

QUANTUM JUMPING II:
Text Companion

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CD- I: The 4 Levels Of Quantum Jumping

Module I: The Little-Known Secret Of Quantum Energy

“Everything is energy, in one form or another.”

I was lecturing before a group of people in New York.

We were at the Gramercy Park Hotel ballroom. Someone had just asked about the fact that you could not see energy. ‘But you can,’ I replied.

‘Everyone has a field of energy that surrounds them. That energy is called different things in different cultures but here in the U.S. we simply call it the ‘Energy Field.’ You will also have heard of it as an aura or auric field.’

Saying that I proceeded to show people how to see an aura and I put mine on display.

Here’s how I demonstrate the energy that surrounds each person.

I stand in front of a bare wall and have all the students stare at the center of my forehead while being aware of the outline of my head and shoulder area.

While they are staring I sort of squeeze slightly on the physical level, but quite strong mentally. I imagine a fog like light oozing out of my body from stomach area to the top of my head.

My eyes are closed while I’m doing this and I hold the squeeze until I hear loud gasps and cries. ‘My God, I see it,’ says one person, ‘I see it,’ rings out from all over the room. ‘It’s like a shimmering of a highway on a hot day,’ says another, and soon, they all see it; my aura.

Just about that time, energy, that unseen force, becomes a real object, a thing.

‘Wow,’ comes from virtually all throats, ‘but what use is it?’ asks one of the participants.

‘Let me show you one use.’ I say.

Energy is everything.

Not just the energy that causes you to get out of bed in the morning, or the energy that enables you to run a mile, or work all day, but energy is the thing that causes cohesiveness, an interconnection keeping the cells of your body active, it's the thing that enables your mind to come up with creative ideas, and it's the thing that draws one person to another or that draws things, people and events to you.

Energy is what determines the law of attraction and creates your world.

But it was time for me to demonstrate energy further, soon I would show them how to use energy to heal, to create, to attract success, but first I would show them how real this energy was, and, that anyone could create and manipulate it.

I walked over to a young man in the front row and whispered in his ear. 'Imagine a wall somewhere in this room.

A mental wall that you create going from ceiling to floor and wall to wall.'

I asked him if he understood and he nodded.

While he was mentally building the wall I took a wire coat hanger out of my briefcase and with a pair of cutting pliers made two cuts so that it was in the shape of an L.

I then told the group that the young man had created a wall of energy somewhere in the room and I would find it.

Holding the coat hanger that was now a dowsing rod in front of me, small end loose in my hand, long end straight forward, I slowly walked from one end of the room to the other.

About three quarters of the way the wire suddenly moved abruptly to the right. I looked at the young man and said, 'The wall is right here.'

He smiled, then laughed and shook his head in disbelief, 'That's right,' he said, 'I mentally put a wall right on that exact spot.'

And then just about everyone in the group was asking the same question, how did I do it?

I wanted to give them a little background first so that they could see that energy can be put to good use.

I told them that everything was energy and that as everything is energy it is all connected.

At the quanta level, the very smallest of the smallest of levels, there is a communication that takes place amongst all the levels of fundamental particles of matter consisting of neutrons and protons—but aside from that gobbledegook that few people understand let me say this.

If a person can build a mental wall, that can be detected, then it is to some extent—real.

Now building a wall with your mind might not be the most important item on your list of things to do today; but consider this; if you can build a wall with your mind, what else can you use that energy for?

My friend Uri Geller taught me that technique; he uses that same energy to sprout seeds in his hand, cause broken clocks and watches to work, and bend spoons with his mind.

He uses that same energy to do all that and more. I know that for a fact because Uri and I used to do seminars together.

During one of those seminars, SONA, an acronym for Secrets of the New Age, Uri demonstrated using the quantum energies to sprout seeds in his hand and read peoples thoughts, while I used it to heal all those who applied.

We were a great team but Uri changed direction and began to douse psychically for oil in Mexico, parts of the Middle East and the U.S., he found many sites for oil companies in the 80s and 90s and grew wealthy using the quantum energies.

But what can you use it for?

Well when we utilize the energy of infinity that I call a Quantum Energy, you discover that the universe is one big hologram.

Now what is that?

Oh I know, you think that a hologram is like a three dimensional photograph.

Well my friend it is much more than that. Let me explain.

Say that on a piece of celluloid you had a picture of Napoleon.

A three dimensional hologram.

Because it is a hologram the entire picture of Napoleon is impressed on every molecule of the Celluloid. So if you were to trim off a one inch square of celluloid the entire picture would be there. A hologram's particles are in communication with each other. At the quantum level everything exists simultaneously.

There is no time on the quantum energy base level. This you prove mentally every time you think of a thing past, or of a future occurrence.

The universe and all things it contains is just one vast hologram with all the information everywhere.

But we don't call it a hologram except to explain it in terms that are easily understood; and so we call this vast hologram Quantum Energy.

And when you put that together with Quantum Jumping you get a resource of such value that you will be utilizing its benefits all of your life.

We accumulate a great base of knowledge over the years, some of it is acted upon, while the rest is simply stored away somewhere in the vast recesses of the brain.

This stored and buried material affects your everyday life but as it is masked by overlapping data it isn't noticed and because it's not observed, it can't be acted upon.

Most personal development organizations call this buried material 'past programming'.

Past programs are simply things that have happened, or not happened in your past that have an effect on your attitude and actions in the present.

In the Quantum world these past programs are called 'source foundations.' These foundations of future happenings are stored quantum energies.

In the quantum world each time a decision is made, each time a choice presents itself to you, there is a branching off of realities, you might say that a new energy is added to the hologram.

Each time there is a decision to be made, a road opens in front of you that branches off in different directions, the branch of the road you didn't take is also valid as when the choice is made, another is set in place on the road you didn't take as well.

Each branch, and there are many, create a new energy source. Difficult to comprehend but pretty much accepted as standard theory of many eminent quantum physicists today.

With Quantum Jumping we design each jump to get to one of those branches or sources of energy where you are successful in the endeavor that you are looking to enhance.

When you consider the branches made every day, and extend that to a week and month, you can see that by the end of the year your choices are practically infinite.

With this module we will examine the branching concept and by applying it to source foundations you will discover all you need to know about 'past programming' and how to correct it.

Let me refresh your memory as to what a source foundation is as the material that follows uses the source foundation premise as a basis for overcoming problems.

In Quantum Jumping One you learned that a source foundation was an in-

significant event that causes a significant effect.

The example was that of a person, let's call him Harry, who is going to a new years party, the host wants him to contribute \$20 towards the food and drinks. Harry is insulted as he feels when he is invited to a party he should not have to pay for it and so leaves. He goes to another New Year's Eve party and while there meets Ethel who ultimately becomes his wife. They have three children; one of them studies law, becomes a renowned attorney and ultimately becomes the Governor of their state.

All those effects, the meeting of Harry and Ethel, their marriage, the three children, and the Governor, are branches of the road that came into being because of a single source foundation, the twenty dollar bill that Harry was asked to pay for that New Year's party.

Had he paid it and gone to the first party, none of the other effects would have happened. But all of them were possibilities.

That twenty dollars created a quantum energy. Recall that quanta is the very smallest of particles.

The twenty dollar bill is an important factor in the life of Harry as it affects his future in every way and even though it is a tiny energy source it has significant consequences.

In a quantum world, those effects and many more would, and did, take place. All those branches exist in a multidimensional, holographic, universe.

In one of the branches Harry went to the first party, in another he went to the other party. Going further at the second party he didn't meet Ethel, he met Maria, in another branch he went home without going to any party.

And on and on ad infinitum. Each decision he made let to a parallel universe, one of the infinity of universes, where anything that could be imagined taking place; did take place.

I realize that some of these ideas boggle the imagination.

But just listen to this.

The year is 1960, Democrat Ronald Reagan was a somewhat mediocre actor featured in B movies and on TV.

If you were to say that one of his decisions would lead to the presidency of the United States, as a republican, you would have been thought of as crazy; and yet it was there.

We all have somewhat bizarre branches of the road, the first step in controlling them is the knowledge that they exist at all.

I don't know what Ronald Reagan's source foundation, or what the first decision that brought him on the path to the presidency was, but I would bet it was something as insignificant as him being late for dinner one day.

Source foundations are the things that hold you back in life, that create poverty, poor relationships, self sabotage, illness, stress, overweight conditions, addictive personalities, fears, early death and virtually all the negative conditions of life.

Source foundations are also the things that create wealth, good relationships, success in all things, good health, a relaxed attitude, confidence, self esteem, youth preservation, and all the positive conditions of life.

Once a source foundation is set it creates a quantum energy that influences attitudes and behavior; if you could identify a source foundation you could change its outcome.

If you knew how to set a source foundation you could change your life; you would have control over your life and would be able to move in the direction that you choose, not the directionless way of the unknown.

Every branch of the road, every decision that you make, leads to a different you; a Doppelganger, a self in an infinity of occupations, with an infinity of personalities.

But before I get into that, let me speak of the many you's there are right here in this universe, in this dimension.

Within each one of us are many people, many different selves, we live in a

world with many mansions but most have not the slightest clue as to where they are, or how to find them.

You've probably noted yourself that at times you are happy, and there are times when you are sad.

Sometimes you're serious, sometimes playful.

I'm sure there have been times in your life when you were adventurous just as there were times in your life when you were an old stick in the mud and were quite happy with the status quo.

Sometimes it's chemical; you see a beautiful or handsome member of the opposite sex and suddenly endorphins start firing off and you feel as though spring has sprung.

Other times it's an attitude, or something that you see, hear or smell that reminds you of a long ago scene and a good, or a bad feeling suddenly comes over you.

Point being, it is sometimes difficult to find the real you.

That hidden deep within you guy or gal who you really want to be.

The real you.

Where is that person? How can I find him/her?

Well my friend you will discover that you; the real you that is. during this series of deepening quantum jumps, you'll get to know the real you.

And you know something, that person is a champion in every way.

That person looks to hit the ball out of the park with every swing. That's the person you will find by the time we come to the last module of QJ 2.

During this continuation of the Quantum Jumping series we will be going deeper into the premise with mental conditioning exercises designed to not only take you on a trip to a parallel universe but to jump into a self that will help you get through the day with energy, vigor, creativity, and a passion for

the things you do.

You will start your day with the morning Quantum Jump, to get those quantum energies flowing, to get the day started with a bang.

And then after you have gone through the day and made the thoughtful choices with the help of your Wisdom Jump into a parallel wherein dwells the wisest you of them all you will go for the Evening Jump to clean up all the mistakes, if any, of the day; those things you said you wish you hadn't said, and those things you did you wish that you hadn't done.

During the modules, as you listen and act on the information you will discover not only the real you but you may well discover the you who suddenly discovers his/her life's purpose.

Yes you do have one, a life's purpose that is, but you may not know it yet. Discovering your life's purpose may well prove to be the highlight of your year.

The Target Jump will get you to a place where the greatest goals and objectives of them all reside.

Your target Doppelganger self will help you to decide on not only the goals in your life but the controls as well.

In module three, the one after the meditation that follows this module, you will learn about out of body experiences and how to use this resource to learn many things about yourself, and others.

And after that, you will meet your past self, and your future self. Get ready for major surprises with that module.

We call it the Self Reflection Jump.

You will find that you can look back on your life thus far and the glimpse that you will get will be an astounding resource in your life forevermore.

The Healing Jump is one that everyone will find useful at one time or another in their lives.

Different from any and yet similar to many because for this one we go back to the man who really began the 'new age' philosophy.

The man who coined the phrase 'better and better' and who healed many thousands of people during his sojourn on Earth, the man's name, Emil Coué. But Coue lived and practiced in the late nineteenth and early twentieth century are his methods still applicable to our modern world?

You be the judge, especially as we have updated and utilized much new material in the Healing Jump; even to using this powerful resource to help others.

And then there is the reverse jump.

In our infinite universe there is a you, a doppelganger self, who wants to talk to you. You are the doppelganger in the reverse jump.

So during that jump get ready to help your counterpart.

You have information and energies that your counterpart doesn't. You get lots of benefits after helping your twin self.

The Midas Jump will be quite interesting if you are still seeking that sometimes elusive money consciousness. Only one person can turn you into a money magnet, and that person is you yourself. You may have heard that if you give a person with a poverty consciousness a million dollars, a year later that person won't have any of it left.

Whereas if you take a million dollars away from a person with prosperity consciousness, a year later they will have it all back.

That is so, but what exactly is a poverty consciousness?

Your Midas Doppelganger knows.

For him/her making money is like taking candy from a baby.

The Midas Jump is designed for you to attract affluence and money, instead of scarcity and hardship. It takes a bit of work on your part, but how hard

did you work to get where you are? The Midas quantum energy source is what creates that prosperity consciousness.

Quite possibly the one thing that affects everyone at one time or another, both on the physical and mental levels are the cells that make up each individual.

We see each cell, on the quanta level, as a tiny generating plant that charges and stimulates every organ of the body.

With the Cellular Jump this is taken into consideration with our goal that of recharging the cell for youthful exuberance and good health.

If all that seems too ambitious just buckle up and get ready because starting with the next module you are going on the ride of your life.

And may you never be the same again. In the next modules you will learn our four levels of meditation so find yourself a comfortable place where you will be undisturbed for ten minutes or so, relax, and allow yourself to get to that comfortable jumping off place that we call Quantum Meditation.

You won't be jumping into a parallel yet, just getting your mind relaxed, your immune system strengthened, and letting all the stress in your life disappear.

So just concentrate on my words, and the light musical background.

Before each of the four meditation levels I will explain the exact method we will be using to get there.

There will be a short introduction with a story or two about how other people have used the mediation and on the following module will come the meditation.

But first, a description of the four levels of meditation.

Module 2: Identifying The 4 Levels Of Quantum Jumping

Like any skill Quantum Jumping must be honed and sharpened.

As you get closer to mastering the material you will find that there are four levels to Quantum Jumping.

First there is the Basic Jumper, second is Novice Jumper, third the Master Jumper, and the fourth stage is the Quantum Jumper.

There is a fifth stage that of Master Quantum Jumper but no one I know of has reached that state as yet.

The Master Quantum Jumper can hallucinate a scene, jump into it while fully aware and going about their regular business. Sort of doing two things at once like combing your hair and thinking about a mathematical solution.

Or a lucid dream where you can control the events.

Along with the four levels of jumping there are also four levels of meditation.

Meditation is the jumping off place, so to speak, and the deeper the relaxation, the more concentrative the meditator, the more successful is the jumping.

Here are the distinctions to Quantum Jumping:

1. The Basic Jumper reads about and gets used to the idea that there may be something to Quantum Jumping. The Basic Jumper thinks that it may be psychological, or some exotic metaphysical technique that makes it work. But whatever it is the Basic Jumper is going to try it a few times.

2. The Novice Jumper has done the meditation exercise at least three times and has taken a simply jump into a twin self and has received vague information that leads the novice to believe that there may be something to this Quantum Jumping business.

3. A Master Jumper starts the day with a jump into a parallel where a twin

self has already completed the day and goes over the things that were done to make it a success. The Master Jumper uses jumping to set goals for the week and month.

4. The Quantum Jumper has experienced successes with creativity, success, relationships and life in general. The Quantum Jumper uses jumping all the time. When a situation arises the Quantum Jumper will consider their twin self in a similar circumstance and will go over the situation before making any decisions.

I'm going to advise you to stick with basic jumping for a week or so.

Do it at least seven times during that period.

You may get a good result the first time, many do, but don't be concerned if you do not, it's not unusual. It is primarily the way that you accept the premise of Quantum Jumping and how deeply you meditate.

In the beginning a light state of meditation will take you to the jumping off place, then as you progress and go deeper it gets easier.

Just think, 'What if,' what if there were an infinity of universes and dimensions as many physicists believe?

What if in one of those universes there was a duplicate you, a you exactly the same except that you made different choices and got to a different spot.

I once did a class in the town of Kona on the big island of Hawaii.

Bob Gilchrist was one of the participants.

Bob told me he had been through Silva, went through a few trainings with Tony Robbins and a few others but still hadn't found what he was looking for as yet.

Quantum Jumping was new to him and as he had been through the Robert Monroe seminar he was familiar with out of body experiences and asked if that was the premise of Quantum Jumping.

Bob took to Quantum Jumping like the proverbial fish takes to water.

He saw a connection between jumping and out of body experiences that he had experienced. Bob wanted to go right to being a Quantum Jumper.

He felt he could skip over the basic, novice and master jumper stages and get right to being a Quantum Jumper as he did out of body work for some time and had many successes.

Quantum Jumping was perfect for him as with the OBEs, out of body experiences, he saw himself from kind of a fly on the wall perspective; sitting on his couch.

Many times he felt as though he were floating out and away from his body, but there were no real gains for him, he couldn't use that for any benefits.

But now, with QJ he could actually get some benefit of his OBEs. Deep into meditation he went. Lower brain waves took him to a deep alpha state, he was hoping for theta but as he had no mechanisms such as an EEG to measure his brain waves he just assumed he was there.

He reported seeing the door quite clearly as he went deeper into the relaxed meditative state than he had ever been.

Opening the door he imagined himself just floating past the threshold into a parallel universe where his twin self was an inventor and had come up with a new method of getting energy from the currents of the ocean.

It was apparently a series of vanes, similar to a windmill that was attached to a platform like those oil platforms in different parts of the oceans.

The current, running steady, turns the vanes and generates electricity which is stored in the platform and transferred to ships and then to cities.

He imagined himself getting all this information which was quite enterprising as the success of the venture would literally change the world and the domination of the oil markets.

Bob is currently working on the idea and has quit all other things to con-

centrate on this vision he got from his doppelganger.

Not everyone gets anything quite so grandiose out of a jump but even a jump that was reported by Millie Lester can be exciting. Millie didn't know what she should prepare for dinner on Sunday for her family.

Being a basic jumper having only jumped once before, she thought she would see what her counterpart had for dinner, and so she went to a twin self who had already had Sunday dinner to see what she had prepared.

Millie went to a light meditation and then through the door not knowing what to expect but she saw her twin self preparing for bed.

She asked what she had for dinner and thought she heard her twin self say, 'a great salad, with lettuce, olives, cherry tomatoes cut in half, anchovies, and basil leaves.' Well, Millie thought, that wasn't exactly a mind blowing experience but it did give her an idea for dinner.

Now she had a goal, before you knew it her family was sitting down to dinner that featured a large salad with anchovies, lettuce, basil, olives and cherry tomatoes neatly sliced in half. To give the salad more body Millie put slices of seared tuna on top of it.

She actually wrote me of her first success and asked, did that really come from a twin self in a parallel universe, or did I just day dream it all?

My answer was, 'What's the difference?'

The idea is to get something that is helpful to you, and whether that information is earth shattering or a simple idea for a salad it is information.

Once you get used to the fact that you can get that information inspirationally you get better and better information to help you make better choices, and attract more and more positive experiences.

On the next module is the basic meditation designed to take you to that hallway and door that we call the jumping off place to get to your twin self. So find a relaxed place where you will be undisturbed for then minutes or so and we will begin.

Module 3: The Basic Jump Meditation

Find a relaxed place where you will be undisturbed for ten minutes or so and we will begin. Make yourself comfortable. And do not play the meditations in a moving vehicle.

Close your eyes.

Take a deep breath and while exhaling mentally repeat and visualize the number 3, three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 2, three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 1, three times.

You are now at a deeper healthier level of mind. To reach a deeper healthier level of mind at any time, just take an occasional deep breath.

Relax.

You are now at a deeper healthier level of mind.

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

You can open your eyes.

You can be fully alert anytime you wish to be.

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

Whenever you enter this relaxed state you will mentally say, "Everyday 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 “Everyday in every way I’m getting better and better.”

Visualize improvements in some aspect of your life.

Relax.

Relax your eyes. Relax your lips. Relax your jaw. Relax your head, your neck. Relax your chest, your stomach, your back. Relax your body. Relax your arms and hands. Relax your legs, your feet.

You are now completely relaxed.

Repeat mentally after me, “Everyday I am improving my image of myself – my self esteem. I am a unique human being.

There is no one else on earth exactly like me.

Everyday I grow stronger in the realization that I can – I can think, I can create, I can do. Relax.

This is being at a basic level of mind.

This is basic meditation.

Whenever you wish to relax and take a break from the stress of the outer world recall what you feel at this moment.

Recall how you feel at this moment.

How relaxed, how at ease you are. Relax. Repeat mentally, “My body rests and refreshes itself when I consciously relax. I’m relaxed now.

My body is resting and refreshing itself and I feel better and better.”

Relax.

Visualize a small hallway with a door at one end. I am going to count from one to three and at the count of three the door will appear.

1, 2, 3, a door will appear.

The door is closed.

On the other side of that door are an infinity of places, times, events, and selves of yours.

On the other side of that door are parallel universes. Anything that can be imagined is on the other side of that door.

At this time you will just imagine what could be on the other side of that door. Only good things, only positive things.

On the other side of that door are uncountable numbers of universes, like sands on all the beaches on Earth, like molecules, like endless atoms blown up into universes by incredibly powerful forces.

And on the other side of that door are twin selves of yours who live out their own lives in their own dimensions on their own planets.

Earths just like our own Earth but with differences.

For now just be aware that all that exists on the other side of the door.

Relax.

This meditation is simply to orient you and get you used to the fact that you can create a door that leads to interesting and helpful places.

During the next meditation you will go through the door but for now it has been only an introduction.

This is the basic step, first stage meditation.

Whenever you wish to relax and take a break from the stress of the outer world recall what you feel at this moment.

Recall how you feel at this moment. How relaxed, how at ease you are.

Relax.

Repeat mentally, "My body rests and refreshes itself when I consciously relax. I'm relaxed now. My body is resting and refreshing itself and I feel better and better."

Relax.

In a moment I am going to count from 1 to 3. At that moment you will open your eyes.

You'll be wide-awake feeling fine and in perfect health. Feeling better than before.

One, two.

Coming out slowly now.

At the count of 3 you will open your eyes.

You'll be wide-awake, feeling fine and in perfect health.

Feeling better than before. Three.

Eyes open. Wide-awake. Feeling fine. In perfect health. Feeling better than before.

I recommend that you go to the basic stage of meditation twice a day for fifteen minutes each time if you have a health problem or if you work in a stressful environment.

Five minutes a day of meditating is good. Ten minutes is very good. Fifteen minutes a day is excellent.

To go to your first stage meditation, once a day is good, twice a day is very good, and three times a day is excellent. It is a wonderful feeling to be deeply relaxed, a very healthy state of being.

Thank you.

CD-2: How To Jump Further

Module 4: Beyond The Basic Jump

Now that you have experienced the basic meditation it's time for the next step.

The steps are from basic meditation and jumper to the quantum level of jumping.

By taking these steps one at a time you will find yourself more prepared for successful outcomes.

Each of the meditations takes you deeper and closer to your goal. For the novice meditator your concentration is fixed on a black velvet screen. You will be imagining yourself next to a box filled with white plastic numbers, ten of them.

You will visualize, as best you can, yourself taking the numbers in order from ten to one and placing them on the black velvet screen.

First the number ten, then the number nine and so on until all the numbers are on the screen.

This takes you to a deeper more concentrative level of mind where you will be more successful in your jump to visit your twin self.

During this jump it's not important to get any earth shattering information. Just imagine that your doppelganger, your twin self, is there to greet you.

As there are an infinite number of universes pick one where your twin self knows that you are coming and will greet you with respect.

These modules are to lead you step by step to that area of mind where you will be most successful in your Quantum Jumping. I like to tell the story of Stevie Wonder's back up band.

They all came to a seminar of mine in the San Fernando Valley.

We finished about seven in the evening and everyone in the class left the

hotel. I stayed behind to help my people pack up equipment and to just relax.

After a while the four members of the band came back and one of them was grinning; 'Our car won't start.'

I found out why they were grinning when they asked the next question; 'How about you coming out and starting it with your mind?'

I had been training the group in some advanced jumping techniques.

The four of them were on the cusp of being masters themselves but it seemed they needed one more proof that this was not just talk on my part.

The car battery apparently had died and they wanted to see if those energies I had been talking about could be brought over from another dimension to this one to reactivate the battery.

During the seminar I had used the energy to start a few old watches that hadn't worked for years but they thought that could have been coincidental. Ah well, was my thought, why not. I'll give it a shot.

Getting into the car I turned the key; nothing.

The horn didn't make a sound when I pressed the button nor would the lights go on. The battery was a goner.

They surrounded the car all grinning like a bunch of Cheshire cats. I closed my eyes and went into a deep meditative state. Imagining myself in front of the doorway I said mentally, 'I want to go to the universe where my twin self has the information I need to start this car.'

And I visualized myself opening the door and jumping over the threshold into I knew not where.

I suddenly had the impression of a twin me telling me to bring over a generator and charge the battery.

I imagined a generator and then imagined the generator attached to the battery of the car I was sitting in.

In my mind I heard the generator buzzing and imagined the battery charged with energy. All that took about three or four minutes. The four just stood around waiting.

I opened my eyes and reached for the key once again.

Turning it there was a vroooom and I stepped on the gas and gunned the engine. The four guys just shook their heads in wonder.

One of them laughed. I must admit the most amazed person there was myself.

Later on in this series I'll teach you how to bring energy over from a parallel universe to this one.

Not that you will have many occasions to start cars but the energy can be useful for many things. This will be after you become a Quantum Jumper. It will take a bit of work but it will be worth it.

And now for the second lesson in meditating for the jump. Find a comfortable place and I will guide you through the novice meditation.

This time you will meet and greet your twin self.

Relax, and we will soon begin.

Module 5: The Eye-Opening Novice Jump Meditation

To take you into deeper levels of meditation. Make yourself comfortable. And do not play the meditations in a moving vehicle.

We will start this exercise with the 3-2-1 method. Find a comfortable position. Close your eyes.

Take a deep breath and while exhaling mentally repeat and visualize the number 3, three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 2, three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 1, three times.

You are now at a deeper healthier level of mind.

To reach a deeper healthier level of mind at any time, just take an occasional deep breath.

To help you enter a deeper healthier level of mind, imagine that you are sitting in front of a black velvet curtain.

You are very comfortable.

Along side your chair is a box with 10 white plastic numbers in it. The numbers are from 1 to 10.

When you place one of these numbers up on the black velvet curtain the number sticks until you remove it.

You are going to take these numbers one by one and put them on the velvet curtain.

First you'll put the number 1 on the curtain then you'll remove it and replace it with the number 2 and so on until you've put up and taken down the entire 10 numbers.

First the number one.

Take your time. You'll have plenty of time. Relax. Begin.

(Pause for 30 seconds)

Relax.

If you've not yet reached the number 10, take away whatever number you have on the curtain and replace it with the number 10. Relax.

You are now at a deeper healthier level of mind. You are now and always in complete control of your state of mind.

You can open your eyes.

You can be fully alert anytime you wish to be.

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

Whenever you enter this relaxed state you will mentally say, "Everyday 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 "Everyday in every way I'm getting better and better."

Visualize improvements in some aspect of your life.

Relax.

Relax your eyes. Relax your lips. Relax your jaw. Relax your head, your neck. Relax your chest, your stomach, your back. Relax your body. Relax your arms and hands. Relax your legs, your feet.

You are now completely relaxed.

Repeat mentally after me, "Everyday I am improving my image of myself –

my self esteem.

I am a unique human being.

There is no one else on earth exactly like me. Everyday I grow stronger in the realization that I can – I can think, I can create, I can do.

Relax.

This is being at the novice stage of meditation, deeper then the basic meditation. Whenever you wish to relax and take a break from the stress of the outer world recall what you feel at this moment.

Recall how you feel at this moment. How relaxed, how at ease you are.

Relax.

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

My body is resting and refreshing itself and I feel better and better.”

Relax.

Visualize a small hallway with a door at one end. I am going to count from one to three and at the count of three the door will appear.

1, 2, 3, a door will appear.

The door is closed.

On the other side of that door are an infinity of places, times, events, and selves of yours.

On the other side of that door are parallel universes.

Anything that can be imagined is on the other side of that door.

On the other side of that door are uncountable numbers of universes, like

sands on all the beaches on Earth, like molecules, like endless atoms blown up into universes by incredibly powerful forces.

And on the other side of that door are twin selves of yours who live out their own lives in their own dimensions on their own planets. Earths just like our own Earth but with differences.

For now just be aware that all that exists on the other side of the door.

In a moment that door will open and on the other side you may take a quantum jump into a parallel universe, a parallel dimension.

But before you do, imagine a different you. Imagine now a you that has taken a different path than you did.

Imagine a you who made different choices.

Think back on a time when you made a decision that caused a turning point in your life.

It might have been something small, it might have been something major, but there was a time in the past when you were confronted by a choice, what if... what if you had chosen differently?

On the other side of the door is a you who did make a different choice.

In a moment I will count from one to three; at the count of three the door will open and you will be with a twin self, another you who made different choices.

For now simply imagine that you are meeting with this self.

Your twin self may speak, or not.

Your twin self may give you advice, or not.

This meditation exercise is just to meet one of your twin selves. You have vast numbers of them.

When the door opens, just greet your twin self and introduce yourself. Imagine that, visualize that, create it.

It may seem like it is just a day dream; but it's a day dream that you are in control of.

At the count of three the door will open and you will step through.

1, 2, 3, the door is open, step through and greet your twin self.

Take your time.

(Pause 20 seconds.)

Relax.

That's fine.

In the next meditation exercise your twin self will help you to set, and get your goals.

Relax.

In a moment I am going to count from 1 to 3. At that moment you will open your eyes.

You'll be wide-awake feeling fine and in perfect health.

Feeling better than before.

One, two. Coming out slowly now.

At the count of 3 you will open your eyes.

You'll be wide-awake, feeling fine and in perfect health. Feeling better than before. Three. Eyes open. Wide-awake.

Feeling fine. In perfect health.

Feeling better than before.

I recommend that you go to the basic stage of meditation twice a day for fifteen minutes each time if you have a health problem or if you work in a stressful environment.

Five minutes a day of meditating is good.

Ten minutes is very good. Fifteen minutes a day is excellent.

To go to your first stage meditation, once a day is good, twice a day is very good, and three times a day is excellent.

It is a wonderful feeling to be deeply relaxed, a very healthy state of being.

Thank you.

Module 6: Going Deeper With The Master Jump

Reaching the Master Jumper level you will start your day with a jump into a parallel where a twin self has already completed the day and will be going over the things you did that day.

This accomplishes two things.

One, it gets you more into the master mode of Quantum Jumping and two you will find yourself expecting things that happen during the day.

By doing that, whether the outcome is as you have foreseen through your twin self, or different, you will find a new energy for every day.

As you progress you will find that by getting with your twin self and going over the day you will stimulate clairvoyance and intuition.

After using this mode on a daily basis for a while you will begin to control your day to the point where your confidence and self esteem will grow and you will find yourself attracting the things you want to happen.

The Master Jumper uses jumping to a twin self to set goals for the day, the week and the month.

Joe Garcia is a painter who worked in construction painting new homes for a major builder in the Bay Area of California.

The recession hit and in 2007 he found fewer and fewer jobs.

He left the union after three months of no work and somewhat depressed he sat around the house imitating a couch potato.

Having been through an earlier class of mine he was aware of the procedures of jumping, he found them interesting, but had never felt the need to do any of the meditations.

After sitting around the house, watching television, reading, and taking walks around the block Joe figured one day, what the heck, I may as well try a Quantum Jump, can't hurt.

He didn't even know what he would be jumping for, or to.

He remembered the master meditation and one day, alone in the house, he sat quietly and went deep into the lower limits of the Alpha level of mind. He imagined a door in front of him.

At that point Joe wondered what he would find when he did make the jump.

What could a twin self tell him.

If the premise was correct then he was a doctor, a lawyer, an actor, a judge, and a million other things.

But he didn't want to be any of those things.

So where should he go.

For him the jump was a big question mark but he had nothing better to do and so he mentally opened the door and strolled through.

He thought for a moment that he had switched into the day dreaming mode because there in front of him was a man sitting on a swing, like a child's swing.

There were two of them and the man, who turned out to be Joe's twin self motioned to the other swing alongside.

They sat that way for a moment and Joe reported that they didn't speak just slowly kind of swung a few feet forward and a few feet back.

He just let the daydream take place and after a bit he heard, 'Paint a wall free.'

Now that didn't make sense, but he was deep into the meditation and he asked his twin self, 'What do you mean free?'

There was nothing more. Joe stayed in the meditation swinging for a few more minutes and then came up from deep Alpha to mull over the words of his doppelganger.

Paint a wall free, what in the world did that mean.

With that in the back of his mind he once again went through the services directory of the help wanted ads in the newspaper and saw ten ads from painters offering their services.

Lots of them were out of work as well.

He decided to put his own ad in and got out a pencil and a piece of paper then wrote a headline, 'I will paint your wall free,' and under it he put the body of his ad, 'painter with many years of experience will paint one wall of your room free of any charge. If you like my work, I'll paint the rest of the walls for a modest price; if you don't, you've got a wall painted free.'

Joe told me he didn't know how many calls the other painters got but he had so many calls that he eventually had to hire two other painters to help him with the work.

To get those other painters he went into a master meditation and this time with the intention of seeing a twin self who was a good goal setter. He did and started setting all kinds of goals for himself.

He set a goal to have three painters working for him steady and that was for three months from the time he started.

After that he set yearly goals with his twin self.

Well needless to say Joe no longer relied on an employer for work, he was stimulated, and motivated by his counterparts.

I've heard many similar tales from graduates of the seminars I've presented.

Occasionally someone will ask if they are really going into a parallel universe, and are they really talking to a twin self?

My answer is always the same; what's the difference. When it works it works. Quantum Jumping stimulates, invigorates, energizes, and motivates, and that's where the power is.

The next module will direct you to a master meditation, deeper then the novice meditation and much deeper then the basic meditation.

This time you will be guided to a twin self who has already been successful with what you want to be a success with.

So then before you do the next meditation what is it that you want to be successful with?

If nothing comes to mind at the present then go to your twin self who has already completed doing whatever you will be doing that day and allow your twin self to tell you about the things you did, or will do that day.

For now find a quiet place where you will be alone for ten minutes or so and I will help you to go to a master meditation.

Relax, you may begin with the next module anytime.

Module 7: The Master Jump Meditation

Make yourself comfortable. And do not play the meditations in a moving vehicle.

We will start this exercise with the 3-2-1 count.

Find a comfortable position.

Close your eyes.

Take a deep breath and while exhaling mentally repeat and visualize the number 3, three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 2, three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 1, three times.

You are now at a deeper healthier level of mind.

To reach a deeper healthier level of mind at any time, just take an occasional deep breath.

To help you enter a deeper healthier level of mind, imagine that you are sitting in front of a black velvet curtain.

You are very comfortable.

Along side your chair is a box with 10 white plastic numbers in it.

The numbers are from 1 to 10. When you place one of these numbers up on the black velvet curtain the number sticks until you remove it.

You are going to take these numbers one by one and put them on the velvet curtain.

First you'll put the number 1 on the curtain then you'll remove it and re-

place it with the number 2 and so on until you've put up and taken down the entire 10 numbers.

First the number one.

Take your time. You'll have plenty of time. Relax. Begin.

(Pause for 30 seconds)

Relax.

If you've not yet reached the number 10, take away whatever number you have on the curtain and replace it with the number 10. Relax.

You are now at a deeper healthier level of mind.

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

You can open your eyes.

You can be fully alert anytime you wish to be.

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

Whenever you enter this relaxed state you will mentally say, "Everyday 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 "Everyday in every way I'm getting better and better."

Visualize improvements in some aspect of your life.

Relax.

Relax your eyes. Relax your lips. Relax your jaw. Relax your head, your neck. Relax your chest, your stomach, your back. Relax your body. Relax your arms and hands. Relax your legs, your feet.

You are now completely relaxed.

Repeat mentally after me, "Everyday I am improving my image of myself – my self esteem.

I am a unique human being.

There is no one else on earth exactly like me.

Everyday I grow stronger in the realization that I can – I can think, I can create, I can do. Relax.

This is the master stage of meditation, deeper then the basic novice and much deeper than the basic.

Whenever you wish to relax and take a break from the stress of the outer world recall what you feel at this moment.

Recall how you feel at this moment.

How relaxed, how at ease you are.

Relax.

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

My body is resting and refreshing itself and I feel better and better." Relax.

Imagine now that a great light is engulfing you. Suddenly you are surrounded by a bright fog.

A brilliant, bright, white fog. Imagine that this light permeates everything. You are surrounded by this bright, white light.

Allow the light to enfold you. Concentrate on the light; the bright, white light.

Relax.

You are now in the center of a vortex of light. A great fog of light. It almost feels as though you are floating in the center of a cloud, a bright, white cloud that is brightened by the sunlight.

Relax.

Visualize a small hallway with a door at one end. I am going to count from one to three and at the count of three the door will appear.

1, 2, 3, a door has appeared.

The door is closed.

On the other side of that door are an infinity of places, times, events, and selves of yours.

On the other side of that door are parallel universes. Anything that can be imagined is on the other side of that door.

On the other side of that door are uncountable numbers of universes, like sands on all the beaches on Earth, like molecules, like endless atoms blown up into universes by incredibly powerful forces.

And on the other side of that door are twin selves of yours who live out their own lives in their own dimensions on their own planets.

Earths just like our own Earth but with differences. For now just be aware that all that exists on the other side of the door.

In a moment that door will open and on the other side you may take a quantum jump into a parallel universe, a parallel dimension.

In a moment I will count from one to three; at the count of three the door will open and you will be with a twin self, another you who will advise you on the problem that you are presenting.

When the door opens, just greet your twin self and introduce yourself. Imagine that, visualize that, create it.

It may seem like it is just a day dream; but it's a day dream that you are in control of.

At the count of three the door will open and you will step through.

1, 2, 3, the door is open, step through and greet your twin self.

Take your time.

(Pause 20 seconds.)

Relax.

If you have a problem now is the time to ask your twin self for advice.

Your twin self has already gone through the day that you are going through, allow your twin self to tell you of the day that your twin self had.

You may use your twin self's day as a blueprint for your own.

Was there anything done or said that you wish you hadn't done or said?

Now is the time to go over that material to bring it out into the open so that you will not repeat it at another time.

It's good to go over your day with your twin self especially so when you do it in the morning. It will be your morning but your twin self's evening as the twin self has already finished the day.

At this time go over your entire day, even if you haven't yet completed the day. What will you be doing? What would you like to be doing? Imagine all the things you will be doing this day.

(Pause 20 seconds)

Relax.

In a moment I am going to count from 1 to 3.

At that moment you will open your eyes.

You'll be wide-awake feeling fine and in perfect health. Feeling better than before. One, two. Coming out slowly now.

At the count of 3 you will open your eyes.

You'll be wide-awake, feeling fine and in perfect health.

Feeling better than before. Three.

Eyes open. Wide-awake. Feeling fine.

In perfect health. Feeling better than before.

I recommend that you go to the basic stage of meditation twice a day for fifteen minutes each time if you have a health problem or if you work in a stressful environment.

Five minutes a day of meditating is good.

Ten minutes is very good.

Fifteen minutes a day is excellent.

To go to your first stage meditation, once a day is good, twice a day is very good, and three times a day is excellent.

It is a wonderful feeling to be deeply relaxed, a very healthy state of being.

Thank you.

CD-3: The Highest Level Of Quantum Jumping

Module 8: Using The Quanta For Unbreakable Concentration

Now we come to the Quantum Meditation, and the Quantum Jump. By now, hopefully, you have experienced the basic meditation which is a light relaxation where you are concentrative on the practice of just letting go of worry and stress.

You have also gone into a deeper level of concentration and relaxation with the Novice Meditation that takes you a bit deeper into the stress free zone.

And the you immersed yourself in the Master meditation and that took you still deeper into the meditation state with the bright, white light as a helpful resource.

Scientifically we would say that the Basic meditation is a light alpha where your brain waves are resonating to eleven or twelve vibrations per second, the Novice meditation is a lowering into the Alpha band where your brain waves would be resonating to nine or ten frequencies per second and the Master meditation would be just at the borderline of the Theta frequencies.

With the Quantum meditation your brain wave production is in the Theta band where all outside interference is non existent so far is you the meditator is concerned and you are totally concentrative on the subject that you are seeking to experience.

There are still lower brain wave frequencies that get into the Delta band but as this is not practical for meditation or any programming I won't get into the Delta area except to say that this is the area of very deep sleep and not useful for our purpose.

Quantum meditation is designed to help you to concentrate solely on the crossing over the threshold and getting information from your counterpart, your twin self, in an alternate dimension or universe if you will.

When you reach the Quanta, the deepest meditation, your concentration

is at the extreme.

Here you have what is virtually a controlled day dream, but it is more, much more than that.

When you reach this concentrated state of meditation the door to the parallel universes and your infinity of selves becomes clearer and when you make your jump, whether it be a step over the threshold, a stroll through the doorway, or a jumping through, you find clarity and the great resource of your counterpart, your twin self.

During the next meditation module I will help you to program an anchor for the Quantum Jump whereby you may use it at any time.

You will be able to use it while in deep meditation or while walking down the street on a lazy afternoon.

At this point I should tell you how I personally use Quantum Jumping.

The first time I used the Quantum Meditation and the Quantum Jump I was experimenting.

This was many years ago, I believe the year was 1979. At the time I had just watched the movie, The Jolson Story and I guess I had his voice in my mind.

Now I had never sung before that, nor did I have any desire to but somehow I wanted to see just where a directed mind could take me.

I had been reading about parallel universes and dimensions and doppelgängers and the fact that in an infinite universe there were many other selves we all had.

Well my goal was to go into a deep meditation and see if I could get to one of my selves, the one who could sing.

At the time there was no door I could jump through, that came later when I was working out the details of Quantum Jumping.

I did use the Bagha however.

Touching my tongue to the roof of my mouth, while deep in alpha, I had a desire to meet my twin self who was a professional vocalist.

I found myself on a stage watching a man in a tuxedo in front of an orchestra singing.

It was like a day dream.

After the song I walked over to the singer and told him who I was and that I wanted to be a vocalist also. 'Jump into my body,' he said, and I did.

I felt his voice and his motions and thought how interest this day dream was.

After that I bought some music, picked out a few tunes on the piano, and started to sing.

My voice amazed me; but, I didn't really want any kind of a career and just put it down as a successful experiment.

After that I used the concept for setting goals, new cars, successful seminars and everything seemed to work.

I was explaining the concept to a class in San Diego one day and someone said, 'You could probably always sing, you just never tried,' and I thought that was logical.

I decided to test it again and went into a parallel dimension with a touch of the tongue on the roof of my mouth and this time my intention was to be a photographer.

I knew I knew nothing about photography.

Deep in level once again the day dream came as I hoped into a twin photographer self. I imagined

I saw a man stooped over an old fashion camera. My twin self? I didn't know.

I thought I heard the words, 'take a lot of pictures.'

That was it, and so I took a lot of pictures with my camera.

When I got through I had a lot of pictures, nothing unusual.

I went back into the deep meditation and complained to my counterpart who then said, 'plant yourself.' Well that made no sense at all. I went to a marina in San Diego and stood on some rocks to get a good view.

A bit slippery it was and so I put my feet down heavily as though I was planting myself. 'Maybe that's what he meant,' I thought. And so I stood in the one spot and took a lot of pictures.

When I put them together like a jig saw puzzle I had a new profession, that of photographer.

Less than a year later 24 of my photos were in the International Photography Hall of Fame in Oklahoma City.

What in the world is going on, I thought. I knew there was something there, something great, but inexplicable at the same time.

Years passed and I taught the method all over the world.

Personally I used the Quantum Jumping through the door all the time.

Every night I jumped into a parallel to go over my day and see what the next day would bring.

In the morning I would visit a twin self who had already finished the day to see how I could better it. I even jumped into a parallel at a restaurant one day when I couldn't decide what to order.

Others who have learned the method use it in all kinds of ways. Whenever there is a choice many will go to a future self and see how the choice turned out.

More years passed and in 2005 at age 78 I decided to take a major jump

once again to see if I could become an artist.

Mainly because I was more and more excited about the concept.

Still somewhat skeptical in spite of all my successes and the successes to other people who had reported them I wondered if it was truly stepping into an alternate universe, a parallel, or just psychological.

Or perhaps it was something else, metaphysical, coincidental, an uncovering of long buried talents, or something else.

The one thing I went by was that it did work.

Not every time, I know of nothing that does, but enough of the time to make me believe there was something there.

And then came the art of painting, I knew I wasn't an artist and when suddenly I was turning out work after work of art, well, that was the final proof to me.

It was then that I decided everyone should know of this Quantum Jumping business, and so here I am, offering it to you.

I don't know what hidden talents you may have; neither do you.

But here's your chance to find out.

The following module will hopefully take you to the deepest meditation of all, Quantum meditation.

From there you jump, or walk if you want, into a parallel universe and meet with the twin self of your choice.

A self who may well help you with your heart's desire. Good luck, good programming, and good jumping.

Module 9: Visiting The Other Side - The Quantum Jump Meditation

Make yourself comfortable. And do not play the meditations in a moving vehicle.

We will start this exercise with the 3-2-1 count.

Find a comfortable position.

Close your eyes.

Take a deep breath and while exhaling mentally repeat and visualize the number 3, three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 2, three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 1, three times.

You are now at a deeper healthier level of mind.

To reach a deeper healthier level of mind at any time, just take an occasional deep breath.

To help you enter a deeper healthier level of mind, imagine that you are sitting in front of a black velvet curtain.

You are very comfortable.

Along side your chair is a box with 10 white plastic numbers in it.

The numbers are from 1 to 10.

When you place one of these numbers up on the black velvet curtain the number sticks until you remove it.

You are going to take these numbers one by one and put them on the velvet curtain.

First you'll put the number 1 on the curtain then you'll remove it and replace it with the number 2 and so on until you've put up and taken down the entire 10 numbers.

First the number one.

Take your time. You'll have plenty of time. Relax. Begin.

(Pause for 30 seconds)

Relax.

If you've not yet reached the number 10, take away whatever number you have on the curtain and replace it with the number 10. Relax.

You are now at a deeper healthier level of mind.

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

You can open your eyes.

You can be fully alert anytime you wish to be.

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

Whenever you enter this relaxed state you will mentally say, "Everyday 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 "Everyday in every way I'm getting better and better."

Visualize improvements in some aspect of your life.

Relax.

Relax your eyes. Relax your lips. Relax your jaw. Relax your head, your

neck. Relax your chest, your stomach, your back. Relax your body. Relax your arms and hands. Relax your legs, your feet.

You are now completely relaxed.

Repeat mentally after me, "Everyday I am improving my image of myself – my self esteem.

I am a unique human being.

There is no one else on earth exactly like me.

Everyday I grow stronger in the realization that I can – I can think, I can create, I can do. Relax.

This is the master stage of meditation, deeper then the basic novice and much deeper than the basic.

Whenever you wish to relax and take a break from the stress of the outer world recall what you feel at this moment.

Recall how you feel at this moment.

How relaxed, how at ease you are.

Relax.

Repeat mentally, "My body rests and refreshes itself when I consciously relax. I'm relaxed now. My body is resting and refreshing itself and I feel better and better."

Relax.

Imagine now that a great light is engulfing you.

Suddenly you are surrounded by a bright fog.

A brilliant, bright, white fog.

Imagine that this light permeates everything.

You are surrounded by this bright, white light.

Allow the light to enfold you. Concentrate on the light; the bright, white light.

Relax.

You are now in the center of a vortex of light.

A great fog of light. It almost feels as though you are floating in the center of a cloud, a bright, white cloud that is brightened by the sunlight.

Relax.

Imagine that you are standing at the top of a stairway.

There are fifteen steps leading to a small hallway.

At the end of the hallway is a large door.

The door is closed.

On the other side of that door is a parallel universe. A portion of an infinite universe where there is a twin self of yours; a self that can help you with those things that you desire.

Relax.

You are now going to walk down the stairs.

A step at a time and slowly.

You are on the top step.

Step down to the 14th step.

Now the 13th.

The 12th. 11th. 10. 9. 8. 7. 6. 5. 4. 3. 2. and now the bottom step.

Walk to the end of the hall facing the large door.

The door is quite large, made of carved wood.

It has a brass doorknob. The door opens outward.

Reach out and touch the doorknob and the door will slowly open. The door is opening. The door is open.

On the other side of that door are an infinity of places, times, events, and selves of yours.

On the other side of that door are parallel universes. Anything that can be imagined is on the other side of that door.

On the other side of that door are uncountable numbers of universes, like sands on all the beaches on Earth, like quanta molecules, like endless atoms blown up into universes by incredibly powerful forces.

And on the other side of that door are twin selves of yours who live out their own lives in their own dimensions on their own planets.

Earths just like our own Earth but with differences. For now just be aware that all that exists on the other side of the door.

In a moment that door will open and on the other side you may take a quantum jump into a parallel universe, a parallel dimension.

In a moment I will count from one to three; at the count of three the door will open and you will be with a twin self, another you who will advise you on the problem that you are presenting.

When the door opens, just greet your twin self and introduce yourself.

Imagine that, visualize that, create it.

It may seem like it is just a day dream; but it's a day dream that you are in

control of.

At the count of three the door will open and you will step through.

1, 2, 3, the door is open, step through and greet your twin self.

Take your time.

(Pause 20 seconds.)

Relax.

If you have a problem now is the time to ask your twin self for advice. Whenever a situation comes up that you want advice on, advice that may well be deep within your own subconscious go to the twin self that has already resolved whatever that problem might be.

Or if you wish to uncover any hidden talent you may have use Quantum meditation and the Quantum Jump as you are doing now to get information from your twin self.

At this time see if your twin self can offer any useful information for you to act on.

Take your time, I will give you plenty of time.

(Pause 20 seconds)

Relax.

In a moment I am going to count from 1 to 3. At that moment you will open your eyes.

You'll be wide-awake feeling fine and in perfect health.

Feeling better than before.

One, two. Coming out slowly now.

At the count of 3 you will open your eyes.

You'll be wide-awake, feeling fine and in perfect health.

Feeling better than before.

Three.

Eyes open.

Wide-awake. Feeling fine. In perfect health. Feeling better than before.

I recommend that you go to the basic stage of meditation twice a day for fifteen minutes each time if you have a health problem or if you work in a stressful environment.

Five minutes a day of meditating is good.

Ten minutes is very good.

Fifteen minutes a day is excellent.

To go to your first stage meditation, once a day is good, twice a day is very good, and three times a day is excellent.

It is a wonderful feeling to be deeply relaxed, a very healthy state of being.

Thank you.

Module 10: How To Create Insignificant Events (IEs) And Manifest Your Goals

OK, you have now experienced the four meditations.

You may use any of the four at any time but for the first time do use the basic meditation.

When you do the meditations by yourself choose whichever you fancy at the time, sometimes you will want to go really deep; and sometimes just a light meditation.

This time I will use a deeper meditation as we are going to set an insignificant event with a twin self for the manifestation of one of your goals.

As I mentioned in the first module a source foundation is an insignificant event that leads to a major effect.

There are many insignificant events that take place with the passing of every day of your life.

Most of them are overlooked.

I used to tell a story during the seminars on this subject; it was the story of a leaf that changed the world. It went like this:

On a sunny day in Yorba Linda, a small suburb just south of Los Angeles, there is a park.

On this particular day a caterpillar was inching along when it came to a leaf, not able to climb the leaf as it was lying on its side, the caterpillar turned and crawled up a bench that was in the park for people to rest for awhile.

Just as the caterpillar reached the seat of the bench a man came and sat down. Squish; he had seated himself on the caterpillar and squashed it.

Reaching down to the back of his pants he felt the residue of the caterpillar. Yuck!

He went home to change his pants and then took them to the local cleaners. While there he met a young lady and they started to talk.

Finding they had much in common they went out for lunch and soon started to go steady. They dated, married, and had a child.

The child was very bright and breezed through school. He then went on to university and law school.

Then into politics; end result is that because a caterpillar bumped into a leaf, Richard Nixon became president of the United States.

Now that was a source foundation, the IE (Insignificant event) was the leaf. As far fetched as that story seems, it isn't.

Something in Mr. Nixon's' past was as insignificant as that leaf.

There are many things of that nature in your past as well.

Because of their insignificance it is difficult to think of any of them and so in the meditation that follows this module you are going to create an IE, (insignificant event.)

The next module is a Quantum Jump meditation about creating a new source foundation to manifest a goal that you want to happen

Because we can't follow every IE to its conclusion we use the Quantum Jump to set our own conscious events.

A conscious event is insignificant, but as it is consciously laid down as a programming device it is designed to have a significant result.

A few years ago tens of thousands of people who were trying to sell their homes buried a statue of St. Joseph on their front lawn, with St. Joseph facing the street.

That was a conscious source foundation, the burying of the statue, the IE. Sound silly? Superstitious?

Maybe, but then again, a lot of houses were sold.

Even today if you search the internet for 'St. Joseph sells houses,' you will get a ton of information about how successful some people were in selling their homes after burying the statue.

People who buried the statue of St. Joseph were setting a conscious IE.

Nonsense? Probably; but what if it isn't?

What if there is some universal energy at work that we know little or nothing about? I believe it exists; and I believe it can be useful.

Is that bad?

Energy just is; energy itself is neither good nor bad, it only becomes as it relates to you.

Example would be a rainstorm, the rain is good for the farmer, good for replenishing the cities water supply, but bad for the person drowning in a raging torrent of a river caused by the rain.

Fire is good when it cooks your food and heats your home but bad when it burns down your house.

Fire, and rain, like all things are neither good nor bad; they just are. They become as they affect you.

This is the energy that we bring back from a parallel universe.

The energy is universal therefore it is there with your twin self as well.

Difference being your twin self has already used the energy available and succeeded.

That energy is what you want to bring back to this dimension, this universe, for your own success.

In your life, as I have said time and again, there are many insignificant things

that caused great effects.

What are some of those in your own life?

Think now as you listen to me about any little thing that happened when you were younger things that ultimately proved to have detrimental effects.

It might be something that happened between you and your parents, or your brother or sister or cousin or any other relative.

It may be something that took place between you and one of your teachers, or priest, minister, pastor, imam, or rabbi, or it may be something that you did, or said, or didn't do or say.

It may be something that took place that you are not proud of, or something that you feared.

Whatever that is you will find happening right now in a parallel universe.

It will be taking place between your twin self and another; but you can intervene.

You can learn from it; and you can be helped by it.

Those events are the ones that control you; those events are the ones that create unhappiness, fear, anger, resentment, failure, and a host of negative things. Things are different now, instead of being controlled by outer forces you know nothing about; it's your turn to be in control. It's time to set your own conscious events, insignificant when instigated, but having far reaching beneficial results.

For this Quantum Jumping meditation exercise we will use the basic jump to go to your twin self to set the IE, or rather you will use the basic jump to go to a twin self who has already set the IE.

Think now about going to a parallel universe, a parallel dimension as some would call it, to visit a twin self of yours; but it will be a twin self of many years ago. Remember that in an infinite world there is no time, as all conceivable times are available.

You can go to a twin self of any age.

I will guide you through the meditation; remember please when you visit a twin self it may seem like a day dream; like something that you are making up as you go along, but each thought you have contains an energy.

This energy can be as a will of the wisp, like a cloud that is dissipated by a breeze, or it can be an energy that runs a locomotive, or a jet plane.

It all depends on you. Just by creating the scene that you will generate you build this energy.

How strong the energy will be is solely dependant on the belief you have in the Quantum Jumping technique.

Just go along with it and act as if you are undergoing the situation that comes up when, during the meditation, I suggest creating your Insignificant Event.

Your twin self will first go through the scene, set the IE, and then you will act the scene out in the same way as did your twin self.

The more of these IEs we set, the brighter your life will be and the healthier your body will be.

Very well here's how the next module goes.

Play it often, as a matter of fact I recommend that you play one of the meditation modules every day until you begin to use the resources whenever choices present themselves.

After a while you won't even have to jump to your twin self, you'll just draw the right information to you automatically.

That's because the energy build up is cumulative.

I was working on a painting the other day and after trying different colors for a background and sky I grew a bit frustrated and gave up.

I was just sitting and staring at the canvass when a thought came in from nowhere.

It's a famous story about Robert the Bruce, who, when forging his empire, was beaten back six times in a row.

Finally he gave up.

Sitting dejectedly in his tent he saw a spider spinning a web.

It swung itself from one strand to another but couldn't reach it. Again the spider swung and missed.

This went on for six swings, missed every time, and then on the seventh try the spider reached the strand and proceeded to build his web.

Robert took heart from the persistence of the spider and attacked once more and with that drive he won the battle and went on to become King of Scotland.

Why I thought about that story I don't know, but going back to the painting, I used still another blend of color and the result was astonishing.

The work is titled, 'St Patrick's Street' and you can see it at Burtsart.us.

Where that story of Robert King of Scotland came from I don't know.

But I believe it came from a doppelganger who can contact me just as easily as I can contact him.

When you've done Quantum Jumping for a while, a door is opened, and it swings both ways.

And as I've mentioned before, the entire concept of my art is due entirely to a Quantum Jump I personally made some years ago.

Some may call that intuition but I believe that intuition is an energy that can be strengthened and one way to do it is to utilize the Quantum Jumping concepts.

Point being; after you use the concept of reaching into another dimension, many things come to you spontaneously.

I recommend that you do the meditations, go into different twin selves; keep at it, and eventually, you will come out ahead.

And now for the IE, the insignificant event meditation.

During the following module you will be setting an IE.

Of course before you create the insignificant event you must have something in mind that will be the ultimate result of your IE; intent is vital when setting IEs.

Just listen to the module after finding yourself a relaxed place where you will be undisturbed for fifteen minutes or so.

You don't want to play any of the meditations in a moving vehicle of course. OK, we will now begin.

Just relax, and here comes the next module.

Module 11: The Insignificant Event Meditation

Make yourself comfortable. And do not play the meditations in a moving vehicle.

We will start this meditation by my counting backwards from three to one.

Find a comfortable position.

Close your eyes.

Take a deep breath and while exhaling mentally repeat and visualize the number 3, three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 2, three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 1, three times.

You are now at a deeper healthier level of mind.

To reach a deeper healthier level of mind at any time, just take an occasional deep breath.

To help you enter a deeper healthier level of mind, imagine that you are sitting in front of a black velvet curtain.

You are very comfortable.

Along side your chair is a box with 10 white plastic numbers in it.

The numbers are from 1 to 10.

When you place one of these numbers up on the black velvet curtain the number sticks until you remove it.

You are going to take these numbers one by one and put them on the velvet

curtain.

First you'll put the number 1 on the curtain then you'll remove it and replace it with the number 2 and so on until you've put up and taken down the entire 10 numbers.

First the number one.

Take your time. You'll have plenty of time. Relax. Begin.

(Pause for 30 seconds)

Relax.

If you've not yet reached the number 10, take away whatever number you have on the curtain and replace it with the number 10. Relax.

You are now at a deeper healthier level of mind. You are now and always in complete control of your state of mind.

You can open your eyes.

You can be fully alert anytime you wish to be.

Every time you enter this relaxed state you know that you are getting better and better in every way. Whenever you enter this relaxed state you will mentally say, "Everyday 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 "Everyday in every way I'm getting better and better."

Visualize improvements in some aspect of your life.

Relax.

Relax your eyes. Relax your lips. Relax your jaw. Relax your head, your

neck. Relax your chest, your stomach, your back. Relax your body. Relax your arms and hands. Relax your legs, your feet.

You are now completely relaxed.

Repeat mentally after me, "Everyday I am improving my image of myself – my self esteem.

I am a unique human being.

There is no one else on earth exactly like me.

Everyday I grow stronger in the realization that I can – I can think, I can create, I can do. Relax.

Whenever you wish to relax and take a break from the stress of the outer world recall what you feel at this moment.

Recall how you feel at this moment.

How relaxed, how at ease you are.

Relax.

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

My body is resting and refreshing itself and I feel better and better. Positive thoughts help me through the day." Relax.

Imagine now that a great light is engulfing you. Suddenly you are surrounded by a bright fog.

A brilliant, bright, white fog. Imagine that this light permeates everything. You are surrounded by this bright, white light.

Allow the light to enfold you. Concentrate on the light; the bright, white light.

Relax.

You are now in the center of a vortex of light. A great fog of light. It almost feels as though you are floating in the center of a cloud, a bright, white cloud that is brightened by the sunlight.

Relax.

Visualize a small hallway with a door at one end. I am going to count from one to three and at the count of three the door will appear.

1, 2, 3, a door has appeared.

The door is closed.

On the other side of that door are an infinity of places, times, events, and selves of yours.

On the other side of that door are parallel universes. Anything that can be imagined is on the other side of that door.

On the other side of that door are uncountable numbers of universes, like sands on all the beaches on Earth, like molecules, like endless atoms blown up into universes by incredibly powerful forces.

And on the other side of that door are twin selves of yours who live out their own lives in their own dimensions on their own planets.

Earths just like our own Earth but with differences. For now just be aware that all that exists on the other side of the door.

What is your heart's desire. What would you like to program for? If you had three wishes, what would your first wish be? But as we are going to be setting an insignificant event, make the wish realistic. What would your first realistic wish be?

That wish is going to be your intent. That is what you will be setting the foundation for in a parallel universe with a twin self. Think now for a moment of the thing that you are wishing for.

(Pause ten seconds)

In a moment that door will open and on the other side you may jump into a parallel universe, a parallel dimension.

In a moment I will count from one to three; at the count of three the door will open—you will step through and you will be with a twin self, another you who will be setting a source foundation.

An insignificant event to ultimately end with you getting the thing you are wishing for. I'm going to count from one to three and at the count of three the door will open.

When the door opens, just walk through and you will be with your twin self.

During the scene you may go over to your twin self and talk. Tell your twin self of your heart's desire. Tell your twin self about the thing you are wishing for.

Imagine it, visualize that, create it. It may seem like it is just a day dream; but it's a day dream that you are in control of.

At the count of three the door will open and you will step through.

1, 2, 3, the door is open, step through and greet your twin self.

Take your time.

And now mentally tell your twin self what you are programming for and then talk about setting an insignificant event.

That event could be you mailing something to a friend, or it could be you creating a doodle, or giving some money to a stranger, or some money to a family member or friend.

The event could be anything at all so long as it is a minor thing; it could even be you changing the position of a picture hanging on your wall.

But while you are setting the insignificant event with your twin self it is imperative that you are thinking about your wish, the thing that you are programming for.

Begin

(Pause 30 seconds.)

Relax.

Whenever you think about the insignificant event you and your twin self set, think about the end result of your wish fulfilled.

Relax.

Now that the energies have been set in motion reproduce the IE after you come out of the meditation.

I will count from one to three and you will be back in the hallway on this side of the Quantum Jumping door.

1, 2, 3, you are now back on this side of the door.

Repeat after me. Positive past thoughts and memories bring me great benefits, now and forever.

Relax.

In a moment I am going to count from 1 to 3.

At that moment you will open your eyes.

You'll be wide-awake feeling fine and in perfect health.

Feeling better than before.

One, two. Coming out slowly now.

At the count of 3 you will open your eyes.

You'll be wide-awake, feeling fine and in perfect health.

Feeling better than before. Three. Eyes open. Wide-awake. Feeling fine. In perfect health. Feeling better than before.

I recommend that you go to the basic stage of meditation twice a day for fifteen minutes each time if you have a health problem or if you work in a stressful environment.

Five minutes a day of meditating is good.

Ten minutes is very good.

Fifteen minutes a day is excellent.

To go to your first stage meditation, once a day is good, twice a day is very good, and three times a day is excellent.

It is a wonderful feeling to be deeply relaxed, a very healthy state of being.

Thank you.

CD-4: An Infinite Well Of Wisdom

Module 12: The 3 Phases Of Wisdom

Well that was a great jump.

Our jumps so far require a meditation as that relaxes you and prepares you for a concentrative effort.

Think back on your school years.

Do you remember ever staring out of the window and your teacher or professor's voice was dim in the background—that was the time your thoughts made you a hero, or an idol and you were just enjoying your day dream.

If you recall that state that you were in then you know exactly what we are seeking to achieve with the meditations.

That day dream state of total concentration on one subject is the state we are looking for, but now, we want to control that state of mind.

With this module we will quantum jump into the world of wisdom. And that begs a question; what is wisdom?

Is it something like intelligence, being smarter than the next guy, or gal? If not what is it?

Could be like that old homily, I can't define it but I know it when I see it. It has to be more than that though, let's just say that one isn't born with wisdom but that wisdom must be learned.

It's learned by reflection, imitation, and experience with a bit of empathy thrown into the mix.

If indeed it can be learned, then it begs another question; can it be taught?

Well let's just see: The first phase is reflection.

That is what we are going to address with the meditation module that follows this segment.

Making wise decisions and understanding that we are confronted by choices every day of our lives is essential when you are in the reflective mode.

Begin by reflecting on your entire day.

This can only be done at the end of the day, in bed, just prior to going to sleep.

This is best done by jumping to a parallel where your twin self has gone through the same kind of day but has made a few different choices; how would it have been had you made those same choices?

By thinking about your day and considering all the aspects of it and then mentally changing the things you regret or are unhappy about you're taking the first step towards true wisdom.

Once you go over each day for two weeks you are well on the way to creating a new you.

By jumping into a parallel and going over the day with your twin self you will find yourself being more and more comfortable with the process.

As your twin self has already gone through the day as you have, or will, choices are obvious.

Do remember that you have other selves who have made different choices. You can visit them as well to see how that turned out.

Just daydream your twin self.

See that self as having made the choices you wish you had made. This to be done every evening.

Soon you will find that you have less and less to regret.

When you reach the point where you feel that you have made all the right choices that day for a full week; in other words after a week of meditating at night prior to sleep, going through the day, and finding nothing you would change, then you are well on the way to new, refreshing insights.

Using the quantum jump and your twin self every evening is the road to a new understanding of yourself, and therein lies the wisdom you are seeking.

Now for the second phase, imitation.

Think about the wisest person you know, that is the person you are going to impersonate.

But then again, think about it; in an infinite universe you are the wisest person. In one of that infinity of universes, that unending variety of parallel universes that the quantum physicists speak of, there is a twin self of yours who fits the bill.

A twin self who is the wisest of the wise. Why not pay that person a visit. How? Why just daydream it.

Imagine that you are in the hallway in front of a closed door, and on the other side of that door is a parallel universe with a twin self of yours who is waiting for you to impart some wisdom.

What would that self say?

What advice would that self give to you?

Why not just sit quietly, go into your meditation state of relaxed comfort and daydream your way to that twin self and find out.

You may be surprised.

And then of course there is still another path to wisdom, the third phase, that is the path of experience.

Think about your life.

What have you experienced?

There are many facets to your life.

One part is the economic part of your life.

What have been your experiences with regards to money?

Another is the relationship part of your life.

How have your relationships been? With your family, with friends, with teachers, with employers, with strangers.

How has your health been? What have you experienced with respect to health? What was the worst meal you have ever had? What was the best one you have ever had?

All those things are part of your life experience. What was the best vacation you have ever had?

Who is the most important person in your life? Who was the most important person in your life?

All that and more are part of your experiences and when you examine each one in turn you discover wisdom for in retrospect, when you look back at all your experiences you find they are what has made you the way that you are.

Wisdom comes out of experience; especially so when it builds an emotion of empathy. It is difficult for the person, sitting on a grass lawn, in the shade of an old oak tree, sipping a lemonade, to understand what a person on the burning sands of the Sahara is feeling unless that person has been overheated as well.

One cannot know of the depleted energy of an ill person who hasn't the strength to move from their bed unless they have felt that weakening effect of illness as well. Experience builds empathy but only in good people.

The evil ones do the things they do because they have a total lack of empathy; good people do good things because they feel the pain of others.

Indeed, a definition of evil is a lack of empathy. A definition of goodness and decency would be an abundance of empathy.

Empathy as defined by Webster's Dictionary is: The projection of one's own personality into the personality of another in order to understand the person better; the ability to share in another's emotions, thoughts, or feelings.

This is exactly what you do when you quantum jump.

You project your personality into the personality of another.

That other however, is not a stranger, not anyone you know or have heard of, but yourself, your twin self who has your basic personality but with a different set of experiences.

About this time many ask: Are we really going into an alternate reality?

Are we really visiting a parallel universe?

Am I truly getting help from the other side; in this case a doppelganger copy of myself?

Look at it this way, every religious person expects, that though the agency of prayer, someone on the other side answers them.

There is a joke that I've heard comedians tell regarding of this so allow me.

George Dunlap gets word from his doctor that he has only two weeks to live. He was a good man, a very good man all his life.

He prayed to God to allow him to win the lottery so that he could leave his family some money. Days went by and nothing.

Again he prayed, a week went by and still, nothing.

Frantic, with only three days left to live he prayed harder than ever before explaining once again how he kept the commandments and did good works all his life; why wasn't he getting any answer, and why didn't God let him win the lottery.

Suddenly a voice boomed out through the room he was in. "George," the

voice said, “do me a favor; buy a ticket.”

Maybe, just maybe, the Quantum Jumping is your ticket.

Sometimes ritual can be very helpful as it establishes a rhythm, this rhythm builds an energy that often manifests into the thing that you desire.

People often ask me if I really believe that I jump into a parallel dimension and meet with a true twin self.

And if I really believe that twin self can help me.

My answer is that I can't say for sure but the evidence that I have is that it seems to work.

I can attest to the fact that it worked for me, I found I had a singing voice through a jump and a visit with a vocalist twin self. I became a world renowned photographer after a jump and a visit with a photographer twin self.

Did I really get advice from the vocalist and the photographer twin self, or was it coming from deep within my own subconscious?

What's the difference, it worked and that's all that I'm interested in, and that's all that should interest you. Is it possible that there are other dimensions with an infinite number of twin selves? Some of the most educated, dedicated scientists; the quantum physicists say that it is. Who am I to dispute them?

I believe that it is possible. And I prove it to myself every day.

In 2005, on my 78th birthday, I decided to see if I could develop a skill that I just did not have; painting. Art. I bought some paints, brushes, a few canvasses, and was ready.

I used Quantum Jumping to visit a parallel universe and speak to a me that was an established artist.

Now then I'm sure you'd like to know just exactly what happened.

All right, allow me to walk you through it as this module is about wisdom, and through imitation and experience you may gain a bit.

You see you can also gain wisdom from another person's experience if you use your empathetic sense.

Empathy remember is seeing from the other person's point of view.

I had no experience with respect to painting so I could not reflect on past paintings that I had created.

I could only use the experience of another, and imitate what I sensed. Knowing that I went into the meditation state of concentration, visualized the hall, the door, and then imagined the door opening and my stepping through. I know we call this the quantum jump but usually I just step over the threshold and imagine I'm in another dimension.

I know that the dimension I'm in is the right one because that is my intent.

I then imagine that I am meeting a self that is an artist.

I imagine watching my artist self paint; all the while knowing that it is me painting, but a me that could have been.

While I'm watching I get a sense of the energy of my counterpart self. I then jump into his body and start painting on his canvas. The entire thing could rightly be called a daydream, because in a way that's exactly what it is.

But a controlled daydream such as a Quantum Jump is a very different thing than the usual daydreams that just come, unbidden.

When I come out of the meditation I now have something to reflect on and I visualize myself as an artist.

At this point I felt that I really should read a book, or a magazine on art and take a lesson or two, but then I think, let me see if just the energy of my doppelganger will do it.

I start with a blank canvas, no knowledge of technique, or color and a few

brushes.

I figure the easiest thing is a bowl of flowers and so I paint a bowl of flowers. Not bad. I painted another one, and then another.

I learned from myself as I did.

That was three years ago; you can see the result by going to burtsart.us.

The point of that is once again, wisdom.

How, you might ask?

Wisdom consists of reflection, imitation, and experience. The quantum jump provides you with the situation you want to happen; you see it as having already happened.

After doing that you have something to reflect on, something to think about.

The Quantum jump also provides you with someone to emulate, to imitate; yourself as a master of the objective you are trying to reach.

And the actual doing provides you with experience.

Experience is important as without it you cannot learn what to avoid, what to change, what to enhance or diminish, and a hundred other things you would not know without having done it.

There is no such thing as failure, only learning experience.

The next module provides you with a Quantum Jump for you to go to a parallel and visit with a wise you. A you who has already accomplished what you want to accomplish.

So when you're ready, find a comfortable place where you will be undisturbed for about twenty minutes or so.

Module 13: The Wisdom Meditation

Make yourself comfortable. And do not play the meditations in a moving vehicle.

We will start this meditation with the 3-2-1 count.

Find a comfortable position.

Close your eyes.

Take a deep breath and while exhaling mentally repeat and visualize the number 3, three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 2, three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 1, three times.

You are now at a deeper healthier level of mind.

To reach a deeper healthier level of mind at any time, just take an occasional deep breath.

To help you enter a deeper level of mind, imagine that you are sitting in front of a black velvet curtain.

You are very comfortable.

Alongside your chair is a box with 10 white plastic numbers in it.

The numbers are from 1 to 10.

When you place one of these numbers up on the black velvet curtain the number sticks until you remove it.

You are going to take these numbers one by one and put them on the velvet curtain.

First you'll put the number 1 on the curtain then you'll remove it and replace it with the number 2 and so on until you've put up and taken down the entire 10 numbers.

First the number one.

Take your time. You'll have plenty of time. Relax. Begin.

(Pause for 30 seconds)

Relax.

If you've not yet reached the number 10, take away whatever number you have on the curtain and replace it with the number 10.

Relax.

You are now at a deeper healthier level of mind.

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

You can open your eyes.

You can be fully alert anytime you wish to be.

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

Whenever you enter this relaxed state you will mentally say, "Everyday 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 "Everyday in every way I'm getting better and better."

Visualize improvements in some aspect of your life.

Relax.

Relax your eyes. Relax your lips. Relax your jaw. Relax your head, your neck. Relax your chest, your stomach, your back. Relax your body. Relax your arms and hands. Relax your legs, your feet.

You are now completely relaxed.

Repeat mentally after me, “Everyday I am improving my image of myself – my self esteem.

I am a unique human being.

There is no one else on earth exactly like me.

Everyday I grow stronger in the realization that I can – I can think, I can create, I can do. Relax.

Whenever you wish to relax and take a break from the stress of the outer world recall what you feel at this moment.

Recall how you feel at this moment.

How relaxed, how at ease you are. Relax. Repeat mentally, “My body rests and refreshes itself when I consciously relax. I’m relaxed now.

My body is resting and refreshing itself and I feel better and better. Positive thoughts help me through the day.” Relax.

Imagine now that a great light is engulfing you. Suddenly you are surrounded by a bright fog.

A brilliant, bright, white fog.

Imagine that this light permeates everything.

You are surrounded by this bright, white light. Allow the light to enfold you. Concentrate on the light; the bright, white light.

Relax.

You are now in the center of a vortex of light. A great fog of light. It almost feels as though you are floating in the center of a cloud, a bright, white cloud that is brightened by the sunlight.

Relax.

Visualize a small hallway with a door at one end. I am going to count from one to three and at the count of three the door will appear.

1, 2, 3, a door has appeared.

The door is closed.

On the other side of that door are an infinity of places, times, events, and selves of yours.

On the other side of that door are parallel universes. Anything that can be imagined is on the other side of that door.

On the door is written the word 'Wisdom'.

On the other side of that door are three things for you to see, three selves to hear; those three subjects are the keys to the kingdom of wisdom.

They are: Reflection, Imitation, and Experience. With them you find a wiser, better equipped for the world you.

I'm going to count from one to three at the count of three the door will open and you will imagine that you are walking through it.

You are going to meet your twin self who has just completed the same day that you have just completed.

Your twin self and you will have a mental conversation of all the things you did today that you could have done differently, and better.

This part of the Quantum Jump is of course, Reflection.

One two three, the door has opened, you go through it and you meet your twin self who has gone through the same kind of day as have you.

Mentally talk about it, imagine your twin self is answering. Take your time. Begin.

(Silence for twenty seconds.)

That's fine. Relax, in a moment you are going to initiate the imitation factor of Wisdom.

Who is the person you would most like to imitate.

Would it be a smart person, a rich person, a good looking person, a vital healthy person, a well known person?

What kind of person would you imitate if you were to imitate someone.

I am going to count from one to three and at the count of three you will be with the twin self of yours has all the attributes of the person you would most want to imitate.

That twin self of yours is smart, rich, goodlooking, healthy, person.

One two three, you are now with the twin self you would most like to imitate. Now merge with your twin self and act as it it has happened. Begin.

(Silence for twenty seconds.)

Relax.

That's fine and now we will initiate the experience factor to begin the wisdom conception.

For with reflection, and imitation, and experience, you do indeed become wiser and begin to use more of your mind.

In a moment I will count from one to three and you will be with a twin self who has been doing and being what you would like to do and or be.

That self has experience.

Watch that twin self as you run a mental movie of that self as an earlier self of yours but knowing that its your movie and you can run the scene however you want.

In our quantum world of infinity, whatever you can conceive is already taking place in a parallel universe.

One two three you are now with a twin self who has had the experience; get a sense of that selves good experiences.

As you run the mental movie with your twin self allow the energy of the images to saturate you.

Take your time

(Silence for twenty seconds.)

Relax.

You have now started on the road to true wisdom. As you continue to do this mental conditioning exercise you will find the wise parts of your intelligence blooming.

I will count from one to three and you will be back in the hallway on this side of the Quantum Jumping door.

1, 2, 3, you are now back on this side of the door.

Repeat after me. Positive past thoughts and memories bring me great benefits, now and forever.

Relax.

In a moment I am going to count from 1 to 3.

At that moment you will open your eyes.

You'll be wide-awake feeling fine and in perfect health.

Feeling better than before. One, two.

Coming out slowly now. At the count of 3 you will open your eyes.

You'll be wide-awake, feeling fine and in perfect health.

Feeling better than before. Three. Eyes open.

Wide-awake. Feeling fine. In perfect health.

Feeling better than before.

I recommend that you go to the basic stage of meditation twice a day for fifteen minutes each time if you have a health problem or if you work in a stressful environment.

Five minutes a day of meditating is good.

Ten minutes is very good.

Fifteen minutes a day is excellent.

To go to your first stage meditation, once a day is good, twice a day is very good, and three times a day is excellent.

It is a wonderful feeling to be deeply relaxed, a very healthy state of being.

Module 14: How To Make Massive Change With Wisdom

There are many definitions of wisdom but the one that most people would relate to would probably be that a wise person has the ability to know the difference between an action that will provide a better life, from one that would not.

Choice then would be a prerequisite to wisdom; not choice alone but choosing the thing that would provide a better outcome.

When a choice is made that upsets the way that things are then you run headlong into change; and therein lies the rub. Change can be upsetting.

The wise person knows that there are always choices available for just about everything.

The choices that you make put you on the road that you will wind up on.

Choose mediocrity and you will have a mediocre life, reach for the stars and who knows, you may well wind up covered in stardust.

Every successful person can look back and say to themselves 'it's the choices I made that put me here' and the choices you made put you in the place that you are at present.

Are you happy with where you are?

If so you made the right choices, the wise choices.

Are you unhappy with where you are?

If so you made the wrong choices, the thoughtless, foolish choices.

Think now for just a moment — consider the major decisions you've made in your life.

Things you chose that related to business, relationships, or raising money.

Also, there are family decisions and choices, health decisions, investment

decisions, and decisions that seemed minor at the time you made them but that reached into your future and had a major effect on your life.

Think how those choices would have been different if you had considered all aspects, both positive, neutral, and negative, when you decided to do, to marry, to go into business, to invest, to move, to start or to change something in your life.

Change is growth.

To prove this — reverse it. Growth is change.

Can you even imagine something growing, without changing?

All growth is change. Everything is constantly changing. Is it good, or bad?

That depends entirely on the attitude of the individual.

Say that you're going through a transitional time in your life and you are not sure about what to do. It's a major turning point.

Whatever you decide will affect the rest of your life, as well as the lives of other people, some of whom you know and some of whom you do not yet know.

You must determine whether this change will be a benefit for you and your loved ones. There will be an effect on your future even if you do nothing.

If you do nothing, things will continue as they are.

Think about that.

Do you want things to continue as they are?

Look at your current situation in two ways, from a positive perspective and then from a negative perspective.

A wise person looks at all sides and then considers the consequences of their actions.

Imagine the present continuing as it is now, but sense yourself accepting conditions; imagine yourself seeing the positive nature of all the things that are disturbing at the present time.

Imagine the way things will be if you allow them to continue with no changes.

What are the positive aspects of that eventuality?

Next, view the negative side of all the things that disturb you at present. Imagine your circumstances if you allow them to continue the way they are now. What will be the outcome of this continuation?

Think back to a period in the past when the problems you seek to resolve first developed. Was your viewpoint different then?

Do the things that disturbed you then leave you unconcerned today?

Have you yourself changed? Change is growth.

If you have changed, consider the fact that you may have matured and outgrown your old needs.

Project yourself into the future and imagine what it would be like with an entirely different situation.

Will you be happy with this new situation?

Would your loved ones be happy with this new situation?

Change involves establishing new patterns and breaking the old.

An established pattern, or habit, is comforting because it is familiar (even when there are unwelcome results.) It's easy to attach yourself to comfort. In addition, familiarity carries a measure of security; you feel secure because you know the territory.

Repetition of any activity breeds familiarity.

When you do a job you're familiar with, it becomes routine. Routine is comforting because you know what's ahead.

Just as a child (who undergoes constant change and growing awareness) requires a familiar object about at all times, so does the adult.

The only difference is in the type of object.

It takes a great deal of maturing before the child is willing to let go of the familiar object.

It doesn't matter in the least that the object may be an old towel or doll, unwashed, smelly, scratchy, or full of lumps.

What does matter is that it is familiar, and that is comforting.

Any attempt to remove the familiar, before the child is willing to let go, leads to chaos.

But if you allow the child to develop to a point where the letting go becomes a plateau of growth, you will see a beneficial crossroads in the life of the youngster.

We all have security blankets that we hang on to with fists of iron.

Fearful of letting go of the familiar, we accept the continuing routine of things that someone outside might see as unacceptable.

The outsider, not understanding that the seemingly negative experience represents security, will come up with false conclusions every time.

Lacking information, the outsider cannot possibly understand what is going on. Even the person with the problem may not realize that the situation is necessary, that it represents the security of the familiar.

Most of us attribute to outside agencies the forces that direct us to failure or success.

When we feel that we have no control over these forces, then change becomes a throw of the dice.

Not wanting to gamble on change and perhaps lose the security of the familiar, we remain in the comforting place known as the status quo (the existing state of affairs).

Actually, there is no sense in worrying about or concentrating on past mistakes.

For given the same information and the same you of that time, you would find that if you could relive the event you would do the same thing all over again. The reason you are seeing it as an error is that you have grown and are no longer the same person that you were then.

Look at things not as mistakes, but as guideposts showing you the way to a better place. See all things as experience. Your mistakes are only things that did not work, learn from them.

The only way for you to know what works is to do.

If something does not work, it's up to you not to do it that way again. Keep at it until you discover what does work. Persistence is the key.

Here is how to insure wise decision making.

Meditate and then take a Quantum Jump into a universe where your twin self has made the decision you are not sure of. Jump into the universe where a year has passed after the decision has been made.

What were the consequences?

Quantum Jumping can be an extremely valuable resource in your decision making bag of tricks.

Use it often. Go to a twin self who is happy about the change; then go to a different twin self who is unhappy about the change.

The information you receive could be very valuable to you.

CD-5: Quantum Relaxation

Module 15: The Elusive State Of Quantum Relaxation

Of all the things you can do to enhance your immune system, relieve yourself of stress, be more productive, stimulate creativity, and in short inspire and encourage all the good and positive things in your life, a deep state of relaxation would be on the top of everyone's list of things to do.

The very deepest state of relaxation would take you to the theta area of brain wave production which is less than that most spoken of alpha region of the mind that you may have heard so much about.

Briefly, your brain produces waves of measurable energy.

The medical community has shown that those waves go from one cycle per second on up. The waves have been assigned names.

They are Delta from 1 to 4 cycles, Theta 4 to 7, Alpha 7 to 12 and Gamma 30 to 100.

It's not the function of Quantum Jumping to get into brain wave theory or practice only to say that the higher the brain waves the less likely you are to think in a creative constructive manner. In other words the lower your brain wave activity, the more of your mind is put to use.

Proof of this is the emotional state's bearing on brain wave activity. The more emotional you get the higher the brain wave activity.

Think about a time when you were angry, or fearful.

Both of these emotions will raise the frequency of your brain.

The more anger the higher the frequency.

The highest frequency would be when anger turns into fury, or when fear evolves into panic.

When you are in a state of fury, or panic, your brainwave frequencies shoot upwards and thinking goes out the window.

In a state of fury consequences are given no thoughts at all and people do things they later regret. When in a state of panic thought flies away and people run into walls and get into life threatening situations.

That is what high brain wave frequencies will do. But there is light at the end of the emotional tunnel because the opposite is true as well.

Lower your brain wave frequencies and you will find yourself using more of your mind.

If bad things happen with high brain frequencies the opposite is true as well. Good things will happen with low brain wave frequencies.

If you were to ask me if any of the Quantum Jumping techniques could help you to be more productive, healthier, sleep better, be more creative and in short do better with family relationships and in your occupation I would say yes indeed.

The key to all that is simple, it is learning to utilize the method of lowering your brain waves so that you are always in a general state of relaxation, even if you are involved in a physical activity such as swimming, football, basketball or any other sport.

Anyone can lower their brain waves by simply relaxing.

Meditation is important as that is the universal way to lower brain waves.

Our technique for all you Quantum Jumping students has been developed over the years by my observation of what happens to people during light, medium and deep meditation.

Also the research I've done over the years with respect to hypnotic trance which is a form of meditation in that it is relaxing and a concentration of attention.

I've learned how to deepen trance and carrying that over to the meditation side, how to deepen meditation as well.

I call the deepest state of meditation Quantum Relaxation.

That is what this module and the one following is all about, getting you to the ultimate stage of relaxation and concentration so that you too will be able to use more of your mind.

Use more of your mind and you find a new world, a world of delight, success, health, and choice. But first, that deep, deep state of relaxation.

I actually learned the process while training hypnotists in the art of hypnotherapy.

There is a standard method of deepening a hypnotic trance for therapeutic purposes.

It's a simple process easy to teach and easy to learn.

It consists of putting a subject into a light trance and then bringing them out of trance and putting them right back into it.

Take them out and put them back.

Each time this is done the subject goes into a deeper trance.

A skilled hypnotist can get a person to the exact level that will be most conducive to the therapy of that moment.

Usually three times will do it although I have gone as many as five with a few subjects.

By now you probably have the idea—getting to the proper relaxed state so that all those good things I spoke of will happen is important.

You see, the mind is the problem, and it is also the solution.

What I mean by that is that the body is equipped to heal itself of all ills when the mind stays out of the way.

But alas, that is most difficult to do.

Hundreds of books and thousands of articles have been written about how

the mind is a slayer, and that the mind is the ultimate healer. But what drives the mind?

The biggest single factor is the way that you look at things, your attitude. But allow me to simplify it by defining the word emotion.

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.

Anger is a dislike emotion. A little bit of it won't really bother you, say a degree or two on the dislike scale.

Won't even affect your brain wave activity.

But a lot of anger is a lot of dislike and a lot of high brain wave activity.

You are, to some degree, emotional about everything.

Granted most things are low on the scale, but anything that affects you to some degree either with a feeling of dislike, or like, will have an effect on your attitude.

The things that you are neutral about, not a drop of dislike or like, you don't think about at all. That is the place where the mind is separated from the body and the body can do its job, that of keeping itself in repair.

To eliminate emotions from your mind, put it in neutral, you think about nothing. Ah easier said than done.

How do I achieve enlightenment the disciple asked his Guru.

Easy the wise man answered, just do not think about monkeys for the next thirty seconds. And of course that was all the disciple thought of, monkeys.

You can't not think about something because to not think about it you have to think about what you're not supposed to think about. There is a better way.

One way that we use is to think about a structured pattern designed to take you deep into relaxation and lower your brainwaves.

You think about a small hallway, with a door that is closed; a Quantum Door.

You see how easy it is. I can't tell you not to think about a thing and so I guide you to think about something specific.

And to further the thought; on the other side of that door is anything you can imagine.

You want to go deeper into the relaxed state, why it's right there on the other side of that door.

Open it, go on through and there you will find what you are looking for.

Yes, we are about to utilize the Quantum Jump to get to the state of Quantum relaxation. Not once, but three times.

Remember that I said every time a person came out of trance and went right back in they went into a deeper trance than before... and it works the same on the quantum level so you will be going to a twin self who has solved the riddle of deeper and deeper levels of the mind for better programming and all those good things that come of it.

Here is how to utilize the quantum jump technique to deepen your relaxation and eliminate any emotional constraints to getting what you want out of the process. What's the benefit of going into a deeper state of relaxation?

With your mind out of the way your organs relax, and the very cells of your body replenish their energies.

The immune system is strengthened, all your natural rhythms like blood pressure, heart beat, and brain wave activity works as they all should, to protect your body against any outside influences.

A friend of mine is deeply spiritual and uses Quantum Relaxation to get

closer to God.

He says that after the third dip into the quantum stream of consciousness he truly feels his oneness with the Almighty.

During the next module which is for deep relaxation I will guide you to the Quantum Door and ask that you step through into a universe of calmness and relaxed attitudes.

Just imagine whatever you will that you believe will in fact be calming for you. You may imagine a park or a forest or an ocean scene.

You might sense yourself on a lounge chair watching the sunset; whatever you imagine will for you be that calming influence.

Then I will ask that you go back into the hallway and out of the quantum arena. Wide awake and aware. Immediately you will again be guided to the Quantum Doorway to visit the calmest universe, the back again to full awareness and after that for a third time back to the quantum door and the universe of calm. This time, the third time you will stay for a while.

You will find yourself in a deep state of relaxation; a Quantum relaxation.

So please find a place where you will be undisturbed for twenty minutes or so and get comfortable. We will soon begin, Quantum Relaxation.

Module 16: The Quantum Relaxation Meditation

This is the quantum relaxation method of deepening your meditations.

Use the technique of going into and coming out of the meditation three times consecutively and you will find yourself more concentrative and better able to relax and allow your body to adjust itself to a better place.

Find a comfortable position, close your eyes, take a deep breath and while exhaling, mentally repeat and visualize the number 3 three times. As you mentally repeat each number, mentally repeat it at less volume.

Three, three, three.

Take another deep breath and while exhaling mentally repeat and visualize the number 2 three times in the same manner.

Take another deep breath and while exhaling mentally repeat and visualize the number 1 three times in the same manner.

To reach a deeper, healthier level of mind, I am going to count from 10 to 1. On every descending number, you will feel yourself going deeper and you will enter a deeper, healthier level of mind.

10 - 9 feel going deeper,
8 - 7 - 6 - deeper and deeper,
5 - 4 - 3 - deeper and deeper,
2 - 1.

You are now at a deeper, healthier level of mind. To reach a deeper, healthier level of mind at any time, just take an occasional deep breath.

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 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 head. Relax your jaw, your neck. Relax your shoulders, your arms and hands. Relax your body. 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.)

Relax.

I will now count from one to three. At the count of three you will project your mind to imagine that you are in the hallway, in front of the Quantum Door. The door is closed.

1, 2, 3, you are now in the small hallway. In front of you is the Quantum Door.

On the other side of that door is the relaxation site; a parallel universe in which your twin self the most relaxed, healthy, and very successful person lives.

After the door opens and you step through you too will find a new relaxation. As soon as you step through you will find a more relaxed state of mind. Imagine that. Imagine a you who is as relaxed as you have ever been.

I will now count from one to three and you will open the door and step through to that most relaxed of all dimensions.

1, 2, 3, open the door and step through.

Relax.

(Pause for ten seconds.)

I will again count from one to three and you will be back in the hallway.

1, 2, 3, you are back in this dimension in the small hallway.

At the count of three you will open your eyes and be fully alert. After which I will count once again from one to three and you will project your mind to imagine that you are back in the hallway in front of the Quantum Door.

1, 2, 3, eyes open, fully alert.

Relax.

I will now count from one to three. At the count of three you will project your mind to imagine that you are in the hallway, in front of the Quantum Door. The door is closed.

1, 2, 3, you are now in the small hallway. In front of you is the Quantum Door. On the other side of that door is the relaxation site; a parallel universe in which your twin self the most relaxed, healthy, and very successful person lives.

After the door opens and you step through you too will find a new relaxation.

As soon as you step through you will find a more relaxed state of mind. Imagine that. Imagine a you who is as relaxed as you have ever been.

I will now count from one to three and you will open the door and step through to that most relaxed of all dimensions.

1, 2, 3, open the door and step through.

Relax.

(Pause for ten seconds)

I will again count from one to three and you will be back in the hallway.

1, 2, 3, you are back in this dimension in the small hallway.

At the count of three you will open your eyes and be fully alert.

After which I will count once again from one to three and you will project your mind to imagine that you are back in the hallway in front of the Quantum Door.

1, 2, 3, eyes open, fully alert.

Relax.

I will now count from one to three. At the count of three you will project your mind to imagine that you are in the hallway, in front of the Quantum Door. The door is closed.

1, 2, 3, you are now in the small hallway.

In front of you is the Quantum Door.

On the other side of that door is the relaxation site; a parallel universe in which your twin self the most relaxed, healthy, and very successful person lives. After the door opens and you step through you too will find a new relaxation.

As soon as you step through you will find a more relaxed state of mind. Imagine that. Imagine a you who is as relaxed as you have ever been.

I will now count from one to three and you will open the door and step through to that most relaxed of all dimensions.

1, 2, 3, open the door and step through.

Relax.

It is most refreshing to be completely relaxed. To allow your body to make any repairs that are necessary.

At this time you may use this state of total concentration and relaxation to program for a goal that you would like to achieve, or to simply imagine you are surrounded by a bright white light.

Relaxation with intent can also bring you into the spiritual kingdom. So just relax and enjoy the comfortable feeling that you feel now. I will be quiet for a minute or so, relax.

(pause for 60 seconds.)

Relax. It is now time to open your eyes and come back to full awareness and vitality.

I will count from one to five and at the count of five you will be wide awake, fully aware, and well rested.

1, 2, 3, at the count of five open your eyes, 4, 5, eyes open wide awake, fully aware, and well rested.

Module 17: What You Can Really Do With Quantum Jumping

With this module you will find a few different ways that other people as well as myself have used Quantum Jumping.

Jerry Feldman was in my Quantum Jumping class, actually it was one of the earliest classes before it was offered to the general public.

It was a seminar for some friends and their friends to try out the concepts on people who would keep in touch with me and tell me how it worked for them.

Jerry wanted some inspiration and wanted to know if there was going to be anything in the class that might inspire him to figure out a way to double the production of his company.

Jerry had a telemarketing business. He had ten people working for him and had ambitions of growing larger. His business was dependent on his ten salespeople who were paid by the hour.

He couldn't afford to hire any more people and the business seemed to be at a stalemate. His goal was to double the production of his crew but so far nothing worked.

He offered bonuses, prizes, even had a company picnic. Everyone liked what he was doing, but production stayed the same.

He decided to use the Quantum Jumping technique and jump through the Quantum Door and go to the twin self who was having the same problem and see how he was going to get out of it.

Maybe, he thought, Jerry Two, as he called his twin self, has ideas that I don't have. As a matter of fact, he said, I'm going to go to a twin self who has the same exact problem but who has different ideas than I do. I'm going to a twin self, he thought, who had a flash of insight and doubled his business.

Well that was a unique idea, go to a twin self who was going through the same problem but who was inspired to come up with a solution. Anything

that can be imagined is in an infinite universe.

So long as his intent was clear, and apparently it was, it should work. But here's what else Jerry told me. He got an impression of his twin self going through the same situation and actually mentally described the problem.

He said to his twin self, well I have the same ten people you have and I know the business would thrive if I can get them to double their sales but how can I do that. How are you going to do it?

And then, after posing the question Jerry waited for an answer. He suddenly had a flash of inspiration, 'Hire tigers,' he thought he heard. Well that got him to thinking.

He thought about the ten he had working, he had placed an ad in the paper and hired whoever applied.

His budget at the time was for ten people.

Coming out of his meditation he thought over those two words, but how can he find tigers? Sitting at his desk doodling and thinking about the advice he had received inspirationally he wrote 'From now on we are going to go over the production of everyone here every month.

The person with the least production will have to get a job somewhere else.' He would let the worst producer go again at the end of the month and hire another new person.

What would happen was obvious when he thought about it.

He put the crew into a hierarchy with the top producer for the month being number one, the second producer number two and so on. Whoever was number ten would be terminated.

He put the people's names on the board with the top person number one, the bottom person number ten. His entire crew was stimulated and the talk during breaks was always about increased production.

Number ten knew days before the end of the month that he was through

but that was alright; he knew the rules.

When the new person was hired he/she was seldom number ten but usually wound up somewhere in the middle about six or seven. He wrote another ad, looking for a replacement for the person who would be let go every month. The thing worked like a charm.

Jerry went back to meditation and the hallway. Stepping over the threshold of the Quantum Door he found himself with his doppelganger who had been doing just that for two years.

He mentally had a conversation asking how it had worked out, he imagined his twin self saying, 'Every month I let the person with the least production go and hired someone else, after a year there was only two people from the original crew still working for me.

Both of them had been top producers when we started and after a year they were still producing as well as in the beginning but they were both at the low range of the crew.

Six months later only one of the original crew was left and I had my crew of tigers.

No more hiring and firing.

Time for the next step and that's to hire another ten people and do the same thing.'

Well that was a different way to use the Quantum Jump, and very creative, just go to a place where your twin self has the same problem and see how they solve it.

Great, that gave me an idea, go to a twin self who is confronted with the same problem that I have except the twin self always has an inspirational answer.

Quantum jumping can be used in so many ways. After a while you'll discover a few of your own.

The concept is that inspiration is there it only requires some sort of cata-

lyst to bring it out.

Some catalyst's are psychological, some mental, some physical, we use the quantum jump as it only requires using your daydream mechanism and a bit of creativity, but intent above all.

If your intention is that you use the jumping technique to inspire you then you will jump to an inspirational twin self.

Speaking about the various ways to use QJ, I have a suggestion: How many other ways are there to use the Quantum Jump besides the ones you've learned here?

Think about how many ways you can use the Quantum Jump technique. And then, after considering the different ways; write them down on a piece of paper. It might help if you were to jump to a twin self and discuss the different ways before you wrote them down.

Most of the ways will bring about choosing one way or another because there are always choices to.

Your life is pretty much based on the choices you made in the past; wouldn't it be a great advantage to you if you could have intuition working for you every time there was a choice to be made.

Well that's what Quantum Jumping is all about.

Say that you have a choice to be made.

Say there is a path opening on your road of life but you are unsure of whether to take that path.

What would the right path for you to take be? That's the question; a quantum jump may well give you the answer.

Just step through the Quantum Door to a parallel where your twin self is the most intuitive person on that planet going through the exact same thing you are going through; what does your twin self do?

Many answers come when you have been using Quantum Jumping for a

while.

Get used to considering different aspects of your goals, problems, consequences, and solutions and you will find more and more intuition becoming a valuable resource in your life.

As example I once jumped to a doppelganger and asked what should I do next and the answer I got was to write down nine things I most appreciated about Quantum Jumping.

And so, when I came out of my meditation I sat down and quickly wrote nine things that I most appreciated about the Quantum Jump.

What I wrote was; 1, would be the relaxation in getting there.

2, it gets me focused on what it is that I want.

3, it enables me to clarify my goals.

4, it's a fun way to daydream my way around with no limitations.

5, it allows me to help other people by seeing them in a parallel universe as healed, or successful.

6, it stimulates my creativity.

7, it allows me the motivation to do things I would never have tried without seeing how my twin self does it.

8, and most important to me, it allows me an avenue to reach the spiritual plane and talk to loved ones who have passed on.

9, I get my best ideas from my successful doppelgangers.

Now then, how about you doing it? After you have taken a few jumps, write out nine things that you like about the technique. You may well get a few very helpful ideas.

CD-6: Achieving Goals With The Target Jump

Module 18: Quantum Jumping Towards Your Goal

Quite possibly, among the most important thing that you can do with Quantum Jumping, or with any other philosophy or self development process would be that of setting goals for yourself.

Setting up a target so to speak.

But it does no good to set up a target if you just set it up and then forget about it.

The target must be used and that too is an issue we will be addressing here, that of action.

Objectives and actions must, of a necessity, go along side by side.

Here is where the quantum jump comes in to stimulate both the objective and the action.

Lester Sindalar was a student of mine who complained that he set many goals but none of them seemed to come to fruition.

What, he asked, was he doing wrong? He used one of the standard goal setting devices that of creating an image of himself with his goal completed and then whenever he thought about his goal he thought about the successful outcome just as he understood he was to do.

But alas, nothing ever came of it. When Lester came to my class I asked him for specifics.

What was his goal?

Exactly what actions did he take and was the goal realistic.

His goal was a luxury automobile, he had heard that simply by visualizing it the car would come to him.

And indeed I've known of many people who after learning the visualization

process have done exactly that.

One friend, Helen Hadsell, had even written a book, *The Name it and Claim it Game*, on how she entered contests and visualized the end result of herself winning and did indeed win many of the contests that she entered.

So why wasn't Lester's visualizations working for him? Or was there more than that to it?

Well first of all, the goal should be somewhat realistic. Programming for a ten million dollar boat because you saw a picture of Tiger Wood's yacht is fine if you're income warrants it, but not if you're making eighty thousand dollars a year. But why is that, you may well ask, if it works, why not for any number?

The main reason for that is a little voice in your subconscious saying something like, 'who are you kidding, a ten million dollar yacht? No way.'

Most people just don't feel deserving of the things they are setting goals for. Oh I know you will say 'well I deserve the best.'

But that's on the outer conscious level.

There are many levels of consciousness; the three best known are the physical, the mental and the spiritual.

When all three are in correspondence you will get the things you want.

As a matter of fact when all three levels are in correspondence you won't have to program for anything, things will just come to you automatically.

Now the question is how to get all three levels of consciousness working together for the things that you want.

The mental level is the easiest to handle, you just see yourself with the thing you want in hand.

Ah if only it were that easy, there would be no poverty in the world, no illness, no unpleasantness, but it's not that easy for a reason, and for that we

would have to address the issue of the spiritual plane of consciousness. But before that what would be the job of the physical level?

Not hard to figure that one out; its action.

I'll get back to that in a bit, let's tackle the spiritual level for a moment.

This is where most events that cause problems are forever stored. I relate that to a computer server and e-mail.

Say that the computer itself is representative of the physical level and the e-mail you write is the mental level while the server who stores the e-mail is representative of the spiritual level.

OK then the e-mail you write is like a problem you had that creates a feeling of guilt or regret.

Those feelings are the sources of limitations.

You've been a bad boy/girl and don't deserve whatever it is you're programming for. But you've managed to suppress the regret and it's out of your mind.

You can delete the e-mail you wrote, but it's always there with your server. And just as the erased e-mail is there with your server, the original incident that caused the problem is sitting there in your spiritual consciousness. You can't erase it.

Well then, how do you deal with it?

How do you deal with an event in the past that you feel guilty about, or that you regret.

Or for that matter why should you have to. And what does this have to do with goal setting. Patience please. Let me get a bit further into limitations.

The problem is with the Sin, Guilt, Punishment factor. To simplify, Sin is a missing of the mark, a mark that other people have set for you.

Authority figures in your youth generally who lay down a set of rules; things that you should do and things that you shouldn't do.

Things that you have to do and things you don't have to do.

Well say that you do something that you feel you shouldn't have, you missed the mark so to speak; a feeling comes over you that is hard to define.

It's a feeling that you should go over the thing and correct it.

That feeling we call guilt. Guilt is an urge to go back and do it right. But what if you don't, or can't, go back and do it right?

Well then you've been bad and your inner conscious comes into play with the next member of the trio punishment, which quite simply is a reminder that you haven't corrected yourself.

But you can't, because the person you disrespected say, is no longer among the living, or the one you spoke unkindly too won't talk to you. What then?

Then punishment comes into play in the form of limitations. You've been bad so you only deserve so much out of life.

You only deserve so much in the way of income, of health, of relationships, of knowledge; of... well you get the point.

Limitations will hamper every goal setting program ever conceived and that includes the laws of attraction that has been made so popular of late.

These are not the insignificant events that I spoke of but rather something else entirely as they are seldom insignificant when they happen.

With respect to Lester Sindalar and his programming for a luxury automobile I found something rather interesting while we were working out some of the material or Quantum Jumping.

He said to me once, 'Burt when you were talking about doing things in the past that cause us problems, like me not getting the things I program for,

would something like being in a car wreck be stopping me?’

It turned out that when Lester was still learning to drive, he was sixteen at the time, he borrowed his father's car without telling anyone and he and his cousin went joy riding.

Unfortunately Lester lost control of the car and flipped it.

His cousin was killed in the accident.

Twenty years later he had all but forgotten the incident; it was brought back to him when I discussed guilt and programming.

This was almost a classic example of limitations; if ever anyone thought they didn't deserve a fine automobile this was it.

All the programming in the world wouldn't get Lester his car and if by some chance it happened, he wouldn't feel comfortable with it.

Before Lester worked with another goal setting process he had to unburden himself of the emotions that were tied to the accident that killed his cousin.

With an understanding of Quantum Jumping and the idea of infinite universes the answer, to me, was obvious.

I say obvious because what Lester has to do is go over the incident of the accident and change it.

In a world of infinity where everything that could be imagined is; all Lester has to do is to jump into one of the millions of universes where the accident didn't happen.

Meet his twin self, and meet his cousin who was not in an accident, and therefore wasn't killed.

Now then you might well ask, how can simply imagining he is meeting his twin self and cousin in another universe help him to get his goals and objectives.

I actually can answer that, not with guesswork either.

As you may be aware I've been a hypnotist for more than fifty years.

I have also taught others the art of hypnotherapy for twenty or more years. I have a good deal of experience in that line.

I found something interesting while teaching past life therapy, which entails taking a person to a past life that is having an effect on the problem at present. Just simply by walking them through it, and then bringing the person out of trance, the problem was resolved.

The first time I noted that I thought it was pure coincidence, but it happened again and again.

Once, in Paris I did a Hypnovision training and one of the trainees had problem with her arm.

The woman, we'll call her Adell, asked to be the subject for the demonstration. Her problem was that her right hand and arm had pained her for most of her life. Doctors could find no physical cause for the pain. Her fingers were extremely weak and she could barely hold a pen to sign her name.

I regressed her and asked where she was, she responded that she was in a crowd.

Everyone was much bigger than she was and a lot of shouting was going on. It turned out that she was a six year old child and her mother was being hung for stealing milk from a cow.

It seemed as though she was in a small village in France around the seventeenth century.

Her father held her hand tightly so that she wouldn't get lost in the crowd. She was frantic with fear. There were hundreds of people around her shouting and jostling.

Her father was crying and had a grip of steel almost crushing her right hand. When the woman was hanged the crowd surged forward and the grip

lessened and the fathers hand was suddenly gone.

She was torn away from her father by the milling crowd. Her father was then taken by the crowd and beaten to death.

The six year old that had been Adell was picked up by a soldier who protected her and carried her away from the mob.

The last thing that Adell said while still in trance, was, 'the soldier, it's Eduard.' Eduard was her husband who was in the class.

She came out of trance and ran to her husband crying and hugged him. The pain in her hand and arm was gone.

Now I don't know why that happened, I only know that it did, and so perhaps, just perhaps, Quantum Jumping gets us the same result as past life therapy. Or then again, maybe past life therapy gets the same result as Quantum Jumping.

Just use it, don't question it.

That was a pretty typical case of regression.

Most of them are similar to that and I have been involved with hundreds. Does that prove reincarnation? Not necessarily.

No one can actually prove it.

One just takes it on faith.

But what if a billion people believe in something, doesn't that prove its existence? What about the other billion who believe the opposite?

I do believe that the end of life is the beginning of something else. An after life if you will.

Reincarnation, maybe. Morontia worlds where souls evolve into greater entities, perhaps. Oblivion?

No, that I do not believe.

Nature doesn't act that way.

When something ends, something else begins, that is a law of the universe. It's the principle of Rhythm. All things are cyclical. When your day ends night begins, when night ends day begins.

When you go to sleep at night your day you might say died, and your sleep cycle was born, when your sleep cycle dies, your day is born. It's a law of nature. When something is born, something else had died.

This is no death without birth, no birth without death.

I choose to believe that we have had past lives, and that we will have future ones.

Now what is the value to that?

Let's see. In an infinite world, with an unending number of universes parallel to our own, your past lives are now. If it's infinite then anything is possible.

That is the key to seeing who you were, and if it's of interest, who you will be. In one respect, in an infinite universe, with an infinite number of parallel universes there would be no time conception.

Let me explain that.

Infinity is limitless, endless, and all encompassing. In an infinite universe whatever can be imagined is.

Therefore in one of the parallels it will be what we see as 900 BC in another it's 3500 AD, in another the big bang has just banged, and in another... well you get the idea, whatever you can imagine is, in a limitless infinite universe.

That being the case, there are a limitless number of you's as well in all that vast mass of galaxies, solar systems and planets. Not only are you everything that everyone is, you are in every time as well.

Now this concept takes a bit of thought and if you believe me to be exaggerating or off my rocker, there are many highly specialized Quantum Physicists who accept this concept.

Indeed at the level of quanta, the smallest particles, actions can only be explained by a parallel world.

At any rate, the Parallel Universe concept as scientifically bizarre as it may sound is the closest that science gets to spirituality.

For if, in a parallel universe everything imaginable is possible, then the spiritual nature of man exists as well as the physical.

But back to the time concept in a world of infinities.

Your past lives, are being lived right now, on a parallel world just like this one. Your future lives as well but we are only addressing the past life for now.

That being so you need not go into any regressions to discover what your previous life was like, you only have to discover how to tap into a parallel universe where you are living that life now.

In a parallel, infinite universe, to get to a past life you do not regress, you jump, but the effect is the same, you are getting a sense of a past life.

Karma, that ancient philosophy that speaks of the apparent fact that the quality of your life is determined by your behavior in a previous one is the concept that reincarnationalists pretty much all believe in.

What you have sown in a past life you will reap in your present one.

A friend of mind always had trouble with her right knee.

Once she sprained it, another time she broke it. It would heal and something else would happen, she would skin it or trip and land on it. Always something else, always the right knee.

One day I saw her after she returned from Arizona, she was limping. Seeing me she laughed and said, "Boy I must have kicked a lot of ass in my last

life.”

That pretty much sums up Karma. A billion or more people believe in that concept. As you believe so will it be. If you have a karmic debt, it will be paid.

But what if? What if the concept of parallel universes is valid?

Then you would have a choice of seeking a past life.

You could either go into a past life by regressing, or go to a past life in another dimension, a parallel universe where you are presently living that life that is having some effect on your present one.

One of the things that I have found after years of regressing people into past lives was that it didn't seem to matter what was done in the past life, just by going there seemed to relieve the problems of the present.

Perhaps it was simply a release caused by the visit.

Now the question will arise, 'How do you do it? Is there some kind of a technique involved?'

When projecting oneself into a past life, or a parallel mirror image in a different time the technique is similar; intent and imagination take you there.

Scientists would rather consider Parallel and infinite universes than past lives. Meditation is involved as is the Bagha technique of getting the mind ready by touching the roof of the mouth with the tip of your tongue.

You must want to go into a past life for some reason, presumably to resolve a problem. That should be your purpose, and intention, to get rid of the thing that is bothering you.

All that Lester did was to go to his twin self that was in a universe where he did not borrow his father's car and so didn't cause the accident that killed his cousin. Here his cousin was alive.

That was where Lester jumped. And the aftermath was that now, we could

set up a goal that may well come to pass.

I say may well because there is never an absolute guarantee to something working at a specific time, we can use the material and at the very least we will generate energies that will help us along in life.

Now then you might think, but Lester's cousin is not alive and going to a parallel where his is alive won't bring him back to this universe.

No it won't, but that's not the point, the point is that Lester was bothered by the guilt attached to the incident and the guilt was relieved when he walked through the parallel universe where his cousin was alive.

The next quantum jump will be for a goal, something that you want, or something that you want to happen.

What will your goal be?

Think about that because during the next jump you will be going to a universe where you already have it; or at least your twin self does.

When that door opens imagine that you know where you want to go, you want to go to that universe where you already have what you are programming for.

Just imagine that you're there and create a scene that you would love for yourself.

All right just relax and find a place where you will be undisturbed for about fifteen minutes we will begin.

Module 19: The Goal Jumping Meditation

Make yourself comfortable. And do not play the meditations in a moving vehicle.

We will start this meditation by my counting backwards from three to one. Find a comfortable position.

Close your eyes.

Take a deep breath and while exhaling mentally repeat and visualize the number 3, three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 2, three times.

Take another deep breath and while exhaling mentally repeat and visualize the number 1, three times.

You are now at a deeper healthier level of mind.

To reach a deeper healthier level of mind at any time, just take an occasional deep breath.

To help you enter a deeper healthier level of mind, imagine that you are sitting in front of a black velvet curtain.

You are very comfortable.

Along side your chair is a box with 10 white plastic numbers in it.

The numbers are from 1 to 10.

When you place one of these numbers up on the black velvet curtain the number sticks until you remove it.

You are going to take these numbers one by one and put them on the velvet curtain.

First you'll put the number 1 on the curtain then you'll remove it and replace it with the number 2 and so on until you've put up and taken down the entire 10 numbers.

First the number one.

Take your time. You'll have plenty of time. Relax. Begin.

(Pause for 30 seconds)

Relax.

If you've not yet reached the number 10, take away whatever number you have on the curtain and replace it with the number 10.

Relax.

You are now at a deeper healthier level of mind. You are now and always in complete control of your state of mind.

You can open your eyes.

You can be fully alert anytime you wish to be.

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

Whenever you enter this relaxed state you will mentally say, "Everyday 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 "Everyday in every way I'm getting better and better." Visualize improvements in some aspect of your life.

Relax.

Relax your eyes. Relax your lips. Relax your jaw. Relax your head, your

neck. Relax your chest, your stomach, your back. Relax your body. Relax your arms and hands. Relax your legs, your feet.

You are now completely relaxed.

Repeat mentally after me, “Everyday I am improving my image of myself – my self esteem.

I am a unique human being.

There is no one else on earth exactly like me. Everyday I grow stronger in the realization that I can – I can think, I can create, I can do. Relax. Whenever you wish to relax and take a break from the stress of the outer world recall what you feel at this moment.

Recall how you feel at this moment. How relaxed, how at ease you are.

Relax.

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

My body is resting and refreshing itself and I feel better and better. Positive thoughts help me through the day.” Relax. Now you are going to imagine that you are in the small hallway, in front of the Quantum Door.

On the other side of that door is a twin self who has already achieved the goal you are programming for. Imagine that you can see the scene clearly as you wander through the scene of your twin self, already successful with the goal that you want. Just kind of walk through it.

Take your time, I will give you plenty of time but first you have to go through the doorway.

I will now count from one to three and at the count of three you will be in the small hallway in front of the Quantum Door.

1, 2, 3, you are now in front of the Quantum Door. Imagine that, pretend if you have to but visualize the Door.

I'm going to count from one to three once more and this time the door will open and you will step through to the parallel universe that your twin self is and where your twin self has solved the problem, or doesn't have the problem.

1, 2, 3, the door is open, imagine now that you are jumping, floating, or stepping over the threshold and into the universe where your twin self has solved the problem. Image the scene where your twin self is happy because the problem was solved or because it never existed.

Sense that, walk through the scene; take your time; I will allow you plenty of time.

Begin.

(Silence 60 seconds.)

Relax.

Think about that scene again, in a moment you will again go through the scene of your twin self's success but this time you will speed things up. See the scene as though it were speeded up ten times. Begin.

(Silence 10 seconds.)

Relax.

Whenever you have a problem you also have a solution. Generally the solution is just the opposite of the problem.

As example, I don't have a 2010 Lexus would be the problem if you wanted one and didn't have one.

When you say I don't have a 2010 Lexus and you want one, then not having it is the problem and the solution is easy; it's having a 2010 Lexus.

Our Quantum goal setting technique is simplicity itself. Just as you did with the problem jump you just made, use the same technique for any goal that you set.

If you are setting the goal then you don't have it yet and so once again you go through the Quantum Door to a parallel universe where your twin self has the goal that you want.

Then just walk through the scene for a minute or so, then relax; and then see the same scene at ten times the speed.

You will have set the energies, the quantum energies, and also the source foundation for the goal to come to be.

So use this module again and again, you'll be glad that you did.

And now relax; in a moment I will count from one to five at that time you will open your eyes be wide awake feeling better than before.

1, 2, 3, 4, 5, eyes open wide awake.

Now let me discuss for a bit the reason we get so much good words about this goal setting technique.

Most goal setting techniques require you to imagine your problem, and then imagine the solution.

Some use a bridge, some a mirror, some a mantra to accompany the visualizations; we do it differently. We do imagine the solution, but more than imagine it we create it exactly as we would want it to be.

But the big difference is it isn't imaginary. In an infinite world it has already happened, and that's not make believe that's reality.

And then you walk through the scene and even participate in what you see if you like. The quantum technique is a power house and it's automatic. Energies are being set for successful outcomes so do use it often, it will stand you in good stead.

The next module goes right along with this one; it's titles Radiance and Vitality.

CD-7: Discovering Yourself With The Self-Reflection Jump Module 20: Clearing Up Your Past Lives

We were at the Kensington Palace hotel in London. I was training hypnotists in the art of hypnotherapy, the seminar was called Hypnovision.

Part of the course was involved with past life therapy.

The idea was to put a person in a trance and then direct them to the past life that was having an effect on the present one.

Oddly enough it didn't take a belief in reincarnation to be successful in the process, just to do it. As example: A woman in France had a weak left arm that couldn't be lifted and held straight out. In trance she found herself back two hundred years and was walked through a scene where she was a child and was taken from her mother.

After ten minutes of walking through the scene a few times she was brought up from trance and the strength had returned to her arm.

A young woman in Amsterdam attended a Hypnovision class to learn hypnosis and to see if there was anything in the class that could help her.

Her problem was that she would take small patches of hair in her fingers and rip it out of her head and anywhere else hair grew.

She had been to psychologists and medical doctors to no avail.

I hypnotized her and guided her to a past life.

She gave an account of being in a cellar with a soldier during one of the world wars. She was walked through the scene a few times and reported a week later that her compulsion to pull her hair out was gone.

The scenes seemed to have nothing to do with the problem, that doesn't matter; whatever emerges during the trance is what is dealt with.

Another case was a woman who was deathly afraid of heights.

One visit to a past life that was having an effect on the problem and her fear was gone. Another case was a person who couldn't look up, a psychological affliction that responded well to past life therapy.

Again and again, past life therapy seemed to be the answer to just about any problem that resisted the efforts of the healers.

Now then you might ask what does this have to do with quantum jumping. Well let's just see.

I can't honestly say that there is such a thing as reincarnation even though billions of people believe it, any more than I can say we are really going to a parallel universe even though many eminent people believe it; but there are no actual facts to support it.

There are no facts to support any religion either, just faith.

And so let us see what happens when we rely on faith and the belief that there are parallel, infinite dimensions and universes and that going to them mentally can help with problems.

Actually I find that in using the Quantum Jump and going through the scenario that you kind of day dream, things happen.

As long as you have some sort of intention before you meditate and step through the doorway to a parallel universe and a twin self, then you will succeed.

Jerry Goldsmith was having a problem with his wife. Fairly typical family squabbles were taking the couple to a point of no return.

Jerry wanted to know if Quantum Jumping could help in a relationship.

If it could, where could he jump to, what self, where would he wind up and what could he say when he got there?

This was during a seminar I was holding and so I was there for the entire process. I told Jerry that first of all he had to have intent.

Before he would go through the door his intent would be to go to the parallel universe where the answer to his relationship was and just walk through it.

Jerry went into a meditation, imagined the door and stepped over the threshold. He saw himself with his wife as though he were watching a play or a movie. After a bit he merged with his twin self and just kind of hung out.

Nothing elaborate, no big deal, just a walk through.

When he came out of the meditation he was quiet.

The next day, back at the seminar Jerry was all smiles.

He didn't know exactly what had happened but he spent a very satisfying evening with his wife and they decided to take another crack at keeping the marriage together.

I did hear from Jerry a few months later and he was just raving about how happy he was and now used quantum jumping for just about everything.

To simplify it, ask yourself prior to every jump what is your intent. Is it just to relax, to solve a problem, to overcome a situation or anger, for information that is buried in your subconscious, whatever it is have that intention in your mind when you first meditate before the jump.

And then wherever you imagine yourself, just walk through the scene almost like a daydream and you should see positive results.

Now then what about this past life business?

Due to the unlimited variety of scenarios in an infinite universe not only are you everything that can be imagined but every life of yours, past present and future are there as well. Infinity is an endless production.

Do recall our theme: Whatever can be imagined is; in an infinite universe.

Do you believe in past lives; you're right, you have lived them.

Do you believe that there is no such thing as a past life; you're right. You see in an infinite universe; everyone is right.

But for this module we will assume that there have been past lives and that you have lived them. Also that some of those past lives have had and are having an effect on your present one. Which life? Let's see.

I mentioned before that when a person is in a trance and they go through a past life that is having an effect on the present one all they have to do is to walk through the scene.

Pretty much the same thing happens when quantum jumping. For this process instead of trance we use meditation.

First of all you decide on what you intend to accomplish with the quantum jump.

Say that you are unhappy about a situation you are involved with.

The issue could be economic, a relationship, an anger issue, a health problem, just about anything.

Your intent is to go to a twin self in a parallel dimension who has resolved that same problem. That's all. You have set intent and it only remains to meditate, imagine the door opening, walk through and just go with what ever comes up.

There will be some sort of a scene, create it; daydream. And just imagine going through whatever emerges.

Walk through the scene. Your intention that wherever you are will relieve the problem you are facing will take you to the place you should be.

To use the quantum jump as I do with hypnotherapy and past life therapy it is virtually the same thing. You go into the meditative state, when you are totally relaxed say to yourself I want to go to a past life that is having an effect on this one.

Or if you have a specific problem, say your foot hurts. Say I want to go into a past life that is having an effect of my foot hurting.

Then open the door and you will be in a past life that is creating the problem of your foot hurting. Just walk through the scene. And if the scene is fuzzy and unclear, it doesn't matter.

Go through it as it comes, whatever comes up is correct for you. Fred Baron had a foot problem that caused a slight limp.

He jumped to a past life and found himself as a soldier in the American civil war.

He went along with the scene that seemingly had nothing to do with his foot but when he came out of the meditation his foot was fine, no more pain, no more limp.

Here's one that many of you will love, weight control.

Pauline Feldman was overweight.

She was always on a diet but nothing seemed to work. She would lose thirty pounds after tormenting herself with food she didn't like and then when off the diet would put the weight back with an additional five or ten pounds added for good measure.

Would a quantum jump into a past life help her? Why not? It's a problem, and past life quantum jumping is to solve problems isn't it?

Deep in meditation she said: I want to go to a past life that is having an effect on my weight I want my weight to be what it was last year; as she imagined herself in front of the quantum door.

Going through the door she found herself in a forest. She was nibbling on something she'd picked up from the forest floor. That was as clear as she could make the images.

She went along with it and after a while came out of her meditation. She went off her diet after that, just eating what she considered healthy food. Somehow she had lost her appetite for sugared deserts and starches. But she ate just about everything else. And wonder of wonders, began to

lose weight. A pound here, a pound there and soon she was at the weight she wanted.

What is it that causes this seemingly magical effect?

Simply by walking through a scene that sometimes seems to have nothing to do with the problem and the problem is resolved.

How can that be? I'm not sure. I know it works. Time and again I've seen it work. Not every single time I will be the first to admit but enough so that it is well worth having it in your bag of resources.

Quantum jumping into a past life to solve a problem in this life can be one of your best resources. Use it whenever you have a problem that seems difficult to solve.

In a soon following module I will discuss a unique concept that I doubt very much you are familiar with, or indeed have even heard anything about; that is going to a future self, a future life, and getting help from that side of the universe.

Remember again the concept of quantum physics with respect to the infinity of universes: Whatever can be imagined is; in an infinite universe.

But before that I will introduce you to a Quantum Jump into a past life, a life that is having a negative effect in some aspect of your life.

You don't have to concern yourself with where you are going as it will all be at the meditative level where you will kind of day dream as I guide you. For now, just think about a problem you have.

It could be a business problem, a relationship problem, a personal problem, anything that you believe you can do better at. Think of that problem and when you hear me on the next module I will simply refer to it as 'the problem.'

So find a place where you will be undisturbed for twenty minutes or so, relax and listen to the next meditation.

Module 21: The Past Life Cleansing Meditation

Make yourself comfortable. And do not play the meditations in a moving vehicle.

Close your eyes and relax.

In a few moments I will guide you to the quantum jumping door. You know that we believe in the quantum physics idea of infinite universes.

In one of those infinity of universes there is a past life of yours. A life that is having a negative effect on your present life.

By going to that past life and just seeing what is happening that has an effect on your present life the burden is lifted.

All you have to do is to view the scene as though you were there but invisible. Just imagine that you are in a past life, a past life that is holding you back because of some karmic condition.

There are those who say if its karma then nothing you can do will stop it. To which I would say, 'maybe it's your karma to listen to me now to overcome the problem.'

And who's to say it isn't. So for now, just kind of go with the flow and pretend.

Right now pretend that when I count from one to three, as I'm going to do now, you will get more and more relaxed.

One, just allow yourself to relax.

Two, just allow yourself to relax and listen to my words.

Three you are now more and more relaxed.

Relax your head and neck, relax your shoulders and arms and hands, relax your chest and stomach, relax your legs and feet, you are now entirely relaxed.

I'm going to count from one to three and you will be in a hallway in front of the Quantum Door. Before I do think about a particular problem you have.

Relax.

One, two, three.

You are now in the small hallway, in front of you is the door, the quantum door that opens to infinity.

In a moment you will be walking through that door into a universe where a past life of yours is now going on.

There is no time in an infinity as everything that can be imagined is happening right now.

The past life is a life that is holding you back in some way. It is a life that had instigated a problem for you.

When you go through the door you will see a scene with you as the main actor. Whatever your imagination brings up will be the right one. If it was not, it wouldn't have been brought up.

So view the scene. It may be a scene from another country, it may not. Anything you imagine will be what you are supposed to be viewing.

Whatever you see just kind of walk through the scene as though you were an invisible observer. Take your time.

And now the door is opening, the door is open. At the count of three, jump, or step through the door and you will be at a past life experience.

A life that is having a negative effect on your present problem, imagine that.

Know it, create it and day dream that you are walking through the scene. 1, 2, 3, you are now there; relax, take your time, begin.

(Silence 1 minute)

Relax, now once again, but at ten times the speed, go through the scene again, begin.

(Silence 10 seconds.)

Relax. I am going to count from one to three and you will be back in this universe, back in the small hallway.

1, 2, 3, you are now back in the small hallway. The Quantum door is closing, the quantum door is closed.

I will now count from one to five and at the count of five you will be wide awake, feeling wonderfully refreshed, feeling better than before.

1, 2, 3, 4, 5, wide awake, refreshed and feeling better than before.

CD-8: Instant Rejuvenation With Quantum Healing

Module 22: The Story Behind Quantum Healing

The question may come up as to what to use Quantum Healing for?

Allow me to make a few suggestions. This is a technique that I've taught to professional health care providers for many years.

To relax a person so that all emotions are more or less neutralized can be a valuable asset to both provider and patient or client.

When the person comes out of meditation or trance and goes right back in the second time they go deeper, the third time deeper still. What about a fourth time, and a fifth, etc.?

Not necessary or recommended. I've found three times to be the optimum.

If you are ill or in any pain then it is highly recommended that you use Quantum Healing.

Because so very many people at some time in their lives do go through a trying period I've included here a meditation from the original master of the alternate healing school. Indeed, the creator of it.

Emil Coué. Coué was a French pharmacist and psychologist who practiced over a hundred years ago.

His book 'suggestion and autosuggestion caused a great deal of interest in Europe and the U.S. and the phrase he coined is used even today, you may have heard it, 'Every day in every way I'm getting better and better.'

That was Emil Coué.'

Aside from that, and not generally known, Dr. Coué had a long mantra that healed tens of thousands of people and made him an international personality. More on that in a little while; suffice it to say that on the next module you will find the perfect way to use Quantum Healing to its utmost benefit.

I am going to use the depth of meditation to get the most out of Emil Coué's ultimate healing method.

Thousands of people have attested to its effectiveness, and none of them have had the opportunity that you have; that of combining the master healer's method with Quantum Jumping.

But before we get into that I'd like to tell you a little story about how one of my graduates used Coué's method in a different manner. I was told this story many years ago in the early 80's.

I was talking about the seeming miracles that Coué had accomplished around 1910 when a woman in the class held up her hand.

The woman, Gladys, a member of an international tire family was a story in herself.

At the time of the seminar she was ninety nine years of age and surprised everyone in the class as to her interest in new things.

I nodded to Gladys and she said, 'I knew Emil Coué, it was through him that I found the man I was to fall in love with and be with all of my life.' Well now, that was a story the whole class wanted to hear.

Gladys's eyes half closed as memories poured over her and she softly spoke, 'I was in Nancy, France where Dr. Coué lived and practiced.

I had gone to him for a pain in my back and he gave me a cord with twenty one knots in it. I was to take the cord in my hand and use it like prayer beads, or a rosary.

Each time I felt a knot in my fingers I was to say, 'Every day, in every respect, I am getting better and better,' until I had said it twenty one times.

The knots were to keep track. Well I did that for three days and suddenly my back pain was gone.

I went back to see Dr. Coué and told him the pain was gone but he only gave me kind of a Gaelic shrug as only the French can as though to say, 'well what did you expect?'

'Oh I was so young then, so filled with hope and wonder. I don't know why but I then said, 'Oh Doctor Coué, if only these knots could help me find the love of my life I would be forever grateful'

He smiled at that and said, 'But it can.

My dear young woman, it is not the knots that do it but your intent, the knots are like a magnifying glass that brings your intention to the notice of hidden energies.

Each time you make a suggestion and feel a knot, a veritable storm of energies fly out into the ether to seek out a like energy to manifest.'

'It is strange,' she said, 'but I seem to recall very clearly his words, 'a veritable storm of energies fly out into the ether,' I didn't understand a word of it but I wouldn't have parted with that knotted cord for anything.

'On the ship back to the United States I played with that knotted cord every day. About half way home, we were three days out, a thought suddenly came to me.

It was almost as if Coué was sending me his thoughts.

I took the cord in my hand, felt the first knot and said, 'Every day the love of my life is getting closer and closer', I moved the cord through my fingers until I got to the second knot and repeated the words.

I did that three times a day for the rest of the journey.

Finally we arrived in New York and docked.

There on the dock waiting to meet me were my friends and a few relatives. Among the group was a young man I did not know.

He turned out to be the brother of a friend of mine who wanted to see the ship come in. I stood at the rail and waved at my friends but my eyes were only for the young man standing beside them.'

Gladys's eyes closed and she was quiet for a long moment, not a person in

that room said a word all waiting for the end of the story.

Finally her eyes, filling with tears, opened and she continued. 'I know it's hard to believe, but I fell in love with that young man before I heard him speak, before I knew him, before we were introduced; while I was standing at the rail of the ship waiting to disembark.

'We were married and stayed in love for more than fifty years.

And I should also tell you that the cord that Dr. Emil Coué gave me a life-time ago is still one of my most precious possessions.'

Well friends, that was a class that's hard to forget.

I often think about Emil Coué and the methods he used a century ago. Many of the techniques of mine come from his methods.

Oh they have been upgraded and modernized but the principles are the same. I don't know what Coué would have said about Quantum Jumping but I am absolutely certain he would have understood it in principle.

I did a lot of research on Emil Coué, read everything by and about him and taught his methods for many years.

I even wrote a book about some of his work in 1979 with a graduate and friend, the title, 'Better and Better.

At one point in my investigations I came upon something that had apparently worked to keep people in good health and overcome many physical as well as more than a few mental problems as well.

It was a suggestion meditation that Coué had developed sometime around 1898. Basically his argument was that when the will and the imagination were in conflict, imagination would invariably win.

And so if you wanted to be healed, but your imagination was telling you it was useless, unless you got your imagination working with you, you were doomed to be ill.

And now my friends you are going to be privy to Coué's original clearing

house of ills, and even better, we are going to visit Dr. Emil Coué who is still alive and well in a parallel universe.

Remember that in an infinity of universes everything that can be imagined is happening now.

In the following module we will jump to a parallel universe, but this time, not to a twin self but to Emil Coué's class that he held in the back yard of his home in Nancy, France, under the big tree where he sat while reading the clearing house of ills to his patients.

Just imagine it all as I guide you to the hallway and back, three times, and then through the door and into a universe where Emil Coué is still actively practicing his alternate methods of healing and staying in good health.

Module 23: Quantum Healing - The Coué Quantum Healing Meditation

This is the quantum healing method of deepening your meditations.

Use the technique of going into and coming out of the meditation three times consecutively and you will find yourself more concentrative and better able to relax and allow your body to adjust itself to a better place.

Find a comfortable position, close your eyes, take a deep breath and while exhaling, mentally repeat and visualize the number 3 three times. As you mentally repeat each number, mentally repeat it at less volume.

Three, three, three.

Take another deep breath and while exhaling mentally repeat and visualize the number 2 three times in the same manner.

Take another deep breath and while exhaling mentally repeat and visualize the number 1 three times in the same manner.

I will count from one to three and you will project yourself to the hallway that contains the Quantum Door.

1, 2, 3 you are now in the hallway, in front of you is the Quantum Door.

Relax

At the count of three open your eyes and come to full awareness.

1, 2, 3,

I will count from one to three and you will project yourself to the hallway that contains the Quantum Door.

1, 2, 3 you are now in the hallway, in front of you is the Quantum Door.

Relax

At the count of three open your eyes and come to full awareness.

1, 2, 3,

I will count from one to three and you will project yourself to the hallway that contains the Quantum Door.

1, 2, 3 you are now in the hallway, in front of you is the Quantum Door.

Relax

At the count of three open your eyes and come to full awareness.

1, 2, 3,

I will count from one to three and you will project yourself to the hallway that contains the Quantum Door.

1, 2, 3, you are now in the hallway, the Quantum Door is closed. In a moment the door will open and you will step through into a parallel universe.

You will step through and be in a universe where Emil Coue is alive and well and is about to read to his friends and patients his ultimate healing exercise.

At the count of three the door will open and you will step through to be with Emil Coue in the yard of his home as he begins his healing exercise.

1, 2, 3 the Quantum door is opening.

The door is open.

Step through and imagine that you are in the back yard garden of Dr. Coue. He is sitting on a bench about to read his exercise for health and vitality. Imagine it, know that you are there, create it.

And now, imagine the words you hear are coming from the mouth of Emil Coue. Relax. Find a comfortable position and close your eyes. Your eyes are closed so that your attention will not be distracted by any outside stimu-

lus.

Tell yourself that every word I say is going to be fixed and impressed in your mind. It will be engraved on your mind so that your imagination can create the positive result you are seeking.

That without your will, or knowledge, and unconsciously on your part, yourself and your entire physical and mental being will obey.

Tell yourself that the words you are about to hear will be programmed on your mind.

(Pause.)

Three times a day, in the morning, at midday, and in the evening, at your usual meal times, you will feel hungry, you will experience the agreeable sensation which makes you think of something nutritious to eat.

You will learn about the nutritious foods and enjoy eating what you know is good for you. You will eat and enjoy your food, without overeating.

You will be careful to chew your food well so as to pre-digest it before swallowing it.

You will digest your food properly and feel no discomfort, inconvenience, or pain of any kind either in the stomach or intestines.

You will assimilate what you eat and your body, and cells, will make use of it to make blood, muscle, strength, and energy.

Because you will have digested your food properly, the elimination of waste material will be normal, and every morning, after rising, you will feel the need of evacuating the bowels. and without ever being obliged to take medicine or to use any artificial methods you will obtain a normal and satisfactory result.

Every evening when you wish to go to sleep until the time you wish to wake the next morning you will sleep deeply, calmly, and quietly, with pleasant and creative dreams, and on waking you will feel well, cheerful and active.

If you occasionally suffer from depression, or if you are gloomy and prone to worry and look on the dark side of things, from now onwards you will stop doing that and instead of worrying and being depressed and looking at the dark side of things, you are going to feel perfectly cheerful, and even if you have real reason to be worried and depressed you will look at the positive side of things and will be cheerful.

If you are subject to occasional fits of impatience or ill temper, you will stop having them; on the contrary, you will always be patient and the master of yourself, and the things which worried, annoyed, or irritated you will from this time forward leave you indifferent and calm.

If you are sometimes haunted by bad and unwholesome ideas, by apprehensions, fears, aversions, temptations, or grudges against other people, all that will be gradually lost sight of by your imagination, and will melt away and lose itself as though in a distant cloud, where it will disappear completely.

Just like a dream vanishes when we wake, so will all these vain images disappear. Your organs are performing their functions properly.

Your heart beats in a normal way and the circulation of the blood takes place as it should; the lungs are carrying out their functions, as is the stomach, the intestines, the liver, kidneys, gall bladder, and bladder.

If at present any of your organs is acting abnormally, that abnormality is becoming less every day, so that quite soon it will have vanished completely, and the organ will have recovered its normal function.

If there should be any lesions in any of these organs, they will get better from day to day and will soon be entirely healed.

It is not necessary to know which organ is effected for it to be cured.

Under the influence of the autosuggestion, 'Every day, in every respect, I am getting better and better,' the subconscious acts upon the organ which it can pick out for itself.

If you have lacked confidence in yourself, this self-distrust will disappear little by little and give place to self-confidence, based on the knowledge of

this force of unlimited power which is in each one of us.

It is absolutely necessary for every human being to have this confidence.

Without it one can accomplish nothing; with it one can accomplish whatever one likes, (that is within reason.)

You are going to have confidence in yourself, and this confidence gives you the assurance that you are capable of accomplishing perfectly well whatever you wish to do on condition that it is reasonable and whatever it is your duty to do.

When you wish to do something reasonable, or when you have a duty to perform, always think that it is easy, and make the words difficult, impossible, I cannot, it is stronger than I, I cannot prevent myself from... disappear from your vocabulary; they are not your words.

What are your words is, 'It is easy and I can.'

By considering the thing easy it becomes easy for you, although it might seem difficult for others.

You will do it quickly and well, and without fatigue, because you do it without effort. If you had considered it as difficult or impossible it would have become so for you simply because you would have thought it so.

And so from every point of view, physical as well as mental, you are going to enjoy excellent health, better health than you have been able to enjoy up to the present.

Relax.

Repeat mentally, I feel better and better. I see the good in myself. I have a positive viewpoint towards myself. Every day I get more and more confident in my own abilities.

Relax.

In a moment I will count from one to five. At the count of five you will

project yourself back to the hallway, and then you will open your eyes, be wide awake and feeling better than you did before.

You will more and more see the good side of things and of people and every morning you will feel better than you did the day before.

1, 2, 3, 4, 5 eyes open, wide awake feeling better than before.

Module 24: Healing Others With Quantum Healing

We all have someone in our lives who we would like to help but quite often do not know just how to extend that help.

People may resent the fact that you are trying to lend a hand feeling embarrassed at the fact they need help in the first place.

Of course if someone is ill, help is always welcome but aside from that think of the people in your life who would profit if you had a magic wand that you could wave over them and take away their pain.

Perhaps they are low achievers, or seem accident prone, or always in the wrong place at the wrong time, or dissatisfied with life, or just generally don't feel like life is treating them the way they should be treated.

You can help them by utilizing the energies of Quantum Jumping. We find that this helps in your own growth as well.

To help another person anonymously is the highest form of altruism and will support and enhance your own spiritual nature and bring about many good things to your true self.

Occasionally there may be someone you would like to connect with but don't quite know how. Or there may be someone you know who is sick and you want to help but don't quite know how.

I should say at this time that I will be working on a new Quantum Jumping program to launch sometime in 2010.

You will be notified when it is available but that program will be strictly for those of you who have gone through the QJ one and two material as QJ III will be a bit too much for anyone unfamiliar with the concepts; as example I am going to show you now how to utilize the quantum jump to help a person in need, and also to kind of peek into tomorrow.

What I am now working on is the psychic side of QJ.

After all in an infinite universe, whatever can be imagined, is; somewhere.

Should prove to be interesting. But now, in the meanwhile let's get back to helping others with a quantum jump.

Let me tell you how Harriet Trejo did it. Harriet's dog Woolfy was ill. He was listless, wouldn't eat and was seemingly just wasting away.

She went into her meditation level and imagined herself at the hallway in front of the Quantum Door. She mentally formed the words, 'I want to go to a parallel universe where the world's greatest veterinarian is curing my dog Woolfy.

The door opened, she stepped through and imagined herself with Woolfy and a vet alongside her treating Woolfy.

He sprayed an elixir over Woolfy and he got up and ran off and around in circles, full of life. He came back to Harriet who then imagined them walking off and playing.

She sustained the image for quite a while she said and when she came up out of her meditation the dog licked her face and went to his bed to sleep. The next morning he was his old self again eating and barking to be let out into the back yard.

Harriet told me it may have been a coincidence but whatever it was he was his old self again.

Then she asked me a very pertinent question; 'Can I do that for a human also?' Well that opened a lot of very special doors because my answer was, 'Of course.'

And that is what you are going to do right now. This next module is really just a practice module for helping and healing other people. I'll guide you through this one but you can easily do this yourself.

And of course after you have become more familiar with the concept of quantum jumping into someone else's reality you will be better equipped and more familiar with the true power of the quantum jump.

The idea behind the Healing Jump is to go to a universe where the healers

are so advanced they just wave an energy rod over the problem area of the person and that's it.

You may have your own idea as to the universe that you want to travel too, perhaps a different method of healing.

For this practice run we will use the energy rod. When you step over the threshold of the Quantum Door you will find yourself in the operating room of a hospital of the future, but the present in the universe you will be going too.

There will be a table there; on that table you will imagine the person you pick to be involved with the healing.

Get a sense that you are watching, you're an observer only. But you can see the doctor looking over the person on the table and waving the energy rod over the body of the person being healed.

After that visualize the person getting up from the table, shaking the doctor's hand, then shaking your hand and smiling.

See the person walking briskly away, and that's it. A Quantum Healing. Before you listen to the next module please have someone in mind who you would like to help.

Module 25: The Meditation For Quantum Healing Others

This is the quantum healing method of deepening your meditations.

Use the technique of going into and coming out of the meditation three times consecutively and you will find yourself more concentrative and better able to relax and allow your body to adjust itself to a better place.

For the quantum healing you want to be very deep and so we will use the three in and three out method of deepening.

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

As you mentally repeat each number, mentally repeat it at less volume. Three, three, three.

Take another deep breath and while exhaling mentally repeat and visualize the number 2 three times in the same manner.

Take another deep breath and while exhaling mentally repeat and visualize the number 1 three times in the same manner.

I will count from one to three and you will project yourself to the hallway that contains the Quantum Door.

1, 2, 3 you are now in the hallway, in front of you is the Quantum Door.

Relax

At the count of three open your eyes and come to full awareness.

1, 2, 3,

I will count from one to three and you will project yourself to the hallway that contains the Quantum Door.

1, 2, 3 you are now in the hallway, in front of you is the Quantum Door.

Relax

At the count of three open your eyes and come to full awareness.

1, 2, 3,

I will count from one to three and you will project yourself to the hallway that contains the Quantum Door.

1, 2, 3 you are now in the hallway, in front of you is the Quantum Door.

Relax

At the count of three open your eyes and come to full awareness.

1, 2, 3,

I will count from one to three and you will project yourself to the hallway that contains the Quantum Door.

1, 2, 3, you are now in the hallway, the Quantum Door is closed. In a moment the door will open and you will step through into a parallel universe.

You will step through and be in a universe where a great doctor is waiting to help with your friend.

At the count of three the door will open and you will step through to be in a futuristic hospital operating room; it will be in a parallel universe.

1, 2, 3 the Quantum door is opening. The door is open. Step through and imagine that you are in the hospital operating room of the future, a doctor is standing by.

Imagine it, know that you are there, create it.

I am going to count from one to three and at the count of three the person you wish to help will be laying on the table that is in the center of the hospital operating room. The doctor is standing by.

1, 2, 3, the person you are helping is now lying on the table. The doctor

walks over to the table and waves the energy rod over the body of the person you are helping.

Imagine that, daydream the scene if you must but do get a sense of the scene.

See the person you are helping get up and off the table.

The person smiles and shakes hands with the doctor; then comes over to you and shakes your hand. Now the person walks away briskly.

Relax. You may help as many people as you wish with this method.

In a moment I will count from one to five. At the count of five you will project yourself back to the hallway, and then you will open your eyes, be wide awake and feeling better than you did before.

You will more and more see the good side of things and of people and every morning you will feel better than you did the day before.

1, 2, 3, 4, 5 eyes open, wide awake feeling better than before.

CD-9: The Reverse Jump and Your TRUE Self

Module 26: How To Find Your True Self

Your true self, now what does that mean?

Let me simplify that, when you were an infant you were brought up differently from every other person on the planet, unless you are an identical twin, triplet etc.

But even then, one small event that took place that your sibling was not involved with could have changed everything for you.

You were no doubt brought up with love, but even if you had the most loving parents on earth there was still an influence on your beliefs, principles, and attitude.

But let me tell you a story about a woman who was brought up with love until something interfered to wipe out all the love and goodness in her life.

I was training a group of hypnotists in how to use hypnosis to overcome trauma, something of a highly negative nature that happened in the past.

The Hypnovision seminar took place in Frankfurt, Germany.

Ursulla Becker was a woman in the class who had gone through the latter part of World War II as a youngster.

She was nine years old in 1945 and went through the bombing of Berlin.

Her strongest memory was that of being in a shelter, it was an underground train station and jam packed with people.

She recalls her greatest concern was not the bombs but of her mother finding her and her two sisters a corner somewhere so that they would be comfortable for the night.

The muffled sound of bombs exploding was so constant that no one paid them any mind.

But then one night something happened to change the comfort level, the ceiling caved in and there was devastation in the place.

She recalled the incident as a somewhat fuzzy running around in a panic, looking for her mother and sisters but they were no where to be found. Three days would pass before they all got together again.

Whatever self she might have been was gone from that incident on. What would her true self have been were it not for that traumatic experience?

I found out later that Ursulla wasn't in the class to learn hypnotherapy, she was there because she hoped to receive some.

During the five day class other students, during the practice sessions, worked with Ursulla and her problems in the present but to no avail.

Nothing seemed to help. Ursulla was a mess.

She was anorexic, was a hypochondriac, fearful of people and had been a recluse for ten years.

Her younger sister Alma, who had gone through the same event didn't seem to have been bothered by it at all and had a nice family of her own along with a loving and successful husband.

Alma is the one who was trying to pull Ursulla out of her shell and practically dragged her to the seminar.

This was a good opportunity for me to see if a quantum leap, which is what I called it at that time, would work.

Hypnosis didn't seem to have any effect on Ursulla, she was as morose after the third day as she was when she arrived in the class.

I was just starting my research into the parallel universe idea and asked both Alma and Ursulla if they objected to my doing something they might consider a bit unusual.

Alma was ready for anything and Ursulla just shrugged. I briefly explained

the premise of infinite universes and the concept of twin selves and doppelgangers.

That was when I discovered the word doppelganger was of German origin and meant double walker.

Ursulla perked up a bit when she heard the word as everything I said was repeated by an interpreter I was working with as I do not speak German.

My interpreter was a good one and I have used her many times in the past both in Germany, Austria and in Zurich the German speaking part of Switzerland. But for ease of explanation I will tell the story as though I was speaking directly to Ursulla.

I told Ursulla that her true self, the self that might have been; the one that she would be if there had been no bombing, no shelters, and no war, that self could be brought back.

Just as if nothing had interfered with her normal childhood. What we were going to do was to go to a place where she had a normal childhood, with no traumas.

A place that still existed in a universe parallel to our own but could only be arrived at mentally.

There she would find her doppelganger who had known only sweet words and loving kindness from her parents, teachers, and peers. A world that exists, and takes but a thought to get to.

I explained that due to the magic of infinity, there is no time, all things are in the now and that little girl that was the true self of Ursulla still existed at the very age she had experienced all that trauma.

But her doppelganger had no such experience. Her doppelganger was her true self, the self that might have been. And then I asked Ursulla if she would like to visit that nine year old self.

‘What do I have to do?’ she asked.

As this was a training class for hypnotherapists I explained to the class that this was a new therapy I was still working out and doing research on but that it had helped many others in different situations and the idea behind it was to mix up the trauma with the world of the true self, the one that might have been and during that process the problems that came about due to the trauma were often neutralized, and even erased from the persons mind.

‘What is going to happen,’ I explained to Ursulla as well as the class, ‘is that you will go to a universe where that nine year old you knew nothing about war, or bombings, or shelters.

The nine year old you that you will be visiting, your doppelganger, will be a true self—an untarnished self that has had no negative programming at all. Just imagine it as I guide you through the event.

‘Are you going to hypnotize me?’ Ursulla asked.

‘No, for this process we will use only meditation as I want you to be free to control the situation yourself and not wait for me to give you direction.

What we will do is to take you to two situations, two doppelgangers.

One of them will be the one you remember, that you in the bomb shelter, with bombs going off overhead, and you being alone for three days after the ceiling caved in, scared out of your wits.

The other situation will be your true self, the one that might have been had there been no war, no shelters.

You will visit both places as I guide you and you will switch from one to the other back and forth, three times.

I then spoke to the class.

What we are doing here is taking the positive energies of one situation and mixing them up with the negative energies of the other situation.

When the negative energies blend with the positive they neutralize one another and dissipate.

This technique can be used for many different situations. I used it once for a young lady who was almost hit by a car when crossing the street and from that time on was terrified of crossing any street.

By mixing the situation of her close call with another of her crossing streets normally, her trauma dissipated, and disappeared after one session. I was trusting that is what would happen with Ursulla.

I guided her through the meditation and then had her in the hallway in front of the Quantum Door.

The door opened and she went into the scene of the ceiling caving in with the tumult of the event. She imagined seeing herself crying and in a panic.

Then I told her to go back to the hallway and once again she went through the Quantum Door but this time on the other side was her true self, in a universe where there was no war, no shelters, no bombs; just a loving family and a happy home.

The first universe was called false self, the second was called true self.

I then said, 'Ursulla I am going to clap my hands and each time I do you will switch universes. The first time I clap you will jump to your false self in the shelter, the next time I clap my hands you will jump to your true self with your loving family and happy home.

I directed her back to the hallway and the following took place.

'False self.' I clapped my hands

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'True self.' I clapped my hands.

'False self.' I clapped my hands.

'True self.' I clapped my hands.

'False self.' I clapped my hands.

'True self.' I clapped my hands.

'Now back to the hallway. I'm going to count from one to three and your eyes will open and you will be wide awake. 1, 2, 3, eyes open wide awake.'

And that was all there was to it. This wouldn't be much of a story if Ursulla remained the same. Her entire countenance had changed. She looked relaxed and smiled for the first time in months her sister said.

The next day Alma thanked me for bringing her sister back to life.

The things that cover up and hide your true self are the events and suggestions made by all the authority figures in your life prior to your teen years.

They are the events that keep you from your true self. A self without outside programming and suggestions by authority figures, by parents, friends, family, religious teachers, educational teachers, the media and life in general would generate a true self.

This is not to say that outside influences are not important, they are. But all of them place burdens on the true self.

Somewhere there in a multitude of parallel universes is your true self; the self that was meant to be.

Unblemished by outside material looking only within the self for direction for always there are forks in the road, choices to be made.

The pure self is your true self and would make the right choices if given the chance.

Look at it this way, it is as though your true self is constantly giving you direction but cannot talk the way that you speak.

It can only give you reminders in the way of that road you are on.

Say that as you stroll along the road of life there is a boulder in the way, metaphorically speaking of course, you walk around the boulder and there is a deep ditch; you walk around the ditch and confront a tiger, you somehow avoid the tiger's teeth and claws and there in front of you is a body of

water, you manage to swim through only to come to a mountain; and life is very hard. That's a message.

Your true self, still hidden deep in your subconscious is telling you that you're on the wrong road.

And so finally you get the message and you change. What do you change? That I can't tell you but change you must; perhaps you become more social, or less social; maybe you call that person you were angry with, or maybe you don't, perhaps you take a trip, or cancel one.

You buy something, or you sell something.

Whatever you do it is something. And after the thing is done you discover the boulder is still there but the tiger is gone, the ditch is there but the water and the mountain is gone.

That too is a message saying good, now you have the idea, and whatever it is that you did you do more of, and again, and life begins to get easier. That too is a message.

When life is filled with difficulties it is a message to you saying basically, you're on the wrong road, make some changes in your life.

They may be minor, they may be major but change you must. And after the change when life gets easier, you know you're on the right track. Keep at it, your true self wants life to be easy and happy. Here is where a quantum jump can help.

There are many twin selves who are on the right road. They are the ones you want to visit and get some energy from.

See how they fared by making different choices than you did and then you may decide to make similar choices.

But why would you jump to their reality? How will that help you here in this reality? By seeing how things might have been you will be better able to adjust your attitude and bring back the energy of that true self you.

By changing your attitude towards things you will find more and more, that you will be attracting the things you should have had in the first place.

So when you are guided to the hallway, before the door opens, think about an incident in the past where you had a choice, and go to the twin self who made a different choice.

After that, jump to a different twin self who made other choices, and then, do it again.

Here's the way you can quantum jump to that true self of yours and uncover a new destiny. A better destiny.

On the next module I will guide you all the way, just follow along with my words and when you are in the small hallway facing the Quantum Door, then think about that incident that you wish you could have done differently.

For now find a comfortable place where you can be undisturbed for twenty minutes or so and we will begin.

Module 27: The Meditation For Meeting Your True Self

At this time relax,

We will start 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 your true self utilizing the power 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 relaxed 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, relaxed 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, relaxed 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 at the relaxed level of mind. 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 something.

This is an ancient technique we call the 'Bagha.' Use the Bagha when you wish to strengthen intent.

At this time your intent is to visit a twin self in a parallel dimension, your doppelganger, a twin self who made different choices than you did.

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 your doppelgangers 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 choices you made in life. Were the choices

about money, a product, a thing, a person?

Whatever your intent was 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.

This jump will take you to a twin self who is a true self. A self who always does the right thing, always makes the right choice. Life is easy for this self of yours in another universe.

That self could be you. Imagine that. When you step through the quantum door plan on seeing how your life could have been.

When you get a good view of your twin self's life merge with that self. Just imagine that your body is slipping into your twin self's.

That will give you a sense of the energy of that self, an energy that you can take back with you to get closer to your true self in this dimension, this universe.

Relax.

I will now count from one to three and the door will open. 1, 2, 3, the door is opening, the door is open.

Step through and imagine you are with a twin self whose life is happy and easy. It's a true self.

Take your time, use your imagination. Create the scene as you would have it be.

Begin.

(Pause 60 seconds)

Now back to the hallway, I will count from 1 to 3 and you will be with a dif-

ferent twin self. A different true self who made still different choices.

Once again use your great imagination, create the scene as you would have it be, after getting a sense of your true self in that universe get close and take back some of that energy with you. 1, 2, 3; begin.

(Pause 30 seconds.)

Relax.

Repeat mentally, I feel better and better. I see the good in myself. I have a positive viewpoint towards myself. Every day I get more and more confident in my own abilities.

Relax.

In a moment I will count from one to five. At the count of five you will project yourself back to the hallway, and then you will open your eyes, be wide awake and feeling better than you did before.

You will more and more see the good side of things and of people and every morning you will feel better than you did the day before.

1, 2, 3, 4, 5 eyes open, wide awake feeling better than before.

Module 28: Could You Be A Doppelganger?

One way that I have found quite rewarding is that of helping a twin self in a parallel universe who is requesting it.

After all in an infinite universe there is a doppelganger self, a you who wants to talk to you. You have what that self needs.

What is it?

Only you can find that out, and to do so you simply have to have the desire and intent to help that self.

This is the highest form of help thy neighbor and encompasses all the aspects of the great golden rule 'do unto others as you would have them do unto you' because by helping your doppelganger you are indeed helping yourself.

In an infinity of universes there are twin selves that need advice from you, you can help that twin self. You may not even realize what that self could possibly want from you but you do have much to share.

In this instance you are the doppelganger; you are the twin counterpart. By helping your twin self you will find many doors opening for you in this universe as the positive energies of the benefits that you offer your twin self will resonate in all universes.

You will have a glimmering of what that energy entails if you recall any time in the past that you gave a helping hand to someone.

It might have been with money, or it might have been with a word of encouragement or it may have been with your labor.

As example I carry eight or nine ten dollar bills in my car at all times.

They're in the glove compartment and when I see a homeless person on a street corner I take one out and give it to him or her. It's not much, but it is something and the gratification I receive is priceless, not to mention the smile on the person's face.

I recall a time in San Francisco. I was doing a seminar and was strolling at the along Fisherman's wharf in the early morning.

An elderly woman dressed in rags was sitting with her back to the wall of a restaurant, fast asleep. I rolled two tens together and slipped it in her hand between her fingers.

I crossed the street as she woke up. She stared at what was between her fingers and the smile that broke on her face warmed me for days. That's the kind of energy we are going to be stimulating with the reverse jump.

Here's how it works. You know the routine to get to the hallway in front of the Quantum Door.

Once there you concentrate on energy coming to you. That's easy if you do it this way. Think of someone tossing you a ball. Think of a car coming towards you. Think of a person walking towards you.

That will put you in the mode of reception and the energy flow will be towards you. Then you think of helping a twin self who has a problem.

The door will open and a twin self will be with you in the hallway. You do not jump into a parallel dimension for this one, your doppelganger is the one who does the jumping, into your universe; your dimension. Now you are in the hallway with your twin self who has a problem.

Suddenly you are made aware of the problem.

It may be that your twin self tells you the problem or it may be that it just floats into your mind but suddenly you are aware of it.

You are the controlling force here.

You solve the problem by creating a mental image of the solution and taking your twin self into the picture with your daydreaming mechanism to work out the solution.

Visualize the two of you acting out the solution to the problem. It will be easy if you just pretend that you have the solution to the problem.

Once you've taken your twin self through the solution, then visualize the hallway once again. Hug your twin self, see a smile, and then allow your twin self to go through the doorway to the home universe.

The door closes and you've done the good deed, the Reverse Jump.

Here's how I used the reverse jump yesterday. I had just finished one of my photo paintings.

I was driving through the outskirts of Palm Springs last week looking for a subject when I noticed this old house that had been foreclosed on. The swimming pool was empty of water, a door was hanging loose and it was in a general state of disarray.

Looked like a good subject and so I took the photos, had them processed, glued them on to a foam core board and painted out what I didn't want and painted in a new background and foreground.

After completing it I left it on the easel and stared at it for a while when the thought came to me that there was a doppelganger of mine who needed something to do and photo painting might be just the thing for him.

I sat in a chair and meditated. I imagined being in the hallway, the Quantum Door was closed.

The door opened and my twin self came into the hallway, we hugged. He said he would like to learn to do photo painting but didn't know a thing about painting. I said that was all right neither did I when I started.

We went out and started taking photos of a scene.

In your imagination you can project yourself anywhere. I showed him how to stand in one place to plant himself and swing the camera around to get the entire scene from side to side and from top to bottom. Then we went back to my office with a stack of photos.

We glued them on a foam core and then I painted in the background which was sky and clouds, then the foreground and soon there was a completed photo painting.

As this was all mental it only took a few minutes. My doppelganger was happy with the result and then back to the hallway. We shook hands, hugged, and my twin self Burt stepped back through the doorway into his own universe.

I felt wonderful having helped my counterpart.

Every now and then I will do a reverse jump and help a twin self of mine with writing, lecturing, or whatever else he may want.

Kind of stirring up the energies so that when I jump into a parallel my doppelganger will be waiting to help me.

You are only limited by your imagination. Use your imagination. Are you really in a parallel universe, a different dimension?

Are you really talking to a twin self and helping that self? Is that twin self really helping you or is the entire process psychological; kind of a philosophical placebo?

What's the difference? The only question for you to ask is does it work. And when it does, then the concept is real; for you.

So use the Quantum Jumping process and have a better and more interesting life.

To ease you into the reverse jump on the next module I will guide you all the way. What I can't do however is come up with the project to develop a solution to the problem as I do not know what problem your twin self might have.

But when that self comes through the door remember, you are the doppelganger this time, and you have the answers.

So relax, find a comfortable place where you will be undisturbed for twenty minutes or so and we will begin.

Module 29: The Reverse Jump Meditation

Find a place where you will be undisturbed for a short while and we will begin the meditation where you will be the doppelganger and will be helping your twin self.

We will start with a 3 to 1 count. This module is not to be played in a moving vehicle; this is a meditation exercise to help you get to the hallway of the Quantum Door to await your twin self.

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 proper 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 relaxed and at ease.

Get a sense of yourself, sitting comfortably, eyes closed and at the meditation level. 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 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 once again 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 are about to do something.

I am going to count from one to three and you will be in a small hallway with a door in front of you.

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

This is the Quantum Door, 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 is your twin self, the twin self of the person you intend to help.

This time however you will not be jumping through the doorway but will be waiting for your twin self to come through from the other side.

This twin self of yours has a problem and is seeking help from the doppelganger self. That doppelganger of your twin self is you. The person coming through from the other side of the Quantum Door is your twin self who has a problem that you will help to solve.

I am going to count from one to three and at the count of three the door will open and your twin self will be coming through.

You are the doppelganger in this case as your twin self has a problem that you will help to resolve. By helping your twin self you gain in positive helpful energies.

At this time, to make it easier for your twin self imagine a ball coming to you, now imagine an automobile coming towards you, now the auto disappears and a person is walking towards you. You are now in the receptive mode.

1, 2, 3, the door is opening and your twin self is coming through. Your twin self walks over to you and you hug. I will be silent for a while and you will imagine your twin self telling you of the problem to be solved.

Relax. Begin.

(silence for 60 seconds.)

Relax.

Now take your twin self to the place where the problem has been resolved and create a mental image of the solution and take your twin self into the picture with your daydreaming mechanism to work out the solution.

Visualize the two of you acting out the solution to the problem. It will be easy if you just pretend that you have the solution to the problem.

Relax and once again, begin.

(silence for 60 seconds.)

Once you've taken your twin self through the solution, then visualize the hallway once again. Hug your twin self, see a smile, and then allow your twin self to go through the doorway to the home universe. The door closes and you've done the good deed, the Reverse Jump.

Relax. Every now and then do a reverse jump and help out your twin self.

I will count from one to three again and at the count of three your eyes will open you will be wide awake feeling vital, refreshed and restored.

You feel wonderfully restored after helping your twin self. All your cells have received a goodly portion of the positive energy you receive every time you do this meditation.

1, 2, 3, eyes open wide awake. Feeling wonderfully restored.

CD-10: Unlimited Prosperity With The Midas Jump

Module 30: The Golden Touch

The Midas Jump will be quite interesting if you are still seeking that sometimes elusive money consciousness.

Only one person can turn you into a money magnet, and that person is you yourself.

You may have heard that if you give a person with a poverty consciousness a million dollars, a year later that person won't have any of it left.

Whereas if you take a million dollars away from a person with prosperity consciousness, a year later they will have it all back. That is so, but what exactly is a poverty consciousness?

Your Midas Doppelganger knows. For him/her making money is like taking candy from a baby.

The Midas Jump is designed for you to attract affluence and money, instead of scarcity and hardship.

It takes a bit of work on your part, but how hard did you work to get where you are? The Midas quantum energy source is what creates that prosperity consciousness.

I have two friends that are a case in point; I won't mention their names but you will understand why in a minute.

I'll call them Al, and Bob, and they are the same age. Al finished high school but didn't have any further education.

His father earned just enough to keep the family eating and sheltered. Al got a job as a clerk at Macy's department store shortly after he graduated high school.

Bob on the other hand, came from a family of some affluence; his father was a corporate attorney and they lived in an upper middle class neighborhood.

After high school Bob went on to college and after four years decided to put all that education to use and out into the world he went.

That was forty years ago which would put make both Al and Bob around sixty years of age today.

Al is a multi millionaire with a big home in Beverly Hills, California, Bob is struggling, living in a modest apartment on the outskirts of Oakland and is working for a credit company soliciting new business over the phone.

Why?

If I had to guess I wouldn't know where to begin.

There could be a thousand reasons Al made millions and Bob struggled through life, but one thing I would bet on Al had a money consciousness and Bob didn't. What that means is they made different choices.

I know that you have heard the term poverty consciousness and money consciousness, probably hundreds of times, but what exactly is that? Let me put it in a nut shell.

Al and Bob made different choices.

I personally know of a few of the choices they made.

About thirty years ago Al told me he had purchased a lot of land in Anaheim and was going to build a house on it and then sell it.

It was a safe thing to do as Al figured if it didn't sell he would move into it.

What was the choice?

At the time he had a steady job at Macy's and making a comfortable salary.

Doing what he wanted to do his choice was to quit his job and go into an unknown territory.

I say unknown because Al didn't know a thing about building.

But he learned, he hired all the trades and spent every minute on the job questioning each craftsman.

By the time the house was finished Al was a contractor; and oh yes, he did sell the house; needless to say he made lot of money and was off and running.

But he needed a license, and so he chose to study and to go after his general contractors license and he eventually got it.

What about Bob? It was about ten years after Al built his first house that Bob also was confronted by a choice. A friend of his told Bob about a bank president who said that their board was open for a new director.

Bob got interested. What would it take to become a bank director and the automatic title of Vice President that went with it?

Bob spoke to the President of the savings and loan who told Bob he would have to buy \$80,000.00 worth of stock and pledge to purchase \$120,000 more in two years.

That was no problem, Bob owned a restaurant and in the worse scenario he could always sell the restaurant.

Bob put in all the spare money he had, \$80,000.00, he was really proud of the fact that he was one of the directors of the savings and loan.

Three months later the savings and loan went under and Bob's \$80,000.00 was gone. Obviously buying into the bank was a very bad choice.

Al and Bob made many choices in their lives to get them to where they wound up, I just happened to know about those two.

You can bet however that most of Al's choices were made from a totally different perspective than did Bob's.

Now comes the big question. How do you know if you are making the right choice? How do you know if you have a poverty consciousness or a consciousness of affluence?

It's easy to say just look at what you have.

If you have everything you want, and if you want everything you have then chances are you have a money consciousness; but there's a whole lot more to it than that.

Once again attitude comes into the picture. Al's attitude towards life is totally different than is Bob's.

But how would you develop a money attitude?

Well as this is about Quantum Jumping the answer is easy, just go to your Midas doppelganger. Midas certainly has a money attitude and a money consciousness.

After all the story of the Midas Touch has been told for a thousand years, its embedded in the very culture of the world. Every thing that Midas touched turned into gold. Now that's a money consciousness.

I actually know someone like that. He has an estate on the Mediterranean that beggars the imagination.

One hundred and fifty prime acres of manicured lawns, lakes, fountains and fruit trees of every description with peacocks and miniature deer wandering about the walled in estate that looks more like a palace than a home but home it is.

He wanted me to present a private class and I really didn't want to so I told him my fee for a three day one on one class was \$50,000.00 and all expenses, first class.

He didn't bat an eye when I said that over the phone, he just quietly said 'that's fine' and sent me a check the next day. It turned out as though he had a personal fairy godmother tapping him on the shoulder with a magic wand every day of his life.

Every venture he undertook was successful.

He was a millionaire at sixteen years of age and doubled his net worth

every year for ten years. As a matter of fact that was his goal, doubling his worth every year. He did it for ten years and at the age of twenty six was a billionaire.

How did he do it? you may well ask. Once again, it was choices.

He made all the right ones and he also put himself in the way of big deals for that was where the big money was. He was successful in oil, in banking, in cattle, and in real estate.

He bought an old ferry boat, refitted it and sold it a year later quadrupling his investment. Every thing he touched turned to gold.

I asked him how he did it and his answer was, 'it has always been like taking candy from a baby for me.' Now that's a consciousness that reeks of affluence. How does one acquire that type of consciousness?

First of all to acquire a money consciousness you must be aware of money and your relationship to money.

Educate yourself. If you don't already know, learn a bit about income and expenses. If your income is a thousand dollars and your expenses are a thousand and one dollars you will be unhappy with your relationship to money; but if your income is a thousand dollars and expenses are nine hundred and ninety nine dollars you will be happy with your relationship to money.

You might say that the difference between a happy money relationship and an unhappy one is just one dollar. Learn a bit about investing, and what money does.

In other words don't just think about money by itself but what money is and does. Many people I know have no idea about money, oh they know they bring in so much and they spend so much but beyond that nothing.

First of all you should know that there are basically three types of expenses. There are fixed expenses such as rent, mortgage payments, insurance, electric and gas bills and such; you have no control over fixed expenses. Then there are semi-fixed expenses such as food, clothing, hair care and

such; you have a bit of control over semi-fixed expenses.

Third are discretionary expenses such as entertainment, restaurant meals, video rentals, larger vehicles and such; these you have full control over. Become aware of which of the three categories your money goes.

Just an awareness of this will bring you a bit into the money consciousness area. If you have failed in past ventures with respect to money, analyze every aspect of the failure so that you will not repeat those same errors.

Once you familiarize yourself with your income, your spending habits, and analyzed any of what you consider errors in the past, you have taken the first step to a money consciousness.

The next step is to jump into a twin self who has a money consciousness; a Midas consciousness. What you want is to take the attitude of your doppelganger, the energy of your doppelganger back to this reality.

You have a Midas twin self. In an infinite universe anything that can be imagined, is. By going to that self and seeing how he/she does it, you can merge with that self and take back with you, the Midas energy.

The module following this one will take you to that Midas twin self. In the ancient story of Midas, he was a king; but for our Midas, Midas could be a king, or a queen. But whatever the gender, the touch will be that of a golden one that will turn everything into gold and affluence. Your twin self has the Midas touch.

And most important, to start you on your way, every morning upon awakening take the first finger of your strongest hand and press it gently on the area just above the spot between your eyes, for five seconds.

That is your Midas touch and it will be programmed during the following meditation.

For now, find a place where you will be undisturbed for fifteen minutes of so and we will begin the meditation for, The Midas Jump.

Module 3 I: The Midas Jump Meditation

At this time relax,

We will start 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 your money consciousness self utilizing the power 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 relaxed 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, relaxed 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, relaxed 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 at the relaxed level of mind. 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 the Bagha when you wish to strengthen intent.

At this time your intent is to visit a twin self in a parallel dimension, your doppelganger, a twin self who has a very strong and successful money consciousness.

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 will be a door, a transit to a parallel dimension.

By now you know exactly how to get to your double in another dimension so just relax and follow along with my words.

One, two, three, you are now in a small hallway; in front of you is the Quantum Door. On the other side of the door is an infinite number of dimensions and universes. When the door opens you will step through and be with your twin self, your doppelganger who has a strong money consciousness and has the Midas touch.

One, two, three the door is opening, the door is open, step or jump through and imagine that you are with an affluent twin self.

A twin you who has the Midas touch and who can lend you the energy of a money consciousness.

Imagine it, create it, visualize it.

Your twin self is you as you might have been had you had a different upbringing and had you made different choices in life.

This twin self is affluent and has had a money consciousness for many years. Imagine the home of this twin self, large, filled with expensive wall hangings, carpets, couches and all the trappings of wealth.

Look at the wall on the left with its expensive works of art. In a corner of the room there is a grand piano, and on the right side a large ornate fireplace. What else would you imagine your twin self would have in this luxurious home?

Seated on a plush couch is your twin self, there is a comfortable chair alongside; go over to the chair and sit in it and imagine a conversation with this twin self of yours.

Take your time, I will be silent for a bit.

(silence for 40 seconds.)

Relax.

Now to take on some of the energy of your twin self. Imagine that your twin self is standing and move closer, then still closer until you have merged and now you are looking out of your twin self's eyes.

Imagine that you are absorbing the energy of the twin self and the consciousness of money that your twin self has. Now with the forefinger of your strongest hand press gently on the spot between your eyes just a little bit above your eye level.

Keep it there while I count to five. 1, 2, 3, 4, 5. That's fine, you may take your hand down now.

Relax.

Every morning when you wake up, gently press the first finger of your strongest hand on that spot between and a little above your eyes. This is your icon for a money consciousness.

Relax.

I will count from one to three and you will bid farewell to your twin self and go back to the hallway in this reality. 1, 2, 3, back to the hallway.

I will now count from one to five and at the count of five your eyes will open and you will be wide awake and fully aware.

1, 2, 3, eyes open, wide awake and fully aware.

CD- I I: Unbreakable Health With The Cellular Jump

Module 32: Fixing Organic And Cellular Problems Within You

I've been experimenting with different kinds of quantum jumps and during the research have come up with an interesting way to work out physical problems such as organic and cellular.

What that means is that if an organ isn't functioning properly, or the cellular stability of potassium and sodium is out of balance, problems come into the picture.

I was looking for a means to rebalance, or energize the good cells of the body and to restore the organ to normality.

This time the jump through the Quantum Door isn't into a universe where your twin self is but to the organs and cells themselves.

The very word Quanta means the smallest particles.

You might say the invisible ones. Just as your cells are invisible except on the microscopic level, so concealed in those cells are the cause of all physical problems.

Hidden in those cells are also the means to strengthen and restore the cells and in turn of course restore the organ to its natural functioning.

The part of the cell that we are concerned about is the sodium potassium part.

Briefly, every cell of your body contains sodium and potassium plus a generator that controls the cells by pumping energy in the form of electricity to each cell. The generator is known as the sodium potassium pump.

The pump is stationed, so to speak, in each cell membrane and pumps the ions, or electrically charged atoms, of sodium and potassium in and out of the cell to energize it.

The s/p pump is the reason that the body absorbs nutrients and excretes

waste from organs like the kidneys and lungs and that regulate the water balance of the body.

What all that means is that each cell of your body, on the molecular, and quanta levels is like an electrical generator with the necessary positive and negative poles stimulated by the amount of potassium and sodium in the body.

The sodium potassium energy field is similar to the rechargeable battery in your cell phone.

Let's use that rechargeable battery as a metaphor, an example.

When the battery is brand new you charge it for a few hours and it does the job for days.

As you use the battery more and more it weakens and takes longer to charge while the energy expended lasts a shorter time. After a while the charge takes longer than the discharge and the battery has to be thrown out.

In a similar manner your cells, which take a strong charge in the beginning, take longer and longer to replenish the energy that keeps the organs in good working order.

An infant, whose cells are in perfect balance with respect to sodium and potassium has energy to spare, but when the energy runs out a short nap is necessary.

After the nap, bang, off they go again. Teenagers seem to have an endless supply of energy. The sodium potassium pump is doing its job.

Approaching middle age the S/P pump has to deal with an instability of the balance and it takes longer and longer to 'recharge' the cells.

More rest is required for less action. In old age the sodium potassium is so off balance that it may require an hour of rest for a few minutes of activity. That is with respect to physical action.

There is also the weakening of the pump's ability to keep the balance and

this weakens the organ and causes problems, all due to the inability of the sodium/potassium pump to regulate the electrical flow of the ions of the cells.

With that as a background we can now ask the question; 'Can quantum jumping restore the S/P balance and 'recharge' the body's batteries; so to speak?'

Once again, in an infinite universe, and an infinite number of universes whatever can be imagined, is.

That being the case, why not use the Quantum Jumping method to jump into a parallel where your organs and cells are available?

It only requires one of two things, making yourself small enough to enter a cell, or making the cell large enough for you to enter.

As you will be using your daydream mechanism to do this it is simply a matter of visualizing the cell. As this is iconic and metaphoric whatever you sense to be a cell will be correct.

You don't have to be accurate in your imagery as it is your intention to enter the cell and intent overrides all other values.

This is not a lecture on biology and although the study and history of cells is a fascinating subject we only use the cell for healing and keeping in good health metaphorically.

In the parallel you will be jumping to you will find the cell large enough for you to enter easily, and to do the energizing to bring the cell back to full charge so that the organ it represents is once again working at its best level.

Cells have many levels and much material in its nucleus but we are only concerned with the potassium sodium balance and restoring it.

As what we are doing is a metaphor we can do virtually anything at all so long as it is our intent to restore, recharge, and bring the cell back to its full capacity. Here's how to do that.

In effect, you will be jumping into your own body, your own organs, and your own cells.

First thing of course is the relaxing meditation.

Then when you are deep and relaxed you visualize the hallway and the Quantum Door. While in the hallway you think about the organ or the part of your body that has a problem.

The image does not have to be exact. If as example there is a problem with the stomach and you do not know what a stomach looks like whatever you sense is correct.

You may visualize a deflated or inflated football. That will be your representation of a stomach and it will be correct.

Whatever you visualize will represent the part of the body you wish to help.

Thinking about the organ open the Quantum Door and step through the doorway.

On the other side of the door is your twin self's part of your body that you wish to correct. It is large; large enough to merge into and look around.

Once inside the problem part of the body you will make it larger until it is so large that each individual cell can be seen.

You then go into a cell. Whatever the cell looks like to you will be correct. If the cell looks like a balloon, or a basketball that is your representation for a cell.

Imagine that part of the cell requires fixing. Imagine that the sodium/potassium is off balance and you are going to help to pump the proper amounts of sodium, and then the proper amount of potassium.

There should be more potassium than sodium for a healthy cell balance. The S/P Pump is the regulator of the cells.

Now that you visualize yourself inside the cell create a pump to regulate the sodium potassium balance which consist of a low concentration of sodium ions and a high concentration of potassium ions.

The pump moves these ions in opposite directions across the membrane of the cell creating the necessary positive/negative energy flow that produces the electrical charge that recharges the cell.

The pump is your creation and will be whatever you visualize it to be. It can be a simple bicycle pump, a small mechanical pump, or an elaborate nuclear pump; whatever you create will be correct.

Turn the pump on and imagine the cell stimulated and going from an unhealthy grey look to a healthy pink.

Then you extend the visualization and see the cells like stars. Billions of them. See them all turn from grey to pink.

Then visualize the organ that had a problem and see the organ healing and becoming healthy again.

Then pop out of the organ and view your healthy twin self walking briskly as you merge with your twin self to carry the revitalized cell structure back with you to this reality.

Please note: You cannot do this wrong. Whatever you visualize as an organ or as a cell is correct for you.

This is a metaphor that helps you to organize your own cells in a healthy, strong and vital manner.

During the following module I will guide you through the process. For now consider what organ or part of your body you would like to work with.

Or if you are healthy and vigorous but have some person that you know who has problem you may use this exact technique on that person.

Module 33: The Cellular Jump Meditation

Find a place where you will be undisturbed for a short while and we will begin the meditation to re-charge the cells.

We will start with a 3 to 1 count. This module is not to be played in a moving vehicle; this is a meditation exercise to help you get to the cellular level of a twin self and bring back the energy of the cells and organs.

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 proper 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 relaxed and at ease. Get a sense of yourself, sitting comfortably, eyes closed and at the meditation level.

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 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 once again 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 are about to do something.

I am going to count from one to three and you will be in a small hallway with a door in front of you.

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

This is the Quantum Door, 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 is your twin self, or if it be your intent to help someone other than yourself, the twin self of the person you intend to help.

The body of that self is open to you.

When you go through the doorway you are able to get right into the cellular level of the body to pump energy into the membrane of the cell and restore the balance of potassium and sodium to re charge the cell.

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 selves 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, that self will allow you to enter the cellular level of the body to recharge and to stimulate healing whatever part of the body needs it..

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. 1, 2, 3, the door is opening, and now

just jump or step through it.

Relax.

I am going to count from one to three and at the count of three you will project yourself into the cellular dimension of the twin self.

You will be inside the cell. 1, 2, 3, you are now inside the cell. Imagine it, visualize it; daydream that you are there.

Now that you visualize yourself inside the cell create a pump to regulate the sodium potassium balance which consist of a low concentration of sodium ions and a high concentration of potassium ions.

The pump moves these ions in opposite directions across the membrane of the cell creating the necessary positive/negative energy flow that produces the electrical charge that recharges the cell.

The pump is your creation and will be whatever you visualize it to be. It can be a simple bicycle pump, a small mechanical pump, or an elaborate nuclear pump; whatever you create will be correct.

Turn the pump on and imagine the cell stimulated and going from an unhealthy grey look to a healthy pink.

Then you extend the visualization and see the cells like stars. Billions of them. See them all turn from grey to pink.

Then visualize the organ that had a problem and see the organ healing and becoming healthy again.

Take your time; begin.

(Silence for 60 seconds.)

Relax.

Now pop out of the organ and view your healthy twin self walking briskly.

Now merge with your twin self to carry the revitalized cell structure back with you to this reality.

I am going to count from one to three and at the count of three you will be back in the hallway of this dimension.

You will feel restored and energetic. Your good cells have all been recharged and are doing the work that nature intended for them to do.

1, 2, 3, back in the hallway.

I will count from one to three again and at the count of three your eyes will open you will be wide awake feeling vital, refreshed and restored.

All your organs are working as they should and health and vigor are returning to you.

1, 2, 3, eyes open wide awake. Feeling wonderfully restored.

Thank You.

BONUS CD I: Creating Miracles With Quantum Water How To Energize Water And Use It For Healing, Positive Energy And Correcting Problems

And so we come to another idea on how to use the concept of Quantum Jumping to have a better, and continuing to get even better life.

This module is on the art of vitality and a radiant being, radiance and vitality. I believe that I qualify better than most to give you my thoughts on this as I define radiance it has to do with charisma, warmth and happiness and as far as vitality here is my typical day.

Up at 6:30 a.m.

Breakfast usually bread, cheese, and coffee, my favorite.

By 7:30 I'm at the computer going over e-mail, looking over the news and checking the reports of my web-sites.

9:00 I'm busy writing. What am I writing?

In general it would be any of three things. I could be working on the outline and script for an upcoming seminar, or I could be writing about Quantum Jumping, been doing a lot of that lately, or to take a different vein I could be working on my next novel, Loreosa.

Usually I write for two hours and then meditate for twenty minutes or so to put my energies at ease.

Then I may paint for two hours while the light is at the apex. Some where in there I'll have a light lunch.

After painting if the weather warrants, my dog will take me for a mile and a half walk. Then back to the computer keyboard and my current project till dinner time. After dinner, maybe an hour or so of television, and then back to the computer, generally until eleven.

Turn off the computer and to bed to read something light for fifteen minutes or so and then to sleep.

That is substantially my average day.

And I love every minute of it.

I sometimes think about the fact that I'll be 82 next month but not that much. And oh yes, I do have a companion who lives with me and brightens much of my day, her name is MariAnne and she is very much into the same things that I am.

So what is the secret is it diet?

I don't think so as I eat just about everything that strikes my fancy. In moderation of course, I do most things moderately.

I don't smoke or drink with the exception of an occasional glass of wine with dinner. Exercise?

Not much except for that walk with my dog.

After thinking about it for years now; the subject always seems to come up, I believe the answer is attitude; that above all else.

So let me give you my ideas on the subject of youth and longevity and how a Quantum Jump can help you to achieve that state of mind that we call attitude to not only have a healthier, longer life, but a life that is exciting and one that you look forward to every day.

It would appear that most problems due to attitude are caused by either feelings of guilt, or regrets.

To put it another way failures in life.

They could be small failures and they could be big ones but every time we feel that something could or should have been done differently there is a bit of a hole in our energy fields.

A feeling that something has been done wrong creates a nagging of the subconscious self.

This feeling of failure when one piles one error upon another creates sub-

conscious regrets that can only be dealt with by the limiting factors of self punishment; that business of 'I only deserve so much.'

Long ago I discovered that failure is only failure if you don't learn something from it. For me, failure is a learning experience.

And that's how it should always be. If you have learned from what you considered a bad experience, a failure so to speak, then it has been a positive event and that's the way you should look at it.

Change your attitude toward the event and you change your life.

Quantum jumping can help in that respect as in our infinite multiverse, everything that could happen, has happened.

Everything that will happen, has already happened. In an infinite universe everything is happening right now.

That being so you can find any part of your life going in any direction you can imagine somewhere during a Quantum Jump.

So the first step towards changing your attitude to that of youthful appearance and a longer than the average life span life, is to go through that door and open it to go to a twin self who has taken a different course than the one that is causing you problems.

Let me tell you about a case in point, Harry Sherman was a barber in Los Angeles.

In 1994 there was a strong earthquake in the North Hollywood area where Harry had his shop. Along with many other buildings, the one he was in collapsed and his shop was totaled, destroyed completely.

Luckily the quake hit very early in the morning before anyone was in the building but Harry's business was gone.

He was under a great deal of stress due to the fact that his insurance did not cover earthquakes or floods and he had put his life savings into the shop.

He came to one of my seminars, I believe it was Supermind because he heard that the main thrust of the class was to reduce and eliminate stress. Harry was forty five at the time I met him but looked sixty.

I don't know what he looked like prior to losing his business but I was told he looked ten years younger not fifteen years older.

But I know what stress can do to a person. Harry was defeated. So far the story is accurate, but for now let's just play what if.

He was bothered by his loss, especially by money problems, and to top it all off his wife had just given birth to twins, one of who had a cough that kept them up all night.

If that weren't enough Harry's mother called to say that she had a fight with his father and was moving out of the house and wanted to stay with Harry and his wife Ethel May.

It wouldn't have been so bad but Ethel May's sister in law Rene who was just released from the asylum had fallen on Harry's front porch while visiting and had to stay there on the living room sofa also bringing her pet canary and boyfriend Charlie who slept by the couch on the floor with his ever-present guitar by his side.

With a houseful of people Harry figured he had better get rid of Baby Doll, the pet python he kept in the cellar as if Baby Doll got loose the snake might scare one of the guests.

Well the worst part was that when Harry went down stairs to feed Baby Doll he discovered the six rats that were going to be Baby Dolls dinner, had escaped. You can imagine how frantic Harry was because those rats were trying to get as far away from Baby Doll as they could and somehow they got out of the cellar and wound up in the living room where Ethel May's sister in law Rene who was just released from the asylum was fast asleep near her boyfriend Charlie who was on the floor by the couch, his guitar alongside him, sleeping also.

Rene had a bag of woodbine hung around her neck to ward off evil spirits which they did, but unfortunately rats love to nibble on Woodbine.

Imagine Harry's surprise when he found three of the rats he was looking for squatting on Ethel May's sister in law's chest, nibbling on the bag that hung from Rene's neck and was laying on her chest with her fast asleep and snoring lightly.

Without thinking Harry picked up Charlie's guitar that was lying beside him on the floor and smashed it down on the three rats that were nibbling on the Woodbine. Rat and guitar pieces flew all over the place.

He got the rats but unfortunately now how to contend with a hospital bill as Rene wound up with four broken ribs and Charlie wanted Harry to buy him a new guitar.

Harry felt as though the universe was against him, was there anything in Quantum Jumping that would help?
Now I'll bet you think that's just a story I made up; well it is.

But in some parallel universe Harry's situation happened exactly like that. So let me tell you how Harry solved his problems.

First to get rid of the stress, remember we are setting up a process for youth and for longevity.

He got a CD of the Daisy Pond and was told to listen to it on getting up in the morning, and once again when he went to bed at night. He was to do this for three weeks and then report to me how his life had gone during that period.

That was one thing, another thing he was to do was to use Quantum Water to change the energy in his home by programming it and sprinkling it on every wall, ceiling and floor.

Now then you may well ask, 'What is Quantum Water?'

Quantum Water is water that has been programmed by intent and love to correct problems.

Let me tell you how I have used it in the past. I have tons of stories about Quantum Water I'll just tell you two or three so that you will understand

and accept its value.

The first time I noted the effectiveness of energized water was during a children's class in personal development that I was presenting.

To demonstrate love and hate I got three of the exact same plants in three flower pots. We took a glass of water and each child would hold the water and say I love you. I love you. I love you, to the water.

The water was then used for plant number one. The same was done with a different glass of water except this time they said I hate you, I hate you, I hate you to the water, and plant number two was watered with the hate water. The third plant, the control, got just water, with no emotions directed at it.

At the end of three weeks, the control plant was about three inches tall, the love plant was six inches tall and the hate plant had withered.

The next time was in a class with a young man who had dreadful acne. He was about sixteen and had tried everything to no avail.

Learning about Quantum Water he energize a glass of water by saying, I love you three times to the water and then saying clear skin after which he patted the water all over his face. The next day his face was clear.

That one was as close to a miracle as I've ever seen.

Another time I had occasion to use Quantum Water was during a private session I had with the minister of protocol in Geneva Switzerland where I was doing a special training for him.

At one point he told me that he couldn't concentrate as he was in distress. It seems as though he had a serious case of constipation and was going to take a prescription laxative that he had gotten from his doctor.

I told him about Quantum Water and programmed a glass of it by holding it in front of my eyes and saying, love, love, love, and then saying bowel movement. The minister drank the water and I left.

That evening he called me at my hotel and said about ten minutes after I left

he had the greatest bowel movement he had ever had.

Why does Quantum Water work, I don't know, I only know that it does. When I moved into my new house six years ago I took a glass of water and Quantumized it by first saying love, and then good energies, three times as I held it in front of my eyes.

Then I walked through the empty house and sprinkled a few drops of the water on every wall, every ceiling and the floors.

I also do that with cars and equipment like computers and such.

Oh I could go into long detailed and complex explanations of how its working but I'll let the scientists do that, I'm only interested in the fact that it works.

It works on so many things that you will be using Quantum Water in many aspects of your life.

The next module is one that you will be using again and again. It's in every one of my offerings and has been for thirty five years now.

It's called the Daisy Pond, this one is different only in that I created it specifically for this series, for you and is a narration by myself specifically for this program. For the first week or so play it every morning, and again in the evening just before you go to bed.

While listening to it take a Quantum Jump to the Daisy pond universe where everyone on the planet has their own private fountain of youth we call, the Daisy Pond.

So find a place where you will be undisturbed for a fifteen minutes or so and we will take a Quantum Jump into the universe of the Daisy Pond.

BONUS CD 2: The Quantum Daisy Pond Meditation Quantum Jump Into A Breathtaking Universe Of Peace, Relaxation And Rejuvenation

Make yourself comfortable. And do not play the meditations in a moving vehicle.

We will begin with a 3 to one 1 count.

Make yourself comfortable, close your eyes, take a deep breath and while exhaling, mentally repeat and visualize the number 3 three times. (pause)

Take another deep breath and while exhaling, mentally repeat and visualize the number 2 three times.

(Pause)

Take another deep breath and while exhaling, mentally repeat and visualize the number 1 three times.

(Pause)

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 after me. Every day I improve my viewpoint towards myself. I am a unique human being, there is no one else on earth like me. Every day I grow in the direction of thought that I can. I can think; I can create; I can do.

Relax.

Imagine that you are standing at the top of a stairway.

There are fifteen steps leading to a small hallway. At the end of the hallway is a large door. The door is closed.

On the other side of that door is one of the infinite universes in the super

universe.

The universe on the other side of that door contains a restorative planet; a place where all who know about it can refresh and restore their selves to health and vitality.

The ultimate place of healing and restoration is the Daisy Pond, a beautiful pond in the middle of a forest of green with trees, flowers, and birds and animals of every description; all friendly and helpful.

The Daisy Pond has mystical restorative waters. Lush vegetation is all around the pond as well as all those friendly animals, colorful birds and beautiful friendly fish. The sky is always blue here and there are many white fluffy clouds lazily drifting overhead. In the center of the warm, blue green water you will see a large daisy.

The daisy is large enough to lie in.

When you project yourself into it's center you will imagine that you are lying in the center of a huge, soft daisy.

The Daisy Pond is your creation and will be whatever you wish it to be. It can be your greatest place of relaxation from stressful conditions and a place to restore health.

Relax.

You are now going to walk down the stairs.

A step at a time and slowly.

You are on the top step.

Imagine yourself stepping down to the 14th step.

Now the 13th.

The 12th.

11th.

10th. 9. 8. 7. 6. 5. 4. 3. 2. and now the bottom step.

Walk to the end of the hall facing the large door.

The door is quite large, made of carved wood.

It has a brass doorknob. The door opens outward. Reach out and touch the doorknob and the door will slowly open. The door is opening. The door is open. When you step through the doorway you will be in the quantum world, the world of the daisy pond. Step through...

And there in front of you is the pond, the Daisy pond. Relax.

Sense the blue green waters. Sense the vegetation, the flowers, the trees, the friendly animals. Here and there you can imagine a lily pad floating on the surface.

Around the Daisy Pond is lush vegetation, beautiful flowers.

Focus your attention on the center of the pond.

There in the center is the Daisy.

A magnificent, huge Daisy growing ten feet high, twelve feet high, whatever height you create will be the height of the daisy.

I am going to count from one to three; at the count of three you will project yourself into the center of the comfortable, soft, fluffy daisy. 1.2.3.

It is comfortable, you are comfortable. You are very comfortable. Sense the blue sky, the occasional white cloud. Relax. (pause)

Sit up. Look around you. Sense the lush green vegetation.

You may see a friendly animal, or two, or three, or more. Look at the pond.

The clear water, Ease yourself to the edge of the daisy. You're on one of the pedals now. At the count of three, ease yourself off the pedal and slide into the water.

The warm, buoyant, magical waters of the Daisy Pond. One, two, three. Off the daisy and float downwards into the mystical, restorative waters of the Daisy pond.

You can swim in this water. It is your own private fountain of youth. Float and swim for awhile.

(Pause)

If you like, you may swallow some of the water, it has healthful qualities, it has cleansing qualities.

Relax.

The magical water of the Daisy Pond can be mentally breathed.

When you mentally take a breath of the waters imagine it cleansing your circulatory system. Imagine it cleansing and purifying your entire system. (pause)

Now dive under the surface of the pond and swim underwater.

Swim to the bottom and if you like you may play with any fish you might see. All the fish are friendly, they are your imaginary fish, as beautiful as you wish them to be.

Take a deep breath; feel the water of the pond flow through your body. Feel the strength and energy enter your organs, the very cells of your body.

You feel better and better, you feel marvelous as the water enters your system to cleanse and relax you. You are totally relaxed. Relax. Enjoy. (pause)

Now swim back to the surface, easily, gently. Relax (pause)

You are back at the surface. Float and swim for awhile. (pause)

I'm going to count from one to three, at that moment you will project yourself back on to the Daisy.

One, two, three. You are now in the center of the comfortable daisy.

Look in the distance. In the distance you can see three mountain peaks. One of them is covered in snow.

The highest one is the snow covered peak.

I am going to count from one to three and at the count of three you will float up from the daisy, and just like Peter Pan, you too will fly. You will fly up, circle the Daisy Pond and then fly towards the snow covered mountain peak.

Here in the land of the Daisy Pond you have the ability to fly if you like. When you reach the snow covered mountain you may fly right up to the snow and then you may play in it for a little while.

1, 2, 3.

Gently float up. and up and up.

Now circle and see the Daisy Pond from a different perspective. You are now looking down on the Daisy Pond. Now circle once more and fly towards the snow covered peaks. As you fly look down at the area below you.

You will see many exciting things. Jungle and plains, different species of animals. All friendly. Everything in the land of the Daisy Pond is interesting and friendly.

(Pause)

You are now approaching the mountain peak. Closer and closer, You are now at the peaks. Fly over them. And play in the snow if you so desire.

(Pause)

Now out of the snow. Circle the mountain Peaks and then fly back towards

the Daisy Pond. Easily flying.

(Pause)

You are now approaching the Daisy Pond. Closer, closer. Now you are directly over the Daisy.

Gently lower yourself onto the Daisy until you are sitting on the surface.

You are now in the Daisy.

Relax.

I'm going to count from one to three and at that moment you will project yourself back to this dimension, back to the hallway at the bottom of the fifteen steps.

Relax.

At the count of three you will project yourself back into the hallway at the bottom of the fifteen steps.

One, two, three. You are now in the hallway. The door to the Daisy pond is closing.

The door is closed. Walk slowly up the stairs. You are at the bottom step, now the 2nd, the third, fourth, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, and now you are at the top of the stairway.

Relax.

Repeat mentally, Every day in every way, I am getting better and better. I feel better and better.

I see the good in myself. I have a positive viewpoint towards myself. Every organ in my body is restoring itself to the best of health.

In a moment, I am going to count from 1 to 3.

At that moment, you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before.

1 - 2, coming out slowly now.

At the count of three you will open your eyes, be wide awake, feeling fine and in perfect health, feeling better than before.

3. Eyes open, wide awake, feeling fine and in perfect health, feeling better than before.
