

KEY NOTES FROM
THE
FORBIDDEN
HANDBOOK

ASCEND IN 10 STEPS



JAY KITAMURA

ASCEND  ELITE



INTRODUCTION

FOR CENTURIES, THE TRUE PURPOSE OF LIFE HAS BEEN BURIED, CONCEALED BY ENTITIES THAT SEEK TO CONTROL THE POWER MEANT FOR ALL OF US. WHILE YOU REMAINED UNAWARE, THEY HAVE HARNESSSED THIS KNOWLEDGE, BUILDING EMPIRES, SHAPING REALITY, AND BENDING THE WORLD TO THEIR WILL, ALL BY USING THE VERY POWER THAT WAS MEANT TO BE YOURS.

I AM JAY KITAMURA, BEST-SELLING AUTHOR OF THE FOUR KEYS, AND I WAS GIVEN A GLIMPSE THAT CHANGED MY LIFE. A GLIMPSE INTO A TRUTH SO PROFOUND IT SHATTERED EVERYTHING I THOUGHT I KNEW. WHAT STARTED AS RESEARCH FOR THE FOUR KEYS LED ME DOWN A PATH TOWARD SOMETHING EVEN GREATER, SOMETHING SO POWERFUL THAT THOSE IN CONTROL NEVER WANTED IT REVEALED.

NOW, I AM WRITING THE FORBIDDEN HANDBOOK, A BOOK THAT EXPOSES THESE HIDDEN PRINCIPLES, EACH IDEA BACKED BY ANCIENT TEXTS, RELIGIOUS SCRIPTURES, SCIENTIFIC DISCOVERIES, AND THE WISDOM OF HISTORY'S GREATEST LEADERS. THE KNOWLEDGE YOU ARE ABOUT TO RECEIVE IS NOT JUST INFORMATION. IT IS THE KEY TO BREAKING FREE FROM THE FORCES THAT HAVE KEPT YOU FROM YOUR TRUE POWER.

INSIDE THIS DOCUMENT LIES THE PATH TO YOUR GREATEST TRANSFORMATION. THESE NOTES ARE MORE THAN JUST STEPS, THEY ARE THE KEYS TO UNLOCKING YOUR HIGHEST POTENTIAL. MAY THIS GUIDE NOT ONLY CHANGE YOUR LIFE BUT ALSO OPEN YOUR EYES TO THE LIMITLESS POSSIBILITIES THAT AWAIT YOU. YOUR JOURNEY TO ASCENSION BEGINS NOW.

HERE ARE THE 10 STEPS THAT WILL CHANGE EVERYTHING.

X

THE 10 STEPS

I

FEAR THE BOX

II

LEARN THE TRUE MEANING OF LIFE AND THE IMPORTANCE OF
VIBRATIONS & FREQUENCY

III

UNDERSTAND THE EXTRAORDINARY POWER YOU WERE
BORN WITH

IV

UNCOVER YOUR DEEPEST DESIRES, THEY HOLD THE KEY TO
YOUR DESTINY

V

REALIZE THE HIDDEN MECHANICS OF FREE WILL AND HOW IT
SHAPES YOUR LIFE

VI

DISCOVER THE UNIQUE GIFT AND PURPOSE EMBEDDED IN YOUR
EXISTENCE

VII

DECODE THE SECRETS OF REALITY AND HOW IT TRULY OPERATES

VIII

HARNESS YOUR POWER AND LEARN TO WIELD IT

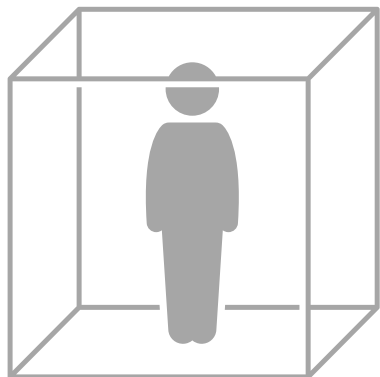
IX

EXPOSE THE UNSEEN FORCES WORKING TO KEEP YOU FROM
YOUR GREATNESS

X

REPROGRAM YOUR MIND, BREAK FREE, AND UNLOCK YOUR
ULTIMATE POTENTIAL

I. FEAR THE BOX



THERE ARE THOSE WHO CRAVE MORE FROM LIFE, WHO REFUSE TO SETTLE. AND THEN THERE ARE THOSE WHO LET COMFORT BECOME THE SILENT KILLER OF THEIR DREAMS.

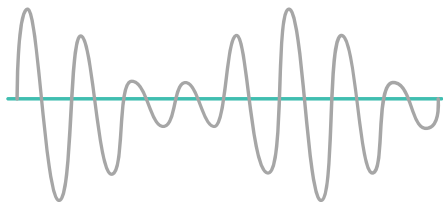
IF YOU LACK THE BURNING DESIRE FOR MORE, THE BOX YOU'VE BEEN PLACED IN WILL BECOME YOUR PERMANENT HOME, A CAGE DISGUISED AS SECURITY.

BUT YOU WEREN'T MEANT TO LIVE CONFINED. FIND THE SPARK. IGNITE THE FIRE. BREAK FREE. BECAUSE ONLY BY CLIMBING OUT OF THAT BOX CAN YOU DISCOVER YOUR TRUE POWER AND CLAIM THE LIFE YOU WERE DESTINED FOR.

YOUR ASCENSION BEGINS THE MOMENT YOU DECIDE ENOUGH IS ENOUGH.

“IF YOU LACK THE BURNING DESIRE FOR MORE, THE BOX YOU'VE BEEN PLACED IN WILL BECOME YOUR PERMANENT HOME, A CAGE DISGUISED AS SECURITY.”

II. LEARN THE TRUE MEANING OF LIFE AND THE IMPORTANCE OF VIBRATIONS & FREQUENCY



THIS MAY BE CONTROVERSIAL, BUT IT MUST BE SAID. THE MEANING OF LIFE IS NOT A MYSTERY. IT IS THE ANSWER TO THE QUESTION "WHY ARE WE HERE?" UNDERSTANDING THIS IS THE FIRST STEP TOWARD LIVING THE LIFE OF YOUR DREAMS.

THIS KNOWLEDGE WAS ONCE WIDELY UNDERSTOOD. ANCIENT CIVILIZATIONS KNEW IT, TAUGHT IT, AND BUILT THEIR SOCIETIES AROUND IT. BUT SOMEWHERE ALONG THE WAY, THIS TRUTH WAS TAKEN FROM US, MANIPULATED, HIDDEN, AND ERASED FROM COLLECTIVE MEMORY. WHY? THAT IS A DISCUSSION FOR LATER. FOR NOW, LET'S FOCUS ON RECLAIMING THIS FUNDAMENTAL TRUTH.

TO GRASP THE MEANING OF LIFE, YOU MUST FIRST UNDERSTAND VIBRATIONS AND FREQUENCY. THESE CONCEPTS HAVE BEEN DISMISSED BY SKEPTICS AND TANGLED IN PSEUDOSCIENCE, BUT THEIR REALITY IS UNDENIABLE. EVERYTHING OPERATES ON FREQUENCY AND VIBRATION. THESE FORCES SHAPE NOT ONLY THE PHYSICAL WORLD BUT ALSO OUR EMOTIONS, THOUGHTS, AND EXPERIENCES.

CONSIDER THIS: MATTER ITSELF CHANGES DEPENDING ON ITS VIBRATIONAL STATE. WATER CAN BE ICE, LIQUID, OR STEAM, EACH A DIFFERENT FORM DICTATED BY MOLECULAR VIBRATION. OUR EMOTIONS WORK THE SAME WAY. SCIENCE CONFIRMS THAT BRAIN WAVES AND SOUND FREQUENCIES INFLUENCE OUR MOODS. LOW FREQUENCIES, SUCH AS DELTA AND THETA WAVES, CREATE RELAXATION OR SADNESS. HIGH FREQUENCIES, SUCH AS BETA AND GAMMA WAVES, GENERATE ALERTNESS AND JOY. THE WAY MUSIC CAN MAKE US FEEL ENERGIZED OR MELANCHOLIC IS NOT A COINCIDENCE. IT IS THE RESULT OF FREQUENCY INTERACTING WITH CONSCIOUSNESS.

"THIS KNOWLEDGE WAS ONCE WIDELY UNDERSTOOD. ANCIENT CIVILIZATIONS KNEW IT, TAUGHT IT, AND BUILT THEIR SOCIETIES AROUND IT. BUT SOMEWHERE ALONG THE WAY, THIS TRUTH WAS TAKEN FROM US."

THE PRINCIPLE OF ENERGETIC ASCENT



A NATURAL CAPACITY DRIVES MOST THINGS TOWARD HIGHER FREQUENCY WHEN ENERGY FLOWS.

WHY? BECAUSE ENERGY SEEKS EXPANSION. THE PRINCIPLE OF THERMODYNAMICS, THE SCIENCE OF ENERGY TRANSFORMATION, PROVES THAT SYSTEMS NATURALLY ABSORB ENERGY, INCREASING THEIR MOLECULAR VIBRATION. ICE MELTS INTO WATER. WATER EVAPORATES INTO VAPOR. IN PHYSICS, RESONANCE CAUSES OBJECTS TO SYNCHRONIZE WITH HIGHER-ENERGY VIBRATIONS. IN BIOLOGY, LIVING ORGANISMS FUNCTION OPTIMALLY AT ELEVATED FREQUENCIES, WHERE ALERTNESS, CREATIVITY, AND EMOTIONAL WELL-BEING THRIVE.

EVEN AT THE QUANTUM LEVEL, PARTICLES SHIFT TOWARD EXCITATION WHEN STIMULATED. THIS IS NOT JUST A THEORY. IT IS A FACT. EVERYTHING, INCLUDING YOU, IS DESIGNED WITH THE TENDANCY TO ASCEND TOWARDS A HIGHER VIBRATIONAL STATE.

THE ROLE OF WAVES IN CREATION



BUT NATURE DOES NOT MOVE IN A STRAIGHT LINE. IT MOVES IN WAVES, FOLLOWING A CYCLE OF HIGHS AND LOWS, PEAKS AND VALLEYS. THIS RHYTHM IS EMBEDDED IN EVERYTHING: SOUND, LIGHT, THE HUMAN HEARTBEAT, AND EVEN THE CYCLES OF OUR LIVES.

THINK ABOUT THE GREATEST MUSIC YOU HAVE EVER HEARD OR THE MOST CAPTIVATING MOVIES YOU HAVE EVER WATCHED. THEY ARE FILLED WITH CLIMAXES AND CRASHES, RISES AND FALLS. A SONG THAT NEVER SHIFTS IN TEMPO OR A FILM WITHOUT CONFLICT AND RESOLUTION WOULD FEEL DULL AND LIFELESS.

LIFE FOLLOWS THE SAME RULE.

NOW, LET'S STEP BACK AND EXAMINE OUR EXISTENCE FROM A BROADER PERSPECTIVE.

“BUT NATURE DOES NOT MOVE IN A STRAIGHT LINE. IT MOVES IN WAVES, FOLLOWING A CYCLE OF HIGHS AND LOWS, PEAKS AND VALLEYS.”

THE VIEW FROM THE END: WHAT LIES BEYOND LIFE?

DESPITE DIFFERING RELIGIOUS BELIEFS, ONE COMMON THEME UNITES THEM. THE AFTERLIFE IS A PLACE OF PERFECTION. WHETHER IT IS CALLED HEAVEN, NIRVANA, ENLIGHTENMENT, OR UNITY WITH THE DIVINE, EVERY TRADITION SPEAKS OF A STATE BEYOND SUFFERING WHERE WE ARE WHOLE, FULFILLED, AND AT PEACE. WE HAVE NO NEEDS OR WANTS, BECAUSE EVERYTHING IS PERFECT. EVEN THOSE WHO HAVE HAD NEAR-DEATH EXPERIENCES DESCRIBE A SIMILAR OVERWHELMING SENSE OF LIGHT, LOVE, AND BELONGING.

THIS SOUNDS LIKE THE HIGHEST POSSIBLE VIBRATIONAL STATE, A STATE OF PURE EXISTENCE, WHERE ALL SUFFERING HAS CEASED.

BUT HERE IS THE PARADOX. PERFECTION IS STAGNATION.

THINK ABOUT A FLATLINE ON A HEART MONITOR. IT DOES NOT MATTER HOW HIGH THE FREQUENCY IS. WITHOUT VARIATION, WITHOUT WAVES, IT REPRESENTS DEATH.

NOW RECONSIDER THE BIBLICAL CREATION STORY. IN THE BEGINNING, THERE WAS ONLY PERFECTION. NO SUFFERING. NO DESIRE. NO NEED. SO WHY WOULD A UNIVERSE EVEN NEED TO BE CREATED?

BECAUSE CREATION IS BORN FROM NEED AND DESIRE.



WE CREATE BECAUSE SOMETHING IS MISSING. EVERY INVENTION IN HISTORY, EVERY GREAT PIECE OF ART, AND EVERY GROUNDBREAKING DISCOVERY WAS BORN FROM A LACK. WITHOUT HUNGER, THERE IS NO NEED FOR FOOD. WITHOUT DARKNESS, LIGHT WOULD HOLD NO MEANING. WITHOUT DESIRE, NOTHING WOULD EVER BE CREATED.

SO IF AN OMNIPOTENT CREATOR WANTED TO GIVE BIRTH TO A LIVING, EVOLVING UNIVERSE, IT COULD NOT BE A PLACE OF PERFECTION. IT WOULD NEED CONTRAST - POLARITY, DUALITY, HIGHS AND LOWS, A WORLD OF SUFFERING AND JOY, OF STRUGGLE AND TRIUMPH.

AND THAT IS WHY EARTH EXISTS.

THE TRUTH ABOUT SUFFERING

MANY ANCIENT TEXTS, PHILOSOPHIES, AND RELIGIOUS TEACHINGS CLAIM THAT EARTH IS A PLACE OF SUFFERING, EVEN THAT IT MIGHT BE HELL ITSELF. BUT HERE IS WHAT THEY OFTEN MISS. SUFFERING IS NOT THE END. IT IS THE BEGINNING.



THIS WORLD IS NOT A PUNISHMENT. IT IS AN OPPORTUNITY.

IMAGINE A RUBBER BAND. THE FURTHER YOU PULL IT BACK, THE GREATER THE FORCE WHEN IT IS RELEASED. THE DEEPER THE STRUGGLE, THE GREATER THE POTENTIAL FOR TRANSFORMATION, CREATION, AND MANIFESTATION.

IN OTHER WORDS, THE MORE LACK YOU EXPERIENCE, THE MORE POTENTIAL ENERGY YOU HAVE TO CREATE ABUNDANCE.

THE PURPOSE OF LIFE

IF A CREATOR WANTED THE UNIVERSE TO EXPAND AND EVOLVE, WHAT WOULD BE NEEDED?

A SPACE WHERE DUALITY EXISTS (HEAVEN AND EARTH, HIGHS AND LOWS)

BEINGS WITH THE “POWER” TO CREATE

A REASON TO CREATE. DESIRE, SUFFERING, AND THE NEED TO ASCEND

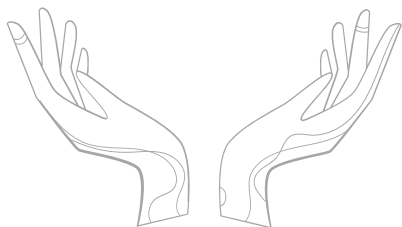
NOW, IMAGINE GIVING THESE BEINGS FREE WILL. THE POWER TO CHOOSE, TO CREATE THEIR OWN EXPERIENCES, TO TAKE THEIR SUFFERING AND TURN IT INTO SOMETHING GREATER.

THIS IS WHY WE ARE HERE.



“IMAGINE A RUBBER BAND. THE FURTHER YOU PULL IT BACK, THE GREATER THE FORCE WHEN IT IS RELEASED. THE DEEPER THE STRUGGLE, THE GREATER THE POTENTIAL FOR TRANSFORMATION, CREATION, AND MANIFESTATION.”

III. UNDERSTAND THE EXTRAORDINARY POWER YOU WERE BORN WITH



WE ARE NOT JUST PASSIVE PARTICIPANTS IN LIFE. WE HAVE BEEN GIVEN AN EXTRAORDINARY GIFT: THE ABILITY TO MANIFEST, TO USE OUR SUFFERING AND EXPERIENCES AS FUEL FOR CREATION. WE EACH HAVE A PURPOSE THAT HAS BEEN BESTOWED UPON US,

A ROLE IN THIS GRAND DESIGN, AND WE ARE ON A MISSION IN THIS WORLD TO FIND OUR CALLING, WHICH IS HOW WE LIVE OUT OUR PURPOSE IN THE DIFFERENT SEASONS OF OUR LIFE

A CRUCIAL DISTINCTION MUST BE MADE.

SOME MAY BELIEVE THAT HAVING THE POWER TO CREATE MAKES US GODS. BUT THAT IS NOT THE CASE. WE DO NOT CREATE SOMETHING FROM NOTHING. WE MANIFEST.

MANIFESTATION IS NOT MAGIC. IT IS DEFINED AS THE PROCESS OF BRINGING SOMETHING INTO REALITY THROUGH THOUGHTS, ACTIONS, AND FAITH. BY ALIGNING OURSELVES WITH OUR HIGHER POWER AND FOLLOWING A SPECIFIC SET OF ACTIONS AND BELIEFS, WE CAN REQUEST CREATION, ALLOWING WHAT WE NEED TO ENTER OUR REALITY.

BUT MAKE NO MISTAKE, WE ARE NOT THE CREATORS. THE POWER TO CREATE DOES NOT ORIGINATE FROM US. IT FLOWS THROUGH US. WE ARE CONDUITS, MESSENGERS OF THE DIVINE, COMMUNICATING THE NEEDS THAT ARISE FROM OUR STRUGGLES HERE ON EARTH. OUR SUFFERING FUELS DESIRE, AND THAT DESIRE SIGNALS THAT SOMETHING MUST BE BROUGHT FORTH.

CREATION IS NOT ABOUT FORCE. IT IS ABOUT ALIGNMENT. WHEN WE LEARN HOW TO PROPERLY DIRECT OUR THOUGHTS, EMOTIONS, AND ACTIONS, WE OPEN THE CHANNEL THROUGH WHICH OUR HIGHER POWER BRINGS FORTH WHAT IS NEEDED. THIS IS THE TRUE NATURE OF MANIFESTATION.

“WE HAVE BEEN GIVEN AN EXTRAORDINARY GIFT: THE ABILITY TO MANIFEST, TO USE OUR SUFFERING AND EXPERIENCES AS FUEL FOR CREATION.”

IV. UNCOVER YOUR DEEPEST DESIRES, THEY HOLD THE KEY TO YOUR DESTINY

HUMANS ARE COMPLEX CREATURES, DRIVEN BY TWO SEPARATE SETS OF DESIRES. AT TIMES THESE FORCES ALIGN, PROPELLING US FORWARD IN HARMONY. OTHER TIMES THEY CLASH, PULLING US IN DIFFERENT DIRECTIONS. THESE TWO FORCES ARE OUR PHYSICAL DESIRES AND OUR SPIRITUAL DESIRES, AND THEY FORM THE FOUNDATION OF MY BOOK, THE FOUR KEYS: DISCOVER THE KEYS THAT UNLOCK THE DOORS TO HAPPINESS, SUCCESS, AND LIVING A FULFILLING LIFE.



I WON'T DIVE TOO DEEPLY HERE INTO HOW THESE DESIRES ARE DEFINED. THAT JOURNEY AWAITS YOU IN THE BOOK, BUT UNDERSTANDING THEM IS A KEY FOUNDATION TO UNLOCKING THE FULL POTENTIAL OF YOUR LIFE.

OUR PHYSICAL DESIRES ARE IMPRINTED INTO OUR VERY DNA. THEY ARE THE INSTINCTS THAT HAVE ENSURED OUR SURVIVAL, URGES LIKE SELF-PRESERVATION, REPRODUCTION, AND DOMINANCE. BUT THEY EXTEND BEYOND BIOLOGY. THEY ARE FUELED BY BRAIN CHEMISTRY AND STIMULI, SHAPED BY SUBCONSCIOUS PROGRAMMING, AND EVEN PASSED DOWN THROUGH GENERATIONS. THEY ARE MOLDED BY EXTREME EXPERIENCES, SHAPED BY OUR ENVIRONMENT, REINFORCED BY REPETITION, AND INFLUENCED BY WHAT I CALL THE TRIBE EFFECT, THE POWERFUL OSMOSIS OF THE ENERGY OF THOSE AROUND US.

YET BEYOND THESE PRIMAL FORCES THERE IS SOMETHING GREATER. OUR SPIRITUAL DESIRES TRANSCEND GENETICS AND BIOLOGY. THEY ARE UNIVERSAL, GIFTED TO US BY A HIGHER POWER, AND SHARED BY ALL OF HUMANITY. THEY ARE HOPE, SECURITY, VALUE, AND CONNECTION (THE FOUR KEYS), THE FOUNDATION OF LOVE, CHARISMA, AND INFLUENCE. BUT ABOVE ALL, THEY LEAD US TO SOMETHING EVEN MORE PROFOUND, THE ULTIMATE KEY TO CREATION AND MANIFESTATION, **SPIRITUAL GRATITUDE.**

“OUR SPIRITUAL DESIRES TRANSCEND GENETICS AND BIOLOGY. THEY ARE UNIVERSAL, GIFTED TO US BY A HIGHER POWER, AND SHARED BY ALL OF HUMANITY..”

V. REALIZE THE HIDDEN MECHANICS OF FREE WILL AND HOW IT SHAPES YOUR LIFE

IN THE WORLD OF COMPUTER CODING, THERE IS AN ONGOING DEBATE ABOUT RANDOMNESS. THE TRUTH IS, NO NUMBER IS EVER TRULY RANDOM. EVERY SO-CALLED RANDOM NUMBER IS THE RESULT OF AN ALGORITHM, AN INTRICATE PATTERN DESIGNED TO MIMIC UNPREDICTABILITY. EVEN THE MOST SOPHISTICATED METHODS, WHICH INCORPORATE EXTERNAL VARIABLES LIKE MOUSE POSITION OR AMBIENT TEMPERATURE, STILL OPERATE WITHIN A SYSTEM OF LOGIC. TRUE RANDOMNESS DOES NOT EXIST.

THE SAME IS TRUE FOR FREE WILL. WE BELIEVE WE ARE MAKING INDEPENDENT CHOICES, BUT EVERY DECISION IS SHAPED BY EMOTIONS, EMOTIONS THAT ARE MERELY THE BYPRODUCTS OF OUR BRAIN'S CHEMISTRY AND CURRENT VIBRATIONAL STATE. THE CHEMICALS RELEASED IN OUR BRAINS ARE DICTATED BY SUBCONSCIOUS PROGRAMMING AND GENETIC CODING EMBEDDED IN OUR DNA. THESE PHYSICAL DESIRES DRIVE MOST LIFE FORMS, ENSURING SURVIVAL. EVEN YOUNG CHILDREN OPERATE PURELY ON IMPULSE, NAVIGATING THE WORLD THROUGH ACTION AND REACTION.

BUT AS HUMANS GROW, WE AWAKEN TO SOMETHING GREATER, OUR SPIRITUAL DESIRES. THESE ARE NOT DRIVEN BY INSTINCT BUT BY SOMETHING BEYOND THE PHYSICAL, THE YEARNING FOR HOPE, SECURITY, VALUE, AND CONNECTION. THIS HIGHER CALLING IS THE GIFT THAT MAKES US HUMAN.

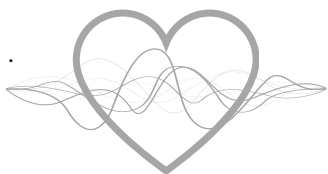
THE FASCINATING PARADOX OF OUR EXISTENCE LIES IN THE INTERPLAY BETWEEN THESE TWO FORCES. SOMETIMES THEY ALIGN, AND SOMETIMES THEY CONFLICT. THE CONFLICT GIVES US FREE WILL, OR AT LEAST THE PERCEPTION OF FREE WILL, BECAUSE NOW WE CAN CHOOSE TO FOLLOW THE PATH OF OUR PHYSICAL DESIRES OR THAT OF OUR SPIRITUAL. WHEN THESE DESIRES ALIGN, IT IS WHEN WE DISCOVER OUR PURPOSE.

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“WE BELIEVE WE ARE MAKING INDEPENDENT CHOICES, BUT EVERY DECISION IS SHAPED BY EMOTIONS, EMOTIONS THAT ARE MERELY THE BYPRODUCTS OF OUR BRAIN'S CHEMISTRY AND CURRENT VIBRATIONAL STATE.”

VI. DISCOVER THE UNIQUE GIFT AND PURPOSE EMBEDDED IN YOUR EXISTENCE

EVERY PERSON HAS BEEN GIVEN TWO EXTRAORDINARY GIFTS, THE POWER TO MANIFEST AND THE GIFT OF PURPOSE. YOUR PURPOSE IS THE KEY THAT UNLOCKS YOUR TRUE POWER TO MANIFEST. IT IS THE DRIVING FORCE BEHIND YOUR ABILITY TO CREATE AND SHAPE YOUR REALITY. WITHOUT PURPOSE, MANIFESTATION IS DIRECTIONLESS, BUT WHEN YOU ALIGN WITH IT, YOUR ENERGY, INTENTIONS, AND ACTIONS WORK IN HARMONY, MAKING YOUR DESIRES MATERIALIZE WITH GREATER CLARITY AND IMPACT. IT IS THE POINT WHERE YOUR PHYSICAL DESIRES AND SPIRITUAL DESIRES INTERSECT, THE PLACE WHERE WHAT EXCITES YOU THE MOST ALSO BRINGS YOU THE DEEPEST FULFILLMENT.



WHEN WE EXPRESS SPIRITUAL GRATITUDE, WHICH IS THE ENERGY WE FEEL WHEN WE EXCHANGE HOPE, SECURITY, VALUE, AND CONNECTION, THE VERY ESSENCE OF LOVE, WE DO SO MOST POWERFULLY WHEN WE ARE LIVING IN ALIGNMENT WITH OUR PURPOSE

FINDING YOUR PURPOSE USED TO BE EASIER. FULFILLMENT WAS ONCE A CLEAR SIGN THAT WE WERE ON THE RIGHT PATH. BUT IN TODAY'S WORLD, WHERE CONSTANT STIMULATION AND DOPAMINE FLOOD OUR BRAINS, SMARTPHONES IN OUR POCKETS, BILLIONS SPENT ON ENTERTAINMENT, ADDICTIVE SUBSTANCES CLOUDING OUR MINDS, OUR SUBCONSCIOUS STRUGGLES TO SEPARATE FLEETING PLEASURE FROM TRUE PURPOSE. SOCIETY HAS CONDITIONED US TO BELIEVE THAT OUR SPIRITUAL FULFILLMENT COMES FROM WHAT WE BUY, THE JOBS WE HOLD, AND THE PEOPLE WE LIKE AND FOLLOW.

BUT THAT IS AN ILLUSION.

WE HAVE DEVELOPED A STEP-BY-STEP FORMULA TO HELP YOU CUT THROUGH THE NOISE, DISTINGUISH BETWEEN TEMPORARY STIMULATION AND LASTING FULFILLMENT, AND UNCOVER YOUR TRUE PURPOSE. IF YOU ARE READY TO GAIN CLARITY AND RECLAIM YOUR POWER, THE RESOURCE IS AVAILABLE AT THE END OF THIS DOCUMENT.

“EVERY PERSON HAS BEEN GIVEN TWO EXTRAORDINARY GIFTS, THE POWER TO MANIFEST AND THE GIFT OF PURPOSE. YOUR PURPOSE IS THE KEY THAT UNLOCKS YOUR TRUE POWER TO MANIFEST. ”

VII. DECODE THE SECRETS OF REALITY AND HOW IT TRULY OPERATES



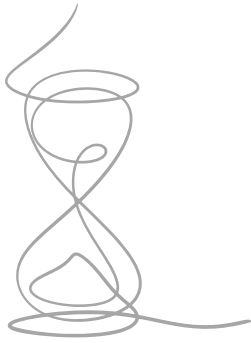
REALITY HAS ALWAYS BEEN A SUBJECT OF CONTROVERSY. SOME BELIEVE IT IS EXACTLY WHAT THEY SEE AT FACE VALUE, WHILE OTHERS ARGUE THAT WE LIVE IN A SIMULATION, A MATRIX CAREFULLY CONSTRUCTED BEYOND OUR PERCEPTION. THEN, THERE ARE THOSE WHO BELIEVE THAT REALITY ITSELF IS A MANIFESTATION OF CONSCIOUSNESS, SHAPED BY QUANTUM MECHANICS AND THE POWER OF THE MIND.

NO MATTER WHAT YOU BELIEVE, THERE ARE TWO UNDENIABLE TRUTHS.

FIRST, OUR SUBCONSCIOUS MIND CONSTRUCTS OUR PERCEIVED REALITY. IT PROCESSES SENSORY INPUTS AND TRANSLATES THEM INTO SOMETHING OUR CONSCIOUS MIND CAN UNDERSTAND. THE PROBLEM? OUR SENSES ARE LIMITED. IMAGINE WALKING THROUGH A PARK. THERE IS AN ENTIRE WORLD HAPPENING AROUND YOU—BIRDS SINGING, INSECTS BUZZING, LEAVES RUSTLING IN THE WIND, THE SCENT OF FLOWERS, PEOPLE PASSING BY, EACH WITH THEIR OWN LIVES AND STORIES. YET, YOU CANNOT POSSIBLY TAKE IN EVERY DETAIL. INSTEAD, YOUR SUBCONSCIOUS FILLS IN THE GAPS. SCIENTISTS ESTIMATE THAT OVER 90% OF WHAT WE PERCEIVE IS NOT DIRECTLY EXPERIENCED BUT FABRICATED BY THE SUBCONSCIOUS MIND.

WHAT DOES THIS MEAN? IT MEANS THAT YOUR SUBCONSCIOUS PROGRAMMING DETERMINES THE MAJORITY OF YOUR REALITY. IF YOUR MIND IS TUNED TO NEGATIVITY, IT WILL FILL YOUR WORLD WITH NEGATIVITY. IF IT IS FOCUSED ON POSITIVITY, IT WILL SHAPE A REALITY OF OPPORTUNITY AND ABUNDANCE. THE MOST POWERFUL THING YOU CAN DO IS TAKE CONTROL OF YOUR SUBCONSCIOUS PROGRAMMING, BECAUSE IT IS NOT JUST INFLUENCING YOUR PERCEPTION—IT IS CONSTRUCTING YOUR ENTIRE WORLD.

“SCIENTISTS ESTIMATE THAT OVER 90% OF WHAT WE PERCEIVE IS NOT DIRECTLY EXPERIENCED BUT FABRICATED BY THE SUBCONSCIOUS MIND.”



SECOND, OUR BRAINS DO NOT PERCEIVE REALITY AS IT TRULY IS. THEY RECONSTRUCT IT IN WAYS THAT MAKE IT ABSORBABLE. NEUROSCIENTIST DAVID EAGLEMAN'S STUDIES ON TIME PERCEPTION REVEAL THAT OUR EXPERIENCE OF TIME SHIFTS BASED ON CIRCUMSTANCES AND OUR VIBRATIONAL STATE. THIS MEANS THAT WHAT WE SEE, WHAT WE BELIEVE, AND WHAT WE EXPERIENCE MAY NOT BE OBJECTIVE TRUTH, IT MAY BE A FILTERED, DISTORTED VERSION OF REALITY SHAPED BY OUR OWN MINDS.

TIME MAY NOT BE WHAT IT SEEMS. THE WORLD IN FRONT OF YOU MAY NOT BE WHAT IT SEEMS. AND MOST IMPORTANTLY, WHAT YOU BELIEVE MAY NOT BE REALITY. OR IS IT? IF YOUR MIND ACCEPTS SOMETHING AS TRUTH WITH ABSOLUTE CERTAINTY, DOES THAT NOT MAKE IT REAL FOR YOU?

THIS IS THE KEY—OUR REALITY IS A CONSTRUCT OF OUR BELIEFS, SHAPED BY OUR PROGRAMMING. EACH PERSON LIVES IN THEIR OWN VERSION OF REALITY, ONE THAT IS NEITHER COMPLETELY RIGHT NOR COMPLETELY WRONG. THIS MEANS THAT REALITY IS FLUID, MALLEABLE, AND CAN BE ALTERED BY THOUGHT, BELIEF, AND PERCEPTION. AND NOT ONLY CAN WE RESHAPE OUR OWN REALITY, BUT WE CAN SHARE THAT REALITY WITH OTHERS.

IF THOUGHTS CREATE REALITY, THEN MASTERING THE MIND IS THE KEY TO MASTERING EXISTENCE ITSELF.

“THIS MEANS THAT WHAT WE SEE, WHAT WE BELIEVE, AND WHAT WE EXPERIENCE MAY NOT BE OBJECTIVE TRUTH, IT MAY BE A FILTERED, DISTORTED VERSION OF REALITY SHAPED BY OUR OWN MINDS.”

VIII. HARNESS YOUR POWER AND LEARN TO WIELD IT

THE INFORMATION YOU ARE ABOUT TO DISCOVER HAS THE POWER TO TRANSFORM YOUR LIFE. IF YOU FULLY EMBRACE THIS CONCEPT, PREPARE TO WITNESS EXTRAORDINARY CHANGES UNFOLD BEFORE YOUR EYES. THIS IS NOT JUST AN IDEA, IT IS AN UNSTOPPABLE FORCE. THE TRUTH IS, YOU HAVE LIKELY EXPERIENCED IT YOURSELF OR SEEN IT IN ACTION, BUT WITHOUT A CLEAR BLUEPRINT, HARNESSING THIS POWER AT WILL REMAINS IMPOSSIBLE. HERE ARE THE THREE ESSENTIAL PRINCIPLES YOU MUST GRASP TO UNLOCK YOUR ABILITY TO MANIFEST.

THIS MAY START TO SOUND SPIRITUAL, BUT REGARDLESS OF YOUR BELIEFS, IF YOU ACKNOWLEDGE A HIGHER POWER, THESE CONCEPTS WILL RESONATE DEEPLY.



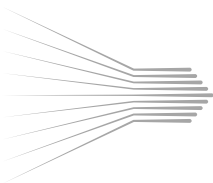
FIRST, ENERGY IS EVERYTHING. HIGH-VIBRATIONAL ENERGY, ESPECIALLY THE KIND THAT COMES FROM SPIRITUAL GRATITUDE, IS THE FUEL THAT MAKES MANIFESTATION POSSIBLE. NEGATIVE, LOW-VIBRATIONAL ENERGY, BORN FROM SHAME, GUILT, FEAR, AND UNCERTAINTY, BLOCKS MANIFESTATION AT ITS CORE.



SECOND, YOUR MIND IS A COMPLEX MATRIX OF INTERCONNECTED IDEAS, EXPERIENCES, AND TRIGGERS THAT. THESE FORM A WEB OF WHAT I CALL "TRUTHS," DEEP-SEATED BELIEFS UNTAINTED BY DOUBT. CONSIDER HOW YOU LEARN MATH, AT FIRST, $1+1=2$ MIGHT REQUIRE THOUGHT, BUT ONCE MASTERED, IT BECOMES A TRUTH YOU NO

LONGER QUESTION. THIS FOUNDATION ALLOWS YOU TO ADVANCE TO MULTIPLICATION, ALGEBRA, AND BEYOND. IN NORTH KOREA, KIM JONG UN MANIPULATED THIS VERY CONCEPT BY CONVINCING HIS PEOPLE THAT $1+1=1$. HE CLAIMED THAT IF YOU ADD ONE DROP OF WATER TO ANOTHER DROP OF WATER, IT JUST MAKES ONE BIGGER DROP OF WATER, THEREFORE WHAT THE PEOPLE KNEW ABOUT MATH WAS A LIE. SINCE MATH IS SUCH A FUNDAMENTAL AND CORE UNDERSTANDING, BREAKING THAT BELIEF CAUSED A RIPPLE EFFECT, SHAKING THEIR GRASP ON OTHER CORE TRUTHS THAT STEMMED FROM THIS BELIEF. A SIMILAR CONCEPT IS BEING USED GLOBALLY, IF YOU WANTED TO REDUCE POPULATION GROWTH, YOU WOULDN'T START BY ENFORCING LIMITATIONS, BUT BY INFUSING UNCERTAINTY INTO THE VERY CONCEPT OF GENDER ITSELF.

"HIGH-VIBRATIONAL ENERGY, ESPECIALLY THE KIND THAT COMES FROM SPIRITUAL GRATITUDE, IS THE FUEL THAT MAKES MANIFESTATION POSSIBLE."



THIRD, THE MOST IMPORTANT STEP TO MANIFESTATION IS ALIGNMENT. THAT MEANS YOU ARE CREATING A MENTAL PATH OF “TRUTHS” THAT LEAD TO YOUR PURPOSE. THE PURPOSE YOU WERE GIVEN WILL LEAD TO THE HIGHEST STATE OF FULFILLMENT AND “SPIRITUAL GRATITUDE”.

HERE IS THE IMPORTANT PART TO UNDERSTAND. LIKE IN MATH, WHEN LEARNING MULTIPLICATION, “1+1=2” IS A TRUTH AND THE CONCEPT OF MULTIPLICATION, THE UNCERTAINTY THAT YOUR CONSCIOUS MIND IS FOCUSING ON AND TRYING TO TURN INTO A TRUTH. YOUR PURPOSE, WHAT WAS BESTOWED ON YOU BY YOUR HIGHER POWER, IS YOUR REASON FOR EXISTENCE, YOUR PATH TOWARDS CREATION AND MANIFESTATION. YOUR “CALLING” IS HOW YOU DETERMINE TO BEST USE YOUR PURPOSE BASED ON YOUR CURRENT EXPERIENCES ON EARTH. FINDING YOUR CALLING IS LIKE MULTIPLICATION, IT IS WHAT YOU FOCUS YOUR AWARENESS ON TO MAKE HAPPEN. THE THINGS YOU PUT IN LINE AS “TRUTHS” THE PATH TO MAKE THAT HAPPEN ARE WHAT YOU CAN ACTUALLY MANIFEST. SINCE THE CONCEPT OF TIME, AND REALITY ARE NOT SET IN STONE, IT DOES NOT MATTER WHAT YOUR CIRCUMSTANCE IS, IF YOU ALIGN IT PROPERLY AS A TRUTH TOWARDS YOUR CALLING AND HAVE NO NEGATIVE ENERGY AROUND IT, AND YOUR SUBCONSCIOUS BELIEVES IT AS MUCH AS 1+1=2, IT WILL BECOME A REALITY.

IF YOU ARE RELIGIOUS, THE BIBLE FREQUENTLY EMPHASIZES THAT BELIEF WITHOUT DOUBT IS THE KEY TO RECEIVING. THIS IS THE ESSENCE OF FAITH, FORMING A TRUTH IN YOUR SUBCONSCIOUS WITHOUT REQUIRING CONVENTIONAL REASONING. ANOTHER PARALLEL IS THAT GOD REWARDS THOSE WHO WALK IN ALIGNMENT WITH HIS PLAN FOR THEM. ALSO, IT IS NOTED THAT “GIVING THANKS” IS NOT JUST A REACTION TO RECEIVING BUT A PROACTIVE FORCE THAT INVITES DIVINE INTERVENTION. (SPECIFIC VERSES AND REFERENCES CAN BE FOUND IN THE FORBIDDEN HANDBOOK.)

HERE’S THE SIMPLIFIED BREAKDOWN: UNDERSTAND WHY YOUR HIGHER POWER PLACED YOU HERE, IDENTIFY HOW TO EXECUTE THAT PURPOSE (YOUR CALLING), DETERMINE WHAT YOU WISH TO MANIFEST, POSITION IT AS AN UNSHAKABLE TRUTH THAT IS REQUIRED TO FULFILL YOUR PURPOSE, CULTIVATE COMPLETE FAITH IN ITS CERTAINTY, AND SURROUND IT WITH SPIRITUAL GRATITUDE. THE RESULT? MANIFESTATION.





HERE'S SOMETHING INTRIGUING, MANY RELIGIOUS TEXTS STRESS THE IMPORTANCE OF GIVING THANKS TO GOD, BUT OVER TIME, THE TRUE POWER OF GRATITUDE HAS BEEN DILUTED. WE ARE CONDITIONED FROM CHILDHOOD TO SAY "THANK YOU" AUTOMATICALLY, JUST TO BE POLITE, STRIPPING IT OF ITS DEEPER, RITUALISTIC SIGNIFICANCE.

ANCIENT TEACHINGS INDICATE THAT TRUE GRATITUDE IS NOT JUST POLITENESS, IT IS A RITUAL THAT SHIFTS ENERGY AND ACTIVATES MANIFESTATION. THAT IS WHY I EMPHASIZE SPIRITUAL GRATITUDE AS DISTINCT FROM EVERYDAY GRATITUDE AND "THANK YOU".

IN THE RITUAL OF PRAYER, YOU PUT YOUR HANDS TOGETHER TO START THE PROCESS. THERE ARE MANY STUDIES AND PRACTICES LIKE NLP (NEURO LINGUISTIC PROGRAMMING) THAT ALLOW YOU TO CHANGE YOUR VIBRATIONAL STATES BASED ON PHYSICAL TRIGGERS. FOR EXAMPLE, ATHLETES CAN MEDITATE AND PROGRAM THEMSELVES TO FEEL CONFIDENT BY REPEATING CONFIDENT THOUGHTS AND CREATING A TRIGGER SUCH AS SLAPPING THEIR CHEST. WITH ENOUGH REPETITION, A SLAP IN THE CHEST AT CRUCIAL MOMENTS IN THE GAME CAN BRING UP THE VIBRATIONAL ENERGY OF CONFIDENCE TO GET THEM TO PERFORM BETTER. THE SAME IS WITH PRAYER. THE IDEA IS TO FIND THE VIBRATIONAL ENERGY OF "SPIRITUAL DESIRE", WHICH IS THE FEELING OF LOVE AND TIE IT WITH A TRIGGER LIKE PUTTING YOUR HANDS TOGETHER FOR PRAYER. IN THIS STATE YOU SHOW SPIRITUAL GRATITUDE FOR THE "TRUTH" THAT YOU ARE TRYING TO MANIFEST FOR THE REASON THAT IT IS FULFILLING YOUR GOD GIVEN PURPOSE THROUGH YOUR CALLING.

THAT IS THE TRUE POWER OF PRAYER. THE WAY YOU SHOW SPIRITUAL GRATITUDE IS TO ALIGN THE "TRUTH" TO YOUR PURPOSE, WHICH WILL BRING YOU THE FEELINGS OF "HOPE, SECURITY, VALUE, AND CONNECTION". ALSO YOU START THE RITUAL BY SHOWING GRATITUDE FOR THINGS THAT GIVE YOU "SPIRITUAL GRATITUDE". BASICALLY YOU DO THIS BY VISUALIZING THINGS THAT BRING YOU HOPE, SECURITY, VALUE, AND CONNECTION. (THERE IS A NLP METHOD TO FAST TRACK THIS PROCESS IN THE RESOURCE AT THE END.). AT THE END OF THE DAY, YOU ARE TELLING YOUR HIGHER POWER EXACTLY WHAT YOU NEED, IN CERTAINTY, IN ORDER TO FULFILL YOUR PURPOSE ON EARTH, AND THAT WITH YOUR HIGHEST VIBRATIONAL STATE, THE ENERGY OF LOVE (SPIRITUAL GRATITUDE), YOU WOULD LIKE TO BRING IT FORTH INTO YOUR REALITY.

"BUT OVER TIME, THE TRUE POWER OF GRATITUDE HAS BEEN DILUTED. WE ARE CONDITIONED FROM CHILDHOOD TO SAY "THANK YOU" AUTOMATICALLY, JUST TO BE POLITE, STRIPPING IT OF ITS DEEPER, RITUALISTIC SIGNIFICANCE."

IF YOU ARE INTERESTED, I EXPLAIN IN DETAIL HOW I MANIFESTED \$100,000 IN JUST 30 DAYS, THOUGH ACTUALLY, IT HAPPENED EVEN FASTER THAN THAT. I WANTED TO SHOW THAT THE METHOD WORKS AND LET OTHERS KNOW WHAT I WAS GOING TO MANIFEST DESPITE HAVING NO LOGICAL REASON TO EXPECT IT TO HAPPEN. THERE WERE NO EXISTING OPPORTUNITIES, NO FINANCIAL PROSPECTS IN PLACE, JUST THE PROCESS ITSELF. I FOLLOWED EACH STEP, ALIGNED WHAT I WANTED TO MANIFEST WITH MY PURPOSE, REMOVED ALL NEGATIVE ENERGY, AND ACTIVATED THE POWER OF SPIRITUAL GRATITUDE. SOON, PEOPLE APPEARED, SEEMINGLY OUT OF NOWHERE, READY TO PROVIDE THE FUNDS. TO OUTSIDE OBSERVERS, IT WAS NOTHING SHORT OF MIRACULOUS, BUT WHEN IT BECAME A “TRUTH” IT BECAME REALITY. (FULL DETAILS IN THE RESOURCE AT THE END)

ALSO, FULL DISCLOSURE, THERE IS ANOTHER WAY TO MANIFEST AS WELL. WHEN SOMEONE IS IN DIRE NEED, IN WHAT FEELS OR IS A LIFE OR DEATH SITUATION, PEOPLE TEND TO ASK THEIR HIGHER POWER FOR HELP, NOT NECESSARILY WITH THEIR VOICE, BUT SOMETIMES THROUGH A SUBCONSCIOUS CONNECTION. BASICALLY, THEY ARE SHOWING EXTREME SPIRITUAL DESIRE TO SURVIVE, LEADING TO THE OBVIOUS, “I NEED SURVIVAL TO FULFILL MY PURPOSE ON EARTH”, AND MANY TIMES, MIRACULOUS THINGS HAPPEN TO GET YOU OUT OF A JAM. HAS THAT EVER HAPPENED TO YOU OR SOMEONE YOU KNOW? IT HAS MANY TIMES FOR ME! THE PROBLEM IS THAT WE DON’T WANT TO HAVE TO ALMOST DIE IN ORDER TO MAKE THINGS MANIFEST IN OUR LIVES.

IX. EXPOSE THE UNSEEN FORCES WORKING TO KEEP YOU FROM YOUR GREATNESS

THERE IS A TRUTH YOU NEED TO HEAR, ONE THAT HAS BEEN HIDDEN FROM YOU FOR TOO LONG. **IF YOU ARE NOT MANIFESTING FOR YOURSELF, YOU ARE MANIFESTING FOR SOMEONE ELSE.**

THERE ARE FORCES IN THIS WORLD THAT FULLY UNDERSTAND THE POWER OF MANIFESTATION, AND THEY DON'T WANT YOU TO WIELD IT. INSTEAD, THEY MANIPULATE YOUR ENERGY, SIPHONING YOUR POWER TO FUEL THEIR OWN AGENDAS. THIS IS MORE THAN INFLUENCE, IT'S A SPIRITUAL WAR. THEY DON'T WANT YOU DIRECTING YOUR SPIRITUAL GRATITUDE TOWARD YOUR HIGHER POWER, THEY WANT IT POINTED AT THEM. THEY CONDITION YOU TO BELIEVE THAT THEY ARE THE SOURCE OF YOUR HOPE, SECURITY, VALUE, AND CONNECTION. THINK ABOUT THE TIMES YOU'VE BEEN LED TO CHOOSE A CAREER THAT DRAINS YOU, BUY THINGS YOU DON'T NEED, OR SUPPORT CAUSES THAT DON'T ALIGN WITH YOUR TRUE BELIEFS. EVERY ONE OF THOSE MOMENTS WAS DESIGNED TO MAKE YOU DEPENDENT, DEPENDENT ON A SYSTEM THAT THRIVES WHEN YOU SURRENDER YOUR ABILITY TO CREATE ON YOUR OWN.

THEIR ULTIMATE GOAL? TO STOP YOU FROM MANIFESTING FOR YOURSELF.

THERE ARE 12 LOCKS, THE MOST COMMON WAYS YOU ARE SUBCONSCIOUSLY MANIPULATED, PROGRAMMED FROM BIRTH TO LIMIT YOUR POWER. THESE LOCKS SHROUD YOUR DEEPEST DESIRES IN NEGATIVE ENERGY, MAKING IT SEEM LIKE THE ONLY WAY TO ACHIEVE THEM IS BY FOLLOWING THEIR PATH. YOU ARE BEING CONDITIONED EVERY SINGLE DAY, THROUGH THE MEDIA YOU CONSUME, THE NARRATIVES YOU ACCEPT, AND THE SYSTEMS THAT SHAPE YOUR REALITY.

BUT YOU DON'T HAVE TO STAY TRAPPED.

BREAK THE LOCKS

IN THE BREAK THE LOCKS PROGRAM, WE REVEAL THESE 12 LOCKS AND GIVE YOU THE EXACT METHOD TO REMOVE THE NEGATIVE ENERGY HOLDING YOU BACK FROM YOUR TRUE POTENTIAL. THIS IS THE FAST TRACK TO IDENTIFYING AND ELIMINATING THE HIDDEN BARRIERS THAT HAVE KEPT YOU FROM STEPPING INTO YOUR TRUE POWER.

ONCE YOU BECOME AWARE OF HOW YOU ARE BEING MANIPULATED AND REPROGRAMMED, YOU TAKE THE FIRST STEP TOWARD POWERFUL CHANGE. AWARENESS IS THE KEY TO BREAKING FREE, AND WHEN YOU REMOVE THE LOCKS, YOU RECLAIM CONTROL OVER YOUR DESTINY.

X. REPROGRAM YOUR MIND, BREAK FREE, AND UNLOCK YOUR ULTIMATE POTENTIAL

IF YOU WANT TO REPROGRAM YOURSELF, YOU FIRST NEED TO IDENTIFY WHERE YOUR NEGATIVE PROGRAMMING COMES FROM AND TAKE AWAY ITS POWER. ONCE YOU EXPOSE THE SOURCE, YOU CAN REPLACE IT WITH PROGRAMMING THAT FUELS YOUR GROWTH AND TRANSFORMS YOUR LIFE.

THERE ARE TWO SIMPLE WAYS TO REPROGRAM YOURSELF, AND ONE HARD WAY.

1. REPETITION – INJECTIONG CODE INTO THE SUBCONSCIOUS

REPETITION CAN DEVELOP NEW TRUTHS IN YOUR SUBCONSCIOUS, BUT HERE'S THE TRICK: IT'S NOT JUST ABOUT REPEATING WORDS OR ACTIONS. IT'S ABOUT THE ENERGY BEHIND THEM.

IF YOU REPEAT SOMETHING WITH UNCERTAINTY OR DOUBT, YOUR SUBCONSCIOUS ABSORBS THE DOUBT JUST AS MUCH AS THE WORDS. INSTEAD OF REINFORCING CONFIDENCE, YOU MIGHT ACTUALLY DEEPEN YOUR INSECURITY. REPEAT YOUR AFFIRMATIONS WITH THE ENERGY OF SPIRITUAL GRATITUDE TO MAKE SURE YOUR SUBCONSCIOUS MIND UNDERSTAND IT IS SOMETHING YOU TRULY WANT.

HERE IS A PRO TIP, SAY IT IN FRONT OF OTHERS, BUT ONLY THOSE WHO CARRY THE RIGHT ENERGY. IF YOU SPEAK YOUR VISION AROUND PEOPLE WHO BELIEVE IN YOU, THEIR ENERGY REINFORCES YOUR NEW REALITY. BUT IF THEY ARE FILLED WITH DOUBT, THEIR NEGATIVITY SEEPS INTO YOUR SUBCONSCIOUS LIKE A VIRUS.

2. THE TRIBE EFFECT – YOU ABSORB THE ENERGY AROUND YOU



YOU BECOME WHAT YOU SURROUND YOURSELF WITH.

IF YOU SPEND TIME EVERY DAY WITH PEOPLE WHO JUMP OUT OF PLANES, AND THEY SHOW NO FEAR OR HESITATION, YOUR SUBCONSCIOUS WILL EVENTUALLY NORMALIZE IT. YOUR SURVIVAL INSTINCTS ADAPT TO THE TRIBE, ABSORBING THEIR ENERGY AS TRUTH. THIS IS WHY LIVE EVENTS, CONCERTS, AND HIGH-ENERGY GATHERINGS FEEL SO POWERFUL, YOUR SUBCONSCIOUS FEEDS OFF THE COLLECTIVE ENERGY OF THOSE AROUND YOU. IT'S HARDWIRED INTO YOUR BRAIN FOR SURVIVAL.

“IT’S NOT JUST ABOUT REPEATING WORDS OR ACTIONS. IT’S ABOUT THE ENERGY BEHIND THEM.”

3. THE HARD WAY – EXTREME EVENTS THAT REWIRE YOU INSTANTLY

SOME REPROGRAMMING HAPPENS IN AN INSTANT, THROUGH INTENSE EMOTIONAL AND PHYSICAL EXPERIENCES.

IF YOU GET FOOD POISONING FROM SUSHI, YOUR SUBCONSCIOUS ASSOCIATES IT WITH DANGER, AND THE SMELL ALONE MAY MAKE YOU FEEL SICK. IF YOU EXPERIENCE DEEP TRAUMA, IT IMPRINTS ON YOUR SUBCONSCIOUS, SHAPING YOUR BELIEFS AND ACTIONS, OFTEN WITHOUT YOU REALIZING IT.

THE SAME IS TRUE FOR EUPHORIA AND PLEASURE. THIS IS WHY ADDICTION IS SO POWERFUL AND DETRIMENTAL. IF SOMETHING TRIGGERS AN INTENSE POSITIVE SUBCONSCIOUS RESPONSE, LIKE DRUGS, GAMBLING, OR EVEN SOCIAL VALIDATION, YOUR MIND WILL CRAVE THAT EXPERIENCE, EVEN WHEN YOUR CONSCIOUS MIND TRIES TO RESIST.

YOUR REALITY IS A PROGRAM, TAKE CONTROL OF IT

YOUR MIND IS CONSTANTLY BEING PROGRAMMED, BY YOUR ENVIRONMENT, THE PEOPLE AROUND YOU, AND THE EXPERIENCES YOU GO THROUGH.

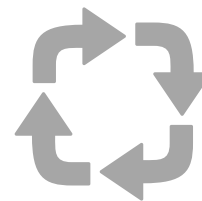
THE PROBLEM? YOU'RE NOT THE ONLY ONE TRYING TO PROGRAM YOURSELF.

THERE ARE FORCES, SOCIETY, MEDIA, CORPORATIONS, AND UNSEEN INFLUENCES, TRYING TO SHAPE YOUR BELIEFS, HABITS, AND DECISIONS TO SERVE THEIR OWN AGENDA.

THE QUESTION IS, ARE YOU AWARE OF IT?

IF YOU WANT TO TAKE BACK CONTROL,

- BE INTENTIONAL ABOUT WHAT YOU REPEAT DAILY,
- BE MINDFUL OF WHO YOU SURROUND YOURSELF WITH,
- BE AWARE OF HOW POWERFUL EXPERIENCES SHAPE YOU.



WHEN YOU MASTER THESE, YOU DON'T JUST REPROGRAM YOURSELF, YOU TAKE CONTROL OF YOUR DESTINY.

STEP BY STEP INTRUCTIONS AVAILABLE IN THE RESOURCE AT THE END OF THIS DOCUMENT

ARE YOU INTERESTED IN LEARNING MORE?

IF YOU'RE READY TO TAKE THE NEXT STEP TOWARD UNLOCKING YOUR TRUE POWER, I WANT TO PERSONALLY INVITE YOU TO **ASCEND2ELITE**, A COMMUNITY DESIGNED TO ELEVATE YOUR LIFE TO THE HIGHEST LEVEL. AS PART OF THIS EXCLUSIVE GROUP, YOU'LL GAIN **FREE ACCESS** TO:

- IN-DEPTH KNOWLEDGE AND ADVANCED STRATEGIES FOR PERSONAL TRANSFORMATION
- EXCLUSIVE COURSES, APPS, AND TOOLS TO KEEP YOU ON TRACK AND ACCELERATE YOUR GROWTH
- A POWERFUL NETWORK OF EXPERTS AND LIKE-MINDED INDIVIDUALS DRIVEN BY A SHARED MISSION TO HELP EACH OTHER ASCEND TO ELITE STATUS

ASCEND2ELITE IS MORE THAN JUST MINDSET, IT'S A BLUEPRINT FOR MASTERY

WE ARE NOT JUST ABOUT UNLOCKING YOUR POTENTIAL OR REPROGRAMMING YOUR SUBCONSCIOUS, WE ARE YOUR ULTIMATE RESOURCE FOR REACHING ELITE STATUS IN EVERY AREA OF LIFE.

OUR FRAMEWORK IS BUILT ON FOUR POWERFUL PILLARS:

ASCEND  ELITE

- **REACHING YOUR PEAK POTENTIAL** – DISCOVER YOUR TRUE PURPOSE, ARCHITECT YOUR OWN REALITY, AND REPROGRAM YOUR SUBCONSCIOUS TO UNLOCK YOUR TRUE POWER AND PEAK POTENTIAL.
- **PERSONAL BRAND, MONETIZATION, & IMPACT** – IN THE FUTURE, YOUR PERSONAL BRAND WILL BE THE MOST VALUABLE CURRENCY YOU OWN. THE ABILITY TO CAPTURE ATTENTION, TRUST, AND INFLUENCE WILL DETERMINE YOUR SUCCESS. THOSE WHO MASTER IT WILL CREATE LIMITLESS OPPORTUNITIES, THOSE WHO IGNORE IT WILL BE LEFT BEHIND. WE'LL HELP BUILD YOUR BRAND, MONETIZE YOUR INFLUENCE, AND MAKE AN IMPACT THAT LASTS.
- **MONEY & LIFESTYLE** – LEVERAGE PASSIVE INCOME AND LEARN WHAT TO DO WITH YOUR MONEY TO CREATE TRUE FREEDOM AND DESIGN A LIFESTYLE THAT ALIGNS WITH YOUR VISION
- **ARTIFICIAL INTELLIGENCE (AI)** – STAY AHEAD OF THE BIGGEST REVOLUTION OF OUR TIME, AI IS RESHAPING THE WORLD AT AN EXPONENTIAL RATE, THOSE WHO UNDERSTAND IT AND USE IT WILL THRIVE, WHILE THOSE WHO IGNORE IT WILL FALL BEHIND. WE'LL SHOW YOU HOW TO LEVERAGE AI FOR SUCCESS IN BUSINESS AND LIFE.

YOUR TRANSFORMATION STARTS HERE

📌 CLAIM YOUR FREE MEMBERSHIP AND START YOUR JOURNEY TODAY,

👉 **CREATE YOUR ACCOUNT** <https://www.ascend2elite.com/jay>

🚀 WANT TO FAST-TRACK YOUR SUCCESS?

IF YOU'RE SERIOUS ABOUT MAKING MASSIVE SHIFTS IN YOUR LIFE, I OFFER A 12-WEEK TRANSFORMATION PROGRAM WHERE I WORK 1-ON-1 WITH A SELECT GROUP OF INDIVIDUALS. I ONLY ACCEPT 10 PEOPLE AT A TIME, SO AVAILABILITY IS EXTREMELY LIMITED.

SCHEDULE A CALL WITH ME: <https://calendly.com/jaykitamura/discovery>

THIS IS YOUR MOMENT

I HOPE YOU'VE GAINED VALUABLE INSIGHTS FROM THESE NOTES, BUT KNOWLEDGE ALONE WON'T CHANGE YOUR LIFE, ACTION WILL. THIS IS YOUR OPPORTUNITY TO STEP INTO A NEW REALITY AND START CREATING THE LIFE YOU WERE MEANT TO LIVE. WELCOME TO THE BEGINNING OF YOUR TRANSFORMATION.

LET'S ASCEND.



Jay Kitamura
jay@ascend2elite.com