



mindvalley academy
masterclass

WORKBOOK

Bending Reality: How To Influence
The World With Your Consciousness

with Vishen Lakhiani

Bending Reality

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YOUR OFFICIAL MASTERCLASS GUIDEBOOK

4 Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualizations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

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Before beginning the Masterclass, please fill in the quiz below, following Vishen's instructions.

On a scale from 0 to 10, please rate where you are right now. 0 being you are nowhere near where you want to be, 10 being you are exactly where you wanted.

Experiences	Rating 1-10
1- Your Love Relationships	
2- Your Friendships	
3- Your Adventures	
4- Your Environment	
Growth	
1- Your Health & Fitness	
2- Your Intellectual Life	
3- Your Skills	
4- Your Spiritual Life	
Contribution	
1- Your Career	
2- Your Creative Life	
3- Your Family Life	
4- Your Community Life	

Write down the 3 categories in which you scored yourself as the lowest. Feel free to elaborate more on them below:

1. _____
2. _____
3. _____

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The next part is for you to take notes while you listen to the Masterclass. Fill in the banks as you progress. These will be the important takeaway points for this session.

1. The 4 Levels of Creation are

1. Victim Stage
2. _____
3. _____
4. Feeling of Oneness

The William Braud Experiment



THE WILLIAM BRAUD EXPERIMENT WAS AN EXPERIMENT WHICH SHOWED HOW ONE PERSON "SENDING" THOUGHTS CAN PHYSIOLOGICALLY INFLUENCE THE STATE OF THE RECEIVER OF THOSE THOUGHTS. IT'S A STUDY WHICH CAN PROVE TO YOU JUST HOW POWERFUL YOUR THOUGHTS ARE ABOUT YOUR LOVED ONES

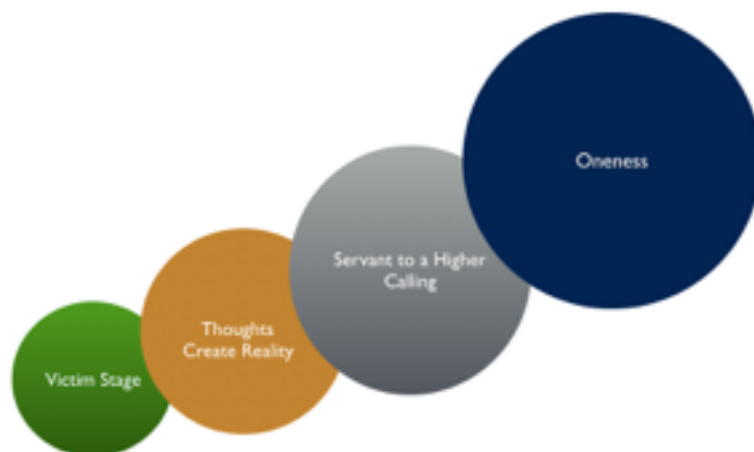


CONSCIOUSNESS SHAPES THE UNIVERSE

Ask yourself: What if....Reality was just an _____ ?

"If you can accept any model of reality, why not choose one that suggests you can literally bend reality with your mind?"

- Vishen Lakhiani

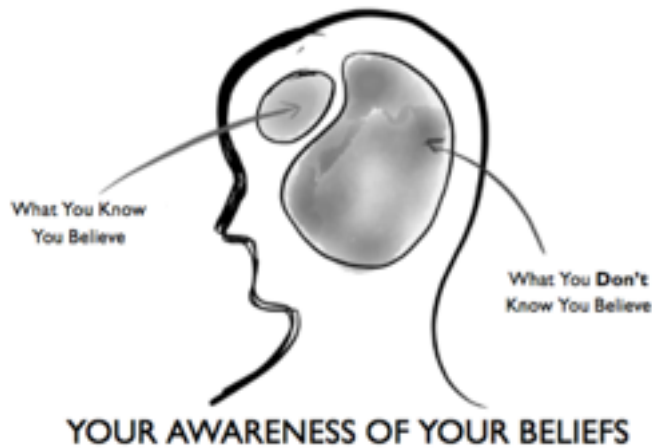


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Level I: Emerging From The Victim Stage

- a. If you are at this stage, you must acknowledge, your beliefs determine your reality; _____ do NOT create reality.



- b. There's a big difference between what you _____ you believe and what you _____ you believe.
- c. Most of our beliefs are _____ and they govern your thoughts.



EMBRACE FOCUS, DIRECTED THOUGHT OVER UNCONSCIOUS CREATION

Daily Tool: Segment Intending

Write down 3 "Wouldn't it be nice if..." statements relating to you and your life TODAY.

1. _____
2. _____
3. _____

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Entering Level II: The Culture Hacker



WHEN YOU FLIP FLOP BETWEEN YOUR WANTS, YOU COUNTERACT YOUR ABILITY TO MANIFEST THE THINGS YOU WANT.

*“Your work is to simply determine what you want”
- Abraham Hicks*

Daily Tool: Creative Visualisation

1. Go into the _____ state of mind
2. See and feel _____
3. Stop feeling the pain and shift to the solution
4. See and feel _____

To amplify the results, don't be attached to _____

Forget the “_____” It breaks down.

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Entering Level III: The Calling

During this process “Inspiration leads to _____”



REMEMBER: “DIPS” CONTAIN AMAZING LEARNINGS AND WISDOM THAT LEAD TO SHARPER RISES IN THE QUALITY OF LIFE AFTERWARDS

Daily Tool: Advanced Training on Creative Visualisation

The Method for how to see and feel the solution

1. What do you SEE?
2. What do you HEAR?
3. What you TOUCH?
4. What do you SMELL/TASTE?
5. How do you FEEL?
6. End with the feeling?



FOR CREATIVE VISUALIZATION, IT'S NOT ABOUT WHAT YOU SEE, IT'S ABOUT WHAT YOU FEEL

Once you begin to focus on the _____, then everything will come to you.

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Creative Visualisation - The Core Exercise

Based on your guided visualization with Vishen, write down any thoughts or feelings worth noting below.

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SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

How do you feel after the Masterclass? What were some of your biggest insights and takeaways?

What are some of the habits and systems that you will incorporate into your daily life so that you can continue to grow through the Levels of Creation?

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SUCCESS STORIES

“I feel completely empowered, renewed and full of life force.”



I found the forgiveness practice has been life-changing. I use it weekly and have been sharing it with others every chance I get. I think this is something so simple and yet so often overlooked. There is so much that we hold onto and carry around with us for the single reason that we haven't forgiven either ourselves or someone else. The amount of energy this practice frees up is amazing — I have experienced so much more freedom from this one simple technique.

Through your system I reconnected to my voice, my confidence and my purpose.

I learned what I needed to do in order to break free of these harmful patterns, step into my own power and chose empowerment and myself. One of the best lessons you taught me was to choose my mission over my career, and my mission is to connect people with information that serves them. Once I identified that mission, I became unstoppable.

I feel completely empowered, renewed and full of life force and I would say that it all started with taking this journey.

~ Leora Katz

“I have spent a lifetime seeking, studying side by side with some of the most influential gurus”

The level of growth I have seen over the past 8 weeks has been unlike anything else I have ever experienced. I have spent a lifetime seeking, studying side by side with some of the most influential gurus you can think of, and not any one of those experiences has given me the level of personal growth and professional leap frogging that this has... and as you read that last statement, I need to clarify what I mean by "professional."



What this has done for me, is it has filled in the blanks where I have had either a misunderstanding or ignorance. Our interaction with others, our place in society and the expectations the powers that be place on us create a false reality that the vast majority have completely submitted to. This program has created a framework that systematically returns the power to us...

This program was my missing link. Those of us who seek enlightenment, desire healing, or simply want to live a graced life free from fear and worry... This is the gateway. May the Divine bless every breath you take Vishen.

~ Chris Holder

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SUCCESS STORIES

“I started seeing EVERY action I perform as a most important thing in my life.”



I'm [making] time each day to listen to you. I take notes and read them while flowing through my day. **I see and feel the genuine truth in your lessons.**

I started seeing EVERY action I perform as a most important thing in my life... I'm constantly improving and getting a huge amount of joy from that. Joy of freedom of being. Now, I'm enjoying writing what I feel...

As a result of all of the above, I've moved further with my projects than for the previous 7 years. It was just 6months.

And if you're still reading my rant, Vishen, ALL of the above would not happen if I didn't stumble upon your PROGRAMS, TALKS and WRITINGS.

I wish you and your company to continue your epic journey of inspiring and awakening — you are truly changing the world,

~ Pavel Kotlykov

“I can say that for me it meets that need to look further for answers so that I can grow and contribute in a meaningful and satisfying way.”

Having been a follower of Mindvalley for a few years now, I can say that for me it meets that need to look further for answers so that I can grow and contribute in a meaningful and satisfying way.

The program has come at the perfect time in my journey, as I have taken the plunge earlier this year to start my own business, based on my passions for helping people to build greater self-awareness, to tap into their innate, authentic best self and to reconnect with their purpose in order to design more rewarding lives and “careers.” At the same time, I want to address business culture, team dynamics and bring about positive change in organizations, based on building harmony and collaboration and tapping into the diversity and individual’s unique contributions.



I love the heart and values-based business model you have built around Mindvalley and would like to bring about positive organizational change in Australia, based on that.

~ Nada Matijevic

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SUCCESS STORIES



“It is [a] very science-based and complete system from start to the end, finally something I can believe and follow it through.”

“I had been studying many self-help systems and books before, so I thought that I knew something already. While I was taking this program, realized that my previous knowledge had not fully digested as my own, and not structured well enough to build a new paradigm can change my life in reality.

This program helped me to recognize my stage of consciousness, then how to escape the career trap and create a life outside of the Brules. And it guided me every week, step-by-step by various scientific approach and proof such as quantum physics, neuroscience, psychology and trusty worth well-known people’s speech and information in all industry such as Steve Jobs, Richard Branson, etc. It feels like you open a hidden door to your private VIP circle and sharing most valuable information with me.

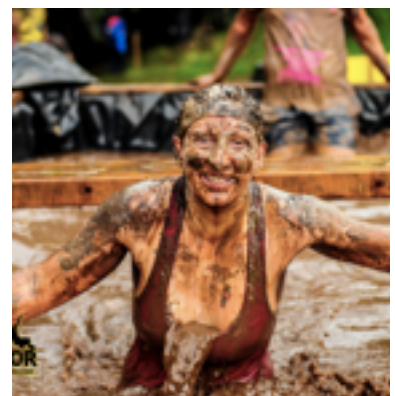
I am sincerely impressed by your knowledge and enthusiasm, powerful energy while you were answering our questions one by one. I practice the bending reality technique in order to not be bothered with other work so that I can join live sessions. It worked out perfectly for [eight] weeks. Also, about the techniques and theories from Delta doorway to Merging, scientific and psychological examples are enough for help me to understand with reason and intelligence. In addition, the techniques are really safe and well design for a delicate human mind like mine.”

~ Sumi Sung

“Experiencing a whole new level of bliss in my life.”

[Become Limitless] answered my question about childhood trauma and directed me to [remove] false childhood beliefs exercise. I spent about [three] hours doing that exercise on all the areas suggested in the exercise.

Since then, I've experienced some huge shifts. Things I've been trying to implement within my business are now moving forward [at] full speed. I've gone from being a one-person business to a new one emerging with a team of five and complete clarity on the big vision that's driving everything forward. There's a huge shake-up going on with all the things that haven't been working and I'm announcing my change of direction in under two weeks time. Have been struggling with this all year and now boom—it's all emerging. Super happy and excited. Experiencing a whole new level of bliss in my life.



~ Tabi Jayne, transpersonal eco-psychologist, Scotland

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