Redesign Your Reality

Holographic Reprogramming Technology

Developed by Mashhur Anam

www.LifeHarmonized.com
Redesign Your Reality Series

The Redesign Your Reality series has been created to help you gradually raise your vibration, operate from your heart space, harmonize your personal energy field, energetically resolve old incomplete tasks, reprogram your neural network for success and raise your abundance and relationship thresholds. This series can help you to align with your goals so that you may easily attract what you desire. You will learn some of the most powerful methods to redesign your life.

Recordings
With your package, you have received twelve recordings. There are six sets of processing, transformation and integration tracks. The basic editions do not have music embedded in the background. The advanced editions have music embedded in the background with holographic reprogramming processes encoded in the music. You can alternate between the two. Each recording helps you to transform old non-beneficial patterns and move toward accomplishing your financial, health, relationships and other goals. The advanced editions are encoded with layers of holographic matrices to help you reprogram your beliefs and redesign your life. The more you listen to the recordings, the easier it becomes for you to redesign your reality. Practice neutrality and non-judgment.

Listening in a Loop
You can make an intention of what you would love to experience and listen to any of the tracks at night in a loop.

More Information about the Recordings in Your Package
Please do not listen to any of these recordings while driving or operating machinery that requires your conscious focus. For best results, please follow the sequence to set up your foundation step by step.
Recommended Sequence to Use the Series

When you first start to play with the Redesign Your Reality series, please use the following order.

1) Start with the basic editions to build up your resonance to these programs
2) Start each day with Access Infinity – Redesign Your Day meditation
3) The second step is to use Feng Shui Your Life at least 3 times before moving on to the next program. Use this program at least twice a week on a regular basis
4) The third step is to use Complete Your Past at least 5-7 times before moving on to the next program. After the initial stage, you can use this program on a regular basis to complete incomplete tasks or experiences
5) The fourth step is to use Reprogram Your Neural Network at least 5-7 times before moving on to the next program. After the initial stage, use this program regularly to create a higher resonance with abundance. You can also use this program to gradually map additional words for success
6) The fifth step is to use Reprogram Your Abundance Threshold and Reprogram Your Threshold for Love programs 5-7 times. You can alternate between abundance and love tracks. Use these tracks at least twice a week on a regular basis
7) After going through the basic editions, repeat the process with the advanced editions
8) Once you have listened to both editions, please alternate between the two
9) With the basic editions, you solidify your foundations
10) With the advanced editions, you expand into new possibilities
11) Each time you listen to the basic editions, you are resetting your current state as your foundation. This way, you continuously expand and grow
12) Stay neutral and non-judgmental about what you see in your physical environment
13) When you are attached to physical results and question why something has not showed up, you create interference patterns which delay the process of manifestation
14) Create a law for yourself: Everything works for me 100% of the time preserving my highest love, light, joy, harmony, health, truth, abundance and collaboration
Access Infinity – Redesign Your Day

Access Infinity – Redesign Your Day is a guided meditation to help you operate from neutrality, non-judgment and in your heart-space. Please first listen to Access Infinity – Redesign Your Day at least once before you listen to the other recordings.

Basic Edition

• Start each day with the Access Infinity meditation
• This 12-minute powerful meditation will help you take ownership of your life and your reality
• Gradually you move into operating from and being in your heart-space
• It is great to relieve stress, anxiety and detach from non-beneficial connections
• Learn to start your day in a creation mode
• The guided meditation helps you to focus on a single question after you center yourself: What would you LOVE to EXPERIENCE today?
• Start to notice your responses with all of your senses
  o What does it feel like
  o What does it look like
  o What does it smell like
  o What else do you notice
• Gradually you open your senses to notice and detect the flow of energy
• With curiosity, notice your sensation around the second part: I wonder how my path of MAXIMUM HARMONY may unfold.
• You can also listen to the track at night before you go to bed and allow your subconscious mind to work on your vision

Advanced Edition
The advanced edition is to be used to go deeper. Once you have used the basic edition for at least a week, you can use the advanced edition. It is recommended that you alternate between the editions each week. Each time you use the advanced edition, you will go deeper into exploration and expansion.

• The advanced edition with background music has been encoded with layers of additional holographic matrices to help you gradually raise your vibration to align with higher consciousness and explore new possibilities
• You can alternate between the two editions (with and without music) as you please
What would you love to experience?
Create a list and each day, spend 5 minutes (or more) to feel one item in your list with all of your senses and gradually align with a reality where this is done. Do not look at your external environment and question your manifestation process. Keep enhancing your reality until manifestation happens.
Feng Shui Your Life

The process of Feng Shui is known all over the world. It originated as a Chinese system to harmonize the human existence with the surrounding environment. In the modern world, Feng Shui is commonly known to be a process applied for homes, offices and landscapes to raise the level of energy and create a harmonious flow of the elements. However, most people do not know that similar to our home or office space, our personal energy field also needs Feng Shui to clear clutter, remove unwanted blocks and harmonize the flow of elements for the physical, etheric, emotional, mental and spiritual bodies.

Basic Edition

- Use **Feng Shui Your Life** at least once a week to harmonize your personal energy field
- Balance the flow of earth, water, air and fire elements for your energy field
- Detox your energy field and raise your vibration instantly
- The recording gradually helps to raise your awareness
- You can play this track in a loop at night when you sleep. Notice your feelings and adjust how often you listen based on your sensitive awareness.
- If the process triggers old patterns to surface, you can transform them by flushing your energy field with sunlight and using the Rings of Harmony
- Deep cleansing of Chakras 1-7
**Advanced Edition**

The advanced edition is to be used to go deeper, creating a stronger effect. Once you have used the basic edition for at least a week, you can use the advanced edition. It is recommended that you alternate between the editions. Each time you use the advanced edition, you will go deeper into deep cleansing.

- The advanced edition with background music has been encoded with layers of additional holographic matrices to help you gradually raise your vibration to align with higher consciousness and explore new possibilities.
- Deep cleansing of Chakras 1-12
- You can play the advanced edition to raise the energy of your home and environment.
- For a complete Feng Shui for your home, business or landscape, please go to [www.lifeharmonized.com](http://www.lifeharmonized.com) and review Environmental Transformation and Feng Shui holographic programs.
Completion is finishing something and making it whole. The Complete Your Past program helps you to tie up the many loose ends in your life. The act of completion unleashes a hidden power to help you manifest your heart’s desires. Completion gives you freedom and helps you to release stuck energy and blocked patterns.

Basic Edition

- Free yourself from physical and energetic burdens by completing the incomplete tasks and experiences from your past
- Complete financial commitments to allow a flow of abundance
- Harmonize past romantic relationships and heal your heart to attract a joyful and romantic relationship
- Energetically heal broken promises and commitments
- Integrate energy and information matrices from the earth, the sun and the stars to harmonize past events in your life
- Radiate out the energy of your intentions from your heart-space to redesign your reality

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**Advanced Edition**

The advanced edition is to be used to go deeper, creating a stronger effect. Once you have used the basic edition for at least a week, you can use the advanced edition. It is recommended that you alternate between the editions.

- The advanced edition with background music has been encoded with layers of additional holographic matrices to help you gradually raise your vibration to align with higher consciousness and explore new possibilities.
- The advanced edition is encoded with processes for geometric reconfiguration of the space-time coordinates of your incomplete tasks to allow a harmonious flow of energy through them.
- The advanced edition helps you to rewrite history and increase the flow of love and abundance in your life.
Create a list of incomplete tasks and experiences in your life. When possible, physically complete them in addition to harmonizing them in the hologram.

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<th>Incomplete Tasks/Experiences</th>
<th>How can you create more harmony by completing this item</th>
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Reprogram Your Neural Network for Abundance

This is a very powerful program to rewire your neural network. In 1949, Donald Hebb, a Canadian neuropsychologist, wrote what has become known as Hebb’s axiom: “Neurons that fire together wire together.” The meaning of Hebb's axiom is that each experience we encounter, including our feelings, thoughts, sensations, and muscle actions becomes embedded in the network of brain cells that produce that experience. Each time you repeat a particular thought or action, you strengthen the connection between a set of brain cells or neurons.

A Little Neuroscience

The following metaphor is offered by neuroscientist, Alvaro Pascual-Leone in the book by Norman Doidge, The Brain That Changes Itself: The brain is like a snowy hill in winter. When we go down the hill on a sled, we can be flexible because we have the option of taking different paths through the soft snow each time. But should we choose the same path the second time or the third time, tracks will start to develop, and these tracks become really speedy and efficient at guiding the sled down the hill. It doesn't take long to get literally stuck in a rut. Taking a different path becomes increasingly difficult, but, thanks to the brain’s wondrous capacity for learning and rewiring itself, it’s not impossible!
What does this mean? Each time we encounter an experience, whether a feeling, a thought or a sensation, it is embedded in thousands of neurons that form a neural network. It is also true for those experiences that we are not aware of or experiences that are harmful. Repeated experiences become increasingly embedded in this neural network, making it easier for the neurons to fire (meaning respond to the experience), and more difficult to unwind or rewire them to respond differently. The neurons that fire together bring up similar thoughts and feelings in us. For example, if the word "success" causes neurons that are associated with anxiety, fear and past failures to fire, it becomes a struggle to succeed in life.

Using holographic reprogramming technology, you can start to reprogram your neural network to "deactivate" firing of neurons that correspond to failures or lack, and then connect words and feelings to a new set of neurons that respond to success patterns.

**Basic Edition**

- Start to notice how you respond to the words: money, finance, success, wealth and abundance
- During the process, the neurons that fire together each time you connect with these 5 words will be gradually reprogrammed
- Neurons that are connected to patterns of failure, lack and limitation will be isolated
- Firing of non-beneficial neurons will be gradually deactivated for the words money, finance, success, wealth and abundance
- Based on your desires, goals and visions, neurons that correspond to success will be programmed to fire for the words money, finance, success, wealth and abundance
- Holographic programming for geometric reconfiguration of your neural network is applied
- Rotational effects of space-time coordinates for your success reality will be applied to increase the flow of abundance energy
**Advanced Edition**

The advanced edition can be used to go deeper, creating a stronger effect. Once you have used the basic edition for at least a week, you can use the advanced edition. It is recommended that you alternate between the editions.

- The advanced edition with background music has been encoded with layers of additional holographic matrices to help you gradually go deeper
- Reprogram the words money, finance, success, wealth and abundance to a new 5th dimensional abundance consciousness
- Holographic programming for geometric reconfiguration of your neural network is encoded in the music
- Rotational effects of space-time coordinates for your success reality is encoded in the music to increase the flow of abundance energy
Reprogram Your Abundance Threshold

The **Reprogram Your Abundance Threshold** program has been designed to gradually raise your abundance vibration and increase your resonance to allow more abundance to flow through you. Practice the steps on a regular basis. Explore your current abundance threshold by reviewing your finances of the last 3 years and then gradually keep increasing your abundance comfort zone.

**Basic Edition**

- Disconnect from non-beneficial morphic fields
- Use visuals, such as golden bowls, to communicate with your subconscious
- Harmonize your relationship to abundance
- Setup a new abundance foundation
- Raise your abundance threshold
- Regulate your abundance threshold
- Integrate a new abundance matrix to increase the flow of abundance
- Use earth and stellar energies for your abundance flow
You can visualize a golden bowl with fewer coins as your current state of abundance and a golden bowl filled with coins as your new state of abundance as you listen to the program to raise your abundance threshold.

You can also visualize golden knobs to represent the flow of abundance, income and savings. Turn the knobs to increase the flow. You can use the knobs to increase the dollar amount or percentage of your income, savings and the flow of abundance. Similar knobs can be used to regulate the flow of love, healing, harmony, joy and more.

Advanced Edition
The advanced edition can be used to go deeper, creating a stronger effect. Once you have used the basic edition for at least for a week, you can use the advanced edition. It is recommended that you alternate between the editions.

- The advanced edition with background music has been encoded with layers of additional holographic matrices to help you gradually integrate a higher vibration of abundance
- Embody a 5th dimensional abundance consciousness
- Allow the flow of the 12th ray of the Sun to transform your abundance matrix

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Reprogram Your Threshold for Love

The Reprogram Your Threshold for Love program has been designed to gradually raise your vibration of love and ignite a loving romantic relationship. Practice the steps on a regular basis. Explore your current relationship threshold and gradually keep expanding them.

Basic Edition

- Disconnect from non-beneficial morphic fields and past relationships
- Use visuals, such as a Rose Bowl, to communicate with your subconscious to increase the flow of love energy in life
- Harmonize your feelings around love
- Setup a new relationship foundation
- Raise and regulate your threshold of love
- Integrate a new relationship matrix to increase the flow of love energy
- Embody love energy from the earth and the stars
You can visualize a bowl with fewer rose petals as the current state of love and romance in your life. As you listen to the Redesign Your Threshold for Love program, fill up the bowl with rose petals indicating you are ready and willing to allow love and romance to flow through you. Continue to repeat this process regularly to increase your threshold for love.

**Advanced Edition**

The advanced edition can be used to go deeper, creating a stronger effect. Once you have used the basic edition at least for a week, you can use the advanced edition. It is recommended that you alternate between the editions.

- The advanced edition with background music has been encoded with layers of additional holographic matrices to help you gradually integrate and embody a higher vibration of love
- Embody a 5th dimensional collaboration and love consciousness
- Allow the energy of the star Maia to heal your past relationships
Adding Other Holographic Tools and Programs

1) Please use the Harmonic Shield to create a sacred space of neutrality and non-judgment
2) Use the Rings of Harmony daily around yourself and your home, office, business, products and services
3) When you experience disharmony, use the Holographic Vision Board to disconnect yourself, visualize or imagine integrating Golden Orbs from those events and focus on what you would love to experience
4) You can continue to listen to the Harmonic Resonance series and other holographic tools and programs when you use the Redesign Your Reality series
5) **Always have the intention that transformation happens in a harmonious way preserving the highest love, light, joy, harmony, healing, truth, abundance and collaboration**

In the Background

A number of holographic tools and programs have been used for different tracks for processing information (they are not installed through these tracks). These include:

- The Rings of Harmony
- The Holographic Vision Board
- Release Shame, Guilt and Betrayal
- Love is Power
- Restore Inner Abundance

Stronger energy, light and information from a number of stars have been used for the background music and processing of the advanced editions

- The Sun
- Maia – a star in the constellation Taurus
- Alcyone – a star in the constellation Taurus
- Aldebaran – a red giant star in the constellation Taurus
- Alnitak – a star in the constellation of Orion
- Alnilam – a large blue supergiant star in the constellation of Orion
- Mintaka – a star in the constellation of Orion
About Your Reality

*We live in a universe that is holographic in nature and responds to our vibration.*

Everything we experience in life shows up in our reality because we have a vibrational match.

- All options and possibilities exist in this universe for you which means you can redesign your reality
- Success is a series of planned events
- You experience love, joy, harmony, healing and abundance because of your vibrational match
- You experience disharmony because there is a vibrational match
- If you are unemployed or having difficulties in a business, it is because your vibrational resonance for employment or business matches the difficulties you experience
- If you are unable to find the love you are looking for, it is because your vibration radiates out information that prevents you from allowing and receiving the type of loving relationship you desire
- Experiences that you do not desire show up in your reality because you have a vibrational match
- Create a list of items that you would love to transform
- Use the processes on a consistent basis to redesign your reality
- Stay neutral and non-judgmental regardless of what you see in your environment
- Detach from results and expectation about how things are supposed to happen. Instead, hold your intentions in your heart-space and allow the universal energy to flow through you
- Do not doubt the process as doubt, fear, worry, anxiety and other non-beneficial feelings create interference energy and keep you away from your goals

You have the opportunity to redesign your reality faster by using the **Redesign Your Reality** series. Start to operate from neutrality and non-judgment and detach from results. Also, operate from honesty, integrity, ethics, values and morality for the highest good of all. When you experience disharmony, always look inside you first to see where there is a resonance, and then start to use the holographic tools and programs to transform those patterns that no longer serve you. This way, you can allow manifestation energy to flow through you easily.

Thank you for helping us to raise our collective consciousness.