



## 40 Day Transformation Program



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If you are in earnest about changing your present condition, here is a concise, with rules, explanations and inspiration.

Follow the process and I guarantee that over 40 days you will see an impact on your entire life.

Anyone can follow this program, but it takes a truly dedicated soul to complete it from day one to day 40. I challenge you! Are you a quitter or a **change maker**?

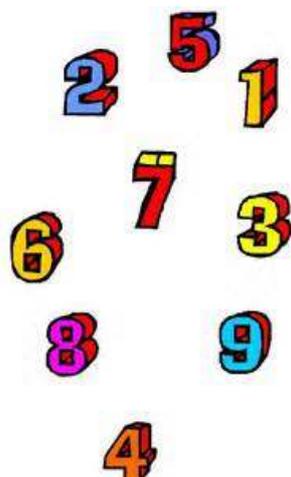
I am in a position to guarantee that those who complete the program will escape from dull complacency, just as I did 12 years ago! I am honoured and excited to share this incredible journey with you. Connecting 40 days is a powerful and ancient transformation formula. It includes spending at least 20 minutes a day for 40 days uninterrupted working on a specific life changing intention.

Simple daily actions can result in an entire lifelong makeover.



## Ancient Wisdom:

Lots of people want to change but don't have the tools or the know-how to make it happen. We have just entered into a wave of change, a new golden age of consciousness. Gematria, or the spiritual interpretation of words and numbers, is an important hermeneutic technique for understanding sacred Scripture and tapping the powers of ancient wisdom. Most people fail because they attempt to make huge life changes when mental energy and strength are low. But, the good news is that there is a spiritual strength in numbers. Yes, numbers!



There are, of course, several levels involved, some involving **pi**, the radian and even the Base 360 System. These relate most frequently to very complex structures, others, are very simple. Math, as we see herein, is quite capable of expressing intelligence, and the ancient masters didn't even have to write it down for us. Just give it three-dimensional form and leave it out in plain sight for everyone to see. Pyramids, effigies, sculptures stone and earthworks are high-intelligence indicators, the best places in the world to leave a simply coded message for future generations to find. The evidence is in; we have been preceded by geniuses, magicians.

Atlanteans, Lemurians, Hyperboreans, and their descendants had their own language. It was one which required no writing as we know it, speaking distinctly by way of geometric form, maps, and the oldest language in the universe: mathematical law.

## Magic Numbers

This program is based on both: magic and numbers.

A question arises: Is there any such thing as magic?

In the past something as huge and heavy as an aircraft flying through the air could have been considered a magic device. Now we can talk about science and technology. But there is just *science that we understand*, and *science that hopefully we will eventually understand*. Magic refers to things that “appear to be” magical and mystical yet they are not. What most people call Magic and Miracles relate to things and events that present-day science cannot explain, and yet they occur anyway! We know that there exist things, beyond human comprehension, unexplained mysteries, that are currently beyond modern scientists grasp. But... what can we say about “ancient scientists”? Well, we can say that they knew arithmetic, they knew mapping as well as the fine art of global positioning (they knew our own Base 360 System as used in global mapping) they knew where the equator was - and still is, for example.



On the other hand, forty is a mystical number signifying a trial, a testing, and a transition period for spiritual growth. Ancient teachers taught us that when God wanted to prepare someone for a truly great destiny, He took 40 days and sent them through an experience somewhat unpleasant to the flesh. The planet Venus forms a pentagram in the night sky every eight years with it returning to its original point every 40 years with a 40 day regression (some scholars believe that this ancient information was the basis for the number 40 becoming sacred to Jews, Christians, and Muslims).

40 is a symbol of birth, rebirth, and change. According to the Talmud, 40 days after a child is conceived the soul enters the body.

It takes 40 days for consciousness to realize a truth. Your conscious mind can process 40 environmental stimuli per second.

Neural activity begins at 40 days after conception.

Goliath challenged for 40 days before being killed by David

According to the ancient Egyptians, 40 is the number of days that it takes for the soul to be delivered from the body after death.

Some Russians believe that ghosts of the dead linger at the site of their death for forty days.

Several Jewish leaders and kings are said to have ruled for "forty years", that is, a generation. (Examples: Eli, Saul, David, Solomon.)

There are 120 different variations of the number 40 in the Bible, usually designating a time of radical transition or transformation. Among the most famous examples are these: It rained for 40 days and 40 nights during the Flood (Genesis 7). Exodus records that Moses spent 40 days on Mount Sinai with God. Forty is the number of years the Israelites were required to wander in the wilderness until they were allowed to enter Canaan. Corporeal punishment in the Torah involved 40 lashes. Elijah fasted for 40 days prior to receiving his revelation on Mount Horeb. Multiples of 40 are also common: 40,000 men rallied to Barak in the book of Judges. Noah waited 40 days to open the Ark windows.

The Talmud also reports wondrous phenomena occurring in units of 40. It also appears in mystical texts, usually as an element of purification. Thus the Book of the Great Name advises its readers to abstain from sleeping in one's own bed for 40 days and nights after using the book, mimicking the time Moses spent away from camp while he received the Ten Commandments.

Moses was with God for 40 days and nights on Mount Sinai receiving the 10 commandments.

In Hinduism, many popular religious prayers consist of 40 stanzas.

It is believed that one who assists a blind man for forty steps becomes worthy of entering heaven.

In Muslim cultures the dead typically are mourned for 40 days.

Negative 40 is the temperature at which the Fahrenheit and Celsius scales correspond ( $-40^{\circ}\text{F} = -40^{\circ}\text{C}$ ).

40 weeks constitute a completed pregnancy. For Pregnant Women, 40, not 37, is Magic Number.

One of the prerequisites for a man to study Kabala is that he is forty years old.

The Forty Martyrs of Sebaste. (Forty soldiers who had openly confessed themselves Christians were condemned by the prefect to be exposed naked upon a frozen pond near the city of Sebaste on a bitterly cold night that they might freeze to death. Among the confessors, one yielded and, leaving his companions, sought the warm baths near the lake which had been prepared for any who might prove inconstant. One of the guards set to keep watch over the martyrs beheld at this moment a supernatural brilliancy overshadowing them and at once proclaimed himself a Christian, threw off his garments, and joined the remaining thirty-nine. Thus the number of forty remained complete. At daybreak, the stiffened bodies of the confessors, which still showed signs of life, were burned and the ashes cast into a river. Christians, however, collected the precious remains, and the relics were distributed throughout many cities; in this way, veneration of the Forty Martyrs became widespread, and numerous churches were erected in their honor.

Saying "Life begins at forty"

It takes 40 years for “People to realize they’re tired of working for other people. At 40, people usually think, ‘I’m 40 and I haven’t made it big yet. This is my last chance.’ 40 really spur the entrepreneurial spirit.”

My whole perspective on life changed profoundly when I reached 40. I was happy and satisfied with my working conditions but all of a sudden, I decided to quit my well-paid job to embark on the adventure of spiritual counselling. Why at 40? I truly believe it was an act of divine intervention.

I started to connect the dots, and I began to understand the significance of 40. The interval of 40 is a transformer and a change agent. It matters not whether you are young or old, rich or poor.

The 40-Day Plan is an effective process in changing consciousness from a vibration of limitation to one of abundance.

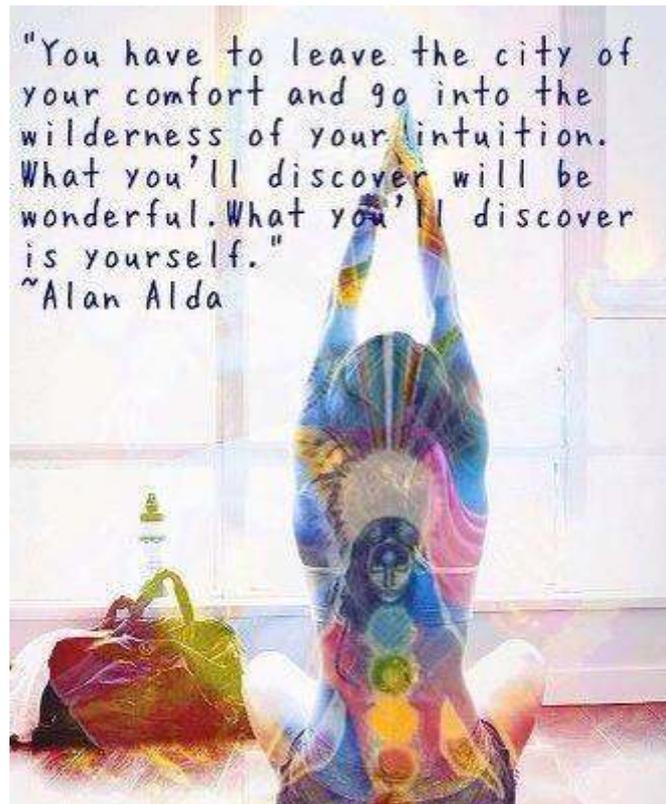
If you interrupt before the 40 day period you have to start over again. If you miss even one day, start over again and continue until you can go the full period with perfect continuity.

A break during this period releases the energy being built up around the idea.

#### TO GET STARTED:

1. Determine a specific date on which you will begin the program. Count 40 days starting from that date on your calendar and circle the date of completion. Keep this calendar where you can see it to remind yourself of what you are endeavouring to experience. You need not be in lack or broke or desperate to benefit from this process.
2. The journal: Set an intention or goal by writing it down. It must be stated simply, there is a power in the written word and putting your word in print is another level. Following each meditation period, write down in your journal the thoughts that come to you. Don't be shy, write down anything that comes to mind no matter how crazy it seems. There may be things on your list that aren't practical right now and that's okay. We are giving the **right side of your brain** its chance to shine confronting those feelings and inhibitions that you have repressed.
3. Create a vision board for the 40-day journey to engage the right side of your brain in this process. Tape up photos of your goal and include images and words that reflect your goal. Keep it in a visible spot during the 40 days for creative inspiration. Resist the temptation to outline what you will "do" or how you will make it happen.
4. Do not speak about this program to people who do not have the spiritual grounding required. They can break your connection and the energetic current being established during meditations and journal writing.
5. Only 10 percent of humanity is using the brain correctly and the rest need to be taught how to use it. Each of our brain hemispheres has a set of senses. The left one has the biological senses and the right one the subjective senses. The left brain detects information, so, it should be used for action and the right brain, transmits information, so it should be used for thinking. Ninety percent of humanity uses only the left brain for both thinking and acting. It's saturated!
6. It is estimated that most people only use 10 to 15 percent of their brain's total capacity during their lifetime. Yet nature is not wasteful. This capacity exists for a reason. Part of this normally

unused realm can be used to achieve high levels of concentration. When you learn how to scientifically focus your mind, you begin to tap previously unused brain power. Modern psychologists have decided that by far the greater part of our reasoning processes are really performed on mental planes outside the field of the ordinary consciousness.



### **The 10 Statements:**

You must work with one statement per day. You have 10 statements, so you will work with each of them 4 (four) times for the duration of the Program.

When you begin the day, when you have your breakfast or go to work, you have to read the daily statement and then meditate on it at least 10 minutes, focusing on each idea in the statement with thoughtfulness.

Try to read it again during the day. Statements are neither lengthy nor tiresome.

Have a copy at the office. Read it again when you have a break.

Then, write down in you journal the feelings, ideas, thoughts that come to you. It is very important to do this DAILY. Do it with joy.

**Then read your daily statement again before going to bed. Turn off the television. Just impregnate your mind with the energy of the statement. Do not work with a statement different than the one corresponding to the day. Just read that one! Do not be tempted to change the order or to read more than one. If you do, you are deviating from the plan and not following the program. Just stick to the program and you will reap extraordinary results.**

**I welcome your testimonials!**

1. Existence is handed down the chain of causes, from cause to effect. If there is no first cause, no being that is eternal and self-sufficient, no being that has existence by his own nature, then the gift of existence can never be passed down the chain to others, and no one will ever get it. But we did get it. We exist. We got the gift of existence from our causes, down the chain, and so did every actual being in the universe, from atoms to archangels. No one believes the Pop Theory: that things just pop into existence for no reason at all. Perhaps we will never find the cause, but there must be a first cause of existence, an all-prevailing Intelligence, the Intelligence that first brought life to this planet, all-wise, all-powerful. The vital force of the universe: God.

**God is a Reality Creator**

2. God is the Source and Substance of all my good. I keep my mind and thoughts off "this world" and I place my entire focus on the Source, the first Cause. If I concentrate on the effect, I forget the cause. Only God, the First Cause, the Creative Force is the Source. I cease believing in visible money as my support and I view the world of effect as an outpicturing of my former beliefs. I believed in the possibility of lack, in mortal man and carnal conditions. This day I renounce my so-called human hood and claim my divine inheritance as a son / daughter of God.

3. I don't need to originate the ways and means. I eliminate all thoughts that the Source of my good is my job, parents, partner or money itself. These are External Sources. The Source of my good is an Internal Source. Money is not my safety. Money is an effect, an outcome, thus my consciousness of the Presence of God within me is my supply.

4. I Stop Saying "Tomorrow". Today is my day to take action on my goal. I seize the moment now! Today is a day of decision.

I'll become a better wife / husband / daughter / son/ parent...starting NOW.

I'll quit doing \_\_\_\_\_... NOW.

I'll choose to forgive... NOW.

I'll choose joy, not anger...NOW.

I'll choose to serve...NOW.

I'll take charge of my spiritual growth...NOW

I'll begin.... now

5. Rational thinking is not the only correct way to think. I am willing to listen to my inner guidance, my natural-born intuition. I am tuning in to the subtle forces that are here to guide me. Now, intuitive messages are coming easily and are received with little effort. Coincidences and hunches happen every day! Because I am in touch with a deeper source of knowing that helps me make the right choices.

6. The Divine Presence I AM is the power that restore past mistakes that make all things new that lift me up to the Divine Path of creative energy, abundant health and infinite prosperity. Do not suffer remorse. To err is human. You cannot live and not make mistakes but remember: you can suffer the consequence of each mistake only once and no more. If we do something wrong there is at least a learning opportunity as to what not to do. Stop thinking about mistakes and errors. ALL IS WELL. God is everywhere and He is a God of love. I deny error; it is simply progress toward truth. I know that it is impossible to fail when faith is present; therefore, I concentrate on harmony. I see nothing but order and constructiveness all about me. I do not accept thoughts of destructiveness and disharmony. I know that each person must follow a different path toward his vision and I understand the searching and the copings of everyone I know and see.

7. The way to help of the Divine Presence in working out any problem is: turn it over to God. Say to Him: "You can do anything. You know the answer to everything. Work this out for me, thanks". Then, forget the matter, secure in the knowledge that He will attend to it for you. Pay attention: you will have the answer! I do not predict the manner in which each of my thoughts will manifest; I have complete faith that God moves in the most perfect manner.

8. A lifetime of negative thinking will not be undone in a week! Don't fall into the trap of thinking that unless results are immediate you are on the wrong track. The habit of negative thinking is as difficult to break as any longseated habit. I am asking that you go on a 40 day MENTAL DIET. For 40 days you are not to accept a single negative thought nor dwell on a single negative premise. This does not mean that such thoughts or ideas will not occur to you. They most certainly will occur frequently or even more so than they have all your life. This simply means that you will refuse to accept any of them, discarding them immediately. Eventually you will no longer have to struggle with positive and negative, good and evil, truth and illusion. You are developing the habit of concentration as well as the habit of positive thinking. "I am training my mind to obey me rather than me obey it. I am teaching myself to accept only good".

9. Success is not the result of making money, making money is the result of success because abundance, health and prosperity are spiritual conditions. Success is service and money is a measure of it. We serve best by creating and never by competing. Imagination is a projection of Universal Mind, therefore, it is creative. The successful man refuses to be discouraged by circumstance, he knows that THE FIRST CAUSE lies within and never outside. "I free my mind from all limitation, lack and pain remembrance. God, who dwells within me, is working out a plan for grandeur. No matter the apparent thanklessness of my tasks, I can be assured that they are part of a purpose that will one day be fully revealed.

10. I am an uncommon person. I have stayed with the Program to the end! I have uncommon persistence. I have within myself all the motivation I need to achieve any goals I desire. I do not let doubts, fears or apparent limitations stop me from taking action to get the results I want. With the help of God – my inner Guide - I discover every day new things about myself; I am on the verge of many exciting breakthroughs. I turn away from the world about me to the world of consciousness that lies within. I shut out all memories of the past, create no images of the future. I concentrate on my being, my immortal SELF, this is God, and this is me: Pure and eternal, birthless, deathless and changeless. I know not pain, for I see there is no beginning and no end. I perceive the magnificent Dweller at the center of my consciousness and I know Him to be my very SELF.