



mindvalley academy
masterclass

WORKBOOK

Becoming Limitless

with Vishen Lakhiani

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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. In this class you will learn a particular
2. This framework makes you more
3. The world needs right now more....., which are connected to the whole of
4. If you wanna change the world, you start with
5. stages to ascend the framework.
6. The 5 stages of awareness are:
 - Early Man
 -
 -
 -
 - The God Mind

Level 0: Early Man

Level I: Modern Man

- a. This where we started to use to form tribes, & religions.
- b. At this level you start to

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Level II: Culture Hacker

- a. You start to see that and
are nothing more than things which we copy from generations past.
- b. In the words of, you start to see that everything around
you that you call life is made up by people no smarter than you ... can change
..... and them.

Level III: State of Limitless

- a. Answer this question: Do you consider success as having a great career?
.....
- b. When you start questioning the idea of success, you start seeing that what you may
be chasing is nothing more than a Brule (..... Rule).

Level IV: The God Mind

- a. Is when you can extend your to merge with everything in life.
 - b. You will feel experiences or deep pure connections with bliss.
7. In the stage you believe that life happens to you.
8. Thoughts create
9. Intuition leads to Intention doesn't just come
from you. flows into you. Intention comes through you.

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10. Qualities of Level III: State of Limitless

- Connected to
- Intuition is
- leads to intention
- Feeling of or being

The power of forgiveness

Benefits:

- Decreased levels of anger and hostility
- Increased feelings of love
- Enhanced capacity of trust
- Freedom from the events of the past
- Improved health
- Improvements from psychiatric disorders

Forgiveness is the

Forgiveness works best when you are in the level

The 40-Day Process

- Count from 100 to 1
- Count from 50 to 1
- Count from 25 to 1
- Count from 10 to 1

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Write down your 3 advisors:

1.
2.
3.

Write down one thing you would like to forgive:

.....

Write down the charge to that which you want to forgive:

.....
.....
.....

Write down 3 things you learned from the event that you want to forgive

1.
2.
3.

Rescript below the event that you want to forgive:

.....
.....
.....
.....

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Use this space for any additional notes you have:



To sign up for *Become Limitless*, Vishen's new course on Mindvalley Academy, please visit bit.ly/BL_special for more information. But wait until October 13th to sign up. Near the end of the masterclass, his new course will be offered at a special price as a thank-you gift for class attendees.

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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.”



Understand our consciousness level, loving yourself, create own reality using visualization techniques. Same thing self-help books and law of attraction type of videos repeat enough times to be cliché. But there is a difference. **It's not lip service. It's not a fire and forget type approach. 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.

Especially, having Q&A session with you each week was amazing. **I am sincerely impressed by your knowledge and enthusiasm, powerful energy while you were answering our questions one by one.** I did attend every Q&A session just wanted to feel your energy on live. [Before] 11 am on Friday in South Korea is busy time, it is not easy for me to join. 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.

How [is it] different [from the Consciousness Engineering] Program?

The [biggest] differences between [Become Limitless] and other programs are **using unique languages such as “Brules” and “Unfuckwithable,” etc. These wise, [humorous] and witty languages help me to see old paradigm clearer and redefine my thoughts with a very joyful way.** 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

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SUCCESS STORIES

“I now have freaking Yoda as a spiritual advisor.”

I now have freaking Yoda as a spiritual advisor and that alone is worth the price of the course! Seriously though, this exercise is an awesome compliment to the daily forgiveness ritual in the 6 Phase Meditation. We now have a way to "clean up" negative charges from the past and a way to release new charges on a day-to-day basis. Awesome stuff!

~ AJ Machado

“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

“[Become Limitless] has shown me the pathway to balance, success, happiness and a vision of a better world... Dream bigger dreams, solve bigger problems, and hack happiness to be in a constant state of flow.”

[Become Limitless] has [exceeded] my expectations. My first thought when purchasing this was that who better to learn about personal development than the biggest online personal development company making a difference. [...]

[...] This course really made sense out of everything I have learned. Despite going through so many books and courses, I kept feeling stuck—I oscillate between material Level 2 tactic based vs. bliss/heart-powered spirituality. And [the Become Limitless program] is a very good balance between the both.

My biggest takeaway is to dream bigger dreams, solve bigger problems, and hack happiness to be in a constant state of flow. Using the techniques learned, my days flow by with much ease, very "interesting" blissful co-incidences have happened (ask me this [three] months ago, I would [have said] “no way in hell I would get the same opportunity”), and have changed my perception of money, people, and reality as a whole.

[...] I admit there's still a lot for me to learn and master, but **[Become Limitless] has shown me the pathway to balance, success, happiness and a vision of a better world.**

~ Sidney Ng

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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 forgiveness exercise? What can you do right now to make sure that you continue to feel this way?

If you were limitlessly powerful do so, what 3-5 things would you change about the world? Write these down. This will help you gain clarity and get closer to understanding your highest calling.

How can you use the knowledge you've learned to help others reach this state of consciousness?

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THE 5 STAGES OF CONSCIOUS EVOLUTION

