

RAPID INTELLECT BOOSTER

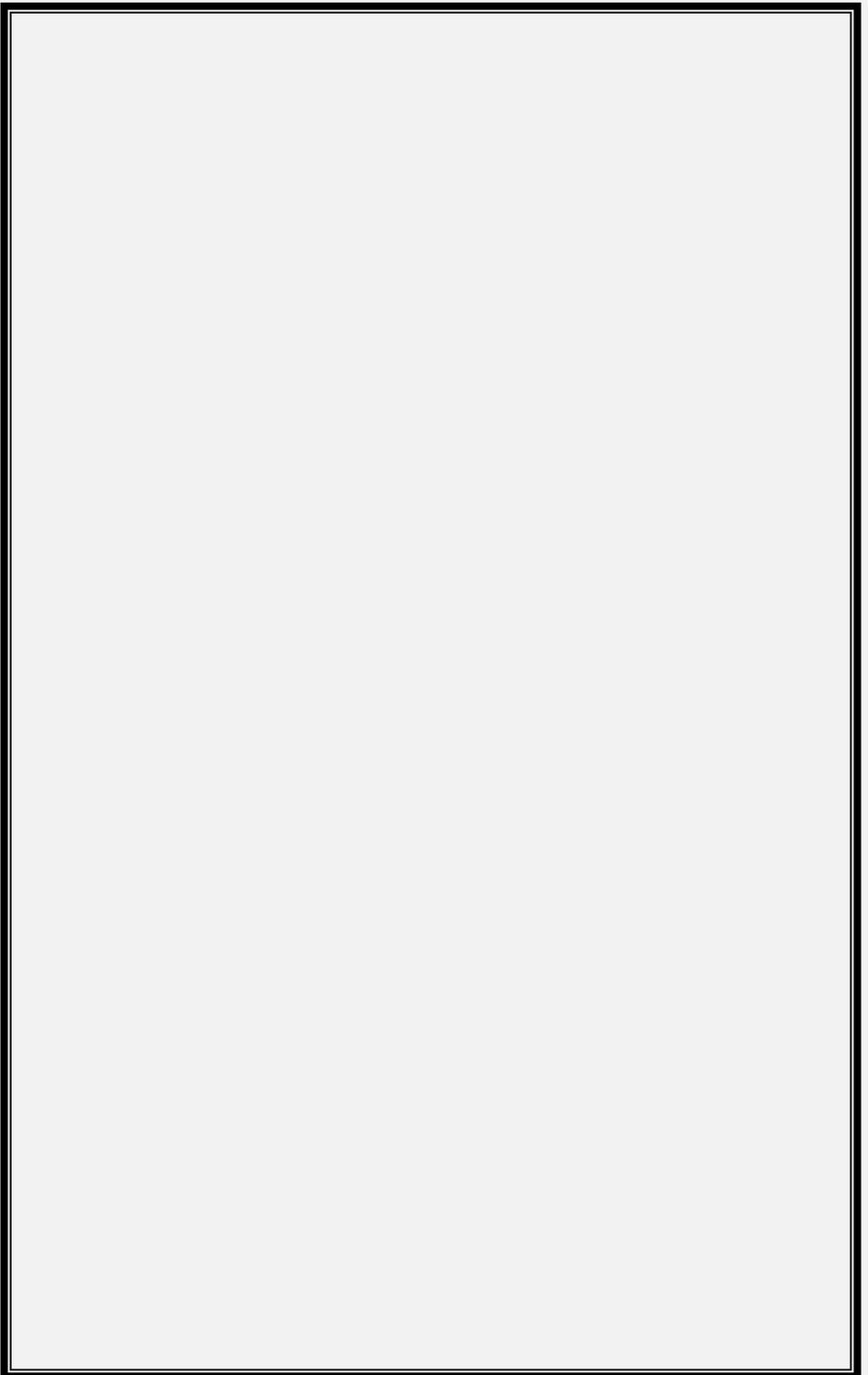
Ensure Quantum Jump in out-comes



(NLP Approach for all Happiness)
"Only for High Performance Seekers"

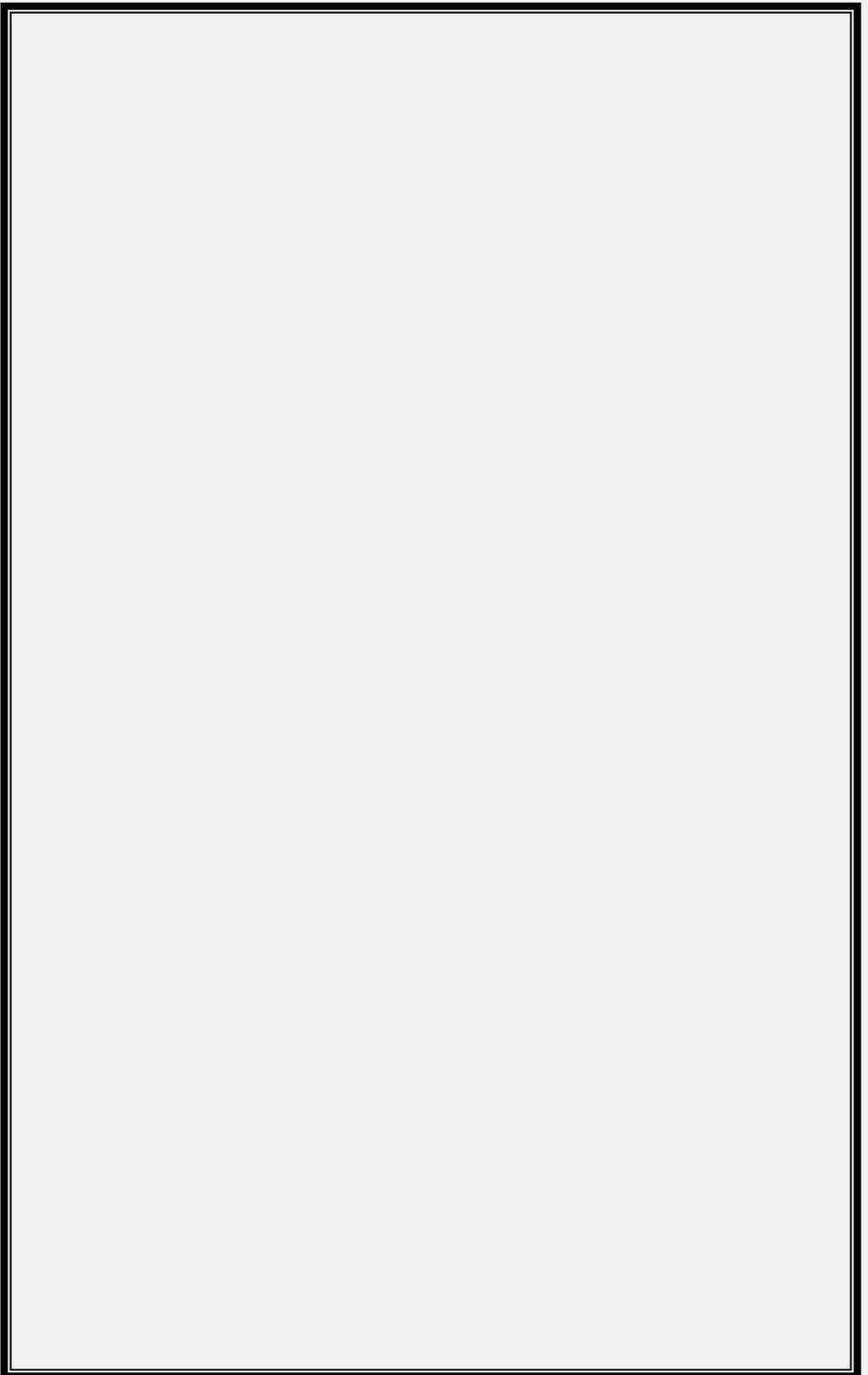
Dr. Alpa Markande Srivastava

Mr. Sachin Srivastava



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FOREWORD



I have known *Dr. Alpa Markande & Sachin Srivastava* since October 2021, when they became a part of my NLP Life coaching closed group community. During the NLP Practitioner course, I must say that they have been one of the sincerest mentors I have ever seen who carry a mission and purpose of adding element skills by installing practical yet powerful parameters of the individual's intellect with their unshaken personalities to set track and achieve success goals of people with the help of 7-step strategic miraculous prescription.

Being High-Performance Coaches, Holistic mentors & NLP experts, they radically transformed their lives. After reading this book, the authors have successfully given their readers immense clarity and a sense of fulfilment by using a combination of guidance and techniques to achieve their goals with optimum coaching experience.

Moreover, they have organized chapters on how to seek clarity, capability, and courage with the help of

understanding the subconscious level at a greater frequency in our life.

Furthermore, they have looked at the factors of challenging processes that prevent us from operating at our highest levels and how to overcome them. Their science-based exercises explore the fundamental aspects



of communication, behavioural patterns, psychotherapy, and the most important values that lead you to the next level of mental health.

Moreover, they emphasize the importance of deep memories and the law of attraction, which are the most interconnected factors in determining our overall success. They have counted what you could do to create gratitude and acceptance with the help of NLP techniques and healing affirmations for inner peace by overcoming the poorest outcomes to achieving peak performance by replacing discomfort with a strong mind-set & belief.

Finally, I will admit that after reading this book, I felt that their book is written in such a manner that ordinary people will take action and unlock their true potential to



map their intellectual progress in their life via new way tools & systems with the help of understanding their exponential growth.

Last, this book is about happiness, connection with the human brain, transformation, and potential that is impactful and brings change to society. They have proven that self-love, self-acceptance, self-identity, energy, and a sense of togetherness are crucial for a person's life and include strategies to help us to differentiate and uplift life opportunities for leading a better future and how our intellect is capable of being confident, calm, relaxed, and composed by gaining a unique way of inserting the ideas directly to the sub-conscious layers to reclaim the higher possibilities that people possess with their experience to shape their financial freedom with indebtedness and adopt healthy relationships & good health.

-Yogendra Singh Rathore

PREFACE

Arjun was feeling stuck, and it was Lord Krishna's responsibility as his mentor on the Mahabharata battlefield to get him back to his resourceful state. Like Arjuna, we all are fighting our own battles of life with a differentiated set of karmas, and awaiting the same blessings from Lord Krishna as an external being. In “*Shreemad Bhagwat Geeta*”, he (Lord Krishna) has already revealed that “I’m the “*Atma*” or the Self & I’m the controller of all, I’m the whole cosmos including you & me and any other living or non-living thing.”

Hence, the actual guide or mentor is already within us. Our “Book” is an attempt to awaken that “self-mentoring programme” using behind the curtain NLP techniques to provide a hand-holding to reader for winning a resourceful psychological identity enriched with eudemonic happiness with attaining High Performing Attitude.

After practicing duly on self and also observing the positive transformation in number of subjects worked with, we found these life changing techniques to be powerful tools to be practiced by everyone to attain a better self and

have better life opportunities with fullest potential. Now, it has become our Life Purpose to give break-through to all possible lives, who find themselves stuck in any of the life form or who wish to achieve higher goals in life. As time is a limitation, we wish to spread the happiness among all human beings & coexistences.

ACKNOWLEDGEMENT

Under the invisible blessings of the Almighty, the entire “Book Writing” work reached finality. I owe it to whole belief in Him.

The foremost sense of deep gratitude goes to **Dr. Yogendra Singh Rathore (YSR)**, our mentor, for inspiring and guiding us throughout the venture. His advice has always been a beckon. The multi- disciplinary endeavour has been put forth in structuring the book design that made us climb on to the taller challenges.

We express our deep gratitude to YSR team, and our siblings for offering their catalytic support. This chain of gratitude is extended to Prof. A.K. Saxena and Prof. Peeush Ranjan Agrawal who have been the source of inspiration and confidence in meeting the challenges. It is our pleasure to thank all our friends and colleagues for offering support and good wishes.

We would like to offer our thanks to the dignitaries for offering their valuable reviews and feedback on our new endeavor, especially, Mr. Chaitanya Narayan(IFS), Mr. Mahendra Pratap (Joint Secretary MOC, Govt. of India),

Mr. Gyanendra Kumar (Founder and Group CEO, Infotrust Pte Ltd., Singapore), Mr.Kumar G. (Director, CLMV Distribution Group, Myanmar), Mr. Nitin Shrivastava (Senior Executive, Nahar S.D.M., Ludhiana) & Mr.Tarun Raj (Manager, BHEL).

Indeed, we offer our gratitude to parents “Shri D.K. Shrivastava & Mrs. Krishna” and “Dr. R.K. Markande & Mrs. Mansa Markande”, for their unreserved support and courage offered in discharge of responsibilities and stood by us throughout in all efforts during the writing of this book and in the accomplishment of the task.

My acknowledgement wouldn't be complete without thanking both of our dear angels' **Shriya & Akshita**, for proper coordination and providing us time & space for the due completion of the book writing.

Overwhelmed gratitude to the entire cosmos for all the wonderful experiences & acclamations.

Authors,

Dr. Alpa Markande &

Sachin Srivastava

ABOUT THE AUTHOR



Dr. Alpa Markande (Srivastava), is not only a distinguished professional with a decade of experience in academics and had Management studies at Postgraduate level. She possess an extensive range of expertise ranging from academicians to a corporate trainer, having working experience in prestigious Government institutions along with having equivalent exposure on online coaching & freelancing in the field of expertise but also a seasoned NLP Coach.

She has done MBA (Marketing) & completed her Ph.D in 2010 (Research work submitted in 2009), from MNNIT, Prayagraj, UP, and was acclaimed with an A+ grade by all the examiners. The Rubric Model was the only model introduced for study the marketing aspects/ indicators of country to allure FDI at that point of time, the work was also nominated twice for IERDA Award of EXIM Bank and further paved the way for many further researches and having equal relevance till date.

Now, she is with a purpose to develop unmatched mindset with inoculating NLP concepts to create holistic change in perceptions, to ensure proper integration of Value & satisfaction in all the field of life.

ABOUT THE CO-AUTHOR



Mr. Sachin Srivastava, is an Statistician & professional Banker with more than 18-years of corporate experiences. With the wide corporate experience in field, he is well aware about the pains & gains out of a stuck life situations, like “low performance out of disturbed time management & life style diseases”, disturbed relationships due to work life imbalances, stress, anxiety, ambiguity in role-functions, I R issues at work place, lack of focus resisting, any sort of out of box thinking, inefficiency in completion of work as per schedule, procrastination related aspects, blame game practices etc.

His life purpose is also to be a guiding light for all suffering with above life situations and he understands that NLP practices may give a proper breakthrough from all the stuck situations. He is also a Certified NLP Coach.

*–We are decoding a life, learner will get,
visitor will agree and rest all –the critic||
will also be happy.||*

– Authors' Pen

Content

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***Note:** Major changes will start occurring in your life, once you take these behind-the-curtain NLP pre-suppositions as prescriptions given to you for practice. Once you start looking at events or “people around” or “situations of life” are duly treated with particular assumption suggested, you will soon start looking at yourself and the world will start revealing the positive effect of true changes in your perception, outlook and meaning of event and resulting which, you will witness all the positive happenings in order.*

—*Rapid Intellect Booster*||

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The history of science is full of examples which alternate from being extremely practical to being extremely basic in their approach. And it's through the interaction between the basic, empirical and practical problems that we find the greatest and most fruitful developments of modern science and technology. - Vikram Sarabhai

It is a uniquely designed content to ensure a vital impact on an individual's intellect. One is only required to practice the 7-step strategic miraculous prescription suggested by authors after referring to various scientific researches and neuro-linguistics **approach to integrate the mind at its sub-conscious level at a greater frequency with the universe to ensure the desired level of life experiences in terms of health, wealth, relationships, career, business, money & opulence, adventure & aesthetic experiences.**

CHAPTER -1

WHY NLP ? :: IS IT REALLY ORGANIZING A LARGELY AD HOC DATA SOURCE IN SUBCONSCIOUS?

It is a type of pseudoscientific method of communication, which may explore the possibility of optimum personal growth. It is also known as psychotherapy and has become popular with the book named “The Structure of Magic”, written by Richard Bandler and John Grinder in 1975.

According to NLP, there is a link between neurological processes (neuro), linguistic processes (linguistic), and learned behavioral patterns (programming), and that they can all be altered to attain certain life goals.

NLP may successfully treat a variety of issues, frequently in just one session, including phobias, depression, neurotic disorders, psychosomatic illnesses, nearsightedness, allergies, the common cold, and learning disabilities. NLP is now an ideal "model" in the exploration of the skills of exceptional people and allows anyone to acquire the benefits.

Please ask yourself a question, “Why, am I Reading this?”

The reason for picking this book is actually a subconscious drive of an individual to attain success in the field of self-aspiration, which is definitely going to bring in many such important opportunities by the universe in the coming future. People land in situations, meet people, find resourceful content and references in the form of audios, videos, books etc., what if someone says, that it all did not happen by chance. Yes, it is true and a well-known fact among all the so-called enlightened and many of the successful people around the world. So, If this book is in hand and someone is reading it, due magic is about to start in once life “very soon”. In fact it already has begun.

Hence, if you have some deep desire, explore the same to thrill you, (the level you may feel), please build pure vibrations of achievement in your body, as if it is just achieved, amazingly with the magic that you have just cast by reading this content, seriously.

Find the Scientific Factors of your choice for picking this BOOK –

It is recommended that you, re-read the above said “why”, before understanding this brain behavioral concept.

Actually, we all are just fully surrounded with all the opportunities, yet it is difficult to identify them with consciously opened eyes until the same have a sub-conscious consent.

We can confidently say that you having picked this book among thousands of books was not just your conscious choice, but there must have been a sub-conscious consent and a burning desire at sub-conscious level to be successful in life by uplifting the intellect. In due course of marketing, the publisher has placed this product in front of you as per your areas of interests. (Don't you find it amazing?)

Further, if you find in the coming days, with due practices suggested in this content, it has started landing you in the perfect life situations, please ensure to spread the reach of this book for all the loved ones you care for.

Hence, be confident that you are now accessible to all opportunities ahead in terms of making money, gaining health and wealth, winning relationships etc. Whatsoever is your subconscious drive, just assimilate the concepts suggested in this book to rapidly boost your intellect and be capable to change the world's experiences accordingly.

Let us understand the Key Factor :: “How all universal laws are so effective?”

Let us take a simple example to understand. When we are driving a car on the road, we do not care much about the number of shops that we come across in our daily route. But when some specific need is there we start to check and “google” (to find that where the task can be done) and find that the same is there on the main route, we are moving daily. Why does it happen ? This is because, our brain is a power optimization machine, it concerns the data most useful and avoids to keep un-necessary data and even tries to generalize the facts for its operational convenience, which results in power saving. The fact is that even brain is holding less than 2% of human body weight yet it consumes almost more than 20% of the body’s energy alone despite so much of power optimization.

Generally, to find any solutions these days, we use search engine like Google or Bing etc. because by asking a question from it, we may find out possible solutions. Doing this may be one of our conscious choice, but when this facility is not available, the same reply may be retrieve by focusing inside in our own deep memories or perhaps from sub-conscious brain because it keeps and preserve broader

information of our environment, we only struggle to get back the same in case of need and that's the great concern.

Similarly, all the opportunities are very well available around us, which might get visible or open to us once our subconscious is really concerned about them. This is the actual formula on which all the universal laws work, including the "*Law of Attraction*". Once people start to feel deeply about goals, they encounter favourable situations easily due to this subconscious consent. Scientifically it is also a proven fact that human vibrations/frequencies are almost found well-tuned to the level that they are capable of achieving the desired opportunities in the outer world having the matching frequencies, which is actually due to the extraordinary functioning of the brain. We here can infer that all popular theories can actually somehow have some scientific connection with our subconscious possibilities. Feeling of extreme success, happiness, joy, love, pleasures etc. all are the state of mind. To accelerate all the good life experiences, the feeling of gratitude, thankfulness & compassion are the key. We will start with a basic understanding of true happiness paradigm in terms of Brain behavioural aspects and then undergo some

recommended practices & exercises to yield optimum results.

As an author, we promise that after having this selective information, anyone can achieve a quantum shift in parallel universe full of opportunities & fulfillment. Only expectation, is, to please read the content in sequence, start practice by committing with self to ensure continuing the practice for minimum 30-days to witness life changing mindset. The optimum results will be witnessed within 90-days. We also pray the supreme to grace our readers due level of attachment to enable them feel very comfortable in reading, understanding, completing the day to day exercises and gain the benefit of content in real worldly experiences.

CHAPTER -2

BASIC UNDERSTANDING OF HAPPINESS, CONNECTION WITH HUMAN BRAIN, AVAILABLE POTENTIAL IN IT AND TRANSFORMATION OF THE SELF-IDENTITY

The hedonic scene of happiness has impacted so high in society that the majority of the world population perceives that real happiness is in acquiring material gains. Believe me I have experienced the secret of all rituals, all the said universal laws, and that is so simple, like selfless love. Yet, it is difficult to realize in the 5G- enabled world till the real scene of happiness is not imbibed in the mindset.

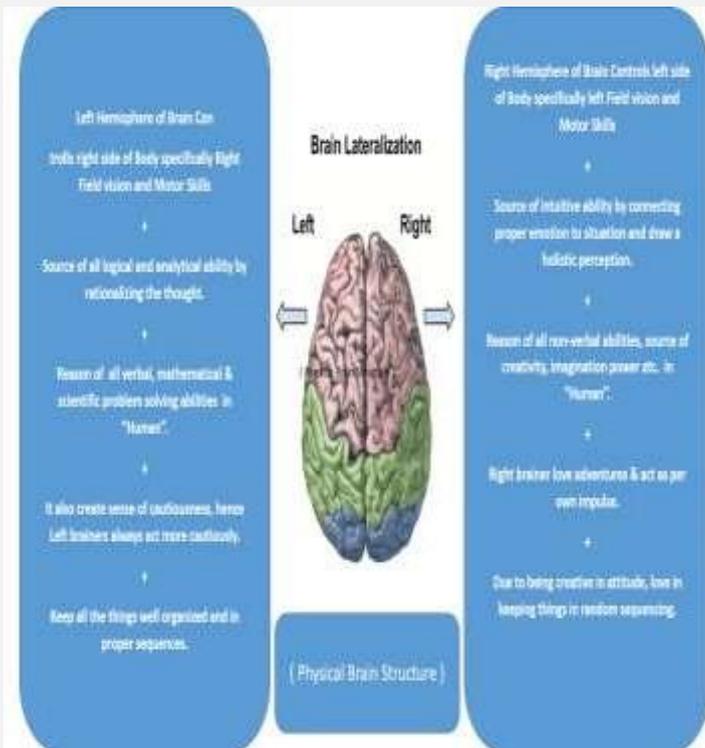
When the mindset is a concern, here it becomes important to discuss universal theories in connection with their close association with neurotically proven quantum physics researches. Yes, now here onward be ready to have a deep dive with a due sense of togetherness with the universal cosmos and have a fair understanding of awakening in the real world.

In 2003, A Quantum Universe Committee was formed by US Government under DOE/NSF named High Energy Physics Advisory Panel to explore & understand the nature of universe along with framing the direction for further researches on composition of matter, energy, time etc. To the best of the information it was revealed and confirmed that almost 95% part is energy, which they name as dark energy & dark matter. It is yet unresolved that what happened to antimatter, as experiments are clearly indicating the presence of some antimatter particles against every fundamental particle existing in the universe, more or less, everything is energy and all formations & deformation in the form of matter & antimatter are just change in the form of the energy. If energy is there, definitely all laws of vibrations and frequencies are bound to exist.

In Indian literature Upanishad named “Mandukya Upanishad”, part of Atharveda, also mentioned that in the state of supreme cautiousness, it appears that the entire world is made up of resonance of sound, observed as “A+U+M+ Space”. It is reasonably sufficient to prove that our ancestors in India may be well aware of these facts only through the state of “Dhyan (Meditation)” without evidencing any scientific research through physical

experiments, which our so-called modern scientists are trying to establish as facts.

Here starts the actual learning. It is a known fact that the human brain which has almost 100 billion neurons, has many possibilities of being the most intelligent known device ever available on planet earth. It will be easy if we understand that brain is the hardware available to us and the mind is the software (so-called consciousness), the reason for all worldly experiences.



Now, Let us understand the level of consciousness and its impact-

“Mind” has basically following 3-layers of consciousness

Conscious-Mind (below 10%)	Responsible for our behavior & belief towards outer world.	Short term memory, just operational segment.
Subconscious Mind (up to 60%)	Responsible for internal references and Conditions us for responses to outer world.	<i>#Can be programmed (using NLP). People undergo major shift in outer world reality by rapidly boosting their own intellect.</i>
Unconscious Mind (Rest almost 40%)	Reason of all Un-controllable deep down emotions, feeling, thought and perhaps storage of quantum memories	Cannot be programmed or altered as no such control so far seems possible.

It is a known fact that the actual potential of this mind is yet unknown. However, it is a scientifically proven

fact that it has unlimited power to change the individual's reality in a short span of time. Sometimes, these changes are found to be far above the level of understanding of a logical or conscious mind. Obviously, because here other layers of consciousness play a driving role. In fact, it is driven by the subconscious mind.

Here the game starts. A person, by practicing these scientifically proven NLP techniques, not only can transform his own intellect but also can attain the capability to insert the ideas directly into the sub-conscious layer of all around by tress-passing the neural resistance generated by the conscious layer of mind, which become one of a major reason of domain shift towards higher possibilities in the outer world and people experience the differentiated and uplifted life opportunities for leading a better future.

Yes, these psychic abilities were also developed using a specific type of NLP techniques only. However, here we will remain focused on fairly using NLP techniques for due uplifting our overall happiness experience in terms of well-being, getting financial freedom with indebtedness, healthy relationship, good health etc.

Let us now re-shape a –Why?|| which means finding a reason as to why I should continue reading this

content? Friends, it is actually transformation time, and after this wow moment, life is about to take a sharp inclination in terms of visible progress in all spheres of so-called life.

As per quantum physics, it is now an accepted fact in Scientist Communities that we have our quantum existence in parallel universes, which only make it possible to get into a time travel. Which means existence may switch into a parallel universe and we all become a part of it, even without realizing the fact. Our mindset is the driving force which create an action potential, accordingly we take initiatives or action and witness the life experiences assuming as a reality for oneself. This means our infinite versions are already there in existence, leading different life style. The kind of life we wish to have is solely our own choice. Most of the times it is happening sub-consciously or un-consciously.

What does it mean? Yes, it means, we may at any time change our real-life experiences. This is the real power of —Intellect, on which a proper workout is —Justified.

Let us try to transform our identity and switch in the universe of better opportunities with fulfillment with the

understanding of happiness & joy. To ensure a paradigm shift from a hedonic sense of happiness to a eudemonic sense of happiness, leading us to fill a celebration inside throughout and relish joy forever.

In this process of strengthening the “Why???” in the neuro linguistics pattern of a logical mind, please also refer to a Sanskrit shloka of “*Shreemad Bhagwat Geeta*” sung by —*Lord Krishna*” ages ago -

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वम धनञ्जय।

ससद्ध्यससद्ध्योः सरो भूत्वम सत्त्वं योग उच्यते॥ २-४८

—*By being established in Yoga, O Dhananjaya, undertake actions, casting off attachment and remaining equipoised in success and failure. Equanimity is called Yoga.*॥

Here, lord Shree Krishna is preaching “Arjuna” to look beyond and focus on action and settle in a state of mindset called “*Sthitpragya* {*स्थिताप्रज्ञ*}” (A stable mindset, which remain neutral towards any pain and gain)”, meaning a shift of paradigm from current state to a better mental state by just focusing on karma.

To ensure this sort of paradigm shift, the first requirement is to have an understanding of on what the

focus needs to be on, as here we are focusing on human well-being like Hedonic & Eudemonic etc., let us understand the paradigm -

A. Understanding of Type of Happiness linked with wellbeing need of Human -	
Hedonic Paradigm	Eudemonic Paradigm
<ul style="list-style-type: none">• Happiness from momentary and sensory pleasures like enjoying sex, monetary gain, getting recognition or an award etc.• Mindset a target assuming that after achieving the same I'll feel happy. Hence action potential is initiated to achieve tangible material gain in future only.• Hence the flow of inspiration is from the materialistic aspect of life, which can be easily associated with one level of need as per Need Hierarchy of an individual.	<ul style="list-style-type: none">• Instead of finding happiness in material gains, goals or targets in life, what if someone started to perceive pleasure inside the body and mind?• Yes, I'm talking about intangible gains or spiritual gains like, feeling blessed in the present moment in life, accepting who am I and what I wish to be (a person of limited beliefs and potentially wish to transform into a person of unlimited potential.)• Here, my focus will be

	<p>to see the progress within and definitely one will start focusing on the moment, hours & day wise progress towards self-development. Yes, this is the mindset, where true happiness start taking place, as all material aspects are definitely going to follow for due fulfillment.</p>
<p>Here, uplifting of one-self is restricted till deficiency needs * It also becomes very difficult to achieve true happiness due to tendency of mindset to co-relate the sense of pleasure with material gains only.</p> <p>It is because of this most humans do not feel fulfilled within, and the treasure of unlimited happiness remain un-experienced throughout life. Almost 90% people fall in this</p>	<p>Here, oneself finds uplifted directly towards higher /being needs* than merely being restricted up to physiological needs only. The moment the humans start tasting the real essence of happiness in the journey or in process of transformation rather than waiting for happiness to come after achieving any material gains.</p>

category.	
* For deep understanding reader can refer Need Hierarchy Theory by Maslow and may also refer our youtube video as follows- https://studio.youtube.com/video/HJ7lIXn3jF4/edit	
Difference in experience	
<ul style="list-style-type: none">• Just a feel good factor out of emotions• Pleasure out of subjective well being• Short term happiness	<ul style="list-style-type: none">• Feeling of well-functioning, eternal achievement, flow of life directions, increasing strength, realizing potential etc.• Feeling of serving a purpose beyond the self• Deeper & Sustainable Happiness

Let me introduce you to “**Happy**”, the character of an experimental mind-set, who always wishes to attempt everything, is one of the favourite guys and has a well-said sharp mind under healthy 2B’s (Body & Brain).

So, “Happy” also came to know about this fact about parallel universal existence of human reality. So he has

now decided to travel into another parallel universe to lead a better life.

That is why he asked me to train him for this interesting journey. Training started, one fine day just on the verge of step into the opportunity, he stopped the process as he wish to first learn, how to come back here occasionally, whenever needed? Ha..ha..ha..!!

Please don't do such mistakes, process just interrupted, need not come back or have a reverse gear in the momentum of personnel growth. If such ideas exist, possibilities will be to escalate till some-where and fall back to last position to re-start the journey.

However this gentlemen "Happy" is exceptional in many ways, he can do anything as per wish. Means, need not to have any doubt about oneself, what so ever your current image is there, leave it as it is and jump into a new paradigm by upgrading your "Identity".

Yes, believe us, you can become the same in parallel universe as you think exactly as per the image of better version of yourself, you are going to —program-me|| in your mind set.

Exercise – A

(4- Steps NLP Exercise for Identity Shift)

Let us create a better entity of ONESELF right now by following the steps suggested hereunder in “Exercise A”

1st Step – Try visualizing your image by closing your eyes for at least 20-30 seconds.

2nd Step - Now note down somewhere the following specifications –

- ✓ Was the image colorful or black & white
- ✓ Was the image small or large.
- ✓ Was the image framed, within some kind of a boundary or without any frame
- ✓ Was the image in the center or side wise
- ✓ Was the face joyful, neutral or sad
- ✓ How was the feeling; warm, cold or unnoticeable

Friends, the above representation is the image of self, depicted from our meta-conscious memories. We can name this image as “CI - Image”.

3rd Step# - In this visualization what so ever image we have perceived, *we need to replace the same with another self-identity image, which is vibrantly colorful,*

large-sized, without any frame (limitless), well-centered, young, energetic, joyful & warm .We find that our better quantum self (QS Image) is successful in all respect, enjoying lots of respect, has all the abundances & luxury, maintains a good work-life balance, travels throughout the world with friends & family on holidays. Have lots and lots of gratitude to the Universe for such persistent & marvellous growth, and convey wholehearted thankfulness to all people, objects and life situations around.

4th Step – Congratulate **yourself that the quantum self is created successfully**. Believe me, the quantum shift will happen automatically within a few days of practice.

#Process for Identity Shift –

- Deep breath at least 7 times, inhale from the nose in 4 seconds and exhale slowly from the mouth in 8 seconds (X- Inhalation Time, 2X – Exhalation Time).
- During the process, keep your back, shoulder & neck straight, forehead facing slightly upward and focus between the eyebrows.
- Wrap the old CI-Image with a Semi-Transparent sheet, put it in a wooden frame, and keep it

aside. Now try to listen to the sound, you will feel all sounds are muted now.

- Now start smiling and build an improvised Quantum Self Image (QS - Image)[which is vibrantly colorful, large sized, without any frame (limitless), well centered, young, energetic, joyful & warm. You will find that your better quantum self (QS Image) is successful in all respect, enjoying lots of respect, have all the abundances & luxury, maintaining a good work-life balance, travelling throughout the world with friends & family on holidays, has lots and lots of gratitude for Universe for such a persistent & marvelous growth, conveying wholehearted thankfulness to all people, objects and life situations around.]
- Visualize that this new image is becoming the self and the old image, which is now wrapped & packed in a wooden frame is going back into the sky with a jet speed and is not visible any more.
- Try to keep all your attention on the newly built Quantum Image. At least focus on the same for 17 to 20 seconds at least 4 times a day as routine thereafter.

- Exercise can be done on your own, yet the first set of exercises is to be preferably completed with the help of a mentor (**An appointment can be booked online with the authors for the best possible results**) after due installation of Quantum Self Image (QS Image) over CI at a sub-conscious level. The readers need to just keep reminding themselves of the QS daily as mentioned above (It would cost you only one to two minute per day). The results will start automatically within a month in terms of new experiences in outlook, within 2 months in the term of visible opportunities & within 3 months in terms of realization of achievements.

CHAPTER- 3

SUB-CONSCIOUS CONNECTION OF FREOUENCIES & EXERCISE FOR POSITIVE FREOUENCY SHIFT

Do you remember “Happy” (my dear friend introduced above) decided to undergo an Electroencephalogram (EEG) test just before starting my mentorship on self-improvement for “High Performance Mindset”. The doctor asked him whether he had any symptoms like epilepsy, dementia, any sort of head injury or concussion, brain tumors, encephalitis or any sleep apnea.

Ha...Ha...Ha...!!, anyway, he was not entertained for the test. He had actually heard from me that brain waves have a wider impact on life, and manifestations are also linked with brain waves in the manner that more vibrant the brain waves are, the more manifestations on the way.

Electroencephalogram (EEG) is a test where a technician will apply several tiny metal discs called electrodes to your head to observe the neurons' electrical activity in the brain, which are transmitted from the discs to a machine by wires and it records and publishes the patterns on a screen or piece of paper.

In a 2014 research, according to a reliable source, some persons with a generalized anxiety disorder (GAD) benefited from Neuro-feedback training. In a technique called neuro-feedback, we attempt to modify the electrical activity of your brain in real-time on the back of some sort of contrastive analysis. This means NLP may pave the way for many possibilities for humanity.

The raw EEG has traditionally been defined in terms of frequency bands: Gamma higher than 30(Hz), Beta (13-30Hz), ALPHA (8-12Hz), THETA (4-8Hz), and DELTA (4-8Hz) (less than 4 Hz). In general, for "active" intellect, our brain utilizes 13Hz (high alpha or low beta).

A lack of 13Hz activity in specific brain regions is frequently observed in people with learning difficulties and concentration issues, which hinders their capacity to complete math problems and sequence activities with ease.

Let us know the exact specification of sub-conscious linkage with Brain Waves:

A. DELTA (Below 4Hz)

- Takes place during deep sleep and in some pathological processes. It is prevalent in stages 3 and 4 of sleep and is the predominate rhythm in newborns up to one year of age.

- In order to reduce our awareness of the physical environment, we boost Delta waves. Through Delta, we can also access knowledge stored in our unconscious mind.
- The ineffective Delta response frequently substantially impairs one's capacity for concentration and attention. It seems as though the brain is permanently drowsy.

Personal emotion states:

- Deep dreamless sleep, non-REM sleep, trance, unconscious

Related behaviours & tasks:

- Lethargic, not moving, not attentive

Physical correlations:

- Not moving, low-level of arousal

Effects of training:

- Can induce drowsiness, trance, deeply relaxed states

B. THETA (4-8Hz)

- Considered to be "slow" activity
- It is a storehouse of memories, emotions, and experiences and is associated with creativity,

intuition, daydreaming, fantasising, internal attention, meditation, prayer, and spiritual awareness which produce powerful theta waves. It refers to the subconscious mind and reflects the transitional condition between waking and sleep. It is thought that theta reflects activity in the limbic and hippocampus areas.

- Anxiety, behavioural activation, and behavioural inhibition are all characterised by theta.
- Theta rhythm mediates and/or encourages sophisticated, adaptive behaviours like memory and learning when it seems to be operating correctly.

Personal emotion states::

- Intuitive, creative, recall, fantasy, imagery, creative, dreamlike, switching thoughts, drowsy; “oneness”, “knowing.”

Related behaviours & tasks:

- Creative, intuitive; but may also be distracted, unfocused

Physical correlations:

- Healing, integration of mind/body

Effects of Training:

- Promote Deep Sleep, promote well-functioning immune system, if enhanced, can induce drifting, trance-like state. If suppressed, can improve concentration, ability to focus attention, infuse ideas and sub-modalities in sub-conscious to outperform

C. ALPHA (8-12Hz)

- Good, healthy alpha production encourages mental flexibility, helps with mental coordination, and improves the general feeling of weariness and relaxation. You can work fast and effectively to complete the task at hand when you are in this state. Most people experience comfort and calmness when Alpha is dominant.
- The brain is constantly in an alpha state, which is characterised by attentiveness (It is a sign of alertness and sleep), but not by active information processing.
- When your alpha is within typical ranges, you're more likely to be in a good mood, perceive things clearly, and be tranquil.
- Extroversion (introverts exhibit less alpha), creativity (creative subjects exhibit alpha when

listening and coming up with solutions for creative challenges), and mental effort have all been connected to alpha.

- One of the brain's most crucial frequencies for learning and applying knowledge acquired in school and work is alpha. You can lower alpha by thinking or calculating, or you can raise it by closing your eyes and taking long breaths. Training in the alpha state helps improve feeling, abstract thought, and self-control.

Personal emotion states::

- Relaxed, not agitated, but not drowsy; tranquil, conscious.

Related behaviours & tasks:

- Meditation, no action

Physical correlations:

- Relaxed, healing

Effects of Training:

- Can produce relaxation even in the most resourceful/ productive states to enable practitioner yield the best results.

D. BETA (< 12Hz to 30Hz)

- Beta action moves quickly.
- It displays active brain tissue that is disorganised.
- There is a wide range in the beta band and may be divided into following 3-ranges : -
 - Low Beta (upto15-Hz)
 - Mid Beta (up to 18Hz)
 - High Beta (Above 18Hz)
- The BETA rhythm is the predominant rhythm in people who are attentiv, agitated or sometimes may be anxious and also those having their eyes open. It is widely viewed as a normal rhythm.
- It often has a symmetrical distribution on both sides and is most noticeable from the front. In regions of cortical injury, it might be lacking or diminished.
- When we have our eyes open, and are listening, thinking, making judgements, making decisions, and are processing information about our environment, majority of our brains are in this condition.

Personal emotion states:

- Low Beta (upto15-Hz): relaxed yet focused, integrated

- Mid Beta (up to 18Hz): thinking, aware of self & surroundings
- High Beta (Above 18Hz) : alertness/ agitation

Related behaviours & tasks:

- Low Beta (upto15-Hz): low SMR can reflect “ADD”, comparatively lack of focused attention
- Mid Beta (up to 18Hz) : mental activity
- High Beta (Above 18Hz): mental activity, e.g. math, planning

Physical correlations:

- Low Beta (upto15-Hz) : is inhibited by motion; restraining
- Body may increase SMR
- Mid Beta (up to 18Hz) : alert, active, but not agitated
- High Beta (Above 18Hz) General activation of mind & body functions.

Effects of Training:

- Low Beta (upto15-Hz) : increasing SMR can produce relaxed focus, improved attentive abilities,
- Mid Beta (up to 18Hz) : can increase mental ability, focus, alertness

- High Beta (Above 18Hz): can induce alertness, but may also produce agitation

E. GAMMA (<30Hz)

- The only frequency group that is present in every area of the brain is GAMA. It is believed that the 40Hz activity consolidates the necessary areas for simultaneous processing when the brain needs to process information from diverse areas concurrently.
- A good memory is associated with well-regulated and efficient 40Hz activity.
- A 40Hz deficiency creates learning disabilities.

Personal emotion states:

- Thinking; integrated thoughts

Related behaviours & tasks:

- High-level information processing, “binding”

Physical correlations:

- Associated with information-rich task processing

Effects of Training:

- Not known

On the back of the above, it is hopefully well understood that training definitely enables us to reach a

more resourceful state by managing and directing the neural activities of the brain and undue exposure to higher frequencies available on YouTube or on public platforms may also induce the threat of agitation, anxiety etc. and may lead to a confusing or un-resourceful state.

Hence, use of frequencies sound in the name of healing is better if the same are under the directions of an expert NLP Coach, who may help in producing a more proficient version of self and may retain any individual into a more resourceful state to ensure a proper reach on worldly dreams of becoming a successful person in all the five spheres of life i.e. Health, relationship, financial position, career growth and inner life. Researches are now very clear that feeling grateful can increase serotonin levels and stimulate dopamine production in the brain stem. Our brain's pleasure chemical is dopamine.

The more thankful and upbeat ideas we think, the happier and healthier we feel. Hence, a man practicing gratitude can naturally shift the vibrations in the Alpha range for a longer period and outperform in all the forms of life. Let us have an understanding of the fact that orientation of a mindset full of gratitude is possible with the following exercise.

Exercise-B

(Exercise for positive frequency shift)

- **Feel comfortable and relaxed. Deep breathe at least 3 times, inhale from the nostrils in 4 seconds, hold the air in the lungs for 16-seconds and exhale slowly from the mouth in 8-seconds (X- Inhalation Time, 4X – Holding time in lungs and 2X – Exhalation Time).**
- **Take an oath that I'll surely continue this practice despite being busy throughout the day or night. I'll find one time at least to convey my deep hearted thanks to all those who deserve it.**
- **During the process, keep your back, shoulder & neck straight, your forehead slightly upward focusing between eyebrow**
- **Now start feeling thankful for all the things you have, just try to find a few extra reasons to say thanks on a daily basis.**

Symbolic List to convey gratitude & thanks to—
Father, mother, family, relatives, children, friends,
colleagues, neighbours, what so ever we eat, wear,
consume like all the products and services, persons

serving us to make the life better, some unknown person contribution in making of current life experiences, generations who have given a shape to humanity, mentors, teachers, God and then all the “**Panch-Tatwa**” (fire, water, sky, air, nature) for nourishing living cosmos, all the cells of the body, universe... etc.

{Note - To install a deep rooted better version of self at sub-cautious level duly filled with gratitude, one may book an online appointment with authors after completing basic formalities. }

CHAPTER-4

ALIENATION OF NEURAL RESISTANCE: ENVIRONMENTAL CONDITIONING

If we observe closely, we all are leading a life under certain brackets, which has been available to us as per so-called karmic memories. Of course, it is also true that a special key has also been given to us to enable us to explore infinite possibilities in the quantum world with the help of the special device **called the “Brain”**. It is *merely our responses with which we make an identity in the outer world.*

We can broadly bifurcate our so called response mechanism into 2 major segments –

Towards Outer World	Towards Inner World
Involves our surrounding environment, our natural habits and behaviors, our gained capabilities and skills.	Inner communication starts in the light of gained “ <i>Beliefs</i> ” & “ <i>Values</i> ”.

A coach or a mentor, in the process of mentoring tried to any way motivate the subjects to enable them to get the breakthrough by a positive shift from their current state to a possibly better mental and physical state. In this process, normally, we use different techniques of NLP to find suitable for the type of subject.

Let us understand the process in easier terms that how these NLP Technique works in real life.

Let us take the example of a Sports Coach, their role will be to explore the world's best player in the players, he/she got the opportunity to explore by imparting experiences with suitable Physical Trainings, together a **NLP Coach** would first make a player "**The Best Player of World**" in his/ her own eye by implanting a Quantum Self Image successfully over the current image. With this a new start happen, players start to re-wire the neural connections with his/her own Value System, which they actually wish to lead in their life and then certain changes happen to the belief system of a players. These inner communication only make a player a visible "world class player" to the outer world with the gained level of skill. A very visible example is "Cristiano Ronaldo". In his early days, just a few years back, at a press conference someone asked him, "What is

your opinion Sir, who is “the best Football player in the world?”

“He replied that in my opinion, I’m the best football player of the world.” At that particular point in time many people were laughing at him and some tagged him as arrogant too. But when the game started, people really found a world-class player in him, and soon he became well renowned. NLP works on the mindset, refines the approach and give scope for new perspective in life. Other benefits and areas where NLP is supportive -

- Overcome limiting beliefs and install empowering ones
- STOP unproductive and unhealthy habits
- Get rid of fears and phobias.
- Help others manage their thoughts and emotions
- Managing thoughts and emotions Intelligently & Naturally
- Help others manage their thoughts and emotions
- Build instant and deep rapport with people
- Develop Effective negotiation and persuasive skills
- Empower and motivate yourself and others
- Create success and achievement in yourself and others

- End self-sabotaging decisions and attitudes
- Become a highly skilled and powerful communicator
- Develop strong relationships
- Other Issues

All of the above is possible with NLP as training will work in 2-ways –

1. Make you able to outperform in the outer world
2. Keep you well connected with the favourable inner Voices

Neurological alignment Pyramid may represent a clearer picture in the process of making an understanding of the need of inclusion of this part as an integral part of—Rapid Intellect Booster (RIB)‖



(Rapid Intellect Booster [RIB] : Neurological Alignment Pyramid)

Now we have clear understanding that after due identity shift, we need to identify our core Values and only need to cleanse the belief system to reach on optimum potential with the feeling of a eudemonic sense of happiness.

It is a fact that we all are locked by so many types of limited beliefs levied by society. Some examples are as follows –

Relationship Crises -

1. People can't be trusted.
2. The world is ruined.
3. The world is unfair.

Money Crises -

4. Rich people are greedy.
5. It is not okay to have more than you need.
6. People get rich by taking advantage of others.
7. Good people should not care about money.
8. It is hard to be rich and be a good person.
9. The less money you have, the better life is.
10. Money corrupts people.
11. Being rich means you no longer fit in with old friends and family.

Identity Crises –

- “I am worthless.”
- “I am a failure.”
- “I am unlovable.”
- “I am useless.”
- “People only hurt me.”

These types of limiting thoughts, when fed into the subconscious mind, probability of similar incidents in life become more prominent ,and at some point in time only stress & depression take over the commanding position of hopelessness.

NLP Coach manage to work out in elimination of such beliefs one by one from the sub-conscious and re-install the positive belief statements so that brain may be in a position to explore and find better opportunities in the outer world and the neurological alignment with the “mind & body” also enable the practitioner to out-perform thereafter.

Please use the prescribed affirmations (Exercise –C) to enable you accept all the changes henceforth in a very amicable way.

Exercise - C

Use the following Affirmation (Mantra for Building proper Neurological Alignment) with Self Identity

- **Now I deeply believe that everything is just happening around me to make me blessed.**
- **Whatsoever I wish to have is coming to me at full pace and in continuity.**
- **I'm feeling myself & all around as a single universal cosmos, where everything is already in existence, and everything is available to me on call, as fast as I wish. Now, I'm fully surrendered to God for such a wonderful grace.**

CHAPTER-5

INTEGRATION OF POSITIVE “VALUE – ATTITUDE –PERCEPTION (VAP)”

To build a favorable VAP, one should first have the proper understanding of one’s Value’s Hierarchy. In a research it is also revealed that true happiness is actually nowhere linked with any possession or achievement rather it is linked with the Value Hierarchy.

Let us understand the concept in simple examples –

- **Example - 1** :: A young guy wishes to get into a job, he/she has 3-offers as follows –
 - a. Salary is Rs.25,00,000/- per annum, working hours 10-hours minimum, maximum 12-leaves in a year with 2-year Bond
 - b. Salary is Rs.18,00,000/- per annum, working in flexible 8-hours, with one international holiday of 3-days, job con contract for 3-years
 - c. Salary Rs.9,00,000/- per annum, Government/PSU Job, usual holidays & work environment.

Can you predict the decision pattern of the boy? Please try to put yourself in the situation and write your reply here –

Reason for selection of your option –

What so ever may be your choice & reason, the role of the Value Hierarchy is prominent in the following way –

- If money is the top constituent in someone's core value, option 1 will be the preferred choice.
- If freedom is the top constituent in someone's core Value, Option 2 will be the preferred choice.
- If security is the top constituent in someone's core Value, Option 3 will be the preferred choice.

Hopefully, with the above example, we are on the same page as to how this Value system is impacting the decision-making in Humans. Another example will help you to understand how this Value System is a big reason for our mental happiness or depression –

- **Example -2 ::** One Girl, whose top 2-core values are Freedom & contribution, if married to a best

looking & healthy Guy, who belongs to a billionaire yet very traditional family, where working of bride is not at all acceptable ,and this is the only condition that bride will not be permitted for any work.

Now, think and try to reply, despite all material opulence, will the same girl be happy in true sense?

Certainly No, this vastly impacts the Values one has in life. Now in this light, try to re-examine different life situations, you will find that almost all the situations of disagreement are due to an individual's Value Hierarchy only. It not only impacts the relationships etc. (Conflict between Father-Son, Husband –Wife, Brothers, between Colleagues, with Mother-in Law etc.) **but also touches the other forms of life like Health conditions, Money Conditions, Growth in Career/ Business, Spiritual Growth and actual sense of Happiness.**

Are you interested in further knowing how Value Hierarchy may impact other forms of Life?

Let us understand it this way –

- If, “Health” is not taking any place in someone's top 5-values.His inner communication will be different from the person for whom “Health” is on

the top Value. Like, daily exercise or timely food will be first compromised by the person to whom other values like Money, wealth, abundance, adventure & passion etc. are the first 5 Values.

- Contrary, where Health is of top value, an individual will never compromise with regard to eating timely and exercising daily yet chase the other values after managing these aspects.

The above understanding is the best learning to explore further, as we all know that the group of people with similar values can make a more symmetric group rather people of different values.

Milton Rokeach's book named "Understanding Human Values" is an iconic work depicting the impact of Value on Individuals, Institutions and society as well. It explains that individual values may further be divided into two broad categories like terminal or end values (conceptions about ultimate goals or ultimate desire like happiness or wisdom) and instrumentals or means values (Conception about desirable modes of behavior like behaving honesty or responsibly).

Implication of findings Value Hierarchy are very vital as many such current issues at individual and corporate/

management level, may be resolved by the Value Scanning tests of individuals. Once Value hierarchy identifies that the top 7-values of individuals/ institutions are matching, chances of harmony and satisfactory results are more. Authors have developed a Value Hierarchy model, which may be utilized & customized to conduct a survey for any Corporate/Institution, to enable them not only to resolve employee retention related issues even at the time of interview level but also to make them aware of the possibility of un-expected exit of the current level of skilled work force.

Values- Attitude -Perceptions (VAP) Correlation –

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." — Lou Holtz

Values have a significant role in determining a person's behaviour and attitude and act as general rules in all circumstances. Several Examples of Values

- I. Leadership - The ability to take the initiative to steer the future.
- II. Balance – Maintaining a healthy work-life balance /Work-Life Balance

- III. Collaboration - Working together both inside and outside of the business to provide the best.
- IV. Passion - In order to achieve the finest results, one must labour with passion.
- V. Community - Our existence is defined by our sense of responsibility and contribution to society.

Attitude	Perception
Our underlying basic values and beliefs give rise to our attitudes. Values are admirable notions based on things, ideas, and individuals.	Perception is not about what you receive but rather exactly what you see. In order to represent and comprehend the environment, perception involves the organisation, identification, and interpretation of sensory data.
If there is a shift in one's core beliefs and values, one's attitude will follow suit.	Means perception depends upon the inner value system and beliefs, different people many times make different perceptions of single event.

When analysing a certain entity, attitudes are described as a mental propensity to act that is conveyed to some extent with favour or disfavour.	Perception may also be changed with due change in Core value and belief system of a brain.
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With limited information, it stands clear that by working out on the Value & Belief Level of inner communications, one can also get the best results in terms of attitude and perceptions.

Here we would learn to identify the core terminal Values which are very much linked with our subconscious and drive us to achieve our ultimate Goal. Once anyone is able to lead a life where he/she is able to live with at least the top 7 values each day, the level of satisfaction and feeling of fulfillment is optimum. This is the way to excel and lead the stream, be an icon and master in the field and moreover be a torch bearer for the society at large.

Exercise - D

Let us enter into the exercise to make a self-introspect and find the clarity about our core Value –

Step -1 :- Pick any 10- Values out of the list been given here under in any order of preference and note down on the paper.

List of Values

Adventure	Compet-ency	Humour	Knowledge	Leader ship	Curiosity
Contribution	Friendships	Determin-ation	Beauty	Popularity	Recognition
Fame	Achievement	Religion	Reputation	Respect	Balance
Growth	Happiness	honesty	Autonomy	Responsib-ility	Security
Fun	Justice	Success	Wealth	Communi-ty	Self-Respect
Influence	Kindness	Creati-ivity	Inner Harmony	Stability	Spiritu-ality
Learning	Loyalty	Authenti-city	Peace	Author-ity	Pleasure
Love	Compass-ion	Optimi-sm	Challenge	Fairness	Boldness
Wealth	wisdom	Person-al Develop-ment	Flexibility	Decisiven-ess	Inspir-ation

Step 2 :- To set the priority out of the selected 10, try to compare one by one each value and decide in a way if only these two choices are there, what type of value will be my core urge to keep with me. Then finalize your 7-top priority Values.

Step 3 :- Just mention at least one action point you can take to satisfy your these 7-values on daily basis.

If the current working environment enables you to live with all the above core Values, you are satisfied and full filled to a larger extent in ideal conditions. People around you would clap for holding the best attitude and perception. On the contrary, if the chances are lower to live with core values, then there are more chances to indulge in situations like frustration, anxiety & stress. People around may question about attitude & perception both.

CHAPTER-6

SELF-AUDIT TO REFRAME “BELIEF” WITH BPM (BELIEF PURIFICATION MODEL)

“Happy” is carrying a belief that he is a superhuman as he believes he possesses many extraordinary attributes like, the body is capable of healing anything within a day on its own without any medication, he can work prolonged hours without feeling tired and still can ensure some time to play and swim. He is able to build even 8-pack abs with ideal body weight without much efforts and without consuming any supplements, whey protein etc.

What is your opinion, whether in any way such belief is a wrong notion?

No, in our opinion, such belief is good to carry. In fact it is nurturing a belief that is the best placebo effect.

***Placebo:-** Depending on the therapy or illness being treated, the placebo can affect the body-mind in a variety of ways to promote healing. This study demonstrates that the placebo effect is mediated by the release of neurotransmitters, reliably affects specific brain regions,*

and even mimics the physiological effects of drugs on humans.

As per one of the main pre-supposition of NLP, the body & mind are the same system, which means if there is some problem in the body, the mind may not remain isolated, instead it would start feeling the problem. The wow aspect of the fact is that, the mind can be controlled by entering inside it, and resultantly the body also can start responding in that particular manner.

Hence, NLP may be very useful in healing of not only all sorts of Pains, Anxieties, Allergies, Stress, Frustration & Depression like symptoms but also can produce miracle effects in the healing of the so called incurable diseases in other therapies that too at comparatively very low cost & without any side effects. Moreover, NLP is the only responsible trigger, which is directly or indirectly giving effect from any of the alternate therapies like Yoga (Combination of mind and body), meditation (mind's state of being calm and remain in surrender state), Colour Therapy, water therapy, homeopathy, Acupressure etc. many more, as all the healings start from the mindset only. Here, I'm not claiming in any way that above therapies are not effective, but my meaning for the statement is that all

therapies need a sense of faith on it to show optimum results and this sub-conscious message to the patient is the trigger point of start of healing process.

Here, it is clear that there is no need to reframe any of the positive beliefs as the same may be catering our specific needs like –

- A player belief that he/she is the best player in the world,
- A mechanic holding a belief that only I'm the person who can dismantle and re-install the machine and no one else in planet
- An engineer's belief that the world's best motor is being designed by me and at some time I'm going to be rewarded with the award of the most Innovative Man of the Century.
- A doctor's belief that I'm the best surgeon on the planet and soon it will be visible to all.
- An actor's belief that at some time I'm going to be the Best Star in Hollywood.
- I'm the best
- I'm programmed by God just to spread positivity and harmony in the world.

Above all, beliefs that are good need not be re-framed.

Hopefully, now we all are on the same page in terms of understanding that which type of beliefs we need to re-frame?

Yes, we may find that reframing all beliefs creates some hurdles in fulfilling the Values we have or wish to have.

Before understanding the Reframing Model, which is named as BPM, it is important to first understand the basic difference between belief and truth :-

Difference between Truth and Belief

- Truth can never be changed, while any belief can be framed and reframed.
- Truth is a stable phenomenon which can be proved by scientific experiment. On the contrary, belief depends on conditioning of the Brain, which may be social, family, religious or experience based structured response of neurotransmitters.

Example - Life is a Truth, and belief is Happiness. The definition of happiness might alter throughout time. Life goes on as usual.

Re-framing of Negative Beliefs using BPM –

Dis-empowering Beliefs	Identify Truth / My Opinion	If merely opinion, write a positively reframed opinion.	Realize your already formed Quantum Self Image and start listening the reframed opinion with this image, repeat minimum 44-times ,increasing the volume mentally
Example – Life is Hard	My Opinion	Life teaches wonderful lessons and is rewarding.	Just listen new opinion with Quantum Self and keep on repeating, assuming that the sound is increasing with each repetition.

After applying the above model, please try to check again whether dis-empowering beliefs are still audible. If yes, again go back to Quantum self and assume that all the old limiting beliefs are muted ,and new empowering beliefs are only sounds and are reaching the sky all over the planet, cosmos, universe, galaxies.

The above example is illustrative, and the practitioner may apply the BPM to positively induce an empowering belief for permanent and visible results.

Please do this exercise as a challenge just for 7-days and please submit your kind feedback.

Exercise-E

Step -1 : Find any of your limiting beliefs –

Step- 2 : If opinion can be changed, mention an empowering belief statement.

Step -3 : Visualize and listen with Quantum Self Image (Old voices are muted and new statement is increasing the volume above 44-times repetition .Do this with a smiling and a confident face)

Done. All the very Best.

CHAPTER -7

T.T.T. FOR CONFIDENT OUTER WORLD COMMUNICATION

Temporary transformation technique (TTT) normally used to manage a better and confident outlook in due course of outer world communication.

Life Situations –

- “Happy” is very sharp and fully prepared but is still feeling nervous about facing the Interview panel.
- “Happy” is usually very confident and plays like a world-class champion, yet whenever it’s a real-time testimonial, it fails out of being overburdened with self-expectation.
- “Happy” is ready and well in a mental state to win the competition, but some change in rules or some external comments from audiences, make him/ her uncomfortable.
- Stage Fear like syndromes etc.

In all the above type of situations, where our inner communication is duly aligned yet we face some issue in

dealing with outer responses, Temporary transformation technique (TTT) plays a vital role.

In NLP, it is called “Just Like” or “As If” Technique (5-Step Technique)

- A. **First Start** to shake off the body (any moves that circulate the blood flow and direct all the negative energy accumulation into a new transitional mental state)
- B. **Second Step** – Manage the confident body posture like backbone firm and straight, shoulder well stretched, chest fully expanded etc.
- C. **Third Step** - Normalize the Breathing Pattern, using pattern (X-4X-2X)
- D. **Fourth Step** – Induce the Element of Facial Expression (Smiling & a well confident face like that of a winner)
- E. **Fifth Step** – Raise the Internal Voice (I’m the Best, I’m un-stoppable, I’m a winner, I’m invincible, I am Me). Induce a possible “**Trigger**” like a clap, tap foot, snap a finger etc.

In NLP, a trigger is an outside event or an underlying belief that initiates a behavior or response. This trigger,

may help every time someone is there in the same or similar situation.

Example - One Of the best NLP triggers used by almost all Indian Moms is the sound —Shooooo|| for babies to sub-consciously connect with the act of su-su (piss)

At a later stages, merely this trigger is enough to enable “Happy” bounce back with needed behavior for the event/ situations. *However, authors may also induce such triggers by a NLP process called —Anchoring|| in due course of the trainings to enable the practitioners perform well in the field of expertise at optimum potential.*

CHAPTER -8

ULTIMATE CONDITIONING :: DO'S & DON'T

My dear “Happy” is blessed and always tries to remain with the persistent feeling of gratitude, since he encountered a real Monk who already sold his Ferrari, but whenever, something unexpected happens, he starts abusing either the person or the situation. Tell me fairly, can a law work in his favors, when breach of same law is so prominent? Please Never ever Do it, as finding something positive in all situation is easy once you surrender and show gratitude. Any miss-happening may be to safe-guard from some bigger miss-happening or loss, due acceptance of situation without shaking belief, will pave the way for more wonderful opportunities.

It is just to remind you, my dear reader, that please continue the practice and visualizations as mentioned in each chapter for a minimum of 22-days (your commitment statement should be – **I promise to myself that I’ll continue practicing recommendations of RIB to continue today & tomorrow also**), which will certainly inspire you to continue further as a routine. This content

will definitely lead you to new heights of self-inspiration to achieve all your dreams.

Final 7- Steps are as follows (Do's) -

- i. Understand the concepts of true Happiness, build a sense of self-creation.***
- ii. Create a vibrant Quantum Self Image (Exercise A)***
- iii. Start practicing Gratitude & Be thankful for the universe that so wonderful QS is there for you(Exercise B)***
- iv. Include Neurological Alignment Affirmation (Exercise C)***
- v. Find a Proper Value Hierarchy & find a time to live by the core 7-values on daily basis (Exercise D)***
- vi. Re-frame limiting beliefs, if any(Exercise E)***
- vii. Use TTT before responding to any communication with the outer world (Exercise F)***

Further, now we understand, how it all works. Please refer to the Latest Nobel Prize 2022, 3 scientists (Alain Aspect of France, John Clauser of the US and Anton Zeilinger of Australia) who got this prestigious award "for experimenting with entangled photons, establishing the

violation of Bell inequalities and pioneering quantum information science".

Anyone can refer to their findings? Where-ever in the Book, we have mentioned something about the Parallel realities in the quantum world, is not a fake assumption but a hot cake for scientific discussions on which pertinent researches are going on. In simple words, the experiments on entangled photons itself reveals that identical worlds do exist and any change in one world reflects the similar change in other identical world immediately without any time lapses despite they being located in distant locations.

Such changes are even many times faster than speed of light, how is it possible? These researches also revealed that particles actually don't exist but are created in place wherever consciousness flows. This means, that in the other world some sort of consciousness is the creator of all, what so ever is available for us to see on earth or in entire galaxies or in entire cosmos. As this is not our concern to read & discuss the research papers, in short, we advocate practicing the exercises suggested in this book.

The processes are designed in a manner to make an everlasting impact on self-identity, which will compel the

practitioners to work out on limited beliefs they formed with social & family conditioning.

When people start practising, soon the alive consciousness in the human brain makes the people make the identity they wish to create. This identity governs our entire behaviour, interest in skill development and expresses lots of energetic flow of confidence to the outer world. **That is only the increased level of “Intellect” people start to admire.**

Consider a few live examples from the real world : -



Motivational Speaker Dr. Vivek Bindra (CEO, Bada Business Pvt Ltd.), who has 11-world records in his name ,once met with a life situation. Due to liquidity crunch, he had to sell his own house to manage the monthly salary of employees. Yet within 2-quarters, he bounced back with 300% growth and even purchased a new house. You may listen to such facts in many of his interviews. It happens because he has proper inner communication with himself, which keep him affluent not only in terms of Money but also in terms of a purposeful entity.

Please find some motivational quotes of **Dr. Vivek Bindra**—

1. *If you prepare the roots, You don't need to repair the fruits!*
2. *“Change the Strategy Do not Change your Goal.”*
3. *“Self-observation means watching—observing whatever is going on in you and around you as if it were happening to someone else.”*
4. *“Stop trying to fit in, When you were born to stand out!”*
5. *“In the right direction a little step too huge to prove.”*
6. *“You must begin to think of yourself as becoming the person you want to be.”*
7. *“Nobody in history has ever created history, without tasting some failures!”*
8. *“Reading makes a full man, meditation a profound man, discourse a clear man.”*
9. *“There is no passion to be found in settling for a life that is less than the one you are capable of living.”*
10. *“If it is important to you, You will find a way, If not you will find an excuse!”*

11. *“To be successful you must convince yourself on before that we can and will succeed”*
12. *“As long as you live, keep learning how to live.”*
13. *“Big-heartedness is the essential virtue of the spiritual journey.”*
14. *“You cannot Improve the Future, In the Future, you can Improve It Right Now!”*
15. *“An Inspired Execution Can make you bigger than original Innovation!”*
16. *“Learn how to be happy with what you have while you pursue all that you want.”*
17. *“Success is not a destination, it’s a journey.”*
18. *“If you have too many priorities, It means you have no Priority!”*
19. *“When you want to succeed as bad as you want to breathe, only then you’ll Be Successful!”*
20. *“You are not leading your life, Your patterns are leading your life!”*
21. *“Don’t Fix your problems, Fix your Thinking, Then Problems will Fix Themselves.”*

Source-<https://www.devisinhsodha.com/2022/03/vivek-bindra-quotes-thoughts-in-english.html>



Similarly, We all know about Elon Musk (CEO of Twitter, PayPal, Tesla Motor, Space X etc.), he was also many times in a deep financial crisis, yet he rose to much higher levels. All this was also possible because of his inner subconscious communication with self. In short. Similarly if our minds has a proper monetary blueprint, money is bound to flow in.If a success blueprint is there, success cannot be any exception.

Please have these precious quotes from Elon Musk that will inspire you to take on the impossible:

1. *"When something is important enough, you do it even if the odds are not in your favor."*
2. *"If you get up in the morning and think the future is going to be better, it is a bright day. Otherwise, it's not."*
3. *"There have to be reasons that you get up in the morning and you want to live. Why do you want to live? What's the point? What inspires you? What do you love about the future? If the future does not include being out there among the stars and being a*

multi-planet species, I find that incredibly depressing."

4. *"When Henry Ford made cheap, reliable cars, people said, 'Nah, what's wrong with a horse?' That was a huge bet he made, and it worked."*
5. *"Persistence is very important. You should not give up unless you are forced to give up."*
6. *"It's OK to have your eggs in one basket as long as you control what happens to that basket."*
7. *"If you go back a few hundred years, what we take for granted today would seem like magic-being able to talk to people over long distances, to transmit images, flying, accessing vast amounts of data like an oracle. These are all things that would have been considered magic a few hundred years ago."*
8. *"We're going to make it happen. As God is my bloody witness, I'm hell-bent on making it work."*
9. *"The first step is to establish that something is possible; then probability will occur."*
10. *"I think it is possible for ordinary people to choose to be extraordinary."*
11. *"I could either watch it happen or be a part of it."*

Source-<https://www.inc.com/peter-economy/11-elon-musk-quotes-that-will-push-you-to-achieve-impossible.html#:~:text=As%20God%20is%20my%20bloody,be%20a%20part%20of%20it.%22>



American business magnet and philanthropist “Bill Gates” (CEO, Microsoft, founder of “Bill & Melinda Gates Foundation (BMGF)” and “Gates Learning Foundation”) is the pioneer inspiration in the mindset all of us. He has also seen many failures in life but always remained focused to achieve higher success and became the world leader.

Please have some precious quotes from Bill Gates, which always inspires us to be humble and focussed –

1. *“If you are born poor it’s not your mistake, But if you die poor It’s your mistake.”*
2. *“It’s fine to celebrate success but it is more important to heed the lessons of failure.”*
3. *“I choose a lazy person to do a hard job. Because a lazy person will find an easy way to do it.”*
4. *“Your most unhappy customers are your greatest source of learning.*

5. *“We all need people who will give us feedback. That’s how we improve.”*
6. *“Don’t compare yourself with anyone in this world. If you do so, you are insulting yourself.”*
7. *“If I’d had some set idea of a finish line, don’t you think I would have crossed it years ago?”*
8. *“Of my mental cycles, I devote maybe 10% to business thinking. Business isn’t that complicated. I wouldn’t want that on my business card.”*
9. *“This is a fantastic time to be entering the business world, because business is going to change more in the next 10 years than it has in the last*
10. *“I have been struck again and again by how important measurement is to improving the human condition.”*
11. *“The world won’t care about your self-esteem. The world will expect you to accomplish something before you feel good about yourself.”*

Source:-<https://www.devisinhsodha.com/2022/03/bill-gates-quotes-thoughts-in-english.html>



Last but not least, my dear “Happy” (Nick Name), is also a successful entrepreneur these days with his presence in more than 4-countries and turnover exceeding \$100-million.

Never Ending, It is just a Beginning

*—ALL THE VERY BEST TO ALL THE HIGH
PERFORMERS||*

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REVIEWS

“Finally, I will admit that after reading this book, I felt that their book is written in such a manner that ordinary people will take action and unlock their true potential to map their intellectual progress in their life via new way tools & systems with the help of understanding their exponential growth.”

Dr. Yogendra Singh Rathore (YSR) - Public figure

NLP Expert / TEDx Speaker / Multimillionaire

Success Coach /

/ Life Coach / Author / World Record Holder/

Times 40 under 40 Achiever /

“I would highly recommend this book to anyone who wants to feel remarkable difference from their existing situation, the well-designed content could really pave the path for desired aspirational changes in oneself if followed religiously. I am personally using the tactics and feeling the bliss of external influence in leading my life towards aspirational self of myself.”

***-Kumar G., Founder and CEO, CLMV Distribution
Group company Ltd, Myanmar
(A Multinational Distribution Channel Partner)***

“An interesting articulation and practical compact version to manifest the aspirations into reality, I must agree that anyone who will read the content with complete faith and follow the mentioned exercises painstakingly will really observe the positive outcomes in their manifested direction.”

- ***Nitin S., Senior Executive,
Nahar S.D.M., Ludhiana***

“I personally find fascinated while reading the book, exactly the same was happening around 22-years back with me, my self-identity and Values (voice of self and for self) made me to reach and achieve what so ever, I’m today.”

**- Gyanendra Kumar, Founder and Group CEO,
infoTrust Group, Singapore.**

“As a reader, I feel that one can easily feel the uplifting experience in their approach towards the journey called “LIFE”. Enjoyed the blissful journey of gradually knowing myself. Great initiative, to be practised by everybody on a regular & simplified basis to attain state termed as “COMPLETENESS”.

-Tarun Raj, Manager.

BHEL

*Inner happiness comes when one identifies the Real Goal of life and proceeds his actions in Right direction, yet it is difficult to pursue the Right Direction. Present Book of Dr Alpa Markande and Mr Sachin Srivastava provides a new approach as, "How to be Happy and Successful in life?". They have dealt with unique technology i.e N L P. Its a technique, wherein through certain specific Mind-body exercise (which includes Meditation also) any person can achieve his **"Life Goals and True Happiness"**.*

I wish this Book reaches to masses and helps them to improve up on.

-Chaitanya Narayan (IFS),

Retd. Chief Conservator of Forests

However, sometimes people find themselves not much comfortable in self practicing out of many reasons of which few may be habit of procrastination, lack of focus while meditation, low self identity out of social condition or out of medical conditions. In these cases only a coach through one-to one counselling, may help a lot. Pains in holding the limited self are very high in compare to gains after exercising the activities prescribed in both the books.

Enjoy The Beginning ...

***Reach us @
Email id :- ishamaidisha@gmail.com
Whatsapp No. :- 7904720244***



Dr. Alpa Markande Srivastava

"We are decoding a life, learner will get, visitor will agree and rest all "the critic" will also be happy"
Authors' Pen



Mr. Sachin Srivastava

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Email - ishamaidisha@gmail.com
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