

## Welcome to the Automatic Success System

### SECTION 5 : UNLEASH YOUR GENIUS

---

THIS IS YOUR WORKBOOK FOR SECTION 5 AND IT CONTAINS  
ACTIVITIES THAT YOU CAN DO TO MAXIMIZE THE EFFECTS OF  
THE NAP SESSIONS AND YOUR RESULTS FROM FULLY USING  
THIS PROGRAM.

• • •

• • •

• • •



## **WELCOME TO YOUR AUTOMATIC SUCCESS SYSTEM**

This section of the program is the underpinning of Futurescaping...

Futurescaping goes into this at length. This is just a sample of what you can do when you put your mind to it in a constructed way. The processes you will go into here will basically allow you to walk on the backs of giants. People have trodden the tracks of success many years before you and I, and these people left tracks. A lot of people miss the tracks because they are simple.

### **SIMPLE DOESN'T MEAN EASY.**

This section is going to go over these two topics in short succession followed up with the NAP session to install them into your unconscious. As with everything that we do, it is essential that you do the work. I cannot make this point a more common thread than it already is. A lack of effort on your part will also mean a lack of results on your part. Shortcuts require more effort and attention to detail, that is why they are not the way.

This is not something that I discovered all by myself, I also climbed to new heights on the backs of my mentors to create a system that has evolved out of their systems and works with the majority of people I work with in a very short time. Hours not months or years. You've most likely heard the saying "we only use 10% of our brains", not accurate.

There are consistently repeated cases of human beings having defined what is and is not possible, and then an exceptional case will come about which seems that its only purpose is to prove that the assumptions that had been concluded where in fact misplaced.

Most people, sit idling through most of their life.

Genius is a new solution, a new discovery, a new invention, or a new talent in the artistic realm that stands the test of time. Judgement and presumption are two of the hallmarks that kill genius. The conscious mind is your point of reference for experience. Kids are curious, playful, courageous, and persistent when left without adult influences.

As you remove judgements and limitations your world begins to open up. Like you were living inside a prison and didn't know it. It is as if you didn't see the actual world that was there, you saw the world of what were your highly limited expectations. Imagine



---

what you could achieve if you started to naturally think outside the box as easily as you could follow “standard lines of thinking”.

The continual repeating thought patterns lock you into the ways of the past... Building and strengthening old neural networks. Your mind has been conditioned to be a certain way. Like it or not you had been framed to perceive the world from a certain perspective...

It continues this way of operating because of one of the brains fundamental principles. It wants to learn it all as fast as it can and then turn it into an automatic program (a habit)... as the brain starts to commit things to habits, the neural pathways then become so heavy ingrained that they basically just become “the way”. This inhibits free choice and people often feel “trapped” by their habits”.

Imagine if you had to consciously think about every action that you do.

Blinking eyes, breathing, brushing your teeth, tying your shoes, driving a car, writing with a pen, typing on a keyboard, speaking, eating food... People who think more, burn more energy, people who are over thinkers, actively burn more energy than people who do no thinking.

The mind body loop is a feedback mechanism. What you do to one will ultimately affect the other. Stimulate your mind and you will find that stimulation of the body will naturally tend to follow. Stimulate both (appropriately of course) and you’ll discover just how easy it will be for you to move forward.

A savant, is typically someone who has some form of autism (not always, but usually), and they can perform amazing and seemingly impossible tasks.

While we’re not born with this gift, some others adopt these abilities through a traumatic injury to the brain.

Through practice, and repetition, as well as conditioning, it is possible to have remarkable and sudden increases in abilities. The key is in conditioning the brain and the mind differently to the way it has been conditioned for you.



---

There is a study performed by Dr Wing Winger in which a group of students were taught his image streaming technique. And the average IQ increase was 20 points after 25 hours use of the technique. Additionally, channelling the mental energy and focus of the brain to the other systems is key to energising this shift into establishing your mental genius.

I am not suggesting this is a process that will take 1 week, but the tracks and foundations can be laid in that time and with continued work you will notice profound benefits. In fact most of the creative geniuses Tesla, Newton, Jobs, Musk, all have profound visions in the “daydream” state of mind. The more clearly that you think, the better you focus, the better you focus the less mental energy you need to function.

The more interconnectivity we have the better our minds and brains are optimised to perform in a more varied amount of conditions. The idea of reconnecting to your imagination and enlightening the mind will be done through a series of techniques that will be taught in this module.

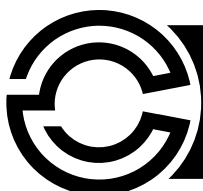
If you have a thicker and more dense corpus collosum then you have a greater ability and connectivity between the two halves which naturally will start to stimulate your mind. This increases your ability to tap into sub-dominant abilities more easily and more frequently. It will do this through the processes of creating vivid mental imagery.

Winners think differently to most people. Winner’s also doesn’t typically mean the person who won the match or the battle.

How many champions do you see of the world series who lost a game?

How many world champions F1 drivers do you know who won every single race?

How many world champion surfers do you know who never lost a single surf contest?



---

## THE MINDSET OF A WINNER IS THAT OF GROWTH.

When the odds are stacked against them and learn from the experiences and then translate that learning to further enhance their abilities. More importantly they do something that almost no one else does. They pay attention to how they won.

Start by conditioning your mind to focus on more of what you want and less of what you don't want. Typically, we have been conditioned to pay attention to our mistakes.

Russians have been known to always come from left field with amazing techniques that were kept hidden and secret for the former USSR to maintain in superiority in both intellectual and physical contexts. There is one man who in recent times, as recently as 50 years ago who had been identified with developing an amazing technique that was producing stunning results. He was a neuropsychologist and his name was Vladimir Raikov.

Raikov was reportedly having profound results in deeply hypnotising students of the university where he taught and creating a bridge of sorts in their mind so that they stepped into and became creative virtuosos from history.

Raikov's idea was so effective that after more exposure and repeated sessions, abilities started to rapidly accelerate the students growth in the areas which they had little to no experience in before.

After each session (hypnosis), the skills improved even more. Students started now studying and practising, reading books and videos of the new skills in-between sessions and still the learning rate accelerated even more. This happened repeatedly, not just a miracle, or a one-hit wonder. No, Raikov had learned how to tap into the potential of the subconscious mind.

This ability that he developed, has become known as Deep Trance Identification in the western world, and achieves the same objective. If you have ever taken an NLP course, then and someone mentioned modelling to you? This is what real modelling is about. Stepping into and becoming that person.



---

Imagine having the freedom to express yourself in new ways, or even enhanced ways.

What would it be like when you have the control, physically, mentally and emotionally that you have always craved? Well, that is exactly what some of the many benefits are of this powerful process.

Through his trancework, expertise and abilities, Raikov was able to persuade, influence and if you like manipulate someone's mind to the point where they believe that they were doing great at something even if it was their first attempt.

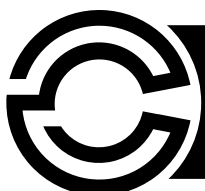
To be successful with this process you need to use a great deal of imagination, trance work, visualization, positive thinking, suggestion, belief and modelling.

This is truly standing on the shoulders of giants, directly connecting with a genius, someone with the knowledge, the skill, the ability, the poise to deliver time and time again. Now it seems that you can shortcut the 10,000 hour rule, it still requires work, but it can save years...

Imagine what learning at such an accelerated rate will do for your confidence, your relationships and communication. Your increased creativity, productivity, inspiration and motivation... not to mention removing self-sabotage and enabling you to achieve your goals with ease.

Think of any religious prophet, witch doctors, shamans, and ancient oracles, all these people used and those still practicing still do induce an altered state whether by the use of props, drumming, drugs and other means to become someone else. To see something that has not been seen before.

It is possible to do this technique without hypnosis, but hypnosis has distinct advantages. What you're going to learn here is several techniques that will allow you to start amplifying your levels of knowledge and understanding.



## AVATAR TECHNIQUE

Imagine putting on a mask, or the entire head of the person over yours and start engaging your senses that way. Notice your thoughts shifting, notice your feelings changing, this dynamic shift in the way you view yourself and therefore the world has profound effects. This technique allows you to absorb any skill, behaviour or ability that you want from someone you know or even someone you don't.

### STEPS

- 1 - Imagine yourself inside a sanctuary, with the person that you want to emulate and learn from.
- 2 - Imagine taking their head off of their shoulders, place it over yours
- 3 - Start to experience life through their eyes, their sounds, their thoughts etc.
- 4 - Inside your imagination seeing the world through a new light and the way that they experience the world.

The more you know about the person whose head you will be borrowing, the better. The more detailed the experience the better. The more you can define what is going on, the more crystal clear the outcome is and therefore what is capable.

### NOTES

.....

.....

.....

.....

.....

.....

.....

.....

.....



---

## BORROWED GENIUS

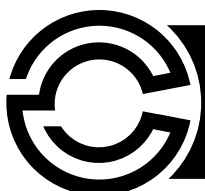
The aim is here is to start with a very specific outcome in mind (as a side note you should always have an outcome picked before you begin any of these processes, at the very least a solid intention on how it will benefit you).

Something specific. A specific skill or talent.

The idea here is to recognize that their brain has been conditioned differently and as you start to assimilate them you can condition your brain to start to pick up the habits and traits that you want from them.

### A short summary of the Borrowed Genius:

- 1- Identify Outcome (Skill, behaviour, etc, that you want to learn/improve)
- 2- Select appropriate genius to learn from
- 3- Have an inner sanctuary/safe place/virtual office/meeting room that you can connect with this person privately through visualization.
- 4- Greet genius, thank them for coming, and ask them any questions you have
- 5- Imagine that you can unzip their body, and as you do that, step inside them and become them. See through their eyes, ears, feel through their body and notice how you feel different.
- 6- Perform the skill while you are them and notice the subtle differences, (forget the major ones, go for the subtle differences that you notice immediately).
- 7- Step out of their body
- 8- Thank them, ask them some more questions that you may have now.
- 9- Exit virtual meeting room and write down what you have learned with the intention to put it into practise within 24 hours.





---

The more you know about the person that you're connected with, the better you can assimilate into their life, experience how they view, act, interact and react in the world and then adopt the habits, behaviours, beliefs and characteristics that you want to change your life.

For your inner sanctuary/sanctum choose a place specifically that you can keep on using. Can be somewhere real, or somewhere you create inside your mind.

A specific place gives your mind a routine, and access point and a system to automatically start to interact and adapt. It also lets you know when you're ready to initiate change.

This place should bring up feelings of protection, safety, freedom, control and an inner curiosity... This place is the safe haven for a reason, you can try anything on and test it out without and severe ramifications coming to effect from you having done so.

The more senses you use throughout this experience the better the change will be and the faster the absorption.

This process for the application that we are doing here is purely done through visualization techniques. The sessions always enter and exit through the same means, you always speak with the genius, master, sensei at the end to pass over some final insights to you, that you can use and adapt as required.

This is typically where you will find a tip, trick or some finer detail of the ability being explained allowing it to be replicated more effectively and efficiently.

At the end of the session, this is the time to write down notes that you have about the performance, about the improvement, and to explore further the finer details of the experience. Through doing this it allows you to develop the neural connections that are associated with this person and activate them more fully to your advantage.

You're accessing different areas of the brain which all you to ensure that you're starting to use your brain more efficiently. Like any skill, or ability, some learn this with little resistance and others take a little more time. It is a highly individual process and results will vary depending on multiple factors, however with the due diligence and patience everyone will benefit from this process.



---

The brain is the part of you that assigns meaning to everything that you do. It is what creates ideas (both good and bad), inspires, motivates, drives and gives you the ability to learn quickly. It uses a vast amount of energy and resources.

Neurons connect through nodal networks and the more associations that they have to each other the more entanglement happens and the faster they fire and the more they recruit other “members” to their party.

The pathways that make up the connections between the neurons actually change, grow and develop each and every time they are activated... think about this for a moment, each time you activate a thought, you strengthen it. Each time you stop thinking a thought, you decrease its hold.

Which of the two paths would you choose if you needed to do something quickly???

Imagine you're driving a car, riding a bike to your destination, you have two choices, the well-maintained road/path, or the old rickety dirt track filled with potholes, rocks, and that old damaged wooden bridge?



Well that's like the neural pathways in your mind, the more frequently they are travelled the better maintained they are, the less frequently they are used the less well maintained they are.

Here's where the fun begins, when you think a new thought, neurons have to make a larger effort to communicate with each other, they need to expand their network so to speak. It is as if they are bulldozing, grading and building a new road for you to travel down.

What this means is that, new ideas, new thoughts, new actions create a larger amount of change inside the body and the mind at the same time. Study after study has revealed through PET scans that the same area of the brain that is active when you play a musical instrument, is active when you imagine playing the musical instrument.

Your brain is immensely powerful and you can stimulate it in ways that lead you into better states of being or worse states of being.



---

Imagining a result can stimulate the neural pathways that can in effect help you achieve that result.

The most powerful asset that you have exists inside your body, your brain, because whether you physically do something or imply just imagine it, the results to your body are the same, the same neural networks activate, and same neurons fire and the same changes happen which means they fire easier, faster and recruit more help along the way.

The brain is designed to serve, and serve you it will, so it's about time you let it serve you in the most useful way possible.

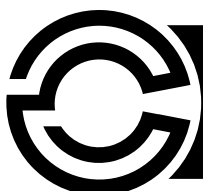
The conscious mind thinks in linear (straight line and sequential patterns).  
1,2, 3, 4 etc.... and if 3 is missing it cannot move forward until it figures out what 3 is....

However, this is why when you start to access and connect deeply with your unconscious you have enormous growth. Your unconscious thinks in patterns, from a meta-perspective, the big picture and thinks of multiple streams and interconnectivity much like the world-wide-web.

The more you are busily working away on something, the more focused you are on something, more attention you give it, the more it activates the neural networks and then if you come up against a wall or a block, and take a break, because you have signified its importance the unconscious will set to work and find a solution.

You were once a child, let me ask you, do you remember what it was like to dream?

To imagine the grandest things that made no sense, I have worked with 1000's of people and even the people that had horrific childhood's still had wild imaginations, dreams and aspirations. Which means you have a latent ability to be creative.



A quick tip for fast problem solving... the stress free kind.  
Create the situation/space for you to do the work that you need to do.

- 1- Exclusively focus on the task and hand that you want to resolve/solve/deliver on.
- 2- Turn off your phone, disconnect from the net (unless you work on the net), remove all distractions and just give that intense focus.
- 3- Get as far ahead as you can and once you are there, and you cannot get any further...
- 4- Walk away. That's right, just walk away. As you walk away and go and chill out

Walking away places your focus onto something else, taking the issue out of your conscious awareness and resting it in the hands of your unconscious.

### NOTES

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

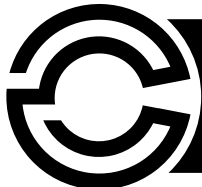
.....

.....

.....

.....

.....



## PLACEBO IS POWER...

When someone is given placebo, the actual area of the brain that is stimulated by the drug, is not stimulated, a different area of the brain is. The brain knows that it is not the real deal, and yet, something truly remarkable happens.

Imagine you're a field surgeon, it is WW2, you're just off the front line, you're working tirelessly to help the men who are coming back from the battlefield. A soldier comes in, with potentially fatal wounds, fatal if you don't operate soon. You can see and hear the pain that the young man is in and automatically know from his wounds that he needs morphine. You look to the nurse who signals that there is none, but the nurse is a wily and resourceful person, she knows how to tell a white lie. So she fills the needle with saline solution. Tells the soldier it is morphine injects and watches as the soldier reacts in the exact same way that he would if it was morphine. The pain drains from his body, he begins to relax and the field surgeon can operate successfully.

THIS IS WHY YOU  
SHOULDN'T BELIEVE  
EVERYTHING YOU READ  
ABOUT YOUR HEALTH



HENRY KNOWLES  
BEECHER



If you're inclined to do so there is a fantastic story which demonstrates the real and raw potential that all of us have inside. Something out of the blue happened in the USA, which is a testament to the remarkable power of your mind. The study of Mr Wright, who unfortunately was diagnosed with cancer of the lymph glands or "lymphoma" he was at the end of his tether with the disease being so far advanced that there was no sign of recovery from any of the standardized treatments at that time.

NEW STUDIES EXPLORE  
THE BRAIN'S TRIUMPH  
OVER REALITY



NEW STUDIES EXPLORE  
THE BRAIN'S TRIUMPH  
OVER REALITY



---

Study after study provides the evidence that the placebo effect is real.

If you have faith in the medicine you're receiving - or you think you're receiving - then miracles can happen. That's the power of the human brain again.

So the next question is:

How can you put that power to work in your everyday life? We've seen how the placebo effect helps people bear the unbearable, so they can:

- Cope with extreme pain
- Endure intense heat
- Heal their own bodies
- Cure incurable diseases

As astonishing as those uses might be, they're not really part of everyday experience. In these cases, the brain is responding automatically to what's going on, without any conscious effort, from what seems purely biased by an unconscious belief... Tapping into genius requires the same beliefs that those geniuses also had. Again, the east show a superior understanding of technology of the mind. Russian actor Konstantin Stanislavski created this method to allow himself and others he taught and coached to accelerate their levels of performance and become the person that they wanted to become.

Method acting can have such a profound effect on the character that they no longer feel like they are portraying a character they actually become the character. This adoption, this emulation goes to the maximum degree of copycatting and becoming the subject. Becoming a mentally ill patient, a drug lord, a president, a rogue cop, a gifted healer and the list goes on.

It influences the way you move, the way you think, the way you see the world, hear the world and feel the world around them. How they talk to people and how they react to people talking to them. Method acting is a genius tactic, and when combined with what you're going to be doing here will simply accelerate the results. Notice again that the actors knew a lot of their person of interest. They researched, got familiar and mad the connections so big, so powerful and so real, that they could "step into that person" and just act as if they are that person.

