



mindvalley academy
masterclass

WORKBOOK

Consciousness Engineering

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.

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.

Part 1

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

1. That thing around you that we call life, It's that that we exist in.
2. *Brule* is a our understanding of the world.
3. What *Brules* are you currently buying into?
.....
.....
.....
4. When it comes to ideas our ideas of
....., our ideas of religion
....., none of it it's absolute truth. It's all
5. Your models of reality fundamentally the world.
6. System for living are
7. Many people are operating with in years.
8. Once you understand Consciousness Engineering it's all about
..... pull into your life and
emulate.

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Part 2

For each category below, rate your life on a scale of 1 to 10, with 1 being “very weak” and 10 being “extraordinary.” Don’t think about each item for too long. Often the first impulse—your gut check—is the most accurate.

	Rate from 1 to 10
EXPERIENCES	
YOUR LOVE RELATIONSHIP. This is the measure of how happy you are in your current state of relationship—whether you’re single and loving it, in a relationship, or desiring one.	
YOUR FRIENDSHIPS. This is the measure of how strong a support network you have. Do you have at least five people who you know have your back and whom you love being around?	
YOUR ADVENTURES. How much time do you get to travel, experience the world, and do things that open you to new experiences and excitement?	
YOUR ENVIRONMENT. This is the quality of your home, your car, your work, and in general the spaces where you spend your time—even the accommodations you stay in when traveling.	
Growth	
YOUR HEALTH AND FITNESS. How would you rate your health, given your age, and any physical conditions?	
YOUR INTELLECTUAL LIFE. How much and how fast are you growing and learning? How many books do you read? How many seminars or courses do you take yearly? Education should not stop after you graduate from college	

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	Rate from 1 to 10
<p>YOUR SKILLS.</p> <p>How fast are you improving the skills you have that make you unique and help you build a successful career? Are you growing toward mastery or are you stagnating?</p>	
<p>YOUR SPIRITUAL LIFE.</p> <p>How much time do you devote to spiritual, meditative, or contemplative practices that keep you feeling connected, balanced, and peaceful?</p>	
Contribution	
<p>YOUR CAREER.</p> <p>Are you growing, climbing the ladder and excelling? Or do you feel you're stuck in a rut? If you have a business, is it thriving or stagnating?</p>	
<p>YOUR CREATIVE LIFE.</p> <p>Do you paint, write, play musical instruments, or engage in any other activity that helps you channel your creativity? Or are you more of a consumer than a creator?</p>	
<p>YOUR FAMILY LIFE.</p> <p>Do you love coming home to your family after a hard day's work? If you're not married or a parent, define this Area of Balance as your relationship with your parents and siblings.</p>	
<p>YOUR COMMUNITY LIFE.</p> <p>Are you giving, contributing, and playing a definite role in your community?</p>	

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Part 3

For each category below, write down your current Models of Reality and list the System for Living you can apply to enhance it.

Your Love Relationships

Current Models of Reality	System for Living to enhance it

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Your Friendships

Current Models of Reality	System for Living to enhance it

Your Adventures

Current Models of Reality	System for Living to enhance it

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Your Environment

Current Models of Reality	System for Living to enhance it

Your Health and Fitness

Current Models of Reality	System for Living to enhance it

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Your Intellectual Life

Current Models of Reality	System for Living to enhance it

Your Skills

Current Models of Reality	System for Living to enhance it

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Your Spiritual Life

Current Models of Reality	System for Living to enhance it

Your Career

Current Models of Reality	System for Living to enhance it

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Your Creative Life

Current Models of Reality	System for Living to enhance it

Your Family Life

Current Models of Reality	System for Living to enhance it

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Your Community Life

Current Models of Reality	System for Living to enhance it

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SUCCESS STORIES

“I have a new sense of purpose and people around me know it.”



Consciousness Engineering was the perfect product for me. I constantly mirror top performers to bring out the best in myself. The concept of Systems and Models explained by Vishen allowed me to have a clear structure on seeing where I stand, and where I want to go.

Buying *Consciousness Engineering* took me there. Shifts happen on every episode, throughout the whole episode.

My life is better 10 folds. My relationship with supervisors and boss is totally changed for the better. I have a new sense of purpose and people around me know it.

It has not only helped me get more success financially, but in every area of my life. I highly recommend it to everyone.

— Glenn Mate, Adjunct Instructor at Connecticut Fire Academy

“My life has definitely and dramatically changed from it!”

First off Mindvalley is AMAZING!!! My Life has definitely and dramatically changed from it!!!! As far as the CE courses, I'm just getting into the second course and I'm loving it!!!!

Thank You all and especially Vishen for his vision on the world and letting it teach and inspire us all!!!! I can't wait to meet this wonderful team at AwesomeFest (claiming it!).

~Fannie Hood, Former CST (Certified Surgical Technologist),
Saint Louis, United States



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“I feel I have learnt 10-fold the amount I did in the 6 months previous to joining.”



Just wanted to take this opportunity to express my gratitude for the help, insights, inspiration and motivation this business has given me since i signed up.

Vishen has helped me see a lot of different things in different ways. I use your 6-phase meditation every day and would be lost without it now. Meditation has become a big part of my life, even though i knew a little before Mindvalley, I feel I have learnt 10-fold the amount I did in the 6 months previous to joining. I personally don't know many more places I could get the same amount of wisdom and inspiration from, for free!

If ever I got given the opportunity to meet one person, Vishen would definitely be very close to the top of the list if not right up there at number one! Without Mindvalley and its affiliates, I would be oblivious to most of the techniques, systems and self help programmes that now form a big part of my life! So again, Thank you very much to Vishen and the Mindvalley team for persevering through the times of struggle and doubt, because if you didn't persevere and didn't want to help other people around the world, I definitely wouldn't be the happy, motivated, determined person I am today!

You have helped me and numerous people to change our lives for the better and I feel determined that throughout my life I will pass on my knowledge and aim to help at least 1/1000th of the people you have! Keep up the great work!

— *Joshua*

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SELF-REFLECTION

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

1. What habits and beliefs have impacted your life the most? What can you do right now to change that?

2. How balanced is your life at this moment? What areas have the highest ratings and what areas have the lowest?

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3. What is the area of your life you want to focus on now? Why?



To sign up for *Consciousness Engineering*, Vishen's course on Mindvalley Academy, please visit http://bit.ly/Consciousness_Engineering for more information. Near the end of the masterclass, his course will be offered at a special price as a thank-you gift for class attendees.