



# The New Visionary Newsletter

Volume 3

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*Providing Tools to Release the Power of Human Genius, for a Better World.*

## The Passion Principal for Abundance

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### SEND US YOUR STORIES

We at New Vision would love to hear from you anytime about anything! If you have success stories from our products or services we would love to hear your feedback. Please write to us at  
**NEW VISION**  
**PO BOX 738, Lutwyche,**  
**Qld 4031** or email us on [info@newvisioninstitute.com](mailto:info@newvisioninstitute.com)  
If you have any problems or questions about our products or services. Contact us via the addresses above or call us toll free on **1800 657 099.**

In this Newsletter I would like to feature the issue of Success and Abundance. Now when I talk of abundance, I am talking about having or not having - anything!!! This includes - money. For the last 15 years I have run workshops on Intuitive development, and have spoken to thousands of people - and the most frequent statement I hear is " I cannot afford " or " I have no money ". When I did a little research on the actual meaning of these statements some interesting facts came to light. Many people were willing to spend money on external "things" which they thought would make them happy such as a new house, car, furniture, alcohol, cigarettes, clothes etc. etc., and in fact were prepared to borrow, sometimes, hundreds of thousands of dollars to get it. However, most times they were not prepared to spend even a few hundred dollars on something that improved their inner life or health - unless they were in crisis or had gone through one.

So the truer statement should have been " I am unwilling to invest this amount of money on myself because I feel unworthy " or " I am unwilling to invest this amount of money on myself because I cannot see the pay back "

You may be familiar with the statement of how people view their financial, business and personal lives as either :

The glass is half full or half empty. Unfortunately, many people perceive their lives or many aspects of their lives as lacking. In other words the glass is half empty.

Why is it that 80% of the world's financial resources is in the hands of less than 5% of the population? Why is it that many people struggle financially to make ends meet, or struggle to stay in jobs, careers and businesses that cause stress and bring lack of fulfillment? Why is that 85% of people in paid employment are dissatisfied or indeed hate their jobs? Why is it that many people are prepared to be paid for jobs they hate, and do not see the potential within themselves, to create abundance in and through jobs they love?

The answers are often complex and perplexing, but let me offer some insight and solutions:

### ***Have a Dream***

Have you ever dreamed of being a successful writer, actor, inventor or having a large successful business. Or maybe you have dreamt of having a large house, or that porche motor car, or being extremely wealthy.

Most of the worlds successful leaders, entrepreneurs, writers, artists, scientists and businessmen have several things in common - one of them is that they all have a dream or dreams. Furthermore, all of them converted their dreams to goals - which they wrote down. Did you know that less than 5% of people have any written goals, and isn't it interesting to note that most of the people with written goals are also the most successful. Without dreams or goals you are " like a ship without a destination - the best thing you can do is struggle to stay afloat ".

### ***Find your Passion***

Many people today, are in the jobs they are in, because of someone else's expectations. i.e.. Parents, teachers, society's etc.. That is because they are conditioned to believe this is what is best for them and society!! In many cases people put off their heart's desires to meet these false beliefs and expectations.

These beliefs and expectations are the driving force which prevents most people from following their passion and directs them to unfulfilling , but perceptually "practical and useful careers." Often this choice is made to seek approval from those who have the expectations, but also diminishes the risk of failure and disapproval by not fulfilling their non practical hopes and dreams in favour of something risk free!! Many of them today, are unhappy doctors, lawyers, CEO's. Managers and accountants. Ignoring your hopes and dreams is to ignore your real calling - your passion, or your heart - which is where your soul impulses show you the way.

Most people struggle to create financial wealth and abundance from what they do as job? That is from paid employment, in most cases. It is a well known fact that key to wealth and abundance is not through working for someone else - mainly because all you do is create wealth for your employer; through your own skill, creativity, energy, sweat and tears.

The key to your financial freedom and life freedom is to create an abundant cash flow and assets from within yourself . That is to call in, and use your inner assets - to get what you want in life. So - how do we do this?

Here are some questions to ask if you are following your heart:

- Do you currently feel passionate and excited about your present choice of career or business?
- Are you in a rut, either in your business, job, finances or in your personal life?
- Are you presently experiencing financial struggle or lack of abundance in your life?
- Does the work you do serve others, as well as yourself?
- Do you have dreams and a written goal plan for yourself?
- Are you prepared to take action to

achieve your goals and dreams, despite the perceived obstacles and challenges.

- Are you prepared to be totally focused on achieving these?
- Are you prepared to take the risks, even if it may mean failure?
- Do you use your intuition as a method of guidance, decision making and problem solving - each and every day, and with all your problems?
- Do you trust your intuition implicitly?
- Do you take action on your intuitions every time?
- When you take action towards your goals, do opportunities and synchronicities occur and do you recognize them?
- Do you pay attention to signs and symbols that appear, indicating that you are on the appropriate path?
- Are the choices you are making use your unique gifts, talents and skills?

When answering these questions - be absolutely truthful and honest with yourself. If you get most of the answers as a NO - then, maybe now is good time to take stock of your life, and begin to take steps to follow your passion

Remember - abundance is two edged sword. There are miserable millionaires as well as happy paupers. The real

secret of happiness lies in your ability to fulfill your hearts desires and soul impulses. This is the only way of knowing that you are fulfilling your "life's purpose". As a great man once said -- " It is better to have tried and failed, than not even tried at all" So if you don't give it a go - you will never know!!

### FIND YOUR PASSION!!!

We at New Vision Institute are dedicated to assisting people in recognising and taking action in achieving their ultimate potential.

Our Director - Bob Tajko uses his highly developed and accurate intuitive skills to assist people in finding their true passion. As a Business Intuitive and Intuitive Career Guide and Life Coach he has assisted many businesses and people in high profile careers to find their true calling. So if you want to change your life or your vocation we offer once off Intuitive Guidance Readings or Coaching Programs especially tailored to your needs.

**Phone Us on : 1800 657 099 for an obligation free discussion**

## Mind Aerobics - The Next Level.

Many of you are currently using the Mind Aerobics (Holosync) - the first level programs.

Speaking to some of you about your experiences, we are happy to see that the programs are working and are doing the job that they were designed and developed to do. Now there are some of you who have been using the programs for well over six months and from what we know, is that if you have exceeded six months of daily use, then you may probably be ready to **move on to level two.**

The level two program comprises of different frequencies and carrier waves that pushes the energy in your nervous system a little further. This means that you have the opportunity to diminish stress in your life even further and to continue gently releasing those old emotional burdens over time.

In our intuitive development courses, it is usually the second and higher levels where the students begin to get the gains in being able to sustain theta states of altered consciousness and sustain the focus states for using their intuitive capabilities. We have also noticed the signifi-

cant benefits of using second and subsequent stress release CDs for gaining access to creative and intuitive pathways.

For those of you who wish to continue the journey with the Mind Aerobics (Holosync) programs, here is a very special offer:

#### SPECIAL OFFER

**You can now purchase all the Mind Aerobics levels 2-5 in either tape or CD format for \$600.00 (tapes) or \$700.00 (CDs) plus \$25.00 postage, handling and insurance.**

This represents exceptional value for money, and provides you with an opportunity to secure the whole program at the lowest possible price. However if you do not wish to take advantage of this offer then the Mind Aerobics programs are still offered at \$195.00 for tapes and \$225.00 for CDs (+ \$13.00 postage & handling).

**Order today!!!  
Freecall on 1800 067 099**

### WISE SAYING

*"I've never been poor,  
only broke.*

*Being poor is a frame of  
mind.*

*Being broke is only a temporary situation."*

*- Mike Todd*

# The Sleep Solution

Sleep is an essential part of your body's everyday functioning and thus is vital to your health. Its not just about feeling "rested" in the morning. Sleep also allows the body to produce several important substances that are essential to your well-being, vitality, length and quality of life. Children naturally produce the substances required for a restful and rejuvenating sleep, however as you age, the ability to sleep deeply and to create these important substances during sleep, is reduced. This leads to the symptoms of aging becoming more pronounced.

Dr. Vincent Giampapa, head of Longevity Institute International, is perhaps the leading researcher and authority on anti-aging medicine in the world. Through his research, Dr. Giampapa has found that up to 60 million people in the United States alone, and even more than that worldwide, have trouble sleeping. So naturally he wanted to finally create a drug-free solution to this problem!

The problem however, is more than just getting a good night's sleep. Why? Because many important substances are produced by the brain and the endocrine system during sleep, and when you don't sleep well, you don't produce enough of these substances and your mental and physical health suffers! Human growth hormone (HGH) and melatonin are two substances that are produced during sleeping, both of which play crucial roles in your health and well-being.

HGH is produced by the pituitary gland, located just under the brain. It's often described as the body's master hormone, triggering growth in the young and sexual maturity in the adolescent. As levels of HGH decline in later life...so does much of the body's youthful vitality. However, all is not lost. In a 1990 study, researchers found that by injecting a synthetic growth hormone into a small group of elderly men, symptoms of biological aging were significantly reversed! This treatment however is expensive and not fully tested and so is generally inadvisable. But is it possible to produce more HGH naturally? Yes, it is but more on that after I tell you about melatonin.

Melatonin is a hormone made in the pineal gland from the amino acid tryptophan. Tryptophan is consumed in our food throughout the day, which the body then converts into serotonin (an important brain chemical that regulates mood). Serotonin, in turn, is converted into melatonin, which, not surprisingly occurs most efficiently at night.

The sleep-inducing properties of melatonin are widely known and researched. The ability to sleep deeply and soundly, though, isn't the only benefit of high melatonin levels. Melatonin also has a significant influence on our hormonal, immune, and nervous systems. New research also shows that melatonin is a powerful antioxidant and has powerful immune-enhancing properties. It may also have a role to play in the treatment of heart disease and cancer and in lowering cholesterol levels!

During infancy and childhood, we produce lots of melatonin during sleep and peak amounts are reaching every cell. The amount released each night, however, is reduced during middle age - and falls even more dramatically the older we get. Melatonin can also be supplemented artificially, however it is also not recommended due to the unknown effects of long term use.

However, there is an audio technology has been shown to dramatically increase melatonin production naturally. By listening to specially engineered tapes that use Holosync® Audio Technology, not only can you easily and effortlessly enter the HGH producing brain wave patterns but also dramatically increase your melatonin levels. In a recent study conducted by Dr. Giampapa, subjects had an average increase in melatonin

production of 97.7% in just 3 days, while many had increases of over 300%!

During the day, our predominant brain wave pattern is a high-frequency beta pattern (combined with some underlying delta patterns associated with some of our unconscious autonomic processes such as breathing, with a tiny bit of alpha and theta patterns). When we fall asleep, our brain-wave patterns slow from beta into alpha (pre-sleep drowsiness), and then into a 90-minute back-and-forth cycle through what is called REM (rapid-eye-movement) sleep followed by non-REM sleep. REM sleep happens in a theta brainwave pattern, while non-REM sleep happens in the slower delta pattern.

But it's not always that easy. The many effects of anxiety, depression, alcohol, drugs, disease, stress or the aging process can all cause the brain to lose the ability to enter the slower brain wave patterns of restful sleep. These (and other) situations can cause the brain to lose some or all of its natural plasticity - its natural ability to easily and effortlessly change and flow into the different patterns of electrical energy necessary for optimum sleep.

So to tackle this problem, Dr. Giampapa and New You Enterprises have created a new two-tape program called **The Sleep Solution - Science's Drug Free Answer for "the Rest of Your Life."** In this ground-breaking new approach to sleep problems, we simply take you into the brain-wave pattern of sleep, by listening to the state-of-the-art Holosync® audio technology on stereo headphones. HGH and melatonin production naturally occurs in certain theta and delta brain wave patterns which Holosync® takes you into while you listen to the tapes.

In the short-term, this allows you to easily enter a sleep state instead of tossing and turning all night. Then, over time, the Holosync® technology actually stimulates the brain to regain the normal plasticity it once had that allowed you to successfully and easily enter the brain-wave patterns of sleep. Over time deep and restful sleep happens naturally, even without the help of this technology!

In other words, this Holosync® program can retrain your brain to behave like a younger brain! **The Sleep Solution** contains two 90-minute cassettes. Both use Holosync® frequencies to take you from an alpha brain-wave pattern (pre-sleep drowsiness) through theta (REM sleep) and into delta (non-REM sleep), for one normal sleep cycle.

**Tape 1:** In addition to Holosync® frequencies, also contains soothing ocean waves and a guided relaxation session for the first several minutes to help you relax and sleep, while **Tape 2:** contains just the Holosync® program and ocean waves. Use Tape 1 when you want the extra help of the relaxation session, and Tape 2 when you want just the Holosync® program.

During your session with either tape, you're going to visit the brain wave patterns of sleep and your brain and endocrine system will produce the key bio-substances necessary for restful sleep. Your brain will also be regaining the plasticity it has lost through aging, stress, alcohol use, disease, or other causes... and as a result, you'll feel truly rested!

**The Sleep Solution** sells for only \$120.00 plus \$13.00 postage & handling. If you wish to start sleeping soundly, call us today on **1800 657 099**.

# Money & Mind Mastery

Do you realize that each and everyone of us, manifests our worldly stuff from nothing each a every day. Yes - that's right - we are all Wealth Wizards (powerful manifestors), and whatever we bring into our lives in the material world is as a result of our thoughts, emotions, intentions, beliefs and energy. We are truly capable of turning nothing into something. The problem is that most people do not understand this, let alone able to master the process.

What do people like Ford, Rothchilds, Rockefeller, Einstein, Buckminster Fuller, Bill Gates, Oprah Winfrey, Walt Disney Johnathan Salk, and Stephen King have in common. Well - first of all they were dreamers, secondly they were passionate about their work and thirdly, they all credited their successes to their Intuition. Each and every one of these people, and indeed virtually 90% of the worlds most famous Leaders, Scholars, Scientists, Financiers, Entrepreneurs, Painters, Musicians and Artists - Owe their success and creative inspirations to their " Wise Inner Guide ".

In 1985 , a survey was done in the US, amongst 6000 of the countries top Business People, Public Servants and Political Leaders. This survey proved that the higher people got in their chosen profession or career, the more they used their 'Gut Instincts', "Hunches" or "Intuitions" for Decision Making and Problem Solving in their work and daily lives, and whatsmore, the more they used this ability, the more they trusted it over normal left brain thinking.

Furthermore, in the fields of science, business, invention, politics, art, literature, music, finance, investment, economics: in fact in virtually every field of human invention and innovation - Intuition has been the predominant method of idea generation. I have a saying: " The right brain never invented anything ", and this still rings true today.

Success in any Endeavour, and Intuition are Symbiotic. One needs the other to exist. Yet 90% of the population only use it infrequently and sporadically - maybe that's the reason why we have a world of haves and have nots!!!

There is no other problem solving and decision making system within us that is right 100% each and every time - should we choose to use it, develop and master it. Intuition is the captain of the ship, the life navigator and the most effective means of achieving your hopes, dreams and visions

Every body on this planet is born intuitive, however our culture, educational system, parents, and society either demean, devalue or consider this ability irrelevant in context to practical work, and so this ability is left dormant. In fact it is actually programmed out of us as children. So the older you get the more likely you will need to be retrained to recognise and use intuition in a conscious and controlled manner.

As an Intuitive Coach and Trainer I know what people are capable of, given time, energy, focus and dedication. I have clients who have made millions out of investments once they were taught how to use this inner ability correctly and appropriately. .

Everyone has the opportunity to create for themselves, a successful, prosperous and joyful personal and financial life, and here I would like to share some tips in achieving this:

## 1. LEARN TO TRUST YOUR "HUNCHES, GUT INSTINCTS & INTUITIONS

Insight and Intuitive information cannot penetrate through, a busy mind, negative emotions, stress or illness. Intuition needs a quiet space, where the mind and body are in a state of relaxation, meditation and healthy balance. Cultivate the art of " inner listening by developing your inner senses. Messages

come in many forms. Learn to interpret your dreams and the symbolic messages dream reveal. Learn to ask questions to your " Wise Inner Self " and then have the patience to wait for an answer. Finally - act on your intuitions. Without action, intuition has no legitimacy, neither will you ever begin to trust it.

## 2. HAVE DREAMS & GOALS

What are your goals, dreams and passions? Do you have any? Have you got a dream journal or diary where these are written down. When you do dream, if you do , do you dare to think big. Having clarity about what you want - takes energy. It is easy to know what you don't want. But the process of uncovering your passion is an inward process that sometimes requires that we work on our fears and limitations. Intuition - which is our major life navigation tool works best when it is given a target or goal to work with, and that also goes for the universe. If you don't know what you want how can the universe help you get it!!! Virtually all of the worlds major achievers have three things in common: they all have a passion for their chosen work, business or profession; they all have written goals, and they all use intuition to help them achieve there goals.

## 3. BE FOCUSED

Being focused means being in the moment each and every day, whilst processing the energies and actions of achieving your goals. This means that you " stick to the knitting " ; " keep on track " no matter what the obstacles or challenges. Being focused means that you're clear and passionate about what you are doing. The joy that arises from achieving the steps towards your goals are the signposts that let you know that you are on the right track, and in life's purpose. Most of the worlds greatest achievers have this in common: they are all focused and totally dedicated to achieving their dreams no matter what the obstacles or the time taken.

## 4. BE POSITIVE

Your thoughts can be your enemy, or your ally. Thoughts and the emotions they generate have the power to manifest your reality. What you are - is what you think. Your reality is but a perception of what you think and believe. We do know that successful people are optimistic. They always believe things will work out in their favour no matter what the odds!!! These people think in terms of " I can ", " I will ", I am successful ". They are also open to allowing inner wisdom to show them the way. On the other hand pessimistic people, gravitate towards thinking such as: " I can't ", I'm a failure ", I'm broke or poor " ( or I'm a pensioner - meaning the same ). These thoughts and the underlying beliefs -create an energy which in turns creates that persons reality. Furthermore, thoughts constructed of this energy act as filters and prevent people from using, let alone acting on their Intuitions, mainly because they do not trust either the intuition nor its outcome. It virtually keeps them prisoners of a joyless, hopeless, powerless and poverty stricken existence. Keep your thoughts in a positive energy mode and see the results flood into your life.

## 5. BECOME ANXIETY FREE

We have become a worry society. We worry about our jobs, our kids, our finances, our relationships or lack of them -- and on an on we go. We create stress, anxiety and illness because of the expectation we place upon ourselves, based on cultural, religious and parental beliefs, that unconsciously make us act and create this illusion we call reality. Worry is simply - wasted energy. In fact worry, anxiety and fear create more of the same.

This society measures success - in most cases by the framework of status, achievement and of course money. From an early age we are taught to be worthwhile, to become educated and to get the best paid jobs, to buy a house, to create wealth by accumulating money through business ventures or investments, and if we do not achieve these great heights - we are failures. We can eliminate worry - by eradicating the beliefs which cause us to place unreasonable expectations on ourselves. Look at all the reasons behind your fears and anxieties and you will discover a way to entirely eliminate them. Using your intuition is an excellent method to access the Inner Wise Self for eliminating worry from your life. After all, life is meant to be peaceful as well as abundant.

## 6. DEVELOP THE GRATITUDE ATTITUDE

Look for the good in any and every situation. Whenever life hands you "the wooden spoon" once again, be grateful that you have something to stir with!! Look at all the things in your life right now, that you can be grateful for. Rather than looking at the don't have look at what you do have and begin to appreciate it. Appreciation and gratitude are key elements in attracting more abundance and success in to your life. Listen to your insights and intuitions: they will often point the way to creating the life you dream of, and the stepping stones to achieving your goals. Let each step taken towards your dreams be taken with appreciation and gratitude, even though you experience obstacles, challenges and setbacks on the journey.

## 7. ASK AND YOU SHALL RECEIVE

It's a well known saying - but how many of you practice it!! There are many ways we can change our lives, but the best way I know how is to call in for Universal Help ( God, if you like ). Now those of us who use this system ( sometimes called prayer ) are usually very good at "asking ", however where the system breaks down is when it arrives: we either don't "see it " ( arrives in a form we never expected ) or we don't " hear the response to our request " - this is called: " listening to god " or inner listening - a capability most people are very poor at. Inner Listening ( Intuition ) is the key to knowing how to actually get what you asked for!! Remember you are always the instrument of action in the physical world - your inner sights are the means that direct and show you the way to achieve your dreams.

## 8. DREAM AND FEEL

If you wish to achieve anything in life it is necessary for you to dream. Visualize yourself achieving all that you desire. That abundance, success, house, car, relationship etc., Day dream often. Draw pictures of your desires and dreams in a dream journal. Visualize yourself celebrating your successes: feeling grateful and appreciative. However, when you add emotion or feeling to your dreams, you add a dimension of power that virtually guarantees their appearance. When you dream and feel successful, abundant and smell, taste, touch and create an inner experience of what you want then you have already created it!! Just wait for it to arrive.



# BECOME AN INTUITIVE MASTER!!!

Have you ever had the desire to have the level of Medical Intuitive skills of people such Carolyn Myss, or Dr Mona Lisa Schulz.

As business person, would you like the ability to achieve unlimited success by making decisions that are right 100% each and every time. As a business leader, imagine having the ability to lead your company to the pinnacle of success, with increasing profits year after year. As an investor, imagine having the ability to pick the stocks or properties that make huge gains each and every time. As an entrepreneur, have the ability to make your business venture succeed, by visioning new ideas and creating new market opportunities that work 100% of the time. As a Manager imagine being able to make the exact right choices and decisions that take you to the top of your field. As an inventor or scientist discover new horizons and opportunities in your chosen sphere of expertise. As a life coach - imagine having the ability to sense or see intuitively what your clients needs, or their blocks to success at the emotional and mental level, even when they can't.

What's more, imagine if could accurately predict probable futures in any area, such as economic, stock or property market trends. Each and every person has the ability to use this internal power for success - if they understand it, and know how to harness it.

The **Intuitive Mastery Coaching program** offered by New Vision Institute is a unique world standard course, and is only available in Australia to a very limited number of people. The program is run one to one on the phone every two weeks, for a period of up to 24 months. The full program is mainly for people wishing to achieve professional level standards with consistent intuitive accuracy levels of 90% or better. However we do offer shorter courses for those who wish to develop specific areas. All these programs are specifically tailored for each persons goals and visions, and you will be coached and mentored by our Director Bob Jajko, who has over 20 years experience as a trainer in Intuitive and creativity development.

Specialised coaching is offered, but not limited to the following areas:

**Health/ Medical Intuitive Counselling**  
**Intuitive Business Decision Making**  
**Intuitive Life Coaching**  
**Intuitive Leadership**  
**Intuitive Emotional Counselling**  
**Intuitive Investing**  
**Intuitive Entrepreneurship**  
**Interpreting the Human Energy Field**  
**Spiritual Counselling ( Channeling )**

We have also added two new programs, which are :

**The Genius Mastery Premier Program** - This is a 30 month program combining both intuitive and creativity pathways.

**The FutureVision Program** - which is a specific program for those who wish to highly develop precognitive abilities (see the possible future) and wish to master remote viewing.

We are also able to *tailor specific programs* for groups or individuals in the private, corporate or government sectors in areas such as marketing, sales, finance, strategic planning, human resources and research and development.

If any of these programs are of interest to you call Bob Jajko, personally as **New Vision Institute** on **1800 657 099** for an initial discussion.

# Clearing the Way to Change

In our journey through life and whenever we start on a new path or take a new step, doubts and fears try and distract us.

Change is never an easy thing; since many of your safe personal boundaries are challenged on the road to the future. Taking the steps of change is often a fearful process because you are putting yourself out into the perceived "line of fire" where any creative and original idea can be attacked and criticized. Often, your enthusiasm for this change doesn't make it past the first volleys of attack. What's more, is that these attacks frequently originate from within your own mind!!!

The logical, cynical voice within you (often called the 'Inner Critic') suddenly pops up and keeps going and going until all of your enthusiasm is drowned out in the din.

Intuition however is always encouraging you to be creative, enthusiastic, and passionate and to fulfill your true potential. It consistently points the way towards success. Here are a few tips on building your courage to trust your intuition so that fear can no longer talk you out of positive life changes.

1. When fears reach up to overwhelm you, allow yourself to feel the emotions attached to each and every fear. Instead of letting your mind analyze the fear by thinking up everything that can go wrong, just let yourself experience the emotion to its full depth. By doing this you accept the emotion and what it is telling you, without the usual resistance. Fear is just an emotion and by resisting it you give it power. If instead you allow yourself to truly experience it as soon as it comes up, without your mind catching on and perpetuating it, you will find that the emotion has nothing to latch on to and eventually disappears.

2. If you find that your mind will not let you just experience the emotions attached to the fear, pick the fear that bites you the most and write it down. Then exaggerate it past all reality. Allow your sense of humour to eradicate all hooks that this fear has on reality by showing yourself how truly ridiculous it is. For fear is not real - it is just False Evidence Appearing Real. Find laughter in the ridiculousness of your fear and suddenly it has no power over you.

3. Once you have truly experienced the emotion of fear and released the hooks, thank the emotion for the message it was conveying to you. By being grateful for the experience, all vestiges of the lower vibrational energy attracted by the fear can be released with love - fully clearing your emotional self. By doing this you have made sure that all of the energy associated with fear has been cleared.

4. After you have done that, start imagining the absolute best that can happen from the changes you are implementing. Visualize yourself being successful and achieving your goals. Give your vision texture, vivid colours, sound and smells, focusing on all the positive emotions attached with this outcome. See and feel the friends around you congratulating you on your success. Allow yourself to be saturated by these joyful thoughts and emotions! It is amazing how wonderful you will feel after doing this exercise.

5. Then to allow this vision to begin being created, talk positively to yourself. Whenever you catch that cynical, critical part of yourself starting to get you down, stop and affirm to yourself that you are already on the path to achieving your goals. If your inner dialogue is making you feel bad - change it. Only allow the positive, joyful thoughts airing time in your mind. If you don't like a program or ad on TV then you mute it or change the channel. So why put up with annoying and irritating thoughts? Change the channel to joy.

The key to using your intuition successfully is believing and trusting in the guidance that your inner self is giving you. By using these tips to eradicate the fear that can confuse you on your path to positive self change, you allow yourself the clarity to create the future clearly and joyfully. This also allows your intuitive self to be heard without being obscured by fear. I sincerely hope that these tips help you to continue on your journey with greater harmony, peace and joy.

**Love and Light to you all, Always.**

## **Wise Saying**

*"In our fear-frozen minds, we sometimes think we have no other choice. That's seldom, if ever, true. It's merely a sign of our fear that has paralyzed us."*  
- Spencer Johnson  
(author - "Yes or No")



The ghost you're trying to reach is currently unavailable.  
Please leave a message after the beep.

# Do You Live Your Life in Fear??

## WISE SAYING

*“Change and growth take place when a person has risked himself, and dares to become involved in experimenting with his own life.”*

*- Herbet Otto*

Are you somebody who knows what its like to nervously pace the floor, wondering if you're going to publicly humiliate yourself in front of all those people? Do spend more hours stressing about an exam then actually studying for it? Does thinking about flying make you break out into a cold sweat?

Then you are one of hundreds of thousands of people who suffer from constant anxiety and fear, every day. This is not the useful tension either - no adrenaline rush to keep you going, no pull to get things done: this is the useless, tension and stress building anxiety that keeps you from doing the things that you want and forces procrastination and uncertainty into your life.

There is a way to break this pattern of anxiety and fear without anything more expensive or time consuming than listening to a tape in the comfort of your own home! New Vision Institute is pleased to offer you a product that helps you break the patterns of fear and procrastination through an audio technology called "Paraliminals".

Developed in the U.S. by Paul Scheele and Learning Strategies Corporation, paraliminal technology allows you to break old habits of fear

and anxiety by feeding different messages into each ear, while you are in a conscious state.

By confusing the mind with two separate messages, the content of both are allowed to slip straight into your unconscious, helping you to break old, detrimental habits and build positive new ones!

Your stomach does not have to be in a knot. You do not have to go to bed at night worried about how many new wrinkles and grey hairs you will find upon waking. A drink does not have to be the first thing you reach for. You do not have to let your anxieties control you anymore.

So if you want to stop living your life in fear and gain the confidence and peace of mind to tackle any problem that used to daunt you, "**Anxiety Free**" is the product for you. "**Anxiety Free**" can give you freedom you may have never imagined for under twenty minutes of listening time!

New Vision Institute is pleased to offer you the "Anxiety Free" paraliminal tape for only \$60.00 plus \$8.50 postage & handling, so call us now on **1800 657 099** to be free of fear today!!

## Tranquility on Tape

It is said that you can't buy happiness. Well how about the next best thing? New Vision offers a variety of products that allow you to reach blissful states of consciousness in anywhere from 20 to 50 minutes, just from listening to a tape or CD. Why spend lots of money on massages or meditation when a simple audio listening session can achieve the same or better results?

Thoroughly relax from head to toe with **Deep Relaxation**. This tape uses the paraliminal technology developed by Learning Strategies in the U.S. to bring your body and mind into the deepest state of relaxation imaginable. In just 34 minutes you will feel as though you've been on holiday for a week! Plus if you use this tape regularly, it will help you re-train your mind for improved stress management.

*'Deep Relaxation' tape is available for \$40.00.\**

If a voice guided relaxation is not the way for you then perhaps you could try **Wave Form**. The **Wave Form CD** is a part of the Acoustic Brain Research product range that we offer at New Vision. ABR audio technology uses a combination of sound and musical patterns that elicit specific brain wave states in the listener.

**Wave Form** uses a perfect "Harmonic Fifth" to create a kind of acoustic brain massage that allows the mind to reach profound states of relaxation. It also allows the mind to reach a Theta brain wave activity which is associated with relaxation, creativity, intuition and imaging experiences such as dreams and visions. This soundtrack is incredibly effective for emotional release, stress

management and relaxation and provides a full relaxation experience in just 50 minutes.

***Wave Form** is available as a CD for \$55.00.\**

If you're after something a little bit novel in your relaxation than you could try the '**Sound Bath**' CD. Another in the ABR product range, this CD also takes you to a Theta brain wave level, except this soundtrack uses a synergism of natural sounds and sound patterns to create a poly-sensory mind and body experience. This CD is wonderful for stress management and relaxation however is also recommended for self pampering and recovery. Listening to this soundtrack for just 50 minutes will help you achieve your fullest potential in mind and body relaxation.

*'Sound Bath' CD is available for \$55.00.\**

The final relaxation product in our range is also from the ABR products, called **Rest and Relaxation**. This product takes you through a range of brain wave levels from low delta which is associated with a deep relaxing sleep, through Theta, all the way to mid-Alpha which is associated with mild relaxation, heightened alertness and superlearning. Wonderful for busy people, this tape features a 22 minute 'Nap' on one side and a 22 minute 'Vacation' on the other, so after your listening session you can continue your day thoroughly relaxed and alert.

*'Rest & Relaxation' tape is available for \$45.00.\**

**To order any of these beautiful soundtracks, call us on 1800 657 099.**

*\*(plus \$8.50 postage & handling).*

## WISE SAYING

*“Peace comes not by establishing a calm outward setting, so much as by inwardly surrendering to whatever the setting.”*

*- Hubert van*

*Zeller*

# Instant Pick Me Up!!!

One of the biggest issues for many people is lack of time. So in their effort to cram as much as possible into their schedules, people often resort to caffeine and sugar fixes to keep themselves alert and active.

The problem with this, is that although they may feel more alert, the side effects on the body are often less than desirable - especially after the high has worn off.

However, there are ways to gain an energy boost without the side effects of a sugar high or caffeine withdrawal.

"The 10 Minute Supercharger" paraliminal tape allows the body to balance itself and trains the mind to use energy efficiently and

effectively. In just 10 minutes become fully energized and mentally alert all day and long into the evening!!

Alternatively, listen to this tape at any time that you need a pick me up such as before an important presentation or after a long, arduous journey. This tape is a quick, efficient energy booster and a must for anybody on the go!!

**The "10 Minute Supercharger" tape is available from New Vision for only \$40.00 plus \$8.50 postage & handling.**

Order now on **1800 657 099**.

## WISE SAYING

*"If you follow your bliss, you put yourself on a kind of track that has been there the whole while, waiting for you, and the life you ought to be living is the one you ARE living."*

- Joseph Campbell

## Reach Your Full Potential!

New Vision Institute has a large variety of products that we are eager to offer to you because we truly believe that they will help you overcome any problem associated with your personal growth and genius potential.

There is an amazing array of self-help tools and products on offer in the world today and we know that the sheer number of them can confuse and overwhelm anybody. That is why we offer products from organisations that are leaders in their field, but are also affordable and easy to use.

You don't need heaps of time and money to use these products. In order to change those annoying habits or release your inner creativity and happiness all you need to do is listen in the comfort of your own home!! As often as you like!!

The products that we offer cover a wide range of areas and applications including:

- changing behaviour patterns
- confidence and self esteem
- consciousness
- creativity
- dreams
- energy
- expanded awareness
- health
- intuition
- learning/memory
- meditation/relaxation
- personal success
- problem solving
- relationships
- sleep
- spiritual development
- stress relief
- weight control

If you are at all interested in expanding or challenging yourself in any of these areas, ring us and request a catalogue today.

We only send them out by request so please **call us on 1800 657 099** or fill out and send us the form included with this newsletter.

Once you receive the catalogue, use the easy-finder product applications if you have a specific problem or use your intuition to locate the product best for you. However, if you are at all confused about any of the products or having trouble deciding on which product will be the best for you, please call our FREE advisory service on (07) 3861 1132. We will be happy to answer any questions you may have on any of the products or services offered by New Vision.

### SPECIAL OFFER

To celebrate the launch of our catalogue, we are pleased to offer our readers a **special offer on our Learning Strategies product range**. If you **buy any 3** Learning Strategies tapes, we will give you a fourth tape up to the value of **\$40.00 absolutely free**.

To take advantage of this offer, ring us and request a catalogue today. Then when you are ordering, mention that you have read this newsletter and your fourth Learning Strategies tape to the value of \$40.00 will be free!!

'Are you God?'  
they asked  
Buddha.  
'No,' he replied.  
'Are you an angel  
then?'  
'No.'  
'A saint?'  
'No.'  
'Then what are  
you?'  
Replied the  
Buddha:  
'I am awake!'

