

### Instructions:

This mp3 is designed to give you the ability to quickly and easily reprogram your mind just by writing into a notebook.

1. I recommend you buy a notebook, any notebook and then on the cover right "special notebook." This will be the notebook that you write your commands in. Its very important you write down "special notebook" on the cover or it won't work. This tells the subconscious to pay attention only to this notebook and not anything else you write down as a direct command.
2. I recommend listening to the Mp3 at least once every other day for 1-2 weeks. One week bare minimum, two weeks for the best results. Afterwards all you need to do is write down in your notebook what you want to happen.
3. When you write down instructions in the notebook, use present statements. So instead of saying "I'm going to be muscular" , say "I am muscular and I continue to get more muscular each and every day". Remember everything must be in a state of happening in the now. Your subconscious will then turn it into a reality.
4. when the subconscious mind begins to turn these instructions into a reality it will do pick the fastest way to do it. You may notice sudden changes in your belief systems, life style changes etc. The subconscious will do its best to guide you and trick you into making your new reality happen.
5. I recommend only starting off with 1-2 statements in your notebook and then wait until you see results before adding more. you don't want to add 10 different statements and directives that overload the brain and spread you thin, this is a good way to not see results.
6. You can use this with subliminals, if you choose to use it with subliminals make sure you write instructions to compliment the subliminals . Otherwise wait until your subliminal takes effect before listening to the notebook.
7. Be safe and sane and don't write evil things about yourself in the notebook
8. If you write something you don't want in the notebook anymore, just cross it out.
9. I recommend you write it out on a separate paper before transporting it to your notebook.

10. Read the notebook once in the morning and once at night to enhance the effects.
11. Once you write something in the notebook, your subconscious will immediately begin working on it. Depending on the size or complexity of your request it could take 24 hours or 3 months.