



CONNECTED: THE 8 WEEK BOOTCAMP

Working with your 4 Internal Empires;
Soulset, Heartset, Mindset and Healthset

WORKBOOK

MODULE ONE: SOULSET



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A NOTE FROM GRIGORIA

You are always in control. You are of The Source, and therefore harness the power of all things. Tapping into that power is possible at all times when you allow for it. All that you need came with you into this time and space. Together we can co-create a conducive environment for you to realise all that you are and all that exists within you. Get ready for major shifts. You are infinitely loved and supported.



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VIDEO ONE
VISION PLANNING

SUMMARY

In this video, we talk about all things VISION PLANNING. We start by identifying the difference between a "Desire"; something that is personal and that often comes from the ego (although serving and useful, still a concept that seeks external validation) and "Vision"; a concept that is all inclusive and comes from a place of soul alignment. This continues with understanding the different chemicals that are released from our bodies that evoke different feelings. Dopamine is released when we partake in activities that produce a "quick high" - it is short term, like a quick fix and not long-term, whereas Serotonin is released when we embark on activities that are more slow paced, that take time, often long-term, but that gradually add to our overall sense of happiness. Serotonin has longevity.

The reason that Vision Statements are so powerful is because your mind's eye does not know the difference between what you see with your eyes and what you see with your imagination. And so, planting the seed of your vision (a future reality), as though it was a memory (a past event), and reading it in the present moment (experiencing it now), manipulates the mind's eye to think the event has already happened; inevitably shifting the 3-Dimensional plane because the Universe will conspire to make that a 3-Dimensional reality for you right now.

I suggest that you write your Vision Statement using these 8 areas of focus; Business/Career, Finances, Health, Family & friends, Romance, Personal Growth, Fun & Recreation and Physical Environment. You can read my personal Vision Statement below.

ACTIVITY ONE.

STEP ONE

Read through the following two Vision Statements.

The first was my initial exposure to the concept of Vision Statements. Vision Statements, unlike Vision Boards, connect with a deeper subconscious part of the mind, as you use descriptive words to evoke a memorised feeling and create the illusion that you have lived your future in the past.

Yahya Bakkar's Vision Statement, inspired me to write my own. Since the day I wrote my statement (the second statement provided in this workbook), I resonate more with the person I am described as in the statement, than the person that I was when I wrote the statement.

I have made a significant shift in the direction of the vision. After you read both statements, move on to STEP TWO.

Here's an example of my vision & value statement. I even added pictures to make it feel more real for me. When you write yours out, engage all of your senses to turn it into a reality. Again, don't worry about the length. Just make sure it's true to you.

Example of Yahya's Vision & Value Statement

written on March 16, 2016

In 5 years from now, I'm completely debt-free and I'm living in my spanish style/mediterranean mansion by the beach with my family. My home feels like a resort on a beautiful island. It literally feels like I'm on vacation 365 days of the year. I wake up every morning feeling refreshed and energized while hearing the waves of the ocean hitting the sand. I make passionate and intimate love with my drop-dead gorgeous wife. Our relationship just keeps getting better and deeper and we keep falling madly in love with each other.

After my wife and I show each other how grateful we are for one another and how far we've come over the past 18 years....I go into my kitchen and drink my fresh 16 oz green juice that's filled with nutrient dense ingredients that help keep me feeling young, vibrant and alive. After I drink my delicious green juice, I go into my home gym and workout for about 90 minutes. Damn.. I love my gym. It's like my sanctuary. My therapy. My temple. Once I'm done with my workout, I chill out a bit and meditate for about 20 minutes in my hammock found in my resort style backyard.

I'm literally in the best shape of my life physically, emotionally, mentally, spiritually, socially & financially. I have a chef who makes me and my family the tastiest and most nutritious food that fits our health and fitness goals. I have mastered my body with the flexibility, mobility, balance, strength and aesthetics that a Greek God and an Elite Gymnast would envy. In my mansion, I have a world-class gym, spa, movie theatre, man cave, work/play space and juice bar. I happen to own a few Teslas as well. And did I mention that I have the most amazing, life transforming personal and professional relationships I could ever ask for.



Once I complete my daily morning rituals, I open up my laptop and notice that I just made \$41,249.36 overnight without trading my time for money. This is happening to me daily. Why? Because I am a speaker, coach and lifestyle entrepreneur living life on my terms with the health, wealth, love and success I know I deserve and possess deep within. I live by the mantra “Live Your Best Life, Be Your True Self & Become the Real You.” I'm on a mission to help people live better lives while becoming the most confident, charismatic, courageous and authentic version of themselves. I inspire others by my example. The way that I've designed my personal and professional life is an inspiration for myself and others all around the world.



I feel younger, more alive, fulfilled and successful than ever. I embody the meaning of LIFE itself and the possibilities of how one human being can choose to live his own life with the freedom, love, power and joy he chooses regardless of his circumstances and upbringing. I host exclusive live events, retreats and workshops in my mansion inviting the most successful, ambitious, open-hearted and influential leaders who love to educate, inspire and empower others. Because I'm known as one of the top life and success coaches in the world, I have celebrities, leaders, speakers, coaches, entrepreneurs, game-changers and other influencers consult and collaborate with me on a regular basis to help them and others achieve more balance while seeking clarity about who they are and what they TRULY want out of life.



My purpose is to help others master the game of life and become the best version of themselves. My mission is to remind others how valuable they truly are. I have a social media platform that is more powerful and influential than any TV show that I can get on my own and I get to run my platform on my terms being 100% Yahya. I'm making 7 to 8 figures a year living a luxurious, attractive, abundant and authentic lifestyle while being an inspiration for others and making a positive dent in the world. I'm inspiring the next generation of men and women to show up more fully in their relationships, business, health and well-being. I help promote the healing that is needed in the world for people to feel whole again.

I'm living, leading and leaving a legacy of inspiration for others to follow. And I do all of this while still being the real Yahya that everyone has come to know and love.

MY CORE VALUES

1. <i>Growth</i>	11. <i>Love</i>	21. <i>Loyalty</i>
2. <i>Wisdom</i>	12. <i>Joy</i>	22. <i>Legacy</i>
3. <i>Integrity</i>	13. <i>Happiness</i>	23. <i>Confidence</i>
4. <i>Authenticity</i>	14. <i>Wholeness</i>	24. <i>Courage</i>
5. <i>Passion</i>	15. <i>Honesty</i>	25. <i>Charisma</i>
6. <i>Enthusiasm</i>	16. <i>Success</i>	26. <i>Charm</i>
7. <i>Energy</i>	17. <i>Ambition</i>	27. <i>Humility</i>
8. <i>Health</i>	18. <i>Aliveness</i>	28. <i>Inspiration</i>
9. <i>Wealth/Abundance</i>	19. <i>Awareness</i>	29. <i>Empowerment</i>
10. <i>Freedom</i>	20. <i>Trust</i>	30. <i>Contribution</i>

I, Yahya Bakkar, promise to stay true to my vision and values no matter what. If I ever lose confidence in myself, I will reread this document to remind me of how powerful and valuable I truly am.



- Yahya Bakkar

grigoria

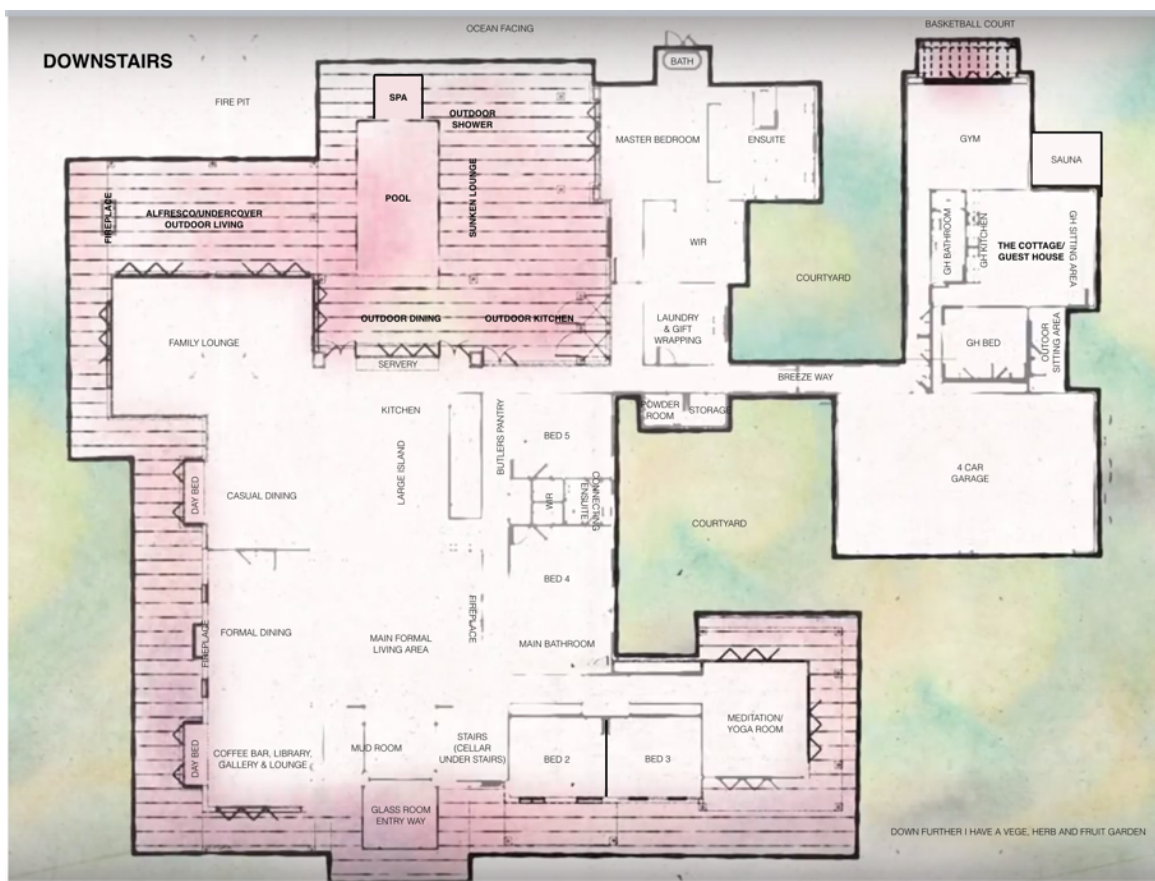
Grigoria Kritsotelis
My Vision. My Life. My Creation. My Expansion.

Written on 27 June 2018

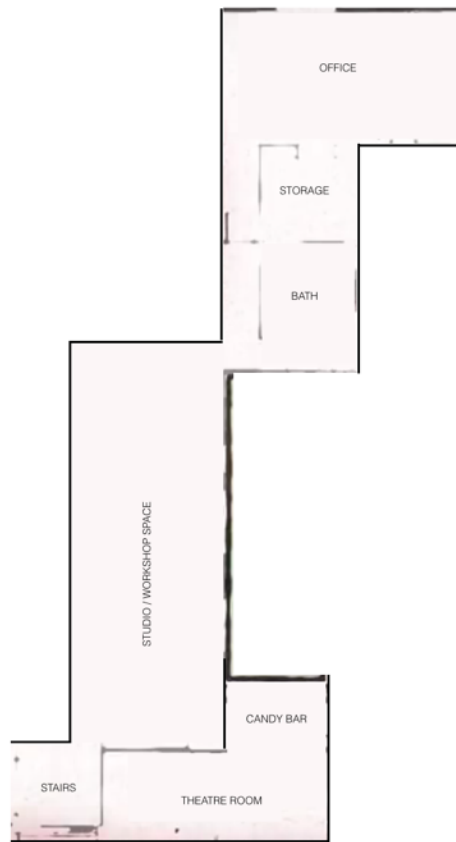
My perfect day begins like this...

It was absolutely incredible. I am so grateful and full of appreciation that I could experience a day so perfect. I woke up naturally - no alarms, to the beautiful sound of the waves of the Australian ocean dancing with each other, the soft wind as the music, and I felt so peaceful and calm, and so connected to the parts of me who lived with them. And then the sun kissing my skin through the window and gently teasing me to wake up. I sat up, thanked you for your grace, stretched and listed all the things I'm grateful for. Watching the ocean fills me with so much joy. It felt incredible to look through all my bedroom windows and watch the ocean. The sun was shining through my window and I felt her heat on my skin. I was fully present in the moment, appreciating her loving warmth.

As I rose, I went to the kitchen to prepare a warm water with lemon and ginger. I sat in my day bed overlooking the ocean, enjoying the view, wearing my silky nighty, which always makes me feel sexy and feminine, Goddess-like. I live in the most incredible house; my dream house. The house I've always envisioned. Two story, open-living, beautiful coastal barn style, white and neutral colour palette, the perfect house.



UPSTAIRS



I walk into my room and get dressed into my gym clothes. I sprayed my favourite perfume, put on my essential oils, brushed my teeth and washed my face, and made my way into my yoga room. I completed a 20 minute yoga flow with the most beautiful rainforest soundtrack in the background, overlooking my beautiful garden. I thanked my Divine body for being such a gracious and powerful vessel. When I finished I made my way, fully energised and invigorated, to my gym room. I started with a 10 minute cardio warmup, followed by an intense lower body weighted session. I love having a gym at home - it makes my life so much easier and I'm so grateful. I love moving my vessel and I love my body. It's healthy, full of vitality and I'm sexy AF! Perfect flat stomach, defined abs, peachy booty, toned legs and arms and the most beautiful skin and hair. I'm literally in the best shape of my life; physically, emotionally, mentally, spiritually, socially and financially.

After my incredible workout, I make my way into my sauna. I spent 20 minutes in the sauna, I love the heat and the way it makes me sweat. I played music while enjoying the sauna. Post sauna, I was ready to shower, I went into my ensuite and had a warm shower, perfect water pressure, perfect temperature, and with my diffuser on in the background and the perfect ylang ylang smell in the air - I was in heaven. Best shower, I love my ensuite, I put my deodorant on, moisturised my body and my face with my mums world famous organic skincare range, put perfume on, rubbed on my essential oils and got dressed into the perfect outfit - black jeans, a flowy black top, sandals and a long cardigan.

I decide to make my way to the market to buy some fresh produce. The weather was perfect, so I hop into my white Porsche 4wd and drive to the market. In my basket I collect the most beautiful array of colourful fruits and vegetables along with some buckwheat pasta, kombucha, kimchi, nuts and raw treats. I also pick up a beautiful bunch of white flowers filled with greenery for my kitchen.

I'm surrounded by kind people and I love the beautiful cosmic energy surrounding me. I make my way home, unpack and make myself a warm bowl of peanut butter turmeric oats, a protein smoothie and a peppermint tea. Admiring my flowers as I enjoyed my first meal.

It was then time to get into alignment and start my "work" day - which felt much more like "play" day (as it always does). I walk into my stunning white office, that overlooks the ocean and sit at my grand desk and write my gratitude list; I'm thankful for so much, everything in fact, I cry sometimes in awe of how incredibly aligned I feel, God is good and life is filled with blessings. I meditate; my favourite daily practice by far, it always raises my vibration and gets me into alignment real quick. I journal; this time I journaled about my life around the world, and the fact that I had beautiful homes in all my favourite places in the world. One in Bali, overlooking the ocean, an outdoor bathroom, beautiful villa, we spend a lot of time in Bali and I love it so much, it's such a sacred, sunny and spiritual place, one in Greece, on an island, my motherland, I always feel at home in Greece, speaking the language fluently is a bonus, and now we are planning on finding our next home in the world. I listen to a video and reach a high vibration and I check my emails. The first email was from my book agent and publisher, I had a \$200,000 day yesterday with online sales, so without trading my time for money. This is happening DAILY! Bliss. Life is beautiful. I created my life. I created this ease and flow. I felt the feelings of having it all long before I did. Whatever I desire and imagine for myself, I create, instantly. Because I believe it to be so. Health, wealth, love, success, whatever it is, it's already mine. I felt so incredibly grateful and blessed that I make money so easily through my writing. I received a few more emails with confirmations for paid speaking gigs, new students signing up to my various online courses overnight (amounting to thousands of dollars overnight), new guests signing up to my many retreats, sales from mum's skincare and dad's art, so many beautiful emails from clients and strangers admiring my work, an email confirming my meeting with Oprah, people crediting me for inspiring them, guiding them and changing their lives and an email from YouTube telling me I've just surpassed 1 MILLION subscribers! I share a few posts with my current Soul Food students, then communicate with my team to prepare for my upcoming launch of Inception. I thought to myself, "How is this my life?!" We already had 44 students sign up to Inception before any marketing - so over \$20,000 with ease flowed to me. I recorded a few videos for YouTube in my office. I love inspiring people to become more connected to their true selves. I want everyone to grow and come to the realisation of who they truly are - pure, cosmic love. We are all one with the Divine, and although I may not be God, God is me. And the more often I spread that message, the further the ripple flows. I am a light worker. I embody life every single day. I continue living my best life. I decide to book an impromptu trip to Morocco for my husband and I, just to celebrate life, continue being youthful and adventurous. I also started planning a VIP event that I will host in my home, inviting the most inspiring light workers from all over the world. Because I'm known as one of the top spiritual teachers and mindset coaches in the world, I have celebrities, leaders, speakers, coaches, entrepreneurs, game-changers, and

other influencers consult and collaborate with me on a regular basis to guide them to their own inner guidance system to uncover and become more of themselves in the most poetic, light-filled way. I have a social network that impacts millions of people, and that's because I am always Grigoria. The Divine, always connected to her soul, leading the way by light, Grigoria. I'm making multiple 8 figures a year living a luxurious, attractive, abundant and authentic lifestyle that's true to my deepest desires. I work with people so that they can remember what their souls have always known - that they are pure love, and that love is not faulted, and that love can be, do and have all things. You are worthy just because you are.

I then decided I was done playing in the office. I made my way to my library and spent 30 minutes reading, the sun peeping through the window, warming my cheek. I spent a moment admiring my beautiful art pieces and sculptures. It was then time to cook dinner, I was having Eirini and friends over. And just as I start cooking, my sexy, smart, funny, handsome, woke husband arrives home. "Hey baby" he says as he planted a big, juicy, bold kiss on my lips. I love our relationship so much, we continue falling deeper in love and more and more cosmically soul connected.

I went and got dressed into a pretty black dress, I spent a moment to appreciate and admire how incredibly beautiful I looked. Perfect abs, perfect face, so pretty, so full of vitality. Hair looked like a Goddess.

My kitchen is my haven. I made my famous buckwheat pasta with creamy pasta sauce, salad and steamed veggies. Served with kombucha and wine. My sister and friends arrived, I had my candles burning, I had saged the house, incense burning and my diffuser on. We sat around my big table outside on the deck and enjoyed our fabulous dinner - jazz, soul and a little old school RnB playing in the background. After dinner, some of my guests had a swim in the pool, I enjoyed the beach view and laughed with my friends, sister and husband. For dessert I had prepared a raspberry vegan cheesecake the day before. We all loved it and enjoyed the company. All my food made with love and eaten in love is pure, divine, cosmic energy and will nourish every cell in my body, and I always feel elated from eating food. It makes me youthful.

My guests started to leave, but they all helped clean up first. Eirini was staying in the guest house with her boyfriend, so we said our goodnights.

My husband and I sat in the lounge, snuggled and watched a romantic movie. Then we made our way to bed where we had incredible passionate sex and fell asleep watching the ocean waves and stars reflection.

It was the perfect day. Thank you God. It is a perfect life. And tomorrow my parents are coming for dinner, art chats, scotch and cigars.

I get to be me, and be everyone and everything. The magnitude of that I never take for granted.

I, Grigoria Kritsotelis, promise to stay true to my vision and values no matter what. If I ever lose confidence in myself, doubt or start to fear, I will reread this document to remind me of how powerful and valuable I truly am, and how important it is for me to always be my true self, the self that I am vibrationally.

I love you big G (God) <3

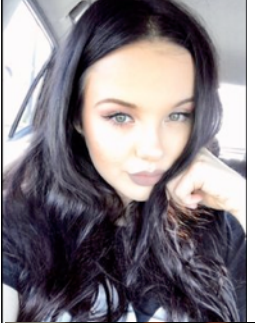
Grigoria Kritsotelis

My Core Values:

Love . Alignment . Freedom . Health . Wealth . Growth . Expansion . Energy . Passion . Joy . Happiness . Wholeness . Oneness . Light . Courage . Humility . Inspiration . Fun . Charisma . Enlightenment . Empowerment . Contribution . Trust . Authenticity . Abundance . Awareness . Self-Awareness . Success



People who inspire me:



ACTIVITY ONE.

STEP TWO

Now it's time to write your own Vision Statement.

I have provided you with creative space to write out your statement. Use the two Vision Statement's provided as guides to write your own.

Keep in mind, that you are writing as though you have already experienced your perfect day. Imagine what it would really feel like to experience your perfect day, and describe it using those feelings.

CONNECT











ACTIVITY ONE.

STEP THREE

I recommend that you read your Vision Statement to yourself at least 3 times per week. Initially, to feel the vibration of the words, I would recommend daily. I now read mine, once per week.

And feel free to amend it, if you no longer resonate with certain elements, or certain language.

It is your soul's creative expression. Let your soul speak through you.

What you write in your statement is in alignment with who you truly are, and God (God/Universe/Angels/Source Energy/Whatever Your Truth Is) would not have planted the desired thought in your conscious mind unless you could also come to the physical realisation of that desire.

It's not just possible, it is probable if you become the vibrational frequency of the intention you plant in the Universe.

I love you deeply.

VIDEO TWO
ENERGY & VIBRATION

SUMMARY

In this video, we talk about all things ENERGY AND VIBRATION. We start by talking about the make up of energy, the fact that it is ever moving, always flowing, like a stream. Energy can only ever be transferred and never destroyed, knowing this allows us to understand that everything is energy and energy is everything. Our natural state is that of well-being, and anything that doesn't feel like joy, is our own resistance to our well-being. Well-being is synonymous with alignment with the vibration of the Universe. Our thoughts alone create the energy and frequency that thing that we are thinking. You aren't asking for anything that doesn't exist already. You just have to come to the realisation of it. There is no empty space, there is just energy. Some that we perceive as physical, and some that we are yet to interpret.

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ACTIVITY ONE.

STEP ONE

Now that you're familiar with energy; as in all is energy and energy is all. Let's use that knowledge and manipulate it to our advantage in a way that serves our highest good and the highest good of everyone involved.

We are going to use a simple but effective manifesting technique to manifest something that we desire. Now remember, that a desire is a thought, therefore as we think it we simultaneously create the vibration of it, so it now exists as a frequency. It is made real in that moment as energy. So we are not trying to manifest something that doesn't already exist, we are instead wanting to come to the realisation of that which already exists as energy.

Let's start with making a list of everything you want to do, be or have. Write a list of everything you'd like to manifest right now. Nothing is off limits.

ACTIVITY ONE.

STEP TWO

Release the I WANT list. Some people like to symbolically tear the paper up, burn it or simply crumble it up and throw it away. The reason for this second step is that when we say I want, what we are really saying is I don't have. If you are familiar with the law of attraction (and energy as discussed in this module), you will know that the universe mirrors our thoughts and actions. What we think about, what we say, the feelings we have and the action we take is equal to what we attract.

STEP THREE

Now we are going to reprogram our perception of our desires. On this page rewrite your list as if you have what you want in the present moment. For example if you would like to live in New York write: I love living in New York. Or: I have a loving and wonderful relationship. Or: I have a fulfilling and interesting, creative job.

ACTIVITY ONE.

STEP FOUR

On a scale of 1 to 10 rate where you feel you are at right now in relation to your desires. 1 being far away from where you see yourself being, and 10 being where you want to be. It is valuable to be able to measure your progress when you start something new.

STEP FIVE

Complete your list with a statement of gratitude. This is a key factor in manifesting your desires as gratitude is the energy that attracts more of what you want. Gratitude is being in the "receiving mode".

Write your gratitude statement here:

ACTIVITY ONE.

STEP SIX

We are going to choose a manifesting technique to use. Here are a list of possible techniques. Choose the one that resonates with you the most and would be fitting for your desired outcome. (For this activity choose just one desire to manifest - the one that you resonate with the most)

MEDITATION FOLLOWED BY VISUALISATION

Start by finding a comfortable position, then close your eyes and start your Mindfulness Meditation. It doesn't have to go longer than 5 minutes, but feel free to make it as long as you desire. Focus on your breath, on your pulse or on a particular sound. Release any thoughts or feelings. This is an opportunity to remove any stimuli, no tastes, feelings, sounds (unless using it to focus), smells or distractions. Once you feel completely relaxed and you have no resistant thoughts enter your consciousness, you can begin your visualisation. Think of your desire and the best possible outcome. Now visualise yourself experience the fulfillment of that desire through your eyes (as though you're living the experience). What do you see, who are you with, what do you smell, what do you taste, what do you say, what are you wearing, what is the temperature, where are you, etc. Add as much detail as possible. Don't hold onto a particular element of the visualisation, just let it flow. The aim is to feel good. When you're ready open your eyes. Let the vibration of that practice flow into your day or evening.

ACTING AS IF

Imagine that your desire has already manifested, now what? How would you act? How would you walk? What would you wear? What would you eat? What would you share? What would be next for you?

Act as if it's already happened. Your mind's eye does not know the difference between what you see and what you imagine. So acting as if means that your feelings, and hence your vibrational frequency is now one of having what you desire, and so your physical reality will have no choice but to match that frequency.

ACTIVITY ONE.

VISION BOARD

This is great for goals that have a visual element to them, such as an ideal body or a particular bag, etc. Create a vision board (either digital or on paper) with images and representations of your desire. Feel free to add phrases or words that evoke your desired feelings. Keep it in a place where you will see it everyday and spend 5 minutes really taking it all in. Stop at each element and imagine it being real for you. Imagine that your vision board is like your photo album, memories of your life. Imagine them as done, and now take a moment to enjoy them.

2 CUP METHOD

Grab 2 cups/glasses. On one of them, add a sticky note describing your CURRENT reality, e.g. \$1000 income per month. On the other cup, add a sticky note with your DESIRED reality, e.g. \$10,000 income per month. Now pour water into your CURRENT reality cup. As you pour the water and hear the sounds of the water, feel what it feels like to experience your current reality. Now take a moment to hold the cup and visualise your current reality. Now pour the water from that cup into your DESIRED reality cup, listen to the sounds of the water pouring, and as you pour, visualise what it would feel like to experience your desired reality. Take a moment to hold the filled cup and spend some time imagining it and really feeling it. Then drink all the water from the cup, every last drop. Now remove the sticky notes, dispose of them and put the cups away. This process is known as jumping dimensions. As though two realities are happening simultaneously and now you've just jumped into a new dimension.

AFFIRMATIONS/MANTRAS

Choose 1-5 affirmations or mantras that resonate with you and your desire and read them aloud throughout your day, in the mirror. Speak them with conviction. Try and memorise them if you can. Whenever you find a resistant thought pass your consciousness, replace it with your affirmations. Affirmations are great for releasing limiting beliefs and replacing them with new beliefs.

ACTIVITY ONE.

PIVOTING

When you find yourself thinking a resistant (i.e. bad-feeling) thought, take a moment to be aware that you're thinking the thought and then flip the switch by replacing the thought with a better feeling thought. So when you are experiencing something you don't want, replace it with the thought of what you DO want. Once we change our thoughts, with it we change our emotional state (and hence our vibrational offering).

THE PLACEBO EFFECT

Just like in medical testing, we are going to choose something and create a placebo effect. This technique is good for attracting an ideal body or even money. Choose something that will be your placebo, then in your mind imagine that it causes your desire to manifest. E.g. every time you eat a cucumber, you lose weight. Or every time you fill your car with petrol, you attract more money. A good way to make it more believable is to do some research. Do a google search for "ways to lose weight" for example, don't read any articles, but whatever comes up, take it at face value and use it as your placebo.

\$100 BILL

Keep a crisp \$100 bill in your wallet and every time you are out and about, visualise you spending the money over and over again. Say to yourself, "I can buy that, and I can buy that, and I can buy that." So your mind thinks you are spending thousands of dollars on the things that you want. This activity helps to feel abundant and attract abundance. As a bonus, I recommend carrying cash on you at all times. Cash that you don't spend, but high bills that make you feel rich and abundant.

JOURNALING

Journal your desire into existence. Write what you're grateful for, write a positive affirmation or mantra, write in detail what you desire and how it feels, write how you embody those feelings in your life already, write out your resistant thoughts and how they are NOT truth, write out your appreciation for how far you've come and how so much has already shown up in your life.

ACTIVITY ONE.

SCRIPTING

Write out your desire as if it has already happened. So write in past tense. This is the process of DESIGNING your life and your reality. Write out in detail how you want your life to be, What your relationships are like, how much money you earn, what your body looks like, how you feel, etc. This process is also effective if you use the present tense, as though it's happening now. It is VERY important that you infuse EMOTION in your scripting process, if you don't feel the words that you write, then you won't experience them, you aren't writing a story, you are writing a diary entry, imagine having already experienced the reality and relive the experience (and with it the feelings attached to the experience) right now. Use emotive words in your script, e.g. "I'm filled with so much joy because I got to experience flying in my private jet." Things to include as you're writing; emotion, gratitude and description. When you are descriptive with your desire and how it looks and feels, you are focusing on those elements and they become your point of attraction.

VISION STATEMENT (from Module One)

Write out your perfect day, from the moment you wake up to the moment you go to sleep. Every single element of your day. As though it were your perfect day. Everything you felt, wore, ate, smelt, experienced, where you were, who you were with, everything. At the end add this statement:

I, INSERT YOUR NAME, promise to stay true to my vision and values no matter what. If I ever lose confidence in myself, doubt or start to fear, I will reread this document to remind me of how powerful and valuable I truly am, and how important it is for me to always be my true self, the self that I am vibrationally.

Then follow that statement with your core values, mine are:

Love . Freedom . Health . Wealth . Growth . Expansion . Energy . Passion . Joy . Happiness . Wholeness . Oneness . Light . Courage . Humility . Inspiration . Fun . Charisma . Enlightenment . Empowerment . Contribution . Trust . Authenticity . Abundance . Awareness . Self-Awareness . Success

Read it to yourself, and as you read it (allowed is better), truly feel the feelings of that perfect day experience.

ACTIVITY ONE.

MANIFESTATION BOX

Find/buy a box, decorate it any way you desire. Now write on small bits of paper what you desire. And as you place your "order" (and put it in the box) visualise the fruition of that desire coming to life. Once it's in the box, it's up to the universe as to how it comes to form, you've made your intention, asked and now you need to TRUST that it's on your way to you. The same way you would buy online, add to cart and wait for it's arrival.

DESIRE INFUSED WATER

On a bottle of water write an affirmation that includes your desire. For example, "I am so grateful and happy for my beautiful new car." As you take sips throughout your day, read your affirmation and visualise the water flowing through your body and with it you are attracting and allowing your desire to manifest. This allows you to FOCUS on what you do want throughout your day while also adding a powerful vibrational frequency to your water.

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Once you have selected your technique, you are to dedicate some time right now to perform your technique. Don't allow for distractions, be completely present and believe that this method will work for you.

ACTIVITY ONE.

STEP SEVEN

Write your chosen desire down below and list the feelings attached to that desire. We only ever want something, because we want the feelings that come from that thing.

E.g. You want \$10,000. What you really want are the feelings of abundance, freedom, financial freedom, choices, adventure, unlimited, affluence, wealth, richness, expansion, happiness, etc.

Take a minute or two visualising and feeling the feelings of what it is like to have your desires. Feel and visualise as if this is your current reality. The reason this works is because your mind does not know the difference between what you see externally and what you see in your mind's eye.

ACTIVITY ONE.

STEP EIGHT

Now I want you to write a list of ACTIONS you could take to feel those feelings NOW.

Example, next to Abundance, you could write; go grocery shopping, donate money, carry cash on me, wear my best jewellery and clothes, take a bubble bath with essential oils, sending gratitude messages to all your friends, buy yourself some fresh flowers, go on a day trip around your city/town, treat yourself to a decadent dessert and savour the entire experience, practice gratitude for the things that have already shown up in your life.

Or next to Healthy, you could write; go to the gym, make healthy food choices, meal prep, drink 2L of water, dance, cleanse my skin, exfoliate, choose essential oils over perfume, go for a walk, etc.

Then ACT. Perform some of those actions and truly FEEL the feelings you wrote down. You will be feeling the same feeling you desire to feel BEFORE the manifestation - that's how you get into alignment and vibrational harmony with your desire.

What are some actions that would bring you those feelings now? (Select your feeling, and then follow it by at least 3 actions, choose at least 4 feelings in total) (There is more space on the next page)



ACTIVITY ONE.

STEP NINE

Release all attachment to the desired outcome. Remain open to new possibilities and look for opportunities throughout each day. Just know that whatever happens is in perfect alignment with your true purpose in life. The right things will always come to you at just the right time.

AFTER TWO WEEKS

STEP TEN

After two weeks of being present with and visualising your desires you will notice a shift in your awareness towards each desire and certain ones will become clearer whereas others will fade or change to make space for desires that are more in alignment with who you really are. Allow this change to pass through you and see how you grow.

STEP ELEVEN

Finally review your desires list and reevaluate where you now stand to each one on a scale of 1 to 10, as we did in step 4. Acknowledge the movements that have brought you closer to your desires and reward yourself for manifesting wonderful things into your life.

VIDEO THREE
INTUITIVE GUIDANCE & DIVINITY

SUMMARY

In this video, we talk about all things INTUITIVE GUIDANCE AND DIVINITY. We start by understanding that we are OF God, and if we believe in God's Divinity, we simultaneously believe in our own. And even if you don't believe in a Divine Being, just understanding the scientific nature of Energy, allows us to understand that we come from one energy field and that we are all made up of the same energy. Again asserting our Divinity in our own Oneness. Just like a wave is an individualisation of the ocean (never separated), we are individualisations of God. When one wave moves, the entire ocean moves, when we move, the entire collective consciousness moves with us. And every thought ever thought is part of the collective pool.

Tapping into your Divinity in the form of Intuitive Guidance requires alignment. Alignment leads to intuitive nudges. Alignment is just being in a state of harmony with the Universe. The better you feel, the closer you are to the proximity of the Universe's song. Tapping into the Universal supply at any and all times is just about removing the veil, removing the idea that you can't. It's about silencing the Monkey Mind. This can be achieved through meditation. It's about surrendering your conscious mind in order to tap into the subconscious mind.

Think of a radio. The radio frequencies are always being transmitted, but we only hear what we are receptive to. Similarly to God; God is always sending us Intuitive Guidance, but we will only hear them if we are receptive to them; i.e. in alignment. The next step is to trust the messages that come through. If the "gut feelings" come when you're in a state of alignment, they are Divine, if they come when you're in a state of stress, anxiety, worry, etc. then it's coming from the ego.

Your body is highly intuitive, listen to your gut feelings, they are your intuition being received as physical feelings.

ACTIVITY ONE.

STEP ONE

For this module, we are going to connect to the Divine part of ourselves. Starting off, to do this, we are going to use meditation to surrender our thoughts to the Universe.

I want you to go to the BONUSES page of the course (you can find this on the course homepage), and click on the QUANTUM JUMP GUIDED MEDITATION AND HYPNOSIS video. Get yourself ready for meditation and listen to the first 25 mins and 27 seconds of that guided meditation.

After that point I want you to stop the video and let your mind wander. What intuitive nudges comes through. This is God talking to you, sending you messages. You are in the perfect receptive state to receive them. When you feel called to come back to your conscious state, just open your eyes.

Below note down all the intuitive messages (even if you don't understand them) that came through.

ACTIVITY ONE.

STEP TWO

Nothing will change overnight, it needs to become a habitual pattern in order to reprogram your subconscious mind. So commit to redoing this practice 4-5 times a week for the next month and keep a diary of what messages come through to you, and how you intend to take action on those intuitive nudges.

CONNECT

VIDEO FOUR
QUANTUM HEALING

SUMMARY

In this video, we talk about all things QUANTUM HEALING. We start by understanding the Quantum Field and Quantum Physics, on a very basic but practical level. Working from the Quantum Field speeds up your manifestations because time isn't linear. Anything that could be happening is happening right now, all possibilities exist, therefore become probabilities if we choose to tap into them.

The best practical example for Quantum Healing is Quantum Jumping. Where you come face to face with your Doppelgängers (aka twin selves) and receive guidance from an alternate reality version of you.

CONNECT

ACTIVITY ONE.

For this activity, you are going to write the script for your own Quantum Jump! I have provided you with a template, please read through the whole thing and really take the words in. There is one section that you are to fill out (I will provide instructions below).

STEP ONE:

Read the script and fill out the blank space with a scene from your ideal desired life. Imagine the life that you want to be experiencing in this dimension. Turn it into a scene and write it down using as many (if not all) scenes as possible.

Really feel your way into the experience.

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Find yourself a nice comfortable place, where you'll be undisturbed for at least 30 minutes. You can choose to be sitting down or laying down, whichever position allows you to feel most comfortable.

For this guided meditation, I just want you to go along with my words, they will take you to the places your subconscious mind needs to explore. You don't need to intentionally think of anything, instead allow what comes to flow through you without judgement.

But know that this is your experience, and if you find yourself tuning out of my words and on your own exploration - allow it.

It's time to say goodbye to any resistance that has come from the past and move through the conditions that may have come from your old patterns and beliefs. Get ready to release it so that you can embrace the glory that exists for you right now.

So I want you to start by taking a deep breath in.

ACTIVITY ONE.

While exhaling, mentally repeat and visualise the number 3, 3 times.

Something like this, *breathe in*, *exhale while saying "3", "3", "3"*

Take another deep breath, and while exhaling, mentally repeat and visualise the number 2, 3 times...

Take another deep breath, and while exhaling, mentally repeat and visualise the number 1, 3 times...

You are now at a deeper, healthier level of mind.

To reach a deeper, healthier level of mind at any time, just take an occasional deep breath.

I want you to set the intention, that whoever is listening to this, now or ever in the future, is a completely new person by the end of this meditation. And you will feel completely new in the way that you choose to be. And whatever image you have in your mind that aligns with your highest self, is the reality you will experience. And any resistance that may have held you back, will now be forever released from your experience, and the memories that may linger are now completely shifted and only bring you a sense of peace.

Say goodbye to the old you, because you are about to shift to a higher level of consciousness, the highest version of you. Reality is much more flexible than you have previously perceived it to be - You can move to any moment in time just by choosing to experience it now.

To help you enter a deeper, healthier level of mind, imagine that you're in front of a black, velvet curtain.

You're very comfortable.

Along side your chair is a box.

With 10 white plastic numbers in it.

ACTIVITY ONE.

When you place one of these numbers up on the black, velvet curtain, the number sticks, until you remove it.

You're going to take these numbers 1 by 1, and put them on the velvet curtain.

First you'll put the number 1 on the curtain, then you'll remove it, and replace it with the number 2, and so on, until you've put up and taken down the entire box of 10 numbers.

First the number 1, take your time, begin...

LEAVE TIME

Relax, if you have not yet reached the number 10, take away whatever number you have on the curtain, and replace it with the number 10. (*wait a second or two*)

You are now at a deeper, healthier level of mind.

You are now and always in complete control of your state of mind.

You can open your eyes, you can be fully alert at any time you wish to be.

Every time you enter this relaxed state, know that you're getting better and better in every way.

Whenever you enter this relaxed state, you'll mentally say, every day, in every way, I'm getting better and better.

When you say these words, sense yourself improving in all areas of your life.

Sense yourself getting better and better. Visualise improvements in your life as you mentally repeat the words now; "everyday in every way I am getting better and better".

Visualise improvements in some area of your life.

Relax.

ACTIVITY ONE.

Relax your eyes. Feel the sensations behind your eyes. Feel the healing white ball of energy spin behind your eyes. Feel them relax more and more.

Relax your lips.

Relax your jaw, your cheeks. Feel your jaw loosen up and relax.

Relax your throat, head and neck. Bring that tingling sensation to your throat and feel your throat begin to relax and loosen up.

Relax your chest, your stomach, your back.

Relax your body.

Relax your arms, your hands, your legs and feet. Feel your muscles relax. See the healing white ball of light loosen up your body.

You are now completely relaxed.

Repeat mentally, everyday I improve my image of myself; my self-esteem.

I am a unique human being, there's no one else on earth exactly like me.

Everyday I grow stronger and the realisation that I can think, I can create, I can do.

Whenever you have a desire to relax, take a break from the stress of the outer world, recall what you feel at this moment, recall how you feel at this moment, how relaxed, how at ease you are.

Relax, repeat mentally, my body rests and refreshes itself when I consciously relax.

I'm relaxed now.

My body is resting. My body is refreshing itself and I feel better and better.

Relax.

ACTIVITY ONE.

Imagine now that a great light is engulfing you.

Suddenly you are surrounded by a bright fog. A brilliant bright, white fog.

Imagine that this light runs through everything.

You are surrounded by this bright, white light. Allow the light to enfold you. The more you feel this bright, white light, the more love you feel embody you. The more you feel this high vibrational energy flow through your body.

Concentrate on the light - the bright, white light.

You're in the centre of a vortex of light. A great fog of light.

It almost feels as though you're floating in the centre of a cloud, a bright, white cloud, that is brightened still more by sunlight.

Relax.

Imagine that you're standing at the top of a staircase. There are 15 steps leading to a small hallway. At the end of the hallway, is a large door. The door is closed. On the other side of that door is a parallel Universe. A portion of an infinite Universe, where there is a twin self of yours. A self that can help you with those things that you have a desire for.

Relax.

You're now going to walk down the stairs, a step at a time, and slowly.

Imagine that you're on the top step, now step down to the 14th step.

13th... 12th... 11... 10... 9... 8... 7... 6... 5... 4... 3... 2... and now the bottom step, 1.

Now slowly walk to the end of the hall facing the large door. The door is quite large, made of carved wood. Imagine it. Create it. Imagine it that it has a brass door knob. The door opens outward.

ACTIVITY ONE.

On the other side of that door are an infinity of places, of times, of events, and of twin selves of yours.

On the other side of that door are parallel Universes, anything that can be imagined is on the other side of that door.

On the other side of that door are uncountable numbers of Universes, like grains of sand on all the beaches on earth, like quanta molecules, like endless atoms blown up into Universes by incredibly powerful forces.

On the other side of that door are twin selves of yours, who live out their lives, in their own dimensions, on their own planets. Earths just like our own Earth, but with differences. For now, just be aware that all that exists on the other side of the door.

In one of those infinity of Universes, there is a version of you who is experiencing the ideal life that you desire. By coming face to face with your twin self, you will receive a stream of information that will help you become a vibrational match to that experience in this dimension. There is nothing that you have to actively do, just observe and all your subconscious mind to pick up on the cues that are being presented to you.

Right now, just pretend that when I count from 1 to 3 as I'm going to do now, you'll get more and more relaxed.

One... just allow yourself to relax.

Two... just allow yourself to relax and listen to my words.

Three... you are more relaxed.

Now you're in that hallway, in front of the Quantum Door...

And now before I count from 1 to 3, and have the door open, imagine what it will be like to come face to face with your twin self and you observe their life, as though it were your own.

1... 2... 3... you are now in the small hallway, in front of you is the door, the Quantum Door, that opens to infinity.

ACTIVITY ONE.

In a moment you'll be walking through that door into a different dimension, a dimension where a version of you is experiencing the life that you currently desire.

There's no time in infinity, as everything that can be happening, is happening right now.

Anything that can be imagined, is happening right now.

This experience exists as a frequency, and as we observe it, we allow our minds eye to practice the vibration of it. We are imprinting it into our subconscious mind, and in this trance like state, you are more receptive to the shifts that are taking place as you observe and take in the cues.

When you go through the door, you'll see a scene, with you as the main actor. The actor will be your twin self. Whatever your imagination brings up will be the right thing. If it wasn't, you wouldn't have imagined it. So just view the scene. Anything that you imagine, will be what you are supposed to be viewing.

Take your time.

And now the door is opening.

The door is open.

At the count of 3, jump or step through the door, and you'll be at this experience. You'll be within your ideal desired life experience. It will not be separate from you.

Imagine that, know it, create it, use your daydreaming mechanism, as you walk through the scene.

1... 2... 3...

You are now there, relax, take your time. At this stage, don't join in the scene, just observe.

Begin.

CREATIVE SPACE

Here write out your ideal desired experience, as though it were one scene, one moment in time, like a stream of consciousness





ACTIVITY ONE.

As an observer, just note what's going on, that's all you have to do. You don't have to correct anything, that will be automatic.

Relax.

Now I want you to take a moment and look at your twin self in the eyes. Hold their hands. And with sincere love, tell them how grateful you are to connect with them, and how blessed you feel that a version of you is already experiencing this life. Ask them for guidance, ask them to send you Divine messages that lead the way so that you can experience this desired life in your dimension right now.

Now share a loving hug and feel their love transfer to you, and as they transfer their love to you, feel your love transferred to them. And know that you are always tethered to them and that their experience is your experience.

Relax.

I'm going to count from 1 to 3, and you'll be back in this Universe, back in the small hallway.

1... 2... 3...

You are now back in the small hallway. The Quantum Door is closing...

The Quantum Door is closed.

Now when you feel ready, come back to your conscious state by opening your eyes.

ACTIVITY ONE.

STEP TWO.

Now you are going to use your phone or laptop to record yourself saying this entire guided meditation. Don't worry if you pause or cough, or make a mistake, our mind allows for these natural mishaps and does not focus on them during meditation.

You may want to allow a few minutes after you say the scene that you created (just empty space) to allow your imagination to take it further during each meditation.

STEP THREE.

Schedule a time to listen to your Quantum Jump everyday.

Start paying attention to the signs that present themselves in this dimension and the shifts that begin to occur in your experience.

GUARANTEE

Guarantee Policy: Like anything in life, you will get out of this what you put into it. This experience will be different for everyone. I don't guarantee or warrant results or any change of circumstance. But I can say that this will be a transformational experience and you will leave a different person than you were when you came into it. And if you commit to the practices outlined, you will start to be in control of your own shifts and thought processes. That should always be the goal. How well this works for you is dependent on how much you allow it to.

• 8 WEEKS CAMP - 4 INTERNAL PILLARS -
• SOULSET - HEARTSET - MINDSET - HF
CØNNECT



IT IS NOT WHAT YOU SHOUT OUT TO THE
WORLD THAT DETERMINES YOUR LIFE...
IT IS WHAT YOU WHISPER TO YOURSELF THAT
HAS THE MOST POWER.

- ABIGAIL HORNE



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