



RECONSTRUCTING REALITY

MASTERCLASS WORKBOOK
WITH VISHEN LAKHIANI

WELCOME TO YOUR MASTERCLASS WORKBOOK

5 Tips to Get the Most Out of This Masterclass

1. Print this guide before the Masterclass so you can take notes as you listen. You can also download and type directly in the guide to save paper.
2. Review the contents of this guide before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. Think of how you can quickly implement the secrets revealed in this session to rapidly change your life.
4. During the Masterclass, use the dedicated space on the right side to write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.
5. Continue reviewing your workbook and notes to process your lessons at a deeper level. Insights may spur during revision.

WHAT TO EXPECT

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- Read what people are saying about the program.

1. PRE-MASTERCLASS EXERCISE

Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

2. THE SEVEN QUALITIES

There are seven qualities experienced at the highest level of personal growth. Imagine you have a magic wand and could embody any one of these qualities. Which would it be?

Circle one quality you desire. Then, rate yourself from 1 to 10 on this quality.

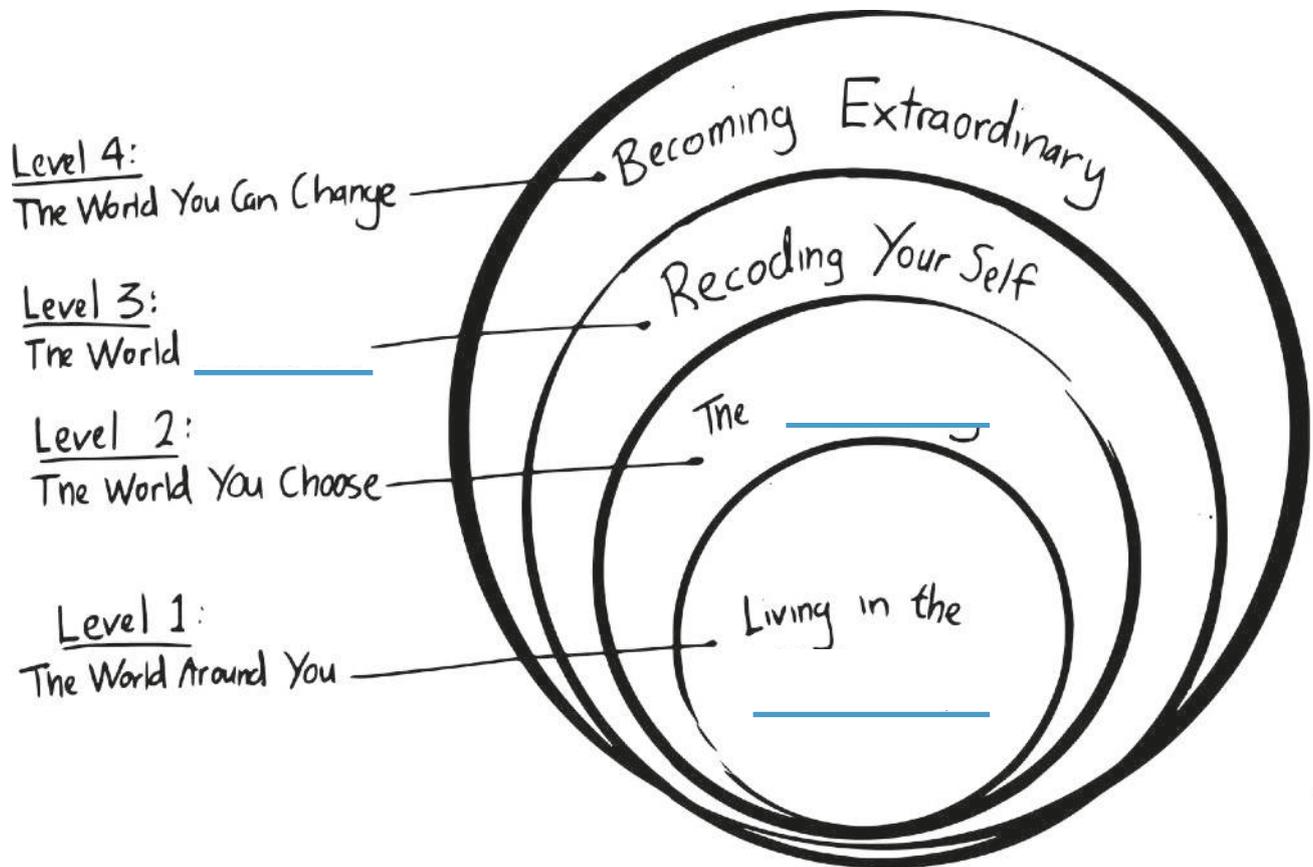
1. Bliss	
2. Immunity to overwhelm	
3. Relationships	
4. Inspiration on demand	
5. Abundance	
6. Flow and ease	
7. Bend reality	

Know Your Why

Reflect on why you want to transform this part of your life?

3. THE FOUR LEVELS OF CONSCIOUSNESS

Follow along the Masterclass and fill in the blanks below.



The Four Emerging Qualities of Level Four

1. Deep sense of _____
2. Tapping into _____
3. _____ drives your intention
4. _____ is on your side

4. The Toolkit

Follow along the Masterclass and fill in the blanks below. Use the space on the right for any additional notes.

Tool for Level 1: Segment Intending

Write down the segments in your day.

Tip: Ask yourself — wouldn't it be _____?

Tool for Level 2: _____

4 key steps to remember:

1. See your vision _____ degrees above the horizon.
2. See a giant _____ in front of you.
3. The mental screen must be _____ feet in front of you.
4. Use all 5 _____.

Tip: The power of _____. It is not about what you visualize, it is about the feeling as you walk away afterwards.

Tool for Level 3: _____

_____ leads to intention.

_____ brain waves states is where intuition takes place.

Tool for Level 4: _____

Notes

5. REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. What would your life look like if you were to discover the full power of your potential?
2. How could you contribute more to your family, relationships, yourself, and community if you operated at a level three or four consciousness?
3. How will your life change once you learn how to master every tool at each level of consciousness?
4. What is the one thing you can do right now to show your commitment to embodying your fullest potential?

THANK YOU for joining today's Masterclass!



6. TESTIMONIALS & STUDENT STORIES

“I don’t remember being this excited learning in my doctoral program as I am with all Mindvalley teaching!”

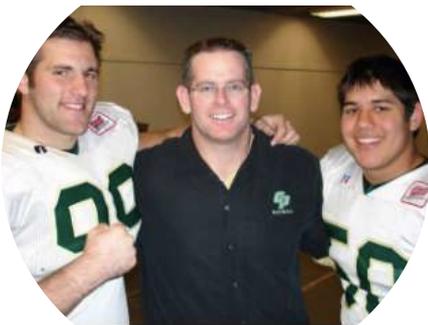


I am so excited with all the great stuff I am learning [in Becoming Limitless course] that it is actually keeping me up at night. [...] I am a Ph.D. Researcher in Psychology and I can honestly say, I don’t remember being this excited learning in my doctoral program as I am with all Mindvalley teaching. I feel like a kid in a candy store. If only my Ph.D Program had been this exciting.

~ Dr. Donna Hoffman, Ph.D.

Research Psychologist, Pasadena, California, US

“This program has created a framework that systematically returns the power to us...”



The level of growth I have seen over the past 8 weeks has been unlike anything else I have ever experienced. I have spent a lifetime seeking, studying side by side with some of the most influential gurus you can think of, and not any one of those experiences has given me the level of personal growth and professional leapfrogging than this has... [...] What the program has done for me, is it has filled in the blanks where I have had either a misunderstanding or ignorance.

This program was my missing link. Those of us who seek enlightenment, desire healing, or simply want to live a graced life free from fear and worry - this course is the gateway.

~ Chris Holder, *United States*

“ I have learned more in a week than during the 6 years I spent in university!”



[In Becoming Limitless] course I have learned more in a week than during the 6 years I spent in university!

~ Emberlea McCulligh,
*Life Coach at Natural Whole Life Coaching, writer,
Oslo, Norway*

“I did it over 6 days and I feel a shift in my world already...”



It's a fantastic collaboration of knowledge [...] I was blown away by the ease of understanding and the way Vishen makes everything so simple! I've been studying personal development and self improvement and meditation for years and it hasn't given me as much as this program has...its so practical and the process is easy to follow.

I did it over 6 days and I feel a shift in my world already... The stress of chasing the next dollar and the next opportunity is gone. I can actually feel that the Universe has my back.

~Vinesan Pillay
Durban, South Africa

“My business is now moving forward [at] full speed.”



[Becoming Limitless] answered my question about childhood trauma and directed me to [remove] false childhood beliefs exercise. [...]

Things I've been trying to implement within my business are now moving forward [at] full speed. I've gone from being a one-person business to a new one emerging with a team of five and complete clarity on the big vision that's driving everything forward. [...] Have been struggling with this all year and now boom — it's all emerging.

~ Tabi Jayne,
Transpersonal Ecopsychologist, Scotland

"Vishen's program inspired me to push my boundaries and to believe that anything is possible"



[...] Vishen's program, *Becoming Limitless*, inspired me to push my boundaries and to believe that anything is possible if I really do the inner work and believe in myself and my vision. Now I have trained in person with Marisa Peer as an RTT Therapist, and I have trained with Eric Edmeades as a WildFit Coach. I look and feel better than I have in years and I finally believe that I have the skills and knowledge to really make a difference in the world and impact people's lives for the better. [...]

[...] I am launching my own business. In my former career as a Physician, I never really felt like I had much hope. I earned more, but at the cost of my soul. Now I do what I love and I know that I have the tools to transform people's lives for the better.

~Katherine Potter

*Holistic Health Coach, RTT Therapist and WildFit Coach
Santa Clara, US*

"I have lost 17 kg: from 103 kg to 86 kg"



After learning creative visualization, I practised to solve my health problem, which is being overweight.

After 4 months of practising with exercise, I have lost 17kg: from 103 kg to 86 kg and my body figure has totally changed. I really appreciate *Becoming Limitless* course. It changed my life.

[...] My life is more meaningful. I feel growth in every aspect of my life. My finances, body health, relationships and career totally changed. I also attracted my girlfriend in my life and now my life is surrounded by love. [...]

~ Sim Chyi Chao

Singapore