

## A Short, Step by Step Guide to Using the Various Products that Make Up the Life Transformation™ System Z

In March 2006 we launched several new products and services including the companion (interactive) workbook to the Life Transformation Formula. I am very excited about that since it provides you with even more ease and focus to get what you want in life using your thought power.

All the Life Transformation products and services are designed to work together as a whole to accomplish one primary purpose in your life. For a relatively low cost and time investment using these products you acquire the tools and the ability to use the power of thought to transform the life you have into the life that you imagine is better.

**This document is intended as a short guide for people who are using the Life Transformation™ System Z products, or for people who are interested in doing so.**

For you to experience and enjoy applying the skill of consciously forming thoughts and manifesting them is the objective I desire you to attain from using these materials. In order to do so we deal with the relationship you have with your mind as well as your own ability to focus and concentrate thought regarding the actual circumstances of your everyday life. We also bring in important Destiny tools to analyze and handle consciously the assessment and use of your strengths and the wise handling of your personal weaknesses.

There is variety and flexibility on the order and sequence that I suggest you move through the materials. The intended result of all the materials, no matter what path you navigate them is for you to enjoy complete feeling and experience that you now know how to take the life you currently are having into your thought level and then transform it in your imagination into what you imagine is better. Subsequently experiencing in real life and recording the results that what you once only imagined has now arrived in real life for you. That is the definition of really living in my opinion! I want that for you and here is how to do it:

**The Life Transformation Formula e-book** is a home study workshop that guides you through a simple, concise, yet highly intense and effective program to gain a good relationship with your mind. This home study workshop is for most people the first thing to do. How long it takes to complete all the exercises is something you determine by your own comfort level.

I recommend the Life Transformation Formula e-book as the primary and most important task to undertake and complete in your endeavor with this mind yoga method.

The other products enhance your work with the Life Transformation e-book. **The Invocative Affirmation** for me came first before the e-book. For years I worked with that alone as a foundation for all my life to be guided and manifested for my highest good. The Invocative Affirmation needs to be memorized. Having the Invocative Affirmation

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internalized makes all your work with the Life Transformation Formula protected by Divine Love and in harmony with all the best for you.

I recommend that you memorize this affirmation as soon as you can.

The first exercise you learn in the Life Transformation Formula is the win list. Do the win list everyday that is the only required thing to do every day to maintain presence with the Life Transformation method.

When you finish the home study workshop which is presented in the Life Transformation Formula e-book you never need to go back and do it again except for continuing a daily win list. You can do any exercise whenever you want to or need to however there is something better once you get through that process.

After completing the e-book you can move on to experience using the method by applying it to real life. The workbook is the best way for you to experience pulling all that you gained and accomplished in the home study workshop together in interactive software called **the Life Transformation Workbook**. Use the Workbook as often as you feel comfortable to do so, while continuing to do the win list each day. This is the way to experience results upon results building over the years from your own work with your own mind and your skill forming and focusing your thoughts.

The Life Transformation Workbook is your tool for forming and focusing your thoughts both in the universe and in your own universe in a way that is supported by the vast power of your own mind. This way your mind supports your efforts rather than constantly sabotaging you. This will all make more sense once you have completed the Life Transformation Formula e-book, home study workshop. Then all you need is the Workbook and the Invocative Affirmation and you can do it. You can imagine what you want your life to be like and enjoy the experience of having that manifest for you enough to make you very satisfied for your investment of time, money, and effort in doing this work. Very satisfied.

**To further support your efforts to work with your mind harmoniously and use thoughts to better your life there are several special audio files that are included in the Life Transformation System Z materials.** It is true that the entire core method is contained in the Workbook and the Formula and you need nothing else except to make sure all that you do is in harmony with your highest good and some Divine source. Although all can be obtained with the knowledge you put into practice gained by the e-book and workbook your process and experience of manifesting the life you want can be enhanced greatly by these audio programs that you cannot get anywhere else. In fact there is nothing like **the Life Transformation audio file.**

Get this and listen to it and you will appreciate the uniqueness of the words, and the original and yet fundamental mental structures they build for you in areas that greatly assist you to form the root of a good life.

Additionally, the new **Money and Health audio files** address the vitally important needs that their titles indicate, with complex and precise scripting to assist you to produce the result of a good financial life and a healthy body. Use the Life Transformation audio file, and the Money and Health subliminal audio files as supplemental assistance to build

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session, a Destiny Analysis and 6 half hour coaching sessions I can assure you that is the ideal way to go with all of this once you have the materials. If you can get in touch with her and be guided through the Life Transformation System Z by her, or the people that she chooses to match you with, ( including me) then you will experience all of this in the most premium form that it is offered.

You can also get assistance with your mind and manifesting by visiting various areas on my websites which you can discover by following the navigation menu at the bottom of all the web pages on my sites. For example visit the money magic page, or read the articles I wrote.

Whether or not you decide to reach out and enter our special coaching program or to do this on your own you can enjoy what seems like miracles using the Life Transformation method. This is because of the power of what you have inside of you and what happens when you apply your inner gifts using this high quality system.

Whichever way you do this, thank you for making the world a better place by applying yourself to using the Life Transformation System Z method for transforming the life you have into the life you imagine is better.

### **Enjoy.**

Peace and Love and Thanks,

Jorj Elprehzleinn

*Here are some inspirational quotes for you about mind and using thought:  
(special thanks to Thomas Allen for putting most of these together and sharing them with me.)*

"Little does humanity realize the power that lies behind human mind because mind manifests through physical form, something we can see and understand; yet everything we do stems from the impulse of mind working in conjunction with the brain cells and the body. It is amazing how so many people confuse the mind with the brain, not realizing that the brain is a physical thing that receives the impulses from the mind and translates them into a physical reality through the senses and the nervous system. The universal impulses come through the solar mind and find finite expression through the brain."

*Alfred J. Parker*

"...if there is intense study of how MIND is indeed the builder, it will see that what is held in the act of mental vision becomes reality in the material experience."

*Edgar Cayce*

"...with our thoughts we create the world..."

*Buddha*

"Money is just an idea"

*Robert Kiyosaki*

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"Be still and know that I am God"  
*Psalm 46:10*

"The goal of the science of yoga is to obtain that necessary inner stillness by which one may truly know God."  
*Paramahansa Yogananda*

"The power of thoughts is real and we must learn to use it positively. The future holds the promise of our destiny. We can have a foretaste of it and live in its reality in advance, by projecting an image of it in our imagination. Positive thinking by the means of imagination becomes an effective exercise, capable of transforming our entire life."  
*-from a Kheops International brochure (they sell small pyramids)*

"Whatever you create in your life you must first create in your imagination."  
*-Tycho Photiou*

"It is through the imagination that the formless takes form."  
*-Catherine Ponder*

"As man imagines himself to be, so shall he be, and he is that which he imagines."  
*-Paracelsus*

"Your imagination is your preview of life's coming attraction."  
*-Albert Einstein*

"What is now proved was once only imagined."  
*-William Blake*

"Imagination is more important than knowledge."  
*-Albert Einstein*

"If you can imagine it you can achieve it.  
If you can dream it you can become it."  
*-William A. Ward*

"Imagination precedes manifestation!"  
*- Tycho Photiou*

"If you can dream it you can become it."  
*- William A. Ward*

"Imagination precedes manifestation!"  
*- Tycho Photiou*

"What people don't realise is that most of their lives are unconsciously determined."  
*-Dr Milton Erickson*

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"Though we often live unconsciously, "on automatic pilot," every one of us can learn to be awake. It just takes practice."

-*The Buddha*

"One of the greatest obstacles to mental progress is a lack of specific goals which are established in such a manner that they become a regular stairway of effort where one easy activity leads to another easy effort which, when continued over a period of time, allows the ascension of the mind from the simple to the complex and from the physical through the mental to the spiritual."

- *Kabalarian Teachings*

"It is not enough to have a good mind. The main thing is to know how to use it."

-*Rene Descartes*

"Always start out with the end in mind."

-*Colin Rose*

"It is when you try to meditate-when you decide what your mind should think-that you may come to realise that you are not your mind, but simply the observer of your mind, and your mind doesn't always want to do what you tell it to do."

-*Tycho Photiou*

"A MIND ONCE STRETCHED NEVER RETURNS TO ITS ORIGINAL DIMENSION."

-*Colin Rose*

"When you make the unconscious conscious, you begin to heal."

-*Freud*

"Work on your unconscious mind and your unconscious mind will work on you."

-*Thomas Allen*

"My unconscious mind looks after my every need my conscious mind looks out for my every greed."

- *Thomas Allen*

"The best bridge between the conscious mind and the unconscious mind is a good nights sleep."

- *Thomas Allen*

"The body maintains itself according to the information contained in the subconscious."

- *Tycho Photiou*

"When people will not weed their own minds, they are apt to be overrun with nettles."

- *Horace Walpole*

"Begin by being still. Quiet the outer world, so that the inner world might bring you sight."

- *Neal Donald Walsch*

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"Any idea, thought or picture we hold in our minds will if it has some emotional significance for us, produce the same reactions as if the event or situation were actually happening."

- *Helmut W.A. Karle*

"A bigot is a person who slams his mind in my face."

- *Anon*

"The heart already knows.....what the mind can only dream of.....trust your heart."

- *Anon*

"Courage and gaiety and the quite mind."

- *Anon*

"Mens sana in corpore sano' ( a healthy mind in a healthy body)."

- *Rene Descartes*

"Knowing how your mind works is a great advantage in this day and age."

- *Stephen C. Parkhill*

"Be afraid of nothing, you have : All wisdom, all power, all strength, all understanding."

-*Eileen Caddy*

"Whenever man looks out at the awesome infinite universe he is in awe, because he is looking into the Mind of God."

- *Thomas Allen*

"Brawn is finite. Mind Is Infinite."

- *Buddhist Proverb*

"The mind of man is capable of anything because everything is in it, all the past as well as all the future."

-*Joseph Conrad*

"All that is comes from the mind; It is based on the mind, it is fashioned by the mind."

-*The Pali Cannon 500 - 250 B. C.*

"The mind contains all possibilities."

-*Lord Buddha*

"Let us train our minds to desire what the situation demands."

-*Seneca 4 B. C. - A.D.65*

"Mind is the cause of my thoughts, Soul is the cause of my feelings."

-*Tycho Photiou*

"Have an open mind to enhance the flow of information, and an open -heart to enhance the flow of love between you and all of life."

- *Tycho Photiou*

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"With an open mind you will be open-hearted. Being open-hearted you will act royally. Being royal, you will attain the divine."

-Lao Tzu

"In the beginner's mind there are many possibilities, in the expert's mind there are few."

- Lord Buddha

"Good-humoured patience is necessary with mischievous children and your own mind".

- Lord Buddha

"Louisa Rhine suggested that telepathic impulses escaped through the deep unconscious and entered a storehouse of memories, a "mind" that is to all intents and purposes everywhere."

-Thomas Allen

"The mind should be nowhere in particular."

Takuan

"Nothing is impossible to the willing mind."

- The Hann Dynasty

Two qualities inherent in consciousness are attention and intention. Attention energises, and intention transforms.

The past, present and future are all properties of consciousness.

The past is recollection, memory; the future is anticipation; the present is awareness. Therefore time is the movement of thought. Both past and future are born in the imagination; only the present, which is awareness, is real and eternal. The best way to prepare for any moment in the future is to be fully conscious in the present."

- Deepak Chopra

"The source of wealth, of abundance, or of anything in the physical world is the Self; it is the consciousness that knows how to fulfil every need."

- Deepak Chopra

"Let your mind become clear like a still forest pool."

- Lord Buddha

"If you let cloudy water settle, it will become clear. If you let your upset mind settle, your course will also become clear."

- Lord Buddha

"An idle mind is.....the best way to relax."

- Anon

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"Your mind will be like its habitual thoughts; for the soul becomes dyed with the colour of its thoughts."

- *Marcus Aurelius*

"Now we are ready to consider what can be the greatest benefit of mental development: The birth of independent thinking. In a world of prejudice and rampant irrationality, of opinion manipulation and standardized attitudes, of ideological indoctrination and occult persuasions, nothing is more needed than a independent, critical and clear mind."

-*Piero Ferrucci*

"Every time you say or think your memory is poor, you are making it so, for it is a psychological law that whatever is repeatedly suggested to the mind tends to become a reality. To improve your memory, use this law positively. Suggest to yourself repeatedly, especially at night and as you wake in the morning, that your memory is improving."

- *Robert J. Lumsden*

"Never be afraid to ask questions; they do not reveal ignorance so much as a lively and enquiring mind."

- *Robert J. Lumsden*

"When we give our minds and our responsibility away, we give our lives away."

-*David Icke*

"SOMETHING you think does you good does you more good than something that does do you good."

-*Anon*

"Visualise states of mind as different frequency bands."

-*Carol Adrienne*

"You give birth to that on which you fix your mind."

- *Antoine De Sain-Exupery*

"The highest yoga is the control of the mind."

- *Srimad Bhagavatam*

"It is essential that the mind and the body become motionless."

- *Hsieh Tao Kuang*

"Not he is great who can alter matter, but he who can alter my state of mind."

- *Ralph Waldo Emerson*

"When your mind goes blank, how do you know?"

- *Anon*

"The trouble with keeping an open mind is that people keep dropping things in it."

- *Anon*

"The universe is made of mind stuff."

- *Sir James Jeans*

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"In the garden of your mind, would you like to cultivate pleasant thoughts or thorny memories?"

- *Hindu Saying*

"The mind is its own place, and in itself can make a Heav'n of Hell, a Hell of Heav'n."

-*Paradise Lost, Milton*

"There is but one mind, everyman is an inlet to that one mind."

- *Emerson*

"The mind's highest good is the knowledge of God, and the mind's highest virtue is to know God."

-*Spinoza, "Ethics"*

"The mind can't hold opposing thoughts. It's hard to feel jealous or deprived when you're expanding your own capacities. Read more; take a course; learn to cook; master a musical instrument or a sport."

-*Anon*

"The mind is like a parachute. It doesn't work unless it's open."

-*Unknown*

" Actually, emptiness of mind is not even a state of mind, but the original essence of mind which Buddha and the Sixth Patriarch experienced. "Essence of mind," "original mind," "original face," "Buddha nature," "emptiness"--all these words mean the absolute calmness of our mind."

-*Shunryu Suzuki, "Zen Mind, Beginner's Mind"*

"Our mind is like an onion, and each day and month of practice progressively peels away the layers of delusion."

-*Geshe Ngawang Dhargyey, "Advice From a Spiritual Friend"*

"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."

- *William James*

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