



mindvalley academy
masterclass

WORKBOOK

Reprogramming Your Brain for Success

with Natalie Ledwell

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

1. Negative subconscious beliefs are
2. We adopt our patterns at the age of as a result of
.....
3. The more often our neuropath-ways happen, the more
.....
4. Your thoughts are tainted by
5. Repetition and consistent can change the way
6. The 3 most predominant limiting beliefs we have are
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7. Write down all of the thoughts that you have had around a specific area of life you want to achieve.
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8. Write down all of the thoughts that you will replace those negative thoughts with.

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9. The difference between absolute truth and relative truth is

10. The reason why we often fall back to old negative thought patterns and habits is

11. We need to be very purposeful about what we want to create in our life and the way to do this is.....

12. The two step process is about and

13. Because we are having a such real experience, we are creating a memory of a future event and

14. With the power of your thoughts you can change your

15. Brain scans can show what when going through a metaphysical state.

16. Natalie talks about the benefits of Brainwave entrainment. What are these?

1.
2.
3.

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Use this space for any additional notes you have:

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SUCCESS STORIES

“I’m truly in love with the results in my life”

I'm on track with the goals I've made so far (both before and after getting Mind Movies Matrix). I've even made some new goals for myself that I'm working through as we speak. I've had a few unexpected positive experiences since I started. Honestly, [these have been] with relationships (which has been my major point of focus).

It started with a great idea I got in order to make approaching strangers (girls in particular) easier for me. I started to get great results, and [they became] potential friends within the first night of taking action. Which in turn has made me more confident in myself and brave enough to approach more, while being myself the entire time.

I've also been getting unexpected compliments from friends I made prior to this endeavor. They told me things that they appreciate about myself that I honestly had no idea that anyone else would even dare to notice. It made me incredibly happy, and in turn I've been able to be myself more [confident] around them, and in public (which was a huge problem for me before).

I'm feeling even more excited and motivated each day; making sure I watch my Mind Movies at their appropriate times. I wake up each day, get myself motivated, and when an opportunity presents itself I take it. I even make new opportunities for myself just because I get so AMPED! I'm truly in love with the results in my life, and I thank you for introducing Mind Movies Matrix to me. =)

~ Hassan Erwin

“Mind Movies Matrix utilises cutting edge science that expedites the changes taking place in the brain and in your life.”

I purchased the Mind Movies Matrix, and everything in my life is vibrating in and moving in a positive direction. I am energized, sleeping better, accomplishing more [every] day. I now am focusing my time and attention on [my] wealth and career, although there are positive manifestations happening in every area of my life. Some of it is probably spillover energy, and maybe a boost from the several weeks I was watching and listening to the videos and soundtracks on everything all day and all night, lol!

I could probably write a book about my wonderful experiences and manifestations. I am having people I know and total strangers telling me how great I look, how much they enjoy my positive personality. I know this is coming from the inner changes taking place as I immerse myself in all these fabulous tools. Mind Movies Matrix utilises cutting edge science that expedites the changes taking place in the brain and in your life. I have lost 5 [pounds]. in the last two weeks without any conscious effort. I have had unexpected money come to me. It has not been large sums of money yet, however I do feel that vibration building.

I am working on several projects that have the potential to bring in substantial amounts of money. My suggestion to anyone wanting to make permanent and positive changes in their lives and the lives of others is to run, not walk, to your computer and get these fabulous tools to achieve your dreams! Thank you for your time and attention. I wish that ALL your dreams come true!

~ Gail

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SELF-REFLECTION

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

When was the first time you formed a limiting belief about money? What was your thought process around it?

How will you contribute to yourself and to those around you after you start using the power of brainwaves for your success?

How will your life change when you have become the successful you that you always dreamed of?



To sign up for *Mindmovies Matrix*, Natalie's new course on Mindvalley Academy, please visit <http://mindvalleyacademy.com/store/mindmovies-matrix/special> for more information. Near the end of the masterclass, his new course will be offered at a special price as a thank-you gift for class attendees.