



mindvalley academy
masterclass

WORKBOOK

Instant Transformational Hypnotherapy

with Marisa Peer

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YOUR OFFICIAL MASTERCLASS GUIDEBOOK

4 Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualisations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

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The next part is for you to take notes while you listen to the masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. During the Masterclass, please fill in the quiz below, following Vishen's instructions. On a scale from 0 to 10, please rate where you are right now. 0 being you'r nowhere near where you want to be, 10 being you are exactly where you wanted.

Experiences	
Where are you right now in terms of your love relationships?	
Where are you right now in terms of your social network, friendships?	
Where are you right now in terms of adventure?	
Where are you right now in terms of environment?	
Growth	
Where are you right now in terms of wealth and fitness?	
Where are you right now in terms of intellectual life?	
Where are you right now in terms of your spiritual life?	
Where are you right now in terms of your skills development?	
Career	
Where are you career wise?	
Where are you right now in terms of your creative life?	
Where are you right now in terms of your family life?	
Where are you right now in terms of your community?	

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1. The rule of the mind is: Your mind cannot hold _____
_____. To let in new believes you have to get rid of

2. One of the greatest fear that people have, is the _____
_____ It Damages people.

3. One thing that can change your life on the spot is: _____
_____. You can't stop people rejecting you, but you
_____ let _____ in.

4. When you use _____ something magical
happens in the brain. The _____ changes
during _____

5. You have to have _____

6. Sometimes we think that rejection can _____

7. The truth is that you are not born _____
You _____ a fear of rejection.

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8. First you make your _____, and then your _____

9. You have to be careful to make _____
believes. You want an extraordinary _____? Make

10. The _____ matches what you believe.

11. “Your _____ do not create your _____ You
_____ creates your reality.”

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Use this space for any additional notes you have:

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SUCCESS STORIES

“She helped me uncover a massive 'block.’ ”



I don't consider myself to be "woo-woo" or someone who is easily "swayed" into simply believing something works... But what I experienced in that room with Marisa changed my life —in just minutes. She helped me uncover a massive “block” that I realize now has been holding me back, and just days removed from working with her—I've already seen massive (positive) changes in my relationship with my wife, my children, and my employees. THANK YOU Marisa. I was skeptical before meeting you, but what I've experienced is unmistakably real.

~ Ryan Levesque, Marketing expert and author

“Marisa Peer is an absolute marvel she not only changed my life – she actually saved it.

Within two weeks of having just one session with her I stopped smoking and drinking for good and developed a completely different attitude to food.

That was 21 years ago. I have never had a cigarette or drink since and I don't want or like unhealthy food anymore despite the fact that I used to devour too much of it. At 75 I have so much vigour that astonishes others which I directly attribute to Marisa.

Because of Marisa Peer I have a whole new life I cannot recommend her or her methods highly enough.”



~ Molly Parkin, Writer and renowned artist

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“You have to see what she can do in [five] minutes.”

I work in the financial industry and no matter how much money my clients have, how great their life appears to be, if they don't understand what Marisa Peer can pull out of someone in [five] minutes, they never feel successful or love their life. You have to see what she can do in [five] minutes that people search for their whole lifetime.

~ Garrett Gunderson, New York Times bestselling author of *Killing Sacred Cows: Overcoming the Financial Myths That Are Destroying Your Prosperity*

“I can't thank you enough.”

I can't thank you enough. Your speech was inspiring, relevant and emotional. Exactly what was needed. All the editors were very moved and excited by it, I have heard them saying wonderful things about you and your session. Let's stay in touch—I hope we will collaborate more in the future.

~ Karina Dobrotvorskaya, President & Editorial Director of Brand Development at Condé Nast International



“Working with Marisa has helped me to change some deep rooted issues”

“Working with Marisa has helped me to change some deep rooted issues. I no longer use food to cope and I can finally become slim. I am amazed at how much food I am leaving I cant not finish food and I am indifferent to junk food which is such a buzz to me. For the first time EVER I can work with food and it does not rule me at all.”

~Steven Wallis, Chef and winner of Masterchef 2007

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“What you did for me is nothing short of miraculous. I owe you my life.”

I know that without your help and guidance, I would never have achieved my weight loss of over 100 pounds or been able to maintain it. What you did for me is nothing short of miraculous. I owe you my life. Thank you.

~ Jeff Rudom, Actor

“She works on so many levels, all very skillful and beautifully executed.”

I was inspired by Marisa’s work an easy style, and the way she mixes facts with language with emotions with hypnosis. She works on so many levels, all very skillful and beautifully executed.

~ Joanna Jesson, chairman of the Academy for Chief Executives



“Marisa Peer has an extraordinary skill at getting people to change.”

Marisa Peer has an extraordinary skill at getting people to change. Since she worked with me, my life and my footballing skills have changed dramatically and for the better.

~ Jason Roberts, Premier league football player

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“Marisa’s therapeutic work and [counsel] is a hugely powerful resource in my life, for which I am eternally grateful.”

Every time I take on a new project or face a particular challenging in life, I seek Marisa Peer’s extraordinarily effective therapy. Marisa’s therapeutic work and [counsel] is a hugely powerful resource in my life, for which I am eternally grateful.

~ Gerry Cot, co-founder with Bob Geldof of the Boomtown Rats.

“Marisa Peer is a phenomenal speaker.”

Marisa Peer is a phenomenal speaker, she has a unique ability to simplify the complex teachings of how the brain works so that the audience immediately gets it. It was an honor to have her speak as part of the line-up for WIE in London and New York.

~ June Sarpong MBE, Women: Inspiration & Enterprise



“Already with four days we’ve seen rapid therapy and rapid change with people and that is quite extraordinary.”

I am a really big fan of Marisa, I’ve trained with Marisa, I’ve had personal therapy with Marisa and she has contributed to my books. I always acknowledge Marisa as being a massive influence on my life, which is why I signed up to her course.

The last four days have been really quite breathtaking, in terms of the depth and the detail that she manages to get with such a short space of time with clients. It really is quite overwhelming, and already with four days we’ve seen rapid therapy and rapid change with people and that is quite extraordinary.

Personally, I’m really excited about this course and I know that Marisa is a fantastic therapist. She has been helping me with the training that I’m doing, to become much better at helping other people as well. She is fantastic.

~ Anna Richardson

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“She was one of our most popular talks of the year.”

Marisa delivered two talks for us in consecutive months and both drew in the crowds — people are still talking about it! She was one of our most popular talks of the year with so many great and amusing examples to draw upon and a really engaging way of telling stories. We wouldn't hesitate to book her again for future sessions.

~ Jenny Latham, Ernst & Young

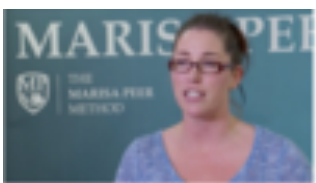
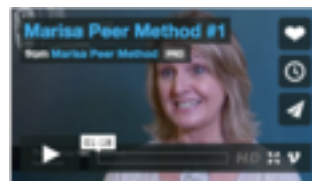
“I was so surprised how easy it was to get driving again without anxiety.”

I was so surprised how easy it was to get driving again without anxiety. I have tried other therapies, but I have always had to continue to fight my anxiety at a low level when trying to resume my driving again, which made it exhausting. A big thank you to Marisa. I am so glad I found her.

~ Angela Harvey



There are thousands of stories from different people that have experienced Marisa's miraculous and profoundly effective Hypnotherapy.



and more..

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SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

What would it be like if I finally live my life without the fear of rejection?

How would it feel if my believes were supporting me and I could achieve anything I wanted easily and effortlessly?

What can I do today to start making everything available for me in terms in career, relationships and health?



To sign up for ***Uncompromised Life***, Marisa's new course on Mindvalley Academy, please visit bit.ly/Marisa_Special for more information. Near the end of the Masterclass, her new course will be offered at a special price as a thank-you gift for class attendees."