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English Content

SINGLE PROCESS DESCRIPTIONS

BNS01 ~ AM FOCUS

Dr. Porter has designed this process to provide the mental clarity necessary to begin the day with focus. Our lives are typically filled with distractions, and spending these ten short minutes upon awaking is a great way help put ourselves in the proper mind-set to easily deal with such distractions, while staying on course to achieve our objectives for the day.

BNS02 ~ PM FOCUS

Sleep often eludes us when our minds are cluttered with leftovers from the day's events. Dr. Porter created this program to help us enter into the deepest level of sleep by putting today's activities into perspective. After the process of organizing these leftovers and setting the stage for addressing them during our dream time period, PM focus aids in creating solutions using our other-than-conscious mind. We can then awake in the morning feeling satisfied and rejuvenated, and ready for the AM Focus.

BNS06~ GIFT OF LOVE DEMO

Jerry DeShazo offers this morning meditation on "The Gift of Love." It is a poetic writing that has its own beauty and upon further examination, it may lead one to a contemplative process, creating balance and harmony in one's everyday life. Over time, this process can also create subtle positive change in the recipient of The Gift. This is the perfect starting point to learn how Jerry's work is changing the world.

BNS10 ~ AM CHRISTIAN MEDITATION

You are welcome to download and listen to this Christian meditation. It is designed to help you stay focused each day on your role in our global spiritual community. Meditation is part of the great work involved in restoring the contemplative dimension of the Christian faith. As you listen, you are invited to focus on your personal life with Christ. We are committed to adding more titles in this series as we move forward.



JERRY DESHAZO'S GIFT OF LOVE

Jerry DeShazo offers this morning meditation on "The Gift of Love." It is a poetic writing that has its own beauty and upon further examination, it may lead one to a contemplative process, creating balance and harmony in one's everyday life.

This is the perfect starting point to learn how Jerry's work is changing the world.

JERRY01 ~ GIFT OF LOVE

The Gift of Love is a poetic writing. Over time, this process can also create subtle positive change in the recipient of The Gift.

"My guidance leads me to distribute this writing to one billion people within the next two years. Hopefully, many people will be led to practice the contemplative process. If The Gift of Love resonates with you, please share it with others. Together, we will create a positive influence on our planet."

-Jerry DeShazo



DEBORAH TROEGER'S YOU-NIQUE WEIGHT LOSS SERIES

YNWL01 ~ DECIDE!

This recording is designed to get you into the right mind set to lose weight. This recording helps reinforce your decision to lose weight and giving you the encouragement and belief to do it!

YNWL02 ~ MOVE IT!

This recording encourages exercise and helps give you the motivation to get moving. Exercise is a key component in weight loss. Improve your health and energy, exercise.

YNWL03 ~ SELF-ACCEPTANCE

This recording helps you to accept yourself. Learning to appreciate your gifts and embrace your faults. We are generally nicer to people we like! This recording helps in the weight loss process by encouraging you to be good to yourself.

YNWL04 ~ FORGIVENESS

This recording helps in the healing process to release those you have not yet forgiven and to give yourself permission to forgive yourself. Forgiveness is for you. Un-forgiveness is like drinking poison and hoping the other person will die! Forgiveness is freedom. This recording also is helpful in the weight loss process, helping you to quit "stuffing" feelings.



RICH MEIJER'S WORLD OF BLISS SERIES

Rich Meijer has created "World of Bliss," a series of recordings incorporating sounds of nature from around the world, woven with beautiful tapestries of sonic warmth and melodic splendor. These pieces were composed after deep meditation and designed to tune you in to the divine universal tone of peace and tranquility. This series takes you well beyond relaxation, to a place of ascended elevation, as you travel to higher and higher levels of awareness and the inner peace.

So, sit back and relax as the stream of consciousness lulls you slowly down the river of life through the "World of Bliss."

WB01 - OHM SWEET OHM

Tibetan Monks have been known to transcend space and time with the spiritual mantras woven from their unique use of song. "The frog" according to Joseph Campbell, "symbolizes the unconscious - the total psyche, beautiful and true." Rich Meijer has combined Tibetan monk samples and nature sounds to create perfect balance of song and spirit. This piece was composed in the key of Bb, the key tone of the universe. Open your mind body and spirit and be healed.

WB02 - VALLEY OF BLISS

Nature knows best, and the wind is wisdom, bringing with it the possibility of deep and profound inner change. Rich Meijer has created a magnificent aural world combining the sound of wind blowing through pine trees, flavors of Indian instruments, and an exciting mixture of sweeping sonic colorings. Let the winds of change cleanse your soul with the wisdom of spirit and the perfection of harmony.

WB03 - WAVES OF ECSTASY

The sound of waves against the shore is one of the most pleasing sounds to the human ear and possibly the most relaxing sensation on planet Earth. Rich Meijer takes you through a journey to the center of your soul in Waves of Ecstasy, combining relaxing ocean waves he recorded in Malibu California, with peaceful spiritual tones weaving within and without the rhythm of the waves.

WB04 - WINDS OF CHANGE

The power of water to sooth and heal is infinite. Let your creative mind wander where it will go as you take a journey into the deep woods, and down along a burbling brook into the secret places of your infinite imagination. Rich Meijer combines the soothing sounds of a mountain stream with powerful and spiritual musical sound-scapes that will caress, relax, and revive your intimate soul.



JOHN CONKLE'S ECLIPSE MUSIC SERIES

John Conkle is a talented musician and prolific composer, and an accomplished stage performer. He has composed the stunning music heard as the backdrop for NewReality's CVR programs, and all agree that it is an intergal part of what makes CVR so effective. Much of the music heard on the NewReality programs is excerpted from John's Eclipse CD, and in response to many requests, the Eclipse album is now available to the NewReality audience. John has contributed two new 22-minute relaxation medleys. They are ideal for anyone looking for deep relaxation, stress reduction, and mind/body healing. With music from John's latest album "Eclipse," these medleys offer continuous music without pauses or interruptions.

EM01 - MEDLEY FOR DEEP RELAXATION & SLEEP TIME

EM02 - MEDLEY FOR RELAXATION & MOTIVATION

KIMBERLY MAC'S CLEANSING COLLECTION

Energize, enliven and renew for a younger you for a lifetime. Through this life-enriching and giving program, you will experience what is essential for preparing for a healthy cleanse which leads to the discovery of your true fountain of youth within your own control. These programs will fortify you with even more than a younger, more alive, enriched body, face and mind, they will bring forth your living purpose and passion that will inspire everyone to want what you will gain here. You will then be part of a culture that supports an enlivened youthful lifestyle.

CC01 - PRE-CLEANSE

This process prepares you for what is needed from you mentally and physically to start a cleanse. You may not know if a cleanse is right for you, or you may not have any idea how to start one. This process is for you to learn what a cleanse is, how to do one on your own, with the proper information and conditioning for your mind and body to be in the right space for an effective cleanse. Everyone can benefit from this process and can use this over and over again to condition your mind to prepare for cleansing on a daily basis within your body alone.

CC02 - CLEANSE 101

This process will take you to the first step of doing a cleanse and preparing for what you need at stage 1 of an effective cleanse. You are conditioned here to implement the strategies of the first steps and take action to reach an enhanced and cleansed body and mind appropriate for you.

CC03 - CLEANSE 102

This process will take you to the second step of doing a cleanse and preparing for what you need at stage 2 for an effective cleanse. You are conditioned here to implement the strategies of the first steps, continue on with these second steps and take action consistently of each of these to reach an enhanced and cleansed body and mind appropriate for you.

CC04 - CLEANSE 103

This process will take you to the third step of doing a cleanse and preparing for what you need at stage 3 before moving into a full cleanse program of your choice. You are conditioned here to implement all of the strategies of the pre-cleanse, and cleanses 101 & 102 as pre-cursors to your enhanced results for a healthier, cleansed body and mind appropriate for what your results and purpose.

CC05 - POST-CLEANSE

This is the final phase of the cleansing series which covers the strategies for a successful cleanse and coming out of a cleanse properly and healthfully. You will be conditioning your other-than-conscious mind to a program that will be life-giving as your new LiveStyle of choice with your new healthy habits and consistent

actions that you choose to live now. Even though this is a series, these processes will assist in you in sustaining your healthy cleansing lifestyle of choice and they are a great collection to reinforce your healthy habits and belief structure for a lifetime of enhanced health.

CC06 - NON-TOXIC LIVING

What we do not know is hurting us, maybe even killing us or those we love. This process educates, programs and reinforces the need for us to live as healthy a lifestyle as possible. This includes keeping out the unseen and unknown toxins in our everyday life of household cleaners, personal body care products, home improvement items, and other environmental elements. Program yourself for knowing and acting in accordance with what you want for the healthiest body and mind you can have for yourself and your family with this process. Everyone needs to know and use what is in this process to live younger longer.

KIMBERLY MAC'S INNER & OUTER BEAUTY SERIES

Discovery your true fountain of youth within your own mind and within your own control. These programs will fortify you with even more than a younger, more alive, enriched body, face and mind; they will bring forth your living purpose and passion that will inspire everyone to want what you will gain here. You will then be part of a culture that supports an enlivened youthful lifestyle.

You have what you need to get started with these programs, the guidance within each and the follow through blueprint that reconditions your mind to produce and attract the results that are life-long that you deserve. Not with will power, with mind power. Mind power and purpose are what make lasting results in every area, no matter what your desire.

IOBC01 - IDEAL BODY SIZE & SHAPE

Integrate into your mind and then ultimately through your body as a result of your directed mind, the ability to master the ideal size and shape for your body using this process. You have access to the information and application at the other than conscious level what it takes to be living in the body you desire. It is not will power, but mind power that is directed in the proper mind, the other than conscious mind that creates the ability to transform your body. You are provided with and directed to take the actions necessary to get the results you desire with this process.

IOBC02 - LOOKING & FEELING YOUNGER

Looking for the True Fountain of Youth? Here you will find it and it is within your own body through your directed mind. Our bodies are our temple and when we worship them in the way they need to be worshiped, with the health mindedness and supporting actions consistently, we can regain, sustain and even turn back the clock on our bodies and faces. This process will be the foundation for you to have your own power to create the youthfulness, vitality and radiance to be lasting.

IOBC03 - REDUCE & ELIMINATE CELLULITE

Cellulite is a function of accumulation of toxic build-up in the body, typically through toxic waste waters that have accumulated and are stagnant in the lymphatic system. Impaired circulation can increase cellulite. Toxins deposit in the fatty tissues so they are as far away from the vital organs of the body, therefore protecting the organs from this toxicity. The toxic fat is pressed out to the exterior of the body and this shows up as a dimpling of the skin and is seen from the outside as cellulite. This process has proven success strategies that reduce and eliminate cellulite in the body which shows up on the outside of the body. Move it out by directing your mind with the steps to success and your body with thank you with a more toned and smooth look and feel!

IOBC04 - ELIMINATE JUNK IN YOUR TRUNK

When will power is just not enough to stop the fast food and junk food cravings! Take action by programming your other than

conscious mind where it will work not by will power, but by mind power, to do whatever is holistically and healthfully necessary for you to succeed in eliminating those cravings for deadly, health-stealing foods and beverages.

IOBC05 - INNER BEAUTY TO CREATE OUTER BEAUTY

A truly beautiful person can be seen from the outside, and this essence is delivered when the inside is beautiful, clean and working effectively. Focus your attention on what is needed from the inside first, and you will have everything you want on the outside of your body and face as a result of the healthy, clean inner body and mind. Master the program of your body and mind from the inside out and your will transform your looks and your life.



KIMBERLY MAC'S TRANSFORMATION COLLECTION

These foundational and essential programs set the core of all transformation to begin, continue and last a lifetime. These programs provide what we need to allow ourselves to release what we may not even be aware of could be hurting our health. You learn, apply and integrate your new being with the outside world for a safe and healthy transition from where you are now to where you want to be, no matter where you are starting from. This collection applies to any time in your transition and reconditions your mind to enjoy and embrace new territories of greatness that you deserve to be living.

TC01 - EMOTIONAL RELEASE

We cannot continue to carry around emotional baggage from the past when we are destined to be healthy, vital and youthful. No matter where we are on our health journey, we can all use effective conditioning to release emotions that gather along our days, months and years or even a lifetime. This process effectively transforms the mind to release the no longer needed energies of events that were less than empowering to us. Take back your control and your life by releasing what you no longer need and that which is hindering your progress forward in the life of your dreams.

TC02 - SOCIALIZING LIVING IN YOUR LIFESTYLE OF CHOICE

We all can use the support when we transition into any new change or shift in our life, no matter what it is; it could be a seminar or life-changing program, it could be a health transformation or even a new relationship that creates changes in our life. We all need conditioning for success strategies for living into this new life we have chosen without making others wrong for their lifestyle choices. This process enables the freedom and joy to live the life you want with no strings attached from yourself or others.

TC03 - LIVING THE TRANSITIONAL LIFESTYLE AS A RAW FOODIST

For anyone transitioning into a vegetarian, vegan or raw living food lifestyle of choice, this process is for you. As plantarians (those who consume mostly or all plants) we are faced with taking back control of what we consume in order to be and stay healthy, vital and youthful. Sometimes others may not agree with our choices, and that is ok. This process provides the conditioning needed to successfully move through any opportunities for growth along your journey. Everyone transitioning into a healthier lifestyle should have and use this process for support all along their way.



KIMBERLY MAC'S ULTIMATE PERFORMANCE COLLECTION

This set is made for those who are only interested in achieving optimal performance with health mindedness. Master effective ways to reach and sustain optimal health for youth and longevity with a whole person healthy approach using these programs to recondition your mind to create the performance you desire from your body as a result of a directed mind.

UPC01 - ALKALINITY FOR MAXIMUM RESULTS

Do you want to enhance your performance or results in a sport, in school, in anything that takes physical or mind power? In order to have maximum performance in anything, we need to have maximum performance inside our bodies that provides maximum performance inside our minds. This is delivered in the form of external performance on the court, on the field, in the gym, in any competition, and within the mind for scholastics and critical thinking such as grant writing, writing books, professional coaching, stressful or high performance jobs and much more. This process provides what is necessary to attain and sustain this level of performance from the inside out. Take your competition or businesses on from the inside and see the results for yourself.

UPC02 - LOOKING & FEELING YOUNGER

Looking for the True Fountain of Youth? Here you will find it and it is within your own body through your directed mind. Our bodies are our temple and when we worship them in the way they need to be worshiped, with the health mindedness and supporting actions consistently, we can regain, sustain and even turn back the clock on our bodies and faces. This process will be the foundation for you to have your own power to create the youthfulness, vitality and radiance to be lasting.

UPC03 - NON-TOXIC LIVING

What we do not know is hurting us, maybe even killing us or those we love. This process educates programs and reinforces the need for us to live as healthy a lifestyle as possible. This includes keeping out the unseen and unknown toxins in our everyday life of household cleaners, personal body care products, home improvement items, and other environmental elements as well. Program yourself for knowing and acting in accordance with what you want for the healthiest body and mind you can have for yourself and your family with this process. Everyone needs to know and use what is in this process to live younger longer.

UPC04 - ELIMINATE JUNK IN YOUR TRUNK

When willpower is just not enough to stop the fast food and junk food cravings! Take action by programming your other-than-conscious mind where it will work not by willpower, but by mind power, to do whatever is holistically and healthfully necessary for you to succeed in eliminating those cravings for deadly, health stealing foods and beverages.



ASOMA MUSIC AND DAN MILLMAN'S SONG OF THE SAGE SERIES

A music and spoken word blend to support, enhance and inspire the path of the Peaceful Warrior.

Universal Laws to guide our lives from The Laws of Spirit, written and read by Dan Millman, best-selling author of Way of the Peaceful Warrior, delivered through the musical landscapes of Asoma.

Join Dan Millman and Asoma on a musical journey as the author delivers timeless reminders of the laws on which our lives are founded. Song of the Sage succeeds in enhancing our lives and revealing the way to live with a peaceful heart and warrior spirit.

The depth, bulk, and importance of the spoken word teachings in Song of the Sage proposes subsequent listening, as one time through could not be sufficient for allowing them to sink in. We have intended this project as a tool for listeners to use and re-use - the hope and the goal is that the teachings will be gradually yet ultimately integrated into the day-to-day life of each listener.

Let the music take you into a state of serene reverie, wherein the sage's wisdom can clear your mind, awaken your heart, and bring these teachings into your daily life.

SOTS01 - LAW OF BALANCE

SOTS02 - LAW OF CHOICES

SOTS03 - LAW OF PRESENCE

SOTS04 - LAW OF PROCESS

SOTS05 - LAW OF COMPASSION

SOTS06 - LAW OF FAITH

SOTS07 - LAW OF EXPECTATION

SOTS08 - LAW OF INTEGRITY

SOTS09 - LAW OF ACTION

SOTS10 - LAW OF CYCLES

SOTS11 - LAW OF SURRENDER

SOTS12 - LAW OF UNITY



ASOMA MUSIC'S SOUND HEALING SERIES

The sound healing properties inherent within Asoma Music coupled with the active conscious intentions of you, the participant, creates an effective gateway and holds space for inspiration, motivation, meditation, relaxation, release, peaceful inner-journeying. This series is a powerful and reliable activator for your inner self to create your NewReality!

SHS01 - SPA MUSIC 01

Unwind into the depths of your being & let this easy, fluid soundscape entice your senses into a state of grace. Allow its rich contours to caress & pamper you as you access deeper & deeper levels of your consciousness.

SHS02 - SPA MUSIC 02

This spa music is a continuous, uninterrupted journey & allows for you to enjoy a profound sense of relaxation. Created with natural sounds, guitar, piano, voice & keyboard, this is perfect spa music as it is both there & at the same time, not there.

SHS03 - FIREHORSE YOGA 01

A blissful invitation into the realm of yoga, meditation, creative activity, or time for introspection. This is a sound collage melding various compositions into one, using natural sound effects as glue, creating a continuous & always-inviting journey. The intensity rises & falls, guiding you through your activity, & always keeps you in touch with the space within the mind, allowing for a very fruitful 30 minutes.

SHS04 - FIREHORSE YOGA 02

Much the same as Firehorse Yoga 01, with a little more use of a grand piano. This time you are eased into a folk/pop setting with the relaxing new age sound, very similar to Enya. There is much variety to enjoy here, from sparse piano to lush vocals, luxurious guitar to driving hand drums - always lovingly encouraging the listener to keep on keepin' on.

SHS05 - TRANQUILITY

Ideal for meditation, this piece is about the inner journey. It is about the journey into the place of no-mind, a place where the sounds you are hearing no longer matter. This all happens through the synergistic sound production at Asoma Music, a magical blend of flute, ambient sounds, wind chimes, & ocean sounds.

GARRY D. JOHNSON'S SECRETS TO THE MANIFESTING MIND SERIES

If you are consistently on the prowl for inside secrets, unique strategies and authentic ultramodern methods to improve all aspects of your life, then this set of audios is a must for your PAD library.

Visualize doubling or tripling your success rate while your bank account grows. You're attracting more enriching relationships, the people and things you need to have the life you desire just come to YOU out of nowhere.

Imagine the feeling of knowing that you are always living on purpose, and effortlessly taking actions to achieve what you want in life. And it's finally happening in the easiest most effortless ways.

Imagine what would happen if you had a proven success-making blueprint, designed specifically to unlock the other 90% of your mind's power. What if you could get a forbidden glance at the secrets of the masters and understand their scientifically derived inside intelligence that would show you exactly how you can achieve and even surpass what they've achieved.

What if I told you that if you just spent 30 minutes per day (without interrupting ANY of your daily routines) in a relaxed sleep-like state, you would be achieving this new level of unconscious proficiency - from this day forward you would be consistently releasing the unseen forces and untapped resources within you, and immediately start to systematically produce extraordinary results in every area of your life. And to top it off, it will only take 30 minutes per day with Secrets to the Manifesting Mind.

STMM01 - PASSION DESIGN

Ever wanted to discover what your life passion REALLY was? That deep inner "thing" that makes every fiber in your body wake up and shout "YES! This is what I was meant to do." Or perhaps you already know what passion is for you, but 'life' keeps knocking you off purpose. On this hypnotic journey you'll be guided through a process where you will either be discovering that passion, refining it, or confirming and solidifying it. Locking into and taking massive action on what you are most passionate about in life.

STMM02 - ACTIONS FOR ATTRACTION

Action is what really makes things happen, but 'what' actions, and for what purpose? What is the vision that invokes those actions? What if you could train your unconscious mind to work on defining your path, refining your mission and clarifying the steps you will take to excel in every area of life? You get so consumed with the process of taking action and achieving daily goals. This hypnotic adventure takes you beyond the excitement of passion

and it will help you create a vision that ignites an inner drive to propel you from vision to action.

STMM03 - PERSONAL BEST REHEARSAL

With your passion locked in and a set of strategic actions for achievement, now it's important to bring your best self to the table. With the vast amount of knowledge and skills that your unconscious mind possesses, why not just allow it to serve up the correct thoughts, beliefs, attitudes and behaviors for every important situation. This hypnotic experience teaches you the 'Stealth Manifestation Tactic' of creating success in the blink of an eye.

STMM04 - MAGNETIZING MONEY

To finish off this set and leave your unconscious mind salivating for the next course, this seems to be a crowd favorite. In this hypnotic session you will experience whole brain activity and the unified electro-magnetic field of your body focused on bringing more money into your life. Utilizing principles from the field of magnetism and teaching your mind and body to become money magnets so that you can start attracting the financial abundance you want from the universe at will.

STMM05 - HYPER-DIMENSIONAL QUESTION CONCEPT

There is a realm that is accessed by masters and geniuses alike. A dimension where ALL reality converges into one moment, and what you do in that moment can and will make a world of difference in the reality you experience. As you soar in the success stratosphere, this hypnotic quest is an adventure into hyper-dimensions where the 'secret' to the reality you experience will be revealed.

STMM06 - COSMIC CONNECTIONS

An important part of manifesting abundance is learning how to attract the relationships you want into your life. Think about having the perfect romantic relationship, business relationship, family relationship and a circle of like-minded individuals you call friends. Using the principles of 'The Law of Attraction' through this hypnotic process, your unconscious mind will develop an automatic ability to attract, establish and even enhance your relationships.

STMM07 - UNCONSCIOUS CREATIVE COUNCIL

Now that you are in the habit of attracting the right relationships for success, you are going to establish and develop an inner guidance council that will assist you in all your manifestation endeavors. On this hypnotic path you will accumulate 12 powerful and essential resources for success, and then assemble them at a round table into the ultimate inner dream team, an unconscious mastermind council to coach, guide and support you in your times of need.

STMM08 - THINK, FEEL, MANIFEST

Your skills are building, your resources are being stacked and now imagine developing the ability to take a no-risk formula and apply it to manifesting exactly what you want out of life. This hypnotic voyage takes you to the edge of sleep where a portal is opened up, and rich metaphors are poured into your awareness to blend your conscious and unconscious mind into one harmonious super-conscious state for manifesting.

STMM09 - AFFIRMATIONS FOR ATTRACTIVE THOUGHTS

When the outside noises have stopped, you are left with one voice that can either empower you or sabotage you. What do you hear from that inner voice?

In this hypnotic conversation you will access your primary auditory processing center, where the things you allow in are recorded and then broadcast back through your body. Generating an orchestra of powerful declarations from an inner voice of wisdom that speaks to your whole being. Taking the best of all things and creating new messages, new thoughts and new attitudes for success.

STMM10 - INNER VISION BOARDS FOR OUTER SUCCESS

This is your opportunity to have your vision board with you wherever you go, keeping it at the forefront of your awareness.

To ensure you develop a well balanced successful lifestyle, you will have the opportunity to mentally establish and plan to achieve goals in 6 categories of life; Physical & Mental Health, Wealth & Career, Physical Environment, Fun & Recreation, Relationships, and Personal & Spiritual Growth. In each of these areas you will be claiming the 'Vision' that's meant for you.

STMM11 - HABITS OF 'THE SECRET'

Develop your ability to model the ancient Hawaiian Kaduna's, the masters of manifestation, learn how to use and master the energy and power derived from your breath and turn it into the most powerful force you possess.

Through this hypnotic process you will develop an unconscious conditioning for a manifesting mind. The power of this process will truly amaze you, and the rate at which you'll be manifesting things will be accelerated beyond your wildest dreams.

STMM12 - SEE IT WHEN YOU BELIEVE IT

Your beliefs have "Ultimate Power." What you believe to be true for you will become your reality. Old outdated beliefs need to be loosened up and undone so that new ones can be tied onto a supportive inner core.

With repeated listening of this hypnotic session, you will go deeper and deeper into the underlying belief systems that either support or don't support your manifestation abilities, and make

the changes or enhancements which will give rise to the reality you desire.

STMM13 - THE PARTS ARE GREATER THAN THE SOME

An important and essential skill needed for mastering manifestation is the ability to rise above any situation, circumstance or event and always leave yourself in an empowered position.

Establishing a perspective that comes from a complete place of union with all that is, and realizing you are always greater than you think you are.

STMM14 - E-MOTIONAL GUIDANCE SYSTEM

You have a built in success guidance system which is designed to keep you on a path of purpose and abundance.

In this process you will be refining your ability to tune into it and have it guide you like a compass through any terrain or path you choose to experience. Staying true to your passion is what this one is all about, so you can enjoy life more and accomplish your wildest desires.

STMM15 - THE FUTURE ISN'T WHAT IT USED TO BE

This is a Holographic Workshop for your unconscious mind where you find the key to opening up doorways to other dimensions of reality, where all aspects of the true you comes together and allows you to create your reality from the true source that is YOU!

This hypnotic session is a divinely guided process for cosmic manifestation.

STMM16 - A TRANCE-FORMING MOMENT IN TIME

This final STMM session is the perfect way to wrap up all the skills that have been established. It gives you the experience of going back in time and re-organizing your thoughts, attitudes and behaviors all the way back to birth.

You will be training your mind to start out with all the pearls of wisdom, growing with them and then allowing them to become your own treasures to give back to the world around you. It's like having your own machine to travel through time and give the 'you' in that reality the information you need to succeed.



**VICTORIA MOGILNER'S REJUVENATE WITH CHAKRA
MEDITATION SERIES**

RCM01 - LOVING YOURSELF FROM THE INSIDE OUT

This session is a guided meditation taking you on a journey of self-love and nourishment. It connects you with nature and brings you home to your soul. The journey moves through each Chakra and takes you along the Conception Pathway to give birth to a new you at a soul-cellular level.

*Love yourself from the inside out
Doesn't mean you'll never shout,
Doesn't mean you're outside - in,
But it means you find the source within.*

Each power center is on the conception pathway is connected to a Chakra and has a name, color and affirmation.

Benefits Included deep relaxation and spiritual renewal and helping you birth a new you full of joy, peace of mind, and internal rejuvenation.



CYNTHIA L. FERTAL'S ONE TO TEN SERIES

OTT01 - ONE TO TEN

Adventures with numbers and counting. This session is appropriate for children.



CYNTHIA L. FERTAL'S SAVING THE EARTH SERIES

SE01 - SAVING THE EARTH

Adventures with dolphins and saving the earth. This session is appropriate for adults or children.



**CYNTHIA L. FERTAL'S TOBACCO-FREE FOREVER
SERIES**

TFF01 - TOBACCO-FREE FOREVER

*Easy tips to neutralize your addiction to cigarettes. This session
is appropriate for adults only.*

VERONICA LA BARRIE'S RETURN TO THE LIGHT MEDITATION SERIES

RTM01 - SOUL SOLACE

This meditation will take you into the deeply comfortable and relaxing depths of the soul, where you touch the stillness that is divine, reminding you that Light - as you - is what you are. Light inside you is what you are. As you relax your mind, you will remember what has been stored in your memory: your true self is always still, even in the midst of chaos and confusion. As you travel the depths of your soul, you will recognize that from it flows beauty, love, goodness, gentleness, gratitude, patience, humility, honesty, generosity, joy, tolerance, compassion, and truth. Your soul is your true self that dwells within the body. Relax your mind and experience your soul. You are bringing to the surface the infinite wisdom that is within you.

RTM02 - WISDOM SPEAKS

Wisdom is the knowledge of God. You are no longer concerned with superficial knowledge, but more interested in tapping into the knowledge that lies within you. You will also let go of your intellectual concepts, and be open to immaculate concepts. This is where you come to the recognition that you are limitless in power: you are in a holy indivisible, undivided relationship with your true self. It is not based on separation and the physical body, but the individual expression of God. Having a universal relationship with yourself can only be discovered by looking within, and allowing wisdom to speak to you. Your desire is to have a life anchored in eternity, and to listen to the wisdom of your heart, where all things are right.

RTM03 - HEARTFELT HEALING

You are letting go of all that you have made, and opening your mind and heart to what has been given to you - your divine inheritance. You are exposing all your dark secrets to the Light and allowing the Light to heal all of your emotional wounds. You are not hiding pain and suffering, but gladly exposing it to the Light to be healed. You are keeping your mind clean, open, and washed of all past ideas. You are confident that this is a new beginning because you are coming in honesty to the source that gave you life. You will say: "I do not understand," but then you will ask for help to learn the gentle lessons that life teaches you.

RTM04 - GENTLE GUIDANCE

You are taking time to rest frequently in the Light. You are allowing the Light to easily and gracefully direct your efforts, so you can fulfill your sacred contract as the Light of the world. The gentle have no pain - they live in the Light. You are choosing the wings of power because you are remembering your limitless abundance. Your part is not to use God, but allow God to use you, as you rest in your natural state of gentleness and grace. You learn that you cannot make it alone, and you do not need to. There is someone standing by with arms outstretched to wipe away all your tears, and turn all your heaviness into joy - easily and gently.

RTM05 - CAREFUL CONSCIOUSNESS

This meditation will bring you to a greater awareness of what you are. As you release fears and choose Light that will fill your bloodstream and energize you, so you act from a consciousness of love and Light, and NOT react from a consciousness of fear. This is where you release your mind and reassure yourself of the reality that is you: your true self. In understanding what you are not, what you are emerges. There is only one question left to ask yourself: "What am I?" The answer to this question will put an end to all other questions, because you are releasing yourself and others from the bondage of illusions.

RTM06 - TRUTH CALLING

In this meditation on your journey within, you will receive your daily bread of truth, as you remain open to receive. You will do this while remembering that truth is always certain of its messages. It will remind you that your single purpose is Light: to stop your projections and live in the present. You remember that truth does not change. You remember you are under no laws but the laws of Light, love and wisdom. You remember that no word of truth is ever lost. If you keep speaking words of truth, they will eventually take root in your life and you become that truth, because the spoken word produces vibration. All matter is vibration.


Truth is true. When you teach anyone that truth is true, you learn it with them, and so you learn that what seemed hardest is actually the easiest. You learn that it is impossible to deny the simple truth, for there is nothing else. Truth is a fact, and that is all you need to be concerned about. Your desire is to know the truth so you can live in freedom and joy.

RTM07 - LOVE IS REALITY

This is a reminder that love is reality, and YOU are reality, and reality does not change. It is changeless; unchanging and unchangeable; forever and forever. The reality of life is that "Love is all there is." You remember that love is the quality of your consciousness, and reality is a quality or state of being real, and only what is loving is what is real. So if it's not a loving thought, it's not real. You learn that if you can love something today, and hate it tomorrow, it was never love. Love is not love if it turns to hate. You cannot be anything in reality other than what you already are. Identify with what is real and discover your true self: the reality that is you. There is no other, only you. Be yourself - not an illusion of yourself. Choose reality.

RTM08 - SOULFUL SOFTNESS

Your soul's earthly journey is to wake up and remember what you are: the living Light. You cannot lose your soul, only your awareness of it. Travel lightly and fulfill your duties - in, with, and as the Light. You learn to practice using the resources of your soul that can be readily drawn upon when necessary. It is always at your disposal. There is no limit to its capacity. The soul is your



true self that dwells within the body. Allow the Light to move softly upon the waters of your soul, bringing you into a deeper awareness of what you are. Allow your soul to fill you and direct your efforts. You are here as a soul designed to impart love, light and wisdom. Feeling is the language of the soul. Listen quietly to your heartbeat; it is the rhythm of your soul.

RTM09 - TRUTH THAT TRANSFORMS

You are transforming consciousness from darkness to Light. You are ending the separation and awakening from the dream, and remembering "That Which Does Not Change" (your eternal true self.) Where truth has entered, errors disappear. Without belief, they have no life. Without deception, there is no fear. Deception makes us fearful. By looking inward toward the Light, you will begin to recognize that all that you have been taught is deception. How do you overcome the deception? You wake up from the dream of pretending that life is external. You will come to the recognition by letting reason tell you it contradicts reality, and that the transformation of consciousness is the only thing worth doing. You are transmuting to a higher octave of Light. Truth that does not change is your freedom.

RTM10 - INCANDESCENT INSIGHTS

This is a reminder that you are not here by some cosmic fluke. You came into this manifestation to represent Light. You are Light's representative on the earth. You are using discernment; discernment is insight. It eliminates looking outside of yourself. You are beginning to see Light. You come to the realization that you are the indivisible entity that has a real existence; everything you look upon with physical sight is painful. You are reuniting with your Light body, and with the awareness that you have lost in third dimensional reality. You are melting the boundaries of your limited identity and merging with all of creation, because you are creation. You are refusing to stop your senseless wanderings on the rocky road you travel, and you are accepting the fact that you are Light eternally.

RTM11 - INEFFABLE KNOWLEDGE

You are recognizing what cannot be described or expressed by words: the 'Light force' that you are. You are moving closer and closer to Light and realizing that the healing power of Light is limitless. You are detaching from the outer world and realizing that your knowledge of yourself teaches you where you came from and where you are going. You are not acknowledging distorted concepts. You are awakening to the full realization of what you are. You are letting go of all the trivial things that churn and bubble on the surface of your mind, and are reaching inward to the source of Light, where all knowledge lies. You are not allowing the thoughts of the world to hold you back. You are entering into Light because your deepest desire is to know yourself.

RTM12 - ENLIGHTEN-UP

As you go deeper into your mind, you are becoming lighter and more aware that you are a Light body. That is the blueprint that is available to you. You are only accepting Light and living in Light while recognizing that all the lamps were lit by the same spark. You are embracing simplicity and letting go of things that are non-essential. You are spending quiet moments with yourself and opening your mind to the Light's correction. You are recognizing your excellence, your eternal innocence, and facing whatever comes at you with strength, courage, calmness, and understanding. You are not causing yourself trouble and anxiety by focusing on your own self-made thoughts. You are putting your attention on the thoughts of God and saving yourself trouble and anxiety. You are Lighting up.

RTM13 - MIND-WALK MEDITATIONS

You are taking a journey of self-discovery while walking slowly and confidently with lightened footsteps. You are paying formal visits to the source of Light that lives within the temple of Light. You are putting the golden rule into application and applying spiritual principles to everyday living. You are coming to a greater awareness that the consciousness of Light, love, and wisdom are not dependent on being anything other than what it is. Light and love eternal. You are taking the right action, because you are using your right mind in the right way. Right action is right intention and intention is the determination to act from a consciousness of what you are - Light eternal.



MARJORIE MILES' RELEASE STRESS AND REJUVENATE SERIES

Optimize your listening experience by experimenting with different times and situations in which you play these sessions:

- * Upon awakening in the morning to set your intention to have a tranquil, balanced; and focused day.*
- * Arriving 10 minutes early at your workplace or designated appointments to experience the rejuvenation of a power nap.*
- * Give yourself the rejuvenation of a mid-day break.*
- * At the end of the day's activities enjoy a few minutes of transition and revitalization time before re-entering your home.*

RSR01 - GUIDED IMAGERY

A closed-eyed visualization process that communicates directly to your unconscious mind to restore balance to your mind, body and spirit.

RSR02 - AFFIRMATIONS

Powerful positive statements -- replacing limiting self-talk -- to create the positive, end-results you desire.



SUZY PRUDDEN'S LOSE WEIGHT SERIES

WSP01 - WEIGHT LOSS SUCCESS

The first in the series of groundbreaking weight loss processes. It will guide you to change your habits and behavior patterns in the areas of: drinking more water; wanting to exercise; leaving food on your plate; avoiding starchy & fattening foods; and much, much more. This popular and powerful process allows you to melt off pounds even while you sleep!

WSP02 - WEIGHT LOSS SUCCESS (DOUBLE VOICE)

WSP03 – CIRCLE OF POWER FOR WEIGHT LOSS

WSP04 - CIRCLE OF POWER FOR WEIGHT LOSS (DOUBLE VOICE)

WSP05 - END WEIGHT LOSS SELF-SABOTAGE

This session will address one of the major difficulties in sticking with a weight loss program, and in maintaining your weight loss over time.

Self-sabotage is a major cause for regaining weight after you've lost it. This is one of the most important processes you will ever use.

WSP06 - END WEIGHT LOSS SELF-SABOTAGE (DOUBLE VOICE)

WSP07 - WALKING WEIGHT LOSS

This is a groundbreaking CVR process that you can use while you walk on the sidewalk, in the country, or on a treadmill. This process includes a "Walking Ballet" that adds to the effectiveness of your exercise regimen, as well as dozens of weight loss & 'eat right' suggestions that help you to melt pounds away easily and effortlessly.

WSP08 - WALKING WEIGHT LOSS (DOUBLE VOICE)

WSP09 - WINNING AT WEIGHT LOSS

The newest of Suzy Prudden's processes is designed to help you lose weight and keep it off. Using years of experience helping thousands of people lose weight and keep it off, Suzy has creating this powerful process that uses the most commonly requested suggestions that address the broad spectrum of habits and patterns that many people share in dealing with weight loss. Listen to this process at night before sleeping or during the day and watch the pounds melt away.

WSP10 - WINNING AT WEIGHT LOSS (DOUBLE VOICE)

SUZY PRUDDEN'S SELF-EMPOWERMENT SERIES

EMP01 - YOU ARE THE POWER I

These two powerful processes are the ones Suzy listens to whenever she feels stuck in her life. They help you access your inner power by tapping into your core strengths, and identifying your abilities, so that you are able to realize your highest potential. They focus on improving the most important aspects of your life: self, body, relationships, work, home, family, & success. Finally, they push you out of stagnation and into action.

EMP02 - YOU ARE THE POWER II

These two powerful processes are the ones Suzy listens to whenever she feels stuck in her life. They help you access your inner power by tapping into your core strengths, and identifying your abilities, so that you are able to realize your highest potential. They focus on improving the most important aspects of your life: self, body, relationships, work, home, family, & success. Finally, they push you out of stagnation and into action.

EMP03 - PERMISSION TO DARE I

These two sessions take you inside your mind to the reasons you have accepted for not achieving your life's desires. They help you get out of your own way so that you can take the steps that you need to take in order to get beyond your fear and your sense of powerlessness. They give you the power to trust yourself and do the work that has to be done to achieve your goals & dreams.

EMP04 - PERMISSION TO DARE II

These two sessions take you inside your mind to the reasons you have accepted for not achieving your life's desires. They help you get out of your own way so that you can take the steps that you need to take in order to get beyond your fear and your sense of powerlessness. They give you the power to trust yourself and do the work that has to be done to achieve your goals & dreams.

EMP05 - ACCESS YOUR ARCHETYPE I

EMP06 - ACCESS YOUR ARCHETYPE II

This set contains five powerful techniques to help you find the hidden answers to the questions you have about your life. "Number Two: "Relaxation □ Remember and Know," allows you to reach into your memory and inner knowing to retrieve vital information.

EMP07 - ACCESS YOUR ARCHETYPE III

This set contains five powerful techniques to help you find the hidden answers to the questions you have about your life. "Number Three: "Relaxation □ Open to the Process" allows you to open your inner-knowing; it is another tool to extract information from the creative universe.

EMP08 - ACCESS YOUR ARCHETYPE IV

This set contains five powerful techniques to help you find the hidden answers to the questions you have about your life. "Number Four: "Let Go of the Past" allows you to release blocks from the past that have prevented inner-knowing in the present.

EMP09 - ACCESS YOUR ARCHETYPE V

This set contains five powerful techniques to help you find the hidden answers to the questions you have about your life. "Number Five: "Highest Knowing: The Automatic Hand Process" allows you to work like a great writer, moving your conscious mind out of the way and allowing the creative universe to flow through & impact your life.

EMP10 - THE EAGLE MEDITATION

This process will take you to an inside place where you appreciate yourself and see your own value through loving eyes. It opens you to a new sense of how truly extraordinary you are and gives you a deep feeling of self-love. It is designed to improve self-esteem, increase self-worth, and elicit a new sense of body appreciation as it deeply relaxes and de-stresses you.

EMP11 – MAKE PEACE WITH YOUR BODY I

EMP12 - MAKE PEACE WITH YOUR BODY II

EMP13 - GET FOCUSED FOR ACTION

This is a new and wonderfully effective technique for empowering you to identify your direction, focus on what you want, and take action to achieve it. In addition, you will find that you handle your life challenges differently so your emotions no longer rule your tendencies to stop yourself.

EMP14 - GET FOCUSED FOR ACTION (DOUBLE VOICE)



SUZY PRUDDEN'S SELF-ESTEEM SERIES

EST01 - OVERCOMING INSOMNIA

This powerful creative visualization and relaxation (CVR) process lets you sleep deeply and peacefully through the night without medication. This process helps you turn off the mind chatter that keeps you awake and allows your body to restore itself easily and effortlessly, no matter how many hours you sleep.

EST02 - OVERCOMING INSOMNIA (DOUBLE VOICE)

EST03 - STRESS REDUCTION

Stress is a factor in health and well-being, as well as an important factor in weight loss. Suzy Prudden's powerful creative visualization and relaxation (CVR) process helps listeners to deal with and manage stressful situations so that they do not impact the body in negative ways.

EST04 - STRESS REDUCTION (DOUBLE VOICE)

EST05 - RELATIONSHIP SUCCESS

Relationships come in all shapes and sizes. We have relationships with significant others, bosses, neighbors, children, friends, and others we meet. Relationship success suggests how to have and keep positive relationships with all the various people in your life without lessening or compromising yourself.

EST06 - RELATIONSHIP SUCCESS (DOUBLE VOICE)



SUZY PRUDDEN'S SUCCESS SERIES

SUCC01 - BUSINESS SUCCESS

This process is designed to help you grow your business through the power of your mind. Packed with suggestions that cover everything you need to focus on to build a successful business, including "there's gold in the phone," this process helps you set goals, face the parts of the business you don't love and master them, and build the business you want in the way you want it. This process is designed to help you overcome the habits and patterns that have limited you as a businessperson in the past and move you forward in the present.

SUCC02 - BUSINESS SUCCESS (DOUBLE VOICE)

SUCC03 - FINANCIAL SUCCESS

Incredible as it may seem, your mind controls your ability to be financially successful. Men and women who grow rich build and maintain their wealth through the power of their minds. This process allows you to empower yourself to make and keep financial commitments that allow you to build and sustain wealth and success. It is designed to help you change the habits and patterns that have limited your success in earning and saving money and building wealth in the past and moves you forward to feeling that you deserve the wealth you attract in the present.

SUCC04 - FINANCIAL SUCCESS (DOUBLE VOICE)

SUCC05 - MLM BUSINESS SUCCESS

Packed with suggestions for building your MLM (multi-level marketing) business, this process is a business strategy process designed to help you impact your bottom line through the power of your mind. Overcome any fears and phobias about using the phone, introducing yourself to strangers, and many more areas that most of us deal with when we do business.

SUCC06 - MLM BUSINESS SUCCESS (DOUBLE VOICE)



JOAN AMBROSE'S CHILD-LIKE CREATIONS SERIES

CDC01 ~ COMING SOON!

CDC02 ~ COMING SOON!

CDC03 ~ COMING SOON!

CDC04 ~ COMING SOON!



WATERFALLMUSIC'S MUSIC FOR PEACE SERIES

MFP01 ~ COMING SOON!

MFP02 ~ COMING SOON!

MFP03 ~ COMING SOON!

MFP04 ~ COMING SOON!

MFP05~ COMING SOON!

MFP06~ COMING SOON!



**WATERFALLMUSIC'S SYMPHONY FOR HUMANITY
SERIES**

SFH01 ~ COMING SOON!

SFH02 ~ COMING SOON!

SFH03 ~ COMING SOON!

SFH04 ~ COMING SOON!

SFH05 ~ COMING SOON!

SFH06 ~ COMING SOON!



WADE PEARSE'S GOLF SERIES

GOLF01 ~ COMING SOON!



Français Content

SINGLE PROCESS DESCRIPTIONS ~ FRANCAIS

BNS15 ~ INFORMATION ET DEMONSTRATION FRANCAIS

La technologie son et lumière du NXTLynk doit être essayée pour être comprise. Tels que le dit Dr Porter: "Essayer de décrire à quelqu'un ce qu'est l'expérience du système NXTLynk c'est comme d'essayer de décrire l'atmosphère à un poisson." Dans ces dix-huit minutes de démonstration, vous serez informé des quatre principales fréquences du cerveau et renseigné sur comment le NXTLynk et sa technologie vont vous guider vers les deux plus bénéfiques d'entre eux. Vous aurez même la chance de pratiquer une visualisation et de faire l'expérience d'une vacance mentale dans votre lieu de détente favori. Une fois que vous avez terminé la session, nous sommes sûrs que vous serez d'accord qu'apprendre à utiliser votre esprit est l'une des plus puissantes étapes que vous pouvez prendre pour améliorer votre vie.

BNS16 ~ FOCALISATION DU MATIN

Dr. Porter a conçu ce programme pour fournir la clarté mentale nécessaire afin de débuter la journée focalisée sur vos objectifs. Nos vies sont généralement remplies de distractions, prendre un petit 20 minutes au réveil pour focaliser sur l'atteinte de vos objectifs de la journée est une excellente façon de vous aider à préparer votre esprit pour faire face plus facilement à de telles distractions.

BNS17 ~ FOCALISATION DU SOIR

Le sommeil nous échappe souvent lorsque notre esprit est encombré des restes de la journée. Dr. Porter a créé ce programme pour nous aider à entrer dans un plus profond sommeil en mettant les activités de la journée en perspective. Celles-ci seront incluses dans un processus d'organisation et de mise en scène dans le but d'y faire face lors de notre période de rêve. La focalisation du soir nous aide à trouver des solutions en utilisant le pouvoir créatif de notre subconscient. Nous pourrions alors nous éveiller au matin avec un sentiment de satisfaction, de rajeunissement et prêt pour l'écoute du programme de focalisation du matin.

ALAIN POUX'S FR - AMELIORER SA VIE SERIES

FRAV01 - VIVEZ INTENSEMENT, AU PRESENT

Un grand nombre de nos problemes proviennent du fait que nous continuons a vivre dans le passe, ou bien que nous anticipons trop souvent negativement le futur. Une des manieres de faire disparaitre l'angoisse, la deprime, est d'apprendre a se concentrer sur le present. Cette seance va donc vous apprendre a rester "ici et maintenant" et a ameliorer ainsi de nombreux aspects de votre vie.

FRAV02 - MINCIR ET RETROUVER LA FORME

Pour des raisons diverses, on peut s'alimenter trop richement ou trop abondamment et notre corps va stocker ce surplus. Alors, dans cette seance, apres avoir laisse venir une agreable sensation de lacher prise et de bien etre... vous ecoutez tranquillement la voix... qui vous aide a mettre en place de nouvelles habitudes alimentaires... faciles et naturelles... choisir les aliments... s'alimenter sainement et moderelement, seulement de la quantite dont on a besoin et seulement pendant les repas... Et tout cela s'installe en vous, comme une nouvelle maniere de vous alimenter, simple et facile... et tout cela est maintenant naturel pour vous...

Puis, vous vous imaginez dans le futur pour installer tous ces changements en vous... et constater les resultats... un... deux... trois mois... toutes ces nouvelles habitudes font maintenant partie de vos comportements quotidiens, naturels... et vous en constatez le resultat... Votre inconscient a compris, enregistre... et tout se met en place... Si vous le souhaitez, c'est possible, souvent facile... Retrouvez votre minceur.

FRAV03 - PROGRAMMEZ VOTRE AMINCISSEMENT

Pour des raisons diverses, on peut s'alimenter trop richement ou trop abondamment et notre corps va stocker ce surplus.

Alors, dans cette seance, apres avoir laisse venir une agreable sensation de lacher prise et de bien etre... vous ecoutez tranquillement la voix... qui vous aide a mettre en place de nouvelles habitudes alimentaires... faciles et naturelles... choisir les aliments... s'alimenter sainement et moderelement, seulement de la quantite dont on a besoin et seulement pendant les repas... Et tout cela s'installe en vous, comme une nouvelle maniere de vous alimenter, simple et facile... et tout cela est maintenant naturel pour vous... Puis, vous vous imaginez dans le futur pour installer tous ces changements en vous... et constater les resultats... un... deux... trois mois... toutes ces nouvelles habitudes font maintenant partie de vos comportements quotidiens, naturels... et vous en constatez le resultat...

Votre inconscient a compris, enregistre... et tout se met en place... Si vous le souhaitez, c'est possible, souvent facile... Retrouvez votre minceur.

FRAV04 - ET SI VOUS ARRETEZ DE FUMER?

Vous voulez arreter de fumer... vous etes decide(e), motive(e)?

Alors, vous ecoutez la voix et vous laissez guider dans un etat agreable de detente et de lacher prise... vous etes bien... en securite... et vous prenez contact avec ce cote de vous qui maintient cette habitude... et les choses paraissent claires... evidentes... et vous decouvrez de nouvelles solutions... et vous decouvrez des automatismes en vous, lies a ce geste, cette envie... et vous y mettez fin... definitivement... et decouvrez que, maintenant... la seule pensee d'une cigarette provoque en vous le degout... le rejet immediat...

Toujours dans un reve agreable, vous vous projetez dans un futur ou vous etes libere(e) de cette habitude... vous retrouvez la satisfaction d'arreter... d'etre non fumeur... les odeurs... le gout... et la sante... les paroles de la voix s'installent en vous... restent et vous aident a changer! Voulez vous arreter de fumer? C'est possible!

FRAV05 - L'ALCOOL, CET ENNEMI QUI VOUS VEUT DU BIEN

Lorsque ca ne va pas bien, ou par habitude, vous avez parfois tendance a vous tourner vers l'alcool et cela a sans doute perturbe votre vie, vous amenant a des etats physiques et psychologiques que vous regrettez ensuite. Vous voudriez bien arreter de boire, cesser tout cela. Mais vous n'y parvenez pas, seul(e), car c'est plus fort que vous...

Vous allez ici, en etat de detente profonde, prendre encore plus conscience des inconvenients de cette consommation d'alcool, puis des motivations que vous avez pour y mettre fin et sentir cette motivation qui devient encore plus forte ...

Puis, vous effacez les mauvais souvenirs qui peuvent etre lies a l'alcool, et prenez conscience de ce qu'il y a derriere cette alcoolisation, et mettez fin aux automatismes qui sont en vous. Vous allez rapidement sentir venir et grandir du degout pour l'alcool, de plus en plus fort... Vous sentez ce rejet, ce refus s'installer en vous, se renforcer. Et vous repetez ces processus, jusqu'a saturation... Vous vous liberez, devenez sobre... definitivement. Vous etes motive(e) pour devenir sobre? Cette seance vous y aidera.

FRAV06 - COMMENT TOURNER LA PAGE AVEC LE PASSE

Echec... Agression... Abandon... Violences... Accident... vous seriez tellement mieux si vous tourniez la page avec cela!

Alors, vous ecoutez la voix vous amener a un etat agreable de detente... vous aider a vous rappeler un autre moment agreable de paix et de securite... et maintenir cette sensation en vous... vous etes bien... vous laissez venir un reve... tranquille et agreable... vous prenez du recul... et, la... toujours en securite... vous vous rappelez... la bas... ce moment difficile... loin de vous... vous prenez vos distances... et tout cela s'attenuent... disparait... loin... flou... vous vous sentez mieux... tout cela est passe... vieux...

termine... vous êtes bien... la page est tournée... en quelques répétitions. Ne serait-il pas profitable pour vous d'effacer ce qu'il y a de négatif dans votre passé?

FRAV07 - COMMENT CHASSER DEPRIME ET IDEES NOIRES

Cette séance vise à travailler sur vos propres pensées, l'art et la manière de bien fonctionner mentalement. Pour certains d'entre nous, des habitudes de penser contribuent largement à compliquer la vie. Pensées négatives (je ne peux pas, mérite pas, c'est pas pour moi, inutile, je n'y arriverais pas ...etc..) peuvent vous venir à l'esprit. Il peut aussi y avoir une imagination négative quant à l'avenir (s'imaginer en train d'échouer, ou rien ne va ...etc..). Ou bien ne pas se projeter dans l'avenir (tout est noir devant moi, il n'y a rien ...etc..). Or, ces manières de penser, provoquent inhibition, peur, sensation de blocage, déprime, dépression... Bonne nouvelle, vous pouvez changer tout cela, comme le reste. Vous apprenez ici à penser différemment, mettre de l'ordre en vous, de l'optimisme, des pensées positives. Faites le ménage dans vos pensées et vous retrouverez l'optimisme et l'envie de vivre.

FRAV08 - PRENEZ CONTACT AVEC VOTRE ETRE INTERIEUR

Parfois, on se pose les éternelles questions: Qui suis-je vraiment? Quel est le but de ma vie? Et on est sans réponse intellectuelle acceptable...

Neale Donald Walsh (conversations avec Dieu), nous dit que nous devons seulement nous rappeler QUI nous sommes réellement... Alors, après avoir lâché prise, vous prenez d'abord conscience de ce que vous n'êtes pas, pour commencer ensuite, progressivement à prendre contact avec cette merveilleuse sensation/certitude d'exister, d'ETRE...

Vous la sentez naître et grandir en vous pour vous rassurer, reconforter... et vous accompagner dans les différents moments de votre vie. Vous "ETES..." Et avec les répétitions, vous comprenez, assimilez et mettez de l'harmonie dans votre vie... Retrouvez le sens de votre vie...

FRAV09 - METTEZ FIN A VOTRE PHOBIE

Animaux, ascenseurs, piqûres, sang, vertige, etc... toutes ces peurs phobiques peuvent vous gâcher la vie... Ici, vous écoutez la voix vous aider à vous détendre et retrouver en vous des sensations de bien être et de sécurité... puis vous laissez venir comme un rêve... tranquille et agréable ou vous êtes à l'abri pour observer cette situation... vous regardez cette scène autrefois douloureuse et vous êtes à l'abri... en sécurité... Vous vous sentez bien... des automatismes, peurs, sont en train d'être dénoués en vous... vous pouvez observer tout cela posément... et puis, maintenant vous imaginez vivre cette scène, tranquille, paisible, confortable... vous êtes bien... la phobie n'existe plus... Vous êtes libéré(e). En quelques répétitions... La "magie" de la PNL...

FRAV10 - COMMENT FAIRE DISPARAITRE PSORIASIS ET ECZEMA

Psoriasis, eczéma et autres problèmes de peau peuvent survenir à tout moment de la vie et nous gêner, dans la mesure où nous pouvons nous sentir mal à l'aise, notamment dans les rapports avec les autres...

Or, ils sont largement d'origine psychosomatique. Ici, vous prenez conscience de votre corps, vous le laissez se relâcher... et votre mental s'apaise... vous êtes bien... et la voix vous guide dans un rêve agréable... fait de formes et de couleurs... et vous mettez en route ce processus de guérison de votre peau... et vous pouvez constater le résultat... votre peau devient claire... nette... et vous recommencez encore... et en vous... toutes ces images s'installent et demeurent... et votre esprit inconscient met en œuvre, concrétise vos pensées... et transforme votre corps...

Rapidement, vous êtes surpris(e) de constater que votre peau va effectivement se guérir... L'hypnose est un merveilleux outil pour faire disparaître ces problèmes de peau.

FRAV11 - COMMENT AVOIR DE BONNES NUITS DE SOMMEIL

De bonnes nuits de sommeil sont nécessaires et réparatrices pour la santé, l'énergie, la joie de vivre au quotidien. Or, sans doute, avez-vous du mal à vous endormir ou bien à avoir de longues nuits depuis quelques temps...

Dans cette séance, vous prenez le temps de laisser votre corps se détendre et d'en chasser les tensions... et vous êtes bien... tellement bien... comme si vous vous endormiez... Vous laissez la voix vous guider... vous aide à ralentir également le rythme de vos pensées... toute cette détente qui vient... tout se ralentit... Et vous apprenez maintenant à retrouver toute cette détente et ces nouvelles habitudes à chaque fois que vous vous installerez pour dormir... Tout cela se met en place... naturellement, facilement... Vous avez maintenant un endormissement facile et de bonnes et longues nuits réparatrices... Et si vous profitiez enfin de bonnes nuits de sommeil?

FRAV12 - COMMENT AMELIORER VOUS MEME VOTRE SANTE

Santé! Bien être! Vitalité!

Tout d'abord, vous vous laissez aller et développez une agréable sensation de bien-être... de lâcher prise... vous pouvez d'abord prendre conscience d'une partie de votre corps qui est en souffrance, et la ressentir, écouter, comprendre... Ensuite, vous vous laissez guider à la découverte des différentes parties de votre corps pour y rechercher laquelle est toujours en très bonne santé, ne vous posera jamais de problème... Vous la ressentez, voyez, avec cette énergie particulière que l'on appelle santé... et vous laissez cette énergie bienfaitrice se répandre dans tout votre corps... notamment là où il y a le plus besoin...

Vous sentez, voyez, les changements s'installer... la santé... la vitalité... Et vous programmez en vous la santé retrouvée ou améliorée... dans votre avenir... en chassant les réserves... les craintes... Faites ce qui dépend de vous pour être en santé...

ALAIN POUX'S FR - LA PREPARATION MENTALE SERIES

FRPM01 - COMMENT SE MOTIVER POUR GAGNER

Rien n'est possible, en particulier pour la performance sportive, sans motivation, cette energie qui fait avancer, recommencer, perseverer, gagner ...

Trouvez et stimulez dans cette seance, ces emotions, cette energie, combativite, qui seule, vous pousse en avant et va faire la difference. Vous ferez naitre et intensifierez cette energie de motivation en prenant conscience de pourquoi vous voulez gagner, ce que ca peut vous apporter, en quoi c'est bien pour vous, ca vous ressemble...?

Vous trouverez egalement d'autres sources de motivation, et laisserez grandir en vous, toujours plus presente, puissante, comme une energie positive et chaleureuse qui vous pousse en avant... Developpez les qualites des gagnants: Motivation - Combativite- Perseverance

FRPM02 - APPRENEZ AMELIOREZ VOTRE TECHNIQUE

Et si vous pouviez vous ameliorer techniquement en apprenant chez les meilleurs? Gestes, mouvements, attitude, course, technique specifique... tout peut etre appris et s'integrer comme un nouvel apprentissage et ameliorer votre qualite technique.

Vous apprenez ici les techniques de visualisation des meilleurs champions qui vont vous permettre de gagner beaucoup de temps pour progresser techniquement. Avec cette seance, quelques repetitions sur le meme geste, permettent de l'assimiler et de vous ameliorer en consequence, toujours plus performant(e).

Rapidement, vous integrez ces nouvelles techniques. Vous changez profondement et positivement... Et vous pouvez multiplier les modeles et continuer de changer... Ameliorer votre technique et... votre performance.

FRPM03 - UTILISEZ LA TECH. MENTALE DES CHAMPIONS

Et si vous saviez, tres facilement et instantanement, mobiliser une ressource (calme, confiance, concentration, rage de vaincre... autre...)?

Ce serait formidable, non?

Or, vous avez deja experimente, la plupart des ressources, savoir faire, ou capacites, dont vous avez besoin etre "au top." Simplement, vous n'en disposez pas toujours ensuite au moment ou vous en avez le plus besoin.

Vous allez ici apprendre cette technique "d'ancrage de ressources" de la PNL, c'est a dire, d'abord, comment mobiliser, puis stocker une capacite particuliere et l'avoir instantanement, la et ou vous en avez besoin.

Apprenez ici une technique eprouvee, simple et geniale pour composer un "cocktail de la reussite" afin d'ameliorer vos chances de gagner, quel que soit le contexte et les difficultes... Pour vous, une des techniques de controle mental des champions.

FRPM04 - REDUISEZ CHASSEZ LES DOULEURS

Cette seance vise a vous apprendre a utiliser differentes techniques d'hypnose pour faire disparaître, ou au minimum a gerer, les douleurs, quelles qu'elles soient, ou qu'elles se trouvent... En effet, intensite, anciennete, frequence d'apparition et gene qu'elles occasionnent, n'ont quasi aucune importance dans la possibilite a apprendre a les gerer...

Il est toutefois bien evident, que tout travail sur la douleur ne peut se faire qu'apres controle medical et avoir verifie le bien fonde de ce travail, et, seulement apres avoir, eventuellement, fait les soins qui s'imposent...

Pour un sportif, il pourra s'agir de controler la douleur pendant l'effort, de maniere a ameliorer la performance ou bien apres une competition ou un match ou vous avez, physiquement, subi des degats. Ainsi, par exemple, un coureur de fond qui apprend a gerer la souffrance qui apparait pendant la course, va pouvoir continuer ou augmenter son effort. Aucun doute, enorme avantage pour lui. Apprenez ici a gerer les douleurs qui diminuent votre performance, ou consecutives a l'effort.

FRPM05 - MENTAL BUILDING, CONSTRUISEZ UN MENTAL DE GAGNANT

Cette seance va permettre, en particulier aux sportifs a la recherche de leur meilleure performance, de mobiliser les ressources, capacites, qui vont les y aider...

Elle est egalement utilisable par tous pour reunir les differents savoir-faire qui font reussir dans la vie personnelle ou professionnelle. En effet, pour un pratiquant qui a des annees d'entrainement et parfois de competition, il y a quantite de "moments d'excellence" dans cette pratique ou vous avez reussi, au moins une fois, chacune des capacites dont vous avez besoin aujourd'hui... pour etre au TOP...

Un moment ou le geste etait parfait, un autre moment ou le mental totalement centre, un moment de totale confiance, ou de forme physique optimale... et d'autres encore...

Or, tous ces moments sont encore dans votre memoire...

Cette seance vise a reunir ces moments, au moment ou vous en aurez besoin, pour reussir la performance optimum...

Donc, il vous suffit d'ecouter et vous laisser guider... en participant, visualisant, chaque fois que cela vous est demande... Reunissez vos moments d'excellence pour une meilleure performance!

ALAIN POUX'S FR - RENFORCER LE SOI SERIES

FRRS01 - PROGRAMMEZ DES OBJECTIFS CLAIRS DANS VOTRE AVENIR

"Il n'y a pas de vent favorable pour qui ne sait pas ou il veut aller (Seneque)."

La premiere condition, indispensable, pour atteindre un objectif est de savoir clairement ce que l'on veut... donc de s'en faire une image nette, reelle et attirante... de prendre conscience de ce que va représenter de l'atteindre, avec tous les avantages, les emotions...

Ensuite d'apprendre a chasser les idees negatives, les peurs, les reserves quand a cet objectif... Alors, se met en place une force merveilleuse, interieure et exterieure qui va nous amener a voir des opportunités (chance) autour de nous, a eveiller des capacités, savoir-faire oublies... et a cet objectif de se concretiser.

Quand tu veux vraiment une chose, tout l'univers conspire a ce que tu puisses l'obtenir (Paulo Coelho, l'Alchimiste).

La condition indispensable pour atteindre ses objectifs...

FRRS02 - COMMENT AUGMENTER LA CONFIANCE EN VOUS

La Confiance en Soi est un des elements le plus importants pour la reussite, dans tous les domaines de la vie (travail, relations, sport, sexualité, etc...). Vous allez donc travailler ici a la renforcer.

D'abord, vous allez cesser de vous dire des choses negatives, de vous devaloriser, vous imaginer en train d'echouer et de vous sentir mal a l'aise face aux autres.

Le resultat immediat sera que vous ameliorerez tous les aspects de votre vie, en communiquant avec aisance, etablissant des relations durables, professionnellement et affectivement et reussissant bien mieux dans tous vos projets, quels qu'ils soient.

Dans cette seance, vous chassez d'abord les idees fausses vous concernant et prenez contact avec de puissantes ressources interieures. Du plus profond de vous nait force interieure, energie, confiance... Des certitudes tranquilles et fortes s'installent solidement.

Alors, vous developpez serenite, force interieure, et etes maintenant capable d'aller de l'avant et de concretiser vos rêves de reussite et de bonheur. Vous pouvez retrouver, multiplier la confiance en vous et ameliorer ainsi votre vie.

FRRS03 - DEVELOPPEZ SEDUCTION-CONVICTION-CHARISME

On definit generalement le charisme comme la capacite a influencer autrui, une personnalite dotée d'un prestige naturel, d'un pouvoir de conviction et de seduction exceptionnel. On dit parfois d'une telle personne qu'elle est "rayonnante."

Alors, dans cette seance, ou la communication se passe a plusieurs niveaux de conscience, votre inconscient comprend tous les sens du message et rassemble, eveille et stimule toutes ces capacités en vous... Le resultat en sera que votre capacite de conviction, de seduction, va s'exprimer quelque soit le contexte, lorsque vous en aurez besoin.

Vous vous exprimerez avec autorite, vous sentirez capable, a la hauteur... Et tout devient plus facile, vous suscitez des regards admiratifs, devenez le point d'attraction, rayonnez... On vous ecoute, vous apprecie et vous suit... Charisme et force de conviction peuvent s'acquérir.

FRRS04 - COMMENCEZ PAR VOUS AIMER VOUS-MEME

La valeur d'un homme se mesure a l'estime qu'il a de lui-meme (F.Rabelais).

Si l'estime de soi est l'appréciation positive de soi meme, il est possible et indispensable, de la retrouver et de la renforcer... En effet, comment entreprendre et reussir dans tous les domaines de la vie, sans s'aimer soi meme?

Renoncement... Abandon... Auto devaluation, mauvaise image de soi, en seront les consequences. Alors, dans cette seance, vous laissez d'abord aller agreablement, suivez la voix, et vous laissez guider a la decouverte de votre veritable identite, votre valeur intrinseque, inalienable...

Vous laissez passer les mots qui vous (re)construisent, les images mentales positives... votre partie inconsciente assimile cela et le met en place... tout ce qui vous est necessaire... Vous reconnaissez finalement votre valeur, votre force interieure et regardez le futur avec confiance... Vous pouvez maintenant vous aimer et vous apprecier, inconditionnellement... S'aimer d'abord soi meme pour mieux reussir sa vie...

FRRS05 - COMMENT MOBILISER VOTRE INCONSCIENT POUR CHANGER

Les mots qui corrigent les maux. Dans cette seance, typiquement ericksonienne, je communique avec vous a plusieurs niveaux de conscience pour vous amener a atteindre vos objectifs... Et quel que soit votre probleme, difficulte, inhibition ou objectif...

Les mots, phrases, metaphores, vont vous atteindre, au plus profond de vous, inconsciemment, et reunir des capacités que vous aviez peut etre oublies, corriger, eveiller, stimuler, pour amener le changement positif...

Cette seance est applicable a tous et toutes, elle est concue pour "programmer" votre inconscient, lui indiquer clairement ce que vous desirez et, ainsi, mettre en branle cette formidable force interieure, toute entiere a votre service pour votre bien etre... Votre inconscient a tout ce qu'il faut pour vous aider, il suffit de lui demander... Changez, avec la magie de l'hypnose!

FRRS06 - RETABLISSEZ L'HARMONIE INTERIEURE

Je vous propose, au cours de cette seance, de travailler a etabliir votre "Harmonie interieure..." Le premier constat, est que nombre de nos difficultes proviennent du fait que nous ne sommes pas interieurement en accord avec nos actes.

- Parfois, nous voulons une chose et son contraire...*
- Parfois, nous ne pouvons pas nous empecher de faire quelque chose, malgre ses inconvenients...*
- Parfois, au contraire, nous ne parvenons pas a nous decider, a faire quelque chose...*
- Parfois, nous voulons deux choses contradictoires.*
- Parfois, nous avons une "personnalite" sensiblement differente, d'un moment a l'autre...*
- Parfois encore, nous avons l'impression d'avoir notre petit "demon interieur" qui joue les trouble fete...*

Toutes ces difficultes, et d'autres, sont le fait des differentes parties, ou aspects, de notre personnalite... C'est a la fois notre richesse et la source de nos difficultes...

Or, qu'est ce que l'harmonie, sinon etre interieurement en accord, totalement oriente vers le meme objectif? Nous allons donc, ici, travailler concretement, avec ces contradictions ou oppositions internes, afin d'y apporter des solutions et construire cette paix interieure...

FRRS07 - LES MOTS QUI AIDENT A MIEUX VIVRE

Cette seance contient des techniques hypnotiques simples et puissantes, pour programmer les changements en vous. De nombreuses suggestions positives vont s'imprimer profondement en vous, et votre inconscient va les utiliser pour ameliorer de nombreux aspects de votre vie...

Tout ce que vous avez a faire avec cette seance, c'est de l'ecouter et la re-ecouter, jusqu'a saturation, tant il est vrai que pour certains, privileges, les resultats seront rapides, pour d'autres, la repetition sera indispensable, afin de faire passer le message et installer les changements. Il y a une certaine parente, entre cette seance et la methode Coue. Cette derniere demande une longue repetition, consciente, precise et adaptee a votre cas, pour finir par amener les changements desires.

Ici, je vous amene d'abord a un etat de receptivite, qui va permettre aux messages de passer beaucoup plus vite, et je diversifie les suggestions, multipliant les domaines et les possibilites, pour amener le changement. Avantages? Beaucoup de temps gagne... Afin de pouvoir etre souvent re-ecoutee, cette seance est volontairement assez courte.

Mettez vous a l'ecoute des mots qui corrigeront vos maux!

FRRS09 - PRENEZ LES COMMANDES DE VOTRE VIE

Savez vous que votre imagination est responsable de vos emotions, donc, largement, de certaines de vos difficultes? Que la

maniere dont vous vous representez une situation, personne, souvenir, provoque en vous l'attirance, la motivation, l'amour... ou la peur, l'inhibition, la colere?

Ici, vous prenez d'abord conscience de vos images mentales avec leurs subtilites, leurs caracteristiques, pour apprendre ensuite a en prendre le controle. Vous pourrez ainsi, effacer les echecs divers, souvenirs perturbants pour vous, ou renforcer vos reussites, vous motiver, avoir envie... etc.

Cette merveilleuse et puissante technique de PNL de travail sur l'imagerie mentale, permet de (re)prendre le controle de nos emotions, sentiments... donc de notre vie. Mettez de l'ordre dans vos pensees et dirigez votre vie.

FRRS10 - CHASSEZ LE STRESS ET INSTALLEZ LA JOIE DE VIVRE

Bien entendu, il peut y avoir autour de vous, des evenements, des situations qui vous contrarient, vous perturbent et vous font reagir, creant du stress. Cependant, ce n'est pas ce qui arrive qui est important, mais comment vous y reagissez et controlez vos emotions. Et cela, depend totalement de vous.

Alors, vous apprenez ici a gerer votre stress, a considerer les "choses de la vie" avec un oeil positif, a prendre du recul avec ces evenements jusqu'ici perturbants, a gerer vos emotions de maniere constructive et positive.

Avec cette seance, profitez d'un "reve" agreable qui va vous permettre d'assimiler definitivement de nouveaux automatismes internes, modes de pensee, croyances et changez votre monde interieur pour installer detente et joie de vivre dans votre vie... Si vous souhaitez etre detendu et profiter positivement de la vie, cette seance vous apprendra comment faire.

FRRS11 - COMMENT UTILISER L'AUTOHYPNOSE POUR CHANGER

La transe est un etat particulier entre l'etat de veille et le sommeil, appele "Etat de Conscience Modifiee."

Cette seance va vous apprendre a l'atteindre seul(e) apres seulement quelques repetitions. Vous enumerez 5... 4... 3... 2... 1... 0... et vous etes bien, des sensations agreables vous envahissent, des images peuvent vous venir... et dans cet etat de receptivite vous allez pouvoir faire des suggestions positives qui vont vous faire changer... visualiser des comportements differents qui deviennent naturels... modifier votre physiologie (douleurs, sensations, symptomes...), et ameliorer toutes vos capacites.

Dans cet etat vous pouvez aussi communiquer directement avec votre inconscient ou "Etre interieur" et, avec lui, comprendre, trouver des solutions, mieux collaborer... Fonctionner en harmonie... Et si vous preniez votre vie en main?

ALAIN POUX'S FR - STRATEGIES DE REUSSITE SERIES

Ces seances s'adressent uniquement a ceux qui veulent reussir, les autres feront mieux d'economiser leur argent.

Comment font-ils? Comment font tous ceux a qui tout semble reussir, quel que soit le contexte economique, le niveau d'etude, le secteur d'activite?

Comment font-ils pour aller a l'encontre des pronostics, pour sembler avoir constamment "de la chance?" Qu'ont-ils de different? Quel est leur "secret?"

La plupart d'entre nous, connaissons des personnes, souvent semblables a nous, et qui reussissent bien, et meme parfois tres bien. Si l'on ne considere que les apparences, cette reussite reste inexplicable. On dit, en general, "C'est de la chance," ou bien "ce n'est pas tres clair."

Apres le questionnement, ou les recits, de milliers de personnes ayant reussi dans leur domaine, celles-ci ont progressivement livre un certain nombre de "strategies mentales" qui les differentient de "Monsieur Tout le Monde" et ont amene leur reussite.

J'ai donc etudie et repertorie ces "strategies mentales" gagnantes et les ai divisees en 4 seances. Chacune est essentielle, et doit etre assimilee avant de passer a la suivante"

*"La chance est la faculte de saisir les bonnes occasions."
-Douglas MacArthur.*

FRSR01 - CONSTRUISEZ UN OBJECTIF GAGNANT

FRSR02 - ADOPTEZ LES CROYANCES QUI FONT GAGNER

FRSR03 - L'ACCORD INTERIEUR

FRSR04 - L'ABONDANCE



**GILBERT GAGNON'S FR - LE POUVOIR DE L'AME
SERIES**

FRPA01 - AME CLE 1

*Enlevez le principal obstacle qui vous separe d'une vie spirituel
riche et feconde; l'opinion des autres.*

FRPA02 - AME CLE 2

*Apprenez a vous inscrire dans le cadre de la loi naturelle de
l'evolution en faisant fructifier ce qui vous a ete donne.*

FRPA03 - AME CLE 3

*Assurez-vous que la voie que vous poursuivez est en harmonie
avec vos valeurs, vos aspirations et votre identite.*

FRPA04 - AME CLE 4

*Apprenez a mettre votre ego au vestiaire pour vous preparez a
vous connecter a ce qui est plus grand que vous.*

FRPA05 - AME CLE 5

*Reconnectez-vous avec votre passion pour etablir un processus
naturel d'evolution et de transformation.*

FRPA06 - AME CLE 6

*Contactez votre mission, pour contacter ce pour quoi vous etes
sur cette terre.*

FRPA07 - AME CLE 7

*Identifier votre mission pour vivre en harmonie avec l'univers,
pour combler le vide s'il y a lieu et pour relier vos actions a
quelque chose de beaucoup plus grand que vous.*



GILBERT GAGNON'S FR - LE POUVOIR DES RELATIONS SERIES

FRPR01 - RELATIONS CLE 1

Pour jeter les bases d'une vie relationnelle riche, il faut commencer par reconnaître son interdépendance, apprenez pourquoi.

FRPR02 - RELATIONS CLE 2

Apprenez comment, presque instantanément, renforcer les liens que vous entretenez avec votre entourage.

FRPR03 - RELATIONS CLE 3

Apprenez à reconnaître ce que les autres ont d'unique pour renforcer votre lien avec eux.

FRPR04 - RELATIONS CLE 4

Utilisez votre propre machine à voyager dans le temps pour avoir accès à de l'information d'une incroyable pertinence.

FRPR05 - RELATIONS CLE 5

Utilisez l'effet Rosenthal pour contribuer à créer des résultats formidables.

FRPR06 - RELATIONS CLE 6

Apprenez pourquoi et comment il faut demander pour recevoir...

FRPR07 - RELATIONS CLE 7

Apprenez à adopter la meilleure attitude en matière de relation interpersonnelle; la position d'offre.



GILBERT GAGNON'S FR - LE POUVOIR DU CERVEAU SERIES

FRPCE01 - CERVEAU CLE 1

Apprenez a distinguer les differentes parties du cerveau et a utiliser celles qui sont le mieux adaptes a l'atteinte de vos objectifs.

FRPCE02 - CERVEAU CLE 2

Apprenez a approfondir votre etat de conscience et a atteindre les ondes alpha pour maximiser vos apprentissages et vos capacites.

FRPCE03 - CERVEAU CLE 3

Apprenez a utiliser le langage du cerveau pour passer vos commandes et changer votre etat a volonte.

FRPCE04 - CERVEAU CLE 4

Commencez des maintenant a utiliser le processus de l'attention pour litteralement faire apparaitre des opportunités.

FRPCE05 - CERVEAU CLE 5

Reprenez le controle de votre voix interieur pour eviter d'etre paralyse et pour maximiser votre efficacite.

FRPCE06 - CERVEAU CLE 6

Apprenez comment vous pouvez utiliser une des particularites du cerveau pour forger la realite avec des rêves.

FRPCE07 - CERVEAU CLE 7

Commencez des aujourd'hui, grace a cette cle, a mobiliser les capacites de votre cerveau autour de l'atteinte d'objectifs qui vous tiennent a coeur.



GILBERT GAGNON'S FR - LE POUVOIR DU CHANGEMENT SERIES

FRPCH01 - CHANGEMENT CLE 1

Apprenez pourquoi l'immense majorite des personnes retombent toujours dans les memes patterns. Et apprenez comment l'eviter pour amorcer de veritables changements.

FRPCH02 - CHANGEMENT CLE 2

Choisir une destination permet d'activer le processus de preparation au changement. Vous pourrez le faire a l'aide de cette cle.

FRPCH03 - CHANGEMENT CLE 3

Apprenez a vous engagez pleinement dans le changement pour en profiter et maximiser les effets positifs.

FRPCH04 - CHANGEMENT CLE 4

Apprenez a utiliser les deux principaux moteurs du changement: la recherche du plaisir et l'evitement de la douleur.

FRPCH05 - CHANGEMENT CLE 5

Amorcez, grace a cette cle, un grand menage de vos croyances afin de faciliter les transformations.

FRPCH06 - CHANGEMENT CLE 6

Apprenez comment installer le changement au coeur meme de qui vous etes afin d'en assurer la generalisation et le maintien.

FRPCH07 - CHANGEMENT CLE 7

Aucun changement n'est possible sans mouvement, initiez le maintenant grace a cette cle.



GILBERT GAGNON'S FR - LE POUVOIR DU COEUR SERIES

FRPCR01 - COEUR CLE 1

Apprenez a laissez couler les emotions afin d'eviter l'erreur que font l'immense majorite des personnes en matiere de gestion des emotions.

FRPCR02 - COEUR CLE 2

Amorcer des maintenant un irresistible processus qui va liberer le chemin qui mene a votre coeur.

FRPCR03 - COEUR CLE 3

Apprenez des techniques simples et efficaces qui permettent de franchir un pas significatif vers la maitrise du pouvoir du coeur: le fait de vous aimer vous-meme.

FRPCR04 - COEUR CLE 4

Commencer des maintenant a vous liberer des douleurs que vous portez et vivez depuis trop longtemps.

FRPCR05 - COEUR CLE 5

Aller chercher les emotions la ou elles sont afin d'en profiter maintenant.

FRPCR06 - COEUR CLE 6

Apprenez a utiliser la petite difference qui fait une grosse difference. Un peu comme les battements d'aile d'un papillon qui peuvent contribuer a generer une tempete tropicale!

FRPCR07 - COEUR CLE 7

Commencer des maintenant a mieux vous proteger afin d'avoir une vie emotionnelle plus stable et plus stimulante.



GILBERT GAGNON'S FR - LE POUVOIR DU CORPS SERIES

FRPCS01 - CORPS CLE 1

Apprenez comment éviter les aliments et les facteurs qui diminuent l'efficacité générale du corps.

FRPCS02 - CORPS CLE 2

Assurez-vous de donner au corps le carburant de qualité qu'il mérite afin d'en assurer le fonctionnement optimal.

FRPCS03 - CORPS CLE 3

Une saine respiration est essentielle au bon fonctionnement du corps, apprenez une méthode simple et efficace pour assurer une bonne oxygénation.

FRPCS04 - CORPS CLE 4

Apprenez, dans cette importante clef, à ne pas faire faire au corps le travail du cœur et de l'âme.

FRPCS05 - CORPS CLE 5

Assurez-vous de laisser votre corps se régénérer en mettant en place les conditions requises.

FRPCS06 - CORPS CLE 6

Apprenez à utiliser votre corps pour changement instantanément votre état et accéder à des états ressources.

FRPCS07 - CORPS CLE 7

Amorcez, à l'aide de cette clef, un processus qui va vous permettre d'avoir à moyen et long terme le corps que vous souhaitez.



GILBERT GAGNON'S FR - LE POUVOIR DU TEMPS SERIES

FRPT01 - TEMPS CLE 1

Apprenez pourquoi il est essentiel de se souvenir de son passe plutot que de le revivre constamment.

FRPT02 - TEMPS CLE 2

Assurez-vous d'aller chercher dans le passe, toutes les ressources qui sont dormantes et qui ne demandent qu'a etre reactualisees.

FRPT03 - TEMPS CLE 3

Apprenez a privilegier les solutions qui permettent d'aller de l'avant et d'eviter celles qui paralysent.

FRPT04 - TEMPS CLE 4

Apprenez comment augmenter considerablement votre satisfaction en vivant le moment present avec passion et intensite.

FRPT05 - TEMPS CLE 5

Imaginez l'avenir de vos reves pour qu'ils deviennent realite.

FRPT06 - TEMPS CLE 6

Apprenez a composer avec le principal frein qui retarde ou bloque l'atteinte des reves.

FRPT07 - TEMPS CLE 7

Utilisez votre propre machine a voyager dans le temps pour avoir acces a de l'information d'une incroyable pertinence.

**MICHEL DUFOUR, M. ED.'S FR - ALLEGORIES POUR
LES JEUNES SERIES**

FRAPJ01 - ADAPTATION - QUATRE OURSONS

Sujet traite:

- * *Adaptation difficile a la perte d'une personne importante.*

Situations desirees:

- * *Aider les enfants a faire la coupure avec leur(s) professeur(s) ou une personne importante pour eux.*
- * *Faciliter l'adaptation d'un depart ou d'une absence.*
- * *Eveiller la capacite d'adaptation des individus.*
- * *Favoriser l'autonomie et la mise en charge lors d'un changement.*

FRAPJ02 - AUTONOMIE - GAROU

Sujet traite:

- * *Autonomie.*

Situations desirees:

- * *Aider l'enfant a couper les liens nuisibles et a devenir plus autonome.*
- * *Vaincre sa peur de dormir seul la nuit.*
- * *Dormir sans lumiere.*
- * *Aller seul au sous-sol.*

FRAPJ03 - CHANGEMENTS - JIMMY

Sujet traite:

- * *Adaptation difficile suite a un changement (demenagement, divorce, deuil, etc.).*

Situations desirees:

- * *Faciliter l'adaptation au changement.*
- * *Favoriser l'autonomie et la prise en charge personnelle.*
- * *Developper des aptitudes a se faire des amis.*
- * *Inciter au courage et a la determination.*
- * *Apprendre a affronter les difficultes de la vie.*

FRAPJ04 - CONFIANCE EN SOI - PAQUAPABLE

Sujet traite:

- * *Manque de confiance en soi.*
- * *Decouragement.*

Situations desirees:

- * *Prendre confiance de ses capacites et de son potentiel.*
- * *Stimuler la valorisation et la confiance en soi.*

- * *Apprendre a relever des defis.*
- * *Vaincre la peur de l'echec et du ridicule.*

FRAPJ05 - CONTROLE DE SOI - KOOKI

Sujet traite:

- * *Problematic d'un enfant qui bouge tout le temps pour attirer l'attention.*

Situations desirees:

- * *Aider un enfant actif ou hyperactif a se controler.*
- * *Apprendre a se faire des amis.*

FRAPJ06 - DECES - LE VOYAGE DE GOUTTE

Sujet traite:

- * *Incertitude existentielle et questionnement face a la mort.*

Situations desirees:

- * *Aider les gens a cheminer et a accepter la transformation que nous appelons la mort.*
- * *Alleger la douleur face a une perte, une disparition, un demenagement.*
- * *Susciter un espoir face au grand depart et peut-etre y donner un sens different.*
- * *Accepter different choix de vie.*

FRAPJ07 - DECROCHAGE - VICHY

Sujet traite:

- * *Manque de motivation au travail (a l'ecole ou ailleurs).*

Situations desirees:

- * *Se valoriser a travers les taches quotidiennes.*
- * *Prevenir le décrochage.*
- * *Encourager les jeunes et les moins jeunes a poursuivre leur cheminement personnel.*

FRAPJ08 - DEPENDANCES - MINI-MUSH

Sujet traite:

- * *Dependances.*

Situations desirees:

- * *Aider un jeune, dependant d'une substance euphorique ou d'un produit anabolisant, a se reprendre en main.*
- * *L'encourager a faire une demarche pour s'aider et se faire aider.*

FRAPJ09 - DIFFERENCES - LUCIEN

Sujet traite:

- * Jugements de valeur.
- * Les differences.

Situations desirees:

- * Apprendre a voir au-dela des apparences physiques.
- * Faciliter l'adaptation des differences.
- * Favoriser l'estime de soi.

FRAPJ10 - ECHEC - CHATOUILLE

Sujet traite:

- * Deception a la suite d'un echec.

Situations desirees:

- * Faciliter l'acceptation d'une reprise d'annee scolaire.
- * Apprivoiser l'echec d'une facon positive.
- * Inciter au courage et au gout de recommencer.
- * Decouvrir la satisfaction de relever des defis.
- * Apprendre a transformer une perte en gain.

FRAPJ11 - EPUISEMENT PERSONNEL - MAX

Sujet traite:

- * Personne perfectionniste qui se donne des defis trop eleves.

Situations desirees:

- * Encourager un individu a "lacher prise" au bon moment.
- * Faire baisser la pression qu'une personne s'impose.
- * Apprendre a etre un peu exigeant envers soi-meme.
- * Decouvrir les secrets de la productivite.
- * Realiser l'importance de prendre des temps d'arret.
- * Savoir se ressourcer et reactualiser ses techniques d'intervention.
- * Prevenir l'epuisement personnel et professionnel

FRAPJ12 - FAMILLE RECONSTITUEE - MING

Sujet traite:

- * Manipulation a l'arrivee du nouveau venu dans la famille.
- * Rivalite(s) fraternele(s).

Situations desirees:

- * S'adapter aux changements.
- * Reconnaître et accepter ses differences et celles des autres.
- * Amener chaque membre d'une famille a realiser l'importance de la place qu'il occupe.
- * Se montrer conciliant envers la famille recomposee.

- * Savoir profiter du moment present.
- * Accroître sa capacite d'adaptation.

FRAPJ13 - GESTES DISGRACIEUX - SNIFI

Sujet traite:

- * Gestes disgracieux poses en public.

Situations desirees:

- * Aider les jeunes et moins jeunes a cesser differentes mauvaises habitudes:
 - * Enfants qui sucent leur pouce ou qui se jouent dans le nez ou la bouche avec leurs doigts.
 - * Personnes qui se rongent les ongles, etc.

FRAPJ14 - HYPERACTIVITE-ATTENTION - RAPIDO

Sujet traite:

- * Problematique d'un enfant qui bouge tout le temps pour attirer l'attention.
- * Trouble d'attention.

Situations desirees:

- * Aider un enfant qui a la bougeotte a se controler et a se concentrer.
- * Apprendre a se faire des amis.
- * Apprendre a developper sa concentration.

FRAPJ15 - ISOLEMENT - LA PRINCESSE

Sujet traite:

- * Reaction negatives des individus face a un demenagement, a un changement de milieu ou une perte importante.

Situations desirees:

- * Vaincre l'isolement.
- * Favoriser l'estime et l'affirmation de soi.
- * Encourager la prise en charge personnelle.
- * Apprendre a se faire des amis.

FRAPJ16 - METHODE DE TRAVAIL - LE CLOU

Sujet traite:

- * Disproportion entre les efforts fournis et les resultats obtenus.

Situations desirees:

- * Favoriser une meilleure methode de travail.
- * Ameliorer l'organisation personnelle.
- * Accroître les facteurs de reussite.
- * Optimaliser les strategies d'intervention.

- * Actualiser son potentiel intellectuel.
- * Utiliser au maximum ses ressources dans la résolution de problèmes.

FRAPJ17 - MOTIVATION - LE REVE DE BRISE

Sujet traite:

- * Manque d'initiative et d'investissement à l'école.
- * Troubles d'apprentissage.

Situations desirées:

- * Valoriser la motivation à l'école.
- * S'accepter tel que l'on est.
- * Favoriser l'estime de soi.
- * Savoir reconnaître ses forces et ses faiblesses.

FRAPJ18 - PANIQUE - RIGOLO LE CLOWN

Sujet traite:

- * Perte de contrôle suite à une crise d'angoisse ou à une attaque de panique.

Situations desirées:

- * Apprendre à vivre avec une maladie (agoraphobie, épilepsie, asthme, cancer, sida, etc.).
- * Développer un système personnel afin de se contrôler lors de ces crises.
- * Utiliser la technique de visualisation afin de se calmer et se relaxer.

FRAPJ19 - PEURS CHEZ LES ENFANTS - LUMINIX

Sujet traite:

- * Dépendance affective.
- * Peur de l'inconnu.
- * Peur d'avoir de la peine ou de vivre des échecs.

Situations desirées:

- * Vaincre ses peurs: dormir seul la nuit, dormir sans lumière, aller seul(e) au sous-sol.
- * Apprendre à apprivoiser ses peurs.
- * Oser parler de ses peines et de ses peurs.

FRAPJ20 - PIPI AU LIT - JAPI PICO

Sujet traite:

- * Enfant qui souffre d'enuresie (incontinence urinaire).

Situations desirées:

- * Aider l'enfant à contrôler son sphincter vésical.

FRAPJ21 - RESPECT DES CONSIGNES - BATMAN

Sujet traite:

- * Non-respect des consignes à l'intérieur d'un groupe.
- * Gestes disgracieux posés en public.

Situations desirées:

- * Développer le respect envers ses semblables.
- * Favoriser une meilleure discipline en classe et ou à la maison.
- * Inciter au respect de l'entourage.
- * Encourager le respect mutuel.
- * Favoriser le contrôle de soi.

FRAPJ22 - SOMMEIL DIFFICILE - DODOR

Sujet traite:

- * Difficulté à s'endormir.
- * Perte de temps lorsque vient l'heure d'aller au lit.
- * Irrespect des consignes.

Situations desirées:

- * Aider les enfants à s'endormir plus rapidement quand vient l'heure du coucher.
- * Apprendre à respecter les consignes établies.

FRAPJ23 - STRESS FACE AUX EXAMENS

Sujet traite:

- * Stress et anxiété à la veille d'une épreuve sportive ou d'un examen.

Situations desirées:

- * Utiliser des moyens pratiques pour lire, se préparer à apprendre à différentes épreuves.
- * Apprendre à relever des défis.
- * Se familiariser avec la technique de la visualisation.
- * Stimuler la motivation, la confiance en soi et l'actualisation de soi.

FRAPJ24 - TIMIDITE - TRISTEL L'ENCHANTEUR

Sujet traite:

- * Individu timide, peu confiant en ses possibilités.

Situations desirées:

- * Amener la personne à surmonter sa timidité.
- * À accepter ses erreurs.
- * Développer la confiance et l'estime de soi.
- * Actualiser son potentiel.



FRAPJ25 - VALORISATION DE SOI - PIERRE

Sujet traite:

- * *Personne qui se sent rejetee.*
- * *Problematique entourant la separation.*
- * *L'adoption.*
- * *Les familles d'accueil.*

Situations desirees:

- * *Realiser l'importance de se sentir utile et aime.*
- * *Continuer de croire en ses forces et en ses capacites.*
- * *Amener quelqu'un a conserver ou developper un ideal de vie.*



FR - ACCELEREZ L'APPRENTISSAGE SERIES

FRALS02 - DEVENEZ UN ETUDIANT OPTIMISTE ET PERFORMANT

Henry Ford a dit: "Si vous pensez que vous le pouvez, vous avez raison et si vous pensez que vous ne le pouvez pas, vous avez également raison." Tout est une question attitude. Vous serez guide dans un état de création, ou vous découvrirez des moyens de créer un esprit optimiste qui vous aidera à penser, à agir et à réagir d'une manière naturellement positive, même pendant vos classes les plus difficiles ou autour de gens les plus critique.

FRALS03 - SIX ETAPES POUR MEMOIRE PARFAITE

Exploiter la résultante naturelle de la détente de votre esprit en utilisant les six étapes pour activer une mémoire parfaite. Vous découvrirez des moyens créatifs d'accéder et de ramener en mémoire les informations dont vous avez besoin comme et quand vous en avez besoin! Mais mieux encore, vous aurez cette capacité pour le reste de votre vie.

FRALS04 - SECRET POUR VITESSE DE LECTURE

Notre esprit absorbe chaque mot sur une page dès que nous les balayons du regard. Ce programme dynamique vous procure les moyens de briser les barrières qui vous empêchent de lire à la vitesse et au niveau de compréhension que vous désirez. Et c'est plus simple et plus facile que vous ne le pensez!



FR - FAIRE FACE A LA MENOPAUSE SERIES

FRMM01 - HUMEUR ET VIE

Avec cette session, vous utiliserez la visualisation creative et relaxation pour vous aider a equilibrer votre humeur, exploiter votre energie mentale positive et pour utiliser votre puissance creatrice innee afin de produire l'equilibre necessaire dans votre vie en cette periode de changement et d'incertitude. Vous arretez en mettre l'accent sur ce que vous avez perdu, pour decouvrir tout ce que vous avez gagne!

FR - GESTION DU POIDS SERIES

FRWLA01 - ACCELEREZ VOTRE PERTE DE POIDS

Dans ce puissant programme, vous apprenez a accélérer votre perte de poids en toute sécurité en pensant, d'agissant et reagissant comme une personne naturellement mince. Votre estime de vous va s'améliorer lorsque vous découvrirez et utiliserez des ressources intérieures que vous ne saviez même pas posséder. Laissez-vous aller, relaxez et découvrez comme il est facile de transformer votre corps en une machine à brûler des graisses - et de maintenir votre poids idéal pour toujours!

FRWLA07 - DEVELOPPEZ DES HABITUDES POSITIVES

Dans votre fort intérieur, votre corps sait ce dont il a besoin pour fonctionner à son plein potentiel dynamique. Avec cette session, vous retournerez mentalement à un moment où vous avez aimé faire ce qu'il y a de mieux pour votre corps. Lorsque vous apporterez ces compétences avec vous dans le présent, vous serez plus à l'aise et en confiance chaque jour, sans effort vous mangerez les bons aliments au bon moment. Mais par-dessus tout, vous saurez que l'appétit vient de l'esprit et que la faim vient du corps!

FRWLA11 - ARRETEZ LES DIETES ET COMMENCEZ A VIVRE

Votre esprit a les habilités naturels pour éliminer les obstacles mentales à votre perte de poids. Vous découvrirez pourquoi l'appétit est à l'esprit ce que la faim est au corps. Le retour à un poids naturel est facile lorsque l'on planifie des pensées saines et des actions positives pour notre corps!

FRWLA13 - REPRENEZ CONTROLE DE VOTRE APPETIT

La moyenne des gens gagnent jusqu'à quatre livres par an. C'est 40 livres de plus en dix ans! Ce programme a été mis au point pour briser ce cycle. Vous serez guidé à visualiser de surmonter avec succès les mauvaises habitudes alimentaires et le stress qui y est associé. Vous découvrirez pourquoi le vrai bonheur commence au moment où vous manger pour vivre et que vous éliminez toute pensée qu'il vous faut vivre pour manger!



FR - LIBRE DE DEPENDANCES SERIES

FRFA01 - PRENDRE SES RESPONSABILITES

La plupart des gens qui luttent contre la dépendance ont, en réalité, tout simplement perdu leur pouvoir de choisir. Dr. Patrick Porter vous aide à découvrir pourquoi essayer de forcer un changement, avec seulement de la volonté, perpétue le problème. Également, comment la visualisation vous conduira à vos réalisations et à votre liberté. Vous découvrirez comment, en puisant dans la force de votre esprit, vous pouvez reconstruire votre confiance et amener en mémoire seulement les souvenirs et les choix appropriés qui vous conduiront à vivre libre de toute dépendance, la vie à laquelle vous étiez destiné dès votre naissance.

FR - MAITRISEZ VOS VENTES SERIES

FRSM01 - VENDRE GRACE A LA CONFIANCE EN SOI

Pour avoir confiance en vos competences de vente, vous devez avoir confiance en vous. Dans ce programme dynamique, le Dr. Porter vous montrera comment utiliser des ressources que vous ignorerez avoir jusqu'a aujourd'hui. Controlez votre confiance en vous afin d'organiser vos pensees, mettre en place vos priorites et de prendre le controle de vos vente... et de votre vie!

FRSM02 - MULTIPLIEZ VOS COMPETENCES

Vous avez deja toutes les capacites dont vous avez besoin pour devenir une superstar de la vente. Ce programme passionnant vous aidera a organiser vos ressources pour eliminer la reticence liee aux appels telephoniques a froid et decouvrir les secrets des veritables pros de la vente. Assoyez-vous confortablement, relaxez et decouvrez les moyens pour multiplier vos competences de vente!

FRSM03 - AMUSEZ A TROUVER DES CLIENTS

Tous les maitres de la vente savent que le reseau est la cle pour trouver les clients, identifier leurs besoins et les aider a les combler. Dans ce programme rafraichissant, le Dr. Patrick Porter vous enseigne a developper votre systeme de reference infini pour faire tout l'argent que vous desirez. Lorsque vous utilisez une approche de vente avec l'esprit d'un enfant, la prospection n'est pas seulement facile... Elle devient amusante!

FRSM04 - CREEZ VOTRE PLAN DE REUSSITE

Utilisez ce programme agreable et facile pour decouvrir les etapes rapides et simples a la mise en oeuvre et a l'application de votre plan de succes personnel. Lorsque vous avez un plan, vous creez un succes illimite dans votre carriere, ainsi qu'un equilibre dans votre vie personnel. Amusez-vous a maitriser votre carriere et votre vie!



FR - MAITRISEZ VOTRE VIE SERIES

FRLM05 - DEVENEZ UN AIMANT QUI ATTIRE LE SUCCES

Avec ce processus de VCR, le Dr. Porter vous guidera a travers des techniques faciles et puissantes pour attirer le succes dans votre vie. Vos idees nouvelles agiront comme un aimant qui attire les bonnes personnes et les bonnes occasions a vous, et vous guideront dans la prise les bonnes decisions. Assoyez-vous et detendez-vous dans le laboratoire de votre esprit et permettre d'accéder a l'entrepot de votre subconscient pour alimenter vos pensee de succes - les pensees qui inspireront le succes aussi naturellement que vous inspirez votre prochain souffle.

FRLM09 - PUISSANCE DU CHANGEMENT

Vous découvrirez pourquoi le changement, la seule constante dans l'univers, peut être votre plus puissant allié. Lorsque vous libérez la peur du changement, et qu'au lieu de cela vous exploitez son pouvoir, vous accédez a la plus puissante force de l'univers. Lorsque vous essayez de nouvelles choses dans le laboratoire de votre esprit, vous effacez la peur et effectuez les actions nécessaires pour maximiser vos résultats.



FR - MODE DE VIE SANS DOULEUR SERIES

FRPF01 - CREEZ UN MODE DE VIE SANS DOULEUR

Dr. Patrick Porter vous guidera a travers un exercice simple de transformation de la douleur en detente. Vous vous en remettrez a la capacite innee de votre corps de se guerir lui - meme, permettant au processus de guerison de se produire alors que vous prenez un conge mentale de detente. La douleur perdra tout pouvoir sur vous et vous apprendrez a vous detendre loin de votre douleur et profitez de votre vie dans le confort de votre corps.



FR - SOLUTION A L'INSOMNIE SERIES

FRIS02 - PLANIFIEZ UNE NUIT REPOSANTE

Dans ce programme, le Dr Porter va vous apprendre a attendre le sommeil. Vous pourrez former votre esprit a penser differemment, en eliminant toute anxiete a l'approche du coucher du soleil, tout au long de la soiree, et a l'heure d'aller au lit. Au cours de cette visualisation, vous allez de nouveau etre associe a l'etat de somnolence, a la reverie que vous avez vecu dans le passe, de sorte que vous pourrez maitriser votre capacite a dormir sans l'aide de medicaments. Meme si votre probleme a commence avec les crises de panique ou d'anxiete, vous ferez l'experience de la liberation des deux, et eliminerez la negativite de votre cycle de sommeil.



FR - ZONE SPORT SERIES

FRSZ03 - FAITES LE PLEIN DE CONFIANCE EN VOUS

Que se passerait-il si vous pouviez chasser tout doute quant a votre succes? Vous n'aurez plus a esperer, a croire ou a souhaitent l'atteindre. Vous en seriez certain et il en sera ainsi! Que feriez-vous si vous pouviez vous debarrasser de tout doute par la simple modification de votre histoire personnelle (ou au moins votre perception de celle-ci) et par le developpement d'un discours interne positif? Vous seriez surcharger de confiance en vous, n'est-ce pas? Eh bien, c'est exactement ce que vous apprendrez dans ce programme.





ESPAÑOL CONTENT

SP - LA PERDIDA DE PESO SERIES

SPWLA01 - COMO ACELERAR LA PERDIDA DE PESO

SPWLA02 - SIMPLES PASOS PARA CONTROLAR SU PESO

SPWLA03 - COMO ELIMINAR EL CICLO DE GANAR & PERDER

ADDITIONAL CONTENT

WEIGHT LOSS A PROGRAM – WEEKS 01 THRU 13

Now you can design the body you want and the life you love.

That's right, you can have the trim, healthy body you've always dreamed of by simply changing the way you see yourself and your life. Once you have a new image of yourself, everything else changes—junk food and fast food lose their appeal, healthy foods become desirable, and you eat only when you're hungry. With the NewReality System you will overcome common weight loss mistakes, learn to eat and think like a naturally thin person, conquer cravings, and increase your self-confidence. Each week you will take another step toward a lifetime of healthy living; losing weight is the natural by product of these changes. While the average diet lasts just 72 hours and focuses on depriving you of the foods you love, Dr. Patrick Porter supercharges your weight loss motivation with these powerful creative visualization and relaxation processes! You will eliminate the problem where it started—your own mind. There is simply no easier way to lose weight than CVR!

WLA01 ~ SAFELY SPEEDING UP WEIGHT LOSS

In this powerful process, you'll learn to safely speed up weight loss by thinking, acting and responding like a naturally thin person. Your sense of worth will improve when you discover and use inner resources you never even knew you had. Sit back, relax, and discover how easy it is to turn your body into a fat-burning machine—and keep the weight off forever!

WLA02 ~ SIMPLE STEPS FOR SELF-CONFIDENCE FOR WEIGHT CONTROL

When you learn these simple steps for self-confidence, you will unleash your creative mind, allowing your mind and body to work together for lasting weight loss. Dr. Patrick Porter will help you discover your own bright and compelling future—a future where all your physical, mental and emotional goals have been reached. You'll awaken with complete confidence in your new, healthy behaviors, aware that your future is filled with infinite possibilities!

WLA03 ~ ELIMINATE THE GAIN LOSS CYCLE

End your yo-yo dieting cycle! With this motivational CVR process, you'll let go of the past, because the past no longer controls you. The present is your most powerful moment, and in the present you're free to make the choices that will help you realize and maintain your natural and ideal weight forever.

WLA04 ~ PRODUCING SUCCESS ONE THOUGHT AT A TIME

Every day, thoughts move through your mind, many without your awareness. In this session, Dr. Patrick Porter helps you eliminate the negative thoughts, patterns and beliefs that have been keeping you from reaching your goals. As you release negative thoughts—and excess weight—you'll free yourself to enjoy more joy and success than you ever thought possible!

WLA05 ~ SUNRISE AGREEMENT

As you experience this dynamic process by Dr. Patrick Porter, your old habits and new desires will communicate and create a contract for success. With this "Sunrise Agreement," you'll awaken knowing every day is a new day, given to you to create the changes you desire. Most of all, you'll experience every day with the power to use your mind and body to improve your life at the most powerful moment possible—now!

WLA06 ~ CREATE YOUR WEIGHT LOSS SUPPORT TEAM

Support is an important the key to maintaining the results that will keep you naturally thin. With this visualization you will use the power of your mind to help you to build a caring and supportive team that will improve every relationship. With this type of attitude you will create all the support you need to reach your goals.

WLA07 ~ DEVELOPING POSITIVE EATING PATTERNS

Deep inside, your body knows what it needs to operate at its full, vibrant potential. With this session, you'll mentally journey back to a time when you enjoyed doing the best for your body. When you bring those skills back with you to the present, you'll find yourself more comfortable and confident each day, effortlessly eating the right foods at the right times. Above all, you'll know that appetite is of the mind, but hunger is of the body!

WLA08 ~ TURN UP YOUR FAT BURNING THERMOSTAT

Use Creative Visualization to rehearse proven steps that will allow your body to convert naturally into a fat burning machine. These simple tips will help to increase your metabolic rate and show you how to keep your weight off.

WLA09 ~ MOTIVATION FOR MONDAY MORNING

In the past, Monday mornings have always seemed the ideal time to start changes in your life. The problem came when that Monday morning motivation faded throughout the week. With this inspiring process by Dr. Patrick Porter, you'll learn to recapture that beginning-of-the-week motivation and use it every day of the week. One day at a time, you'll know that every day, in every way, you're getting better and better at making the changes you desire.



**WLA10 ~ USING YOUR MIND'S EYE FOR WEIGHT-LOSS
SUCCESS**

Enter the theater of your mind and watch your own weight-loss success take place before your eyes. Success will follow you as naturally as your shadow when you solve the problems of your past with solutions you see in your present and future. Most of all, you'll awaken a feeling of success in you today, knowing that the accomplishments you see in your mind's eye will happen in your body naturally, one day at a time.

WLA11 ~ STOP DIETING AND START LIVING

Your mind has a natural ability for removing mental obstacles to your weight loss. You will discover why appetite is of the mind and hunger is of the body. Returning to your natural weight is easy when you plan a lifetime of healthy thoughts and actions.

WLA12 ~ EXERCISING IS ENERGIZING

Wouldn't you love to have fun exercising? With this process by Dr. Patrick Porter, you'll develop the thoughts and skills of a person who naturally loves to exercise. You'll use your creative mind to imagine, and then do, physical activities you enjoy. When you're in complete, optimistic control of your mind and body, you'll see excellence in the naturally-thin people around you and develop the same abilities in your own life.

WLA13 ~ TAKE BACK CONTROL OF YOUR APPETITE

The average person gains up to four pounds a year. That's a 40-pound weight gain in ten short years! This process is developed to break this cycle. You will be visualizing success by overcome any poor eating habits and associated stress. You will discover why true happiness starts when you eat to live... And eliminate any thought of living to eat!

WEIGHT LOSS B PROGRAM – WEEKS 14 THRU 26

This program is a continuation of Weight Management A.

WLB01 ~ BREAK THE CHAINS THAT KEEP YOU FROM ULTIMATE HEALTH

Break the bonds of the past that keep you tied to foods and habits that no longer serve you. With this process, you'll find it easy to create a new reality where you are no longer imprisoned by negative thoughts, patterns or beliefs. Instead, Dr. Patrick Porter will help you open the treasure chest of your natural talents skills and abilities, and awaken yourself to the freedom of today. Best of all, these changes will feel as simple as a walk on the beach!

WLB02 ~ STAY FIT THROUGH HEALTHY EATING PATTERNS

Your body image starts in your mind. Using your powerful subconscious mind you will unlock your unlimited potential! With this visualization you will eliminate the habits that caused you to gain weight and then choose the habits and behaviors you need to remain naturally thin for life. It's easy to stay on track when you forget about dieting and make simple lifestyle changes.

WLB03 ~ EXTINGUISH JUNK FOOD CRAVINGS

It's easy to relax and allow your mind to conquer the junk food habit. You'll visualize simple steps that end binge eating and transform your appetite so you'll crave the healthy foods that keep you thin. Imagine your joy when you feel confident at every meal. Using the power of your mind, you will take back control and leave your unhealthy eating patterns in the past.

WLB04 ~ QUICK TIPS TO LOSE WEIGHT EVEN IF YOU EAT OUT EVERYDAY

Eating out can be a treat and a timesaver. Someone else does the cooking and there are no dishes to do. Now you can extend that joy by making healthy choices—even if your choice isn't on the menu. You will discover how to take back control of your health by taking control of your food choices. There's no reason you can't enjoy eating out with family and friends and still have a naturally thin body. It's simple when you plan success through the power of your other-than-conscious mind.

WLB05 ~ ELIMINATE THE TRAPS ASSOCIATED WITH DIETING

Dieting traps can vary from Monday morning blues to Friday night fever—traps almost every dieter has fallen prey to. Now discover how easy it is to avoid these dieting traps by using your creative mind to rehearse all your best intentions. Soon you will find yourself demonstrating the skills of a naturally thin person no matter the weather, your mood, or the day of the week. When you

choose to become a conscious creator in your weight loss journey, success becomes as natural as breathing.

WLB06 ~ VISUALIZE & REALIZE A LIFETIME OF WEIGHT LOSS SUCCESS

No one wants to have to diet over and over again. This session will reframe the old patterns that held you back in the past so you can lose your weight once and for all. You will make peace with your past, realizing that the past was a proving ground for the future. As you master the art of relaxation, you will instead visualize a lifetime of new behaviors that can be realized in a very effective, easy and fun way!

WLB07 ~ MAKING THE CONNECTION FOR PERMANENT WEIGHT LOSS

You will use your mind to discover the secrets of naturally thin people and how to implement them in your life for permanent weight loss results. Once you know the truth, the dieting lie that chained you to overweight habits will melt away. With this connection, true health will be yours and negative thoughts about yourself will never again control you.

WLB08 ~ ELIMINATE THE DESIRE FOR SUGAR & CHOCOLATE

When you use your mind's natural abilities, eliminating your cravings for sweet, starchy and even fatty foods becomes completely painless. You will learn to focus on creating the desire for positive, life-giving foods that are fresh and alive. From this new mind set, you'll respond to foods with health in mind. You will explore the possibility that nothing taste as good as thin feels!

WLB09 ~ SELF CONTROL & RADIANT HEALTH

When you learn to erase all doubt from your mind, it's easy to stay purposeful and on track with your health goals. Can you imagine how easy it would be to display discipline and confidence when it's enjoyable and fun? Well, that's exactly what Dr. Patrick Porter has done for you in this life-affirming session.

WLB10 ~ ASKING FOR WHAT YOU NEED & GETTING WHAT YOU WANT

Do you know how to say no to people? Do you know how to ask for what you want? If you've had trouble communicating your needs and wants in the past, it will become easy and automatic for you to achieve your success using these exciting new communication skills. You will visualize yourself communicating with others with assertiveness and confidence. As you use the laboratory of your mind to create powerful, fulfilling relationships, you will get more out of life and have fun in the process.



WLB11 ~ CHOOSING HABITS THAT KEEP YOU NATURALLY-THIN

Unleash the power of selective thinking and learn to choose the foods and activities that are healthiest for your body. Eliminate the need for the dead, devitalized foods of the past as you remember . . . “It’s not for me, but for my body, that I eat healthy foods.” You will build a lifestyle that will support you in staying naturally thin.

WLB12 ~ EXERCISE - YOUR KEY TO LASTING HEALTH & VITALITY

With this visualization you will ignite your enthusiasm for health and exercise. You will mentally rehearse your active new lifestyle where exercise is fun and enjoyable. Imagine how good you will feel as you burn fat, build muscle, and sculpt the body you want. Warning...using this process may transform your body into a fat burning machine!

WLB13 ~ BREEZING THROUGH THE WEEKENDS NATURALLY THIN

With the average diet lasting only 72 hours—it starts on Monday and ends before Thursday—breezing through the weekends may seem like a tall order. But, now you can end the weekly weight loss roller coaster. This visualization is specially designed to keep your goals in high gear even on the weekend. Imagine the joy of starting the week with unlimited confidence!

WEIGHT LOSS C PROGRAM – WEEKS 27 THRU 39

This program is a continuation of Weight Management A & B.

WLC01- FREE YOURSELF FROM OVERWEIGHT THINKING

As you develop your naturally thin mindset, it's important to unlock the gates of your mind and release the past. Once you develop this new way of thinking, you free yourself from fat-induced discomfort. Dr. Patrick Porter will help you build your new body image; you'll envision the future where you are healthy, confident, slim and attractive.

WLC02 - MAKE EXERCISE AN AUTOMATIC PART OF YOUR LIFE

Studies show that people who learn to enjoy exercise are far more likely to maintain their weight loss. In this CVR session you will find powerful ways to boost your metabolism, which is your key to lasting energy. When exercise is automatic and fun you create a more active lifestyle.

WLC03 - SUGAR BUSTERS ... HOW TO HAVE YOUR SWEETS AND LOSE WEIGHT, TOO

Even naturally thin people eat sweets from time to time. Now you can, too—without guilt or shame. In this CVR session Dr. Patrick Porter will show you how you can occasionally eat sweets without derailing your weight loss by slowing down the insulin response and keeping your body in fat burning mode.

WLC04 - LEARN THE 10 TO 1 METHOD FOR GIVING YOUR BODY WHAT IT NEEDS

In this process you will start to learn to master CVR on your own. Imagine having instant triggers to help you throughout the day to think and eat like a naturally thin person. That is exactly what Dr. Patrick Porter guides you to do with this deeply relaxing visualization.

WLC05 - MAKE YOUR DAILY ACTIVITIES YOUR DAILY MOTIVATION

During this process you will close your eyes, sit back, relax, and visualize how your daily routines can turn into excitement as you mentally cleanse your mind and body and discover the true you. By knowing what you want and following through—even when you don't want to—you build the habits of a naturally thin person.

WLC06 - MAKE YOUR MOTIVATION TO EXERCISE SIZZLE!

Exercise is fun when you feel motivated. Now you can get that edge with these creative tools that build your motivation and drive. While listening to this process you'll be guided to develop an effective and lasting exercise program. You'll be turning fat

into lean body mass by using your mind to make exercise fun.

WLC07 - BUILDING YOUR SELF-CONFIDENCE AND SELF-ESTEEM

If you've ever failed at dieting, you've lived the frustration and disappointment that follows. In this session Dr. Porter will help you erase all that negativity for good. You'll then discover fun and creative

ways to accentuate the positive and transform your thoughts, actions and beliefs into those of a healthy, happy slim person.

WLC08 - UNLOCKING YOUR INNATE INTELLIGENCE TO RE-CREATE YOUR BODY

Get ready to unlock the power of choice as you use your body's innate intelligence to stop the war within you. In this process, Dr. Porter will show you the difference between power and force. When you make peace with your body, you don't have to force it to do anything. You'll then find it easy to ride the power wave of change that will make it easy to think and eat the way thin people do.

WLC09 - USING ASSERTIVENESS IN WEIGHT CONTROL

It's easy to say yes or no when you are steadfastly focused on your health goals. Dr. Porter will help you experience progressive relaxation while you plan your life as a naturally thin person. Understanding the hidden secrets behind the power words of yes and no will set you free from the emotional roller coaster of the lose/gain cycle. Rehearsing when and where to use these power words will help you achieve your weight loss and health goals for life.

WLC10 - FINDING THE EXERCISE YOU LIKE & THE TIME TO DO IT

Without proper motivation, the other-than-conscious mind can choose destructive or limiting behaviors that may sabotage your weight loss goals. During this process, Dr. Patrick Porter will help you design a healthy environment where exercise fits into a busy lifestyle. Learn to create balance in your home and work life so you'll be thinking and acting like a thin person in no time.

WLC11 - ACCEPT & LOVE YOUR BODY

We tend to give the most attention to those we care about most. Now is the time to give your body the loving care it needs and deserves. When you learn to build a positive relationship with yourself by loving and accepting your body, making good choices becomes easy. Plus, all of your relationships will improve. It all starts with your thoughts.



WLC12 - GAIN POWER OVER YOUR APPETITE

During this session, Dr. Porter will help you discover how appetite is of the mind and true hunger is of the body. You will learn to recognize the difference between appetite and hunger so you can make food choices from a place of self-empowerment. You'll experience the truth that power stems from choice, and you will choose to eat only what your body needs.

WLC13 - STAYING ON TRACK WITH YOUR TRANSITION TO THINNESS

Everyday you are bombarded with over 50,000 messages, each one prompting you to think or act in certain ways - no wonder staying focused can seem impossible! Dr. Porter will help you to get & stay focused on what's most important to you—your transition to a healthier, happier lifestyle.

WEIGHT LOSS D PROGRAM – WEEKS 40 THRU 52

This program is a continuation of Weight Management A, B & C.

WLD01- ELIMINATE YOUR WEIGHT LOSS ENEMIES FOR GOOD

During this visualization process, Dr. Porter will teach you to eliminate those old enemies that kept you trapped in the negative programming of the past. Whether it's food, family, friends, or your own self-talk, you will relax & allow your other-than-conscious mind to work out success on your terms.

WLD02 – PLAN A HEALTHY HOME & WORKPLACE

Now you can build the skills necessary for creating balance in your home, work, & personal life. These are the skills that will have you thinking & acting like a thin person for life. During this visualization, Dr. Patrick Porter will teach you proven ways to motivate yourself, to re-train the other-than-conscious mind, & to eliminate any destructive or limited behaviors.

WLD03 – SUPERCHARGE YOUR SELF IMAGE

Your self-image is the way you think about yourself & it directly affects the food choices you make. With this CVR program, you will learn powerful techniques that empower you to enjoy fresh & alive foods as much or more than the old junk foods of the past. You will learn to savor the flavors in fresh, natural foods.

WLD04 – ELIMINATE FEAR & STAY NATURALLY THIN

Dr. Porter will help you to eliminate fear-of-failure thinking, the primary factor in disappointing weight-loss results. Apply this powerful CVR process to program success at the deep other-than-conscious level of your mind. When you eliminate fear-of-failure thinking, keeping the weight off becomes effortless.

WLD05 – MENTAL TOUGHNESS FOR WEIGHT MANAGEMENT

During this CVR program, you will create a rock-solid attitude about being naturally thin & staying at your natural & ideal weight. This process mentally trains you to generate resources where & when you need them to accomplish your health goals.

WLD06 – INCREASING SELF-ESTEEM & OPTIMISM

Self-esteem is an inside job. In this session, you will learn to calm & steady your emotions simply by sitting back, relaxing, & enjoying the visualization sequence. With this overall feeling of wellbeing, you can easily accomplish your health & weight goals.

WLD07 – CONQUERING CRAVINGS FOR SUGAR & UNHEALTHY FATS

Use this powerful guided visualization process to help you eliminate those old enemies that kept you trapped in the lose/gain cycle. Whether your cravings are related to stress, hormones, habit, or your own self-talk, relax & allow your other-than-conscious mind to work out success on your terms.

WLD08 – REMOVING THE UNWANTED APPETITE OF THE PAST

Now you can harness the power of your mind to overcome any past programming. At the same time, you will learn to recognize true hunger, which is a different feeling from appetite. You will learn how to unlock the power of possibility thinking & feel the habits of a naturally thin person grow within you.

WLD09 – HEALTHY EATING DURING THE HOLIDAYS

Recapture the joy of the holidays. Why suffer or feel deprived when everyone else is having a good time? When you focus your mind on the positive experiences, & easily eat & think like a naturally thin person, your holidays will be a delightful experience once again.

WLD10 – PUT YOUR NEW YEAR'S RESOLUTIONS ON OVERDRIVE

Tap into the limitless motivation of your other-than-conscious mind to stay on track, build unstoppable resolve, & accomplish your resolutions with ease. Watch the pounds disappear as your confidence builds & your life improves!

WLD11 – GIVING THANKS & STAYING SLIM

Did you know the average person gains four pounds over the holidays? That's forty pounds in ten short years! You will be using this CVR process to eliminate Thanksgiving guilt. To create healthy holidays, this process takes you step-by-step through the season, helping you overcome the poor eating habits & associated stress. Eat less & enjoy the holidays more!

WLD12 – CELEBRATING PARTIES & PICNICS GUILT-FREE

Why stress at parties while everyone else is having fun? Relax with this process & you'll soon find yourself enjoying good times with friends & family without the worry, deprivation, or guilt of the past.

WLD13 – KEEPING IT OFF WITH A NATURALLY THIN MINDSET

Imagine your life after you find fun ways of focusing on yourself at your natural & healthy weight. Dr. Patrick Porter will help you discover how, by developing an awareness of who you truly are, it will be easy for you to eat, think, & respond as a naturally thin person. You will keep your focus on health, & your weight will take care of itself.

STOP CESSATION PROGRAM

Kicking your smoking habit doesn't get any easier or more fun than this! When you use Dr. Patrick Porter's proven strategies, you'll find that making this life-saving change comes about simply and effortlessly. With the new science of creative visualization and relaxation (CVR), you will extinguish the stress and frustration associated with quitting smoking, and you'll conquer your cravings like the tens of thousands of others who have used his processes.

Using the NXTlynk Light & Sound System, you will learn to stay calm so you can easily and comfortably vanquish the old urge for cigarettes. Breaking the chains that have bound you to cigarettes has never been easier—now that you have made the choice to live your life tobacco-free and to start living the life of your dreams!

SS01 ~ MAKING THE DECISION TO BE A NON-SMOKER

Have you always wanted to quit smoking, but never had the confidence to take that plunge? With this CVR session, you'll learn about the cleansing power of you own mind, and use it to take a "mental shower" that will wipe away all thoughts of tobacco. With this process, you'll gladly make the decision to be tobacco-free for life!

SS02 ~ MAKING PEACE WITH YOUR MIND

In this powerful creative session, Dr. Patrick Porter will show you that, while you once had a positive intention for having tobacco in your life, you no longer need it to live the life you desire. The smoker of the past will make peace with the clean air breather of the future in order to create a new, vibrant you! This mind-blowing technique will allow you to learn from your past, master your present, and accomplish all your future goals.

SS03 ~ PLAN YOUR LIFE AS A NON-SMOKER

Every goal needs a plan, and in this process, Dr. Patrick Porter will guide you in visualizing and working a plan for your tobacco-free life. This motivational session will allow you to remember to forget cigarettes forever. You'll awake convinced being a nonsmoker is as easy as taking a breath of fresh air!

SS04 ~ FREEDOM FROM TOBACCO AT WORK

You will get a handle on negative emotions such as anger, stress, and frustration. At the same time, you'll release any triggers that could potentially cause you to return to the old unwanted behavior. This process is specifically designed to help you learn new ways to handle daily breaks, drive time, and times when your co-workers might be smoking around you. Imagine the power of saying with a smile, "No, thanks, I am a non-smoker!"

SS05 ~ CRAVING-FREE TOBACCO-FREE

Dr. Patrick Porter will help you learn effective new ways for releasing the chains that have bound you to the habit of smoking. When you think like a "non-smoker" you will find it easy to remain free from tobacco even while driving, when walking out of smoke-free buildings, or after dinner. Cravings will become a thing of the past as you employ the world's greatest computer ...your human mind!

SS06 ~ RID YOUR MIND OF STRESS & FRUSTRATION

Imagine learning exciting new ways to rid yourself of the two main foes that have prevented you in the past from being tobacco-free forever. Dr. Patrick Porter has trained thousands to use these success strategies to eliminate stress and frustration, and now he is going to help you. When you use the power of your mind, it becomes easy to handle even the most difficult situations.

SS07 ~ FEEL THE FLOW AND LET GO TOBACCO-FREE

You will tap into that innate intelligence that is greater than your conscious mind and release any anger that in the past may have driven you back to the smoking habit. With this process, you will learn visualization techniques of self-discipline and self-confidence that will train you to remain 100% tobacco-free for the rest of your life.

SS08 ~ COUNT DOWN TO BEING TOBACCO-FREE

During this creative visualization process, Dr. Patrick Porter will train you in techniques that will have you creating new triggers for health. As you develop self-discipline and self-confidence you will find the old negative triggers disappearing while a new life filled with health and abundance becomes yours.

SS09 ~ TOTAL RELAXATION FOR THE NON-SMOKER

Relaxation is the key to transforming your new thoughts into action. Dr. Patrick Porter will help you gain the tools you need to be a non-smoker in day-to-day life. Best of all you will use the power of relaxation to transform stress into positive energy that will help you accomplish your goals. It is easy when you use your mind to simply relax away your cravings!

SS10 ~ THINKING LIKE A NON-SMOKER

"Non-Smokers" think differently and you will learn how they avoid the usual quitting traps. With this breakthrough insight you will find it easy to remove the unwanted thoughts of tobacco forever. All permanent change starts in the mind and as you allow your mind to return to its natural way of thinking it will be as natural as your heart beat to remain tobacco-free.



SS11 ~ SO HUM TOBACCO-FREE

Dr. Patrick Porter will train you to change your thoughts as easily as changing the channel on your television. With this breathing technique and creative visualization you will discover the power of selective thinking so you can remove your cravings and accentuate the positive of living tobacco-free. You will notice that energy flows where attention goes. As you place your attention on health and positive living, the unseen forces of your mind will support you in making this change permanent.

SS12 ~ PROBLEM SOLVING AS A NON-SMOKER

Stress is one of the main reasons people smoke. In this creative visualization process, Dr. Patrick Porter trains you to creatively handle stress and create solutions in your life—solutions that will make it easy to stay tobacco-free. Once you learn these powerful techniques, you will use them in other areas of your life to become a conscious creator so you can accomplish each and every one of your goals.

SS13 ~ HEALTHY MIND FOR A TOBACCO-FREE LIFESTYLE

Dr. Patrick Porter will teach you a quick three-step process for thinking and acting healthfully. When you create your perfect place of relaxation, de-stressing and conquering deadly habits like smoking is easy. After that, you can focus the power of possibility thinking on other goals you have for your for life!

STRESS REDUCTION PROGRAM

Stress is the most pervasive malady of our time. The effects on our health, productivity and quality of life are more devastating than most people care to admit. Luckily, you've just found the solution! CVR can help you see yourself as the healthy, happy, optimistic person you'd prefer to be. With this new image, your fears and frustrations fade away, your anxiety vanishes, and you no longer let small things stress you.

SR01 ~ CREATE YOUR ENCHANTED FOREST FOR STRESS REDUCTION

Follow along as Dr. Patrick Porter guides you through your personal enchanted forest—a quiet, serene place where you have nothing to do but relax. Your other-than-conscious mind will massage away all tension, allowing you to release all negative thoughts and feelings. You'll return from your magical forest filled with positive feelings, able to enjoy and express your true inner peace.

SR02 ~ CREATE YOUR MOUNTAINTOP RETREAT FOR STRESS REDUCTION

Say goodbye to all stress and confusion as you take a trip to this breathtaking mountaintop retreat. When you listen to this restful process, using your mind to relax your body will become as comfortable and automatic as breathing. The stress, strain and confusion of everyday life will melt away as you awake refreshed, revitalized and renewed!

SR03 ~ EXPERIENCE DREAM TIME AND ACHIEVE YOUR GOALS

Possibilities are limitless in your dreams! In this CVR session by Dr. Patrick Porter, you'll walk along your dream beach, leaving behind all stress, worry and tension. During your dream time, you'll be able to change past failures into triumphs—even meet your future self to see the successes you've achieved. You'll use your dreams to develop hidden talents, skills and abilities, and awaken convinced that infinite success will be yours.

SR04 ~ PUTTING FUTURE EVENTS INTO PERSPECTIVE

Research has proven that 97% of what we worry about never happens in the way we fear. With this powerful visualization, Dr. Patrick Porter will show you the benefits of having a healthy picture of the future. You will be amazed by what you can do when you learn to magnify positive thoughts. You'll put your future into perspective and learn creative ways to live your life without unhealthy stress. Your future will become bright and compelling as you take an active part in planning your personal success.

SR05 ~ REDUCING UNCERTAINTY AND DOUBT

When you cast out doubt, all that can remain is the truth—and the truth is you are more capable than you have been led to believe. Dr. Patrick Porter will guide you on the road to discovering hidden talents that will help you reduce or eliminate doubt. Just as a sponge absorbs water, so too your mind will soak up these soothing visualizations and train your brain to yield spontaneous relaxation, helping you to create a dynamically healthy body.

SR06 ~ ELIMINATING NEGATIVE THINKING

Research has proven that negative thinking has a chemically negative effect on the body. With this visualization, Dr. Patrick Porter will help you to experience the healing force of your mind. Once your own healing power is working within your body, you will build a shield of protection against anything that is less than vibrant health for you. It will become second nature to eliminate negative thoughts as you enjoy the energy of positive thoughts and actions.

SR07 ~ MAKING PEACE WITH YOUR PAST

Your past works as a filter helping you make decisions about the present and the future. When you release the emotional baggage that is holding you back from a true commitment to healthy living, attaining optimum health becomes easy. Dr. Patrick Porter will teach you to forgive, forget, and move on with a healthy body and attitude. With the power of forgiveness on your side, the unseen forces of your mind will go to work creating radiant health.

SR08 ~ REHEARSE MENTAL HARMONY FOR PHYSICAL HEALTH

Dr. Porter will guide you through mental rehearsal for setting and accomplishing your health goals. With this powerful process you will actively use mental housecleaning techniques to cleanse your mind of negative beliefs from your past, and then help you to unleash your body's natural ability to create perfect health.

SR09 ~ STRESS-FREE MIND, HEALTHY BODY

You will enjoy learning how everything starts with a thought and then becomes a thing. In much the same way as your shadow reflects your physical form, your thoughts, actions and beliefs shape your body. Sit back, relax and enjoy discovering these amazing secrets for cultivating a healthy mind and enjoying life in a dynamically healthy, strong body.

SR10 ~ DEVELOPING SPONTANEOUS RELAXATION

Sometimes you need to relax and get focused right now! During this session, Dr. Patrick Porter will train your other-than-conscious mind to soak up a series of soothing creative visualization and relaxation processes, and train your brain to yield relaxed and positive thoughts on demand.



SR11 ~ FREE YOUR MIND & EXPERIENCE YOUR HEALTHY BODY

We think thousands of thoughts every day. Learn how to cast out the negative, listen to the positive, and unleash your mind's healing force. You will build a shield of protection against anything that might stop you from experiencing radiant good health.

SR12 ~ CREATING A LIFE OF VIBRANT HEALTH

You will learn how easy it is to release any hurts from your past that might holding you back from your commitment to health. This process engages the healing graces that allow you to forgive, forget, and move on with a healthy body and attitude.

SR13 ~ ALLOWING A LIFE OF HEALTH & ABUNDANCE

Some people think they need stress to be motivated. In this session, you will learn to use positive motivators to get what you want. You will be guided through the garden in your mind where you will train your other-than-conscious to focus on action, success, and health. Working with the healing intelligence of the body has never been easier as you learn new and creative ways to live your life without the need for stress.

PAIN FREE LIFESTYLE PROGRAM

Persistent pain can have a costly impact on your life. It can lead to depression, loss of appetite, irritability, anger, loss of sleep, withdrawal from social interaction, and an inability to cope. Fortunately, with creative visualization and relaxation (CVR), pain can almost always be controlled. (CVR) helps you eliminate pain while you relax, revitalize, and rejuvenate. You deserve to be free of your pain—and now you can be, thanks to CVR!

PF01 ~ TAPPING INTO A PAIN-FREE LIFESTYLE

Dr. Patrick Porter will guide you through a simple exercise to transform pain into relaxation. You'll tap into your body's innate ability to heal itself, allowing the healing process to happen while you take a relaxing mental vacation. Pain will lose all power over you as you learn to relax away your pain and enjoy your life free from discomfort.

PF02 ~ ACTIVATE YOUR MENTAL PHARMACY

In this dynamic process, you'll unlock your body's natural pharmacy, flushing pain from your body and neutralizing all discomfort. You will so galvanize your mind's healing capacity, all you'll have to do is say the word to release pain, fear and anxiety. Most importantly, you'll have this healing power at your fingertips—when and where you need it most.

PF03 ~ STARTING THE DAY PAIN-FREE

In this motivational session, Dr. Patrick Porter will show you that living pain-free is as simple as saying, "So-Hum." This means, transporting yourself to a pain-free state can be as easy as breathing! You'll be able to bury your pain in the past and awaken each morning pain-free.

PF04 ~ DEVELOPING A PAIN-FREE FUTURE

Dr. Patrick Porter will train you to relax deeply with this process that helps you break through the pain barrier. Discover creative ways to unleash the power of your mind to create your future where you are living a pain-free lifestyle. Learn to go to sleep with certainty that you have the skills to awaken each and every day free from discomfort.

PF05 ~ REMOVING DISCOMFORT AND PAIN

With this creative visualization, Dr. Patrick Porter will help you learn how positive imaging can be your key to a lifetime of relief from unwanted pain or discomfort. Let these relaxing suggestions melt your pain away as you imagine yourself in a state of optimum health and harmony for you.

PF06 ~ TRAIN THE BRAIN TO CREATE INSTANT ANESTHESIA

Dr. Patrick Porter will train you to take these simple steps to link your body and mind so that a free flow of natural analgesia will occur even while you are awake, alert and conscious. You can use this system post-surgery, in the dental chair, or daily to remove arthritis or joint pain. Life gets exciting when you are back in control.

PF07 ~ YOU CAN LIVE NATURALLY PAIN FREE

With this CVR process, Dr. Patrick Porter provides a thorough summary of the advice and information on how to live naturally pain free, including breathing, visualization and other relaxation techniques. Even if you are using medication, you can use the power of your mind to lessen your discomfort. You may even find that you can lessen or eliminate your need for pain medicine. Note: Never make changes to your medication without first consulting with your doctor.

PF08 ~ ERASE CHRONIC PAIN AND ENJOY LIFE AGAIN

Dr. Patrick Porter uses a very compassionate, encouraging visualization process that engages kindness towards yourself and your body. He guides you to a place where you can slowly and gently make peace with your pain. The emphasis throughout this CVR process is on letting acceptance happen, rather than trying to make it happen with your conscious mind and his caring words and soothing voice help guide you through the process.

PF09 ~ BREAK THE EMOTIONAL BOND TO PHYSICAL PAIN

Dr. Patrick Porter uses an advanced time-line technique to help you flex your mind's pain-reducing muscles. You will discover your own power to reduce or eliminate pain by releasing the emotional bonds you may have with your pain. Your focus will be on creating powerful, positive experiences that will, in turn, create the remarkable brain chemicals that work with your body to eliminate discomfort.

PF10 ~ DEVELOP A HEALTHY PAIN-FREE ATTITUDE

During this CVR process, you will become aware of any resistance your body may have to becoming pain free. Even though on a conscious level you can't think of a reason for the pain, pain is a signal to the body. The pain could be physical, emotional, mental, or all three. Dr. Patrick Porter will guide you through a discovery of the faculties of your mind that release negativity and move you forward with a life-changing positive attitude about your body and mind.



PF11 ~ MEND YOUR MIND, MEND YOUR BODY

With this relaxing process, you will use proven techniques for improving your self-esteem and assertiveness, helping you to feel better about yourself and plan your life more successfully. Dr. Patrick Porter will help you to develop a meaningful relationship between your mind and body, giving you the skills needed for a lifelong pain-free style of living.

PF12 ~ DEVELOP INSTANT PAIN RELIEF TRIGGERS

It's easy to develop effective life skills when you have an arsenal of relaxation techniques and pain relief triggers. During this process, Dr. Patrick Porter will teach you useful tools for not only mastering the pain-free state, but for embracing a healthier lifestyle as well. These techniques are valuable in helping you to relieve physical discomfort regardless of whether or not you are currently in pain.

PF13 ~ GENERATE THE RELAXATION RESPONSE TO REMOVE PAIN

As Dr. Patrick Porter guides you to relax each part of your body, you learn to associate pain-free states in a totally new way. As you relax, you will imagine a healing sanctuary that supports relaxation and your mind's belief in your right to be healthy, strong and vibrant. In this space you feel safe and protected as you visualize healing energy filling your body

GOLF MENTAL COACHING PROGRAM

Efficient golfers know how to relax and let their minds take over.

Now, thanks to these creative visualization and relaxation (CVR) processes, you'll learn to see yourself as a calm, confident golfer. You deserve to take pleasure in your time on the course. Thanks to CVR, you'll finally be able to let go of frustration and focus on every stroke—meaning you'll not only play better, but you'll also enjoy the game more than ever!

GF01 ~ OPTIMIZE THE RISK ZONE FOR GOLF

You've never experienced a practice session like this one! Follow along with Dr. Patrick Porter as he guides you onto the driving range in your mind. Once there, you'll practice each swing, letting go of negative thoughts and allowing the clubs to do what they were designed to do—send the ball straight to the target. From now on, you'll address each ball knowing with certainty that you can see the perfect shot in your mind and achieve it in your actions.

GF02 ~ DEVELOP THE ATTITUDE OF A CHAMPION

Champions understand that good outcomes come from good shots. With this dynamic process, you'll find it easy to think positive thoughts and accept each shot as it comes. You'll no longer spend time feeling distracted, over-analyzing your game, blaming the conditions of the course, or getting angry over a bad lie. Instead, you'll admire the trajectory of a well-struck drive, a clean chip shot, or a perfectly sunk putt, as you play and think like a champion!

GF03 ~ CONCENTRATION: YOUR KEY TO CONSISTENCY

Most golf professionals consider concentration to be the key to playing golf ...but almost no one teaches it. In this energizing process by Dr. Patrick Porter, he'll teach you to achieve the concentration you need simply by sitting back, relaxing, and letting go of all stress and confusion. You'll learn to block out distractions, focus like never before, and discover the concentration that will help you play the best golf of your life!

GF04 ~ DISCOVER THE CONFIDENCE OF A TIGER

Even golfing greats get nervous when their game is on the line. Now you can sit back and relax with this revitalizing session while you learn to face any part of the course with complete self-assurance. You have good instincts—you just have to trust them! From now on, you will, as you awaken ready to use the positive power of your mind ...while your golfing buddies marvel at your newfound confidence.

GF05 ~ TAME YOUR TEMPO AND SCORE

Because the average swing lasts less than two seconds, there's no time to make corrections on the course. That's why it's important to maintain a tempo during your game. Now you can sit back, relax, and let this refreshing session instill the skills you need to look at your game from the outside in, set your perfect tempo, lower your score and, most importantly, enjoy your game to the fullest.

GF06 ~ REHEARSE EXCELLENCE AND ELIMINATE EXECUTION ERRORS

On the golf course your imagination can be your most powerful ally or your worst enemy. With this invigorating session by Dr. Patrick Porter, you'll learn to visualize the ideal shot each and every time you address the ball. Once you imagine the feeling of accomplishment you get from making all the right choices at the tee, you'll be able to stand back and enjoy your perfectly executed drive!

GF07 ~ RELEASE PRESSURE AND TENSION

Tension is normal under certain circumstances—such as during a match—but it can also ruin your game. Thanks to this stimulating session, you'll be able to release pressure and tension under any circumstances. Loosen up, take a deep breath, and let the pressure roll away as you experience your ultimate relaxation both on and off the course.

GF08 ~ GAIN FINESSE AND LOWER YOUR SCORE

When you step up to the tee box expecting to win, you unleash the power of your mind to plan and produce the perfect round of golf. Research shows the mind doesn't know the difference between real and imagined. Dr. Patrick Porter will teach you techniques that will prove to you how five minutes of visualization can be equal to two hours of physical practice! With this mental edge you will have more fun on the course than ever before.

GF09 ~ GOLF IS A MIND GAME ...PLAY IT!

Have you ever wondered what's in the mind of the world's greatest golfers? With this powerful modeling technique, you will be imagining what it's like to take a ride inside the mind of the golfers you most admire. Can you imagine the strokes you will shave off your score as you take advantage of his or her years of golf mastery? With this visualization you will be guided into the realm of infinite possibility where you can master each and every phase of the game you love.



GF10 ~ MASTER THE COURSE, MASTER YOUR ROUND

Hitting the longest drive or sinking the unsinkable putt might be fun, but it doesn't always equal victories or low scores. Golf is a mind game you play against yourself. By learning how to play within yourself, knowing your strengths and weaknesses, you will learn to master the game. Now you can immediately improve your handicap by playing smarter and staying in control... even in the most challenging situations.

GF11 ~ ERASE NERVOUSNESS AND PERFORM UNDER PRESSURE

Dr. Patrick Porter will show you how a positive mental attitude will help to reduce nervousness and naturally reduce your score. Relaxation tips will help you release any anger or frustration before you address the ball. This unique visualization process will help you to regain your poise and concentration and, most importantly, control your game. Performing on the big, green stage is a breeze when you harness the power of your mind!

GF12 ~ THREE EASY STEPS TO GREAT GOLF IN ANY SITUATION

Putting together a great game is all about routine. In this insightful visualization Dr. Patrick Porter takes you from a good stance to a polished mental attitude and beyond. You'll use these keys to lower your score and enjoy it more as you open your mind to the possibilities. Consistency is key to low scores, and you'll be amazed at how easy and natural it is as you relax and rehearse the fundamentals.

GF13 ~ GOLFING IN DREAM TIME ...YOUR KEY TO THE ULTIMATE SWING

Imagine using the techniques of great inventors like Edison, Einstein and Michelangelo. That's exactly what you will be doing when Dr. Patrick Porter guides you through this powerful and fun visualization. It's been said that what the mind can conceive and believe the body will achieve. This visualization is your personal guide—from hopes and wishes to power and believability. It all starts with mentally rehearsing your goals so the unseen forces of the mind will bring them into reality!

SALES MASTERY PROGRAM

SM01 ~ SALES CONFIDENCE THROUGH SELF-CONFIDENCE

To have confidence in your sales skills, you need confidence in yourself. Dr. Patrick Porter will show you how to generate resources you never knew you had. Take control of your own self-confidence in order to organize your thoughts, put priorities in place and take control of your sales and your life!

SM02 ~ SUPERCHARGE YOUR SALES SKILLS

You already have all the abilities you need to become a sales superstar. This exciting process will help you organize those resources to eliminate cold-call reluctance and discover the secrets known by true sales pros. Sit back, relax, and find out how to supercharge your sales skills!

SM03 ~ ENJOYING THE PROSPECTING GAME

All sales masters know networking is the key to finding a need and helping prospects fill it. This refreshing process by Dr. Patrick Porter teaches you to develop your infinite referral system and make all the money you desire. When you approach sales with the mind-set of a child, prospecting is not only easy, it's fun!

SM04 ~ CREATING YOUR SALES SUCCESS PLAN

Use this enjoyable and effortless process to discover quick, easy steps for implementing and working your personal success plan. When you have a plan, you create unlimited success in your sales career, as well as a balanced life at home. It's fun to master your career and your life!

SM05 ~ THE BIGGER THE GOAL THE BETTER THE RESULT

Sit back and relax as Dr. Patrick Porter shows you how to eliminate small thinking from your sales and your life. Break the chains of old, conscious thought and use your creative mind to create bigger goals and better results. Expand your ability to be flexible around the most difficult people and use quick techniques for closing the sale with even the most negative person.

SM06 ~ BUILD YOUR PERSONAL SUCCESS STRATEGY

Creating balance in your life is easy when you use your other-than-conscious. With this revitalizing process, you'll quickly wipe out procrastination and energize your daily sales activities. Discover your dynamic self-image that's been waiting to shine.

SM07 ~ REHEARSE USING QUESTIONS TO UNDERSTAND YOUR PROSPECT'S BUSINESS

Discover the ease of working through success scripts—and see the unbelievable results play out before you—to easily overcome potential objections. This process shows you that you plan to succeed when you leave nothing to chance.

SM08 ~ FILL THE NEED, CLOSE THE SALE

Follow along as Dr. Patrick Porter shows you how to use this unique questioning approach. You'll learn to quickly break the trust barrier and discover your prospect's needs. Once you know your prospect's needs and values, closing the sale is as easy as taking a breath of fresh air!

SM09 ~ ELIMINATE OBJECTIONS AND MAKE THE SALE

Your greatest sales obstacle lies in the mind of your prospect. This creative visualization process trains your brain to listen for and overcome objections—before your prospects know they have them! Selling is easy when you use the simple laws of persuasion.

SM10 ~ REMOVE YOUR COMPETITION FROM THE MIND OF YOUR PROSPECT

Your prospect has many options in the marketplace, and your job is to show them you're the best choice. Now, you can get your prospect to eliminate your competition from contention—without you using a single negative word against them. It's easier than you think when you use these four simple steps.

SM11 ~ GOING WITH THE FLOW: CLOSING STRATEGIES & OBJECTION PREVENTION

This refreshing process by Dr. Patrick Porter allows you to remove the stress of closing the deal. Objections are part of the sales game, but you'll learn how the power of "no" can actually help you reach your sales goals. By using this simple three-step process, you'll be ready and able to close the most difficult prospect.

SM12 ~ USING SALES REFRAMES FOR FUN & PROFIT

Learn how to transition, or reframe, a negative statement into a positive one with this motivating session. Even the most difficult sale is easy when you can turn resistance into cooperation. Master the pre-frame and reframe and you'll help your prospects sell themselves!

SM13 ~ TAI CHI FOR THE SALES MIND

Harmony is one of the most powerful forces in the universe. Your own negative thoughts work against you and harmfully affect your sales performance. When you use this inspirational technique, you will elevate your thoughts to the highest level without stress or struggle. When your mind is on your side, anything is possible!

MIND-OVER MENOPAUSE PROGRAM

For many women mid-life can be a time of uncertainty and loss.

For some the loss of fertility and the perceived loss of youth can cause depression and anxiety. At the same time, the body's response to the decrease in hormones can create any number of symptoms—hot flashes, night sweats, weight gain, itchy skin, mood swings, lost libido, headaches, and irregular cycles are just a few of the menopausal challenges women face. In the midst of all these changes, relationships can suffer as loved ones start to ask, "What happened to the caring, loving woman we once knew?" Now you can reclaim that woman, along with all the strength, confidence, and wisdom you gained in the first half of your life. This series takes you way beyond mind over matter—it's mind over menopause!

MM01 ~ BALANCE YOUR MOOD, BALANCE YOUR LIFE

With this session you will use creative visualization and relaxation to help balance your mood, harness positive mental energy, and use your innate creative power to produce much-needed balance in your life during this time of change and uncertainty. You will stop focusing on what you've lost, and discover all that you've gained!

MM02 ~ CREATING HARMONY WITH THE CYCLES OF LIFE

Using your mind you will activate the powerful calming effects produced by your own brain chemistry. When you relax and let your mind experience a cascade of positive thoughts and images, you will find that the emotional ups and downs of menopause become a distant memory.

MM03 ~ MENTAL SKILLS TO HELP YOU MASTER MENOPAUSE

With this creative visualization and relaxation process, you will be given time to plan your life from a new perspective. You will learn to view menopause as a rite of passage—one that gives you confidence and inner worth. With new ways to handle situations at work, and with family and friends, you'll discover that mid-life can bring forth a whole new you that's been there all along just waiting to blossom!

MM04 ~ RELAX AND CONTROL NIGHT SWEATS AND HOT FLASHES

Now you can greatly reduce or eliminate the hot flashes and night sweats typically associated with menopause. Relaxation therapy is a natural remedy for hot flashes and many women have found lasting relief with this method. Now, with the added dimension of creative visualization, you will discover that you can master the cooling effects of your mind, and you will feel your body naturally cooling off as well!

MM05 ~ ELIMINATE "BRAIN FOG" AND SHARPEN YOUR MEMORY

Has menopause got you in a fog? Do you sometimes wonder where your memory went? During menopause many women describe this lack of focus and concentration as "brain fog." When the fog sets in, sometimes even the easiest tasks can seem confusing or overwhelming. Now, with this session of creative visualization combined with deep relaxation, you will discover a time-tested technique for improving your memory and bringing clarity to your life.

MM06 ~ COPING WITH EMOTIONAL CHANGES DURING MENOPAUSE

Get ready to see yourself as the woman you've chosen to be! In this session, you will be building healthy coping mechanisms for conquering mood swings, overcoming anxiety, and regaining your libido. Thanks to a little-known side benefit to deep relaxation, you will also notice improved concentration, soaring energy levels, and freedom from the irritability of the past.

MM07 ~ GET CONNECTED IN TIMES OF UNCERTAINTY

Many menopausal women describe feeling disconnected from their bodies, as if they are suddenly uncomfortable within their own skins. Using your innate creativity, you will learn new tools to rid your mind of these confusing, and often unpleasant, thoughts and feelings. You will discover a new sense of connectedness and purpose, and your "woman's intuition" will be back in full swing!

MM08 ~ ELIMINATE FATIGUE AND BOOST YOUR ENERGY

Tap into the flow that is your personal power and feel your fatigue and low energy levels melt away. While relaxing with this process you will learn to own your own personal space and will develop an emotional drive to make your wellbeing a top priority. Most women report awakening from this session feeling refreshed and revitalized, and many even say they get more done in less time. Now who couldn't use a little more time in their day?

MM09 ~ MASTERING THE PHYSICAL CHANGES OF MENOPAUSE

When you tap into the power of possibility thinking and engage the internal pharmacy within your brain, you can eliminate gastrointestinal distress and nausea or those dreadful headaches. During this session you will put a plan into action for controlling weight gain, bloating, or that tingling or itchy skin so many women experience.



MM10 ~ TIPS FOR QUICK MENOPAUSAL RELIEF

Sometimes you need relief right now! This session is your answer. You can just sit back, relax and let these tips for reducing stress, clearing your head, and regrouping take you away. Within the session you will create a new, healthier lifestyle that includes cutting back on caffeine, alcohol, and spicy foods the easy way. Plus, you will engage a new set of health rituals for appropriate exercise, preparing yourself each night for deep, restful sleep, and so much more.

MM11 ~ MAKING PEACE WITH YOUR BODY

This session is like Tai Chi for the mind. Discover new ways to handle those unusual menopausal symptoms such as that annoying buzzing in your head, electric shock sensations, dry mouth, dry eyes, dizziness, or light-headedness. When you learn to practice mental Tai Chi, the transition through mid-life and menopause can be far easier than you think!

MM12 ~ PAIN CONTROL AND MENOPAUSE

When you have sore joints and muscles, cramps or headaches, you can use this simple yet powerful process to put your pain at bay so you can enjoy your everyday activities. Of course, pain is a signal from the body and any undiagnosed pain should be reported to your medical professional.

MM13 ~ THREE EASY STEPS TO REGAINING BALANCE

Many women experience irregular cycles and mood swings while transitioning into menopause. Some women may even experience sudden heart palpitations, intense anxiety or feelings of panic. Now you can find your way back to center quickly and easily. These steps, once mastered, can work for you even in the most difficult situations. With this session you will learn the three simple steps needed to regain balance in your life no matter the circumstances.

LIFE-MASTERY PROGRAM

Throughout your life, from parents, teachers, and society, you were taught what to think. With the breakthrough processes of creative visualization and relaxation, you are going to discover how to think. With this knowledge you will literally become a software engineer for your own mind. On the NewReality Life-Mastery journey, you will explore the processes that best suit your needs for creating limitless personal improvement and success in your life.

LM01 ~ OPERATING IN YOUR OPTIMAL RISK ZONE

The startling truth is that all human beings must have risk in their lives to thrive and feel fulfilled. Listen to this session and you'll know how to leverage risk for personal advancement and easily accomplish your loftiest goals. The dot com bust turned risk into a four letter word. Yet executives and companies that don't employ risk can face extinction. In creating the Optimal Risk Zone, Dr. Patrick Porter researched the mind set of the controlled risk-takers who launched the high-tech industry. Then, using CVR, those thoughts and behaviors can be virtually downloaded into your mind.

LM02 ~ ASK, BELIEVE & RECEIVE VISUALIZATION

The universe operates on specific laws. These invisible laws are always manifesting your physical reality. The universe never tries anything; it only does. This visualization calls upon the Law of Attraction, and helps you to become a conscious creator. You will discover how you designed, at the core of your being, to be an active participant in the en-foldment of your relationships, wealth and happiness. Now, without even trying or having to struggle, success will come as naturally as the sun rises and sets. Imagine how much easier your life can become when you are in perfect harmony with universal law!

LM03 ~ THE SECRET POWER OF SELF-TALK

On average, you give yourself over 5,000 messages a day. With this process you will discover how to weed your mental garden of negative thoughts and to sow new, more positive thoughts. You will use the same four-step process that has helped thousands of people neutralize fear, anxiety and worry. Using CVR, you discover the secret power of self-talk to easily create the habits, patterns, and beliefs that can put your success on autopilot.

LM04 ~ ACTIVATE THE MAGNETIC POWER OF YOUR DREAMS

Many of the great inventors of the past discovered that your dreams are a powerful way to communicate with your other-than-conscious mind. You will unlock the most powerful computer on earth as you discover creative ways to use your dreams to visualize solutions to everyday problems. Get ready to step out of the past and into a bright and compelling future!

LM05 ~ BECOME A PERSONAL SUCCESS MAGNET

With this CVR process, Dr. Patrick Porter will guide you through powerful and easy techniques for attracting success into your life. Your new thoughts will act as a magnet that draws the right people and opportunities to you, and guides you in making the right decisions. Sit back and relax in the laboratory of your mind as you tap into your other-than-conscious storehouse of success-breeding thoughts—the thoughts that will draw success to you as naturally as you draw your next breath.

LM06 ~ WHOLE BRAIN MOTIVATION & UNENDING DRIVE

During this CVR journey, you will discover new ways of tapping into the creative right side of your brain. Then, using the left logical side of the brain, you will create a time line for success. When you harness the power of whole brain thinking, you can accomplish even the most difficult tasks with ease. The balanced success that others only dream of will be yours as you master this visualization.

LM07 ~ STEP ON THE FAST TRACK TO PERSONAL SUCCESS

Sir Isaac Newton once said that if he had achieved anything with his work, such as his laws of motion and gravity, it was "by standing on the shoulders of giants." With this process, you will explore what I call The Picasso Factor and find out why it was easy for Gandhi, Einstein and other masters to put their success on autopilot. By using the principle of mentoring found in this visualization, you will tap into your own inner genius and be on the fast track to success. What is The Picasso Factor? You'll have to listen to find out!

LM08 ~ ENTHUSIASM, FOCUS & FLEXIBILITY ...YOUR KEYS TO SUCCESS

Imagine the improvements you can make in your life once you activate the powerful storehouse of your other-than-conscious mind that will give you all the enthusiasm, focus and flexibility you need on a day-to-day basis. During this visualization, Dr. Patrick Porter will guide you to find your own internal success coach, who will take you step-by-step in the direction of your goals. With this mental exercise you will easily manifest your dreams into reality.

LM09 ~ HARNESS THE POWER OF CHANGE

You will discover why change, the only constant in the universe, can be your most powerful ally. When you let go of the fear of change, and harness its power instead, you are tapping into the most potent force in the universe. When you try new things in the laboratory of your mind, you erase fear and embrace the action steps necessary to maximize your results.



LM10 ~ AWAKEN YOUR SENSES AND CREATE YOUR FUTURE

Your senses can be likened to the keyboard on a computer. Through sight, sound, touch, smell and taste, your brain takes in information from the world around you. Now you can learn to use your senses to magnetize success into your life. It becomes simple to be the person you were destined to be when you create change at the other-than-conscious level of your mind. It's literally as easy as seeing, hearing, feeling and maybe even tasting or smelling the future of your dreams.

LM11 ~ POWER PHRASES FOR POWERFUL ACTIONS

Discover how affirmative words and phrases can create a powerful mental image of a healthy, wealthy and vibrant new you. You will notice how these positive affirmations let your other-than-conscious mind quickly put into motion all the right actions at the right time to lead you to a life filled with the results you really want.

LM12 ~ ELIMINATE NEGATIVE THINKING AND HARNESS THE POWER OF OPTIMISM

You can't help but be bombarded with negative thoughts and beliefs; it's on the radio, television and in the newspaper. With this powerful process, Dr. Patrick Porter will guide you into altered states, where you'll discover ways of breaking through to your creative optimistic mind. Once there you will be visualizing solutions to your life challenges. Imagine what you will create in your life as you eliminate the negative and let the flow of optimistic thinking create instantaneous solutions.

LM13 ~ TRANSFORM PROCRASTINATION INTO TOTAL MOTIVATION

All behaviors are useful in the right context. During this CVR process, Dr. Porter will guide you through a seven-step transformation process that will end procrastination and convert that energy into the usable motivation you'll need to complete tasks, start new projects, or live the healthy lifestyle you always dreamed of. Using the power of possibility has never been easier as you relax and realize your goals.

ACCELERATED LEARNING SERIES

ALS01 ~ SETTING GOALS FOR LEARNING SUCCESS

Dr. Porter's Pikeville College study proved that successful students are those who have an ultimate goal or outcome in mind. With this module you will learn the secrets of goal setting, experience a boost in motivation, and see your self-confidence in the classroom soar.

ALS02 ~ BEING AN OPTIMISTIC THINKER (QUANTUM FUSION)

Henry Ford once said, "Whether you think you can, or you think you can't, you are right." It all starts with attitude. You will be guided into the creative state, where you'll discover ways of breaking through to your optimistic mind that will help you to think, act and respond with a positive nature even during your most difficult classes or around challenging people.

ALS03 ~ SIX STEPS TO USING YOUR PERFECT MEMORY

Harness the natural by product of relaxing your mind by using the six steps that activate a perfect memory. You will discover creative ways to access and recall the information you need as you need it! Best of all, you will have this ability the rest of life.

ALS04 ~ SECRETS FOR INCREASING YOUR READING SPEED

Our minds absorb every word on a page as soon as we scan it. This dynamic session features ways to break through the barriers that prevent you from reading at the speed and comprehension level you desire. It's simpler and easier than you think!

ALS05 ~ USING THE TRICKS OF HIGHLY SUCCESSFUL STUDENTS

With this creative process, you will learn the best-kept secrets of successful students and how to apply them in your own life. You will soon discover that if someone else can do what you want to do, you can model what that person is doing.

ALS06 ~ PROBLEM SOLVING WITH YOUR CREATIVE MIND

Imagine following in the footsteps of great thinkers such as Einstein, Edison and Chopin, all of whom used creative visualization to spark their imaginations. You will discover how to step into the realm of infinite possibility where imagination and creativity are limitless, and how to solve your everyday problems with solutions found in the present as well as the future.

ALS07 ~ ACTIVATE YOUR HIDDEN TALENTS

Your skills and talents go beyond your one-dimensional IQ (Intelligence Quotient). In fact there are a multitude of

intelligences. Relax with this module and you will activate the different stages of intelligence within you, making you a person of intellect on multiple levels.

ALS08 ~ DEMONSTRATE SELF-CONFIDENCE IN LEARNING

Concentration is key to learning. During this creative visualization process, you will discover a powerful concentration exercise that will unlock your true confidence. Once unlocked, you can succeed at anything you put your mind to in ways you never dreamed possible!

ALS09 ~ SPEAK WITH PASSION AND POWER

You might not have been born a public speaker, but with these foolproof methods to activate your other-than-conscious mind, you will speak with passion on any topic. You will have the power and skill to speak freely, easily and clearly, whenever you're presenting, without stumbling or hesitation.

ALS10 ~ END SELF-SABOTAGE AT SCHOOL

Imagine pulling out the roots of sabotage and planting the seeds of greatness that will help you in the classroom. With this specially designed module, you will eliminate old patterns that are holding you back. You will eliminate the time bandits and unleash your ultimate power to make your dreams in and out of the classroom.

ALS11 ~ FINISHING ASSIGNMENTS AND PROJECTS

Imagine tapping into the unseen power of your other-than-conscious mind to get organized and efficiently complete any project. That is exactly what you will be doing with this session as you use creative visualization and relaxation to set internal time lines and finish projects.

ALS12 ~ TURNING HOMEWORK PROCRASTINATION INTO MOTIVATION

This module will have you practicing the eight steps to transform procrastination into motivation. You will have more fun completing your homework or starting a new project than you ever dreamed possible.

ALS13 ~ THE POWER OF AFFIRMATIONS IN THE CLASSROOM

You will discover how the right words can create a powerful mental image of you in the classroom. Let your other-than-conscious mind quickly put into motion all the right actions that will lead you to your educational goals.

STRESS-FREE DENTISTRY SERIES

Whether you are someone who gets sweaty palms at the thought of a dentist's drill, hyperventilates the moment you lay eyes on a dental syringe, or simply gets butterflies in your stomach before going to the dentist, this program can benefit you. Studies show that over 40% of all people have a fear of dentistry. Other research demonstrates that having poor oral health can decrease your life expectancy by five years.

Fear of the dentist can have many causes, some of which are objective, and others of which are subjective. For example, if you once experienced a great deal of pain while having a tooth pulled, the next time you need an extraction, you will likely be fearful because of your previous experience. This is subjective fear. On the other hand, if you later told a friend about your bad experience, and he subsequently became fearful when faced with a tooth extraction, this would be subjective fear.

Fear in and of itself is not bad. We are all born with certain fears that protect us, such as the fear of falling and the fear of loud noises. Fear stops us from doing dangerous things. The purpose of this series is to put fear in its proper perspective so that you can have a relaxed experience at every dental visit and enjoy the benefits of having healthy teeth and gums.

SFD01 ~ RELAX AND CONTROL THE DENTAL EXPERIENCE

Allowing thoughts to control your emotions is a normal human experience. In this process, Dr. Patrick Porter will help you reverse this tendency, so you can control your emotions and stop reacting to negative thoughts. You will learn a simple yet powerful technique that will have you visualizing a pleasant visit to your dentist's office. You will also be guided through a process of releasing any emotions you may have tied to negative personal history experiences with dental or medical procedures.

SFD02 ~ MENTAL REHEARSAL FOR INSTANT RELAXATION

Developing coping skills is a key element to overcoming your fear of dentistry. With this relaxing process, Dr. Patrick Porter will teach you to use a distraction technique that will eliminate anxiety and fear. Dentistry may not ever be fun for you, but it can be a relaxed and comfortable experience as you master these visualization techniques

SFD03 ~ ELIMINATE FALSE BELIEFS & BUILD SELF CONFIDENCE

In this process you will explore beliefs about dentistry and eliminate those that are impacting you negatively. You will build the self-confidence necessary to comfortably handle any dental appointment, whether it be a cleaning, filling, or a more complex procedure. With these blocks gone, who knows, you might even enjoy your next dental experience!

SFD04 ~ SETTING EXPECTATIONS & ELIMINATING DENTAL ANXIETY

Anxious reactions are natural whenever we face the unknown. In this visualization, Dr. Patrick Porter will be guiding you through processes that quickly build your self-esteem, enhance your assertiveness, and have you acting as your own advocate, asking the right questions so you understand even the most complex procedure.

SFD05 ~ CONTROL WHAT YOU THINK AND FEEL

Since energy always follows thought, in this creative visualization you will master the art of singular thinking. This will allow you to create a state of relaxation where you can control the sensations in your body by controlling your thoughts. It's easier than you think to control your dental experience, and certainly worthwhile so you'll have a lifetime of healthy teeth and gums.

COPING WITH CANCER SERIES

Being diagnosed with cancer is in itself a stressful event—so stressful it can suppress your immune system and worsen the side-effects of treatment. Fortunately, through guided relaxation, you can let go of your fear and anxiety, and take charge of your recovery. Creative visualization can help you regain an optimistic attitude, spark your immune system, and maximize your medical treatment. If you are ready to join the ranks of people who have discovered the mind/body connection and its healing potential, then the Cancer Recovery Series is definitely for you!

CRS01 ~ RELAXATION FOR INNER HEALING

For some people, relaxing while facing a serious illness may seem like an impossible task. In this first session, you will begin by simply clearing your mind of all negative or fear-based thoughts concerning your condition. At the same time, you will learn to allow the natural healing power of your body to take over. The benefits from relaxation are immeasurable when it comes to fighting cancer. Dr. Patrick Porter will gently guide you through the first of many creative visualization sessions, which will build for you a strong foundation for using the science of relaxation as a natural part of your cancer treatment and recovery.

CRS02 ~ REJUVENATE YOUR BODY THROUGH DEEP DELTA SLEEP

During cancer recovery, many people have difficulty falling asleep or they may awaken in the middle of the night and struggle to get back to sleep. Your body naturally recharges and rejuvenates during sleep, which means a good night's rest is key to your recovery. This imagery will show you new ways to get maximum benefit from sleep. You'll start by releasing any negative emotions you may have about cancer. Any anger or fear that may be interrupting your sleep will be cleared from your mind. You will also learn a simple method for returning to sleep if you should awaken during the night. Sit back, relax, put an end to nighttime restlessness, and get the healing, rejuvenating sleep your body needs.

CRS03 ~ THE POWER OF OPTIMISTIC PLANNING

Your thoughts continually influence your brain to create either negative or positive states. Now you can gain control over your thoughts. You will learn to eliminate the emotions that feed cancer and to inspire the positive emotions that create an optimum healing environment. Through relaxation and guided imagery, you will awaken to the healing benefits of thinking positively even in negative situations.

CRS04 ~ ELIMINATE HARMFUL HABITS FOR HEALTH AND WELLNESS

With this process you will experience even deeper levels of relaxation so the true healing nature of your body can go to work creating the health you desire. You will discover techniques for eliminating emotional turmoil that might have you hanging on to negative habits and patterns. Perhaps a part of you wants to get well, while another part wants to deny the disease or is resisting giving up harmful habits. Now you can gain new life skills that will give you the best possible chance for beating cancer for good.

CRS05 ~ TAPPING INTO YOUR INTERNAL PHARMACY

Science has proven that your brain can release over 30,000 different neuron-chemicals with a simple thought. Dr. Patrick Porter will help you discover powerful ways to organize experiences so that the negativity associated with cancer is minimized and you can relax and enjoy your time with family and friends. Negative emotions such as fear, frustration, and anger, along with physical pain, nausea, and fatigue, can limit your ability to relax and heal. Now you can use creative visualization and relaxation and your mind's resources—your internal pharmacy—to go with the flow, relax, and set a course for healing and wellbeing. From this relaxed state of mind, your body can best respond to the treatment you and your health care professionals have chosen.

CRS06 ~ FOCUS ON HEALTH & MAXIMIZE YOUR SUPPORT NETWORK

A diagnosis of cancer can feel like a lonely place, but it doesn't have to be. During this process, you will use creative visualization to imagine your body absorbing the prayers and well wishes sent from friends and loved ones. You will see yourself in a beautiful field of flowers where you learn to tap into your "circle of power." While there, you will make the commitment to become your own health advocate, and you will make decisions about how to best work with your health care professionals. You will learn to ask for any physical or emotional assistance you may need, and will be encouraged to do what you can to aid your recovery, such as taking walks or attending yoga classes. You will gain freedom by being honest with yourself. At the same time, you will develop a team attitude, so you are comfortable in accepting the support offered you. Most importantly, you will develop the courage to be realistic with your support network, so you can get the help you need when you need it.

CRS07 ~ TRANSFORM NEGATIVE THINKING INTO POSITIVE MOTIVATION

After your cancer diagnosis, you will quickly discover that life goes on; Work, bills, and daily chores don't go away. With this process you will put the external worries, such as money and

housework, into proper perspective. You will learn about thoughts that harm and thoughts that heal, so you can focus your mind on the healing thoughts. This is what separates those who struggle with treatment from those who seem to flow through it without difficulty. There is an opportunity for you to not only survive, but also thrive—and it exists in your own mind. Sit back, relax, and benefit from the stress-reducing methods that can give you inner strength and the determination to succeed with your treatment plan.

CRS08 ~ BUILD YOUR OWN INTERNAL SUPPORT SYSTEM

No one plans on getting cancer. Consequently, most people feel lost or helpless after hearing their diagnosis. This is why you need uncommon resources for these uncommon times. Dr. Patrick Porter will help you build your own internal support system. With creative visualization and relaxation, you will learn to use your mind, the most powerful computer on earth, to regain your equanimity. Your mind has the capacity for virtually limitless problem solving. Now you can transform any negative emotional states associated with your treatment into positive actions for helping you recover your health and your emotional wellbeing.

CRS09 ~ TURN ON THE POWER OF FAITH THROUGH IMAGERY

The power of faith, prayer, and imagery has been recognized in medical circles for decades. Now you can do what the most successful patients do to get maximum results from their medical treatment. You will learn how to call upon that higher power to help visualize and realize the healing potential of your mind. During this creative visualization, you will call upon this higher intelligence to help stimulate the white marker cells to do what they do best, seek out and destroy foreign agents in the body. At the same time, you will be training your brain to think differently about your role in recovery, helping you to take an active role in working with the amazing healing ability that comes with faith and acceptance.

CRS10 ~ USING GOAL PROGRAMMING & POSITIVE EXPECTANCY

The mind is a goal striving mechanism. During this creative visualization session you will set a goal for creating a healing environment within your body. You will then let your other-than-conscious mind take over. Positive expectancy will help you through challenges and give you the assertiveness you need to be your own best caregiver. You will make your health your top priority, making sure your medicine is in order and that you are keeping your appointments. Setting healthy goals such as exercising, eating properly, and getting sufficient rest will keep you on the path to recovery and will make the process more pleasant for you and your loved ones.

CRS11 ~ MAKING HEALTH A PRIORITY AND STAYING FOCUSED ON WELLNESS

Dr. Patrick Porter realizes that you have one primary goal—freedom from cancer. During this visualization, he will help you focus on everything you can do to reach that outcome. He will help you build a positive attitude, gain the motivation to consume healing foods, to exercise regularly, and to feel that you are in harmony with your chemotherapy, radiation, or other treatments. During this healing journey, you will start with a deep relaxation and guided visualization to uncover your deepest desires and values. From there you will focus your mind on purity of thought and the realization of your goal.

CRS12 ~ SUPERCHARGE YOUR IMMUNE SYSTEM

The “relaxation response” is the key to the powerful release of the natural healing forces of the brain and body. During this visualization, you will use your creative mind to stimulate your immune system and visualize it eradicating any diseased cells in your body. Dr. Patrick Porter will help you create empowering thoughts about your immune system and then set the immune system to the task of destroying the diseased cells. You will discover why thoughts are more powerful than things... because thoughts create things—and the thing you will be thinking about is radiant health!

CRS13 ~ RELAX & LET IT BE

During this visualization you will learn the secret of forgiveness and grace. It is human nature to try to control everything—from family to friends to the health care system. This is the type of stress your body doesn't need during your treatment. Dr. Patrick Porter will train you to use an easy trigger that will allow you to “let it be” when it's appropriate. He will help you move into a state of calm relaxation even around the most difficult people or under the most stressful circumstances.

STRESS-FREE CHILDBIRTH

Bringing a child into the world should be an amazing life experience. Sadly, for many women, the joy of the event is lost due to fear, stress and pain. Also, research has shown that a fetus can actually feel the stress, worry, and negative emotions of the mother during pregnancy. Fortunately, with the discovery of the mind/body connection, women have an alternative—creative visualization and relaxation (CVR). This breakthrough series by NewReality™ is designed to help the mother-to-be to relax, let go of stress, and enjoy the entire process of pregnancy, delivery and motherhood. In addition, the listener is taught to use the power of thought to create an anesthetized feeling that can transform pain into pressure throughout labor and delivery—making the entire process stress-free for the entire family.

CB01 ~ VISUALIZE AND REALIZE YOUR PREGNANCY GOALS

PATRICK PORTER, Ph.D. will take you on a journey of the imagination where you'll train your brain to stay focused and on task. With this process, you'll start experiencing the relaxation response, set healthy priorities, and prepare your body for the many changes it will go through for the next nine months and beyond. This is the foundation session for the complete Stress-Free Childbirth program.

CB02 ~ MENTAL SKILLS FOR PREGNANCY AND DELIVERY

With this session negative thinking melts away and a calm state of emotional readiness replaces fear. The power of positive expectancy will lead you to positive results. Once you experience this mental training, and gain the relaxed mind set and inner confidence you need for motherhood, others may actually look to you for support!

CB03 ~ STRESS-FREE PREGNANCY BY DESIGN

Dr. Patrick Porter will help you learn healthy ways to manage the stress of pregnancy. In this session you'll feel your worry melt away as you experience deep relaxation. There is nothing like the joy you'll feel when you start using your mind power to create a healthy environment for your newborn and you.

CB04 ~ HEALTHY BABY / STRESS-FREE LIFESTYLE

Concentration and focus are skills you'll need to experience a natural stress-free delivery. In this process, Dr. Porter will start your training in creating that anesthetized state whenever and wherever you need it. You'll feel your confidence soaring as you look forward to putting your newfound skills to work on your delivery date.

CB05 ~ EMOTIONAL READINESS MENTAL TOUGHNESS

Relax and allow your mind to build optimistic thinking during this life transition. You need only sit back, relax and watch anxiety melt away as you focus on health and wellbeing. Soon you'll notice how your confidence is growing as your baby grows. You'll build the mental toughness to convert fear into relaxation, preparing you for a memorable stress-free delivery.

CB06 ~ BALANCING YOUR LIFE DURING PREGNANCY

In today's world life comes at you fast. That doesn't change during pregnancy. You still have bills, housekeeping, errands, and traffic. Learn to let go of the stress and internal conflict associated with day-to-day living. You'll gain an inner serenity as you build new life skills just as surely as you are building a new life inside of you.

CB07 ~ BUILDING FLEXIBILITY EVEN WHEN FRUSTRATED

Frustration is a given during pregnancy, and who can blame you? Your hormones are raging, your belly is swelling, and you have a dramatic life change ahead of you. With this process you'll train your body to relax and go with the flow. You'll master open and clear communication so that your entire family can be a part of your pregnancy. And, you'll focus on your health and the health of your baby.

CB08 ~ BUILDING YOUR DELIVERY TEAM

Your mind is your best labor coach. After all, who knows what you need better than you? Now the skill of positive assertiveness can be yours. You'll know how and when to ask your family or your health care team for encouragement and support, and you'll master a breathing and relaxation technique to combat any discomfort. This process will also give you an opportunity to mentally rehearse the methods you learned in whatever birthing classes you've chosen.

CB09 ~ GOING WITH THE FLOW TRANSFORMING CONTRACTIONS TO PRESSURE

Mentally prepare yourself for the last stage of pregnancy—labor and delivery. Learn how to manage your contractions as they increase in strength and frequency so you'll remain calm and breathe properly during and between contractions. Dr. Porter will help you plan for when your contractions reach peak intensity so that, with the power of your mind, you can feel only pressure and keep your body as stress-free as possible.

CB10 ~ QUICK TRICKS FOR STRESS FREE DELIVERY

By using one of Dr. Porter's favorite CVR processes, you'll be ready to manage every aspect of your delivery. You'll focus on a safe, natural childbirth. And, best of all, with this mental exercise, you'll discover the keys to using your mind to accomplish your loftiest goals for motherhood and for life.



CB11 ~ PREPARING FOR MOTHERHOOD

A new world awaits you after the stress-free delivery of your child. With this process, you'll be mentally, physically and emotionally prepared for motherhood. You'll discover ways to visualize solutions to problems you have not yet faced, so that even with a brand new person demanding nearly all of your attention, you can build a sense of balance back into your life.

CB12 ~ ENJOYING LIFE AFTER PREGNANCY

Research shows that 20% of new moms experience postpartum depression. Dr. Porter will help you control the mood swings, anxiety, guilt, and persistent sadness that sometimes appear after childbirth. This process is to be used after the birth and can benefit a new mom for up to four months. Throughout the process you'll mentally rehearse your new lifestyle with joy and happiness for the entire family.

CB13 ~ WEIGHT LOSS AND THE NEW MOTHER

Once the new bundle has arrived and time commitments have changed, it's easy for a new mom to make her needs secondary to those of her family. You will discover easy tools to manage time and make your health and the health of your baby a top priority. Eating healthy has never been easier when you learn to use the power of your mind. Now there is no reason to hold on to that baby fat. You can lose all the weight you want naturally and healthfully.

MEDICAL SERIES

MS01 ~ DE-STRESS AND LOWER BLOOD PRESSURE

The physiological benefits of deep relaxation and visualization are well documented. During this creative visualization process you will learn to achieve the relaxation response—a state known to unlock your brain’s potential for de-stressing your body and returning your blood pressure to a healthy level. Known benefits of the relaxation response also include a lower respiratory rate, a slower pulse, relaxed muscles, and an increase in alpha brain wave activity—everything that makes for a healthier you!

MS02 ~ PRE-SURGERY CALM FOR BETTER HEALING

For years, physicians and therapist have used guided relaxation, intense concentration, and focused attention to achieve deep relaxation and heightened states of awareness prior to surgery. Now, through the science of creative visualization and relaxation (CVR), you can easily benefit from these powerful processes. Patients using these techniques are known to have less pain, require less pain medication, and enjoy a more rapid recovery.

MS03 ~ POST-SURGERY STRESS RELIEF FOR A HEALTHY MIND AND BODY

CVR is a relaxation technique that uses concentration and deep breathing to calm the mind and put your body in the best possible state for repair and healing. What could be easier than to sit back, relax, and let the stress of surgery and recovery melt away?

MS04 ~ SOOTHING PAIN RELIEF FOR RAPID HEALING

With CVR you are learning to use imagery—engaging your imagination—to create sights, sounds, smells, tastes, and other sensations that create the relaxation response, a state known to trigger your body into producing its own natural analgesia. With this technique Dr. Patrick Porter will teach you how psychological changes create physical effects, and vice versa—a skill you can use for the rest of your life!

MS05 ~ RID YOUR MIND OF PRE-SURGERY JITTERS (10 MINUTES)

CVR can help ease fears and soothe anxiety before surgery. With this process you are guided into a positive resource state where you rid your body and mind of the jitters, worries, and uncertainties that can be a part of surgery or medical procedures.

MS06 ~ MENTALLY PREPARE FOR YOUR PROCEDURE (10 MINUTES)

Dr. Porter will train you to focus your attention on the one thing that matters as you go into surgery—relaxing. Through this creative process you will become so focused on the success of the procedure that you will easily ignore anything else going on around you. The result? Relief from anxiety and the development of a positive mental attitude.

MS07 ~ RELAX AND HEAL AFTER SURGERY (10 MINUTES)

Relaxing after surgery is a key to healing. With this CVR process, you can do quick little mental healing sessions throughout the day. Why focus on stress or pain when you can do your body so much good by concentrating on the healing process? It’s easier than you think!

MS08 ~ MENTAL RELAXATION DURING A PROCEDURE (10 MINUTES)

In some cases it makes sense to use CVR during a minor surgery. With your doctor’s approval, you can use this session throughout the procedure to help you relax and focus on positive images. For many people this kind of mental relaxation not only helps decrease stress, but can actually reduce or eliminate the discomfort associated with medical procedures.

MS09 ~ STAYING RELAXED AFTER YOUR PROCEDURE (18 MINUTES)

Meditation has proven to help patients with post-surgery sleep disturbances, disorders associated with tension, and chronic pain. Like meditation, CVR promotes wellness. With this process you learn creative ways to relax your mind and body so you sleep deeply, rest completely, and are less impacted by tension and pain. The result? An easier, more rapid recovery and often less need for pain medication.

MS10 ~ POST-SURGERY VISUALIZATION FOR BODY MENDING (16 MINUTES)

When you have less anxiety before a procedure, you will experience less pain later. With this simple-to-use technique you will discover ways to picture your body mending after surgery. You can use also it to eliminate insomnia so you will sleep deeply, which is an important priority since most healing takes place during sleep.

SPORTZONE

Success in sports is about being the best you can be, and visualization plays a key role in getting there. Why is visualization so important? Because you get what you rehearse in life, even if that's not always what you want or intend. This is especially true when you are facing the pressures of athletics. The SportZone program is designed to help you tap into the mind's potential and make your sport of choice fun and enjoyable while taking your game to the next level. Visualization for sports performance is nothing new to top competitors -- athletes from Tiger Woods to Greg Louganis and a variety of other Olympians have used visualization to bring about optimal performance, overcome self-doubt, and give themselves a seemingly unfair advantage over their competition. Now the SportZone series can work for any athlete, from junior competitors to weekend enthusiasts. Yes, you can get more out of your sport, and in the process, get more out of life!

SZ01 ~ USING THE "ZONE" IN YOUR SPORT

When competitive athletes slip into their "zone" everything seems to work just right. Dr. Patrick Porter will help you get to that place where everything comes together. With this process you'll learn to put yourself into a state of "flow," your own personal "zone," so you can stay on top of your game. The "zone" is as easy to access as a deep breath once you have mastered the mental keys.

SZ02 ~ CONTROL YOUR EMOTIONS AND MASTER YOUR SPORT

It has been said that he or she who angers you conquers you; this is true even if the person who angers you is you! With this process you will learn a powerful self-visualization technique for keeping your emotions under control. With this easy technique you will no longer be giving away your power to others and will stop letting anger and frustration get the better of you.

SZ03 ~ SUPER-CHARGE YOUR SELF-CONFIDENCE

What would happen if you could cast out all doubt about your success? You would no longer hope, or believe, or wish it to be so -- you would know it to be so! What if you could rid yourself of all doubt by simply changing your personal history (or at least your perception of it) and developing positive self-talk? You would super-charge your self-confidence, right? Well, that is exactly what you will learn with this process.

SZ04 ~ PSYCH YOURSELF UP AND PERFORM TO YOUR BEST UNDER PRESSURE

With this session Dr. Porter will help you to gain the courage to win. This may sound simple but what separates the best from the rest is mental toughness. You will be given the specific step-by-step strategies you need to perform your best under pressure

now. Your success starts by eliminating "outcome anxiety" and ends with your willingness to visualize success.

SZ05 ~ THE SECRETS OF MENTAL MENTORING REVEALED!

Everyone has an inner champion. With this breakthrough technique you will awaken yours and train it to go to work for you round the clock. Soon your other-than-conscious mind will be finding solutions and achieving goals even while you work, play, and sleep!

SZ06 ~ SET GOALS LIKE A PRO

In this process Dr. Patrick Porter teaches you the secrets of full-sensory goal setting. You will develop the concentration to focus on daily, weekly and monthly goals and develop such self-discipline that others will be amazed at your determination.

SZ07 ~ FEEL THE PRESSURE AND WIN!

Whether you perform well under pressure or not, in this process Dr. Patrick Porter will help you learn ways to transform negative pressure into an iron will. Your other-than-conscious will then use that newfound inner strength to create results for you in sports and in life. Imagine how your body will respond when you train your brain to cast out doubt and step into the "zone" where success comes to you easily.

SZ08 ~ BUILD DESIRE, DRIVE AND PERSEVERANCE

In this process you will learn how to create a compelling future and then draw that future to you like a powerful magnet. You will mentally train yourself to generate resources where and when you need them the most whether it's on the tee-box, a tennis court, a football field, or in your own backyard.

SZ09 ~ THINK LIKE A CHAMPION

Have you ever wondered how champions think? What goes through their minds just before a game-winning field goal or a high stakes putt? In this process Dr. Patrick Porter will reveal all the leadership skills of a professional athlete so you, too, can have the confidence and determination you need when you need it the most.

SZ10 ~ LESSONS IN SPORTS, LESSONS IN LIFE

Dr. Patrick Porter will help you design your own creativity generator. You will build problem-solving skills, work through specific scenarios, and see yourself achieving every one of your life goals. You will use the mental toughness developed in your sport to gain that same edge in your personal life.

BLUE SKY SERIES

THIS SERIES IS INTENDED FOR FLIGHT PROFESSIONALS ONLY.

The airline industry has long been considered a “glamour” industry, but those working in the business know that, once it becomes your job, you are in a constant battle to maintain the health of your body and mind. An airline professional’s stress can come in many forms—from dealing with exhausting schedules and unruly passengers to the underlying fears related to travel during uncertain times. For this reason, NewReality, and its founder, Dr. Patrick Porter, have created the Blue Sky Series, which is designed to help airline professionals regain balance in their lives through deep relaxation and creative visualization techniques delivered through its proprietary NXTLynk PAD (personal achievement device).

BSS01 ~ SLEEP ON ANY SCHEDULE

In the airline industry, flying across time zones, arriving late at night, and being expected to awaken early the next morning are all part of the job. While the occasional traveler is able to get over jet lag with relative ease, in the airline business, jet lag is part and parcel to a day’s work. Unfortunately, this regular disruption of the sleep cycle can result in chronic fatigue, headaches, body aches, and a lowered immune system. Now, for the exhausted airline employee, Dr. Porter has designed a visualization technique for deep, restful, uninterrupted sleep—the kind of sleep that renews and invigorates. You will quickly discover how, through the power of your mind, you can take control of your sleep cycles for balance and good health.

BSS02 ~ CLEAR OUT FLIGHT NOISE AND RETURN TO HEALTH

With this visualization, you will be guided through some mental balancing processes to help you deal with the impact of that constant barrage of jet engine noise. During the process you will clear your mind, reset your attention, and focus on health. During the process you will learn to de-stress, relax, and have fun after a flight.

BSS03 ~ PLANNING AN OPTIMISTIC FUTURE IN FLIGHT OR ON THE GROUND

Studies have shown that as many as 80% of flight attendants are taking anti-depressants to help them cope with the stress of their jobs and related lifestyle challenges. During this visualization, Dr. Porter will guide you through a series of techniques designed to get you thinking and feeling positive about yourself, your career, and your life. The path to total wellness starts with a thought, and this session will help you focus on the thoughts that will lead to you to vibrant emotional and mental health.

BSS04 ~ FLIGHT TIME EATING HABITS

Because of the nature of the airline industry, it is natural for you to be in a hurry most of the time. However, this doesn’t have to translate to poor eating habits. Dr. Porter will be guiding you through a proven time-management visualization that will also have you setting health priorities, making good food choices as a part of your daily routine, and building a self-image for a healthy, vibrant you.

BSS05 ~ IN FLIGHT CALM IN ANY SITUATION

In this powerful process, you will learn a quick and easy way to regain control of yourself physically, mentally, and emotionally, even after you have been exposed to severe turbulence or any other fear-inducing event. While others can afford to be afraid, you must be the calming, reassuring voice of reason. You will gain the confidence you need so that others will see you as a source of support during any flight situation.

BSS06 ~ BUILDING YOUR EMOTIONAL SHIELD

Helping to deliver people across the country or around the world is a big responsibility. During this visualization, you will discover the healthiest way to manage this type of burden. Dr. Porter will help you to build a necessary emotional shield, even if you have a tendency to take on other people’s issues and not let them go.

BSS07 ~ REMOVING THE STRESS OF EMERGENCY SITUATIONS

During times of high-level stress, it’s normal to feel your heart rate increase, for your hands to turn cold, or for your blood pressure to rise. These reactions are all part of our built-in fight or flight response. Without a healthy way to deal with emergency situations, such as a passenger’s health issues, an unruly traveler, or an emergency landing—and without the tools to deal with the post trauma of such events—it can be devastating to your physical and emotional health. During this process, you will learn how to create the relaxation response and gain the mental skills necessary to clear out these memories so that, once the crisis is over, you can return to a balanced life.

INSOMNIA SOLUTIONS SERIES

Studies show that insomnia is the most common sleep disorder in the United States. About one-third of the adult population has experienced insomnia at some point, and approximately ten percent experience debilitating side effects such as daytime drowsiness, irritability, lack of concentration, or poor memory. When the body doesn't get the deep sleep it needs to recharge and rebuild, the immune system can suffer as well. As frustrating as insomnia may be, there is a solution. In this series, Dr. Patrick Porter, PhD. will help you discover how, by using creative visualization and relaxation (CVR), you can quickly and easily return to a natural sleep cycle and regain your health and vitality.

IS01 ~ SLEEP DEEP AND AWAKEN RECHARGED

When people consider treatment for insomnia, they tend to think first of sleeping pills. But in reality, you already possess the most powerful pharmacy on earth - the human mind. Through the power of thought, your brain can release into the bloodstream any number of 30,000 different neuro-chemicals. Today, Dr. Porter is going to show you how, by using creative visualization and relaxation (CVR), you can dispel the pressure and frustration associated with insomnia and attain restful sleep. You will discover new ways to focus on your innate ability to fall asleep and allow deep delta sleep (the most restful form of sleep) to come naturally.

IS02 ~ PLANNING A RESTFUL NIGHT'S SLEEP

In this process, Dr. Porter will teach you to look forward to sleep. You will train your mind to think differently by removing all anxiety at the approach of sundown, throughout the evening hours, and at bedtime. During this visualization, you will re-associate with the dreamy, drowsy state of sleepiness you've experienced in the past so that you can master the ability to sleep without the aid of medications. Even if your problem started with anxiety or panic attacks, you will experience the release of both and eliminate negativity from your sleep cycle.

IS03 ~ MAKING PEACE WITH YOUR BODY FOR DEEP RESTFUL SLEEP

People who have trouble sleeping tend to be the same people who try to control situations, people, and events that are beyond their control. With this CVR session, Dr. Porter will help you put your life into perspective so you can rediscover your natural sleeping patterns. You will release the unconscious need to react with fear, both consciously and unconsciously, about any situation that is not within your control. At the same time, through the relaxation response, you will be making natural physical changes (slowing your heartbeat, lowering your blood pressure, regulating your breathing) to prevent the panic attacks that may otherwise arise during light stages of sleep. You will find yourself drifting

peacefully into deep delta sleep and awakening in the morning feeling rested, relaxed, and renewed.

IS04 ~ SLEEP DEEP & LET GO OF UNWANTED FEARS

During deep relaxation and sleep, physical changes occur that are a natural part of the process of falling into slumber. Feelings such as floating, being in a trance, or of a slowed heartbeat are common. These are natural parts of the sleep cycle. You will learn to allow these changes to guide you into deep sleep. Dr. Porter will teach a simple visualization and relaxation technique that will lead you into deep delta sleep - the deepest, most rejuvenating kind of sleep there is. These two simple words you will train your brain to fall fast asleep.

IS05 ~ GOING WITH THE FLOW DAY & NIGHT

In this session, Dr. Porter will help you to eliminate the fears and frustrations that may be keeping you from a good nights rest. You will learn to think differently during the day so you can rid yourself of anxious thoughts and worries. At the same time, new thought patterns will disrupt past conditioning that may be causing you to physically react to stressful situations. Since you will no longer be mentally escalating negative thoughts and emotions during the day, you will be free to sleep comfortably all night long.

FREEDOM FROM ADDICTION SERIES

Addiction comes in many forms, but the underlying cause remains the same. For every addiction there is an underlying positive intention that the mind is trying to fulfill. Now you can use the power of your mind through creative visualization and relaxation (CVR) to find more appropriate ways to satisfy the positive intention without the destructive behaviors of the past. Dr. Patrick Porter's groundbreaking CVR program for overcoming addiction can work for just about any addiction.

FA01 ~ PERSONAL RESPONSIBILITY & WORKING WITH YOUR OTHER-THAN-CONSCIOUS MIND TO MANAGE YOUR LIFE

Most people who struggle with addictions have, in reality, simply lost their power of choice. Dr. Patrick Porter will help you discover why trying to force a change with willpower only perpetuates the problem and how visualization is what will lead you to realization and freedom. You will discover how, by tapping into the power of your mind, you can rebuild your confidence (even in uncertain times) and bring into your consciousness (with sufficient force) the appropriate memories and choices that will lead you to living the addiction-free life that is your birthright.

FA02 ~ TAPPING INTO A POWER GREATER THAN YOU TO RESTORE SANITY TO YOUR LIFE

With years of clinical experience, Dr. Patrick Porter has found that those who are willing to turn over their addiction to a greater power find the transition to addiction-free behavior easier, and they are far more likely to achieve lasting results. It has been repeatedly proven that, upon a simple cornerstone of faith, a spiritual structure of strength and resolve can be built. During this process, you will use your own concept of this higher power to re-frame your past, and you will start today to live the life you were born to live.

FA03 ~ RELEASE YOUR PAST & EMBRACE THE POWER OF CHANGE

In this process you will mentally make a decision to turn your will and your future over to the care of the creator, as you understand that creative force to be. During this visualization, you will release the bondage of the past so that this force for good may better do its will. By planning one day at a time, you will find that your challenges and stressors fall away as you create daily victories over them. Relax and bear witness to the flow of life, and it will help you tap into its power, love, and grace; your addiction-free new way of life will be the natural by-product.

FA04 ~ TAKING A FEARLESS MORAL INVENTORY

Every behavior, even those that are negative, has a positive underlying intent. Dr. Patrick Porter will guide you through the

process of discovering your positive intention and developing more appropriate ways of meeting it. You will experience a mental cleansing as you realize that, in the past, you did the very best you could with the information you had at the time. Today you will open to the truth about who you are and experience the release that comes when you forgive yourself. Once you search out your flaws, you can make a daily plan for avoiding what in the past caused your failure. You will soon be embracing your life free from addiction.

FA05 ~ DEVELOPING THE COURAGE TO EXPRESS AND RELEASE THE PAST

During this powerful visualization, you will gain the courage to express your regret to those you have wronged in the past. Even though this is perhaps the most difficult step, it is also the most liberating. No one likes to discuss defects with others; however, this is exactly what is needed to create the new state of balance in your life. This session will also take you through a visualization where you can communicate your request for forgiveness to those who are no longer in your life or are deceased. Dr. Porter will help you to rediscover the balance within yourself as you take this important step in the mental healing process.

FA06 ~ DISCOVERING THE POSITIVE INTENT BEHIND OLD BEHAVIORS


It is human nature to stay attached to old habits even when those habits are no longer working. Fortunately, once you uncover the underlying positive intention behind the old behaviors, you can easily learn to meet those needs with new, more appropriate habits. Dr. Porter will guide you through this inner battle between old habits and new behaviors, and you will come out the other side with positive new insights. You will release the emotional pain of the past and create the balance essential to making changes in your life one day at a time.

FA07 ~ HUMILITY, YOUR KEY TO LASTING CHANGE

Cultivating humility, along with letting your greater power work in your life, is perhaps the least discussed in addiction recovery groups, yet it is probably the most potent as it relates to lasting life changes. Humility embodies the miracle of transformation, and all it takes is turning over to your higher power the old unhealthy thinking patterns. After all, it was your best thinking that brought you to where you are now. If your best thinking could have helped you out of this situation, it would have already happened. In this session, Dr. Porter will help you re-frame the past, foster a positive mind-set, and mold the present into a healthy agent for change.

FA08 ~ TRYING NEW THINGS FOR A NEW BEGINNING

Tapping into the power of your other-than-conscious mind goes beyond doing what you have always done. To be liberated from the defeatist attitude of the past, you must embrace change and



try new things. It has been said that if you are a craftsman with only a hammer, you will think everything is a nail. The key to lasting change is in having options. There is nothing wrong with persistence, but those who have created a life free from addiction have done so by developing new ways of thinking and acting. In this session, Dr. Patrick Porter will guide you through the resource organizer where you will discover skills you didn't even know you had. From this place, you will gain trust in the power greater than yourself and learn to create whatever new tools you need to accomplish your goals.

FA09 ~ SOCIAL HOUSECLEANING FROM THE INSIDE OUT

During this session you will visualize cleaning up all the bruised relationships and the pockets of guilt, pain, fear, resentment, and sadness that are stored inside, stuck to shameful past deeds. Dr. Porter will help you through this mental healing by guiding you to that power greater than yourself where you will release the past hurts that may be stopping you from loving other people and yourself. You will learn to trust in the guidance of your higher power right now, in the present.

FA10 ~ BECOMING A BRIDGE-BUILDER FOR MORE POSITIVE RELATIONSHIPS

Being a bridge-builder means that cleaning up your past becomes a way of life. As you enter this working relationship with your other-than-conscious mind, Dr. Porter will guide you through your next step, which is to grow in understanding and effectiveness. This is no overnight matter; it will continue for the rest of your life, one day at a time. With this realization you will learn to be vigilant over the part of you that wants to hold on to selfishness, dishonesty, resentment, and fear. When these crop up, you will trust the power greater than yourself to remove them. As you learn to trust this power, you will resolutely turn your thoughts to another person you can help. Building the bridges of love and tolerance of others are now part of your internal code.

FA11 ~ LET GO AND GO WITH THE FLOW

In this process, you will create an internal compass to help you stay the course free from addiction. Dr. Porter will teach you techniques to keep you grounded in reality so that the old attitudes, behaviors, or beliefs that brought out the addictive behaviors stay at bay while new more appropriate behaviors are formed. You will learn to keep your options in a safe place by keeping conscious contact with that power that is greater than you. By learning to relax, you maintain this conscious contact with your higher power and continually carry out what it leads you to do. In that path, you will find the serenity and joy that give you balance in life.

FA12 ~ TAKING CARE OF TODAY BY PLANNING A BRIGHT FUTURE

Dr. Porter will help you stay focused on the most important moment in time, NOW. By taking care of today and staying with a one-day-at-a-time philosophy, you can look forward to a bright

and compelling future. This visualization will open you to unlimited possibilities as you make your mind available as a tool for sharing your recovery success on a daily basis.

FA13 ~ STAYING CONNECTED TO YOUR HIGHER POWER

The real secret to remaining free from addiction for a lifetime involves a spiritual awakening. When Dr. Porter did his research, he found that those who stayed connected to this infinite stream of intelligence stayed free from the addictions of the past and kept a fresh perspective on today. Problem solving takes on a new level of creativity when you are connected to this power greater than yourself. You will learn a simple technique that is already being used by thousands to stay connected. You will also be amazed by how simple it is when you trust in the process of change.

VIBRANT HEALTH SERIES

Of all the cells in your body, more than 50,000 will die and be replaced with new cells, all in the time it took you to read this sentence! Your body is the vehicle you have been given for the journey of your life. How you treat your body determines how it will treat you. Taking good care of your body will go a long way in ensuring that your life is active, happy, and full of positive experiences. Dr. Patrick Porter (PhD) will show you how, by using creative visualization and relaxation (CVR), you can recharge and energize your body, mind, and spirit. This series is for people who are looking for more than good health; it's for those who will settle for nothing less than vibrant health!

VH01 ~ STAYING FOCUSED ON THE PRESENT

Your emotions can either help your body stay healthy, or they can be the cause of disease. Negative feelings such as regret, worry, or anxiety about an upcoming event not only waste your life, but also add stress to the body, which makes you more susceptible to disease. In this CVR process, Dr. Porter will help you stay present and focused on the beauty of each moment and the gift each minute offers you.

VH02 ~ VISUALIZE A HEART-HEALTHY LIFESTYLE

Heart disease is not just a male issue, it is the top killer of American women. To protect your heart, you need a plan that includes movement, a healthy diet, and a positive mental attitude. You use an average of 43 muscles to frown and only 17 muscles to smile. You'll find smiling even easier now that you are taking an active roll in protecting the health of your heart. During this CVR session, Dr. Porter will show you how to celebrate the energy, passion, and power that are your birthright.

VH03 ~ JUST DO IT!

Did you know that our human bodies recreate our skeletons every three months, we get an entirely new skin each and every month, and our bodies are brand new within two years? This means that the only thing getting older is our thoughts. Exercise is proven to help you live a longer, happier, and healthier life. The body needs movement for vibrant health. Have fun moving it, or there is a chance you will lose it!

VH04 ~ UNLOCKING THE HEALING FORCE OF POSITIVE THOUGHTS

You are what you think about all day long. If you want to feel and look great, monitor your thoughts closely to ensure that you are thinking only positive, forward-moving thoughts. Dr. Porter will teach you a visualization technique that will help you catch negative thoughts before they can harm you and then turn those thoughts around into a positive affirmation. These positive new thoughts will allow a stream of vibrant health to flow into your life.

VH05 ~ PLANNING A HEALTHY DIET FOR VIBRANT HEALTH

How do you think your life would change if fresh, healthy, and live foods were the foods you craved? In this process, you will visualize a healthy lifestyle where the live foods are appealing to you, and the processed and fast foods are a big turn-off. Health care practitioners will tell you that you have to provide your physical body with high quality fuel if you want it to run properly. Planning to eat a healthy, chemical-free, fiber-rich diet high in vital nutrients is the first step to vibrant health.

VH06 ~ TRAIN YOUR BRAIN TO GIVE YOU ADEQUATE REST

During this CVR session, Dr. Porter will teach you to move through the wide-awake state of beta, into the relaxation state known as alpha, and then into the creative state known as theta. From here you will easily train your brain to provide you uninterrupted sleep. Science has shown that for sleep to be healing and rejuvenating, you need to engage the REM pattern. REM sleep is your nervous system's way of healing and refueling your body. Also, if you're feeling sluggish, this session will energize your body and give you the benefits of a short nap. Of course, any chronic sleep problem should be reported to your health care provider.

VH07 ~ PROBLEM SOLVING FOR VIBRANT HEALTH

A sharp mind is essential to optimum brain health, and mental exercise and brain stimulation are the keys to maintaining an active mind. The brain creates unhealthy neuro-chemicals whenever you are focused on problems. By placing your attention on solutions, you encourage your brain to create the healthy neuro-chemicals that make you feel good. During this visualization, Dr. Porter is going to challenge your mind to expand, grow, and learn from your past experiences. Using your inventive mind, you will find solutions to your most pressing problems. You will gain the skill of essentially flipping the switch to healthy thinking at will—even in the most difficult situations.

VH08 ~ SUPERCHARGE YOUR MEMORY & CONCENTRATION

Not only is creative visualization simple and fun, it also has been known to slow your heart rate, reduce your stress level, help you become present in the moment, enhance your spiritual faith, and increase your feelings of peace, serenity, and joy. As a natural side benefit, your memory and concentration will improve. During this CVR session, Dr. Porter will teach you simple tips for improving your everyday memory of names, addresses, events, and whatever else you wish to remember. You will gain confidence in knowing that your memory is getting stronger and your brain is staying healthy as you move through this journey we call life.



VH09 ~ SURROUND YOURSELF WITH A GREAT SUPPORT SYSTEM

Whether family, friends or coworkers, the company you keep plays a key roll in the health of your mind and body. Dr. Porter will give you tactful ways to keep yourself surrounded from every side with positive-minded, healthy people who are on your team—people who will care for, support, love, respect, and appreciate you as you reach your goal of vibrant health.

VH10 ~ RELEASE TENSION AND CREATE RELAXATION

VH11 ~ EATING MORE FIBER FOR BETTER HEALTH

VH12 ~ MAKING POSITIVE DECISIONS

VH13 ~ INCREASE YOUR CONCENTRATION FOR MENTAL CLARITY

VH14 ~ MEMORY TIPS FOR SOUND HEALTH

WEALTH CONSCIOUSNESS SERIES

Service to Humanity is Service to Divinity

Inspired by the principles of Napoleon Hill's Think and Grow Rich.

WC01 ~ START EACH DAY WITH PURPOSE AND PASSION

"Imagination is the workshop of your mind, capable of turning mind energy into accomplishment and wealth."

– Napoleon Hill

Napoleon Hill understood that people don't plan to fail; they fail to plan. Successful people know where they are going before they start and move forward on their own initiative. They have the power of intention, or what Napoleon Hill called "mind energy," on their side. Dr. Patrick Porter (PhD) will guide you in using this power of intention to focus your imagination on the success and prosperity you desire.

WC02 ~ COMMIT TO A LIFE SPENT WITH LIKE-MINDED PEOPLE

"Environment is the mental feeding ground out of which the food that goes into our minds is extracted."

– Napoleon Hill

Together with Dr. Patrick Porter, you will use the power of intention to draw to yourself mastermind alliances that will support your dream. You will visualize setting up and using these mastermind alliances to help you attract goal-oriented people and create your success environment. Dr. Porter will train you at the other-than-conscious level of the mind to seek out two or more like-minded people who have purpose and are working toward a common objective. You will be activating what Napoleon Hill termed the "third mind," or group intelligence, to increase the energy of success and make it available to your group. With each visit to this level of the mind, your mastermind alignment will grow stronger.

WC03 ~ TRUSTING THE POWER OF INFINITE INTELLIGENCE

"Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements."

– Napoleon Hill

Do you sometimes feel as though negative thoughts and fear of poverty have control over you? During this CVR session, Dr. Porter will guide you through the principle of applied faith. With mental practice, you will align with Infinite Intelligence and learn to trust in the unfolding of your soul's plan. You will create scenarios where applied faith is your watchword and worry and fear are vanquished. All conditions are the offspring of thought, and you find it natural to visualize and realize the thoughts and actions that bring wealth and riches into your life.

WC04 ~ EXCEED EXPECTATIONS—SERVE OTHERS, SERVE YOURSELF

"It is literally true that you can succeed best and quickest by helping others to succeed."

– Napoleon Hill

Imagine awakening each day aware that every seed you sow will come back to you as overwhelming abundance. In this session, Dr. Porter will help you to harness this law of reciprocity. You will become motivated by a help others mindset. This feeling of service will magnetize wealth and abundance to you. You will be guided through scenarios where you discover the vastness of your mind's potential. You will be inspired to step up and be one of the great ones who understand that successful people are those who serve others.

WC05 ~ TRANSMIT A PLEASING PERSONALITY TO THE WORLD

"The best way to sell yourself to others is first to sell the others to yourself."

– Napoleon Hill

How might other people respond to you if you radiated enthusiasm in your thoughts, feelings, and actions? Dr. Porter will prove to you that the sun always shines in the recesses of your mind, and during this creative-visualization process, this radiant light that is your true personality will be invited out for all to see. With mental practice, you will learn to smile each morning as soon as your feet hit the floor. Every day you will decide that it's the right day for a positive mental attitude. The negative thoughts of others will roll off your back like water off a duck. It's easy to draw wealth and abundance to you when you show up with a pleasing personality.

WC06 ~ HARNESS THE POWER OF PERSONAL INITIATIVE

"The world has the habit of making room for the man whose actions show that he knows where he is going."

– Napoleon Hill

Self-motivated people tend to be the happiest and most successful. Starting with the first listening of this creative-visualization process, you will gain the behaviors of a self-starter. Once you've established this energizing habit, you will know what needs to be done and do it. Each morning a newfound personal initiative will inspire, motivate, and guide your success. Others will be amazed as you exceed their expectations. Perhaps even now you can sense the power that comes from self-motivation.

WC07 ~ CLAIM YOUR RIGHT TO A POSITIVE MENTAL ATTITUDE

"Man, alone, has the power to transform his thoughts into physical reality; man, alone, can dream and make his dreams come true."

– Napoleon Hill

Between the news, television programming, and the naysayers in life, it can be difficult to stay positive. During this visualization, Dr. Porter will show you how easy it is to maintain a positive mental attitude even around the most difficult people. The greatest riches in the world come from the heart. From your heart you will uncover the positive attitude that resides in that place where you dream. You will eliminate negative and unproductive thoughts, enhance your relationships, balance your life, and make your dreams come true.

WC08 ~ YOUR KEY TO SUCCESS CONSCIOUSNESS

"Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything."
– Napoleon Hill

Desire creates enthusiasm, which fuels determination and leads to success. During this visualization you will tap your "pulsating desire" to win—that wellspring of physical energy that we call enthusiasm. Sound health begins with the high energy of a positive attitude, and during this visualization, you will cultivate both wealth and health consciousness. You will discover the connection between thinking and acting, and you will understand that to be enthusiastic you must act enthusiastically. This desire to develop success consciousness will give you the open mindedness that Napoleon Hill speaks of in *Think and Grow Rich*.

WC09 ~ GRASP THE POWER OF THOUGHT AND ORDAIN YOUR DESTINY

"You might well remember that nothing can bring you success but yourself."
– Napoleon Hill

In this visualization you will harness self-discipline, which Napoleon Hill called, "taking possession of one's mind." The desire to control everything and everyone else seems to be human nature, but in reality, your thoughts are all you have control over. Now, at the other-than-conscious level of the mind, you will create the habit of choosing your thoughts and actions and controlling your emotions. This new habit will stoke the inner fire that channels your emotions and ordains your destiny. Get ready to take charge of your life as you realize that your thoughts are what create the world around you.

WC10 ~ TUNING INTO INFINITE INTELLIGENCE FOR ACCURATE THINKING

"Accurate thinkers permit no one to do their thinking for them."
– Napoleon Hill

When you cast out all doubt, all that can remain is the truth. During this visualization, Dr. Porter uses the principals of *Think and Grow Rich* to provide you a thought experiment that separates fact from mere information. Napoleon Hill says to master accurate thinking you have to separate facts into two classes—important and unimportant. By doing so, you can think accurately and make effective decisions. You will learn to trust

your connection with infinite intelligence just as other accurate thinkers do—by thinking for yourself. This process will give you the time to examine information, build discernment, and make the decisions that shape your destiny.

WC11 ~ AWAKEN THE SEED OF ACHIEVEMENT

"Like the wind that carries one ship East, and another West, the law of auto-suggestion will lift you up or pull you down, according to the way you set your sails of THOUGHT."
– Napoleon Hill

Now you can arouse the sleeping seeds of greatness that will carry you to heights you might never have dreamed possible by triggering inner resources you may not have known you had. The key to this process is controlled attention. By learning to fix your attention on what you want, instead of what you don't want, you will discover the natural law of plenty. Achieving wealth, prosperity, and harmony will be the natural byproduct of such thinking.

WC12 ~ HARNESSING THE POWER OF COOPERATIVE EFFORT

"The successful leader must understand and apply the principle of cooperative effort and be able to induce his followers to do the same."
– Napoleon Hill

With wealth comes courage and leadership, and in today's world that means teamwork and self-control. In the past, leaders could dictate by force. In the 21st Century, it takes the willing cooperation of effort to achieve a common goal. During this visualization, you will move beyond mastermind groups into a coordinated effort to work with your team with definiteness of purpose and absolute harmony.

WC13~ FIND THE SOLUTION TO ANY PROBLEM

"Remember: every defeat, every disappointment and every adversity carries with it the seed of an equivalent or greater benefit."
– Napoleon Hill

The difference between success and failure can be as simple as a thought. Dr. Porter will teach you to use your other-than-conscious mind to close your internal door to all failures of the past so your mind can operate in the right thinking zone. Albert Einstein was fond of saying, "You can never solve a problem on the level at which it was created." What Einstein understood is the power within the other-than-conscious mind to brainstorm, dream, and dwell on solutions instead of problems. Now you can develop this positive attitude about problems and learn to see them for what they really are—temporary setbacks and steppingstones to success.

WC14 ~ TAP INTO THE CREATIVE VISION OF INFINITE INTELLIGENCE



“The imagination is the workshop of the soul wherein are shaped all plans for individual achievement.”

– Napoleon Hill

Wealth consciousness belongs to those who go the extra mile by working smarter not harder. In this creative visualization, Dr. Porter will help you make the inner connection with infinite intelligence, the guiding force in the universe that builds the inner faith to dream the incredible and accomplish the impossible. Through this inner faith all facts great and small are revealed and the pathway to wealth is illuminated.

WC15 ~ HEALTH CONSCIOUSNESS, WEALTH CONSCIOUSNESS

“If you think you’re sick, you are.”

– Napoleon Hill

There is a universal truth that what the mind dreams about the body brings about. Balance in mind and body is key to wealth consciousness. In this process, Dr. Porter will show you the relationship between the unseen power of your thoughts and your physical health. You will plan a life of wealth, health, and abundance from the inside out. You will discover the mental secrets that eliminate illness-thinking and provide the positive mental attitude for a well-balanced, healthy life.

WC16 ~ EMPLOY THE POWER OF TIME FOR WEALTH CONSCIOUSNESS

“Tell me how you use your spare time and how you spend your money, and I will tell you where and what you will be ten years from now.”

– Napoleon Hill

Each of us has the same 86,400 seconds a day. In this program, Dr. Porter will help you engage the time management secrets of budgeting your time, energy, and money. With the power of your other-than-conscious mind, you will plan the balanced life that will have you thriving while achieving your wealth goals. You will discover how the captains of industry used assertiveness and diplomacy. You will keep the dream stealers and time bandits out of your life so that you can keep your eye on the prize and enjoy the ride to riches.

WC17 ~ BUILD YOUR WEALTH ONE HABIT AT A TIME

“You are where you are and what you are because of your established habits and thoughts and deeds.”

– Napoleon Hill

Choice is one of the greatest powers we have, yet few use it. You will learn to break destructive habits and build the habit of wealth. Just as nature adheres to strict laws, the person of wealth lives by an established pattern of excellence. Making positive choices becomes a driving power in your life because you are mastering the power of thought. Your other-than-conscious mind will now be your guide in the process of building unlimited wealth.

ALCOHOL FREE SERIES

Patrick Porter, Ph.D. is the creator of Hidden Solutions, a program offered by the Arizona Health Council to help DUI offenders reclaim their lives. Now you can learn the hidden solutions that reside within you - solutions that can free you from your desire for alcohol for good.

You'll learn to transform your alcohol addiction into something far more positive - an addiction to a healthy, balanced lifestyle. All you'll need to do is relax with these processes, which are based on Dr. Porter's personal experiences with this own addictive family and the twelve-step method that helped them heal.

You'll quickly discover that the life you desire is within reach once you take control of your future - once you tune into the unlimited power that is far greater than your conscious mind.

AF01 ~ BREAKING BELIEFS & BEHAVIOR PATTERNS

Alcohol is a killer addiction that is often at the core of many psychological, emotional and relationship problems. In this CVR session, Dr. Porter will guide you in evaluating the problem from the creative right side of the brain where new options can be realized and implemented. Then, with mental rehearsal, your logical left brain will show you how to use these solutions in your everyday life.

AF02 ~ RECLAIMING YOUR POWER

The first step in AA is to admit that you are powerless over alcohol and that your life has become unmanageable. Now that you have chosen to be alcohol-free, it's time to retain your brain, which is a goal-striving organism that needs direction. You will achieve your goal by building your plan and then planning to succeed. By using this dynamic CVR process as a step-by-step guide, you will allow your other-than-conscious mind to guide you into a life where alcohol has no claim on you.

AF03 ~ MOVING FROM FEAR INTO POWER

Every successful recovery starts with the belief that a power greater than one's conscious mind can restore sanity. As you learn to trust in this guiding force, you will release the fear and frustration of the past. From there, it becomes easy to take back your power and create a healthy lifestyle free from alcohol.

AF04 ~ USING THE POWER OF INTENTION

Now that you have made the decision to turn your will and your life over to the care of your –other-than-conscious mind, you can rid yourself of the behaviors of the past and step into the alcohol-free life you were born to live. You will discover ways to de-stress, re-focus and enjoy life more fully each day, one day at a time.

AF05 ~ TUNING INTO THE POWER OF CHANGE

It has been said that those who do not learn from the past are doomed to relive it. In this process you will admit to yourself (and to other human beings) the exact nature of your wrongs. Since the brain doesn't know the difference between real and imagined, you can take this difficult step toward forgiving yourself – a step that will ultimately free you from the guilt of past behaviors.

AF06 ~ GAINING FREEDOM FROM ALCOHOL

In previous processes you made a fearless moral inventory of yourself and your life. Now it's time to take a safe and easy step-by-step approach to freeing yourself from alcohol. The truth is that you are more capable than you think. It's now time to eliminate any negative thinking that may be keeping you tied to the debilitating efforts of alcohol. Learn to forgive, forget, and move on with this unique healing process.

AF07 ~ LIVING LIFE ALCOHOL FREE

Now that you have developed a powerful new mindset, you are ready to have any defects of character removed. Imagine the freedom, self-confidence, and success you will experience now that you have conquered the alcoholic behaviors of the past. Mentally rehearse living the rest of your life in health, wealth, and vitality with this calming process. It all starts with a commitment to living your life from the highest moral ground.

AF08 ~ REBUILDING YOUR LIFE

By now you have likely realized that you have always done your best given the limited knowledge you had available. The good news is that while going through this CVR series, you have been slowly and humbly removing your shortcomings. Now that you have discovered the freedom of choice, you will use this process to come to the conclusion that leading an alcohol free life will be good for you and good for your family. How wonderful for you to talk tall and proud without ever again using alcohol as a crutch!

AF09 ~ TAKING RESPONSIBILITY

Use CVR to take control now so you can achieve the life of your dreams. You have within you untapped talent and skills that you have yet to realize. Dr. Porter gently guides you through this healing process of visualizing all people you have harmed, and making amends to them all. You will do this first in your mind and then, if appropriate, in the physical world.

AF10 ~ ELIMINATING NEGATIVE SELF-TALK

You might not be able to make direct amends to all the people you have hurt; however, you can rid yourself of those harmful behaviors and step into the alcohol-free life you were born to live. Learn to de-stress re-focus, and enjoy life more fully each day while you leave the shame and guilt of the past in the past.



AF11 ~ CLEAN, HEALTHY & LOVING IT!

Once you have made it this far, imagine how great you will feel about yourself. One day at a time, you will have finally, once and for all, conquered alcohol – an impossible task made possible once you found the will to take up the challenge. This is a time for celebrating the brand-new mindset you have created – one that will keep you clean and sober even in the most difficult times.

AF12 ~ MIND & BODY SOLUTIONS

As you work to create the mind-body connection of health and wellness, a deep inner knowing of your true self will develop, keeping you focused on the best outcomes for you, your body, and everyone concerned.

AF13 ~ AWAKENING TO A NEWREALITY

In this final process, you will develop a deep desire for honesty along with the ability to take personal inventory and recognize when you are wrong. Now that you have had an awakening as the result of these processes, you will develop a lifelong desire to practice these principles in all your affairs. Now that you know that if the mind can conceive it, you can achieve it, the possibilities for our life are virtually limitless!

