

Unlocking Your Genius Code

Reset your Brain for a Vibrant Life



Unlocking Your Genius Code

Reset Your Brain for a Vibrant Life

Look at yourself in the mirror and ask: “What do I want to do every day for the rest of my life?” Do that! Make the rest of your life the best of your life.

Dr. Jussi Eerikäinen



Preface

“**Unlocking Your Genius Code**” is a tremendously effective, yet inexpensive method to help propel you to a successful life doing what you really, really love.

The program uses the **Law of Vibration** and applied **Neuroplasticity** (neuro-programming) to help you make changes that you would love to experience in your life. (for more information on Neuroplasticity, go to: <https://drjussi.convertri.com/neuroplasticity-2>)

Sometimes it just takes one note, one frequency to instantaneously bring someone to tears or laughter or to create an image inside their mind that they will carry with them for the rest of their life.

Every part of your body has a natural frequency in order to work efficiently. Once we discover, say for instance, the natural frequency of a healthy heart, we can reproduce a matching frequency to positively affect your heart while it is being exposed to that frequency.

Music and sound have been used to soothe the soul and heal the body throughout history, from the ancient Greeks to Tibetan monks to contemporary music therapists in today’s nursing homes and hospitals.



Even Aristotle (323 – 323 BCE) wrote in his book *De Anima*: “Music could arouse strong emotions and purify the soul.”

In fact, a recent study by the UK-based *Journal of Advanced Nursing* has revealed some impressive findings. They saw evidence that...

Chronic pain and other painful conditions were reduced by up to 21% and depression by 25%.

More and more, music is being used in hospitals to soothe postoperative pain, lower blood pressure, and boost immunity.

Music has even been shown to cause our brains to secrete the same chemical responsible for the feeling we know as “love.”

Through a phenomenon called “sympathetic resonance,” research has shown how vibrational frequencies align with the energetic patterns of the body and mind to stimulate the cerebral cortex of the brain, calm the nervous system, and relieve pain.

The reason for this is because music can balance hormones, and boost the release of endorphins. This can lead to a greater sense of peace as well as a faster recovery with more profound healing.

What sounds in your environment automatically soothe your soul?

Is it the wind gently moving some tree leaves? Birds chirping outside your window? Water filling your bathtub? The air conditioning running in your home? The next time you're feeling stressed, anxious, or agitated, focus on one of these sounds and notice how your body shifts.

Modern-day science shows that the heart's energy field is 5,000 times stronger than the brain's... clearly a difference of epic proportions!

Those who have the courage to discover, and bring forth, their genius will break through to unprecedented heights of productivity and life satisfaction. You will go far beyond the simple notion that you are much brighter than you may think to knowing that you have a fantastic human heritage within you. This heritage contains all the codes you need to unlock enormous capabilities allowing you to improve the quality of your life and the results that you are getting today.

“Unlocking Your Genius Code” will help you combine your affirmations and the expression of your dreams through advanced entrainment technology. Applying this technology will dramatically enhance your ability to achieve your life's dreams.

Barbara Daoust, Author, Speaker & Coach

Dr. Jussi Eerikäinen, Cardiologist & Bestselling Author

Are You Stuck in a Rut?

If you consider the world population today, you'll see that most people are stuck in a rut and they don't even know it.

They are prisoners of hope and unfulfilled dreams. Inhabitants of "Victimland" or "Blameland"; they see all external events and circumstances as the reason to blame their unhappy fate.

Are You Able to Freely Manifest?

Individuals across the world have begun an awakening through studying and applying the Laws of the Universe. However, many are still trapped by seemingly insurmountable limitations in spite of what they are discovering.

Have you ever felt stuck even though you have read many personal development books, and attended many seminars and/or coaching calls?

or

Have you ever experienced just glimpses of fortune but it's not enough or not what you really want?

Well, it's not your fault!

There is actually an unseen reason for that. A reason very rarely addressed by the majority of the great teachers in the personal development world:

Your Signature Frequency!

What is that?

Your **Signature Frequency**, is the set of vibrations you broadcast 24/7. You know that everything is energy... including you and me!

What we call 'matter' is condensed energy, vibrating at a certain frequency which is sufficient enough for our physical senses to detect.

Everything is Energy

Consider these classic quotes:

“If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.” - Nikola Tesla

“Everything is energy and that’s all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics!” – Albert Einstein – Physicist

If there is a gap between your **perceived** reality and your **desired** reality, you need to change your frequency to be a vibrational match for what you wish in life! As Albert Einstein said: “It can be no other way.”

It’s Not Your Fault

When you read a self-development book or hear a seminar in that field, you are opening up your intellectual power. Your conscious mind is receiving and processing the information that you are reading or hearing. Understanding or being capable of even discussing the topic, doesn’t mean you will be able to practice it or, best of all, live it!

Your subconscious mind is ruling — undisputedly — your life. So, how can you talk to your subconscious mind in an effective way?

The answer is, by understanding the mind’s language: Frequencies!

The Genius Code (GC): The Tool of Choice to Reset Your Brain

The Latest in Scientific Breakthroughs at Your Fingertips

Your Genius Code (GC) is an audio track that combines the latest technology available to

communicate to your subconscious mind in its own language: Frequencies.

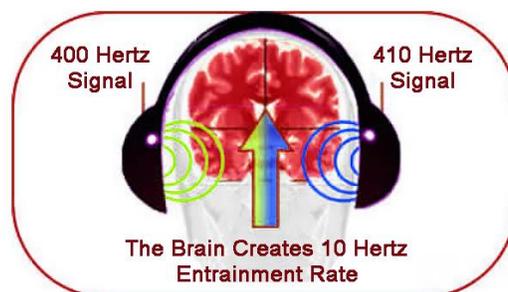
You will be able to express your most cherished desires, goals and dreams by first scripting your code, recording it, sending it to us and then we'll add the most highly effective set of frequencies that will communicate directly with the ruler of your habits, tendencies and paradigms: your subconscious mind!

Congratulations!

By reading this material, you are showing that you are serious about investing time and effort in developing and improving your mind.

This tool combines the latest in Binaural Beat technology along with the cutting-edge Sliding Resonance Technology (SRT).

A binaural beat is an illusion of sound created in the brain when two different sound frequencies are presented to the brain in a dichotic pattern (one frequency through the right ear, and a different frequency through the left ear, both occurring



simultaneously). When this is done, the mind creates its own third frequency — the binaural beat — which is equal to the difference between the two "real" frequencies.

Research has shown evidence that by creating a binaural beat at 10 Hz — an Alpha frequency — the brain is triggered to resonate at that same 10 Hz frequency. This process helps to quickly and easily guide your mind into an Alpha frequency state. The same can be done to guide the mind into any frequency state.

The effect of the brain resonating with the binaural beat is called the Frequency Following Response. This phenomenon was thoroughly researched and tested in 1973 by biophysicist, Gerald Oster, at Mount Sinai Hospital in New York City. His research on binaural beats and the Frequency Following Response was published in the Scientific American magazine and it laid the foundations for further developments in the area of auditory stimulation to enhance brain functioning.

Since that time, binaural beat technology has been endorsed by thousands of doctors and scientists around the world.

By introducing a precise harmonically layered blend of frequencies to your brain via the audios that come

with the premium version of this program, you can effortlessly achieve powerful states of focused concentration, deep relaxation and more, all while stimulating your brain to work more effectively.

How to Propel Your Success

However, you will go further than binaural beats. You will experience beautiful music with another cutting-edge technology called, Sliding Resonance Technology (SRT).

This technology takes you to a deep level of resonance and then it brings you out of it by using a studied range of sliding or flowing frequencies designed to induce altered states of consciousness with ease. You can emerge or stop listening to it at any time but, by doing so, you won't experience the full effects. SRT is designed to take you to a deep level of resonance, and then slowly bring you back to the beta or the awakening state, making you feel refreshed and more alert.

Together, these technologies can help you to realize your dreams faster. The beauty here, is that **you don't have to pay full attention** to the recording while you are listening to it. This makes it a perfect fit for the busy person.

You can enjoy it while doing other chores. The technologies enable you to bypass your greatest critic

– your own conscious mind – and communicate directly with your subconscious mind, which is the faculty that helps to create or manifest any desire, once it is convinced you want it.

The ability to download and listen to this MP3 wherever and whenever you choose, will assist in the repeated saturation of new positive messages in your subconscious mind, and help to imprint the information successfully.

Recording Your Dreams and Desires

It is quite simple to communicate with your subconscious mind. However, there are certain rules you need to observe to be really effective in achieving what you desire in life.

Rule #1

Knowing what you want

Most people feel that they don't know what they want in life.

However, if you choose to become more aware, more conscious, and more attuned to your feelings, you will gain clarity regarding what you want.

Pay attention to how many times a day you say, “I don't know what I want.”

Listen to when you say, “I know what I don't want.”

Or

“I don’t want that.”

The moment you hear yourself saying, “I don’t want...”, immediately ask yourself, “What do I want?”

Rule #2

Be sure to **state what you want** and **not what others want or expect you to be**. Remember that you could be unconsciously following cultural, religious, and other group patterns and/or other’s agendas and time schedules.

As an example, some cultures expect you to be a lawyer, an engineer or a doctor if you are to be considered successful. If you are not any of those professions, you could be considered a family embarrassment.

What if your passion is art?

What if you love performing on stage or painting on a canvas?

You could unconsciously be thinking that if you pursue your dream, you may disappoint your family or teachers. This thinking could sabotage your dream because it is the opposite of success.

So, be careful how you state what you want. You could be declaring what “you want” based on cultural

restrictive beliefs that are not authentic to your desires.

Let's look at an example of what is expected for a typical teen in the United States. They are encouraged to get good grades to graduate from high school. Good grades will lead them to a reputable college where they are encouraged to pursue a high GPA for future employment at a good company or corporation. Once they are employed, the next expectation is for them to advance and climb the corporate ladder.

This is the way many teenagers are “forced” to think and taught how to set goals in their lives. If they follow this plan, they will avoid getting a factory job for the rest of their lives.

However, statistics show that there are staggering numbers of so called, “successful” professionals, who are clinically depressed in many industrialized countries. Therefore, why set goals that end up in dissatisfaction?

Or deciding that because you are a woman, you have to marry a man who can provide for all your needs in order to survive.

These types of goals may have been valid 50 -75 years ago. The problem is that many people are stuck in old concepts from the past and they don't realize how much the world has changed. These are only a few

examples on how we can end up setting goals based on cultural beliefs.

Do I mean that it's wrong to be a lawyer, a doctor or an engineer? No!

The problem is that many people don't know that there are basically two kinds of goals: “**means goals**” and “**end goals**”.

People easily chase after “means goals” such as: graduate from college, get a particular job, and save money for retirement. But if you ask them, “Why do you want that?” There will always be a “so” in their answer. For example:

“I want to qualify for college, **so** that I can do...”

“I want to be a doctor, **so** that I can do...”

Once you identify the answer to “**so that I can do...**”, you will discover an “end goal”.

What are “End Goals”?

“End goals” lead to the beauty of being a human. It could be waking up next to someone you madly love. Or possibly holding your first child in your arms. Or maybe being at the grand opening of your new business. It's enjoying that first customer or the experience of your first sale. It's completing your first book or creating a piece of art where people are

admiring it and falling in love with it. These are “end goals”.

So, if you want to develop your genius mode, as you create your Genius Code (GC), forget about your “means goals”.

“Means goals” are usually dictated by your cultural environment. Choose instead to go straight to the “end goals”.

If you want to orient your life with a better compass, start by setting **these three most important questions:**

Question #1. **What experiences** do you want to have in life?

Question #2. How do you want to **grow**?

Question #3. What **contribution** do you want to make to the world?

Under the first question, “What experiences do you want to have in life?” start making a list of the experiences that you want to have in life. For example:

Countries that you want to visit.

Places you want to travel to.

Adventures you want to have such as climb a mountain or travel to an exotic paradise.

What person do you want to have next to you for the rest of your life?

What type of family do you want to have?

What type of a house do you want to live in?

What pet do you want?

The beauty about most of these experiences is that often they frequently don't require very much money. It's crazy, but we often associate happiness with money. Yet, some of the most beautiful experiences in life require no money. Almost any human being today can fall in love, and have a baby. These are some of the most profound experiences that we can have in life.

Now, for the second question, **“How do you want to grow?”** make a list of all the ways you can grow in order to have all of the experiences that you want.

We are all souls living a human experience here on planet Earth and we are meant to grow and develop.

How could you learn to be a better father/mother? A better spouse? A better lover?

What languages do you want to learn?

Do you want to learn a musical instrument? Possibly a new skill?

Do you want to learn to write, or to speak in public?

Do you want to play a particular sport?

Growing is a goal in itself. It is one of the key elements that drives us as human beings.

Now, we are ready for the third question, **“What contribution do you want to make to the world?”**

To be the kind of human being that wants all these experiences and wants to grow, **how can you give back to the world?** Remember, as the Dalai Lama said:

“If you want to be happy, make other people happy.”

The list under the third question is the one that leads to fulfillment in life. It is where you take the experiences you want, your personal growth and then write down how you want to contribute to the human race and to this planet.

Did you learn entrepreneurship? Great, then mentor a kid, a teen or a young adult.

Have you learned to speak in public? Great, use it to inspire other people or teach them to do the same.

Your list of contributions becomes the steps you take to give back to the world, because that takes you beyond happiness into fulfillment.

When you have all three lists complete: your desired experiences, your personal growth, and your

contribution to mankind, this becomes your end goals list. Everything else is a “means goal”.

With this end goals list, you will start to rewire your brain and live your life by design - not by default. You will be able to short cut and bypass so many hindrances, obstacles, and limitations that are presently in your way blurring your vision.

Rule #3

Declare in the **present moment**, as clearly as you can, what you DO want.

Hint: Usually, it’s simply the opposite of what you DON’T want.

Make a list of all the things you want in your life. If you need to add more things later, that’s fine! Try to define and write precise ideas of what it is.

Remember: in your mind, you are limitless. Feel free to fantasize with infinite resources of money, time, or circumstances.

When you start to become more clear, you will make stronger decisions to support your desires. You will become more focused and as a result, you will take inspired action toward achieving your goals and/or dreams.

Important: Write and connect all your dreams in the form of a story in **present tense**, assume that you have already achieved what you want or dream of having. In other words, write your story ‘as if’ you are living it now.

Rule #4

The Presupposition Questioning (PQ) or ‘Why’ Questions

The human brain is always asking and searching for answers to questions. The brain works automatically with more intensity and searches for answers when you ask it a proposed question.

If somebody asks you a question, like: “Why is the sky blue?” your mind immediately starts searching for an answer because it’s programmed that way. By the way, you don’t have to answer that question.

Your brain works like a computer when you search for answers. It’s just like the search engine software on the Internet. The brain, just like the search engine, doesn’t care about the quality of the question you are asking.

Your brain searches for an answer with or without your awareness; you can’t prevent it!

This concept alone is what makes this tool so powerful.



Empowering and Disempowering Questions

From Biblical times, we have been reminded: “You have not because you ask not.” “Ask and you shall receive.”

With that in mind, let’s look at something important to consider.

You have heard people saying:

“Why me?”

“Why is this happening to me?”

“Why can’t I find what I am looking for?”

These are disempowering and sabotaging questions, because they are focusing on the negative.

You may have inadvertently used questions like these for many years. These are destructive questions because they create the quality of life that you don’t want. They create problems!

No one likes problems. Most of us try to avoid, ignore, or get away from our problems. Some would argue that problems are the bane of human existence. But really, every problem you’ll ever face is simply a question that hasn’t been answered yet.

Any problem, from the trivial to the tremendous, is really a question searching for an answer. For example, here are a few serious global problems and their associated questions:

Problem	Questions
Global Warming	“How can we stop destroying and polluting the Earth and still live a prosperous life?”
Poverty	“How can we equally distribute the wealth of the world so that no one goes without adequate food, clothing, and shelter?”
Unemployment	“How can we help everyone find work that produces financial independence and helps society function better?”
Terrorism	“How can we stop living in fear and help everyone learn to respect each other’s religious beliefs so that we can live in harmony and peace?”

We know that these are not easy problems or easy questions. That’s why we haven’t found all the answers yet!

What about the regular, everyday problems that people face? Here are some common problems most of us face along with their related questions:

Problem	Questions
Money Problems	“How can I make more money without sacrificing my family and my freedom?”
Weight Problems	“How can I lose weight, be healthy, and still enjoy the foods I want?”
Business Problems	“How can I grow my business and attract more customers without struggling?”

As you can see, every problem is, at its root, a question (or series of questions) that hasn't been answered yet.

Let's say you wanted to solve a common everyday problem that millions of people face every day; like how to make more money, lose weight, or be happier. One approach would be to use the traditional affirmation method by saying things like: “I am rich, I am thin, I am happy,” and so on.

You may believe these statements or you may not. However, your Belief Gap may be so wide that even though you want to believe these positive statements,

you just can't. That's why so many people respond to these statements by not believing them (the "Yeah, right" response) and eventually they give up on their dreams.

Stop Doing That and Start Doing This

On the other side, we call empowering questions the types of questions that cause the brain to concentrate on what you have instead of what you lack, leading you to increase your self-esteem and create a positive self-image.

Your brain automatically focuses on what is right "about you," not on "what is counter-serving you."

How to Use the Two Drivers in Life

There are two human behavior drivers or motivators:

- Motive (the "why")
- Method (the "how")

Motive drives more action than method. Let's see why.

Suppose you are in a theater where you are watching some actors performing. You may have the desire to jump onto the stage and kiss an actor or actress. You have the knowledge to do it; you know the "how." You

can conceive a method in your mind on how to do it. However, you don't do it because there are a lot of "why" reasons as to "why not do it". You could be removed from the site, feel embarrassed, judged as socially unacceptable, etc.

We can think of thousands of things we can do, because we know "how" to do them, but we wouldn't dare do them because there are a lot of "whys" for not doing them.

That's why "motive" trumps "method". We use the "why" driver to build empowering questions.

Let's start using this driver. How do you do that?

You simply reverse the negative questions that you are using in your daily life with positive ones. For example:

"Why am I so broke?" becomes "Why am I so rich?"

"Why am I so fearful?" becomes "Why am I so confident?"

"Why am I so fat?" becomes "Why am I so healthy?"

The good thing about empowering questions is that you don't have to find the answer for any question you ask. You could, but you don't have to do that.

Applying What You Discovered

Let's come back to what we discussed before about the Presupposition Factor. When you ask,

“Why am I so rich?”

“Why am I so confident?”

“Why am I so healthy?”

The mind is caught up with the reason “why” and assumes that you are rich, confident, or healthy.

Increasing the Power by Stacking Presuppositions

While you are learning the power of presupposing questions (PQs), you can also practice stacking them to reinforce an intention.

“Why am I so happy?”

“Why am I so cheerful?”

“Why am I so confident?”

When you stack presuppositions, one on top of the other, and repeat them, you are transmitting an overwhelming amount of information to the conscious mind. This results in breaking through the barriers to the subconscious mind in a very efficient way.

Stacking is a great way to distract the conscious mind from noticing or considering a response for the suggestions you are imprinting, making resistance nonexistent.

Learn more:

<https://drjussi.convertri.com/pq-s>

Increasing Your Possibilities for Success

1. Start by identifying who you are.
 - a. Declare your name as people refer to you or how you want to be known:
 - i. “I (your name) am a powerful creator of...”
 - ii. Declare this statement several times throughout your script.

Example: If your name is Peter Brown. “I, Peter Brown, am a powerful creator of my dreams. Manifesting is easy for me...”

2. Be clear about what you desire to create in your life. Here’s how to gain clarity:
 - a. Next to each of the areas below, make a list of all the things that you want to have as if you have infinite amounts of money, time or opportunities.

- b. Try to be very specific and as descriptive as possible. What does it look like? Where are you? What shapes and colors do you see? Who is with you? What are you doing? Etc.

Example: I just love to be with my wife when I travel in my comfortable blue Ferrari exploring new places and visiting new friends

- c. Set a positive tone (avoid **negative** statements or **comparisons** with others)

Example: “My creativity is immense. Every single day I am designing new clothing for my fashion company. I feel enthusiastic and full of energy.”

Now, make a list of what you would love to realize in your life. Write down the first few ideas that come to your mind.

Experiences You Would Love to Live

Your Relationships

Your Work or Business

Your Spiritual Growth

Your Contribution to the World

Your Wealth Creation

Your Health

Your Creative Expression

d. Acknowledge and declare not only your weaknesses (in a positive tone!) but your strengths too. This is particularly important because when you are declaring these TWO areas, you are identifying yourself with your Amygdala (that part of your brain that 'knows' who you really are!)

Example: (If technology is a challenge and art is a strong area) “It is noticeable that my technological skills are improving every day and it is easy for me to get all the necessary help that I need. My (art, graphic, furniture, decoration) designs are admired and coveted by many. It thrills my heart to feel so acknowledged.”

3. Write your script in the **present tense**, as clearly as you can.
 - a. See yourself already attaining your dream.
 - b. Add **a strong emotion** to it.

Example: “I am so **excited** to live in my new comfortable home. I am **delighted** to meet my neighbors. They are so **friendly** and **enjoy** visiting me.”

4. Combine your statements with PQ's (presupposing questions) or 'Why questions.'

Example: “I am so excited to live in my new comfortable home. Why am I so happy living in my new home? My neighbors enjoy visiting me. Why are they so lovely to me?”

5. Read — before you record — your entire Genius Code script out loud several times until you feel comfortable and emotional about it.
6. Short Genius Code Scripts (GCs) (7 minutes – 12 minutes) tend to be more effective than long ones, because you will have the desire to replay them more often.
7. Allocate at least two or three specific times of the day to listen to your Genius Code (GC) recording.
8. Be persistent.

More Examples

Health:

You can change your so called “Reality” like this:

Suppose you feel fatigued or weak, change your questions to:

“Why do I feel so strong?”

“Why do I feel energetic?”

Add an affirmation as well, such as:

“I am so thankful that I am so happy and strong at all times. I am so grateful that I am so healthy.”

Then, go back and write several PQ's, like:

“Why do I take such good care of myself?”

“Why is it so easy for me to release weight?”

“Why do I love to exercise?”

“Why do I love eating right?”

Relationships:

If you tend to ask yourself: “Why am I so lonely?”

Substitute that question with positive ones like:

“Why am I attracting only wonderful people in my life?”

“Why am I so happy in my relationships?”

Then, add an affirmation such as:

“I am so happy and grateful that I have amazing friends and my relatives are very supportive.”

Now add more PQ's:

“Why do I love having such healthy relationships?”

“Why do happy, healthy people love being around me?”

“Why do I love being so truly loved and loving?”

Wealth:

If you are focused on money problems and you ask:
“How can I make more money without sacrificing my family and my freedom?”

Change that question to:

“Why am I so rich?”

“Why am I so abundant?”

“Why am I so prosperous?”

Then, add an affirmation such as:

“I am so happy and grateful now that _____
(declare an amount) dollars is coming to me every day
from different resources, in increasing amounts.”

Now add some PQ's:

“Why do I always have more than enough money?”

“Why is it OK for me to have so much money?”

“Why do I use my life of abundance to enrich the lives
of others?”

“Why am I so happy being so rich?”

“Why am I so blessed with such financial abundance?”

Work or Business:

If you are focused on asking: “Why do I feel so unfulfilled at work?”

Change your question to:

“Why am I so successful?”

“Why am I so confident in my work?”

“Why can I have what I want?”

Then add an affirmation such as:

“I am so happy and grateful now that I am so successful in my career and business.”

Now add more PQ's:

“Why is my work so satisfying to me?”

“Why do I love what I do and do what I love?”

“Why is work so fulfilling for me?”

Then you could add another affirmation if you want to do so, such as:

“I have a wonderful career and I enjoy doing what I do.”

Self Confidence:

If you unconsciously are asking: “Why do I feel so insecure?”

Change your question to:

“Why am I so confident?”

“Why do I believe in myself?”

“Why do I trust in others to believe in me?”

“Why do I gratefully accept every good thing that comes my way?”

Then add an affirmation such as:

“I am deserving and worthy of all the good that I desire. I am strong. I am confident. I am valuable.”

Now add more PQ's:

“Why do I accept compliments so graciously and easily?”

“Why are leaders so attracted and magnetized to me?”

“Why do I seek and find only the best in life?”

“Why am I so comfortable in my own skin?”

Recording you Genius Code Script (GC) (Tools)

Nowadays, there is a myriad of tools to record and produce a decent Genius Code recording. Some tools are simple; some are sophisticated. However, I encourage you to get what is going to give you the best quality. After all, you are planning a bright future and a better life, right?

Microphones:

I have used: **Shure SM93** with the converter **Shure X2U** to connect to a USB port for better quality.

However, you can use your **telephone headphones** which include a microphone. Make sure you avoid excessive noise in the background such as brushing up against the microphone with clothing, collars, or moving objects on your desk.

Teleprompter:

You can also download a FREE Teleprompter. It's a very easy tool that helps you to read and record your Genius Code script (GC) smoothly and effectively.

The advantage of having it, is that you don't have to move papers around which could add distracting background noise on your recording.

The teleprompter uses your computer screen. You can adjust the font size, its color, the color of the background and finally, the speed to suit the way you read.

You can use your keyboard space bar to stop or to resume recording.

You can find one here at Free Software:

<http://www.freetelepromptersoftware.com/windows/>

(There are many versions you can find on Google for PC or MAC)

Free Recording Software

One free program that is very popular and easy to use is **Audacity®**.

You can download it and a few minutes later you will be able to record your first piece of work. Here are some links you can use:

- For PC:
<http://www.audacityteam.org/download/windows/>
- For Mac:
<http://www.audacityteam.org/download/mac/>

After you download **Audacity** you will need an Encoder called LAME MP3. Watch the simple instructions on the video below. Then, choose the appropriate link according to the type of operating system you are using:

LAME MP3 Encoder for Windows:

<http://lame.buanzo.org/#lamewindl>

LAME MP3 Encoder for MAC:

<http://lame.buanzo.org/#lameosxdl>

Once you are there, you can choose which link to use according to the system you have (old operating systems or new operating systems). The choices make it quite simple.

The first thing you see when you open **Audacity**® is the “**User Guide**”. If you don’t want to read it – even though we highly recommend it - please watch a short

video we have created for you by clicking on the image below (Use CTRL + Click to follow the link) or copy the link and paste it on your browser:

<https://drjussi.convertri.com/audacity-editing>



Contact Me

If you have any questions, feel free to contact me at

jussiee@neuroplasticwork.website

or send me a request on SKYPE at

jussieerikainen

And Remember

The primary purpose of your **Genius Code** (GC) is to transform you into **the fullest version of who you can be** and to help you achieve the results that you want to create in your life. You will become a NEW you. Every human being attracts what he or she is 'being.'

The art of life is to consistently feel the feelings of your desired outcomes. Allow things to come to you, rather than chase after them.

Observe your inner self-talk and remember your chief aim and desire!

Are they a match?

Does your inner dialogue match what you would say if you have achieved your goal? Your inner dialogue and

resulting actions attract the conditions into your life that become your ‘reality.’

If you become aware of your critical self-talk, you will observe the matching results in your outer world as results that you do not want. If you align your inner dialogue with the new version of who you are becoming, you will become a match for the outcome that you desire and you will see it in your outer reality. In this way, a NEW you can be born.

Inner self-talk whether positive or negative grows inside of us and eventually manifests into physical form. At first it is unseen, it doesn't see the ‘light’. It takes time to move from the non-physical state to the physical state.

The Genius Code (GC) will help you to focus on the ideas, the thoughts, the feelings and the desires that you want to see manifest into your physical reality. It will help you to focus on the inner dialogue that is in alignment with your deepest desires by implanting, embedding, and imprinting onto your subconscious mind, the positive self-talk it requires to make your dreams come true.

When the Genius Code (GC) script is wrapped with the latest in Binaural Beat technology along with the cutting-edge Sliding Resonance Technology (SRT)

that we add to your work, the resulting vibrational message will help to shift your neural pathways out of patterns and limiting beliefs that are no longer serving you and replace them with the new supportive beliefs that will inspire you to say, “Yes!” to the NEW you and encourage you to know without a doubt:

“I am that, that I am.”

Read the statement below and commit to reading it everyday:

Rather than permitting my paradigm to employ all of my spiritual power to hold me back or keep me where I am I make this committed decision: Regardless of how difficult it may be for a period of time my paradigm shift is constant and certain.

Now, please **feel free to contact me**. I will be glad to assist you in creating a transformational Genius Code (GC) that will shift and propel you to succeed in life!

Email: jussiee@neuroplasticwork.website

Skype: jussieerikainen

