



mindvalley academy  
masterclass

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**WORKBOOK**

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Learn Quantum Jumping

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*with Burt Goldman*

# Learn Quantum Jumping

Masterclass  
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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 deep 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. Why is Quantum Jumping so powerful? .....
2. Quantum Jumping will help you tap into .....
3. Its a really ..... tool to source new .....
4. You will take on a certain ....., quality of the .....
5. Quantum Jumping can be used a a ..... tool.
6. You can create an instant shift in your .....
7. There is an ..... of universes. Infinity is not .....  
In an ..... world there is a you in whatever imaginable position you  
can ..... of.
8. When you use your ....., you understand that  
everything is .....
9. Quantum Jumping is done within the .....  
of your .....
10. Quantum Jumping is real as a ..... in our  
.....
11. What you ..... to be  
true tends to be .....

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12. Quantum Jumping meditation is a ..... of  
.....

13. Energy is .....

14. [Quantum Jumping exercise]

15. As soon as you start Quantum Jumping, ..... will be  
more and more .....

16. The more you ..... this, the more .....  
it becomes, the more ..... the conversations will be.

Use this space for any additional notes you have:

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## CASE STUDIES

### **“This Is Wild And Wonderful”**

I felt incredibly inspired to buy the course as my friend had purchased the first one and shared insights with me.

My life has improved in two clear ways:

1. I can just have fun imagining like I always have, but now knowing it is my imagination that made all my past magic happen and I can just have fun playing in the Quantum Field.
2. I can get relaxed in a moment's notice now — I've never mediated long before as it was boring! This IS NOT BORING! In short, this is WILD and WONDERFUL.

*Marilyn Michael, Canada*

### **“Positive Energy For Building Another Future For Myself”**

I am a survivor of Hurricane Katrina and since that life-altering event, I have been reaching out for every possible tool and benefit that I can attain, in my attempt to rebuild my life and career. I am a multi-disciplinary performance artist, and teacher of various arts education programs of my own creation, formerly in the Orleans Parish Public Schools System.

As most of my work was interrupted by the destruction and closure of the schools and many of the performance venues where I had formerly presented my creation, I had to direct my creativity towards the considerable effort of recreating my artistic life. I am still in that process, and have used many of the visualization, meditation and emotional management techniques you have created in the MindBox, as a way of helping myself on the path.

Along with my yoga and tai chi practice, I have managed to transform most of the rage and frustrations I had felt in the early stages into positive energy for building another future for myself.

*Nanette Ledet, survivor of Hurricane Katrina*

### **“I Have Found An Amazing Teacher”**

I'm really interested in quantum physics, that is why I decided to purchase your course. The great big surprise I did not expect was to find an amazing teacher (my twin) who taught me how to give EFT courses. I visited her only once while I was preparing my exposition to a group. The result was marvellous!!!! I presented an excellent exposition because I felt a special guidance talking to me, telling me exactly what to do in every moment. When I finished giving the course, a wonderful sense of fulfilment came.

I am thankful and happy, I have of course recommended this to all my friends. It really works as it promises! I love Burt and his last name GOLD-MAN.

*Rosalina Garcia, Mexico*

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## SELF-REFLECTION

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

*What did you always want to accomplish? How will you feel when you acquire the skills you need to be successful?*

*How will you contribute to yourself and to those around you after you start vibrating to your highest levels of energy?*

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



***“Quatum Jumping will take you to places you can only dream of.”***

