

QUANTUM MIND *Suite*

GETTING STARTED

MATTHEW NORMAN

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What's
this all
about?


It's known that all matter possesses and creates energy. This energy is also known as vibration. It's like a pulse that never stops beating, from our surroundings to our minds to each and every atom in our bodies. You can't hear it, but the vibrations are occurring over a series of frequencies that dictate what we put into the Universe, and what the Universe gives back to us.

Some people have weak frequencies. When life gives lemons, these people are sure to take them. Without making any lemonade. Bad things happen to them all the time, from little disturbances like parking tickets to major events like getting fired. That is due to this tiny, yet profound reason: their vibrational frequency is NOT in tune.

The Law of Vibration states that everything in existence vibrates at a certain frequency, and will attract objects of the same frequency. So if your vibrational frequency is humming along at a negative pitch, the Universe responds in kind and sends some damage your way.

Likewise, if your vibrational frequency is aligned with the Universe's and churns out positive vibes, the Universe can only do its job and give you whatever it is you wished for. Why do you think rich, successful people keep on getting great opportunities and seem unstoppable? The answer is right there: their vibrational frequencies are perfectly positive, so the Universe rewards them as is only logical. It's effortless for the Universe, and it can also be effortless for you!

It's mind-blowing when you realize how easy it is to change your vibrational frequency from bad to superb. We now know that humans have brainwaves that function along certain frequencies 24 hours a day. Every individual possesses a unique brainwave pattern, no matter how similar they may be to another person. You've read about the four different brainwaves, Beta, Alpha, Theta, and Delta in Your Cosmic Awakening. These distinct frequencies are required in specific levels in order for you to function properly and thrive in life.



What most people don't know is that we can attune our brainwaves to the correct levels, almost effortlessly.

It's something called Brainwave Entrainment.

In order to attract all that you desire in life, you need to tune in to the Universe's vibrational frequency. Imagine your body is a radio, and you're constantly changing the channels to find the station with your favorite music. When you find it, it's utter bliss. That's what it feels like if your vibrational frequency is in tune with the Universe's, only a thousand times better.

When you're still searching for the right radio station, it may seem like you'll never find it. Have you ever found yourself thinking that you'll never become rich? Or that there's no such thing as a soul mate, or perhaps that yours is lost somewhere, doomed never to find you? Is there a nagging voice in your head saying success is reserved only for "lucky" or "talented" people?

The truth is, all those thoughts are pure nonsense. We have every potential to realize our dreams and aspirations. Most of us have been letting our problems and worries clutter our minds, tearing us away from the root cause: our cosmic alignment with the Universe. Thinking about electricity bills, house payments, getting food on the table and such has caused us so much undue stress that our brainwaves are all out of whack!

And as our brainwaves continue to be unsynchronized, it shows in our thoughts and even worse—physically. If your skin has been breaking out, looking like it's lost the luster of youthfulness; if you've come to accept that your body is no longer as agile as it used to be...I'm telling you, it's all in the mind!

It's precisely because our brainwaves aren't aligned to the frequency of perfect health that our bodies adjust accordingly. Research has shown that people who associate aging with traits like "senile," "slow," "weak" tend to become a self-fulfilling prophecy: they do develop these symptoms as they grow older. The bottom line is, if you believe it, your brain believes it, and your body ends up believing it too.

If you take a look around, you can spot active, healthy people who look much younger than they actually are; they give the phrase "aging gracefully" its very definition. Talk to them for a minute and you'll realize they're full of vibrant energy, always raring to go, as if they were still 17 years old. Most likely they'll offer you some insight on maintaining a positive attitude despite their age (which you'll be surprised to learn because of how youthful they look!).

It's also this heightened sense of well-being in them that helps them appear confident and happy. With a perfectly aligned frequency, positive emotions come naturally to you and doubts just drift away like they never existed. Sometimes we get overwhelmed by the pressures of life, such as relationship problems, financial instability, grief over loss or rejection.

Or we just become numb to anything and everything that life throws at us, unable to express any feeling. If you've often had people tell you, "Why are you so dramatic all the time?" or even "Can you just have an opinion on something?" that usually means it's time to set your brainwave frequencies right.

When we have an excess of high Beta waves, for example, we easily get anxious and start overreacting to everything. Too much of slow-moving Alpha or Theta waves can lead to a state of depression, where one feels unmotivated to strive towards goals, or even accomplish everyday tasks. It's not that you're overly emotional or too lazy to get off the couch; your brainwaves are just not at the right frequency.


Going through brainwave entrainment will allow you to recalibrate your brainwaves, improving your EQ (emotional intelligence quotient), which in turn helps you to keep your emotions balanced and in check.

Having a high EQ creates more confidence, provides more insight into how other people think, allow faster processing to solve tricky problems, and positively influences the way you think.

Conflicts will be a thing of the past as you expertly steer them into peaceful compromises, because you'll have learnt how to handle others well. Your newly calibrated brain will let you perceive people's emotions and motives accurately, reducing your risk of being hurt, and you'll also figure out how to get yourself through a difficult scenario with ease. An emotionally intelligent person can adapt seamlessly to any situation, whether it's good or bad.

That's one of the traits successful people have perfected: their high EQ gives them a crystal-clear perception on how to instantly adapt in social situations, forming connections in both low and high places. Oprah Winfrey wasn't born rich—in fact, she had a troubled childhood before she ran away as a teen to escape abuse. Yet she has soared to the top section of the wealthy list. That's because her "receiving" frequency was properly attuned. Of course, she put in great effort each step of the way to get to where she is (\$2.9 billion net worth, anyone?), but thanks to her vibrational frequencies, the Universe rewarded her with what she desired in life.

Brainwave entrainment can help you with that as well. Now, I don't know if Oprah did go through brainwave entrainment (because it sure seems like she has!), but she is a prime example of how wealth and abundance can be achieved by someone who is continuously motivated to get them.



Most of us feel inspired to take action and do something in our lives to get rich or at least make a comfortable living, but how often do we lose that motivation somewhere along the line and fall behind? I'll tell you: much too often.

It's not just wealthy celebrities and business moguls that can harness their thoughts and frequencies, though. Thousands of people worldwide have learnt how to use their thoughts to manifest their every desire into reality. In order to attract abundance, you need to be attractive. I'm not talking about physical appearance, mind you, but the ability to attract good things. You want to raise your vibrational frequency to the right "receiving" one. There is no point in altering your brainwaves if your very being isn't ready to receive and accept what the Universe wants to bestow upon you.

A quick Google search will reveal how many millionaires are currently sprouting up from all around the world—it just goes to show that becoming the success you've always dreamt of is NOT impossible. We've prepared four exclusive brainwave entrainment audios to help you align your vibrational frequency with the Universe's, and all you need to do is find a quiet spot and plug in.

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A look into the
quantum
mind suite

The first audio - **Limitless** - is the very beginning of your brainwave entrainment journey, helping you to unlock your incredible potential to achieve amazing feats. It could be anything from writing just 100 words a day if you're a writer-to-be, or giving you the motivation to excel at work without the usual Monday blues setting in.

"Amazing" is a subjective term, depending on how much satisfaction you derive from accomplishing something you've always wanted to do. If you've always wanted to get to work on time instead of being late every day, this audio will help you to overcome that grogginess in the mornings and propel you towards a promotion—that's amazing too!

Our second audio, called **Revitalize**, takes things a little further, repairing your misaligned frequencies to give you a renewed vigor in your step, glowing baby-soft skin, and greatly improved health. As you listen to this natural-healing brainwave entrainment, you will feel your spirits lift and notice a change in your countenance afterwards.

Energy will manifest from within your body as you subconsciously take longer, firmer strides while walking, start a fitness regime, or even just carry something heavy that you never could before. In other words, you're going to get fitter and fitter with each passing day, never losing the momentum of activeness.

As high EQ is a tool that many of us neglect to develop and utilize to its full potential, **Connect**, the third brainwave entrainment audio works to eliminate negative thought patterns and create new, positive neural pathways in your brain. It will empower you to take charge of your life, helping you to choose the right words and tone every time you need something to work in your favor.


And let's face it, that's about 24/7, isn't it? We all want things to go our way all the time.

And this brainwave entrainment makes it possible! Improving your EQ will give you access to many doors that you never even knew existed, forge friendships that once were unimaginable, lead you to places that you never believed you could go.


The last brainwave entrainment packs a mighty punch—it's going to help you gain all the wealth and abundance you've always dreamt of. With **Abundance**, your "receiving" frequency will be perfectly aligned with the Universe's "giving" frequency. When you are going through this entrainment, it helps to remember that the abundance that you're craving is already created.

It is in the Universe, in the atmosphere, waiting to be called by you. Too often it's the "lacking" frequency that is projected, leading to the Universe answering your lack with more lack. You have to believe that you already have everything you want, and that your only job is to attract it. Setting yourself on "receiving" mode will allow a steady stream of positive vibrations to flow through you and trigger the Universe to reward you faster!

So you know what these audios can do for you. Now for the big question...

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How do i
use these
audios?



For maximum results, it is recommend that you listen to these audios every day for 30 minutes a day, consistently, for the next 4 to 6 weeks. Sustained exposure to the brainwave entrainment technology incorporated into these audios will help you establish new neural patterns that enable you to "unlock" certain parts of your brain that may previously have been inaccessible to you.

Because all four different audios comprise of different frequencies, each with their own specific effect on the brain, be sure that you listen to the right audios for whatever effect you desire. Whichever audio you choose, please keep in mind that you should never listen to any of these audios while you're driving or operating heavy machinery.

The nature of these audios may affect your conscious state, so if you need to be alert at any point of your day, avoid using any of these audios at that particular moment in time.

Instead, it's recommended that you listen to your selected audio just before you head to bed, or right after you've woken up in the morning, when your brain is in its most receptive state for subconscious entrainment. Use headphones for maximum effectiveness, as you'll experience minimal interference from noises in your surrounding environment.

All in all, you have to truly believe in yourself and the Universe for all of this to work. There is nothing like the present to receive what you deserve, and the more you practice brainwave entrainment and positive thinking, the quicker you'll manifest your desires.

Just by being grateful to be alive, to be where you are—or anything else that you can think of—you are already tuning your vibrational frequencies; the Law of Vibration comes into effect and gives you even more things to be grateful for.

As you practice gratitude increasingly, you'll come to realize that bad things you were once angry or sad about, will become something that you are grateful to have experienced because it made you stronger and heightened your level of consciousness. And a higher consciousness means you're closer to boosting your chakras, to manifesting good health, abundance, and happiness.

Matthew Norman