

# AWAKENING DYNAMICS® VIP CLUB SPECIAL EVENT

## Brain Optimization

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<http://www.awakeningdynamics.com>

### Effortless Clearing Audio

In order to help you embody the principles and lesson contained in these series, all new VIP Club special event series contain a *Formula for Miracles*® encoded effortless clearing audio to help you to automatically clear blocks from your subconscious mind.

Listed below are all the blocks and subconscious downloads covered by the effortless clearing audio included with this series. If you have not used *Formula for Miracles*® encoded subconscious clearing audios before, please see the instructions at the bottom of this article first!

Any statement in the list with a “NO” appended to it is one you want to get a “NO” result on your muscle testing; for the others, you want a “YES” result.

Lastly, if you have completed at least the *Awakening Dynamics: Secrets to Higher Dimensional Living* workshop (aka “Level One”), you can use the list below and do the downloads and clearings yourself using the CLEAR and DOWNLOAD macros. Of course you are welcome to use the audio, but I think you’ll find using the macros is a lot faster than listening to the audio.

## LIST OF DOWNLOADS AND BLOCKS

### **Brain Optimization**

I have Creator's perspective on brain optimization

My perspective is the same

I know how to optimize my brain chemistry

I know what it feels like to optimize my brain chemistry

I'm allowed to optimize my brain chemistry

It's possible to optimize my brain chemistry

It's safe to optimize my brain chemistry

### **Dopamine**

I have Creator's perspective on having healthy, balanced dopamine

My perspective is the same

I know how to have a healthy, balanced dopamine level for me

I know what it feels like to have a healthy, balanced dopamine level for me

It's safe for me to have a healthy, balanced dopamine level

I know how to focus

I know what it feels like to focus

It is safe for me to focus

I know how to have energy

I know what it feels like to have energy

It is safe for me to have energy

I know how to mentally sharp

I know what it feels like to be mentally sharp

It is safe for me to be mentally sharp

If I focus, something bad will happen (NO)

If I am mentally sharp, something bad will happen (NO)

If I have energy, something bad will happen (NO)

## **Acetylcholine**

I have Creator's perspective on having healthy, balanced acetylcholine

My perspective is the same

I know how to have a healthy, balanced acetylcholine level for me

I know what it feels like to have a healthy, balanced acetylcholine level for me

It's safe for me to have a healthy, balanced acetylcholine level

I know how to remember clearly and quickly

I know what it feels like to remember clearly and quickly

It is safe for me to remember clearly and quickly

I know how to process sensory input quickly and easily

I know what it feels like to process sensory input quickly and easily

It is safe for me to process sensory input quickly and easily

I know how to maintain healthy brain speed

I know what it feels like to maintain healthy brain speed

It is safe for me to maintain healthy brain speed

If I maintain healthy brain speed, something bad will happen (NO)

If I remember clearly and quickly, something bad will happen (NO)

If I process sensory input quickly and easily , something bad will happen (NO)

## **GABA**

I have Creator's perspective on having healthy, balanced GABA

My perspective is the same

I know how to have a healthy, balanced GABA level for me

I know what it feels like to have a healthy, balanced GABA level for me

It's safe for me to have a healthy, balanced GABA level

I know how to relax

I know what it feels like to relax

It is safe for me to relax

I know how to stay calm when under stress

I know what it feels like to stay calm when under stress

It is safe for me to stay calm when under stress

I know how to process anxiety with grace and ease

I know what it feels like to process anxiety with grace and ease

It is safe for me to process anxiety with grace and ease

If I process anxiety with grace and ease, something bad will happen (NO)

If I relax, something bad will happen (NO)

If I stay calm when under stress, something bad will happen (NO)

## Serotonin

I have Creator's perspective on having healthy, balanced serotonin

My perspective is the same

I know how to have a healthy, balanced serotonin level for me

I know what it feels like to have a healthy, balanced serotonin level for me

It's safe for me to have a healthy, balanced serotonin level

I know how to playful

I know what it feels like to be playful

It is safe for me to be playful

I know how to have joy in my day to day life

I know what it feels like to have joy in my day to day life

It is safe for me to have joy in my day to day life

I know how to see the bright side, no matter what

I know what it feels like to see the bright side, no matter what

It is safe for me to see the bright side, no matter what

If I have joy in my day to day life, something bad will happen (NO)

If I am playful, something bad will happen (NO)

### **Instructions for *Formula for Miracles*<sup>®</sup>-encoded Effortless Clearing Audios**

In order to get the maximum benefit out of the effortless clearing audio, it is important to follow the guidelines below to clear your subconscious blocks:

***Guideline #1: Listen to the effortless clearing audio with headphones***

The audio program is encoded with sub-audible binaural beats to gently guide your brain down to a deep theta brainwave. This opens your subconscious mind and allows the healing energies to clear your subconscious blocks!

It is important to listen to these programs with headphones to benefit from the binaural beats. Any sort of headphones will do!

You can plug headphones into your computer, or download the audio file onto your iPod or phone or other portable music player, or burn the file onto a CD and listen to it on your stereo. Just be sure to be using headphones when you listen to the clearing audio!

***Guideline #2: Use Muscle Testing as you listen to the block clearing sections***

In order to get the maximum benefit from the block clearing, please follow along and use muscle testing not only to identify which blocks you have, but also to identify when they have been released. While you will get some benefit from listening to the clearing programs without using muscle testing, your results will be better and faster if you follow along and use muscle testing.

If you are new to muscle testing, there are instructions on how to do self muscle testing in the introductions to all the VIP Club Wealth Club, Health Club, and Love Club calls. There is also a discussion of muscle testing in the book *Where Science Meets Spirit: The Formula for Miracles*, which is a free download for all VIP Club members.

If you'd like an in-depth tutorial and explanation of muscle testing, check out the video *Secrets of Muscle Testing*, which includes a wealth of information on what muscle testing is, how it works, how to troubleshoot muscle testing problems, and step-by-step video tutorials on doing four different kinds of muscle testing. This video is free for all VIP Club members.

If you have trouble with self muscle testing, you might consider getting a TruTester muscle testing aid. I got my TruTester after doing over ten years of different kinds of muscle testing, and it's because my favorite method of self testing! If you are interested you can get a TruTester at:

<http://www.trutester.com/ffm>

Lastly, if you are having a lot of trouble with muscle testing and are getting frustrated, go ahead and just listen to the clearing audio without the muscle testing, because it's certainly better to go through the program without muscle testing than to not do it all!

***Guideline #3: Do not attempt to drive, operate machinery, or do anything that is potentially dangerous or requires concentration.***

The binaural beats coded into the block clearing programs will shift you to a deep theta brainwave, which is ideal for clearing subconscious blocks but is not safe for driving, operating machinery, or doing anything else that requires your attention, focus, or concentration. If possible, please do not be doing anything other than muscle testing while listening to the block clearing programs!

***Guideline #4: Do your best to listen to the block clearing audio in its entirety***

If possible, try to get all the way through the effortless clearing audio in one sitting. This is because the first few minutes of each effortless clearing audio are encoded with a special "glide" to gently entrain your brain into a deep theta brainwave, so it may not work as well to start listening to an effortless clearing audio in the middle.

If you are interrupted while listening to a clearing audio, or simply don't have enough time to get through the whole audio in one sitting, make a note of where you stopped, and next time start by listening to just the first four or five minutes of the block clearing program before you jump ahead to where you left off. This will allow the sub-audible binaural beats to gently glide your brain into a deep theta state before doing more block clearing! (If this confuses you, you can always just listen to the whole program again; there's no harm in clearing a block or doing a download multiple times.)