



mindvalley academy
online training

WORKBOOK

Consciousness Engineering

with Vishen Lakhiani

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YOUR OFFICIAL ONLINE TRAINING 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 online training. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. Our internal create our eternal
2. What you it is true about the, will be about the world.
3. Your can change your
4. Brules are
5. What brules are you currently buying into?

6. Our culture is defined by
7. Models of reality are
8. Systems of living
9. What are you grateful for?

10. What do you love or appreciate about yourself?

11. What does really matter to you?

12. End goals are
13. 3 end-goals categories to consider:
 -
 -
 -

THE

3 MOST IMPORTANT QUESTIONS



EXPERIENCES

GROWTH

CONTRIBUTION

Empty box for writing under EXPERIENCES.

Empty box for writing under GROWTH.

Empty box for writing under CONTRIBUTION.

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Use this space for any additional notes you have:

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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

“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. . .

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

How will you contribute to yourself and to those around you after you have identified your soul's blueprint?

How will you change your life once you adopt the right models of reality and the right systems of living?



To sign up for *Consciousness Engineering*, Mindvalley Academy's flagship subscription course, please visit http://bit.ly/consciousness_engineering for more information. But wait until the online training to sign up for the course. Near the end of the online training, his new course will be offered at a special price as a thank-you gift for class attendees.