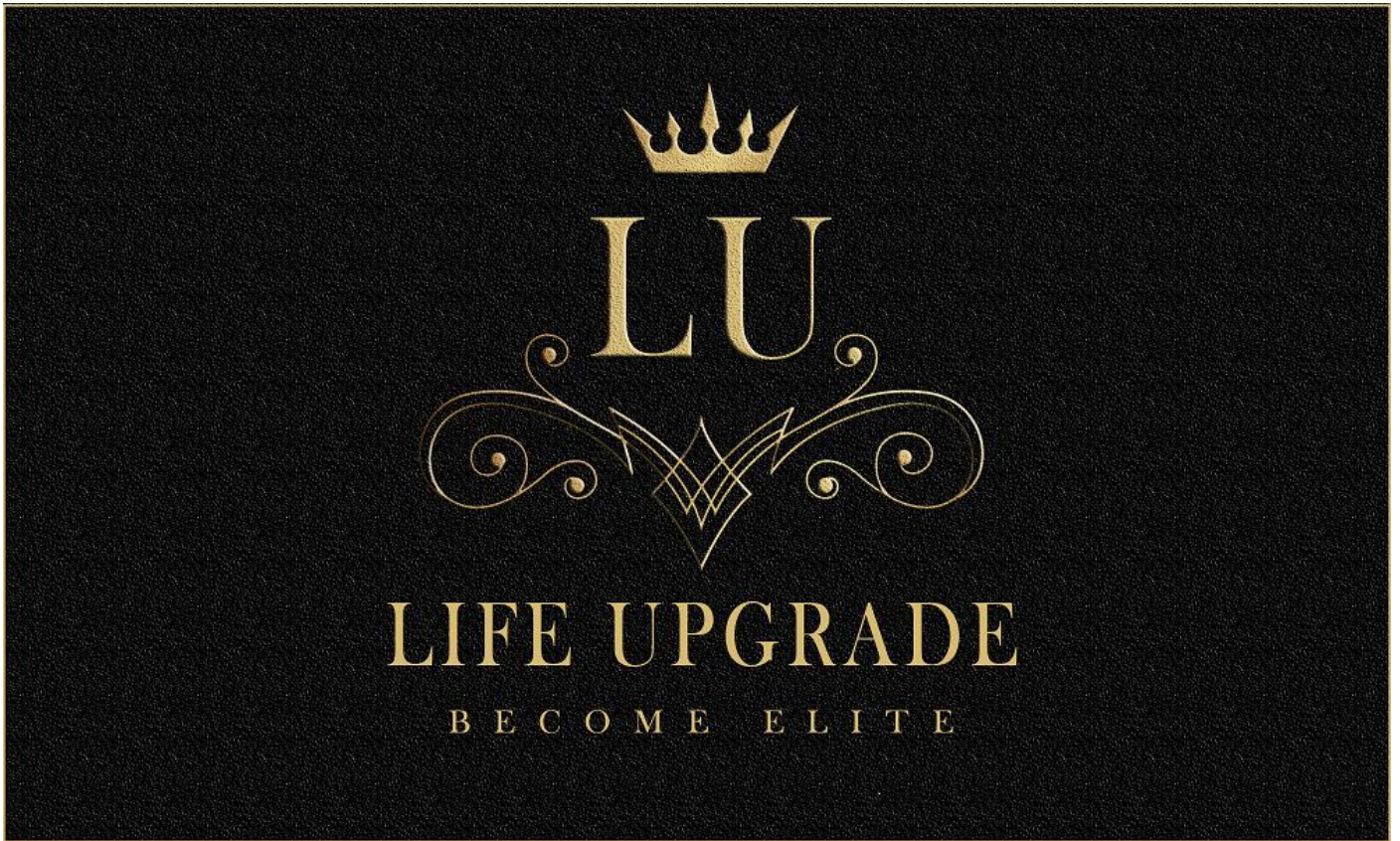




MIND TRAINING

Instructions and Frequently Asked Questions



INSTRUCTIONS

WARNINGS:

- **Do not listen to any of these recordings while driving a vehicle, engaging in any dangerous task or operating any machinery.**
- **DO NOT put any entrainment track on repeat while you sleep. It will interfere with your sleep frequencies and you will not get a good night's sleep. If you wish to train while you sleep, use the VOICE ONLY track on repeat.**

Getting started

There are a few things that you can do to **super-charge your Mind Training**:

1. **Start off by setting your intention** before listening to the track. To do this, **be present**, say to yourself "I am listening to this track so that I can..... (state achieved outcome here – eg Be Confident)".
2. **Visualise your desired outcome** in as much detail and with as much feeling as you can. **Imagine how you will be, feel & act once you have achieved your goal. Play a movie in your head of your achieved goal. Remember this – it is your future!**
3. **FEEL** the emotion and joy that succeeding in achieving your outcome will bring. **This is important** as it will **increase the effectiveness of your training tenfold!** The **best way** to do this is to imagine **how you would feel if you woke up tomorrow morning and the goal was suddenly accomplished. How would that make you feel?** Certainly **grateful, joyous** and possibly even **relieved**. Imagine the **excitement** sharing your tale of success with people close to you – **imagine how excited you would be to wake up this way**. It's extremely important to focus on these feelings for as long as you possibly can.
4. **Hold the visualisation and feeling in your mind** as you close your eyes and listen to your training track, **imagining various suitable scenarios of you being the way you desire, right now**. Remember your future, creating movies in your head, and focusing on those **FEELINGS**.
5. **Listen with headphones** to get the maximum benefit. However, you will still get great benefits without headphones.
6. **Ideally, to maximise your results, use all the different entrainments.**
7. **Keep track daily of your progress by using our Daily Progress Journal** provided with your Training Tracks. Print it out and then fill out your Journal at the end of every day and send it to us at info@LifeUpgrade.co.za so that we can monitor your progress. Note down your successes – if you behaved differently, or had a new thought or feeling or reaction which is in alignment of you achieving your goal. This helps you maintain your focus and **will accelerate your results dramatically**.
8. **Do your training every day** for 21 days to **maximise** your results.
9. **Be Mindful** when you listen to your training. **Put in the effort** to prepare yourself and your environment for total relaxation whenever possible. However – **a 15 or 30 session in your office chair is better than nothing at all!**
10. **Be prepared to experience emotional shifts and healing** during your training, and be aware that occasional emotional discomfort may occur as a result.

INSTRUCTIONS

Preparation

In order to mindfully prepare your environment and yourself, we recommend that you do the following:

1. **Switch off your phone**
2. Go to the bathroom and have a little bit of water to drink **to make sure that your body will be comfortable** during your training
3. Choose a room where you can be sure that **you will not be disturbed.**
4. **Find a comfortable position** – Sit up if you are inclined to fall asleep when lying down, unless you intend to.
5. Put your earphones on, close your eyes and **take 5 deep settling breaths** to slow your mind down to an alpha state, **paying attention to relaxing your body.**
6. Begin to imagine what you would feel like if all the statements of your script were true **right now.**
7. Focus on the emotion and the desired **outcome** of your training. Do not focus on the transformation. **You want to show your subconscious mind your expectations for the END RESULT.**
8. **Holding your end result in mind,** begin your training track.
9. You can focus on the entrainment pulses, or the background, or the words – it doesn't matter. **What does matter is that you are holding the END RESULT in your mind.**
10. If your mind wanders and thinks random thoughts as it most likely will in the beginning, that's okay – just gently **refocus your attention and continue.**

When your training is finished – be it 10 minutes or the whole hour, keep your eyes closed for a moment, and **thank your Subconscious Mind for bringing you the end result** as you allow your awareness to return to normal.

FREQUENTLY ASKED QUESTIONS

What are these “alpha, theta, delta” frequencies and “entrainments” mentioned?

Brainwaves are the electrical impulses produced as your brain cells (neurons) communicate with one another. They communicate by means of *synchronised electrical pulses* – they fire off a signal, rest, and then fire off another. The speed at which this happens determines the frequency (speed) of your brainwaves. Your mind is more receptive to suggestion when it operates at the slower frequencies. The entrainments are a pulsing sound specially designed to help your brain slow down into a slower calmer frequency.

How often should I do my Mind Training?

For best results, every day for at least 21 consecutive days. You need to give your brain time to rest in between to assimilate the information you are giving it.

- **Once a day is good.**
- **Twice a day is better.**
- **Three times a day is best.**

The more interactively you do your training, the more you will reap the rewards. . It is important to update your progress journal daily, as recognising your successes, no matter how small, is vital in developing a new and strong belief system and allows you to become inspired by the evidence that its working and feel positive about the change.

When should I do my training and which entrainments should I use?

The ideal times to do your training are:

- **Bedtime:** Just before you go to sleep
- **Morning:** As soon as you wake up, before you get up to start your day.
- **Lunch Time:** If you get a chance to sit quietly & close your eyes for a few minutes.

We know life does not always permit a set schedule – so other times you can train are:

- **Anytime you get a chance to sit quietly,** close your eyes & relax for a few minutes
- While you are **exercising** and can get into “**the zone**”.
- While you are **sleeping**.
- While you are busy **working, gardening, housecleaning, washing your car** etc.

Which Frequencies (alpha, theta, delta or gamma) should I listen to at which time of the day?

We recommend you do it as follows according to your package:

Starter Package:

- Once a day is good. (**Theta – at bedtime – then voice only while you sleep.**)
- Twice a day is better. (**Theta in the morning and bedtime, with Voice only while you sleep.**)
- Three times a day is best. (**Theta morning, afternoon and bedtime with Voice only while you sleep.**)

Whole-Mind Package: If you only have a few minutes, select the Alpha frequency.

- Once a day is good. (**Delta at bedtime – then voice only while you sleep.**)
- Twice a day is better. (**Theta or Alpha in the morning, Delta at bedtime, with Voice only while you sleep.**)
- Three times a day is best. (**Theta morning, Alpha or Gamma in the afternoon and Delta at bedtime with Voice only while you sleep.**)

Note – it is perfectly okay if you don’t get to listen to it 3 times a day. However, make a commitment to listen to it at bedtime every day.

INSTRUCTIONS

The tracks are 1 hour long. Do I need to listen to the entire track each time?

No, not at all. ***If you only get a chance to listen to it for 10 minutes – that’s great!*** Whatever works for you. We advise that if you know you only have a few minutes, then you don’t start at the beginning but anytime after 10 minutes into the track, as the first 10 minutes gently take you from a Beta state into the relevant entrainment frequency. If your time is limited you want to start in the relevant frequency straight away.

When will I see results?

This depends on how much you invest in achieving results and how involved with the process you are. Some people notice a change in their behaviour or thinking ***within days***, others may take longer. As a general rule of thumb, if you are very involved in your process and practice it daily, you can ***expect to see very good results*** after your 21 consecutive days. ***The more you put in, the more you will get out.*** The more interactively you do your training, the more you will reap the rewards. ***It is important to update your progress journal daily***, as recognising your successes, ***no matter how small***. This step is ***vital*** in developing a new and strong belief system and allows you to become inspired by the evidence that it is working and feel positive about the change. ***Eventually it will become your default behaviour.***

Will I suddenly feel different?

The change you will experience is very subtle – as ***it slowly becomes your ‘new normal’***. This is why keeping a progress journal is very helpful in tracking your changes. You will notice it in small ways. Perhaps you responded to a situation differently, or felt differently about something. Perhaps you caught yourself thinking differently in relation to your chosen goal. These subtle changes will simply start happening more and more frequently, until one day, you look back and ***realise that you have changed!*** You realise that you no longer subscribe to old limiting beliefs, and instead have a new healthy and powerful way of thinking and behaving!

Can I mix the different Mind Training Tools?

It is better to try and ***stick to one Mind Training tool at a time*** so that you retain your focus rather than split it. It is best to determine what your priority is and focus on that, and slowly build up your library as you ***achieve mastery*** in one area and before progressing to another area.

Can you personalise the statements for me?

If you have a very specific goal you wish to achieve, you can send us your carefully constructed statement of intent. We will then tweak it as necessary to ensure that the correct message reaches your subconscious (we will send you the final version to approve), and will add your statement of intent to the Mind Training you have selected which most closely matches your goal. As long as the messages to your subconscious mind are in general alignment with what you want, they will work, especially if you combine it with powerful feelings, visualisations and intent.

If you didn’t find any Training Aide that matches your requirements, ***let us know***. If we feel it is one that many people would wish for, we will create it and let you know as soon as its ready.

Didn’t find your question? Send it to us info@LifeUpgrade.co.za and we will add it to the list and send you an answer!

Remember to email us your Progress Journal Daily so that we can support you and monitor your progress!