

# Quantum Genius

## Module 1 Lesson 1 Video Transcript

### Module 1

#### Discovery

Welcome again to the Quantum Genius Program - I am so excited to have you here!

I have spoken to each and every one of you and I have to say we have an amazingly high EQ group of people!

In the admission process to this program, I follow some very detailed coaching type questions that give both myself and all of you the ability to home in on what we may be working on together.

I encourage you to maintain that perspective throughout this program.

To start, Quantum Genius takes aspects of quantum physics and the science of the mind to create a world that you individually desire. Although you are in this program together and learning the same material, the purpose is to give you individuality in your practice, in your visions and the outcomes of this program.

In this program, we work to understand the holistic approach to concepts we will be using to leave you with a feeling of accomplishment.

We live in a diminished state of awareness on most days, a state in which we are driven by our behaviours and automatic responses that are the culmination of our fears, our insecurities and our daily problems. We live for the future instead of in the now, with hopes that the future will give us the fillers we need to feel satisfied in our lives.

The concepts you will be taught in this program tap into centuries long practices of exercises in enlightenment. We combine new research with the old stuff that makes the world that much easier to

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understand. In order to understand the harmony of the world and others, we start with a focus on ourselves.

This work is hard work. I want you to start by looking at not only what you want, but committing to executing on how to get there. It will take more than 12 weeks to master concepts in this program, but we start one concept at a time. The result is enlightenment and liberation that perhaps you have experienced in small stints. I like to give the example of a rubber band here: the rubber band when it is stretched quickly will bounce back to the same form. Similarly, if the rubber band is used over time, it will stretch and stretch until it may become a different form altogether. I want you to see your inner selves like this rubber band. I promise you that you will see change but in order for you to see lasting change, you must be the rubber band and practice concepts of this program regularly to make lasting change.

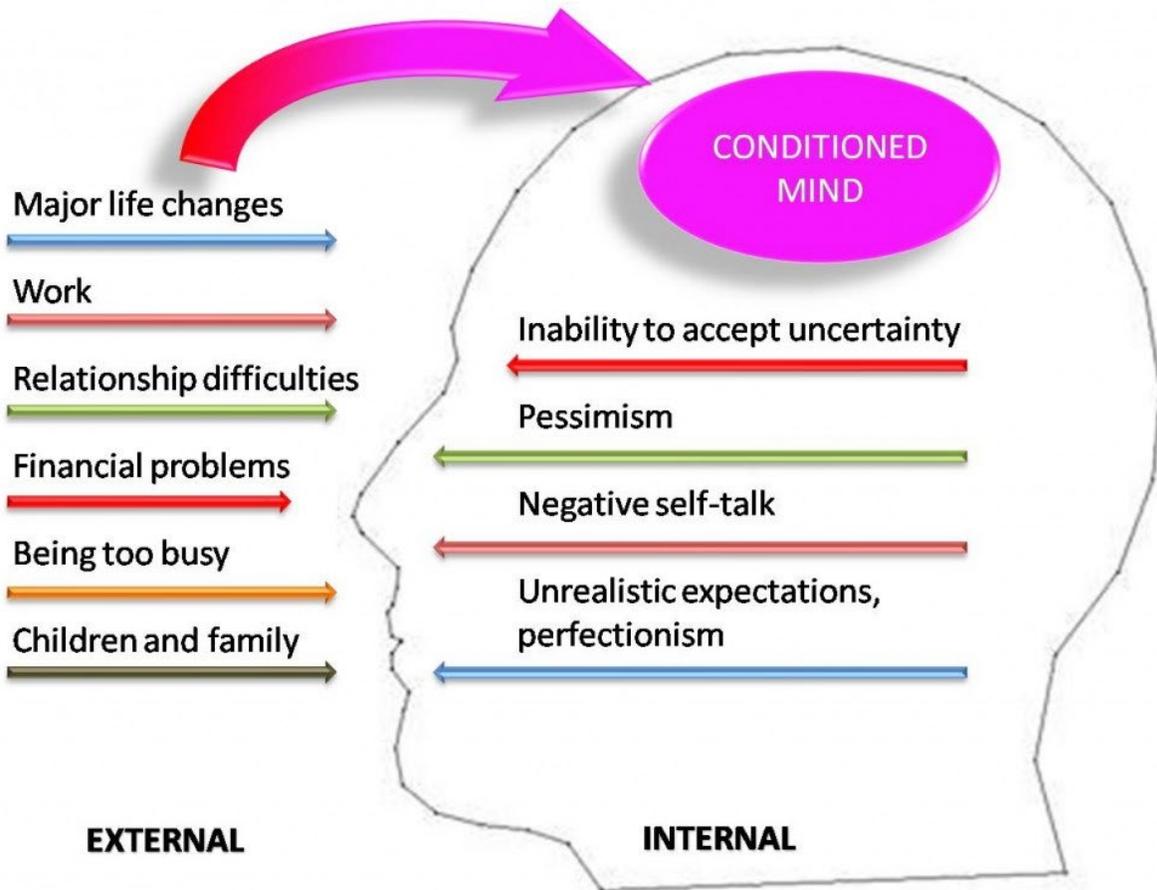
Quantum Genius modules will lead you through exercises that are both physical and mindful that will unearth new desires while recognizing our past feelings of grief, unworthiness and pain from trauma. Your purpose is feel through the moments and make new moments of joy in the now. You will be able to understand the concept of now with additional clarity and concepts of time and energetics that lead us to a place of fulfillment at the drop of a hat.

I know this all seems too good to be true, but that's your conscious mind speaking to you. As we bring your subconscious awareness to line up with your conscious mind, we will be able to understand that the materiality of the space we are in sometimes lends to the chaos, the emotional misalignment we feel throughout our days.

To start I do want to talk to you about why you are currently living the way you live. It is a continuum and easily illustrated by the following image:

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## CAUSES or TRIGGERS OF STRESS & ANXIETY



And by the following image in an inverse manner:

|Thoughts| -----| Feelings |-----| Behaviours| which can also result in stress/disease/or positive action taken

For the purpose of what we are learning, I want to talk about the human behaviour side of why you do (and do not) do what you do on a daily basis. The purpose of understanding this relationship is really to give you insight into your own behaviour and how it will change through small changes throughout this program.

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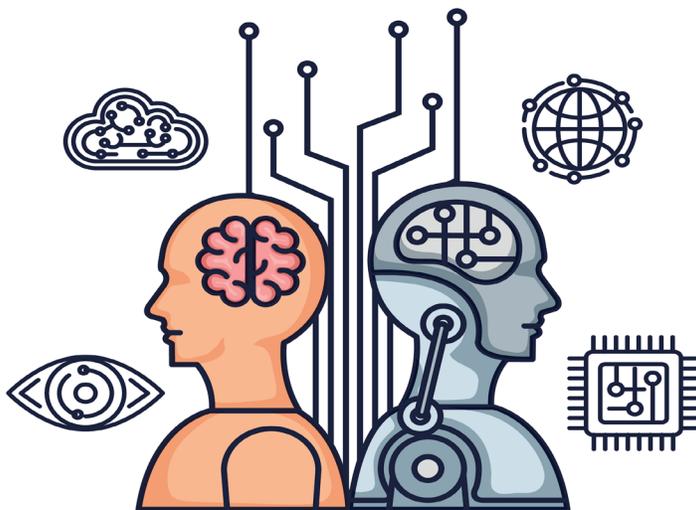
In the slide above, the external factors are determined by others. They are out of our locus of control which means we cannot impact or change the things that have happened to us (whether good or bad). The end up in a bucket outside of ourselves.

Within ourselves, we have experienced those situations caused by others and therefore react as children (and perhaps today as adults). The reaction could be in the form of thoughts, feelings and behaviours as illustrated in the internal reaction to the external stimuli.

Now where does your being come in here, if we really break down the mind and understand that there are different components all we need to be aware of is the second flow.

As we practice using our mind (as a muscle) to understand the reactions, the outputs in thoughts, feelings and resulting behaviours we come closer to an understanding of self. The purpose is not to vastly control the outputs, but rather to understand them so that you can start to accept and let go of what no longer serves you and utilise the energy within you to create a life that is in your lens and no longer determined by what is happening “to you”.

How do we do this?



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Imagine yourself as two different beings. One is the being on the left who is the soft person, the one that you refer to when you meditate, when you develop stretch goals, the one you know has an awareness of emotions, relationships and loves. The one on the right is your self that experiences your past daily, it protects you like armour and makes you feel safe but doesn't really know what is going on. Often it forgets the things that happened to you but like a computer, if you searched with a search word (any of your 5 senses) the memory may come back and remind you why you shouldn't be doing certain things.

The person on the left is your living breathing person, the one on the right here represents the unconscious and subconscious: it controls your autonomic responses but also represents your experiences that got filed away somewhere and continue to come up as you grow, develop relationships and love (expressed by the soft human).

Now, I want you to imagine a world where both people are one. A world where we can do silly things, love open heartedly no matter how bad our last fight or breakup was. A world where we see our future clearly and can align both people to be one and fulfilled. This is also unrealistic in some ways and unattainable in this world. But I want you to dream a moment and align the two because the purpose of this program is to do just that, create a closer alignment between both people that are within us. So we can watch and learn how to execute so that we are fulfilling parts of ourselves that we may not have tapped into. To also align the two in situations so we can start to view our life through the lens that we create and not others. Where we recognize life happens and others will have a place that is out of our control. But our fulfillment comes from the ability to see what is happening and be intentional in our response and our actions to fulfill a focused destiny we hold true to ourselves.

Let's get started with our first lesson of Discovery and Alignment

This program will have several weekly activities that you are expected to practice. All are meant to cause some discomfort within you, as the discomfort will allow you to break through the worldly feelings of anxiety, apprehension and maybe we even stress to allow for the flow we are looking to achieve in this program.

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Tapping into your subconscious mind on demand:

In moments throughout the next week, I invite you to enter the following practice:

You may want to imagine yourself hovering over you when you tend to this practice, it allows for dissociation of you from your daily activities and gives you a birds eye view of self without judgement. The best way to complete this exercise is stop and become aware of yourself and your surroundings. Then in that present moment feel your feeling, hear your thoughts, be present without judgement.

If that is not something you can achieve then set an alarm 3 times a day to review your actions of the day.

In these 3 moments, I would like you to take a look at what it is you have been doing during this day:

- Your intention is to understand and not judge or feel negativity about yourself
- See yourself like you would see a friend or a child
- What are you doing? How do you react to certain situations?
- Love the person and see them affectionately, do not delve to understand when you start, this comes with practice this week.
- Do you have anxieties in the day - what are they? Do you have wins and joy in the day- what does that look like?
- Are you reacting, are you purposeful in your actions?
- Do you have moments to calm or are your thoughts and actions racing throughout the day?

See worksheet in workbook to record at least three of your sessions

This exercise is that of human inquiry and inquiry into yourself. As you progress through the week and record these moments in a non judgmental way, you can also turn the following moments into a silent meditation.

In silence we sit with who we are in the moment. I know you are quite ambitious and want to know what the results of these exercises will look like, but in this moment, you are expected to sit with yourself and focus on breath. You can access the meditation for this module to understand better how to do this.

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## Results

Your results after this program will be multifold but today when embarking on this journey, I want success to feel like the ability to see yourself. See yourself with full gratitude, with awareness that will become clear as we proceed. Understand what joy for you is, the joy in just existing and in being true to who you are in the inner self, your subconscious and conscious levels. The change is from within although you will experience changes in the physical state (your body), your outputs (your business, your day to day activities) and in your awareness, hopefully leading you to improved awakening of yourself.

Your results cannot be compared to others, in this program or people out there. Practice can take a while to get used to in order to really grow the ability to tap into your subconscious space. It is not a race; it is a lifestyle.

In the depths of practice, people often report wondering if they are awake or sleeping. That is where this practice can truly take you. It can become a deep ability to manifest your life through the lens of your mind but the expectation to get there should not be the final goal today. Today we investigate ourselves to prime our experience for this program.

## Habits:

People often wonder why habits are so important to create. We all hear about the success stories, and we love to read about them. What do all these big names have in common? Things like – making their bed every day, waking up earlier than the rest of the world, visualizing and meditating every day.

Today, I want to share some information with you so you can start to develop a roadmap that is customized for you and is easy to implement. This program is first of its kind: It teaches you ease of living an intentional life where you achieve fulfillment not doing more but by being more intentional in what you are doing.

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## **Habit Formation Takes an average of 66 days**

In fact, it can take anywhere between 18-254 days for a person to form a new habit.

In the 1950's – the term of the 21-day habit was introduced to the world. This was based on a study executed by Maxwell Maltz. He was a plastic surgeon and through his patient's experiences after a surgery, he concluded it took a person a minimum of 21 days to get used to a new feature (like a new nose). He published a book called psych cybernetics and this finding made people think it took only 21 days to create a new habit.

Fast forward to the 1960's: a researcher, Phillipa Lally, conducted a study that followed people who developed one habit. It concluded it took a minimum of 66 days average to create the habit, although it can vary from 18 days for some and up to 254 days for others.

This program and many therapeutic programs in the world of cognitive behavioural therapy use this as a timeframe to create long lasting change. 12 weeks is the minimum it will take you to ease into the concepts you will learn here and realistically you may create just one change. That is why each module contains so much information to help support you focus on what it is you want to achieve in the course of the next 12 weeks.

Let's talk about how habits fit in to the program? Anything you can do that becomes one less thing to think about – can be termed a habit. The idea is that your routines learned in this program become second nature and a natural part of your day. You no longer have to think about whether or not you should – sleep on time, exercise, meditate. Making these habits over time increases your ability to commit to it and reduces your chances of not doing it.

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## Why create a habit?

**Efficiency:** It is efficient and becomes something that is beneficial for you to do and not think about like for example, putting your seatbelt on when you get in the car.

**Improves neuropathways in the brain:** it improves your brain's ability to think for you. As you try new things, new neuropathways form. As you repeat the activity, they deepen. By embedding behaviours that are useful in your brain, you also develop a positive response in your brain. It's a great way to replace a habit that is not good for you with a new one that is healthy, like quitting smoking or poor food choices.

**Improves lifestyle: nutrition and physical activity:** If you can see your habit through for the 12 weeks, you can essentially create a healthy routine simply out of habit. By committing to 15 minutes of physical activity a day, or eating certain foods every week – you improve your overall lifestyle and will notice you have more energy and it gets easier and easier to choose healthy options over time.

**Habits change your body, your career and your relationships as a result of changing your mind:** The feeling of being able to control parts of your life is your locus of control. If you look at the situations in your life that make you unhappy – you can also source some sort of lack of control in most of them. A breakup, a fight with your partner, chronic disease, issues at work. Over 21 years of practice, I can pinpoint moments in my clients lives where they lost control and, in an effort, to get the control back, made poor decisions that compounded the situation. Again, this is normal and not to be judged but rather a way of life.

As you grow through healthy habits, it opens your mind to stillness and practice of slowing down to really think through the challenges at hand. It also allows one to focus on what is important versus feeling out of control. It improves you resiliency and ability to be in the moment and solve your feelings, actions and decisions in the moment with clarity and intentional action.

**Personalization of habits is of supreme importance:** Reflecting on what you want in your life in the moment, allows one to transform their daily life into an efficient well-oiled machine. Studies prove that giving meaning to what you do almost guarantees you will do it. Over time, the meaning of why may

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change but your ability to commit to yourself to your why give extra meaning to what you are doing. Therefore, you are most likely to finish it.

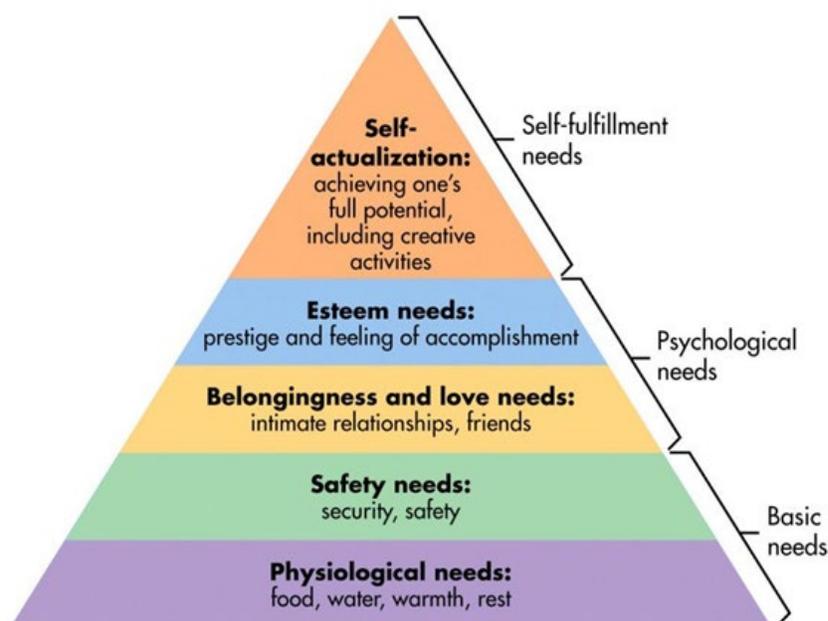
**Habits can evolve, change over time and they should!** You grow as a person daily from birth to death. There is no shortage of evolution in the life of a person. As life's circumstances change and expand, so should your own consciousness and behaviours.

Years ago, I struggled with my own health issues and a toxic relationship. As I evolved and came out of my situation, I realize that my own failure points were multifold. The inability to think with a clear mind was not available to me at the time. I was too busy reacting and surviving my day to day that I was in fight or flight on all days (good and bad).

I learned, by automating aspects of your life with habits that improve how you feel about yourself and daily life, it gives you one less thing to think about. It allows a new feeling of freedom to be who you need to be, in order to progress and improve your life.

## Happiness and how that fits into our program

This is Maslow's hierarchy of needs:



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It is important to point out, people usually move around each level of the pyramid. When you look at the lower levels of the pyramid, basic needs are often the first ones met for true evolution into the other levels.

This program, focuses on building the levels of psychological needs and the self-fulfillment needs. The feeling of prestige and feeling of accomplishment – your esteem needs are exercised heavily in this course. As a result, the roadmap should reflect a deeper understanding of self-actualization. The mission of this program overall is to influence people's lives around the world and make change one person at a time. We hope to influence you at your levels of need to get you to the highest level in this pyramid and therefore influence lasting feeling of fulfillment, locus of control and happiness.

## **Promise and the Kaizen Method**

By using just 15 minutes at a time, practicing healthy changes to the amount of physical activity you are committed to, nutrition you want to incorporate into your daily life and mindfulness routine – habits will form that work for you.

We encourage you to create habits that work for you, your family, your lifestyle. Life hacks like waking up early or do not work for everyone – although there is merit to them. In this program, we simply ask for you to consider a new roadmap for improvement small steps at a time.

The small steps described in each module of the program are very much like the Kaizen method. The Kaizen method allows for small changes (improvements) over time to get to a larger goal and this allows for people to celebrate their successes overtime. In the book, 'One small step can change your life by Robert Mauer', there are real life examples of how small improvements in people's lives improve their overall well being. Small executable steps are so much easier to commit to, therefore the fact that you can commit to these steps, makes it easier for the outcome of success.

## Housekeeping

Let's talk about what expectations in this program and your commitment to improving week after week.

The framework of this program is extremely intentional. We will talk about meaning (your 30 year plan), your meaning to what you are doing everyday and we will talk about it often.

We want to give meaning to your understanding of life, why you do what you do and how you can view your life through the lens of a creator. You are going to the artist in your landscape and portraits moving forward and we will do this by starting with smaller concepts that will grow in a rediscovery of you.

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In discovery of anything I like to use the example of the successful paleontologist:

- They dig deep and find the treasure they have spent so many years preparing to find. They go to school, they compete in the world of paleontology to assemble a team to support them. They create relationships with so many to get to their excavation site.
- They dig and dig, they teach and remind others how to treat the artifact when it is found
- They spend their life's work focused on that one thing
- Then when it is found - the journey is not over, if you were a paleontologist what is next?
  
- You must clean it, with delicacy so it does not break down during the cleaning process
- You must analyse it to see if it is relevant to the overall historical footprint of the area and what it could mean in the bigger picture
- You must face critical evaluation by your peers about whether or not this is indeed a treasure to value it
- When you reach the point of accolade you may think it's over - but it's not because after all this work, the paleontologist still has a lot to offer the world.

Like the Paleontologist - you are going to face much of the same scrutiny and obstacles. But in this case, your colleagues will be yourselves. Parts of yourself you wrestle with to create the journey of self-love and full acceptance.