself in the past. You can go back and you can help yourself to make a decision from the present time.

What you do is you simply focus back on a time in your life where you needed to make an important decision and you made it and it was the right decision.

When you do this, you say, "**I am your future self, you don't know that I exist but I am your future self. I want you to know it's very important for you to make this decision**" and then just repeat several times what you want your past self to do, what decision you want him or her to make.

Or you can focus back in your life when it was a very difficult time and you really needed assistance and energy and resourcefulness to see yourself through.

What you do is you say, "**I am your future self and I am giving you energy, I am giving you courage**" and just send that energy back to your past self. And when you do always say, "**I am your future self and you can always call upon me any time you choose and I will assist you. You can always count on me.**"

If you can take this on as a habit and start mentoring yourself in the past, what will happen is this will give you confidence that your future self is active in your present

life helping you now from the future. This creates a connection between our past, present and future selves.

**4) Continue with your project of choice**

Use any three mind power techniques that feel most appropriate.

Do this for 15 min each day (5 min per technique).

Keep the momentum happening.

**Every exercise you practice is training the mind to take instructions from you and is giving you control in your life.**

**Remember to chart and journal everyday.**

Put a checkmark in the box when you have completed each exercise.

(Charting is an important part of the training; it allows you to visually monitor your training.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise 1							
Exercise 2							
Exercise 3							
Exercise 4							