

QUANTUM JUMPING I: **Text Companion**

By Burt Goldman

(Note : At the time these transcripts were made the course was known as Parallel Dimension Quest (PDQ). It has since been changed to Quantum Jumping. As such, please be informed that any references of PDQ should be recognized as Quantum Jumping.)

Table of Contents

CD 1 – Quantum Jumping 101

Introduction Module (Page 1)

Module 1 - Source Foundations & Other Amazing Concepts (Page 6)

Module 2 - The “Rewind” Alpha Exercise (Page 18)

Module 3 - The Art Of Questions & Answers (Page 22)

Module 4 - The “Conversation” Alpha Exercise (Page 28)

CD 2 - The Key To Success & Satisfaction

Module 5 - Unlocking Your Mind (Page 33)

Module 6 - The “Bagha” Alpha Exercise (Page 41)

Module 7 - Furniture & Inspiration (Page 44)

Module 8 - The “Redecoration” Alpha Exercise (Page 51)

CD 3 - Dwadles + Cocktails + Programming = Prosperity

Module 9 - The Power Of The Dwadle (Page 56)

Module 10 - The “Solution” Alpha Exercise (Page 66)

Module 11 - The Law Of Attraction Revisited (Page 70)

Module 12 - The “Advice” Alpha Exercise (Page 79)

CD 4 - Goals & Relationships

Module 13 - The Curious Tale Of Alfred Mondali (Page 83)

Module 14 - Dream A Little Dream (Page 87)

Module 15 - A Match Made In Heaven (Page 92)

CD 5 - Becoming Fearless

Module 16 - Overcoming Fear (Page 94)

Module 17 - The “Fearless” Alpha Exercise (Page 99)

CD 6 - The Frequency Of Abundance

Module 18 - The Secret Of Octave Programming (Page 104)

Module 19 - The “Success” Alpha Exercise (Page 112)

Module 20 - The Final Word On Quantum Jumping (Page 117)

CD – I: Quantum Jumping 101

Introduction

Hi there, I'm Burt Goldman, and this is an introduction and a brief summary of my brand new Parallel Dimension Quest (PDQ) program and the Quantum Jump.

Because the program material is so new, and the PDQ concepts, although accepted by many in the scientific community, is so startling, it might be better if I tell you a bit about why this concept is so important to you.

But first allow me to talk to you about frustration.

Frustration is so widespread that I must define the term as it concerns you.

Frustration is an emotional response, meaning it brings up a negative attitude when you just can't seem to get those things you really want.

The more important those things are to you, the more frustrating it gets.

This means that not succeeding in something, not having enough!

Not having enough money, being in poor health, being stuck in a boring occupation, getting sick three or four times a year.

Not being able to accomplish the things you want to do, or not being able to make your dreams come true are all a part of the frustrations that you may be contending with.

WELL HERE ARE THE TOOLS, THE RESOURCES AND TECHNIQUES DESIGNED TO DEAL WITH ALL THAT.

PDQ was created to attract success, money, good health, job satisfaction, accomplishment, and to make dreams come true.

During this series of CD modules I'm going to be talking about, and helping you to achieve all that. And we are going to do it with one of the most startling methods you have ever heard of.

That method consists of dipping into a twin you, a doppelganger, a counterpart, someone who is you but who is not frustrated, a self of yours who is successful, has no irrational fears, and who has all the things that you want. A true twin self, a real live you from another dimension.

Does that sound a bit wacky? Is the idea too far out to even consider? Would you think I'm kind of a screwball for even thinking it up?

Well let me tell you something, I didn't think it up; it was thought up by some of the most eminent and respected physicists, Nobel laureates and professors of physics in the world.

Just to name just a few there are Neil Turok Professor of Physics, Princeton University, who worked with Stephen Hawking.

Michio Kaku, protégé of Edward Teller and holder of a Professorship in theoretical physics at City University of New York, Alan Guth, professor of Physics at the Massachusetts Institute of Technology and winner of the Medal of the International Center for Theoretical Physics. And many, many more.

Professor Neil Turok works on understanding the universe's very beginnings. With Stephen Hawking, he developed the concept of instantly forming, infinite universes of which ours is but one of trillions of quadrillions of octillions, in other words an endless number of them. Turok calls these parallel universes bubble universes.

Professor Michio Kaku of the City University of New York says that there could be an infinite number of universes each with a different law of physics. Our Universe could be just one bubble floating in an ocean of other bubbles.

Professor Alan Guth believes that the size of the entire universe is at least a decillion times bigger than the size of our observable universe.

If you wrote that number on a sheet of paper you would have a one with 33 zeros after it!

But that number pales in comparison with infinity. You could write a one with ten thousand zeros after it and you could not begin to touch an infinite

number as infinity has no borders, no beginning, and no end. Professor Guth says that the universe also exists among countless other universes with various different laws of physics.

All the professors and most quantum physicists believe that particles really do exist in more than one place at a time. Particles of matter; we are particles of matter, and we do not just exist in our Universe. We also appear to exist in other universes and there are apparently an infinite number of these parallel universes, each one different than the other.

As example there is a parallel universe in which the South won the Civil War and the United States does not exist.

In another you are the King of England, a monk in Thailand, an emperor of China or the Empress of the world.

Scientists believe there are an infinite number of parallel universes and we just happen to live in one of them. In an infinite number of parallels, commonly known as a multiverse, whatever can be imagined; is.

Professor Max Tegmark, Dept. of Physics, MIT says, In infinite space, even the most unlikely events must take place somewhere. People with the same appearance, name and memories as you, who play out every possible permutation of your life choices.

George Musser, wrote in Scientific American. Another multidimensional counterpart, a parallel universe, resides a subatomic distance away. That universe is closer to you than your own skin, yet you can never see or touch it.

Steven Weinberg (who was awarded the Nobel Prize in physics) seems to have said it best when he said, 'There are hundreds of different radio waves being broadcast all around you from distant stations. At any given instant, your office, car or living room is full of these radio waves.

However if you turn on a radio, you can listen to only one frequency at a time; these other frequencies are not in phase with each other. Each station has a different frequency, a different energy. As a result, your radio can only be turned to one broadcast at a time.

Likewise, in our universe we are 'tuned' into the frequency that corresponds to physical reality. But there are an infinite number of parallel realities coexisting with us in the same room, although we cannot tune into them.

To sum it up - the finest minds on the planet agree that there are parallel universes. An infinity of them. That being so whatever can be imagined, whatever person, whatever time, whatever event, is happening; right now.

That means that you are who you are, what you are, and where you are, now. You are also whatever you can imagine, now; in a parallel universe.

This is not imaginary, but real. You are the wealthiest person on the planet, you are also homeless. You are the head of the state, you are also a cook in a fast food restaurant, you are beggar, king, any old thing. And you know what, it all depends on you.

So then my friends, the most brilliant minds of the 21st century agree that there is not only the possibility of multiple and infinite dimensions, there is a definite probability it is so, and that is a mind boggling thought.

I am here to help you to not only make sense of the concept, but to do something the scientists do not tell you anything about, and that is how to use the idea of infinite dimensions and universes to help you to better your life.

To get over the frustrations of being 'stuck.'

Stuck with ill health, stuck with a boring job, or with no job, stuck with no purpose in life, stuck with not having enough, stuck with not succeeding, stuck with the wrong kind of relationship, stuck with dreams that never seem to come to fruition. Stuck.

Yes, I'm here to help you to open a door; and on the other side of that door is a new life, a new reality, a new you.

How can I promise all that? Because my friend, although all the scientists agree there are parallel dimensions they have not yet discovered how to communicate with those universes, or with those who people them. I believe that I have.

I've been working on the problem for decades, thirty and more years, re-searching, reading, training others, going down a hundred different roads, opening doors, searching. I've examined, investigated and explored dozens of methods. I've worked with hypnosis, mind control, eye movement balancing, icons, candles, remote viewing, psychic searching, yoga, psychology, NLP, feng shui, labyrinths, and virtually every method I've heard of!

I gained a reputation as a remarkable trainer of trainers; just Google my name and you'll get hundreds of references; and all the time I've been searching for that breakthrough. For that way to reach, and learn from, my greater self, my doppelganger in a parallel dimension.

Again and again I tried to reach a self in that dimension that was best suited to help me to become better at something I was not very good at. And, it worked. Finally, a breakthrough. Success. But was it a fluke? I did it again and was successful, and then again, and again.

I decided to train others in the methods of reaching other dimensions and soon my PDQ seminars were being taught by me in a great many cities in the U.S. and Europe.

But it wasn't enough.

This knowledge had to be made available to the world; and the way to do that was not through the limiting factor of a personal seminar; the road ahead was obvious. And it would be the one I would ultimately choose; the Internet.

So here it is my friend. Your search is over. Here you will finally find the answers you have been looking for. Here you will find the answers to all your questions.

In the next module, the first of the PDQ series you will find not only the parallel, but how to jump into that dimension, mentally of course. And I mean the dimension where you are already successful, the dimension that leads to all those good things we all seek.

Good Luck. I'm Burt Goldman, and I will be your guide. Thank you!

Module 1: Source Foundations and Other Amazing Concepts

In our quest for the parallel dimension that will be of most help we must first understand the concept of infinity.

Not so easy to do. That word, infinity, has baffled people for centuries.

It is difficult to imagine a never-ending line of events and situations of every type. In an infinite universe whatever can be imagined is.

In an infinite universe whatever the number, whatever the object, there is always, one more.

One more million, one more septillion, one more octillion, one more, and then again one more.

In an infinite world there is a multitude of you's. Whoever you are, you are duplicated again and again; beyond counting, in every form, in every occupation, in every religion, in every time.

A never-ending line of facing mirrors.

There is a prehistoric you and a renaissance you and a future you.

In an infinite universe there is a young you and an old you, a sick you and a healthy you, a homeless you and a royal you with a retinue of thousands.

Whatever can be imagined is; in an infinite universe. In an infinite world there is a you who is Christian, Muslim, Buddhist, Shinto, Jewish, atheist, and every one of the thousands of religions and beliefs that abound.

In an infinite world the big bang was not the creation of the universe but only an explosion of the implosion of a duplicate universe that had contracted into a singularity and burst out into our dimension creating the universe as we know it.

And what of God in an infinite universe? Ah, in an infinite universe, we can come closer to a better understanding of the master of that infinite uni-

verse, for God is infinite.

All religions accept that.

But if you accept the fact that God is infinite, then you must look to infinity itself to comprehend the why's of our confusing world.

For if God is infinite, then he is in all, in everything, every universe, every dimension, every galaxy, every world, every person, every molecule, every atom.

God is in every experience in an infinite universe.

God is experience and every experience that you have God is sharing that experience.

This concept is almost as difficult to understand as infinity but bear with me perhaps it will become more clear by the time you have completed this PDQ course.

When God said, I am that I am, to Moses, in Exodus 3:12 he said it all.

But scholars have interpreted those words in a variety of ways.

The words were spoken to Moses in the ancient Hebrew language which does not have a present, past, or future tense. No indications of time in that language.

And so the words come to have a different meaning in the context of an infinite universe. The words are better understood with the simple addition of a pause after the word 'that.' I am that, I am.

That would signify all that is. An infinite God would be, 'all that is.' He would be that, and that, and that, and everything else. That is infinity.

Our quest for parallel dimensions will skirt the spiritual dimension for the present. For now let us examine how this knowledge can help you to be a better human being.

A secure, satisfied, happy human being with the knowledge that you would have had if you had a mentor of superhuman abilities, for that is what you will be seeking in the quest.

In our PDQ program you will find techniques and methods of using your mind as never before presented by anyone. The methods and techniques are so unique, so fantastically usable, that it would be a wonder if you did not see a major change in your attitude, your decision-making, your health, and your life in general.

One of the prime techniques of PDQ, as it is in many of my seminars, is the use of the Bagha.

This is an ancient technique that I learned during the early days of my training in Yoga when I was a disciple of the great swami Paramahansa Yogananda.

The year was 1949, I was introduced to the technique that enabled me to instantly relax and meditate.

Now I use the Bagha to smooth the progress of a goal; an objective, either major or something simpler like traffic control, or parking places.

Sounds silly I know, but it works.

I'll explain the technique in more detail in a bit. The method is quite simple it is touching the tip of your tongue to your palate, the roof of your mouth, for just a moment, while thinking of what it is you want to happen.

But for now please allow me to tell you how I used the concepts you are about to learn, what I am about to say will at first appear to be confusing, but it happened exactly as I say.

I will tell you a tiny bit about a few of my experiences.

I am an award-winning photographer but I know nothing about photography.

I find myself a fantastic vocalist and yet I can't sing a lick.

My artwork hangs in a museum but the skill of painting eludes me.

My books are sold all over the world but as I barely squeaked through high school I scarcely know a comma from a semi-colon.

My seminars are filled to capacity throughout the United States and Europe but I've never been a public speaker.

My therapeutic hypno-therapy practice is renowned in the U.S. and Europe but I know nothing about hypnosis.

I am considered a world-class healer but I don't have a clue how alternate healing methods work.

I'm one of the most relaxed people on the planet and I'm under a great deal of stress.

My poems have been compared with T.S. Elliot but I know nothing about poetry.

My Feng Shui classes are world-renowned and many people consider me a master of the art but I have no training in Feng Shui.

The list goes on and on.

How is it possible to make sense of what I just said, and yet—it does all come together when you apply an almost mystical, magical acronym—PDQ. Parallel Dimension Quest.

Let me tell you a story, because you have spent some of your hard earned money to hear this and so I want to hold nothing back.

I want you to say after listening to all the PDQ modules that it was the best money you ever spent.

It all began almost eighty years ago. I was two years old at the time. I had many helpers, they were all in my mind but I had no way to judge the reality of that, for me the world of the mind and the physical world were one and the same. All my helpers were women, that's probably because at that age

I only knew women, my mother, my cousin, my aunts and my grandmother. So it was no wonder that they would be in my inner world as well. There were eight or ten of them. It was as though I lived in a harem. All I had to do was to close my eyes and there they were. Helping me, guiding me, implanting information in my infantile brain. Nothing sexual, I was after all on the planet barely a blink. But I do recall feelings of warmth, syrupy warmth spreading throughout my body whenever they visited me, which was often. Every day. They were with me a full year before they vanished. Why did they go? I now believe that my infantile mind was still attached to a spiritual tie, perhaps a former life and as I became more and more familiar with words and the world around me, the tie was broken. With their leaving so went the memory of my informational harem. The recall came much, much later in life when one of my doppelgangers brought the scenes back to me, and suddenly, I understood. I realized how I became a photographer, a songster, a hypnotist, a philosopher, a writer, a healer, a poet and all other things that one is and does, often without realizing the source of the talent, the foundation of one's life. What I would call a Source Foundation.

A source foundation is a point of time, or a specific event, that opens you to a choice.

As there is choice involved, there are divisions of your life events that leave the main stream and have far reaching effects.

To give an example of this: You're twenty-one years old. You're invited to a New Years Eve party. When you arrive the host asks you to contribute twenty dollars to cover the cost of the liquor and food.

You become insulted feeling that as you were an invited guest it was poor manners on the part of the host to ask for money.

You leave and go to another party where you meet the person who eventually becomes your spouse. You have three children who grow into adults and they have children. You have seven grandchildren.

The source foundation for that family is a twenty-dollar bill.

The fork in the road of life that you were on was taking you to a particular place.

You would have met different people at the party and the road you were on would have led you to a different life.

Instead you chose a branch of the road that took you away from what might have been.

If you had paid the twenty dollars and stayed at the first party, you would not have met your spouse and would have had no children with that spouse and etc.

So that twenty-dollar bill actually represented a fork in the road so to speak, a turning point of the major factors in your life, and chances are you would not even know it.

Now, in another dimension, you stayed at that party. And you had a new person to meet, a new spouse, a new family. Each choice you make breaks off into another dimension.

There are as many source foundations in one's life as there are opportunities for choice. Each time a choice presents itself, a source foundation is created. These source foundations are like endless branches of the road you happen to be on at the time. But each one of those choices happened.

Each time you made a choice your reality split off into another dimension.

In a Parallel Dimension, you paid the twenty dollars, enjoyed the party and did not meet the person that you ultimately wed and raised a family with. The Source Foundation of the Parallel Dimension is the one that you will be learning to jump into as we progress into the PDQ modules.

In your life there are an infinite number of probabilities, there are also a number of possibilities.

The probabilities will come to be when you stay on the road you are most comfortable with and make no changes.

Of course this is impossible for you to know. Only in retrospect can you look back and see the times you branched off and took the right fork in the road instead of the left.

As example: Ronald Reagan was a contract actor who played in mostly B pictures in 1945.

He was a liberal democrat but spent most of his time not in politics but in reading scripts; generally westerns.

It was more likely that he would turn out to be a romantic lead in motion pictures than it was that he would become the President of the United States but those forks in the road are infinite; anything that can be imagined is happening, now, in a parallel dimension.

Ronald Reagan's presidency wasn't a probability, but it was a possibility, or it could not have happened.

What was the original source foundation that led him off the actor's road that he was on? Only he could tell you that.

Imagine a wide road in front of you with thousands of forks or branches that curve off the main road.

Each branch of the road leads to a split off of dimension and carries you into an alternate dimension. Most are insignificant leading nowhere in particular, but many others are significant leading to success, happiness and peace of mind. It's up to you to choose when you come to a turning point.

Take a choice you have at a restaurant.

You're deciding between a fish entrée and a meat entrée for dinner. No life changing Source Foundation there. Just a tiny fork off the main road.

But what if you chose fish and the fish were tainted and made you ill, and the doctor that attended you had you stay at home for two days and you missed an opportunity to purchase a commodity that would have eventually made you wealthy, then the SF would not be a small offshoot but a large one.

The main road is always there, the branches appear whenever there is choice involved.

All of the new Source Foundations have a hierarchy. On a scale of one to one hundred, a source foundation that has no effect whatever would be a one, while a life changing Source Foundation would be in the eighties or nineties and a terminal Source Foundation would be a one hundred.

We will be examining these source foundations, these branches of the road especially those that are creating problems in your life.

Also important are those that have created benefits for you.

The mental conditioning exercises that I call 'Alpha Level' will enable you to get inspiration from a parallel dimension.

In addition you will be learning about your Doppelganger.

This is a word that signifies a double, a twin self, your twin in another dimension, a counterpart.

In an infinite universe there are many duplicates of yourself.

Some good, some not good. What we will be seeking out are the successful Doppelgangers.

The duplicate selves that are already successful in the endeavor that you wish to master and to get stimulation and motivation from.

With the use of the Alpha Level you will learn a technique to tap into this other you, the doppelganger, a twin, but more than a twin, another you.

Brought up differently perhaps, educated differently, certainly, in a different culture, possibly, a genius in what it is you are trying to correct, absolutely.

This twin is in another dimension, what the scientists call a parallel universe. You will always choose the success parallel dimension, and the reasons will be clear as we progress with the PDQ modules.

The jumping off place for reaching this parallel is being at the Alpha Level. The PDQ method for reaching the success dimension is called Quantum Jumping.

When you build a 'conscious' Source Foundation you are creating the ultimate in goal setting strategies.

The concept of jumping into a Parallel Dimensions is that all of the Source Foundations you can imagine, have already taken place; in another dimension.

Infinity is all there is, everything. When you visit a parallel dimension where your doppelganger is successful and doing the thing that you are going after then the Source Foundation has already been set, used, and manifested into the goal completed.

You will be learning to set these seeds of life that we call Source Foundations by using the skills of a double, a twin you, a doppelganger in a parallel dimension.

Your doppelganger will give you the inspiration you need to achieve success in whatever area of your life you choose to use the new energies from your 'Quantum Jump.'

The Napoleon Hill mastermind group touches on that but he never knew that's what he was doing. Just as the Silva counselor concept does. The laboratory represents an alternate universe and the counselor your doppelganger.

Many success philosophies offer similar things just as many psychologists will use a particular method of concentrating your attention on the present and reducing regrets.

It is possible that our method of using doppelgangers in other dimensions is just another psychological method of having a person search out and develops their own latent powers.

Well if it is, then here is a whole new psychology, because it works!

And one of the things that help it to work is the next module, Quantum Jumping.

There will be lots of different quantum jumping taught in these CDs and ev-

ery jump is designed to bring out your hidden resources, skills, and talents.

Jumping into an alternative dimension takes advantage of the many choices in front of you. At the moment you go along with things as they are, but every time that choice comes along, and there are hundreds of choices to be made each day, there is a split off as one of your selves chooses.

These choices branch off the main road of life; Quantum Jumping will give you more control over the choices that you make.

On the next Module we have our first Quantum Jump, a mental exercise in relaxation and goal setting.

A Quantum Jump takes you to the dimension where you have already solved the problem.

Quantum Jumping is a highly relaxed, emotionless, ten cycle brain wave state that will help you to achieve the things you want.

Quantum Jumping open you to choice. When you are relaxed and in the Alpha state the choices open to you become more evident.

What you are about to experience has been called meditation, it has been called going to level, or the Alpha level, it has been called an altered state of consciousness, it has been called hypnosis or trance, its been called so very many things because no one really knows exactly what it is.

I call it what it is, the Alpha Level because when you are in this meditation state, or altered state of consciousness, you are concentrative on your thought and are more likely to become aware of the many choices that lead to different places.

The Alpha Level is not hypnosis; and yet it is an altered state of consciousness. I first studied yoga fifty years ago and so I know something about meditation, hypnosis is not meditation, and yet it is as they are both altered states of consciousness.

I've been teaching people all over the world about alpha thinking and going to the alpha level; the way we will be using it will be as a jumping off place

for what comes next.

The Alpha Level is an inward feeling of a concentrated sense of attention. The more concentrated that attention is, the more you are in – a trance – meditating – in the Alpha state – an altered state of consciousness – prayer.

And so we find that no matter what you call it, if you can concentrate your sense of attention, you will be in a place where your holographic energies are open to input.

Your first excursion to Quantum Jumping is to lay a foundation for what comes next.

All you have to do is to follow my instructions. I will be your guide. I will guide you to a Parallel Universe to greet one of your doppelgangers for the first time and to see if you can get that twin self to talk to you, to give you a piece of advice.

But first just a toe dip to get you used to the idea of Quantum Jumping.

This first one is just a peek into the infinity of possibilities. And now, the Quantum Jump.

We begin on the following module so find a comfortable place where you will be undisturbed for ten minutes or and we will experience together, Quantum Jumping.

And on the module following the next one you will get specific instruction on how to use the powerful force of Conscious Source Foundations by seeing how the choice that you are unsure about worked for a twin self in a parallel dimension.

But for now make yourself comfortable. When we do this Alpha exercise you will just follow along with my words as I guide you.

You will find yourself, after getting to the relaxed alpha level, in front of a door; a transit door.

Beyond the door are all the different dimensions; an infinite numberless amount of dimensions.

In one of them you your twin self is going through the situation that is causing you problems; in another dimension your twin self is going through a different situation; one that is not causing the problem.

You will be observing both situations and you will remember the one that is not causing the problem, that is the one that you will focus on.

To get through to the other dimensions you have only to open the door, and jump through. The other dimensions are on the other side.

Module 2: The “Rewind” Alpha Exercise

At this time relax.

We will start getting to the Alpha Level with a 3 to 1 count. This module is not to be played in a moving vehicle; this is an alpha exercise to help you get to the transit point of Quantum Jumping.

Find a comfortable position, close your eyes, take a deep breath and, as you exhale, mentally repeat and visualize the number 3 three times. Take another deep breath and, as you exhale, mentally repeat and visualize the number 2 three times.

Take another deep breath and, as you exhale, mentally repeat and visualize the number 1 three times.

To help you enter the Alpha level of mind, I am going to count from 10 to 1. On every descending number, you will feel yourself going inward and you will enter a pleasant, meditation level of mind where you will be able to concentrate fully, on one subject.

10 - 9 feel going deeper,

8 - 7

6 - deeper and deeper,

5 - 4

3 - deeper and deeper,

2 – 1

You are now at a pleasant, level of mind where you are able to concentrate fully, on one subject; at this time concentrate on my words.

You are now and always in complete control of your state of mind. You can open your eyes and be fully alert any time you wish to be.

Every time you enter this relaxed state, know that you are getting better and better in every way.

Whenever you enter this relaxed meditation state, you will mentally say, **EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.**

When you say these words, sense yourself improving in all areas of your life. Sense yourself getting better and better.

Visualize improvements in your life as you mentally repeat the words, **EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.**

Relax. Relax your eyes. Relax your lips. Relax your jaw. Relax your head. Relax your neck. Relax your body. Relax your arms and hands. Relax your legs and feet. You are now completely relaxed.

Repeat mentally, **My body rests and refreshes itself when I consciously relax. I am relaxed now.**

(Pause for a minute to take it all in)

Repeat mentally after me: Every day my image of myself gets better. I can do anything I have a desire to do. I am a wonderful human being; there is no one else on earth exactly like me. Every day I grow stronger knowing that I can: I can think; I can create; I can do. I can do anything I have a desire to do.

Relax. At this time concentrate on the image of you relaxed and at ease. Get a sense of yourself, sitting comfortably, eyes closed. At the alpha level. With that thought you are as comfortable as you can possibly be.

Still holding that image in your mind, of total comfort, with a closed mouth, take the tip of your tongue, and touch it to the roof of your mouth and hold it there while I count from one to three.

1, 2, 3. That's fine, in touching the tip of your tongue to the roof of your mouth you were programmed that whenever you do touch the tip of your tongue to the roof of your mouth you are striving for success in some thing.

This is an ancient technique we call the 'Bagha.' Use it when you wish to strengthen intent. The Bagha is a means of telling your mind to come to attention, you want something.

There are many source foundations in your life. Some of them are clear,

some of them are hidden deep within your subconscious. Sometimes it takes a highly relaxed state to consciously reach these areas, a state of alpha. The state that you are now in.

In a moment you will allow yourself to go back to an incident that was at the time, seemingly insignificant, but turned out to be the cause of problems in your life.

I am going to count from one to three and a door will appear in front of you.

One, two three, imagine now that there is a door in front of you. This is the transit point, the jumping off point to get you wherever your intent directs you to go.

Beyond the door there are an infinite number of dimensions, an infinite number of universes. In one of those universes you took a different path, the incident of the past that is causing you problems now had a different conclusion. A positive conclusion.

Anything that you can imagine, is, in one of the infinite number of dimensions now available to you on the other side of that door.

Millions upon millions of you, each of these you's is a twin self of yours who is experiencing a different reality than you are now. One of those selves of yours is experiencing the source of problems in your present life.

I am going to count from one to three and at the count of three the door will open and you will jump through it.

You will then be back to that scene that was the source of problems in your present life but it will be your twin self in the scene. Just view the scene as an observer. Your twin self is going through the scene just as you did.

1, 2, 3, the door is opening, and now just jump through it.

You are now back at the long ago scene that is causing you problems in the present. Imagine it. View the scene as an observer only.

Relax.

The scene was instigated long ago by that thing that was said, or done, either by you or by others. In a parallel dimension there is another you, a double who had a different outcome to that incident.

At the count of three you will be back to the other side of the door to infinite dimensions. You will be once again facing the transit door, 1, 2, 3.

Now I am going to count from one to three and you will again jump through the doorway and you will find yourself observing the scene that you would like to change.

Except the scene has already changed.

In the infinity of choices your doppelganger made a different choice. Imagine that. View the scene as you would have liked it to be; as it is in another dimension.

View your doppelgangers handling of the same scene that is causing you problems in the present, but observe it as your doppelganger handled it in a positive way.

A way that would cause your present to be a joyful place, with success and all the best in life. At the count of three imagine that scene as you would have wished it to go; as it did go in that other dimension.

1, 2, 3, begin. Relax.

That was fine. Now I will count from one to three and you will be back on the other side of the transit door. One, two three. You are back on the other side of the door, back in this dimension.

Relax.

In a moment I am going to count from 1 to 3, at that moment you will open your eyes, be wide awake and alert, feeling better than you did before.

Module 3: The Art Of Questions & Answers

PDQ is based on the idea that we all have many counterparts. Many twins, in many dimensions, in many universes. An infinite number of universes with an infinite number of counterparts.

These doubles known in the scientific community as 'Doppelgangers' are each acting out a different reality.

In some instances similar to your own, in other instances completely different. At this point we must ask the question, If you had a mentor, an adviser who you knew was the wisest person on the planet and if you could ask that person questions, would that be of help to you?

During a seminar I did for children and adolescents the concept was that of an all-wise computer, a God-like computer who knew everything.

This computer had all the knowledge of the ages within its hard drive. It knew all about you and everyone else on the planet.

Then I asked the youngsters if they could ask the computer three questions, on any subject whatever, and the computer would give them the wisest answer possible, what should their first question be?

There were many hands up and everyone had something to say about the first question but there was only one twelve year old who was intelligent enough to give the correct answer. The first question, he said, should be; what should my next two questions be?

If it is the wisest computer on the planet wouldn't it be best if it chose the next questions?

Point being that often the question is just as important, if not more so than the answer. Ask the right question and you may very well get the right answer. But let us examine a few wrong questions.

As example, take a person with what would be considered a bad habit. Drinking too much alcohol, or drugs, or smoking, or whatever.

Asking the question: Why do you drink? Will not get you any kind of an answer as the question lends itself to an abstract answer.

However if you change the question to: What would your life be like if you didn't drink? You may very well stimulate the thought processes of that person as he/she is forced to think before answering. That is considered a high level question.

Why do you do the thing that you do? Wrong question. What would your life be like if you did not do that thing? A much better question.

Before engaging your Doppelganger you want to consider what it is that you need that your double has.

Remember infinity.

Anything that you can imagine for your Doppelganger already is.

What would your life be like if you could get help from an already successful self? Your double has what you need and is willing to share with you. But you will not get specifics from him/her.

As example, I was explaining this to a class I had in San Diego, California. The group wanted me to show them by me talking to my Doppelganger and getting information of value.

A demonstration. They wanted me to prove to them that I could be good at something I knew nothing about.

After quizzing me they decided on photography. I knew nothing more than pointing a camera and clicking.

OK, I like challenges and so I went into a deep meditation, and visited my great photographer self in a parallel dimension.

I got an impression of a man bending over an old-fashioned portrait camera with a black velvet hood over the back of the camera and his head. I imagined myself asking him, 'Can you tell me how to become a great photographer?'

I seemed to hear him say 'Take a lot of pictures.'

That was it. I asked again but he just waved me away. I told the class what had happened and that I didn't know what it meant but that I would buy a new camera and take a lot of pictures. I did, and when I looked at what I had taken it was just a lot of pictures, nothing unusual there at all. Just a bunch of snapshots.

Back to my Doppelganger I went. I imagined myself saying, 'I took a lot of pictures but they weren't that good. Any other advice?'

'Plant yourself.' I heard him say.

'What do you mean by that?' I asked.

But the only answer I got was him waving me away again. I started to think that the whole thing was crazy but I had the class to think of and so two weeks later I went back to San Diego to finish the last day of the class.

I got there a day early and as I still had three rolls of film I went to the marina to get some photos of boats. I climbed down a slope of rocks looking for a good point of view and started to slip as the rocks were at the edge of the water and slippery. I slammed my feet down to get a secure grip and as I did so I thought, 'I'm planting myself.'

And so there I stood planted on the rocks with three rolls of film to use up, this was in the days before the digital cameras. I stood in the same spot and swung the camera from left to right, and up and down, until I used up 108 pictures. That time I really did take a lot of pictures, and I did it while I was standing in one spot; planted. Well one of them surely will come out, I thought.

I had the rolls developed and took them up to my hotel room. I lay the pictures out on my bed looking for the best one but as I lay them out something was emerging. It wasn't a hundred pictures, it was one gigantic photo. Kind of like a jigsaw puzzle.

Well that gave me an entirely new perspective towards photography.

After that I took photo after photo, taking lots of pictures, always planting myself first and six months later 24 of my photographs were hanging in a very well known gallery.

Does that mean that you can also become a great photographer?

Not necessarily. There are talents within you, latent energies, that up till now have been hidden from you.

Photography may be one of those talents, but maybe not.

If it's not there your photography expert Doppelganger won't help at all, but maybe your piano, harp, business or trumpet doppelganger will.

Once you get used to using the PDQ techniques and get comfortable with your new attitude you will find yourself attempting things you didn't consider because your self-esteem in that avenue was very low.

Here is a way to strengthen that confidence. One of the things you are getting from your Doppelganger is the energy to succeed.

There is an energy form that we all have, a person successful at something radiates a confidence that others do not have.

You can attract that energy by a visit to a Doppelganger who has been successful and has a strong sense of self-esteem with respect to the thing you are looking for.

I've never been an artist but three years ago, when I was 78 years of age I decided to see if the Doppelganger energies concept would work for art.

I was aware it didn't work for every talent but I thought I would give it a try. Back to a parallel dimension and my great artist self I went and started painting simple scenes.

Once I got the hang of it I was painting every day for months.

Now please understand I had no training in art whatever, but here's my most elaborate painting. I completed it, November 2008. I call it, 'Morning

at the Museum.' It's my most ambitious canvas. Quite large, its three feet by eight feet. Actually it's 11 in one; there are nine paintings on the museum wall and the pair of paintings as well.

Another way I used a different Doppelganger was to sing.

I was doing research and wanted to learn as much about the process as possible.

I was also of the impression that I wasn't visiting a different dimension but the whole thing was psychological. 'Well,' I thought, 'what's the difference?' as long as the end result is a benefit, call it what you will. I call it PDQ and the Doppelganger.

I wondered if I could learn to sing from one of my Doppelgangers.

And so back to a parallel I went, to where I was a celebrity vocalist. Deep into my meditation state my intent was to visit my Doppelganger celebrity singer. I imagined myself on stage, in a tuxedo with a band behind me. I was kind of a Frank Sinatra type. I visualized myself walking over to my Doppelganger and said to him/ me, 'teach me to sing.'

'Sure,' he said, 'jump into my body and see what I do.'

So I slipped into his body, remember this is like a controlled daydream, and just relaxed as he/me sang on stage in front of an audience, with the band playing behind us. I wondered if I was having some kind of a breakdown to even think about this, but then I just relaxed and enjoyed my imaginings.

I visited that Doppelganger a few more times and then bought some music tapes and began to sing just to see if I would do it. This was still in the research stage.

If you are reading this you'll just have to take my word that I discovered I had quite a voice. If you're listening, here is about 7 seconds of me singing.

Now the point of this is not that I am a singer because I'm not a singer. I did get all this from my Doppelganger. But then again maybe I could always sing but because I never sang I didn't know it, maybe I always had it in me to be

a photographer. Maybe. But even so, if the PDQ idea can bring out what was potentially there, what's the difference?

Maybe it's some kind of a super placebo, what's the difference? If a placebo works, it works.

Can you become a great photographer, artist, singer, politician, actor? I don't know, maybe you can, and maybe you can't, but then again I don't know that you can't.

If the parallel dimension and the Doppelganger idea works for you great.

If it doesn't, you are no worse off than you were before. Do it; but first decide what it is you want.

At the very least you will learn through your Doppelganger that there are lots of talents inside you and all you have to do to bring them out is to want to. Intent. That's the key factor here.

If it's your intention to sing, then sing, if its to be a doctor, or cook, or politician or whatever, this may well be the road that will lead you there.

This could be the door that when you open it, you will find new choices, choices to take you right to the top in your chosen field.

In the next module you will find a Quantum Jumping on the other side of the transit door to help you to better understand how the Doppelganger concept works. Just go along with it and after you jump through the door act as if you really were in a different dimension, interacting with your doppelganger.

But first consider this. If there were thousands of different you's, all brought up differently, in different cultures, with different schooling but still you. Which one would you choose?

Module 4 - The “Conversation” Alpha Exercise

Now it is time to greet one of your Doppelgangers.

When you are deep in the alpha level I will ask you to go to the Doppelganger of your choice. The one who has succeeded with what you would have liked to do. Just allow it to happen, imagine it, and know that you are there.

At this time relax,

We will start getting to the Alpha Level with a 3 to 1 count. This module is not to be played in a moving vehicle; this is an alpha exercise to help you get to the transit point of Quantum Jumping.

Find a comfortable position, close your eyes, take a deep breath and, as you exhale, mentally repeat and visualize the number 3 three times.

(Pause)

Take another deep breath and, as you exhale, mentally repeat and visualize the number 2 three times.

(Pause)

Take another deep breath and, as you exhale, mentally repeat and visualize the number 1 three times.

(Pause)

To help you enter the Alpha level of mind, I am going to count from 10 to 1. On every descending number, you will feel yourself going inward and you will enter a pleasant, meditation level of mind where you will be able to concentrate fully, on one subject.

10 - 9 feel going deeper,

8 - 7

6 - deeper and deeper,

5 - 4

3 - deeper and deeper,

2 - 1

You are now at a pleasant, level of mind where you are able to concentrate fully, on one subject; at this time concentrate on my words.

You are now and always in complete control of your state of mind. You can open your eyes and be fully alert any time you wish to be.

Every time you enter this relaxed state, know that you are getting better and better in every way.

Whenever you enter this relaxed meditation state, you will mentally say, EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.

When you say these words, sense yourself improving in all areas of your life. Sense yourself getting better and better.

Visualize improvements in your life as you mentally repeat the words, EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.

Relax. Relax your eyes. Relax your lips. Relax your jaw. Relax your head. Relax your neck. Relax your body. Relax your arms and hands. Relax your legs and feet. You are now completely relaxed.

Repeat mentally, My body rests and refreshes itself when I consciously relax. I am relaxed now.

(Pause)

Repeat mentally after me: Every day my image of myself gets better. I can do anything I have a desire to do. I am a wonderful human being; there is no one else on earth exactly like me. Every day I grow stronger knowing that I can: I can think; I can create; I can do. I can do anything I have a desire to do.

Relax. At this time concentrate on the image of you comfortable in alpha. Get a sense of yourself, sitting comfortably, eyes closed. With that thought

you are as comfortable as you can possibly be.

Still holding that image in your mind, with a closed mouth, take the tip of your tongue, and touch it to the roof of your mouth and hold it there while I count to three.

1, 2, 3. That's fine, in touching the tip of your tongue to the roof of your mouth you were programmed that whenever you do touch the tip of your tongue to the roof of your mouth you are striving for success in some thing. This is an ancient technique we call the 'Bagha.' Use it when you wish to strengthen intent.

Think now about a thing that you would like to do. Something you would like to be successful at.

Somewhere there is a you, who with a different upbringing, different programming, perhaps even a different education, is successful at what you would like to be successful at.

This you is a twin you, a double, a doppelganger in another dimension; in a parallel universe. The only way to communicate and to tap into the energies of that twin you is through the deep alpha process.

This doppelganger is the source of your success.

You are going to visit that person, and see what he or she has to say to you. We are going to call that other you your doppelganger.

I am going to count from one to three and a door will appear in front of you.

One, two three, imagine now that there is a door in front of you.

This is the transit point, the jumping off point to get you wherever your intent directs you to go.

Beyond the door there are an infinite number of dimensions, an infinite number of universes. In one of those universes you took a different path, the incident of the past that is causing you problems now had a different

conclusion. A positive conclusion.

Anything that you can imagine is, in one of the infinite number of dimensions now available to you on the other side of that door.

Millions upon millions of you, each of these you's is a twin self of yours who is experiencing a different reality than you are now. One of those selves of yours is experiencing the source of problems in your present life.

I am going to count from one to three and at the count of three the door will open and you will jump through it. You will then be back to that scene where your twin self is successful at the thing you want to be successful with. Just view the scene as an observer. Your twin self is going through the scene just as you did.

1, 2, 3, the door is opening, and now just jump through it.

You are now with your doppelganger. Imagine it. Know that you are there. Act as if you are there and your doppelganger is offering you advice.

Take your time. Mentally hear yourself articulate the problem.

Hear yourself repeat it a word at a time, and clearly. And then, wait for the answer. The answer that comes is very likely that of your doppelganger.

The more you focus on the thought, the more you concentrate your attention, and the more successful you will be.

Take your time, I will allow you plenty of time for you to communicate. Begin.

(Silence for 20 seconds)

Relax. That was fine.

Now I will count from one to three and you will be back on the other side of the transit door.

One, two three. You are back on the other side of the door, back in this

dimension.

Relax.

In a moment I am going to count from 1 to 3, at that moment you will open your eyes, be wide awake and alert, feeling better than you did before.

1, 2, 3, eyes open, wide-awake, feeling better than before.

CD – 2: The Key To Success & Satisfaction

Module 5: Unlocking Your Mind

Well that last Module was something wasn't it?

Bringing out all that talent, and from where? From another universe—from a twin you? Do I expect you to believe all that?

Well friend, not necessarily—and you know why? Because I'm not sure that I believe it. Oh I believe that the eminent physicists and Nobel laureates believe it, but that doesn't make it so.

I'm sort of realistic myself and like to go by one rule only—Does it work?

I believe it works; no that's not right, I know it works. When you believe, that's faith.

Faith in the idea that something is going to happen in a certain way. Faith is when you don't have any actual proof; when I say I know, that has nothing to do with belief, not when I know.

And how do I know? Only one answer to that, I've done it and so there's the proof isn't it?

If I used the idea of doppelgangers and parallel universes and gotten some benefit from it, then I would know, because I did it and it worked.

Before I decided to teach the concept and the techniques I used it myself, four times, and it worked every time, as I've said, the first time was writing, then there was singing, then there was photography, then there was art.

Quantum Jumping worked, almost every time, I became a writer, a singer, a photographer, and an artist. But I always asked myself that question, is this all just psychological, or is the doppelganger some sort of a magic entrée into that other dimension?

As long as it worked I didn't really care, and then I used it to dance; tap dance, never could but always wanted to.

Well the doppelganger didn't help me a bit there I never did learn to tap and after my teacher told me I seemed to have two left feet I figured that it didn't work every time.

But that knowledge was tempered by the fact that I also learned that the concept gives me the confidence to use it and unlock things that are locked inside.

And that's a very good thing.

I never thought, after not succeeding with tap dancing, that PDQ doesn't work, it just didn't work that time for whatever the reason, I'm not meant to be a tap dancer.

PDQ will bring out your hidden talents but there must be a seed to begin with. If the seed is there it will sprout and flower.

To use the concept, to get that seed germinating, you must learn to use more of your mind and so with this CD and these four modules you are going to learn to use more of your mind and when you do that of course you will be better at whatever you do.

Why is using more of your mind important? Well consider this, whatever you are, cook, tailor, insurance agent, attorney, student, teacher, businessperson, minister, military, or whatever. It stands to reason that if you use more of your mind, you will be better at whatever it is that you do.

There have been eminent scientists who have stated that the average person only uses 2% of the potential of their mind.

Brilliant people are simply those people who have learned to use more of their minds.

Also, I believe that when you visit your doppelganger you want to be using more of your mind so that you may be successful with the PDQ concept.

The more you use your mind, the more successful you will be.

In this module lesson you're going to learn to use more of your mind.

So that you will better understand the process involved; before learning how to use more of your mind, let me to show you how to use less of it.

Sometimes it is easier to understand a thing when you look at all sides of it, so let's discover when you are using less of your mind.

I'm going to speak now about brain waves and will soon bring it all together, but for you to really understand this concept you should know something about the electrical energy that your brain produces and how it is affected by your emotions.

The electrical currents of the brain are measurable. There is even a device to measure brain waves. You have probably heard of this device is called an electroencephalograph or EEG mechanism.

Brain waves start at about half a cycle per second frequency and go up from there. Past 30 cycles a second.

The medical community has delineated the various areas of brainwave frequency into five segments.

The commonly known names are delta, theta, alpha, beta and gamma.

Gamma waves have nothing to do with this discussion as they are thought to bind neurons together, important, but not pertinent at this time.

Simply put, delta is an area of deep sleep, theta is an area of deep relaxation, alpha is an area of relaxation and meditation while beta is your normal awake state.

The ideal relaxed state would be alpha; alpha is also an emotion free state.

The ideal brainwave frequency when you are relaxed and meditating would be 10 cycles per second, that's alpha.

When you're awake the ideal brainwave frequency would be approximately 21 cycles per second, that's beta.

We live, work and play in a beta world. The beta world is a world of emotions. You want to do your thinking in the alpha world; the emotion free

world. You will find that when you visit your doppelganger you will be emotion free as you can only get to a parallel world when you are in alpha.

What determines the frequency of your brain waves are emotions.

Any emotion affects your brain waves. Let me define an emotion as we use the term, as it may be different from what you think it is.

An emotion is any thought that has like or dislike attached to it.

The more like, the more emotional, the more dislike, the more emotional. And so we come to the conclusion that what determines the frequency of your brain waves is the degree of your emotions at the time of measurement.

The higher the frequency of your brain waves, the less your mind is in use.

In other words to use less of your mind just raise your brainwaves.

Here is how you do it. Let's take two of the most common emotional states, anger, and fear.

Anger has a variety of degrees; anger could be annoyance, irritation, resentment and growing higher on the scale, anger when not contained ultimately turns into rage, and fury.

The higher up the scale, the more elevated the brain wave.

So that if your normal brain wave frequency is 21 and you get a little angry and say your brain wave frequency rises to 30, you get irritated and so concentrative on the person who made you angry it is difficult to think about anything else, you begin to use less of your mind.

When the anger turns into rage and you are furious, up go the brain waves again.

When you are furious you stop thinking and you are now using very little of your mind. You use so little of your mind when you reach the states of rage and fury, that you no longer consider consequences; and when a person

doesn't consider consequences, big trouble; big, big trouble. This is the area of a very high brain wave frequency.

Fear would be the same, when fear turns into panic, you use very little of your mind. People in a state of panic run into walls, jump into oceans, and follow crowds to places they're unfamiliar with; all because their minds stopped working.

So then, how do you use less of your mind? Do something that raises your brain wave frequency.

(Short story)

And with that statement you have just learned the secret of how to use more of your mind.

Do something that lowers your brain wave frequency. Instead of asking the question how do I use more of my mind, you would do better to ask, how do I lower my brain wave frequency.

The end result is, you using more of your mind. And now we get into it, how to lower your brain wave frequency.

It would be easier to understand if we compare brain frequency with the beat of your heart. The normal beat say would be 65 beats per minute.

When you're active your pulse rate, or heartbeat would of course rise.

At rest your heartbeat goes down.

If we were to call the brain frequency a beat, then the average beat would be 21 times a second; that would be during a normal range of activity when you neither particularly liked what you were doing nor did you dislike it. Remember, like and dislike, are emotions and will cause your brain's beat to slow, or to speed up.

The open door to success in lowering your brain waves and using more of your mind is relaxation.

The ultimate relaxation is 10 cycles a second, Alpha.

The road to Alpha is our universal icon the Bagha.

If you have been to one of my seminars, or have investigated any of my other programs you are familiar with the Bagha, but it does bear repeating as we get constant reports of people using the Bagha successfully for a multitude of things but most of all to initiate the states of relaxation and meditation.

When you are relaxed, and especially when you are meditating you are pretty much emotion free.

If you can be neutral with respect to emotions you will be using more of your mind. But back to the Bagha. Spelled B-a-g-h-a.

I myself was initiated into the use of the Bagha, an ancient yogi technique many years ago when I was a practicing monk.

The year was 1951; my mentor was a brother monk who told me of many secret things of the order with the Bagha standing out among them all.

I was asked to keep the technique and the practice of it to myself for fifty years.

At the time I was in my twenties and fifty years seemed an endless amount of time. But years and decades slipped by and here it is 57 years later. It now gives me great pleasure to pass the technique on to you.

It's a simple technique, with your mouth closed just touch the roof of your mouth with the tip of your tongue.

I usually touch the gum line inside my teeth, but others go for the middle of the palate; either will do.

Before you use the Bagha you must have some sort of an intention.

Intent makes it work. Intent is the instigating factor. Somehow, when you have a thought in your mind, and then touch the roof of your mouth with

your tongue, the thing happens.

No it doesn't happen every single time but it happens often enough to make you feel you have some bit of control over your life.

You might say that it is a trigger and when you set it off it tells your mind to come to attention, something is about to happen.

As the mind has been given an order, electromagnetic energies are released to either reject or attract the outcome.

You will find the Bagha programming in many of the Quantum Jumping exercises in the PDQ program.

Here's another way to use the Bagha.

Say that you are getting angry over something and you do not want to be angry. If it is your intention to be calm, just say to yourself, 'calm' or 'anger dissolve' and touch your tongue to the roof of your mouth.

You will find the anger disappearing.

You can use the Bagha for a great many other things as well. Say that you are looking for a parking place in a crowded marketplace; now you may find one by chance, but if you use the Bagha while thinking about a parking place (that sets intent in motion) you are more likely to get it.

Now then, does that sound silly?

It would seem so. Put your tongue to the roof of your mouth and parking places open for you?

It does sound silly, I admit it. Or using the Bagha to get a good place at a restaurant, or a good seat at the theatre or on a plane.

It all sounds silly. Try it. You will surprise yourself. It flies in the face of logic, but so does my painting, writing, and photography, not to mention my singing, but there it is.

Use it, then form an opinion; but don't try to understand it. I don't, and I've been using the Bagha for decades.

The Bagha has thousands of uses and the more you use it the more confident you will be in getting the things that you want.

The Bagha is also a necessary resource when we get to the programming of your PDQ mentor, or doppelganger.

Next we will be once again programming the Bagha because you will be using it when we get more into utilizing the energies of our parallel selves in a parallel world so please find yourself a comfortable place where you will be undisturbed for fifteen minutes or so, and we will begin to program the Bagha for you to use from this time on.

We will be programming the Bagha a few times during the alpha mental conditioning exercise as they are useful to bring your mind to attention and to focus it on the manifestation of what you want at the time you want it.

During the Alpha mental conditioning exercise you will find yourself in front of the transit door.

On the other side of the door is a parallel dimension with your twin self, your doppelganger. This self is already successful with the skill you are seeking. Imagine this self giving you instruction and the energy to become successful at what you seek.

Module 6: The “Bagha” Alpha Exercise

At this time relax,

We will start this Alpha exercise with a 3 to 1 count. This module is not to be played in a moving vehicle; this is a meditation exercise to introduce you to the ease of utilizing the power of the Alpha level.

Find a comfortable position, close your eyes, take a deep breath and, as you exhale, mentally repeat and visualize the number 3 three times.

(Pause)

Take another deep breath and, as you exhale, mentally repeat and visualize the number 2 three times.

(Pause)

Take another deep breath and, as you exhale, mentally repeat and visualize the number 1 three times.

(Pause)

To help you enter the Alpha level of mind, I am going to count from 10 to 1. On every descending number, you will feel yourself going inward and you will enter a pleasant, meditation level of mind where you will be able to concentrate fully, on one subject.

10 - 9 feel going deeper,

8 - 7

6 - deeper and deeper,

5 - 4

3 - deeper and deeper,

2 - 1

You are now at a pleasant, meditation level of mind where you are able to concentrate fully, on one subject; at this time concentrate on my words.

You are now and always in complete control of your state of mind. You can

open your eyes and be fully alert any time you wish to be.

Now it is time to program the Bagha. The symbol that connects your intent to your goal. To activate the Bagha you have only to touch the tip of your tongue to the roof of your mouth, at this time just relax.

Take a deep breath and as you slowly let exhale think the word reeellaxx.

Imagine that you are in a small hallway. In front of you is a door. This doorway is a transit door. When it is open and you jump through it you find yourself in another dimension. A dimension with a twin you, a doppelganger who is already successful at the skill you wish to develop.

One of these Quantum jumps leads to the successful use of the Bagha technique for getting the things that you want now.

The Bagha will bring you a calm, relaxed state of deeper meditation.

Jump through the door and you will find a twin self of yours who is successful in the use of the Bagha symbol.

The symbol for you to use to fuse your intention, your desire, to the ultimate effect of your desire, the manifestation.

When you use the Bagha with intent you will find more and more the thing that you are programming for will come to be.

Get a sense that you come to this twin self of yours who is successful in the use of the Bagha.

Imagine that you are meeting this twin self from another dimension who is successful in the use of the Bagha.

The transit door will lead you to parallel dimensions with doppelgangers of yours who are already successful in the skill you are seeking.

Relax.

Allow yourself to relax and enjoy the Alpha state.

Imagine that your twin self is telling you to touch the tip of your tongue to the roof of your mouth.

And now do it.

Fine. The Bagha has now been programmed.

Whenever you wish to use the Bagha just think about what it is you wish, your intent, and touch the tip of your tongue to the roof of your mouth.

Relax.

In a moment I am going to count from 1 to 3, at that moment you will open your eyes, be wide awake and alert, feeling better than you did before.

1, 2, 3, eyes open, wide-awake, feeling fine, feeling better than before.

Module 7: Furniture & Inspiration

With respect to using more of your mind you learned to relax and use the Bagha before making a decision.

This will remove the emotions that cause you to use less of your mind and hamper you from making the right choice.

There are many choices confronting us every day and our lives are dependent on the choices we make.

The choices that you made in the past put you in the place you are at present. Are you satisfied with your reality, your life, your life style at present?

You have many areas of your life—you may be perfectly satisfied with respect to your health but dissatisfied with a relationship, your work, your home, or your income.

There are many aspects of your life to be satisfied with but the big question to ask yourself is: Am I happy? Are you happy?

Happy can be defined as a state of contentment, a state of joy, or a state of bliss.

The happiest man I ever met was Brother Franklin, a monk who had nothing, wanted nothing, and would accept nothing but food.

He meditated daily and lived on alms.

With eyes closed, legs crossed into the lotus position, head upturned, he had a perpetual smile on his face. Franklin was in a constant state of bliss.

And then there was Phil Constantine. Phil owned a shopping center.

I met him just after California's proposition 13 went into effect. The upshot of the prop 13 was that Phil became an instant millionaire.

But he always had a frown on his face. One day I asked him: Phil, you have a lovely wife, three great children, a fine house, a new car, all the money

anyone could want: Why aren't you happy?

Phil shrugged and grunted, I'm not happy when I'm happy.

There are many people for whom enough is never enough.

More doesn't necessarily make for contentment either for there is no end to more.

When you use more of your mind however, then the word more takes on a greater significance for now more means wisdom, and that is something that is of a definite advantage to you.

But instead of looking at the end result of things, the result of more, let's examine the beginnings. The cause, or what I like to refer to as the Source Foundation of things.

I mentioned this briefly, defining source foundations as insignificant events in your life that have momentous results. Wherever you are now in life you can bet that it started at some time in the past with some insignificant event.

Something that happened that was so small and unimportant you didn't even notice it at the time that it happened.

Here's the classic example of a Source Foundation.

A caterpillar is moving along a grassy park lawn, it comes to a leaf that had fallen on the ground and turns, climbing up a stone bench, when it gets to the top of the bench a man come by and doesn't see the caterpillar and sits on it.

Squish! He feels the back of his pants, yuck, he goes home to change, takes the pants to the cleaners, and while there meets a young lady who has brought in a blouse to be cleaned.

He asks her out for coffee, they start dating, he proposes, they marry and have a child, a boy.

The boy goes to college, then law school, then goes into politics.

He is elected to high office; and so, because a leaf fell from a tree and a caterpillar turned to avoid it Richard Nixon became president of the United States.

Just a story, but it amplifies the point.

The caterpillar could be the source foundation, but then again so could the leaf, but if you went back far enough the person who planted the tree that the leaf fell from could rightly be the source foundation, or back on ad infinitum—there is no identifying the original quantum Source Foundation. It would very likely turn out to be the big bang.

To quote myself: A source foundation is a point of time, or a specific event, that opens you to a choice. As there is choice involved, there is a tributary in your river of life events that leaves the main stream and has far reaching effects.

The caterpillar had a choice; it could move over the leaf, or it could go around the leaf and climb up the stone bench.

The man had a choice; he could throw away the pants, wash them himself, or take them to a cleaners. Choices, and tributaries, an infinite number of tributaries.

When you use more of your mind, and utilize the resources of PDQ you are more likely to identify and to create a source foundation for a future occurrence.

You better think about that last sentence, let me repeat it: When you use more of your mind, and utilize the resources of PDQ you are more likely to identify and to create a source foundation for a future occurrence.

That's what you are about to learn how to do, create the foundation for a future event and have the future event come to pass.

No it's not a magic wand, just a blending of psychology, energy forces, yoga, feng shui, and quantum physics.

Here's how to create your first conscious Source Foundation.

For this we will use Feng Shui, but not the feng shui that you are familiar with if indeed you are familiar with feng shui.

Feng shui, is literally translated as wind and water, wind to generate energies, water to contain them.

Feng shui incidentally, has been practiced for 2,000 years; the term itself was introduced in China in the year 300.

Wind and water contain energies to change the world. Just look at what wind can do during a hurricane or typhoon.

And with respect to water, heat it up to release the energy and you have steam. The only job of a nuclear power plant is to make steam to turn turbines to create electrical energy.

Allow me to tell you how I used the feng/shui as a conscious source foundation.

It was in Paris, I had just presented a week of training for hypnotherapists and decided to take a few extra days to enjoy the charms of the city.

I didn't care for the pictures on the walls of my hotel room and I decided to hang a few posters on the wall, and move the furniture around as well.

Having taught Feng Shui for many years I am of course familiar with the Bagua and the points of each room with respect to setting up causes.

The Bagua, spelled b a g u a, is not to be confused with our Bagha spelled b a g h a.

I had been shopping in a poster shop and had purchased some posters of the old west.

Now I should say at this point that Feng Shui, as I teach it, is a conscious source foundation for whatever your intent is. My methods leave the basic teachings of most Feng Shui practitioners.

Again and again I have seen successes and have heard success stories of those who follow the conscious source foundation method of Feng Shui.

The basic concept of my method is very simple.

When you neatly place your furniture, or accessories in a room, if you hold a particular thought in your mind, in other words an intention, then the placement acts as a Source foundation for a future occurrence.

When I purchased the posters of the old west it was at first, to dress up my room in the manner of the American west of the period around 1890, at the same time I had in my mind a weight control method that I was teaching the budding hypnotists.

I had a sudden thought and suddenly I was placing the posters with intent, without realizing it.

I thought about writing a western novel. One that was different, humorous, and unique.

I'd never written anything about the old American west. With that intention in mind, I built a conscious Source Foundation. Soon I had large posters all over the walls of my room.

I had no idea what the maid would say when she would see them but I was going to be in the room for three more days and I wanted to use the technique.

I had a portable computer with me and my mind was already working out what the book was going to look like.

After the posters were all hung I went to the alpha state.

When I was deep in alpha I sensed the transit door that led to a parallel dimension; I jumped through and met a twin self of mine who was a western writer.

Was this really an alternate universe, a parallel dimension; or was it just an elaborate daydream? I didn't know.

I do know that suddenly I had an urge to write!

Here is the very first sentence that I wrote that evening. It was: 'I do so love the prairie--especially after a storm when the plains come to life as the sun breaks through the clouds.'

After that sentence I was off and running and before you knew it I had written an entire chapter. You can actually read that first chapter if you go to www.burtsart.us and scroll down to the bottom of the page. The title of the book is 'Slices of Life in the Old West.'

I wrote compulsively that night and the next day finishing it early the next evening.

My sponsors in France, Michael Dodson and Lee Pascoe wondered why I wanted to stay in my room with such a lovely spring day in Paris but the energy for writing was overwhelming, I left the room for a cup of coffee and a croissant and back I went determined to continue writing.

Finally the chapter was finished and I called Lee.

The rest of my time there was spent trying to figure out just what had happened; was I truly influenced by an alter ego, a twin me, a Doppelganger?

How could anyone be sure? The one thing I was certain of is that I was energized, and I did write the chapter. I would use that technique again and again.

My visit was over, I carefully took down the western posters, rolled them up and left them on the bed. I hoped that one of the maids would appreciate a bit of Americana, but whatever, the posters had definitely done the job for me.

After that I used many things as Conscious Source Foundations, furniture placement, pictures, accessories, clearing out the clutter from a room, the way I put things on a plate, and of course the Dwadle, but more on the Dwadle soon in another module.

The main thing is that Conscious Source Foundations work. All the time?

No, nothing that I know of works every single time, there are too many other factors involved.

But going to alpha, using the transit door, jumping through, and immersing yourself within it works enough of the time to give you a leg up on life.

And this too is still another way to use more of your mind.

You may not want to write, or do things that are of interest to other people but even if you start using more of your mind without any particular goal in mind you may well find yourself truly getting better and better in all the current aspects of your life.

And don't be surprised if you suddenly feel a new energy, and a desire to perhaps explore your life and life style a bit more enthusiastically.

To help you, on the next module you will find an alpha exercise to help you set your own Conscious Source Foundation. So for now, find yourself a comfortable place where you can be alone and undisturbed for ten minutes or so and just relax.

Module 8: The “Redecoration” Alpha Exercise

We will start this Alpha exercise with a 3 to 1 count.

This module is not to be played in a moving vehicle; find a comfortable position, close your eyes, take a deep breath and, as you exhale, mentally repeat and visualize the number 3 three times.

(Pause)

Take another deep breath and, as you exhale, mentally repeat and visualize the number 2 three times.

(Pause)

Take another deep breath and, as you exhale, mentally repeat and visualize the number 1 three times.

(Pause)

To help you enter the alpha level of mind, I am going to count from 10 to 1.

On every descending number, you will feel yourself going inward and you will enter a pleasant, meditation level of mind where you will be able to concentrate fully, on one subject.

10 - 9 feel going deeper,

8 - 7

6 - deeper and deeper,

5 - 4

3 - deeper and deeper,

2 - 1

You are now at a pleasant level of mind where you are able to concentrate fully, on one subject; at this time concentrate on my words.

You are now and always in complete control of your state of mind. You can open your eyes and be fully alert any time you wish to be.

Every time you enter this relaxed meditation state, know that you are getting better and better in every way.

Whenever you enter this relaxed meditation state, you will mentally say, EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.

When you say these words, sense yourself improving in all areas of your life. Sense yourself getting better and better.

Visualize improvements in your life as you mentally repeat the words, EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.

Relax.

Relax your eyes. Relax your lips. Relax your jaw. Relax your head. Relax your neck. Relax your body. Relax your arms and hands. Relax your legs and feet. You are now completely relaxed.

Repeat mentally, My body rests and refreshes itself when I consciously relax. I am relaxed now.

(Pause.)

Repeat mentally after me: Every day my image of myself gets better. I can do anything I have a desire to do. I am a wonderful human being; there is no one else on earth exactly like me. Every day I grow stronger knowing that I can: I can think; I can create; I can do. I can do anything I have a desire to do.

Relax.

At this time concentrate on the image of you relaxed and at ease.

Get a sense of yourself, sitting comfortably, eyes closed. In alpha.

With that thought you are as comfortable as you can possibly be.

Consider now what it is that you would like, what is your desire?

Imagine that you are in a small hallway; in front of you is a door. A transit door.

On the other side of that door is a different dimension. A dimension where there is a twin you, a doppelganger who is already successful at the setting up of a cause that will lead to the effect that you want.

1, 2, 3

When you jump through the door you will be at the source. The beginning of an effect that you are programming for.

That door leads to a twin self who has taken a different road than the one that you took that time when a problem of yours had first developed.

In that dimension, that parallel, you took a different course, a different road, and that led to a different effect.

Now you can take that other road mentally. This will set forces and energies at work that will have a positive effect on any problem you have.

Imagine that you are in front of the transit door, and on the other side is a twin self of yours who has been involved with the event in a different way.

Get a sense that your doppelganger is doing the thing the way that you feel your should have done it.

Imagine that, visualize it.

Now the door is opening. And now at the count of three, jump through the doorway and you will imagine that you are in the parallel dimension where your twin self is successful in the scene you are changing.

Allow this twin self to act out the scene you wish to change and to act it out the way you wish you would have acted if you knew then, what you know now.

Take your time.

(Silence for twenty seconds.)

Relax.

Now think about the living room in your home.

The main room. Imagine that you can view the walls, the ceiling and the floor.

You know what is in your living room. Think about the furniture placement. Think about what is on the walls, pictures or accessories. Think about the color the walls are painted.

Now imagine that you are mentally redecorating your living room.

Take your time, first move the furniture around.

Then change the pictures or whatever you have on your walls.

Imagine that you are going to a store to purchase a new picture or a poster. Now imagine putting up the new picture.

Think about the thing that you want to happen. What is your intention as you mentally move the accessories around. What is your intention?

Now think about your living room with the accessories and the furniture moved to a different place. You are setting up a source foundation in your mind.

A foundation where you will find the thing, person or event you are seeking, your heart's desire, the effect of the source foundation you have consciously set up.

Relax

In a moment I am going to count from one to three, when I reach the count of three, you will be back in this dimension, your eyes will open and you will be wide awake.

When you are fully conscious go into your living room and while thinking about the thing you want to happen, move the furniture and the pictures and accessories the way you did while you were in the alpha state.

Relax.

At this time I will count from 1 to 3.

1, 2, 3, eyes open, wide-awake feeling better than before.

Feeling energized, filled with vibrant energy, feeling better and better.

CD – 3: Dwadles + Cocktails + Programming = Prosperity Module 9: The Power Of The Dwadle

Earlier I spoke about a Conscious Source Foundation called the ‘Dwadle.’ Now what, you might well ask, is a Dwadle?

Don’t bother looking it up in any dictionary as I invented the word.

Recall that a conscious source foundation is a simple cause that you yourself set up with an intention in mind.

Like the Doppelganger, and Feng Shui, and programming, and all the various techniques for goal setting, it involves that Iconic Symbol, the Bagha.

I’m going to tell you a story, and I’m also going to say that it’s one of those things that I’m not sure even I accept and I was there.

I was presenting a class of hypnotism in Laredo, Texas. It was a training for some students of Jose Silva in the art of hypnosis. I used to present hypnosis-training classes for Silva lecturers and graduates.

There was a young lady in the class, who was extremely bothersome to the other students questioning everything again and again and again and again. I had no idea where or what she was doing in the class in the first place. She didn’t appear to be interested in learning the art, only in bothering everyone there. We came to a segment of the class that involved healing with hypnosis.

The young lady, let’s call her Clara, raised her hand when I asked if anyone was in pain as I wanted to demonstrate a particular hypnosis technique. Clara held up her hand. ‘What’s your problem,’ I asked her.

She came over to me and whispered in my ear that she had a lump in her breast. I told her to go to a doctor this class was for pain removal not tumors or illness, those things were for doctors.

She said wouldn’t I please try anyhow, she was under a doctors care and she wasn’t going to stop going to her doctor so why couldn’t I do something

for her as well.

When I do healing with hypnosis I only ask for those people who are in pain as there is immediate feedback but Clara was bothering the whole class and so I decided to just create an Iconic Symbol for her to stop her incessant questioning for a while.

Long ago I learned that it really doesn't matter much what a healer does, so long as they do something; and that will be explained a bit later.

At any rate I walked over to the chalkboard in the front of the room and drew a very elaborate stick figure.

Not trying to make it art. Just the outline of a body with a circle for a head and lots of lines for arms and legs--no features just a kind of a scribbling with a few extra circles around the area of the upper left breast where she reported the problem.

That was the symbol; to the class it looked like an elaborate doodle. I said no it isn't a doodle. It's a Dwadle and from then on the icon became a Dwadle.

I had Clara stand about 5 feet away from the board and told her to stare—for 30 seconds, at the center of the Dwadle in the area of the chest where the problem was.

I looked at my watch and timed 30 seconds, then I had her run her eyes around the perimeter of the Dwadle for another 30 seconds.

She did so and that was it.

I turned to the class and explained to them about intent and objective and the necessity of a symbol to attach intent to which would automatically fix on the objective, which in this case was the problem.

While I was explaining, Clara left the room.

A few minutes later, she ran back into the room extremely excited.

She stopped me from speaking and said loudly for the entire class to hear. It's gone, it's gone, it's gone, she repeated over again and again and Clara came over to me and whispered in my ear that the lump had disappeared.

I must say that I didn't quite believe her as I had not felt the lump in the first place and had to take her word for it but then again you never know. She seemed to believe that something had happened and I let it go at that thinking wow, the Dwadle is really something.

I don't like to tell that story as it is somewhat unbelievable but that was the first time I used the Dwadle. I did however tell her to be sure and see her doctor that week. I've always felt that alternate healing methods should be used along with the care of a physician.

You might well ask; do I really believe that a lump in some young woman's breast disappeared after she stared at a stick figure drawing for thirty seconds?

My answer would have to be 'I don't know.' I've been teaching these methods for more than thirty years, and I've used many of them for more than fifty, and I'm still skeptical.

I've taught healing classes of Qi gong, and labyrinths, and psychic healing as well as hands on, and faith and spiritual, and healing through hypnosis and a few more that I've developed.

I've seen hundreds of healings that may well qualify as miraculous, but I remain skeptical.

I'm skeptical because I don't know what is happening.

Oh people explain it alright, but they don't know either. They say the healing is happening because of this or that or some other thing that has been used so long it has become traditional.

I know the waters of Lourdes have had hundreds of miraculous results, I also know that the waters of Lourdes have had millions of pilgrims drinking from it, all hoping for a healing.

Does that mean the holy waters don't work that it's some other force at work? I don't know.

If ever there were a universal Iconic Symbol, the waters of Lourdes would be it.

So why don't the waters work in every single case? Once again, I don't know; but then again no one else does either.

That's why I have worked out specific techniques for you to use.

If you yourself are skeptical about the result, that's OK, so long as you use the technique. There's a reason for that.

A skeptic is unemotional about the outcome. That's the mindset that I look for. I believe that I've been so successful over the years is because I'm skeptical.

The next time I had occasion to use the Dwadle was during a seminar I presented in Hawaii.

This time it was a PDQ seminar but I did want to get more information on this new Iconic Symbol. I was just doing research into various techniques and methods to teach other people.

We were in the meeting room of the Ilikai Hotel in Honolulu when I asked if there were any headaches in the group.

Three or four people came up and using a different Dwadle for each of them, after the first thirty seconds all three reported improvements.

There are many methods of healing but all of them require that intermediary that we call the Iconic Symbol.

In that case it was a drawing on a chalkboard or piece of paper that I called a Dwadle, I've also borrowed a scarf and put healing energy into it by simple rubbing it with my hands with the intention to turn it into an Iconic Symbol. It really doesn't matter what you use so long as you follow three rules.

1—You must have an intention to heal.

2—You must use an Iconic Symbol; something that you feel is symbolic of the healing such as the Bagha or the Dwadle; it can even be, a thought.

3—You must remove all emotions from your mind when using the Iconic Symbol. The more you want something to happen, the less likely it is that it will happen.

Let's take that apart because this will be programmed so that you can use the method for yourself and others to solve problems.

But what takes this method away from all the other methods is the Bagha.

The use of the Bagha symbol seems to multiply the energy of your Iconic Symbol geometrically when you use it in addition to the Dwadle, or the scarf or hands on or healing thoughts or qi gong, or any other method you may know of.

Let me go over one of the principles of metaphysics that we are dealing with here; the principle of Gender.

The concept of the gender principle is that all things have a masculine and feminine character, a positive and negative, an outgoing and incoming, a repelling and an attracting force.

This can best be seen in a magnet which takes advantage of the attracting force but can also be repelling; take two magnets and put the negative to the negative and the magnets repel, put the positive to the positive and the magnets repel; but when you put the positive to the negative, the outgoing to the inflowing, then there is a powerful attraction.

The desire that creates your intention is the first force, that is an attracting force; you want to attract the healing energies; to bring them in to you.

As it is your intent to heal, then the result of your effort, a successful healing, is also an attracting force as it requires the energy that you are sending out.

These are both attracting forces and will repel each other.

In other words the healers intent will not get through to the person who is in need of healing. As the attracting force is a negative force you have negative/negative. There must be a positive force for the healing flow to take place. And that is the job of our Iconic Symbol.

The Bagha is both positive and negative, inflowing and outgoing, as is the Dwadle.

You think about something, that's the first force, and the thing you are thinking about, the person needing the healing is the third force, when you touch your tongue to the roof of your mouth while thinking about the first and third you have created a conduit for the energies to get through.

The same thing goes for the Dwadle with the difference being the Dwadle is a physical thing; while the Bagha is a mental thing.

When you use the Dwadle and the Bagha you have the communication between the first force, intent, and the third force acceptance of the healing energy.

Now let me simplify all that as it can be complicated.

The best way for you to see this in action is to use the Iconic Symbol yourself.

First of all you will need a subject with a headache.

But let me deviate for just a moment.

You may not want to be a healer; you may not want to ever use this force to heal, but there are other things that you want. As example: You want a better job, a firm relationship, the right kind of friends, financial security, freedom from fear.

You may want to bring out a hidden talent, or you may simply want peace of mind and a contented life.

All that is possible using the same procedure that you are learning about healing.

As example, let's say that you want a different car than the one you now have.

Here's how to use a Conscious Source Foundation along with your Iconic Symbols. The Conscious Source foundation you have learned, is like a seed.

Nothing grows until a seed is introduced to some soil. Seeds are left in the soil through the action of the wind, the rain, birds and animals, and of course Man.

Your seed is first of all the desire for a new car.

Now does that have anything to do with using more of your mind?

After all in the previous modules you did hear much about how to use more of your mind.

There are many branches of society, there are those who when they have the desire for a new car, they just go out and buy one.

But what of those who do not have the means; or those who have the means but not the motivation; what of them? Ask yourself this: Do I really want a new car, or a different car?

If you do, then we will continue. Now the automobile in this case can be a simple metaphor representing anything else that you have a desire for.

The seeding and building of the proper energies to manifest the thing that you desire is the same.

So then your intent is to get yourself a new car. Your objective is of course the car itself.

But you learned that intent and objective is not enough, we need the Iconic Symbol to magnify the energies and bring intent and objective together.

We know about the Bagha, but often another symbol multiplies the energies and so we use the Dwaddle or other symbol.

If this sounds strange think how many candles and how much melted wax is used by the churches of the world, especially so in the Catholic Church. Those candles are Iconic Symbols. Yes they are used in a spiritual manner, but iconic they remain.

You too can use a candle for your secondary symbol.

Here is how you would do it. Say that you are determined to get yourself a different vehicle. First thing on your list of things to do is to strengthen your desire.

You do that with the help of the alpha level of mind. Let me walk you through it.

You close your eyes, touch the tip of your tongue to the roof of your mouth and mentally, think very softly, the word 'alpha.'

Then just relax and calm your mind driving out all outside forces.

This is the difficult part as a bombardment of thoughts often comes to you at this time.

But instead of attempting to not think of a thing, like the extraneous thoughts and images that will come to you, you cut it all off at the pass so to speak by thinking about something else.

For a spiritual meditation, you would use the mantra Om, but for a thing such as a product of some kind you use the thing you that you want as a mantra, in this case a car, or automobile.

That's your mantra, you sit comfortably with your eyes closed and repeat, slowly, the word, Lexus, Ford or Jaguar, or BMW, whatever the car is.

Repeat it softly, slowly, and repeatedly.

Now allow the mental image of a car come to mind.

Touch the roof of your mouth with the tip of your tongue. While repeating the car mantra, and after sensing the mental image of the car, imagine that

you are in your kitchen lighting a candle and repeating, 'this is all I have to do to have my dream come true'.

Now imagine the door to a parallel dimension in front of you.

Imagine when you jump through the doorway it leads to a twin you who already has the car you want.

Imagine you are jumping into that dimension where the car is waiting for you, sense your twin turning the car over to you and then mentally get into the car and drive it off.

All that is done at the alpha level.

On the next module you will find a complete alpha mental conditioning exercise for you.

This is not programming only for an automobile. Remember the car can be a car, but if it's not a car you want to program for then the car is a metaphor for anything at all that you want.

Now then back from the alpha level.

Get the candle go into your kitchen and repeat the act you did while meditating.

Do remember when you light the candle to repeat the words, 'this is all I have to do to have my dream come true'.

This is a powerful goal setting device.

Use it often.

Many forces are set in motion by this technique, both physical and psychological.

What is your dream? Let's do one now.

Get comfortable and get ready to close your eyes while I guide you through

the alpha exercise. Think about what you want. Relax. We will begin in a moment.

Everything we are doing with this project has already taken place in one of the parallel dimensions.

During the alpha exercise you will be going to a dimension where you are already successful in the use of the Dwardle.

Just by going there you bring back a bit of the energy of a successful you.

The transit doorways all lead to a parallel dimension where you are already successful in the achievement of your goal.

Now make yourself comfortable and we will begin our goal setting alpha exercise excursion into the parallel dimension that holds the energies you need to fulfill the goals that you are seeking.

During this next alpha level exercise you will be mentally jumping through the doorway that leads to a parallel where you already have your dream.

The dream realized is a twin you, what the scientific community calls a doppleganger, we will call this twin your counterpart.

During the following alpha exercise you will work on a small problem; a problem you would like resolved.

Make yourself comfortable.

Module 10: The “Solution” Alpha Exercise

We will start this Alpha exercise with a 3 to 1 count.

This module is not to be played in a moving vehicle; find a comfortable position, close your eyes, take a deep breath and, as you exhale, mentally repeat and visualize the number 3 three times.

(Pause)

Take another deep breath and, as you exhale, mentally repeat and visualize the number 2 three times.

(Pause)

Take another deep breath and, as you exhale, mentally repeat and visualize the number 1 three times.

(Pause)

To help you enter the alpha level of mind, I am going to count from 10 to 1.

On every descending number, you will feel yourself going inward and you will enter a pleasant, meditation level of mind where you will be able to concentrate fully, on one subject.

10 - 9 feel going deeper,

8 - 7

6 - deeper and deeper,

5 - 4

3 - deeper and deeper,

2 - 1

You are now at a pleasant level of mind where you are able to concentrate fully, on one subject; at this time concentrate on my words.

You are now and always in complete control of your state of mind. You can open your eyes and be fully alert any time you wish to be.

Every time you enter this relaxed meditation state, know that you are getting better and better in every way.

Whenever you enter this relaxed meditation state, you will mentally say, **EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.**

When you say these words, sense yourself improving in all areas of your life. Sense yourself getting better and better.

Visualize improvements in your life as you mentally repeat the words, **EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.**

Relax.

Relax your eyes. Relax your lips. Relax your jaw. Relax your head. Relax your neck. Relax your body. Relax your arms and hands. Relax your legs and feet. You are now completely relaxed.

Repeat mentally, **My body rests and refreshes itself when I consciously relax. I am relaxed now.**

(Pause)

Repeat mentally after me: Every day my image of myself gets better. I can do anything I have a desire to do. I am a wonderful human being; there is no one else on earth exactly like me. Every day I grow stronger knowing that I can: I can think; I can create; I can do. I can do anything I have a desire to do.

Relax.

At this time concentrate on the image of you relaxed and at ease. Get a sense of yourself, sitting comfortably, eyes closed. In alpha. With that thought you are as comfortable as you can possibly be.

Imagine that you are in a small hallway; in front of you is a door.

A transit door. On the other side of that door is a different dimension.

A dimension where there is a twin you, a doppelganger, a counterpart who is already successful with what you want.

You have many counterparts. Many twins, in many dimensions, in many universes. An infinite number of universes with an infinite number of counterparts.

You can tap into the counterpart who can help with a problem.

Every problem has a solution. If there were no solution it would not be a problem.

Every problem has within it an inherent solution.

Think now about a minor problem.

A problem that might be a two or a three on a scale of one to ten. That's not much of a problem.

Now consider, what kind of a twin of you, if there were an infinite number of you's in the greater universe, what kind of a you, if you could direct that twin self's upbringing, their culture, their status, their education, if you could direct all that, then that counterpart may well have either solved a similar problem, or has never been in a position to have the problem.

You are going to visit that person, and see what he or she has to say to you. We are going to call that other you your counterpart.

Now concentrate on the word counterpart.

Consider your problem.

I am going to count from 1 to 3.

When I reach the count of 3, the door will open and you will jump through it to be with your parallel dimension twin self.

Take your time when you get there. Mentally hear yourself articulate the problem. Hear yourself repeat it a word at a time, and clearly. And then, wait

for the answer. The answer that comes is very likely that of your twin self.

The more you focus on the thought, the more you concentrate your attention, the more successful you will be.

1, 2, 3.

Take your time begin.

(Silence for 20 seconds)

Relax.

Whenever you wish a problem to be resolved just go to your alpha state, as you are now, and imagine a door, a transit door that leads to a parallel dimension.

Your intent will take you to the right dimension.

Use the Bagha and say to yourself you want to speak to your counterpart, your twin, or your doppelganger, they are all the same with different names.

You want to speak to the counterpart who has the answer. And just imagine your twin self suddenly there alongside you. Get an impression of how your counterpart would deal with the problem.

Relax.

In a moment I am going to count from one to three, when I reach the count of three, you will be back in this dimension, your eyes will open and you will be wide awake.

Relax.

1, 2, 3, eyes open, wide-awake feeling better than before.

Module 11: The Law Of Attraction Revisited

During the previous module I spoke of the Dwadle.

The Dwadle is a visual Iconic Symbol.

It is a drawing of a stick figure, a simple representation that anyone can do.

It's hard to get it wrong. If you are an artist, or have a proficiency in drawing then you might be able to do it wrong as you will actually draw a figure.

That is not what a Dwadle is about.

When you make the lines of the Dwadle you are gathering energy and putting it on to the paper.

The Dwadle is an icon of solutions and healing energy.

It is easily tested, all you have to do is to draw a stick figure.

A line for the body, two lines for the legs and feet, two lines for the arms and legs, and a circle on top for the head.

Draw it fast and keep the pen on the paper so it's drawn in one motion. Make a lot of swirls and circles so that the figure is filled with lines.

Make a few extra lines in the area of the problem.

Before you draw your Dwadle have some intention in mind.

If you have a headache as example, then you know you are drawing the Dwadle to take away the headache. That is the premise.

After drawing the figure stick it on a wall with a piece of scotch tape at about eye level.

Stand about six feet back and stare at the center of the Dwadle.

Now allow your eyes to wander around the perimeter of the Dwadle for

thirty seconds. The headache should be gone.

Once you are successful at getting rid of headaches, for yourself or others, then you will want to experiment with the Dwadle.

Here is where a parallel dimension comes in.

Go to the dimension where you are expert in Dwadles and have your doppelganger help you to decide on what problems the Dwadle can help you with.

The Dwadle is a good example of how the Law of Attraction can be made to work for you.

I say that because what appears to be the major roadblock for people learning about the Law of Attraction is that it doesn't seem to work for them.

We asked people what they thought about, and how they used, and how they feel about the law of attraction. We received an avalanche of replies. More than seven thousand of them.

The big question asked over and over again was: I don't understand why it doesn't work every time.

I have not been able to master the law of attraction as yet.

Because so far it has not worked.

Some times it works and sometimes it doesn't.

It needs more concepts or techniques.

I don't know where to begin, and on and on and on.

Most of the people who complained that it didn't work for them seemed to expect a magic wand.

Just wave it and the water will turn into wine, the lint in your pockets will turn into gold, and a cloud will break and release a torrent of hundred dollar bills.

Ah would that it were so. There is an old homily that says: You must learn to walk before you run. But allow me to carry that metaphor forward.

Gary and Sally were newlyweds; Sally was making dinner for the first time.

She had purchased a nice piece of meat for a roast.

Garry watched her prepare the meal. She rubbed the roast with olive oil, sprinkled salt and pepper over it and then cut an inch off the left end and an inch off the right end.

Garry asked his bride why she did that, Sally replied that was the way to make a roast, that's the way you're supposed to do it.

Well Gary thought that was strange but he didn't want to argue with his bride. A week later, roast again, and again she cut an inch of the right side and an inch off the left side.

After a time they were invited to Sally's mother's house for dinner.

She was preparing a roast and Gary, curious, watched. Sure enough she rubbed the roast with olive oil, sprinkled salt and pepper over it and then cut an inch off the left end and an inch off the right.

Garry asked her why she did that and she said 'that is the way to make a roast.'

Well, Gary thought, that's kind of crazy but if that's the only thing I have to contend with in this family I guess I can accept it.

Other families have worse things to deal with. A few years went by and one day they were invited to Grandma's house for dinner.

Grandma was making a roast. Gary asked if he could watch and Grandma said fine. She rubbed the roast with olive oil, sprinkled salt and pepper over it and then put it in a pan and then into the oven.

'Wait a minute,' Gary said, 'didn't you forget something. Grandma shook her head, 'No, I don't think so.'

Gary pointed to the roast, 'You forgot to cut an inch of the left end and an

inch off the right.'

'Oh I stopped doing that years ago,' she replied.

'Why?' Gary asked.

'I bought a bigger pan.'

Friends, in that little story there is the reason that people are the way they are, they way your friends are, and the way that you are. We call that programming. How many inches are you cutting out of your life because that's the way you're supposed to do it?

People who have problems with the Law of Attraction are those who are still following the old rules, the ones that were laid out for them by their parents, family, friends, schools, churches and temples, authority figures and the general media.

Doing everything the same old way even if the doing flies in the face of logic.

Now I can't undo years of programming only you can do that.

But do it you must before those laws that will bring you the good life can be activated.

How to activate the Law of Attraction is the question that has to be answered but it appears at present that there is no answer.

If it is not working for so very many of the people that have read about it in the book titled 'The Secret,' and have seen the movie of the same name, then there must be something wrong.

What can the problem be? There are thousands of organizations out there that give hints, suppositions, and offer methods that seemingly release the genii to do your bidding that it does get confusing at times.

That is the main reason I developed the Parallel Dimension Quest program.

Because if the question is unanswerable then we must look to a place where it has already been answered.

The only place that I know of where all the questions have been answered, and all the problems solved, is a parallel dimension that has solved the problem.

It's where I go when I get stuck for an idea. And I need lots of ideas.

Last week I needed to attract an idea for a new painting.

One that would stand out among any yet produced by anyone.

The idea came and I'm working on it right now.

Last year I needed an idea for a novel I was writing. I was stuck; and then I went to a parallel where my counterpart had written the novel.

I got the theme and a very unusual story evolved.

There are thousands of ideas and solutions in the parallel world, all you have to do is to visit with your twin self, your Doppelganger, merge and gather the energies to do with them what you want.

This is the ultimate re-programming department.

And if you are limited in any area of your life; if you feel subconsciously that you only deserve so much; you only deserve so much in the way of health, or money, or relationships, or friends, or whatever, then you can bet its past negative programming that is holding you back.

In our paradigm the answer is simple.

Visit a dimension where the problem has already been solved; and that is exactly what I intend to show you how to do, go to an alternate reality, a parallel dimension, where the solution has already taken place.

Let me tell you how Sarah Zuniga resolved her problem.

Sarah was a housemaid in Cleveland, Ohio.

Her salary fluctuated as she worked for eight dollars an hour but didn't have enough accounts to bring her a forty-hour week.

She told me her average wage was \$265.00 a week.

Her husband had his own business as a floor waxer and brought in an additional \$700.00 a week and between the two salaries they made do.

Sarah came to my class and was fascinated by the concept of her having other selves, in other dimensions, who were exactly the same as her, same husband, same parents, same friends, same children; but who was very successful.

She couldn't wait to get into the Alpha exercise so she could visit her Doppelganger.

She visualized the transit door while in the alpha exercise and her intent was to go to a successful Sarah, in a business that she loved. She jumped through and suddenly, she reported, she saw a twin self, she visualized herself walking over to her twin.

Her intent of course was what influenced her thoughts, she wanted to be successful, and she wanted to make a hundred and fifty thousand dollars a year but most of all she wanted to be a decorator.

That was what was on her mind; she got the figure by thinking she made about fifteen thousand a year and she wanted to make ten times more.

She imagined herself talking to her twin self. She thought she heard 'dress up houses for sale,' and like me, didn't know what it meant.

She asked me what I thought it meant and I said I didn't know.

I asked if she cleaned any houses that were for sale and she said no.

She was suddenly very quiet and thoughtful as the class went on. Sarah was now paying no attention to me and during a break I asked her what was

going on?

'I just got sort of an idea and I want to see if I should get excited about it or not,' she said. With my permission she got on the stage and asked if there were any real estate salespeople in the room.

Four hands were raised; Sarah said 'I have an idea and Burt is allowing me to present it because it kind of proves that this stuff works.'

Then Sarah asked the four real estate salespeople what they thought about her idea. Her idea was that a house that's been on the market and can't sell may be because it needs to be spruced up.

Sarah said she is starting a company that will clean spotless and decorate those run down houses so that they will sell.

'What would you charge?' one fellow asked, Sarah told me later she had no idea what to charge but a figure just came to mind and she said, \$500.00.

I'm making a long story short here because Sarah got 3 houses to work on from that class and as she averaged 8 hours on each job she had made exactly eight times as much as she did by just cleaning houses.

I could almost write a book about Sarah and her husband Peter because Sarah wound up with more than she could handle and hired two girls, then three more, then seven, and soon she had 87 women working with and for her.

Peter closed his floor waxing shop to come in with Sarah and Sarah hasn't cleaned a house in a year. She does oversee the simple decorating her firm does. I'm really proud of Sarah.

I'm also proud of all of you who listen to my words and act on my suggestions because I know that you are striving to better yourself and live a more fulfilled, gratifying life.

One thing that you can count on, I am always going to give you my best. The best of the best concepts, techniques and ideas that have been tested and re-tested again and again.

During the Alpha exercise on the next module you will have occasion to visit with a Doppelganger, but don't make such a big thing about it, it's probably all imagination anyhow, but the thing is, it works.

That's always been my major concern; does it work?

If it does, don't fix it, don't repair it, don't do anything to it.

Are you really going to a parallel dimension? Maybe yes, maybe no, or maybe, maybe.

A better question would be will my jumping through the doorway and imagining I'm going on a Parallel dimension quest help me?

I say, from a great deal of past experience that yes it will. It is my firm belief that this idea of getting support from a twin self in another dimension is one of the most powerful I have ever come across.

So then, how do you make the law of attraction work for you? Let's see if we can turn this into a process.

Number 1 will be; decide what you want, that brings the all-important intent into play and the one constant that I've found is intent. People often complain about the law of attraction not working and after questioning them I discover that they don't really know exactly what they want. So what is your intention, exactly what is it that you want to attract to you?

Number 2 would be a catalyst to get you started. A conscious source foundation so to speak. For our students of PDQ the means is of course visiting a parallel where you already have the thing you are programming for and imagining that you are getting information from your counterpart who already has what you want to attract.

Number 3 is to act on whatever information you receive, in many cases it will appear to be inspirational, but however you get it, think about how you can use the information and take an action. It could be a small action but act you must.

Sarah Zuniga wanted not only to get out of cleaning houses for \$8 an hour, she had high hopes and her intention was to earn \$150,000 a year.

She went into Alpha and visualized the transit door to other dimensions.

Again intent came into the picture as her intention was to jump through the doorway and see a successful Sarah; a twin self who was making that much money. She imagined speaking to that self and the information she got was to 'dress up houses for sale.'

Sarah acted immediately surprising us all by asking if there were any real estate people in the class. She took the action right then and there and told them that if they had any houses that weren't selling she would change things around in the house and make it neat, decorated properly, and ready to sell.

She hadn't ever done anything like that but she was a good housekeeper, and she also had a talent for decorating that she was going to incorporate into her new business.

Her case was unusual in that it happened immediately and with the three houses she did for those salespeople she was launched into a new career.

The point of course is still starting with an intention, going to a parallel, and taking an action.

And now I will guide you through a Quantum Jump. This time I will help you to get there and I will be quiet for a short while to allow you to imagine that you are speaking to your counterpart.

So find a comfortable place where you can be undisturbed for fifteen or twenty minutes and we will begin on the next module.

Module 12 - The “Advice” Alpha Exercise

We will start this Alpha exercise with a 3 to 1 count. This module is not to be played in a moving vehicle; find a comfortable position, close your eyes, take a deep breath and, as you exhale, mentally repeat and visualize the number 3 three times.

(Pause)

Take another deep breath and, as you exhale, mentally repeat and visualize the number 2 three times.

(Pause)

Take another deep breath and, as you exhale, mentally repeat and visualize the number 1 three times.

(Pause)

To help you enter the alpha level of mind, I am going to count from 10 to 1. On every descending number, you will feel yourself going inward and you will enter a pleasant, meditation level of mind where you will be able to concentrate fully, on one subject.

10 - 9 feel going deeper,

8 - 7

6 - deeper and deeper,

5 - 4

3 - deeper and deeper,

2 - 1

You are now at a pleasant level of mind where you are able to concentrate fully, on one subject; at this time concentrate on my words.

You are now and always in complete control of your state of mind. You can open your eyes and be fully alert any time you wish to be.

Every time you enter this relaxed meditation state, know that you are getting better and better in every way.

Whenever you enter this relaxed meditation state, you will mentally say, EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.

When you say these words, sense yourself improving in all areas of your life. Sense yourself getting better and better.

Visualize improvements in your life as you mentally repeat the words, EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.

Relax.

Relax your eyes. Relax your lips. Relax your jaw. Relax your head. Relax your neck. Relax your body. Relax your arms and hands. Relax your legs and feet. You are now completely relaxed.

Repeat mentally, My body rests and refreshes itself when I consciously relax. I am relaxed now.

(Pause.)

Repeat mentally after me: Every day my image of myself gets better. I can do anything I have a desire to do. I am a wonderful human being; there is no one else on earth exactly like me. Every day I grow stronger knowing that I can: I can think; I can create; I can do. I can do anything I have a desire to do.

Relax.

At this time concentrate on the image of you relaxed and at ease. Get a sense of yourself, sitting comfortably, eyes closed.

In alpha. With that thought you are as comfortable as you can possibly be.

Imagine that you are in a small hallway; in front of you is a door.

A transit door. On the other side of that door is a different dimension.

A dimension where there is a twin you, a doppelganger, a counterpart who is already successful with what you want.

What is it that you want?

Think about that for a moment; think about what you want. It may be a thing, it may be a person, or it may be an event. Think about it for a moment.

Relax.

(Pause twenty seconds.)

Relax.

Before you act on anything you want to be sure that the action will bring about a beginning to an end.

The action is a catalyst to get you started doing something. The thing that you want has already been achieved by a twin self of yours.

A self in one of the infinity of dimensions and universes.

As it is your intention to begin your quest for the completion of your goal you jump through the doorway and suddenly you will be with the doppel-ganger that has already achieved success with the thing that you want.

Soon you will be with that twin self who will take you in hand and tell you how to become successful with the thing you want. The thing that you are programming for.

I am going to count from one to three and at the count of three you will imagine that the door is open and you will jump through the doorway to be with your twin, your counterpart who is successful and wants to help you to become successful as well.

One, two, three.

You are now with your counterpart twin self. Talk to that self, ask questions and then clear your mind and get an impression of getting some advice.

Relax

Take your time, begin.

(Pause for thirty seconds.)

Relax.

What have you sensed? What have you heard? Whatever it was can be significant; think about the information that you have received.

Once you consider the information and set your goals it will be time to take an action. Take a minor action, a small action at first; but take that action with intent in mind. Take the action with the intention that it is the first step on the way to your goal.

Your doppelganger will be with you every step of the way. Just think about your twin self in a parallel dimension who is helping you and the help will be there.

Relax.

In a moment I am going to count from one to three, when I reach the count of three, you will be back in this dimension, your eyes will open and you will be wide awake.

Relax.

At this time I will count.

1, 2, 3, eyes open, wide-awake feeling better than before.

CD – 4: Goals & Relationships

Module 13: The Curious Tale Of Alfred Mondali

Well now you've learned about the Bagha, and you've learned about doppelgangers, and conscious source foundations, and mechanical source foundations and you may be wondering how you can use that information in different situations and so the rest of the CDs and modules will deal with a particular situation, first there will be the man was let go from his job, through no fault of his own, and was finding it hard to cope, another will be about the woman who had a terrible relationship with her husband and family, and so on.

A different story so that you can see which technique would work best in your case... which might not be the same; but close enough so that the same technique will work for you.

This incidentally is a brand new, unique method of teaching that I got exactly when I sat at the computer. My doppelganger was at it again. I was thinking about what to say on the remaining three CDs that we were committed for and just started typing. What I typed was what I had just said, to better illustrate how to use the PDQ material I will utilize the resource of a few hypothetical tales.

First the hypothetical tale of Alfred Mondali.

Alfred worked at the Ford plant in Detroit, Michigan and when the economy tanked he was let go after twelve years seniority. He received a few months' wages and had a modest savings account and so was not too worried at first. He did have a festering anger in him towards the company he had been so loyal to for so many years however. This came out in his attitude towards his wife and children. He turned into a nasty; the nastiest type of a negative thinker. He didn't want to take the only jobs available which were, it seemed, all in fast food restaurants as a waiter, fry cook, or janitorial. Sitting at home his mind began to fester as he ran through all the negative things in his life. He thought of his friends who still had jobs and envied them. One day his wife ordered Al a set of PDQ CDs and he agreed to listen to them.

It all sounded bizarre to him, especially when he heard the part about infinity and doppelganger counterparts. But when he heard me say that it was easy to be a positive thinker all you have to do is to be and do your best; whatever you do.

The positive thinking comes easy after that. He did learn to go to the alpha level and use the Quantum Jump though, that he enjoyed. It gave him time to think but of course he wasn't supposed to think when meditating. He imagined jumping through the transit doorway in front of him, he wasn't really expecting anything to happen; as a matter of fact he had no goals, he couldn't imagine anything he wanted to do. He just let himself go and it seemed as though he was having a daydream. He imagined someone coming towards him, he kind of daydreamed that the person was he himself. He thought he heard the other self say, 'Can you help me?'

Well that was a switch, he was the one that was supposed to ask that. Then the other self asked how to get out of a situation he was in and described the same situation that he himself was in. But then again in an infinite universe of course he would in some situations become the doppelganger of a different self.

Al started, in his mind, to tell his other self things to do. He told that self to get any kind of a job, but to not only be the best at that job but to be the owner of the business in a few years.

Well that got Al thinking, the next day he decided to institute a Source Foundation, a Conscious Source Foundation. He chose flipping a coin. He said if it comes up heads I'll take a job at the Point Diva Café, and if it comes up tails, I'll try and get a job as a salesman for California Fabrics. He flipped the coin and it was heads. He had a small frame made to hold the coin and put it on his mantelpiece. That coin was the source foundation for all the good things that were going to happen to him, it opened him to a new dimension, and where there is choice, there are possibilities.

He took a menial job at the Point Diva Cafe but he wasn't demeaned by it, on the contrary the lower he was the higher he would climb. He became the dishwasher, he was the best dishwasher they'd ever had. Al was happy with his job. He knew that in three months he would be a waiter there and it happened in two. And Al became the best waiter they had ever had. Because Al knew something. He knew that the coin that decided his fate would not be an important conscious source foundation unless he was led to something significant, and he wanted it to be an important conscious source foundation.

The restaurant needed a manager and Al was going to turn the job down because he made much more as a waiter, being as he received the highest tips. He knew that in another dimension he was a senator, in another a king. That meant that given the right circumstances he could have been anything. Anything at all. The managerial position would give him an opportunity to really learn the restaurant business because suddenly that had become his goal.

He took the managership and learned how to run a restaurant. With all his experi-

ence he wondered at what to do next. Back to the transit door he went, jumping through it he went to seek out his doppelganger. This time, daydreaming himself back with his twin self he asked, 'What do I do next?'

'Cook.' He heard.

'What do you mean cook?' he asked, wanting more information; but there was no more information coming. He heard only the one word. And so he went to the Phil Tomers, the owner of the restaurant and said he wanted to work in the kitchen with the chef. Tomers did not like losing his popular manager, but it was either that or Al would leave and so now Al found himself as a helper to the chef. Asking questions and watching the chef like a hawk, Al learned to cook. But that wasn't his goal, he didn't care if he wasn't a great chef, he wanted to learn more about cooking so he could talk to his chefs more knowledgeably when he owned the restaurant. It took 3 years until finally, now knowing all there was to know about the restaurant business Al decided to make Phil Tomers an offer to buy him out. But first, he wanted to ask his doppelganger who had twenty-four restaurants if that was a good idea.

Once again he did a Quantum Jump. He saw his counterpart, dressed in a tuxedo, coming out of a Bentley. Before he could say a word his counterpart said 'marketing, learn marketing.'

That was not exactly what he wanted to hear but he knew by now that often one word was enough; if it was the right word. And so Al quite his job and went to work for the All Wise Advertising agency. But that wasn't his goal, his intent was still owning the restaurant and knowing something about marketing was the last link in the chain.

Six months later Al Mondali bought the restaurant from his former boss Phil Tomers. It took all the savings of a lifetime but he did it. And he ran it well. Making many changes and chopping the extensive menu down to a dozen choices of each entrée Al had 12 types of beef, 12 of fish, 12 of lamb, 12 of pork, and 12 vegetables. He changed the name of the restaurant to Dozens with a final goal having 12 Dozens restaurants in 12 years.

Once again he did a Quantum Jump. He saw his counterpart, dressed in a tuxedo, coming out of a Bentley. This time he daydreamed himself having an entire conversation with his doppelganger. He heard himself say he was going to get a list of everyone in his zip code and get out a mailing.

Once that was decided on Al had to think of what to say to everyone. He thought about it and the idea came to him to have a specialty night. He made some inquiries and did some research and discovered the very meal that King Henry VIII had eaten; after that he decided to have a celebrity meal night every Wednesday. The next week there was John F. Kennedy's favorite meal, and the next was the

very meal the President of the United States serves to foreign dignitaries. Well, Celebrity Meal Night was so popular that Al had to enlarge the restaurant. Should he enlarge? Up came another choice. Once again Quantum Jumping came to his rescue; he daydreamed that he met his doppelganger who had a hundred restaurants. This time he didn't ask any questions or receive an answer; he just knew. Al bought a restaurant on the other side of town and named it Dozens 2, and he was off and running.

It took just seven and a half years but Alfred Mondali did it. He opened his 12th restaurant, Dozens 12, on New years Day and you know something he wouldn't take a million dollars for an old nickel he has in a frame on his mantelpiece wall.

Module 14 : Dream A Little Dream

And now the tale of Margo Silvestri who was having a problem with her husband Max that was spilling over into the rest of the family.

They had been married for six years and some of the sparkle had gone out of the marriage. Margo felt that something was missing but she wasn't sure what it was.

Max was all right, he didn't hit her or anything like that but it seemed as though he was paying less attention to her then he did at first. He said he loved her but when he said it he might as well have been asking her to pass the potatoes for all the passion there was in his words.

Was there anything in the PDQ material that would help her?

She didn't quite understand how a doppelganger could help her even if she believed that she was actually talking to a counterpart self. She listened to the modules over and over. And then one day she went into the Alpha level and was so relaxed that she started daydreaming.

And you know what the big difference between dreaming and daydreaming is?

It's control.

A daydream is a dream that you control. And that is why you will often hear me say just daydream your twin self. A daydream is a dream under control.

Margo suddenly felt that she was in a small hallway with a closed door in front of her, she opened the door and jumped through. Soon she imagined herself talking to her counterpart. She thought it's not crazy, it's just a day-dream and I can daydream anything I want.

Margo touched the tip of her tongue to the roof of her mouth and mentally told her whole story to her doppelganger, who incidentally turned out to be a world renowned psychologist, who wrote seventeen books on the subject.

Why not, she can dream up anything at all can't she?

And then Margo imagined she heard my words coming out of her counterpart.

'Attitude is everything.'

'Max is responding to you pretty much the way you want him to. At first the strongest needs of the closest of relationships were overwhelming. During your courting period you were one hundred degrees on the scale of the positive viewpoint. Your love then could brook no interference from anything. And then the needs lessened, a closeness developed but that overwhelming energy was gone. You both sensed it but it was strongest in Max. Suddenly you have joined the human race. You are no longer unique.'

And then Margo got a strong impression of her doppelganger saying 'listen to the modules again, really listen.'

Margo had the thought, we have to communicate. And so Margo sat down with Max and asked him a question. Now she had learned that the right question, the question that gives the other person cause to think, was vital.

But she knew the right question and so when they both sat down together she asked, 'What would your life be like without me?'

Don't answer now Max because I want you to seriously think about how your life would be without me. And after you consider that, I want you to write ten things that you appreciate about me. Be honest, and take your time.

'Max,' she continued, 'please just do it. This is the most important thing in my life right now. So think, and write.'

With that Margo left the room and when she came back about thirty minutes later Max looked rather sheepish.

He got up, went over to Margo, and hugged her. Finally after kissing her neck he took her by the hand and led her to the couch where they had a long, satisfying conversation for the first time in their entire relationship.

Margo had used Alpha, a doppelganger, Quantum Jumping, a daydream, the Bagha, and most of all, her attitude had changed.

Nothing is worse that a person caught in a situation like that and can find no way out. PDQ offered Margo a way out.

And best of all she took an action.

She decided to take it a step further and fill another of Max's needs. Max loved to fly kites and Margo thought that was strictly for children which really made her question Max's maturity. But Max loved the sport and she determined to learn more about it. First thing she did was to do a Quantum Jump and she did. Went through the door and visualized her doppelganger; it was getting easier now that she had done it. She tried to get some information from the counterpart but she didn't get anything, not a word, nor an impression.

She remembered me saying, 'Everything means something if you want it to mean something.'

Well, she thought, maybe I don't need advice, maybe I should just learn something about kites. She kind of felt that this was going to be an important part of reconstructing her relationship with Max and so she went on the internet and discovered that kites were in use more than twenty five hundred years ago in ancient China.

The more she researched the subject the more interesting it became. They actually fought and settled wars with two factions flying kites trying to cut the others down. Well the would be a whole lot better than thousands of soldiers dying. The more she looked into it the more fascinated she got. Soon she found that she knew more about kites than he did but wisely did not spring that on him until much later.

She helped her husband make his seasonal kite and asked all the right questions. Max was delighted to be teaching his spouse about his other great love, kites. Soon she was proficient enough to make her own kite. It wasn't as grand as the one that Max made but then again, it wasn't meant to be.

Margo thought the whole thing over and decided to visit her doppelganger

again to see if this time she could swing a conversation. She was an old hand at this by now and just got comfortable and daydreamed she was on the right road with the right counterpart. This time nothing was said but with a sweep of her hand the counterpart pointed to a little shop with a colorful window filled with a rainbow of papers.

A few days later she went over to her husband who was sitting on the couch reading a book and surprised him so much with a question that he dropped the book, startled.

The question she asked was, 'Max, lets open a kite shop.'

Well the end result of this story is a little kite shop that started as a hobby and through the magic of the internet Max and Margo are not only having themselves a time together, but their relationship has never been better.

Margo asked me what was the source foundation of that business?

She thought back and said 'probably it was something he said or did, or maybe something I did.'

Margo was quiet for a long while obviously thinking about something that had happened a few years back. I remember; I remember when our relationship started to sour. Max and I were taking a walk when my foot hit a pebble and I twisted my ankle. I fell down and Max wasn't a bit sympathetic. He helped me up but it was grudgingly. I never felt the same after that; I started thinking about all the little things. That's when I decided to have a talk with him.

'So my twisted ankle is the source foundation of our kite shop?'

'No it's not Margo.

You now have a wonderful relationship and a growing business that can only make your relationship better because of a tiny, little, pebble.'

Margo actually taught me something; she said that when she used the Quantum Jump she just made herself comfortable somewhere, closed her eyes, and just jumped through the door.

I have since discovered that simply daydreaming yourself in the right dimension, the one that leads to the right doppelganger for you works just fine. That is what the next Alpha mental conditioning exercise is going to be doing for you. See if this one works for you. Just find yourself a comfortable place where you will be undisturbed for ten or fifteen minutes, and then relax, and I will guide you from there.

Module 15 : A Match Made In Heaven

With this module you are going to use a different method of reaching the parallel dimension. First of all make yourself comfortable.

Now that you are comfortable you are going to develop a conscious day-dream.

For a few moments, take the time to just daydream. Use any subject. There is a mechanism that we know very little about that is involved with neurons, cells, and molecules of the brain.

Just to think about something and to fantasize it brings about the phenomenon we know of as a daydream.

Use that mechanism now. I will be silent for a few seconds.

(Silence for ten seconds.)

Relax.

At this time daydream yourself meditating. Get a sense of yourself, sitting comfortably, eyes closed. With that thought you are as comfortable as you can possibly be.

Now create a small hallway with a door at one end.

Just daydream you are in this small hallway. In front of you is a door, on the other side of that doorway is a parallel dimension, a dimension with a counterpart, a doppelganger who can help you in achieving the effect that you desire.

At this time put your tongue to the roof of your mouth and hold it there while you think of which twin self you would like to meet during this Quantum Jumping experience.

When you open the door and jump over the threshold you will be in another dimension; a dimension that has the counterpart with the attitude that you would like to have.

What kind of an attitude is that?

What kind of an attitude would you like to achieve?

There is someone in your life who you would like to be closer too. To do that you must be interested in what that person is interested in as well. Think for a moment what is the person who you would like to grow closer to interested in?

Imagine that the other side of the doorway is where that person's doppelganger is located.

You are not going to visit your counterpart this time but the counterpart of the person you want to grow closer to. Ask the twin self of that person what the interests of the person are.

When you think you have a better understanding of the person then imagine you are back in the hallway, ready to open the door again and jump to a different dimension; this time to your twin self.

Now day dream that you are with a twin self who has a wonderful relationship with the person you want a wonderful relationship with.

Relax.

Anytime you want to get closer in a relationship, use Quantum Jumping to get to a parallel dimension where you will find your counterpart who already has a close relationship.

Ask that doppelganger what you will have to do to get that same close relationship.

And now if you wish to come out of the daydream just squeeze your eyelids together gently and open your eyes.

CD - 5: Becoming Fearless

Module 16: Overcoming Fear

When I was doing business seminars in Europe and the U.S. I taught that there were four necessary ingredients to every sale. And when you think about it everything that you do, if part of that depends on influencing someone else, then you're selling something also.

Everyone sells.

They don't always call it selling, but it is.

After all how can you say that about the time you went to see your Aunt and she asked you to stay for dinner, but you didn't want to stay and so you made up some excuse and left.

How can you say that's selling?

And I would say it is selling because you wanted something, the excuse was closing the sale to what you wanted, which was to leave early.

There are four necessary ingredients to a successful sale. I call this technique AIDA, from the opera of the same name.

1. A-Attention: You must get the persons attention. That's the only way they are going to hear you. You must get their attention in some manner, then when you have their attention you must arouse their

2. I-Interest: After you have gotten them interested in whatever it is that your selling then you have to build a

3. D-Desire: in them for what you are selling. Having done all that, it only remains to close the sale, or to put it in another way,

4. A-Action: You must actually act. Many people get to this point but do not take act. Without an action the experience just fades away like a cloud in a breeze.

AIDA, Attention, interest, desire, and action.

At about this point you might be thinking, ‘What has that got to do with the PDQ program?’

Well let’s just see.

Let’s change the word selling, to influencing and see if it changes anything. Is there any reason for you to influence another person?

If you never have to try to get your way—or if you will go along with someone else’s suggestion rather than argue yours is better—well you get the idea—if that describes you then you can skip this module and the next one as well because what I am going to do is to show you how to sell your ideas and wants to anyone and if you never want to influence anyone you won’t need the material.

Of course if you want to learn how others influence people then you better listen to the rest of this.

At the very least, you’ll learn how successful salespeople sold you that car that you drive, or that carpet or any of a dozen other things that you bought in the past few years; and that may be worth something.

Let’s just see how CEO Seymour MacLean did it.

Seymour’s problem was the fear of public speaking. He got in front of a group of people and just froze up.

The last time it happened he decided to do something about it. What had happened was he was about to wrap up the largest merger in his organizations existence.

Now I should say that Seymour was fine speaking to a person one on one, but get a group in front of him and he just froze up. He knew that fear of public speaking was the number one fear in all the world but that knowledge didn’t help a bit.

But this time he was determined to overcome the fear. He had to because instead of selling his organization to one person he would have to talk to the entire company they were hoping to merge with.

That company consisted of three hundred men and women who waited in anticipation of hearing all about what they hoped would be a very good thing.

Well the result was disastrous.

Seymour got up to the stage and already was starting to feel sick. By the time he got in front of the podium microphone he was a wreck. He looked over the crowd in front of him, all with looks of expectancy on their faces and mumbled something about something that no one heard in spite of the microphone.

His influence went down to zero and he stumbled away from the podium embarrassed once again.

The merger didn't go through and his company lost millions.

He decided he would never be a public speaker and let it go at that. But then another fateful day came, his company was in trouble and he was called on to straighten it out by speaking to the executive staff, there were fourteen of them, at a special meeting. They had gathered to decide the fate of the company.

Seymour attended the PDQ seminar to see if there was anything there that would help him overcome his fear.

About two hours into the seminar, just after the introduction he said, 'Now let me get this straight; you are saying that there is another me who is a great public speaker but he's in an alternate universe?'

I told him that was the generally accepted theory by not only me but some of the most eminent scientists, especially quantum physicists, on the planet.

Here's how it works, I said. In a moment we are all going to take a trip to a parallel dimension. You will visualize yourself in a small hallway standing in front of a door, just imagine that you are there. It may be a clear image, and it may be a bit hazy.

You may be in the hallway looking at the door subjectively, that means that you imagine looking at the door as though you are there.

Or you may be in the hallway objectively, and that means that you see yourself standing in front of the door. As though you were hovering above yourself, like you were a fly on the wall, so to speak.

On the other side of the door is your twin self, the successful public speaker. A counterpart of you who, in his dimension is successful, as you are, but he is also a polished, fearless, public speaker.

Seymour asked, 'OK, even if I accept that as being true, how will he make me a fearless public speaker?

'Let's assume that it's real and just see what happens.

Just go along with it, after all the worst that can happen is that nothing will happen, but if you can get some of that public speaking energy from your counterpart, and if you can overcome your fear of public speaking, it's sure worth a try.

Whatever it is that you fear, deal with it the same way, jump through the doorway, meet your twin who does not have that fear, and take back his energy with you. End result; fear is gone.

And Seymour, if you can speak without fear, but with confidence, in front of groups of people there would be no stopping you, you could accomplish anything.'

Seymour was excited; his desire to see if it worked was getting stronger by the minute.

He said, 'Well if it will work, I'm game, I'll try anything. And you're right,' he said, 'if it works I can use the technique for just about any fear. But what about AIDA, what happened to the influence, or selling that you spoke about?'

I told Seymour that I used it on him.

Let's recall, first of all, I got his attention by telling him that scientists believe

it is possible.

Then I aroused his interest by telling him there was a counterpart who could take away his fear.

Next his desire had to be strong enough so that he would want it more than anything.

That was when I said that if he could speak in front of large groups of people he could accomplish anything.

He nodded; he was sold, now the only thing left was to take the action that would rid him of his fear of public speaking. That action was the Quantum Jump to get rid of a fear.

AIDA. Attention, Interest, Desire, and Action.

The next module is designed to help you to overcome most any fear that you may have.

Just find a comfortable place where you will be undisturbed for fifteen minutes or so and we will do the Alpha exercise on getting rid of fears. It's the Quantum Jumping that Seymour used to rid himself of the fear of public speaking, but you can use the same method to conquer any fear.

Module 17 - The “Fearless” Alpha Exercise

Now it is time to greet the Doppelganger who will help you to get rid of the fear.

When you are deep in Alpha I will ask you to go to the Doppelganger of your choice.

The one who has succeeded with getting rid of the fear of public speaking, but you may use the method you learn for any other fear as well. Just allow it to happen, imagine it, and know that you are there.

We will start this Alpha exercise with a 3 to 1 count. This module is not to be played in a moving vehicle; find a comfortable position, close your eyes, take a deep breath and, as you exhale, mentally repeat and visualize the number 3 three times.

(Pause)

Take another deep breath and, as you exhale, mentally repeat and visualize the number 2 three times.

(Pause)

Take another deep breath and, as you exhale, mentally repeat and visualize the number 1 three times.

(Pause)

To help you enter the alpha level of mind, I am going to count from 10 to 1. On every descending number, you will feel yourself going inward and you will enter a pleasant, meditation level of mind where you will be able to concentrate fully, on one subject.

10 - 9 feel going deeper,

8 - 7

6 - deeper and deeper,

5 - 4

3 - deeper and deeper,

You are now at a pleasant level of mind where you are able to concentrate fully, on one subject; at this time concentrate on my words.

You are now and always in complete control of your state of mind. You can open your eyes and be fully alert any time you wish to be.

Every time you enter this relaxed meditation state, know that you are getting better and better in every way.

Whenever you enter this relaxed meditation state, you will mentally say, EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.

When you say these words, sense yourself improving in all areas of your life. Sense yourself getting better and better.

Visualize improvements in your life as you mentally repeat the words, EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.

Relax.

Visualize improvements in your life as you mentally repeat the words, EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.

Relax.

Relax your eyes. Relax your lips. Relax your jaw. Relax your head. Relax your neck. Relax your body. Relax your arms and hands. Relax your legs and feet. You are now completely relaxed.

Repeat mentally, My body rests and refreshes itself when I consciously relax. I am relaxed now.

(Pause.)

Repeat mentally after me: Every day my image of myself gets better. I can do anything I have a desire to do. I am a wonderful human being; there is no one else on earth exactly like me. Every day I grow stronger knowing

that I can: I can think; I can create; I can do. I can do anything I have a desire to do.

Relax.

At this time concentrate on the image of you relaxed and at ease. Get a sense of yourself, sitting comfortably, eyes closed. In alpha. With that thought you are as comfortable as you can possibly be.

Imagine that you are in a small hallway; in front of you is a door. A transit door. On the other side of that door is a different dimension. A dimension where there is a twin you, a doppelganger, a counterpart who is already successful with what you want.

Relax.

At this time concentrate on the image of you meditating. Get a sense of yourself, sitting comfortably, eyes closed. Meditating. With that thought you are as comfortable as you can possibly be.

Still holding that image in your mind, with a closed mouth, take the tip of your tongue, and touch it to the roof of your mouth and hold it there while I count to three.

1, 2, 3.

That's fine, in touching the tip of your tongue to the roof of your mouth you were programmed that whenever you do touch the tip of your tongue to the roof of your mouth you are striving for success in some thing.

This is an ancient technique we call the 'Bagha.' Use it when you wish to strengthen intent.

Think now about the thing you fear.

Somewhere there is a you, who with a different upbringing, different programming, perhaps even a different education, who is comfortable with the thing that you fear. This you is a twin you, a double, a doppelganger in another dimension; in a parallel universe.

This counterpart does not fear the things that you fear. This twin you can help you to overcome your fear. All you have to do is go back to the hallway, open the transit door and jump through to get to your counterpart who has conquered and does not have the fear that bothers you.

You are going to visit that person, and see what he or she has to say to you. We are going to call that other you your doppelganger.

Now concentrate on the word counterpart. Consider the thing that you would like to be successful at. I am going to count from 5 to 1. When I reach the count of one, you will be with your counterpart, your twin self. Take your time when you get there. Mentally hear yourself articulate the fear. Hear yourself repeat it a word at a time, and clearly.

Now that you have done that I will help you to clarify your counterpart's words. Sometimes the twin self in a parallel dimension finds it difficult to communicate. I have visited other doppelgangers many times and find it easier to get through.

Imagine that you have told your counterpart of the fear, now your counterpart is telling you to think about a pleasant scene, a scene where you are extremely comfortable. Imagine that. Daydream that you are in a pleasant place and very comfortable.

Now use the Bagha, touch the tip of your tongue to the roof of your mouth. And now, still daydreaming of the pleasant place where you are very comfortable, still touching the tip of your tongue to the roof of your mouth.

Take your left hand and touch the tip of your nose with your thumb.

Now put your hand back where it was and relax your mouth and tongue.

Now your doppelganger is telling you to think about your fear. If public speaking is your fear get a sense of yourself talking in front of a large group; if it is a different fear that bothers you, get a sense that you are confronted by whatever it is that you fear.

While imagining the fear, use the Bagha and touch the tip of your nose with your left thumb.

The fear should be gone.

Relax.

That was fine. And that is all there is to it. Anytime you are fearful, touch the tip of your nose with the thumb of your left hand and use the Bagha.

Relax.

In a moment I will count from one to three, at that time you will open your eyes, be wide awake, feeling better than before.

1, 2, 3, eyes open wide-awake.

CD – 6: The Frequency Of Abundance

Module 18 : The Secret Of Octave Programming

The number one source for the foundation of every organization that promotes success, growth, and abundance would have to be goal setting.

Without a goal in mind an organization, or a person, will just float around from here to there, willy nilly, having neither an objective, a time frame for things to happen, or a successful venture in mind.

If you do not know where you are going, how are you going to know it when you get there?

Even a submarine, in the middle of the vastness of the Pacific Ocean knows exactly where they are heading.

Every plane in the sky, every boat in the sea has a definite destination in mind, a goal.

Think about my next question for a moment: How many goals do you have in mind?

If the answer is none, then please pay special attention to this module, because you need it.

At the present time, as this is written the world is in financial turmoil, or at the very least confusion.

Stock markets resemble roller coasters and the job market is seething with unrest.

So how then is one to find financial freedom in an atmosphere of such negativity?

Many successful people are setting goals and buying stocks as there are many good buys out there at present. The only thing to fear, as the president during the great depression said, is fear itself.

Things have a way of turning around and the challenge is not to get caught

up in the negativity of the media and of those who make a living telling the world how bad things are.

They are bad if you believe them to be bad but they are good if you believe them to be good. Remember the PDQ axiom, what you believe to be is. So do allow me to offer to you the crème de la crème of the PDQ concepts, the one that creates wealth and financial freedom. I offer it to you now freely and in the hopes that you will take advantage of my years of experience.

Before we go any further, think about something that you want or need. It may be money, or a product, an appliance, a vehicle, a computer, software, a TV, a boat, a relationship, to end something, to start something, anything that you have in mind that you want; think about that for a moment.

Let us say the goal you are setting for yourself is financial freedom. That should take care of all the minutia attached to want and a poverty consciousness. Financial freedom to have the home you want, the car you desire, and all the accompanying requisites to the good life.

With this module I will show you how to use Quantum Jumping into a parallel dimension to insure the success of the things you want, need, and desire. Or to put it another way, how to set goals and release the energies of the Law of Attraction to pull to you the financial freedom that you are programming for as that is what this and the next module of PDQ is all about.

This is where we were heading all along. This is our goal, this, the final two modules of Parallel Dimension Quest. The module that stimulates the Law of Attraction, motivates you to action, and creates a new attitude for attracting those things that you want and need.

By now you know how to reach a parallel and how to communicate with a doppelganger counterpart. Now it is time to put all the knowledge of PDQ to work.

To bring to you the maximum result from the energies that you will send out to attract that good life, the life of freedom from want, freedom from fear, and freedom from the negative energies sent out by others. So fasten

your seat belts friends because here it is, the ultimate PDQ process.

Octave programming. But first let me explain the octave sequence.

An octave is usually looked at as a unit of 7, the 8th unit being an octave above the first. As example in music, the middle C note is an octave above the 8th note below it and an octave below the 8th note above it.

Each seven notes, a, b, c, d, e, f, and g, are what you might call a family of notes.

On the physical plane, music is identified by frequencies per second, known as hertz. Just as the brain exports frequencies, so does a piano, violin, trumpet, or any other instrument.

Octaves double the frequency.

As example, if a note has a frequency of 400 hertz, the note an octave below it will have a frequency of 200 hertz, and by the same measurement, the unit above it will have a frequency of 800 hertz.

Going up the octave path and doubling the frequency and you will soon be unable to hear the sound as the human ear is not equipped to hear above 20,000 frequencies per second.

The range of hearing for a healthy young person is from 20 hertz to 20,000. As one grows older the hearing deteriorates and a middle aged person will hear only frequencies below 12,000 per second. Men will generally lose the high frequency hearing much faster than women.

Above 20,000 hertz a sound would be heard by many animals, below 20 hertz you would have the sound of an elephant communicating over vast distances as a 10 hertz sound travels further than would a 400 hertz sound.

Elephants have the ability to communicate in extremely low frequencies wherein whales communicate in high frequencies and Bats at 100,000 hertz the highest of all in the animal kingdom.

As above, so below, as below, so above, is an ancient metaphysical axiom.

When we look at the frequencies that the brain sends out we see that the attitude of the individual is the determining factor in setting the hertz value, and thus the octave of the thought.

A person can speak or sing in different octaves and people all have a different speaking voice.

As it is with musical vibrations, so it is with all physical vibrations, and so it is with mental vibrations as well. You can identify a person by the frequencies they export although you do not realize that's one of the means of identification. What is not commonly realized is that people think in different frequencies and octaves as well.

A shy person as an example, has a frequency that encourages shyness while an outgoing person is working from a different frequency, a different octave so to speak.

When you seem to attract the wrong things, or to put it another way you can't seem to attract the things you want it is very often the case that your operating from the wrong frequency.

As example, if you had a radio that was set to FM or Frequency Modulation, and you wanted to hear an AM or Amplitude Modulation program, nothing you could do would allow the AM program to manifest as the set was tuned to the wrong frequency.

So it is with attraction. To use the Law of Attraction you must be at the right frequency.

Allow me to explain just a bit more so that when we get to the actual Quantum Jumping to change your frequency to the frequency of affluence and financial freedom you will have a better understanding.

In music, the note A in the mid octave range vibrates, on the physical scale, at 440 hertz or 440 times per second.

If I were to ask you to mentally vibrate 440 times a second you have only to imagine the sound of A in your mind and you will be operating at 440 hertz. Holding the sound of a chant, such as Om in your mind and you will

be operating at that particular frequency.

Monks who meditate on a mantra such as Om and whose intent is that of a spiritual nature become one with the spirit and continue in that frequency, or energy if you will, as the vibration of the mantra keeps them in the satisfied mindset of contentment and they require nothing else.

How do you best use the parallel dimension and the doppelganger.
Relax and go into Alpha.

Visualize the hallway and the door that leads to the parallel dimension where your counterpart self has completed your goal.

Visit with your Doppelganger who is successful in the achievement of your goal.

Daydream the end result of your goal accomplished as your counterpart has done.

Use the Bagha, and then come out of Alpha.

With that brief background we will now get into the main reason for the visit to a parallel dimension.

When you visit a doppelganger who has been and is successful at what it is that you want that counterpart of yours is vibrating at the right frequency. He or she has already activated the Law of Attraction and is operating on the energy level that you need to manifest your goals.

Here is how Larry Tenzer did it.

Larry's goal was a car. He wanted a brand new top of the line Mercedes Benz.

Being familiar with the PDQ concepts he went into his Alpha level, visualized the hall and transit door, and jumped through the doorway with the intent to visit his counterpart who already owned a top of the line, new Mercedes Benz.

He daydreamed himself in the living room of his doppelganger.

They left the house and got into the counterparts car and went for a drive. Larry imagined the feel of the car and then drove it himself. He was getting into the frequency of his goal completed.

Coming out of the meditation he thought of himself in the Mercedes Benz and began to instigate the frequency of the car. Much to his surprise he found himself the owner of a new Mercedes Benz just two months after he had immersed himself in the frequency and energy of his counterpart.

Elizabeth Morin had a different goal.

Her goal was to go out on her own and leave her parents. She loved them but Liz was twenty two years old and felt it was time for her to be out on her own. But somehow she just never could summon up enough courage to leave.

Her energies were that of a complacent daughter so set in her ways that her life frequencies fairly sizzled with keeping her right there at home.

Very difficult to break the habit of a lifetime. She knew that in a parallel dimension her counterpart had gone off to live in an apartment of her own and that was the one she wanted to visit.

Going into her Alpha level she used the Quantum Jump and was soon visiting with her twin self in a cute little apartment over a book store. Elizabeth went into a controlled daydream and wandered around the apartment. She noted the wall colors, the carpet, the kitchen, the bathroom, and the bedroom.

She stayed with her counterpart deep in the day dream for twenty five minutes. Finally, she touched the roof of her mouth with her tongue locking in the energy of her parallel apartment and came out of her meditation.

Now that she was vibrating with the energy of her goal accomplished; it would be a wonder if she had not found her dream apartment. A few weeks passed and Elizabeth found herself in her new place, away from her parents for the first time, and eager to begin this new phase of her life.

Jerry Goldsmith needed ten thousand dollars.

He attended a PDQ class and heard how to get to Alpha and the doppelganger and all the rest. But how would that possibly get him ten thousand dollars?

Well, he thought; it can't hurt. And so he sat comfortably in an easy chair in his living room, closed his eyes and after putting his tongue to the roof of his mouth for a moment he took a deep breath and just drifted off into Alpha.

Soon he imagined he was in a small hallway. There was a door in front of him, on the other side was a parallel dimension. Now deep in Alpha he day-dreamed that he opened the door and jumped through.

He found himself in a parallel universe with a doppelganger, his twin self.

His twin was counting hundred dollar bills. Smiling he dreamed the twin handed him the money and said count. He counted. Soon he had a pile of hundred dollar bills in front of him. He sat alongside his counterpart immersing himself in the scene.

Then he took a deep breath, touched his tongue to the roof of his mouth for a moment and opened his eyes.

It was about three weeks later when his uncle called him and said that he was going to give him ten thousand dollars to start that business he was always talking about.

A week after receiving the money Jerry wondered, was that a coincidence? Or did he really set off some unseen, universal energy to attract the exact amount of money he was programming for.

Those are all examples of octave programming.

Why octave?

Because they all immersed themselves in the proper frequency of attracting their dreams to them.

Just as you thinking of the musical note A in your mind you automatically

attract the proper frequency of the A.

You can see how that energy flits through the air if you had a tuning fork. Get an A tuning fork and bang it on a tabletop to get it vibrating and if there is a piano in the room, even to the other side of the room, the A string of that octave will vibrate in sympathy. That is something like what happens when you immerse yourself in the frequency of your counterpart in that parallel dimension.

Now for the Alpha mental conditioning exercise to get you started on the manifestation of your goal.

So think now about something that you want because intent is vital to success. And find yourself a comfortable place somewhere for the next module will guide you to the transit door where you may get to the doppelganger of your choice, to set up the proper energies for the manifestation of your goal.

Module 19 - The “Success” Alpha Exercise

We will start this Alpha exercise with a 3 to 1 count. This module is not to be played in a moving vehicle; find a comfortable position, close your eyes, take a deep breath and, as you exhale, mentally repeat and visualize the number 3 three times.

(Pause)

Take another deep breath and, as you exhale, mentally repeat and visualize the number 2 three times.

(Pause)

Take another deep breath and, as you exhale, mentally repeat and visualize the number 1 three times.

(Pause)

To help you enter the alpha level of mind, I am going to count from 10 to 1. On every descending number, you will feel yourself going inward and you will enter a pleasant, meditation level of mind where you will be able to concentrate fully, on one subject.

10 - 9 feel going deeper,

8 - 7

6 - deeper and deeper,

5 - 4

3 - deeper and deeper,

2 - 1

You are now at a pleasant level of mind where you are able to concentrate fully, on one subject; at this time concentrate on my words.

You are now and always in complete control of your state of mind. You can open your eyes and be fully alert any time you wish to be.

Every time you enter this relaxed meditation state, know that you are getting better and better in every way.

Whenever you enter this relaxed meditation state, you will mentally say, EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.

When you say these words, sense yourself improving in all areas of your life. Sense yourself getting better and better.

Visualize improvements in your life as you mentally repeat the words, EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.

Relax.

Visualize improvements in your life as you mentally repeat the words, EVERY DAY, IN EVERY WAY, I'M GETTING BETTER AND BETTER.

Relax.

Relax your eyes. Relax your lips. Relax your jaw. Relax your head. Relax your neck. Relax your body. Relax your arms and hands. Relax your legs and feet. You are now completely relaxed.

Repeat mentally, My body rests and refreshes itself when I consciously relax. I am relaxed now.

(Pause.)

Repeat mentally after me: Every day my image of myself gets better. I can do anything I have a desire to do. I am a wonderful human being; there is no one else on earth exactly like me. Every day I grow stronger knowing that I can: I can think; I can create; I can do. I can do anything I have a desire to do.

Relax.

At this time concentrate on the image of you relaxed and at ease. Get a sense of yourself, sitting comfortably, eyes closed. In alpha. With that thought you are as comfortable as you can possibly be.

Relax.

Still holding that image in your mind, with a closed mouth, take the tip of

your tongue, and touch it to the roof of your mouth and hold it there while I count to three.

1, 2, 3.

That's fine, in touching the tip of your tongue to the roof of your mouth you were programmed that whenever you do touch the tip of your tongue to the roof of your mouth you are striving for success in some thing.

This is an ancient technique we call the 'Bagha.' Use it when you wish to strengthen intent.

At this time your intent is to visit a twin self in a parallel dimension, your doppelganger.

I am going to count from one to three, at the count of three you will imagine that you are in a small hallway; in front of you is a door, a transit to a parallel dimension.

By now you know exactly how to get to your double in another dimension but this time we are going to use octave programming.

Your counterpart has a different energy about the body and mind. He or she is vibrating to a success octave.

The vibration is the same as yours, all of the doppelgangers of you have the same vibration or initial energy formulation and there are an uncountable, infinite number of them.

The octaves on the spiritual plane however are not only variations of seven but each seven is broken up into seven parts and each of those are broken into seven parts until the octaves themselves are infinite.

When you meet the doppelganger who has already achieved the success that you are seeking your vibrations, or energy fields merge.

They are the same, what is different are your octave levels. Meeting your doppelganger the octaves also have a tendency to merge, and match, and when they do a source foundation is created and your energy field begins

to attract the thing that you are programming for.

All you need do is to be with the doppelganger of your choice.

At this time think about the thing you want, your goal. Is it money, a product, a thing, a person?

Whatever your intent think about that now.

As you carry that thought imagine the doorway in front of you. Think about the thing you want to happen and visualize the door opening, and in a moment yourself jumping through the doorway to meet your counterpart.

When you carry the thought in your mind you will automatically be in the right dimension after jumping through.

Think about your goal. What is it you want to happen? Now imagine that at the count of three you are jumping through the doorway into a parallel dimension. 1, 2, 3, jump through the doorway.

Relax.

Ahead of you notice a person, this is your counterpart, your twin self who is waiting to help you, to merge energies and change your octave to the one that will attract that which you want.

Use your great imagination and walk up to your twin self. Imagine that you are getting closer and closer until you are right next to each other.

Relax

If it is health you are seeking then your counterpart is in perfect health and the vibrations and octave is that of perfect health.

You want to merge with that energy. Imagine now that you are merging with your counterpart. Your body is merging with your twin self until the two of you are one.

Just relax and imagine that you are one with your twin self as your energies

merge and the octaves adjust. I will be silent for a few seconds.

Merge, and relax.

(Silence, 10 seconds)

Relax.

Now visualize yourself back in this dimension, in the hallway.

Each of these Quantum Jumps is a little different. Designed in that manner so that you will get the benefit of using the Alpha mental conditioning exercises as a resource for just about whatever goal you wish to reach, and to resolve just about whatever problem that is an issue for you.

During the next module, I will offer a few suggestions so that you will be comfortable with the concept. Quantum Jumping can be a valuable tool for life and will truly help to make your life become better and better.

In a moment I will count from one to three, at the count of three you will open your eyes, be wide awake and feeling wonderfully refreshed and ready to take whatever action is necessary to get you started in manifesting your goals and objectives.

One, two, three – eyes open, wide away.

Thank You.

Module 20 - The Final Word On Quantum Jumping

Well now you have it all.

The newest, state of the art, and first offering of the concept of using the energies and resources of a twin self in a parallel dimension.

At first listen it may seem that all the resolutions to problems and the setting of goals, is the same; but make no mistake, there are enough subtle differences to make each Quantum Jump unique.

Quantum Jumping has been carefully designed to take you from point A, which would be a basic training in utilizing the life force with which we are all endowed, to point G, the full octave of understanding. That would be, using the same metaphor, the university level of using the material.

The repetition of the Quantum Jumps are only repetitive to a point, and that is where you utilize the life force of your Doppelganger. If you need some good energy to stimulate your life force for virtually any problem you'll find it on one of the dimensions.

If you're having trouble with a relationship, no problem; after reaching the dimension you choose, you'll soon be with a twin self who has resolved that very same problem.

Having a health problem, why then jump to the dimension that leads to your healthy self. Whatever the problem or situation, there is an answer for you with a twin self, a counterpart, what some call your Doppelganger.

Here in the PDQ modules you will find an answer to just about every situation. But then, when you get into specifics, every situation is different; because every person is different.

Sometimes I just slip into a quick meditation and imagine the transit door then my twin self.

Feeling uneasy about the stock market and the economy in general I visited my Doppelganger who had gone through the same situation but it was a few years after the fact.

All I got from him was four words but they were a great relief; I sensed the words: This too shall pass. Wow, this too shall pass.

I'd heard the words before so maybe they were just buried deep in my memory banks and the Quantum Jump brought it out.

Maybe.

But what's the difference where you get information from, so long as you get it?

I recommend that you listen to the entire program three times prior to using any of the Quantum Jumps.

Hold off on working with the jumps until you have heard all of the lecture modules.

After that you will be more or less comfortable with the concept and the more comfortable you are with it the less emotional about it you will be when you use it and that is the mental attitude we are looking for; neutrality.

Actually the best way to use the material is to be as a child and have fun with it. Use your daydream mechanism and play around with the hallway, the door and the different dimensions.

See to it that all of the dimensions lead to positive places only.

Your intent will do that for you if you consider the outcome before you begin. Daydreaming is not a distraction from reality but rather it is utilizing the brain's creative nature to its greatest degree.

Everything you see before you, a house, an automobile, a pencil, your computer, the chips in the computer, your clothes, your chair and bed, all those things started out as a daydream.

Consider a simple ballpoint pen.

Before it was a pen it was a bunch of plastic and ink. Before that it was a drawing on a sheet of paper. The people who extruded the plastic used a

mold and machining apparatus to bring about the pen. They used the drawing to configure the dies and molds. Before it was a drawing on that sheet of paper it was in an engineers mind as to what was going to be drawn. Chances are the engineer was staring at the ceiling prior to drawing it out on that sheet of paper, and daydreaming about what to draw. It wasn't thought of as daydreaming, but creative thinking.

What's the difference?

Daydreaming is thinking.

Your intent makes the daydream an escape from reality, a simple recreation, or a creative resource. When you direct your daydream towards a specific objective as we do with the PDQ concept of an alternate dimension, it becomes a powerful tool for you to use to better your life.

Your eyes see things as they are; your daydreams see things as they could be. Your mind activates your dreams through your physical actions. But all achievements, whether they are of a financial, personal, or universal nature, begin with a dream of a successful end result—a daydream.

Why, you might ask, is Quantum Jumping, and the parallel dimension, and the doppelganger better than any of the hundreds of other, so called 'secrets' of the various laws such as attraction and such? The one thing that most goal setting concepts do not take into consideration is that there is a momentum build up by constant thoughts that intrude in your mind. This momentum gives the thought and actions you wish to change a power that may overcome and neutralize any efforts you may put in place to change them. And so even with a strong desire if the momentum that has been built is stronger than the new thought, success becomes more and more difficult to achieve.

When you use the PDQ concept of Quantum Jumping you are putting many forces in play to first of all slow and stop the momentum of the past programs that have been built up over the years.

When you alter the thoughts that have become beliefs in your mind then time comes into play while you adjust to the new situation. Your body is used to reacting to certain beliefs without question and when a new idea

comes along to chip away at that belief the idea may or may not be accepted by your mind in a timely fashion. Your beliefs are like a radio, receiving only transmissions that are in tune with that belief.

When you change the belief the new signals may be filled with static. This is all taken into consideration with the use and development of Quantum Jumping.

Each time you do a jump, and imagine, or daydream that you are in the presence of your counterpart, your Doppelganger, you slow the momentum of the previous thoughts that cause the problem and you build a new momentum of success.

The more you utilize Quantum Jumping to seek out a twin self who has already solved the problem, or adjusted the situation that you are working on the more successful you will be.

The goal should be a change in attitude so that you can just daydream the positive end result of any situation. This will build your self esteem and confidence and motivate you to take actions you would not have taken with an attitude of defeat or doubt.

Each time you go through the modules of PDQ you will pick up something new and you will be building a momentum of success and confidence.

Good luck and good Jumping.