Congratulations! You are now a Practitioner of the New Hermetics. You have obtained many skills and abilities which now enable you to move through life more effectively than ever before. In this level you will begin to explore the nature of your thought processes, beliefs and mental symbol structures. You will begin to master your personal intellectual or mental plane, the sephirah Hod. In Qabalistic terms, you will also be working through the paths of 𐤈 [qoph], 𐤅 [tzaddi] (or 𐤊 [heh]), and 𐤀 [peh].

You will begin to understand the structures of your inner world and gain practical tools for changing your thinking process and the world around you. You will begin to actively explore archetypes through the symbolism of the Tarot. You will learn to explore past lives, integrating the larger patterns of existence into your life. You will learn how to consciously and unconsciously change your beliefs about yourself and. You will learn to project thought forms, elemental energies and desires outward effectively. You will practice expanding your consciousness to fill the universe, and silencing your mind of all thought.

1. Exploring Archetypes - Tarot Trumps
2. Obtaining Your Magical Memory: Past Life Regression
3. Beliefs of the New Hermetics Masters
4. Changing Your Beliefs (The Power of Air)
5. Projection of Energy to Charge Spaces
6. Creating Artificial Elementals
7. Expanding Your Consciousness to Fill the Universe
8. Silencing Your Mind

Each of these programs is a technology designed to move your mind in specific directions. Find a quiet place to sit or lie down where you will be comfortable and able to devote your full attention to the programs. Each program is about a half hour. DO NOT listen to these programs while you are engaged in other activities, particularly driving or working on anything that requires your full concentration. You should always have this workbook nearby so that you can complete the written work immediately at the end of each program. This work is usually fairly small and can be completed in less than five additional minutes. Please fill out the workbook as you proceed, completing each section in order to the best of your abilities. You may skip around to a certain degree, but try to keep relatively in order.
Session 1 – The Power of Goals – Part 2

Date and Time ______________________________________________

Please take a look at your goals again in your Initiate Workbook, particularly the top five. Have you accomplished any of your goals yet? Are there any of your goals that you no longer want?

Please make a new list of all your goals, and a new top five. It's perfectly all right if nothing has changed. Please write them all out again, completing the workshop below.

AETHYR- Spiritual goals, your life's work
FIRE- Goals for your your Will, Personal power, desires, creativity and sexuality
WATER- Emotional goals, feelings and relationships
AIR- Intellectual goals, goals about your ability to communicate
EARTH- Financial goals, physical appearance

Aethyr:
1. _____________________________________________________         ___________
2. _____________________________________________________         ___________
3. _____________________________________________________         ___________
4. _____________________________________________________         ___________

Fire:
1. _____________________________________________________         ___________
2. _____________________________________________________         ___________
3. _____________________________________________________         ___________
4. _____________________________________________________         ___________

Water:
1. _____________________________________________________         ___________
2. _____________________________________________________         ___________
3. _____________________________________________________         ___________
4. _____________________________________________________         ___________

Air:
1. _____________________________________________________         ___________
2. _____________________________________________________         ___________
3. _____________________________________________________         ___________
4. _____________________________________________________         ___________

Earth:
1. _____________________________________________________         ___________
2. _____________________________________________________         ___________
3. _____________________________________________________         ___________
4. _____________________________________________________         ___________

Now, please go back and set a time frame for each of your goals. Decide for each goal whether you want to accomplish it in six months, a year, two years, five years, ten years etc. and write this time frame in the small line to the right of each of your goals above.

Please choose your top five goals and write them down in any order. They can be from any categories.

1. _____________________________________________________         ___________
2. _____________________________________________________         ___________
3. _____________________________________________________         ___________
For each of these top five goals, state specifically what you want. The amounts, environment, what it will feel like in sensory terms, what it will look like, what people around you will say, right down to the detail.

1. _____________________________________________________         ___________
2. _____________________________________________________         ___________
3. _____________________________________________________         ___________
4. _____________________________________________________         ___________
5. _____________________________________________________         ___________

Now, some of your goals may be fairly large, and complicated. Please take a moment to chunk down your goals into several increments or steps. What will the intervening phases between now and the complete accomplishment of your goals be like. In other words, if your goal is to become president of a large corporation you might chunk it down something like this: learn about corporate America, get a job at corporation, get MBA, move into executive position, perform amazingly in position, innovate company, take over. You may create as many steps or chunks as you like for each goal.

1.
a. 

b. 
c. 
d. 
e. 
f. 
2.
a. 

b. 
c. 
d. 
e. 
f. 
3.
a. 

b. 
c. 
d. 
e. 
f. 

Once you have done this, think of one little easy thing that you could do right now to begin the process of accomplishing each of these five goals. It doesn't have to be a big thing. If you want to learn Japanese, you could get a book or look into a continuing education class. If you want to buy a corvette, you could send away for a brochure. Don't worry about whether these goals are financially or emotionally out of reach for now. Simply begin the process, and you will discover the way to accomplish your goals as you progress in the New Hermetics. Please write below something you can do to begin the process of accomplishing your top five goals.

1. _____________________________________________________
2. _____________________________________________________
3. _____________________________________________________
4. _____________________________________________________
5. _____________________________________________________

Within the next week, please be sure to do these five small things. You will set in motion massive forces in the universe.

Now, choose your number one goal for now, the thing that is absolutely most pressing for you to accomplish. If it is a big goal, then write down the very first simple part or chunk of it.

1. _____________________________________________________

Please make sure that you accomplish this in the next two weeks. This will really begin to move the forces necessary to accomplish all of your goals.

**Session 2 - Exploring Archetypes - Tarot Trumps**

The purpose of this tool is to get in touch with the universal archetypal energies depicted in the trumps of the Tarot Deck. These cards make up a fairly complete set of archetypes for you to work with. By beginning to understand the components of these archetypes and their expectations of you, you will gain access to much greater understanding of your own unconscious needs and desires. When you are asking these archetypes what they need from you, be sure that you really listen to the answers you receive, and think about what their answers mean. These answers have the power to transform your life instantly if you listen. Allow yourself to be open as you experience these personalities, and do not try to force them to conform to your conscious expectations.
You can choose cards randomly, use specific tarot cards that you are interested in exploring, or you may choose to explore the major arcana or trumps in order, from 0-22 or from 22-0. You will need to work with all of these archetypes eventually, but you may approach it from whatever direction you prefer initially.

It is recommended for the purposes of the New Hermetics that you use the Rider-Waite, Thoth, BOTA or New Hermetics Tarot deck. The images in these cards represent the archetypal forces in a fairly pure and unadulterated way (with exceptions of course).

All of the trumps of the Tarot are below, and recur three times in this workbook. You may approach them in any order that seems best to you, and you do not have to feel like you need to record visions of all of them three times. You can also do other parts of this workbook at the same time, coming back to work with these archetypes as often as you like.

**The World/Universe**

Date and Time _________________________

Describe the feelings or thoughts you have toward this card before beginning

______________________________________________________________________________________________

______________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

______________________________________________________________________________________________

______________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

______________________________________________________________________________________________

______________________________________________________________________________________________

______________________________________________________________________________________________

______________________________________________________________________________________________

**The Last Judgment/Aeon**

Date and Time _________________________

Describe the feelings or thoughts you have toward this card before beginning

______________________________________________________________________________________________

______________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

______________________________________________________________________________________________

______________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

______________________________________________________________________________________________

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______________________________________________________________________________________________

______________________________________________________________________________________________

**The Sun**

Date and Time _________________________

Describe the feelings or thoughts you have toward this card before beginning

______________________________________________________________________________________________
Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

**The Moon**  
Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.
_____________________________________________________________________________________________
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_____________________________________________________________________________________________

**The Star**  
Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.
_____________________________________________________________________________________________
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**The Tower**  
Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
_____________________________________________________________________________________________
Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
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**The Devil** Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning
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_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.
_____________________________________________________________________________________________
_____________________________________________________________________________________________

**Temperance/Art** Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.
_____________________________________________________________________________________________

**Death** Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.
_____________________________________________________________________________________________
The Hanged Man

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
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_____________________________________________________________________________________________

Justice/Adjustment

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

The Wheel of Fortune

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
The Hermit

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning
____________________________________________________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
____________________________________________________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.
____________________________________________________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________________________________________________

Strength/Lust

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning
____________________________________________________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
____________________________________________________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.
____________________________________________________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________________________________________________
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____________________________________________________________________________________________________________________________________________________________

The Chariot

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning
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____________________________________________________________________________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
____________________________________________________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.
____________________________________________________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________________________________________________
**The Lovers**  
Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
_____________________________________________________________________________________________

_____________________________________________________________________________________________

**The Hierophant**  
Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
_____________________________________________________________________________________________

_____________________________________________________________________________________________

**The Emperor**  
Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
_____________________________________________________________________________________________

_____________________________________________________________________________________________
**The Empress**  
Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
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**The High Priestess**  
Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
_____________________________________________________________________________________________
_____________________________________________________________________________________________
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Describe your experience with the archetype, including any advice or knowledge you received.
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

**The Magician**  
Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
_____________________________________________________________________________________________
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Describe your experience with the archetype, including any advice or knowledge you received.
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
The Fool

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Session 3 - Magical Memory: Past Life Regression

With this tool you can begin to see the universal themes that have brought you to where you are currently in life. With repeated use of this tool you may come to understand large-scale patterns that you have been playing out over many lifetimes.

Date and Time __________________________

Please immediately fill this out after listening to the program

What overall emotional impression did you get of yourself in this life?

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Sex: __________________________

Clothing:

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Location:

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Time Period:

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Important Events?

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Purpose of Life?

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe any things you left incomplete?

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe any themes from this past life that you are still playing out

_____________________________________________________________________________________________

_____________________________________________________________________________________________
Are there any skills or abilities from this past life that you would like to manifest in this life?

---

**Session 4 - Beliefs**

Please listen to the program now, and then complete the workshop below.

Date and Time __________________________

Look over each of these beliefs individually, and ask yourself the following questions. Please write your answers down so that you may begin to gain some understanding of the patterns that have created your beliefs and your doubts.

"The universe is ultimately one thing."

What do you think of this belief? _______________________________________________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? _________________________________________________________
Where do these doubts originate? Friends? Family? Role-models? ________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"The universe is an expression of intelligence."

What do you think of this belief? _______________________________________________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? _________________________________________________________
Where do these doubts originate? Friends? Family? Role-models? ________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"Polarity is the expression of one thing at two extreme degrees of perception."

What do you think of this belief? _______________________________________________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? _________________________________________________________
Where do these doubts originate? Friends? Family? Role-models? ________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"Triplicity is one thing expressing itself as a perceiver, a perceived and the process of perception."

What do you think of this belief? _______________________________________________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? _________________________________________________________
Where do these doubts originate? Friends? Family? Role-models? ________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"It is only possible to imprison yourself. Freedom is the birthright of everything."

What do you think of this belief? __________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? __________________________
Where do these doubts originate? Friends? Family? Role-models? __________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"In life you are constantly learning, growing and evolving."

What do you think of this belief? __________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? __________________________
Where do these doubts originate? Friends? Family? Role-models? __________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"You only need your own approval. As long as you are living up to your own expectations you are living correctly."

What do you think of this belief? __________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? __________________________
Where do these doubts originate? Friends? Family? Role-models? __________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"When given complete information, all people attempt to do the right thing."

What do you think of this belief? __________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? __________________________
Where do these doubts originate? Friends? Family? Role-models? __________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"You are the source of all that you need."

What do you think of this belief? __________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? __________________________
Where do these doubts originate? Friends? Family? Role-models? __________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"Everything always turns out right."
What do you think of this belief? _______________________________________________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? _______________________________________________________
Where do these doubts originate? Friends? Family? Role-models? _________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"The universe is infinitely abundant. The possibilities are unlimited."

What do you think of this belief? _______________________________________________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? _______________________________________________________
Where do these doubts originate? Friends? Family? Role-models? _________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"In the province of the mind, what is believed to be true is true, or becomes true within certain limits to be learned by experience and experiment. In the province of the mind there are no limits."

What do you think of this belief? _______________________________________________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? _______________________________________________________
Where do these doubts originate? Friends? Family? Role-models? _________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"The universe functions according to rules."

What do you think of this belief? _______________________________________________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? _______________________________________________________
Where do these doubts originate? Friends? Family? Role-models? _________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"You are always connected to the source of your own strength, intelligence, creativity and joy."

What do you think of this belief? _______________________________________________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? _______________________________________________________
Where do these doubts originate? Friends? Family? Role-models? _________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"There is a subtle realm beyond matter, from which the physical universe manifests."

What do you think of this belief? _______________________________________________________________
Is this something that you believe? _______
Would you like to believe this? _______
What doubts do you have about this belief? _______________________________________________________
Where do these doubts originate? Friends? Family? Role-models? _________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"Everything that you need to know is within you."

What do you think of this belief? ______________________________________________________________
Is this something that you believe? ______
Would you like to believe this? ______
What doubts do you have about this belief? _______________________________________________________
Where do these doubts originate? Friends? Family? Role-models? ________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"It is possible to make your own luck, synchronicities and shape your own destiny."

What do you think of this belief? ______________________________________________________________
Is this something that you believe? ______
Would you like to believe this? ______
What doubts do you have about this belief? _______________________________________________________
Where do these doubts originate? Friends? Family? Role-models? ________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"You can often accomplish more by doing less."

What do you think of this belief? ______________________________________________________________
Is this something that you believe? ______
Would you like to believe this? ______
What doubts do you have about this belief? _______________________________________________________
Where do these doubts originate? Friends? Family? Role-models? ________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"If you remember to look, you discover that good things are happening to you all the time."

What do you think of this belief? ______________________________________________________________
Is this something that you believe? ______
Would you like to believe this? ______
What doubts do you have about this belief? _______________________________________________________
Where do these doubts originate? Friends? Family? Role-models? ________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"You are a loving being."

What do you think of this belief? ______________________________________________________________
Is this something that you believe? ______
Would you like to believe this? ______
What doubts do you have about this belief? _______________________________________________________
Where do these doubts originate? Friends? Family? Role-models? ________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? _______

"You can change your emotional state, and feel good whenever you choose."

What do you think of this belief? ______________________________________________________________
Is this something that you believe? ______
Would you like to believe this? ______
What doubts do you have about this belief?
Where do these doubts originate? Friends? Family? Role-models?
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? ______

"People are basically good."
What do you think of this belief? ____________________________
Is this something that you believe? ______
Would you like to believe this? ______
What doubts do you have about this belief?
Where do these doubts originate? Friends? Family? Role-models?
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? ______

"All things are ultimately eternal, having their real existence outside of the world of perceptions."
What do you think of this belief? ____________________________
Is this something that you believe? ______
Would you like to believe this? ______
What doubts do you have about this belief?
Where do these doubts originate? Friends? Family? Role-models?
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? ______

"You are a necessary part of the universe."
What do you think of this belief? ____________________________
Is this something that you believe? ______
Would you like to believe this? ______
What doubts do you have about this belief?
Where do these doubts originate? Friends? Family? Role-models?
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? ______

"Love is all you need."
What do you think of this belief? ____________________________
Is this something that you really believe? ______
Do you want to believe this? ______
What doubts do you have about this belief?
Where does this belief originate? Friends? Family? Role-models?
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? ______

Now we'll look at some of your own beliefs. What are the rules you live by? To find out some of your rules, ask yourself the following questions:

What do I think of myself? ________________________________________________________________
What do you think of this belief? ________________________________________________________________
Is this something that you really believe? ______

Do you want to believe this? ______
What doubts do you have about this belief? _______________________________________________________
Where does this belief originate? Friends? Family? Role-models? _______________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? ______

Who am I?
_________________________________________________________________________________
What do you think of this belief? _______________________________________________________________
Is this something that you really believe? ______
Do you want to believe this? ______
What doubts do you have about this belief? _______________________________________________________
Where does this belief originate? Friends? Family? Role-models? ____________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? ______

What do I expect in a relationship?
_________________________________________________________________________________
What do you think of this belief? _______________________________________________________________
Is this something that you really believe? ______
Do you want to believe this? ______
What doubts do you have about this belief? _______________________________________________________
Where does this belief originate? Friends? Family? Role-models? ____________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? ______

What does it mean to be a friend?
_________________________________________________________________________________
What do you think of this belief? _______________________________________________________________
Is this something that you really believe? ______
Do you want to believe this? ______
What doubts do you have about this belief? _______________________________________________________
Where does this belief originate? Friends? Family? Role-models? ____________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? ______

What do I expect in a job?
_________________________________________________________________________________
What do you think of this belief? _______________________________________________________________
Is this something that you really believe? ______
Do you want to believe this? ______
What doubts do you have about this belief? _______________________________________________________
Where does this belief originate? Friends? Family? Role-models? ____________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? ______

What is my definition of success?
_________________________________________________________________________________
What do you think of this belief? _______________________________________________________________
Is this something that you really believe? ______
Do you want to believe this? ______
What doubts do you have about this belief? _______________________________________________________
Where does this belief originate? Friends? Family? Role-models? ____________________________________
Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? ______
What is my definition of failure?

What do you think of this belief? 

Is this something that you really believe? 

Do you want to believe this? 

What doubts do you have about this belief? 

Where does this belief originate? Friends? Family? Role-models? 

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? 

How do I define God?

What do you think of this belief? 

Is this something that you really believe? 

Do you want to believe this? 

What doubts do you have about this belief? 

Where does this belief originate? Friends? Family? Role-models? 

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? 

How do I know when someone respects me?

What do you think of this belief? 

Is this something that you really believe? 

Do you want to believe this? 

What doubts do you have about this belief? 

Where does this belief originate? Friends? Family? Role-models? 

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? 

How do I know when someone cares about me?

What do you think of this belief? 

Is this something that you really believe? 

Do you want to believe this? 

What doubts do you have about this belief? 

Where does this belief originate? Friends? Family? Role-models? 

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? 

How do I know when somebody dislikes me?

What do you think of this belief? 

Is this something that you really believe? 

Do you want to believe this? 

What doubts do you have about this belief? 

Where does this belief originate? Friends? Family? Role-models? 

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate? 

What is the world like?

What do you think of this belief? 

Is this something that you really believe? 

Do you want to believe this? 

What doubts do you have about this belief? 

Where does this belief originate? Friends? Family? Role-models?

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate?

What are people like?

What do you think of this belief?

Is this something that you really believe?

Do you want to believe this?

What doubts do you have about this belief?

Where does this belief originate? Friends? Family? Role-models?

Are these people that you really want to have this sort of influence over you? Are they people that you really want to emulate?

You can continue asking these sorts of questions, and come to learn all of your little rules about life and where they come from. You must choose for yourself which of your beliefs are going to serve you in your life, and which are not serving you.

There are certainly quite a few beliefs that are not serving you at all.

Now please write down some negative or limiting beliefs that you currently have about yourself. Think of some ways in which you limit yourself from getting the most out of your life. With the next tool you will learn a technology for changing your limiting beliefs into empowering ones, but just write down some negative things you currently think about yourself that need shifting:

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
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_____________________________________________________________________________________________
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_____________________________________________________________________________________________

Session 5 - Changing Your Beliefs

This tool can be used to rid yourself of a negative belief or to install a positive new one, such as the beliefs of the New Hermetics Masters.

Date and Time __________________________

Choose a negative belief that you'd really like to get rid of.
Come up with a positive new belief that you'd like to have to replace it.

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Driving submodalities of limiting belief:

Visual ________________________________
Auditory ______________________________
Kinesthetic ___________________________

Listen to the program

How do you now feel about this subject?

_____________________________________________________________________________________________
_____________________________________________________________________________________________

**Session 6 - Projection of Energy to Charge Spaces**

This tool is used to charge a room or house or any space with a desired energy.

<table>
<thead>
<tr>
<th>Element</th>
<th>Colors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fire:</td>
<td>red or red-orange</td>
</tr>
<tr>
<td>Water:</td>
<td>blue or blue-green</td>
</tr>
<tr>
<td>Air:</td>
<td>yellow or blue</td>
</tr>
<tr>
<td>Earth:</td>
<td>green, black or brown</td>
</tr>
<tr>
<td>Saturn:</td>
<td>black or violet</td>
</tr>
<tr>
<td>Jupiter:</td>
<td>blue or violet</td>
</tr>
<tr>
<td>Mars:</td>
<td>red</td>
</tr>
<tr>
<td>Sun:</td>
<td>yellow or gold</td>
</tr>
<tr>
<td>Venus:</td>
<td>green</td>
</tr>
<tr>
<td>Mercury:</td>
<td>orange or mixed colors</td>
</tr>
<tr>
<td>Moon:</td>
<td>violet, blue or silver</td>
</tr>
</tbody>
</table>

These energies might be used for the following purposes:

<table>
<thead>
<tr>
<th>Element</th>
<th>Purposes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fire:</td>
<td>success, passion, sex, lust, creativity, intuition, strength, will</td>
</tr>
<tr>
<td>Water:</td>
<td>friendship, love, tranquility, healing, emotions, rest, understanding</td>
</tr>
<tr>
<td>Air:</td>
<td>education, memory, intellect, teaching, communication, travel, writing, theories, organizing</td>
</tr>
<tr>
<td>Earth:</td>
<td>money, jobs, promotions, investments, health, business, physical body, construction, physical appearance</td>
</tr>
<tr>
<td>Saturn:</td>
<td>structures, limitation, responsibility, seriousness, reincarnation, death, inheritances, old age</td>
</tr>
<tr>
<td>Jupiter:</td>
<td>generosity, abundance, leadership, vision, acquiring wealth, legal issues, luck, expansion</td>
</tr>
<tr>
<td>Mars:</td>
<td>justice, strength, force, violence, energy, war, aggression, courage, competition, athletics, masculinity</td>
</tr>
<tr>
<td>Sun:</td>
<td>harmony, balance, wholeness, health, regain youth, peace, illumination, obtaining money, divine power</td>
</tr>
<tr>
<td>Venus:</td>
<td>love, desire, aesthetics, nurture, beauty, pleasure, art, luxury, aphrodisiac, perfume, femininity</td>
</tr>
<tr>
<td>Mercury:</td>
<td>reason, communication, logic, knowledge, travel, writing, school, science, medicine, mathematics, the mind</td>
</tr>
<tr>
<td>Moon:</td>
<td>imagination, instinct, subconscious, emotion, the astral world, clairvoyance, dreams, sleep, the sea</td>
</tr>
</tbody>
</table>

Use this list as a leaping off point for getting really creative. You could also charge spaces with more generalized "white light" energy for any of the above purposes. Don't feel restricted by the elemental and planetary energies. A lot of people find them very effective however, because they have been used this way for centuries, and have a lot of built in power.

Date and Time __________________________
Session 7 - Creating Artificial Elementals

Artificial elementals are projected thought forms that possess a certain sentience and ability to act on their own to accomplish your desires. You can create elementals to accomplish all sorts of tasks, from bringing you business contacts, lovers or manifesting wealth. As far as colors and specific purposes go, you may follow the advice in the projecting energy session.

Date and Time __________________________

What kind of energy are you making this elemental out of? __________________________

What color(s) will you use? __________________________

What is the task or purpose of the elemental? __________________________

What will you name your elemental? __________________________

How long does your elemental have to complete its task? __________________________

Date and time when your elemental will disintegrate __________________________

Listen to the program now.

Please describe your results in a few days____________________________________________________________

____________________________________________________________

Session 8 - Expanding Consciousness to Fill the Universe

This is a tool for exploring the infinity of the universe, and understanding that your consciousness is capable of encompassing this infinity.

Date and Time You Listened to This Program __________________________
Session 9 - Silencing Your Mind

This tool is a method for silencing thought. It may take several attempts to master.

Date and Time You Listened to This Program ____________________________

Describe your experiences:

________________________________________________________________________
________________________________________________________________________

Session 10 - Exploring Archetypes - Tarot Trumps

The World/Universe  Date and Time ____________________________

Describe the feelings or thoughts you have toward this card before beginning
________________________________________________________________________
________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
________________________________________________________________________
________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

The Last Judgment/Aeon  Date and Time ____________________________

Describe the feelings or thoughts you have toward this card before beginning
________________________________________________________________________
________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
________________________________________________________________________
________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
The Sun

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

The Moon

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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_____________________________________________________________________________________________
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The Star

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

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_____________________________________________________________________________________________
_____________________________________________________________________________________________
**The Tower**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Devil**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Temperance/Art**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

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_____________________________________________________________________________________________
**Death**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Hanged Man**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

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_____________________________________________________________________________________________

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**Justice/Adjustment**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

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_____________________________________________________________________________________________

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_____________________________________________________________________________________________
**The Wheel of Fortune**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________
_____________________________________________________________________________________________
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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Hermit**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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_____________________________________________________________________________________________
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_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

**Strength/Lust**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
The Chariot  

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________

_____________________________________________________________________________________________

_____________________________________________________________________________________________

_____________________________________________________________________________________________

The Lovers  

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________

_____________________________________________________________________________________________

_____________________________________________________________________________________________

_____________________________________________________________________________________________

The Hierophant  

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________

_____________________________________________________________________________________________

_____________________________________________________________________________________________
**The Emperor**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning ____________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype ____________________________________________

Describe your experience with the archetype, including any advice or knowledge you received. ____________________________________________

**The Empress**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning ____________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype ____________________________________________

Describe your experience with the archetype, including any advice or knowledge you received. ____________________________________________

**The High Priestess**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning ____________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype ____________________________________________

Describe your experience with the archetype, including any advice or knowledge you received. ____________________________________________
**The Magician**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning ________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype ________________________________________

Describe your experience with the archetype, including any advice or knowledge you received. ________________________________________

---

**The Fool**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning ________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype ________________________________________

Describe your experience with the archetype, including any advice or knowledge you received. ________________________________________

---

**Session 11 - Magical Memory: Past Life Regression**

With this tool you can begin to see the universal themes that have brought you to where you are currently in life. With repeated use of this tool you may come to understand large-scale patterns that you have been playing out over many lifetimes.

Date and Time __________________________

Please immediately fill this out after listening to the program

What overall emotional impression did you get of yourself in this life? ________________________________________

Sex: __________________________

Clothing: ________________________________________

Location: ________________________________________
Time Period:

Important Events?

Purpose of Life?

Describe any things you left incomplete?

Describe any themes from this past life that you are still playing out

Are there any skills or abilities from this past life that you would like to manifest in this life?

**Session 12 - Changing Your Beliefs**

Date and Time __________________________

This time choose one of the beliefs of the new Hermetics Masters to install, one that you don't currently quite believe, but that you'd like to.

Write down this new belief here:

Think about what you currently believe about this subject. This will be a limiting belief. Write it here.

Driving submodalities of limiting belief:

Visual __________________________
Auditory __________________________
Kinesthetic __________________________

Listen to the program.

How do you now feel about this subject?

**Session 13 - Projection of Energy to Charge Spaces**

Date and Time __________________________

What kind of energy are you creating? __________________________

What color(s) will you use? __________________________
Where are you sending it? ___________________________________

What specific purpose this energy will serve? _________________________

How long it will remain in effect where you are sending it? __________________

Listen to the program now.

Please describe your results in a few days_____________________________________

_____________________________________________________________________________________________

Session 14 - Creating Artificial Elementals

Date and Time __________________________

What kind of energy are you making this elemental out of? __________________________

What color(s) will you use? __________________________

What is the task or purpose of the elemental? __________________________

What will you name your elemental? __________________________

How long does your elemental have to complete its task? __________________________

Date and time when your elemental will disintegrate __________________________

Listen to the program now.

Please describe your results in a few days_____________________________________

_____________________________________________________________________________________________

Session 15 - Expanding Consciousness to Fill the Universe

Date and Time YouListened to This Program __________________________

Describe your experiences:

_____________________________________________________________________________________________

Session 16 - Silencing Your Mind

Date and Time You Listened to This Program __________________________

Describe your experiences:

_____________________________________________________________________________________________
Session 17 - Exploring Archetypes - Tarot Trumps

The World/Universe

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________

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_____________________________________________________________________________________________

_____________________________________________________________________________________________

The Last Judgment/Aeon

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________

_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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_____________________________________________________________________________________________

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The Sun

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________

_____________________________________________________________________________________________

_____________________________________________________________________________________________

_____________________________________________________________________________________________
**The Moon**  
Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

**The Star**  
Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

**The Tower**  
Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
**The Devil**  
Date and Time____________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

**Temperance/Art**  
Date and Time____________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

**Death**  
Date and Time____________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
_____________________________________________________________________________________________
**The Hanged Man**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
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**Justice/Adjustment**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

_____________________________________________________________________________________________
_____________________________________________________________________________________________

Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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_____________________________________________________________________________________________

Describe your experience with the archetype, including any advice or knowledge you received.

_____________________________________________________________________________________________
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**The Wheel of Fortune**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Hermit**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**Strength/Lust**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Chariot**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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The Lovers  

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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The Hierophant  

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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The Emperor  

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Empress**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The High Priestess**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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**The Magician**

Date and Time __________________________

Describe the feelings or thoughts you have toward this card before beginning

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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype

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Describe your experience with the archetype, including any advice or knowledge you received.

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Describe the feelings or thoughts you have toward this card before beginning
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Describe any new feelings or thoughts you started to have toward the card after you began the session but before you began to converse with the archetype
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Describe your experience with the archetype, including any advice or knowledge you received.
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**Session 18 - Magical Memory: Past Life Regression**

Please immediately fill this out after listening to the program

What overall emotional impression did you get of yourself in this life?
_____________________________________________________________________________________________  
_____________________________________________________________________________________________

Sex: __________________________  
Clothing:
_____________________________________________________________________________________________  
_____________________________________________________________________________________________

Location:
_____________________________________________________________________________________________  
_____________________________________________________________________________________________

Time Period:
_____________________________________________________________________________________________  
_____________________________________________________________________________________________

Important Events?
_____________________________________________________________________________________________  
_____________________________________________________________________________________________

Purpose of Life?
_____________________________________________________________________________________________  
_____________________________________________________________________________________________

Describe any things you left incomplete?
_____________________________________________________________________________________________  
_____________________________________________________________________________________________

Describe any themes from this past life that you are still playing out
_____________________________________________________________________________________________  
_____________________________________________________________________________________________

Are there any skills or abilities from this past life that you would like to manifest in this life?
_____________________________________________________________________________________________  
_____________________________________________________________________________________________
**Session 19 - Changing Your Beliefs**

Date and Time __________________________

This time choose either a negative belief you'd like to get rid of or a positive belief you'd like to install.

Write the new positive belief you will install here: 

_____________________________________________________________________________________________

Write the old limiting belief you will move away from here: 

_____________________________________________________________________________________________

Driving submodalities of limiting belief:
Visual ________________________________
Auditory _______________________________
Kinesthetic ___________________________

Listen to the program.

How do you now feel about this subject?

_____________________________________________________________________________________________

_____________________________________________________________________________________________

**Session 20 - Projection of Energy to Charge Spaces**

Date and Time __________________________

What kind of energy are you creating? __________________________

What color(s) will you use? __________________________

Where are you sending it? __________________________

What specific purpose this energy will serve? __________________________

How long it will remain in effect where you are sending it? __________________________

Listen to the program now.

Please describe your results in a few days____________________________________________________________

_____________________________________________________________________________________________

_____________________________________________________________________________________________

**Session 21 - Creating Artificial Elementals**

Date and Time __________________________

What kind of energy are you making this elemental out of? __________________________

What color(s) will you use? __________________________

What is the task or purpose of the elemental? __________________________
What will you name your elemental? __________________________

How long does your elemental have to complete its task? __________________________

Date and time when your elemental will disintegrate __________________________

Listen to the program now.

Please describe your results in a few days ____________________________________________
________________________________________________________________________________
________________________________________________________________________________

**Session 22 - Expanding Consciousness to Fill the Universe**

Date and Time You Listened to This Program __________________________

Describe your experiences:
________________________________________________________________________________
________________________________________________________________________________

**Session 23 - Silencing Your Mind**

Date and Time You Listened to This Program __________________________

Describe your experiences:
________________________________________________________________________________
________________________________________________________________________________