



10Minute
Awakening

Quick Start GUIDE



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DISCLAIMER

No portion of this guidebook is intended to replace medical advice.

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.



WELCOME TO YOUR 10 MINUTE AWAKENING!

The Quick Start Guide

Thank you for getting the 10 Minute Awakening, and congratulations!

When I first made this program, it wasn't a product. I didn't have any plans to sell it. Instead, I was just putting together the research and tools I needed to make my life better.

But once I saw the truly magical results, I knew I had to share it with the world!

This system has given me a whole new life, full of the excitement, happiness, and adventure I've always wanted.

I felt more confident, less stressed, and more passionate than ever before.

And I know it can do amazing things for you, too!

After all, the 10 Minute Awakening uses thousands of dollars in research to create the most powerful transformation possible.

**THIS QUICK START GUIDE
WILL HELP YOU GET RESULTS
FASTER.**

If you simply put on some headphones and hit PLAY, you would actually get results!

But I want to make sure you experience the incredible transformation you deserve, and that starts with a few quick tips to help you get the most out of your program.

So follow the simple advice in this guide book, and watch your life change fast.

**10 MINUTE AWAKENING IS
THE FIRST STEP TO INFINITE
POSSIBILITIES.**

The beauty of this program is its ability to clear away negativity, stress, self-doubt, and fear. But once that's gone, what do you do next?



I quickly discovered that, while it felt **amazing** to finally be stress-free after years and years of suffering, I had so much more room to grow.

I started by creating Awakened Wealth, a program that helped me not just pay off my bills, but create an unlimited fountain of wealth, gifts, and abundance in my life.

Then, I worked with my friend and neuroscientist Johnathan to create Awakened Health - a program that rejuvenated and healed me.

Eventually, we had a massive library of new programs designed for very specific improvements we called **Awakened Insiders:**

- Motivation.
- Productivity.
- Wealth.
- Health.
- Weight Loss.
- Comprehensive Healing.
- Chronic Pain Relief.
- Pranayama Breathing.
- Sleep Miracles.

We had 7 full-length courses, 14 mini courses, over 30 audio programs, and more than 1,000 hours of videos and ebooks...

Each designed to improve specific parts of your mind and manifest unique gifts in your life.

So once you complete 10 Minute Awakening, be sure to continue your growth and self-improvement with Awakened Insiders!

As you will soon learn, you have a truly unlimited potential, given to you directly by the Divine Source of the Universe.

With each program in the Awakened series, you can fine-tune your transformation and experience the **exact** change you want.

From losing weight, to improving your finances, to finally buying the home of your dreams...

[It's all here, waiting for you, in the Awakened Insiders membership.](#)

Now, let's begin your 10 Minute Awakening journey...



HOW TO FOLLOW THIS PROGRAM

Step-by-step instructions.

1. Go to Awakening Week 1, the first audio in your program.

2. Find a place where you can sit by yourself, with headphones on.

3. Get comfortable. This step is important!

4. The specific sound frequencies are critical. **This sound is calibrated to a unique frequency that stimulates your brain in a precise way.** Avoid any other sounds, as they can interfere with the results you experience.

Listen to Awakening Week 1 every day for a whole week (7 days).

Next, listen to Awakening Week 2 every day for 7 days.

Finally, listen to Awakening Week 3 for one week.

You can repeat this process, but it's important to follow the schedule each time for maximum results.

Be patient. Even the most powerful medicine doesn't work instantly.

It's okay to have a bad day. Over time, these frequencies and guided meditation sessions will have a profound impact. The important thing is to be consistent.



HOW TO USE EACH BONUS PROGRAM

Get the most out of your bonus gifts.

CREATIVE SLEEP TIPS:

- This program has a unique frequency that stimulates creativity and brain synchronicity during sleep.
- Sleeping with headphones may seem difficult, but it's best to have headphones or earbuds with this program. The difference in each ear's soundwave is important to stimulating the correct frequencies in your brain.
- You may be tempted to overthink this program. For example, if you want to come up with a new idea for work or write a new song, you might try to focus on that as you fall asleep. Instead, it's best to let go of your thoughts and let the program work on your subconscious.
- Before going to bed, however, it's a good idea to work on the problem you want to solve, if you have a particular issue you're dealing with. Your subconscious brain will work out the solution as you sleep.

- If you don't wake up with a "eureka moment," don't worry. The program is still working! You just may not be consciously aware of the work your subconscious has done. Over time, your creative boost should become more obvious.

MELT AWAY STRESS TIPS:

- The most important step is to remove yourself from the stressful situation you're in. If you're listening to the program while your kids are jumping on you, you probably won't feel relaxed!
- Similarly, finding a new environment, whether that means getting outside the office or sitting on a park bench, can help your mind let go of the stress you're fighting.
- Give yourself permission to forget about the things you're worried about. It's easy to let yourself repeat the same stressful thoughts over and over.



If you simply give yourself “time off,” the world will still go on! The Universe will NOT fall apart just because you take some time for yourself.

PURIFY & HEAL TIPS:

- This program is designed to trigger cellular healing through the mind-body connection.
- Just like you should remove yourself from stressful situations to improve your Stress Destroyer results, it's important to remove yourself from any damaging situations before using Gamma Healing.
- Avoid harmful products, such as nicotine, alcohol, and other drugs for at least several hours before and after using Gamma Healing, unless otherwise instructed by your doctor.
- Avoid excess heat, cold, and radiation.
- Your healing can be maximized by using this program before bedtime or when you have plenty of time to relax afterwards.

FLOW STATE TIPS:

- One of the most effective ways to use this program is to “sandwich” it in between your work or creative thought process.
- For example, work on your project for a while, then use the Genius Frequency program. Finally, go back to work.
- This will allow your subconscious to be rewired around the specific problem you're working on and give you an instant boost to tackle your work with more creativity, focus, and intelligence.

ALPHA WAVE BONUS

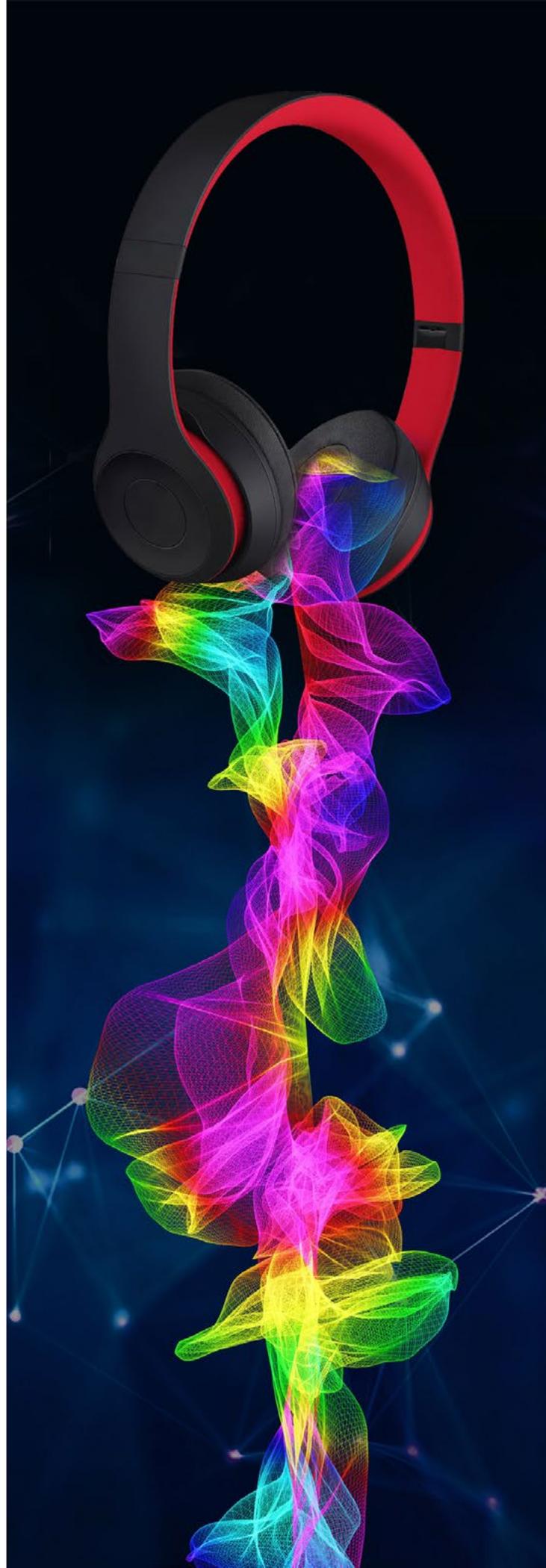
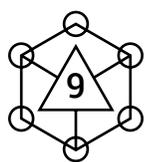
BINAURAL TRACK:

- Alpha Waves are critical for many unique processes in your brain.
- Creativity and stress reduction are two of the most common.
- You can use this bonus track whenever you need to quickly relax or trigger some new creative ideas.



THETA WAVE BONUS BINAURAL TRACK:

- Theta Waves are proven to increase performance, both physically and mentally.
- This program is best used when you need a boost in focus, productivity, or performance.
- Play this track before a presentation at work, on your way to a big game, or when you simply want to make the most of your work day.



BONUS TIPS: HOW TO RELAX AND GET READY FOR THE GREATEST IMPROVEMENT

Quick tips to maximize your results.

THE SECRET TO LETTING GO OF NAGGING THOUGHTS:

If someone tells you NOT to think about an elephant, you're probably going to picture an elephant.

Our brains simply don't function on "not" processes. They function with positives: do think of an elephant, do get stressed, do worry about the bills.

By the same token, letting go of nagging thoughts can be difficult, especially if you try to force it out of your mind or use brute force to let go of those thoughts.

Instead, focus on something else. Give your brain a new task to worry about.

Breathing exercises can help. You may also try focusing on the feeling of gravity, how your body feels against the ground, or simply rubbing your

hands together and thinking about what that sensation really feels like.

Zero-in on something else, and your nagging thoughts should slowly melt away.

WHEN TO LISTEN TO THE AUDIOS:

It's good to experiment with this program.

Does it work best for you when you first wake up? When you're on your lunch break? Should you use it in the morning or at night?

You can repeat the audio program multiple times a day to see what works best for you. There's no "correct" way to use it. As long as you find a time and a place where you can dive deep and truly relax, you should find success through the 10 Minute Awakening.



So try a few things out and stick with it! Many of our students find it best to listen to the guided 10 Minute Awakening programs either first thing in the morning, or at night before dozing off.

The alpha and flow state frequencies are perfect for all-day energy, focus and creativity.

The theta and Melt Away Stress tracks are nice for a mid-day relaxation, when you have 10 minutes to close your eyes or even take a nap.

CONGRATULATIONS: YOU HAVE JOINED THE AWAKENED FAMILY!

You are part of an exclusive group of people who have taken the first step to true spiritual and personal growth.

10 Minute Awakening gives you access to your own subconscious mind.

But now that you've opened that subconscious, it's time to choose the new mindset and thought patterns you want.

You can select individual programs, such as Awakened Wealth, to give yourself the specific manifestation patterns you want...

Or, you can join the Awakened Insiders membership and get access to every program, including:

- Weight Loss
- Wealth
- Motivation
- Productivity
- Health

Plus, all of our mini programs and bonus audio tracks:

- Cellular Rebirth
- Chronic Pain Relief
- Boost Your Creativity
- A total of 30+ bonus tracks.
- 1,000 hours of content
- Ebooks, videos, audio programs, and more.



AWAKENED INSIDERS IS YOUR PERSONAL LIBRARY OF POWERFUL MANIFESTATION TOOLS.

HOW TO MULTIPLY YOUR RESULTS

10 Minute Awakening essentially lays the foundation for effective manifestation and thought pattern transformations.

Now, you will finally be able to replace old, negative programming with the exact manifestations you want.

And Awakened Insiders gives you the freedom to choose your path in life, whether that means making more money, improving your body, or banishing pain from your life.

Plus, just for being a 10 Minute Awakening member, you'll get 20% off your first Awakened Series program!

Click here to get your Awakened Series course and save 20% now.

**Get your Awakened Series course
and save 20%**