

# QUANTUM TRANSFORMATION



Course Guide



Manifesto Books



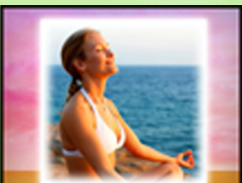
Manifesto Audios



Affirm-A-Visions



Accelerators



Daily Reminders

## STEP-BY-STEP COURSE GUIDE

Orientation • Education • Activation • Integration



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# Quantum Transformation

## The Affirm-A-Vision™ Process

### Quantum Transformation Guide

**Guiding you through the Affirm-A-Vision™ process to help you:**

- ~ Tap into your Deepest Desires ~
- ~ Become the Master of your own Destiny ~
- ~ Transform your Life by Manifesting the Life of your Dreams ~

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## About the Affirm-A-Vision™ Process and this Quantum Transformation Guide

Combining the wisdom of the ancients with cutting edge technology, the Affirm-A-Vision™ process uses scientifically proven techniques to help you reprogram your brain on its deepest subconscious levels. Through this program you can change your brain's vibrational frequency and turn yourself into a *living magnet* – capable of attracting anything that you can imagine!

The best part about our Quantum Transformation course is that we have made it so simple for you to use. We have created all of the tools that you will need to be successful and made them as simple and easy to use as possible.

Wherever possible, WE did the work for you. Our primary goal during development was always to give you the MAXIMUM return possible even if you only have a small amount of time to invest.

**The Quantum Transformation course contains the following 4 modules:**

### Modules

- 1. Orientation** – Become familiar with this course and how to use the course material
- 2. Education** – Learn the essentials about the hidden powers of Affirmations, Visualization and Meditation
- 3. Activation** – Activate your transformation with the included Affirm-A-Visions™ and Transformation Accelerators
- 4. Integration** – Continue your transformation as you integrate Affirm-A-Vision process into other areas of your life







## Module 1

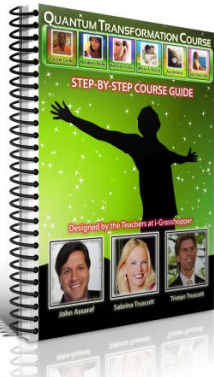
### Orientation

The orientation material included in this course will introduce you to the fundamentals of the Affirm-A-Vision process as well as what you can expect to learn from completing this course.

To complete the orientation module:

- Read the Quantum Transformation Guide all the way through to get an idea of what's ahead. After that, use this guide to navigate through each module of this course in the order it is presented.
- Watch (or listen to) the Introduction Video for an introduction to the power of affirmations, visualization and meditation.
- Print out and complete the Initial Check-In of the **Quantum Transformation Progress Tracker** (at the end of this guide) to get a baseline of where you are starting from so that you can track your results each week.

### The Orientation Module contains:



- **Quantum Transformation Guide**  
Any personal development program must be, at least in part, a self-study program. But this guide can help you navigate through each module of the Affirm-A-Vision process so that you use the right tool, in the right way, at the right time. We recommend that you work through this guide and its material in the order it is presented to achieve maximum results.
- **Orientation Video**  
In this video, *An Introduction to Affirmations, Visualizations and Meditation*, John Assaraf, from the hit movie and book *The Secret*, introduces the power and promise of these three ancient disciplines.
  - We have also included an audio (MP3) soundtrack of this video so that you can listen to it on your computer on any mobile device capable of MP3 playback.
- **Quantum Transformation Progress Tracker**  
Use the first page of the Progress Tracker to “check-in” before you begin the course to get a baseline that you can use to track your progress in the coming weeks.



## Module 2

### Education

The education material included in this course will give you a deeper understanding of the fundamental elements of a quantum transformation. Just as you need a strong foundation to support a sturdy building, you also need a strong foundation to support a change in your life. That foundation is “understanding.”

When you understand how and why each of these elements of the Affirm-A-Vision process works, you can use them more effectively as you begin to create the life of your dreams. The better you understand, the more amazing your results. Think of these materials as your Manifestos of Manifesting! Through step-by-step, easy to understand examples, you will discover concepts and applications that you can use to strengthen your personal attraction magnetism.

To complete the education module:

- Read each Manifesto (and/or listen to the audio version)
  - We suggest that you also listen to the *Super Learning Brain Entrainment Audio Track* while you are reading to enhance and deepen your understanding and retention of the material. <sup>1</sup>
  - We also suggest that you allow yourself some time to digest and reflect on the information in each Manifesto before moving on to the next one. Go at your own pace. You are going for understanding here, not racing to get to the finish line.

### The Education Module contains:



- **The Power of Meditation Manifesto**

Meditation will unlock your full potential by aligning your mind, body and spirit to work in harmony. You will discover the physiological, psychological and spiritual synchronicity that allows meditation to work on all aspects of yourself simultaneously.

Some of what you'll learn about meditation includes:

- "Best Practices" for getting started with Meditation
- A scientific and spiritual examination of Meditation
- An introduction to the various 'states' of Meditation
- How to overcome mental and physical barriers using Meditation
- Advanced techniques for Meditation, including movement

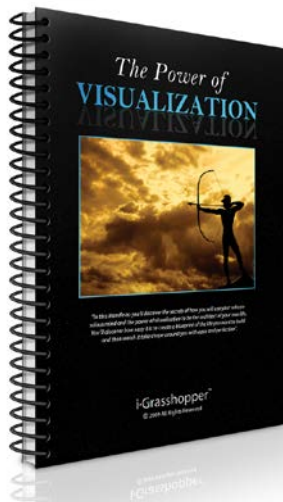


- **The Power of Affirmations Manifesto**

Discover exactly what affirmations are, why they work and how to create powerful affirmations for your life. Step-by-step exercises and real-life examples will show you how easily you can change your life with a few carefully selected words and phrases.

Some of what you'll learn about affirmations includes:

- How to script the life of your dreams with Affirmations
- Exercises to create your own Affirmations, step-by-step
- How to intensify your Affirmations with a single word
- The science behind "Why Affirmations Work"
- The best ways to LIVE your Affirmations

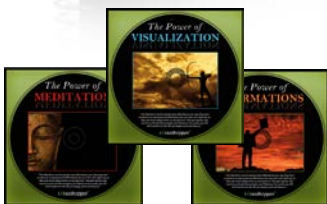


- **The Power of Visualization Manifesto**

Discover the secrets of how you can use your own subconscious and the power of visualization to be the architect of your own life. You'll be amazed at how easily you can create a blueprint of the life you want to build and watch it take shape around you.

Some of what you'll learn about visualization includes:

- The exact techniques you need to know to Visualize
- Exercises to increase your power of Visualization
- How to create a Vision Board in five easy steps
- 10 personal qualities that Attract Miracles
- Why it works; the science behind Visualization



- **Audio/Mobile Versions (MP3) of The Power Manifestos**

Use these convenient audio versions to listen The Power Series over and over again on your computer or through any mobile device with MP3 playback capability. For the best results, we recommend that you alternate reading and listening to the education material in the Manifestos.

- **Super-Learning Brain Entrainment Audio Tracks (MP3)<sup>1</sup>**

Listening to these audio tracks while reading the Manifestos can help you absorb the information, retain the information as well as get you to apply it faster and easier than ever before.

The entrainment sounds on these audios opens the deeper learning centers of your mind so that the information is retained at your core subconscious level. This is what gives you the "sticky factor" – meaning it helps you remember this life changing educational material forever!



<sup>1</sup>Be sure that you read the *Brain Entrainment Technology Warnings* included with your download.



## Module 3

### Activation

The activation material included in this course was developed using all of the principles that you learned in the Education Module. Knowing the basic principles involved can help you use them more effectively to transform your life, but these tools were developed with an eye toward “doing it FOR you” whenever possible.

Certain areas have been shown to have the biggest impact on life satisfaction. Activation material has been included in this course to address each of these key areas. To complete the activation module:

- Choose an area of your life that you would like to transform:
  - Wealth
  - Health
  - Relationship
  - Business
  - Spirituality
- Watch one **Affirm-A-Vision™** from your chosen area each morning and evening (These are your Digital Visionboards).
- Listen to the corresponding **Accelerator** as often as possible throughout the day (Accelerators are approximately 30-minute affirmation soundtracks but you can listen to them while you are falling asleep or engaged in other activities that do not require your full attention).<sup>1</sup>

**Special Note:** Even after completing the education module, reviewing or doing exercises from the education material can help you define and clarify the mental images/feelings you maintain while using your chosen Affirm-A-Vision™ or Accelerator. Stronger and clearer mental images/feelings mean stronger results.

### The Activation Module contains:

- **7 Affirm-A-Visions™ Targeting Key Areas of Your Life**  
These Affirm-A-Visions allow you to transform your life across all categories which have been identified as having the greatest impact on life satisfaction: (Digital Visionboards)
  - **Wealth:** Financial Stability
  - **Health:** Men’s Vitality; Women’s Vitality
  - **Relationship:** Attract, SoulMate
  - **Business:** Success
  - **Spirituality:** Meditation

\*If an area offers more than one option, choose the Affirm-A-Vision™ that best fits what you want in your life at this time.



<sup>1</sup> Be sure that you read the *Brain Entrainment Technology Warnings* included with your download.





- **Audio/Mobile (MP3) Affirmation Accelerators<sup>1</sup>**

These Affirmation Accelerators are looped soundtracks of our Affirm-A-Visions™ that also include our special Brainwave Entrainment Technology. These audio/mobile versions make it more convenient to listen to them throughout the day – while you are at work, doing household chores, working out or falling asleep – which can significantly accelerate your results.

<sup>1</sup>Be sure that you read the *Brain Entrainment Technology Warnings* included with your download.

## SURPRISE BONUSES

In the course you will discover that we have included the following  
4 Surprise Bonus Affirm-A-Visions and Accelerators!



**Affirm-A-Visions™ are also Available for the iPhone!**







## Module 4

### Integration

A crucial part of making any lasting change in your life is incorporating the changes in activity/behavior and consciousness into your daily life.

Quantum Transformation requires a fundamental change in your beliefs and subconscious thought – and consistency prevents those old patterns from re-asserting themselves.

To integrate your Quantum Transformation results into your life:

- Monitor your progress with the **Quantum Transformation Progress Tracker**. Each week, fill out the tracker for that week:
  - In Section I, list the areas of your life in the order of their importance to you *in that moment*. This helps you focus on the areas with the biggest potential impact to YOU.
  - In Section II, on a scale from 1 – 10, rate how you feel about how your life measures up in each of these areas *right now*. This highlights the areas that can use the most improvement.
  - In Section III, record your activities for the past week. By tracking your activities and the level of consistency, you'll be able to track how your efforts translate into real-life results.
  - In Section IV, record any realizations, insights or changes you noticed in the last week. A change in your thoughts often signals an imminent change in your life. So tracking changes in your consciousness and thought patterns can prepare you to take advantage of new opportunities as they present themselves.
- Look at your answers in Sections I and II of your **Progress Tracker** and decide which area needs your focus in the coming week. Do you want to:
  - Continue using the same **Affirm-A-Vision** and **Affirmation Accelerator**?
  - Switch to an **Affirm-A-Vision** that addresses a different key area of your life?
  - Continue using the same **Affirm-A-Vision** but also add another to address a different area?
- Continue to periodically read or listen to the education material and, as you feel comfortable, try out some of the exercises and activities included in that material to deepen your understanding of the fundamental concepts. (Remember to use the **Super Learning Brain Entrainment Audio Track**<sup>1</sup> when you read the material and to record any exercises you try on the back of your **Progress Tracker**.)



## The Integration Module contains:

- **6 Months of Affirm-A-Vision™ Postcards**

Use the link below to receive your daily Affirm-A-Vision™ ePostcards in your email. These postcards contain affirmations and images taken directly from our Affirm-A-Visions™ and are great visual/audio reminders for the life you are creating.

<http://quantumtransformationcourse.com/epostcards.php>



- **Quantum Transformation Progress Tracker**

Use the progress tracker to monitor your transformation. You can download the Progress Tracker for printing here:

<http://quantumtransformationcourse.com/docs/progress-tracker.pdf>

Then, each week, complete the section of the tracker for that week to record your progress and activity – as well as any personal insights and revelations you've had during the week.

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