



How To Master Your Mindset and Manifest The Lifest The Life You Dream Of.

*(even if you have never done any
mindset work or manifesting before)*

A MASTERCLASS WITH OLGA & INA
master transformative coaches



Hello and Welcome!

We live in a world of ABSOLUTE infinite potential. The information you need and anything you want is simply a click away.

So with everything that we need at our fingertips, LIMITLESS possibilities, and more options to get things done than ever... Why is it that so many talented, smart, incredible people are so STUCK? Feeling anxious about creating the life, wealth, and happiness they deserve?

Let's change that over the next hour together!

And you're in the right place, because we have spent years studying, helping our clients create amazing results, to bring you the perfect blend of science and spirituality to prove to you that no matter what you ask for...the answer is ALWAYS 'YES', while empowering others to do the same!

!We're going to show you exactly how to get started on bullet-proofing your mindset and manifesting the abundance, success, love, fulfillment and freedom you've always wanted!

Meet Olga & Ina



Olga is a Master & Trainer of NLP, Hypnosis, EFT, Neural Energetic Encoding, and Life and Success Coaching. With her 1-on-1 clients, she's on a mission to empower them, conquer challenges, and live a joyful life aligned with their spirituality. Together, they uncover and replace limiting patterns of thought and behavior. Olga uses affirmations, hypnosis, and other techniques to unleash their inner power and break free from negativity. She also guides them in balancing and protecting their energy. Olga teaches her clients to say no to what doesn't serve them, creating a life that resonates with their heart and soul. Through rewiring the subconscious mind and conscious manifesting, she brings powerful and lasting transformations.

Ina is a Mindset Coach and Energy Healer, trained in Neuro Linguistic Programming, Counselling, EFT and Hypnosis. Her goal is to empower her clients in taking control of their life, healing traumas and limiting beliefs, and creating their YES life.

In her own coaching business she supports her clients in all the powerful work to bring them back to self worth, self belief, self care and self love.



In this masterclass you'll learn....

How take to back control of your overthinking mind and release your negative and limiting beliefs. You will learn how to bullet proof your mindset so that your thinking patterns are positive and empowering. You will understand manifesting so to become the powerful creator of the life you want, even if you haven't done any mindset work or manifesting before

1.
Easily Understand
How Your
Subconscious Mind
Works and That It
Creates Your Whole
Life.



2.
What manifesting
really is, using the
power of your mind!

3.
The 2 keys to
manifesting



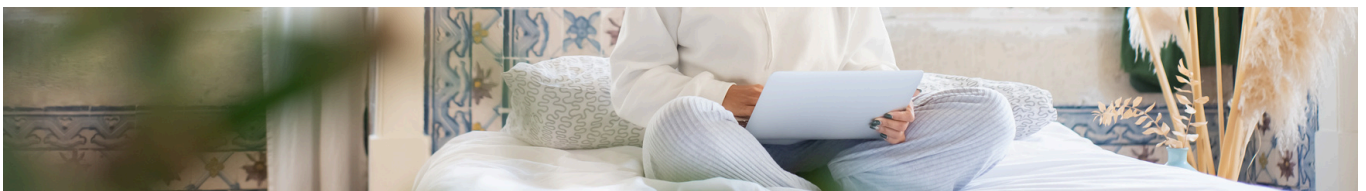
4.
The Law
of Assumption
(why it's more
powerful than The
Law of Attraction)

5.
Overview of The
Most Powerful
(Proven!)
Manifesting
Techniques.



Can you imagine.....

1. what it would feel like to take back control of your overthinking mind, and release your negative and limiting beliefs?
2. what it would feel like to have full control over your self-talk, ensuring that the things you say to yourself are positive and empowering?
3. what it would feel like to step into the most powerful version of you, feel confident about achieving your dreams and goals, and really going for it knowing that you WILL be successful?



Introduction To The Subconscious Mind



- A powerful force taking up about 95% of your brain power.
 - Was formed before the age of 7.
 - It handles everything your body needs to function properly, from eating and breathing to digesting and making memories.
 - Also holds all the 'programs' that control how you think, what you believe, how you feel, the way you act and react.
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Interesting Facts About The Subconscious Mind

- It was formed before the age of 7 years old
- It preserves the body
- Runs the body. Has a blueprint of body as it is now, and of the body in perfect health
- It records everything
- Always alert and awake
- It controls about 95% of our lives
- Is the domain of emotions
- It is built on habituation
- It has no verbal language
- It takes everything literally, it does not know what is real or not
- It can do a trillion things at once
- Maintains instincts and generates habits
- It is not logical; it's the feeling mind
- It is one million times more powerful than the conscious mind
- It thinks in pictures
- It cannot process negatives
- It records every single memory on a "timeline" - past, present and future



Subconscious Mind 'Programming'.

- Before the age of 7, the brain is in a state of 'super learning'.
- Everything you saw in your environment, you took on as 'fact' and it programmed your mind.
- Not all programs are 'bad' - you learned to eat, walk, play, write, socialise etc.
- However, you did also take on your limiting beliefs during this stage of your life.



- We have merely taken on the beliefs of others - they're not even yours!
 - These programs continuously replay over and over in our life, until we become aware of them.
 - The subconscious mind does about 95-97% of the work, so we are literally only consciously aware of about 3-5% of the way we think, feel, what we believe...
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Subconscious Mind Programming

Limiting Beliefs

- I'm not good enough
- Other people are better than me
- I'm not smart enough
- I don't have the confidence to do this or that
- I don't deserve x or y
- I always mess up
- I'll never be wealthy because my family isn't
- Life is hard
- You have to work hard for money
- I always meet the wrong person
- People always leave me
- I can't trust anyone

So do you realise.....

1. You are carrying the beliefs of others, and perhaps they are now outdated!?
 2. These are what have been holding you back - who YOU are is limitless!
 3. Being aware means you can release them and replace them with powerful, empowering beliefs and positive emotions and a bullet proof mindset!
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Model of Communication

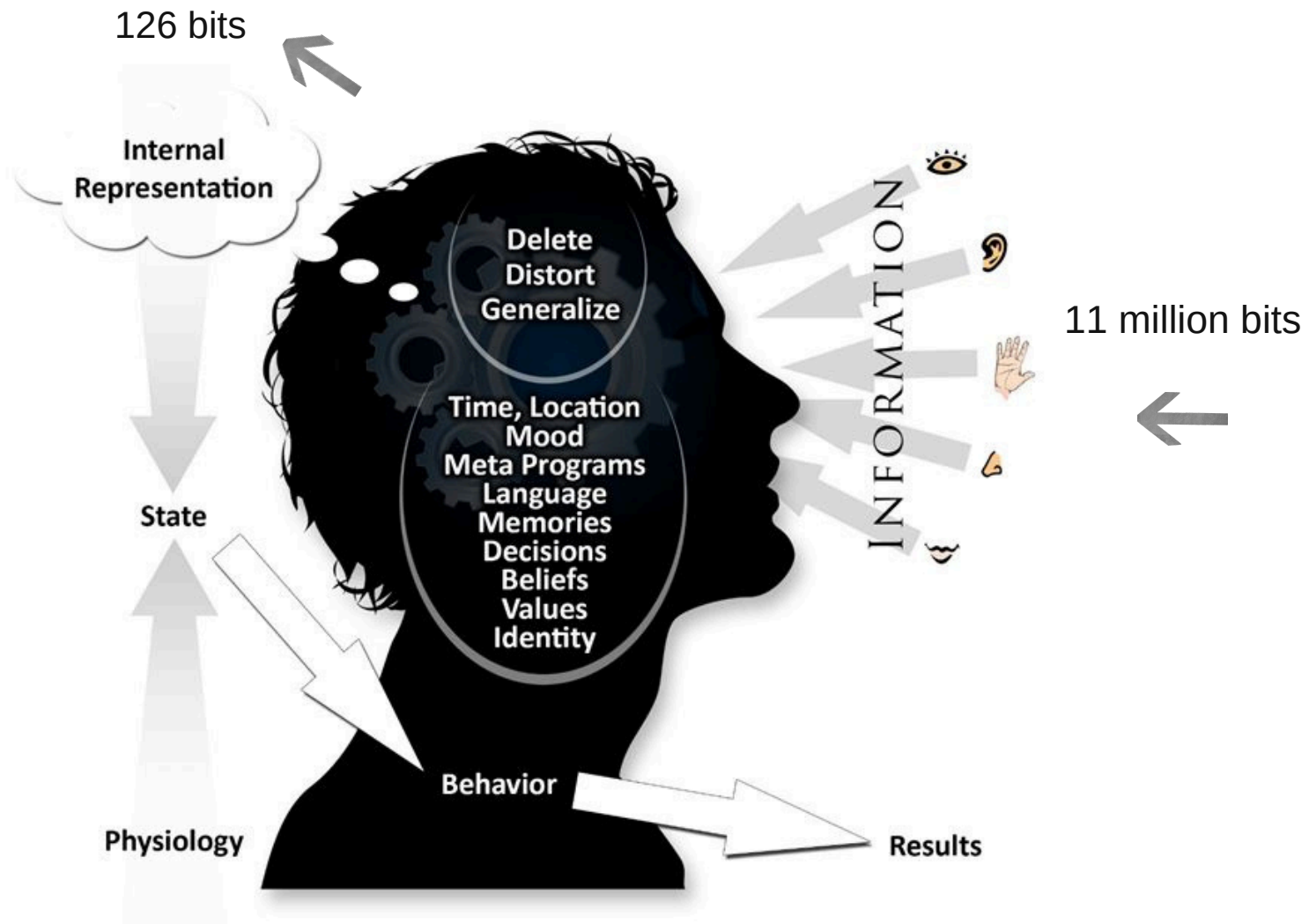


Image from Transform Destiny

Interesting Facts About The Subconscious Mind

- You are creating your whole life, your whole reality, based on all your own filters.
 - Discovering and the programs, beliefs, patterns and strategies we run in our mind, and flipping the ones that do not serve us, helps us to achieve our goals and manifest what we DO want in our reality.
 - It will not allow you to be a liar, so it sets to work to make sure all your beliefs, thoughts and the way you feel about things become reality.
 - If you empower yourself with positive goals, self-talk, affirmations etc the subconscious mind will make it happen. Conversely, if you are constantly thinking about negative things, it will make those become your reality.
 - When life isn't working out as you want it, it is MERELY due to your limiting beliefs.
 - Can you imagine what life could look like with consistent, powerful self-talk and empowering beliefs?
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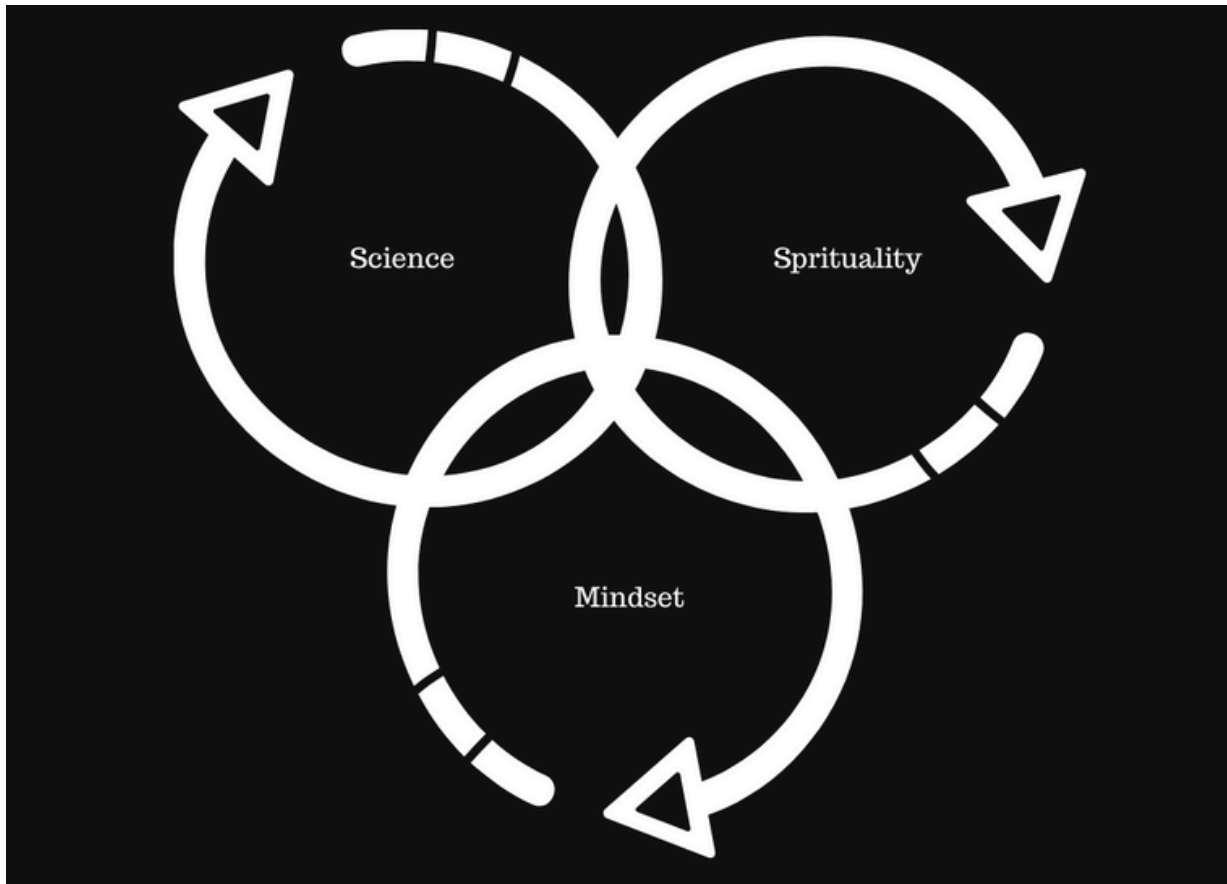
This is how we are ALWAYS Manifesting!



We manifest every minute, of every day. We create our whole reality based on what we think, feel and believe.

Your subconscious mind listens to everything you tell it, and gets to work to create it.

Your thoughts, beliefs and feelings create your 'energy vibration'.



1. Everything in this entire Universe is energy.
 2. Like energy attracts like energy
- If everything is energy, so are your thoughts, beliefs and feelings.
 - When you hold or resonate with a certain belief system, it holds a certain frequency of energy. You therefore then create more of that energy in your life.
 - You attract more of the same. In this respect, life is just a mirror.
 - Shift to a belief system that says I am this person and I know what I want, then your subconscious mind creates it!
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The 2 Keys To Manifesting

1. Self-Concept
2. Living In The End

SELF-CONCEPT

- Your Self-Concept is what you think, feel and believe you are on the inside, and it is reflected back to you by the outside world.
- If you already had your desire, what would you would be thinking and feeling ?
- The right affirmations and game plan shift your belief system!

LIVING IN THE END

- 'Living In The End' is so unbelievably simple, if you let it be!
 - Tap into: How would you feel if you already had that which you desired?
 - You then consistently embody this state of already having what you desire, and it **MUST** manifest!
 - Remember your subconscious mind gets to work to create whatever you tell it via your thoughts, feelings and beliefs.
 - Your subconscious mind also does not know what is real or not - there are some very powerful techniques you can use to install a picture of your completed goal in your future.
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The Law of Assumption



- The Law states that the way to create anything you desire is simply to assume the feeling of your wish fulfilled.
 - Nothing exists outside of your own consciousness, and your entire life and experience of the world is a symbolic representation of where your consciousness currently stands.
 - To change anything in your life, you have to change the beliefs and assumptions you hold about it.
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The Law of Assumption

Consciousness Is The Only Reality

- Your consciousness is the only reality.
- Wherever your consciousness is focused, is what is created, or manifested, in your outside world.
- An infinite number of things exist in your life right now, based on your assumptions.
- Change that assumption and that 'fact' will change.
- Changing your assumptions, and assuming the presence of your desire, is the only thing that will bring about your goals or dreams.
- The simple fact is: Your Current Reality is Based on Your Current Assumptions
- The main reason why you don't have your desire right now, it's because you have contradicting assumptions.
- One minute your consciously working towards your goals and dreams, and then the next minute you drop into fear or worry or doubt...
- Limiting beliefs come up and prevent you from truly believing that you are able to achieve what you want.
- Or you are subconsciously sabotaging yourself.
- As a conscious manifestor, make the decision that your desire is yours. Release the limiting beliefs and negative thinking patterns holding you back, tighten up your mental diet and focus only on what you DO want.

The Most Powerful Manifesting Techniques

Affirmations

- Rewire current thinking patterns and help shift you into the **FEELING** state of already having your desire.

Visualisation

- Impress into your subconscious mind what you want it to create.
- Pick a simple scene that feels good!

Scripting

- Write journal entries as if you have just had the perfect day as your goal has already materialised



*Bonus
Tips!*

Tapping Into Your Subconscious Mind

You can use the power of subconscious mind and there are several ways to use this power actively.

- Prior to going to sleep, let your subconscious mind know what you want.
- Pay close attention to thoughts and emotions that arise regarding your goals.
- Notice your dreams as they can clearly show you way to achieve your goals.
- In your conscious mind, tell yourself that the subconscious mind has power.



- Be enthusiastic about your goals and desires. Feel how you'll feel if you had already succeeded. Let your imagination flow.
- Use Vision Boards and Affirmations. This is the most powerful way to access the power of the subconscious mind.
- Meditate - brings your awareness to the present moment!
- Quiet the Inner Chatter - the most important part of the process is to be aware of what you are doing. Be present

Thank you!

There is so much more available to you!

If you are ready to release all the limitations holding you back, heal and release the past and step into the most powerful creator of the life you DO want, we invite you to join us inside The Highest Self Activation Vault.

[JOIN US NOW](#)

