BENDING REALITY

YOUR MASTERCLASS WORKBOOK
WITH VISHEN LAKHIANI

WELCOME TO YOUR MASTERCLASS WORKBOOK

5 Tips to Get the Most Out of This Masterclass

1. Print this workbook before the Masterclass so you can take notes as you listen. You can also download and type directly in the workbook to save paper.

2. Review the contents of this workbook before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.

3. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen.

4. Think of how you can quickly implement the teachings discussed in this session to accelerate your personal evolution and ascend to the highest level of human consciousness.

5. During the Masterclass, use the dedicated space on the right column to write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.

WHAT TO EXPECT

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1. PRE-MASTERCLASS EXERCISE

Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

2. SELF-ASSESSMENT QUIZ

Assess your current models of reality with this self-assessment. How true are these statements to you?

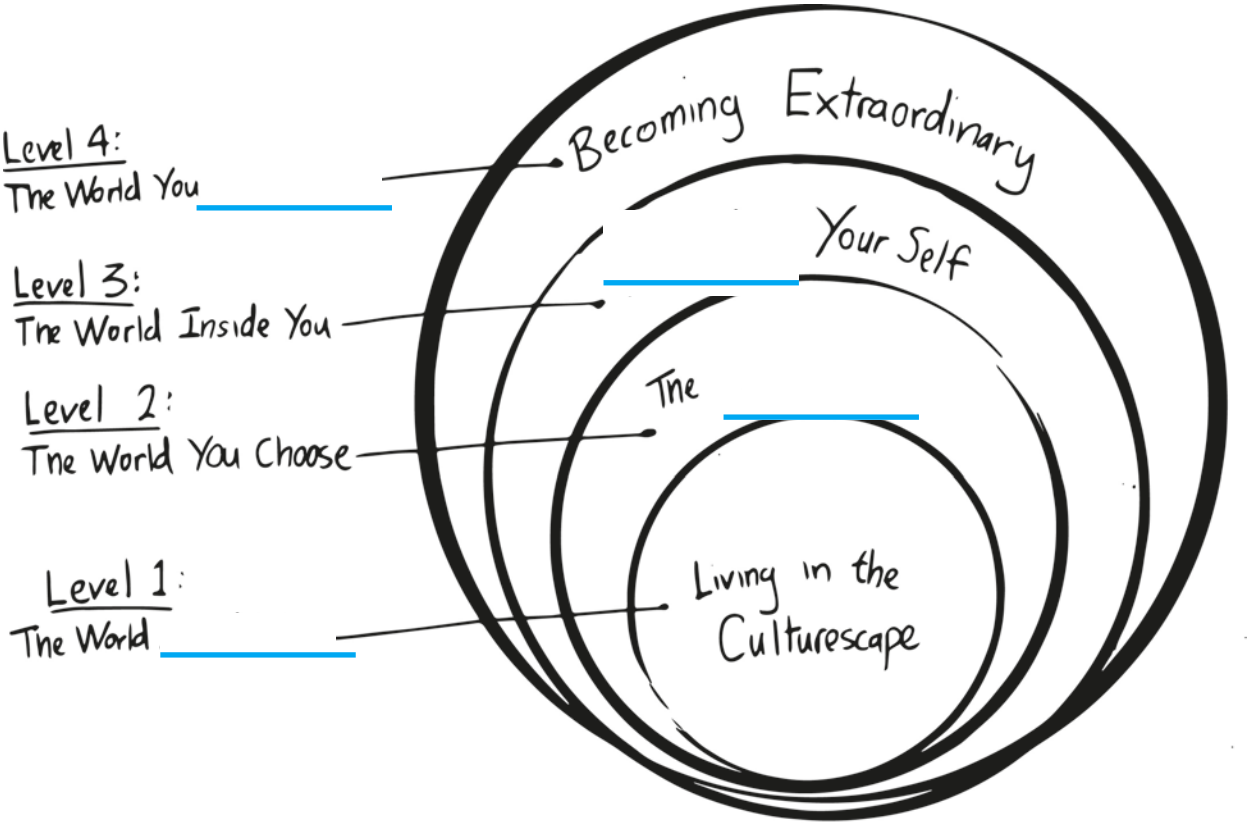
Rate yourself on these statements on a scale from 1 to 10. **(1 - least true; 10 - most true)**	Rate 1-10
1. I feel it is easy to listen to my intuition.	
2. I always feel that luck is on my side.	
3. Most of the time, inspiration drives my intention and action. Not the other way around.	
4. I am able to move forward, get closer to my goals, effortlessly.	
5. I strongly believe that I can shift my reality.	
6. I feel a strong sense of connectedness to all lives.	
7. I am clear about what the purpose of my life is.	
8. I want to contribute and change the world for the better, and know how to do it.	

Use this space for additional notes.

3. BENDING REALITY

Follow along the Masterclass and fill in the blanks. **You can pause the video to write down your answers or take notes on the right. Click on the video to pause.** But pay attention, because you cannot rewind!

1. The Evolution Of Consciousness



On Level 1 - The Culturescape, you are _____ by the world around you. You feel you can't control life, that you are a _____.

On Level 2 - The Awakening, you believe you are NOT a victim, and that you can _____ experience. You set your _____ and goals.

On Level 3 - Recoding Inner World, you understand there is the world _____ you. You know you can access deep altered states to bend reality and to move _____.

On Level 4 - Becoming Extraordinary , you understand that you can influence the world _____ you.

2. The 4 Levels Of Consciousness

Notes

_____ is the rituals and beliefs within a group.

We can move from Level 1 to Level 2 by:
1. Challenging the _____.
2. Not settling for an _____ life.

What we believe to be true, _____ true.

_____ is a society's rule we believe is true, that we adopt to simplify our understanding of the world.

We move from level 2 to level 3 when we realize long enough how our _____ create _____.

Level 3 is about going within and recoding the _____.

We live to learn and grow. Our souls can grow through _____(Kensho) or _____(Satori).

In Level 4 , your intentions _____,
rather you have _____.

4 qualities you will experience in the State of _____.
1. Sense of _____
2. Tapped into _____
3. Inspiration drives your _____
4. _____ is on your side

3. Ascension Tools

Tool for Level 1 is Segment Intending - a daily exercise for you to ask yourself: "_____"

Tool for Level 2 is Creative _____. Crucial tips:

1. Don't attach to the _____ , but focus on the _____.
2. Put yourself in positive state of _____

Tool for Level 3 is to turn on and your develop your sense of _____.

Level 4 is about total _____**.** You are no longer in competition with anyone.

You are motivated to _____ the world in _____ way.

_____ is the key to improve your ability to access Alpha and Tetha levels of consciousness.

Tool for Level 4 brings you to the operational level of total _____.

Use the space below for any additional notes

4. TEST YOUR KNOWLEDGE

Complete this quiz after the Masterclass to solidify your learning.

1. What do you know about The Evolution Of Consciousness? How does it relate to your models of reality?

2. What do you need to do to move to a higher level of consciousness?

3. In the Masterclass, Vishen talked about two types of growth process. What are those and how do they work?

4. How would you know if you reach the State of Limitless?

5. REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. Where do you think you are now in the Evolution Of Consciousness?

2. How do you see your life will change once you are able to move to a higher level of consciousness?

3. Imagine – what would your life be like if you were to live in the State of Limitless?

4. How can you contribute more to your family, relationships, career, yourself, and community if you operated in total limitlessness?

5. What is the one thing you can do right now to to show your commitment to raising your level of consciousness?

THANK YOU for joining Vishen Lakhiani's Masterclass!

To take your consciousness to the next level, visit **go.mindvalley.com/limitless-invite** for info on Vishen's remarkable program to become limitless.

6. TESTIMONIALS & STUDENT STORIES

"I am very excited and glad to recommend his work to you."

[Vishen's] knowledge base and his ability to present it clearly and to actually put it into practice is above anyone I have ever seen in this field. I am very excited and glad to recommend his work to you.

~ Jack Canfield
Co-author of the New York Times bestselling Chicken Soup for the Soul series

"This program has created a framework that systematically returns the power to us..."

The level of growth I have seen over the past 8 weeks has been unlike anything else I have ever experienced. I have spent a lifetime seeking, studying side by side with some of the most influential gurus you can think of, and not any one of those experiences has given me the level of personal growth and professional leapfrogging than this has... [...] What [Becoming Limitless] program has done for me, is it has filled in the blanks where I have had either a misunderstanding or ignorance.

This program was my missing link. Those of us who seek enlightenment, desire healing, or simply want to live a graced life free from fear and worry - [Becoming Limitless] course is the gateway.

~ Chris Holder, *United States*

" I have learned more in a week than during the 6 years I spent in university!"

[In Becoming Limitless] course I have learned more in a week than during the 6 years I spent in university!

~ Emberlea McCulligh,
Life Coach at Natural Whole Life Coaching, writer,
Oslo, Norway

"I did it over 6 days and I feel a shift in my world already..."

It's a fantastic collaboration of knowledge [...] I was blown away by the ease of understanding and the way Vishen makes everything so simple! I've been studying personal development and self improvement and meditation for years and it hasn't given me as much as this program has...its so practical and the process is easy to follow.

I did it over 6 days and I feel a shift in my world already... The stress of chasing the next dollar and the next opportunity is gone. I can actually feel that the Universe has my back.

~Vinesan Pillay
Durban, South Africa

"I don't remember being this excited learning in my doctoral program as I am with all Mindvalley teaching!"

I am so excited with all the great stuff I am learning [in the *Becoming Limitless* course] that it is actually keeping me up at night. [...] I am a Ph.D. Researcher in Psychology and I can honestly say, I don't remember being this excited learning in my doctoral program as I am with all Mindvalley teaching. I feel like a kid in a candy store. If only my Ph.D Program had been this exciting.

~ Dr. Donna Hoffman, Ph.D.
Research Psychologist, Pasadena, California, US

“Vishen’s program inspired me to push my boundaries and to believe that anything is possible”

[...] Vishen’s program, Becoming Limitless, inspired me to push my boundaries and to believe that anything is possible if I really do the inner work and believe in myself and my vision. Now I have trained in person with Marisa Peer as an RTT Therapist, and I have trained with Eric Edmeades as a WildFit Coach. I look and feel better than I have in years and I finally believe that I have the skills and knowledge to really make a difference in the world and impact people’s lives for the better. [...]

[...] I am launching my own business. In my former career as a Physician, I never really felt like I had much hope. I earned more, but at the cost of my soul. Now I do what I love and I know that I have the tools to transform people’s lives for the better.

~Katherine Potter
Holistic Health Coach, RTT Therapist and WildFit Coach
Santa Clara, US

"He's going to be seen as a genius in his field."

Hearing Vishen speak about his vision for transforming education is inspirational and gives you chills... and you know years from now, he's going to be seen as a genius in his field.

~ Lisa Nichols
Founder of Motivating the Masses, teacher in "The Secret", and motivational speaker

To take your consciousness to the next level, visit **go.mindvalley.com/limitless-invite**