** Welcome to the **Quantum Cookbook Mini-Course** - included with the Sonic Secret: Law of Attraction Music System! **

Here is the first part of your five-part *Quantum Cookbook mini-course*!

Over the next five days you'll discover how you can create the reality you want in your life. You'll also find out why it's easier to get the things you want than you ever imagined.

Have you ever wondered why some people seem to get everything they ever wanted, while others seem to struggle just to make ends meet?

Wouldn't it be nice if you could simply think about the things you wanted and then wait for them to appear

**WELL, NOW YOU CAN!**

That's what *The Quantum Cookbook* is all about. It shows you how to use your own thoughts to manipulate the energy of the universe - to manifest all the things you want in your life - in short, to create your own reality.

Everybody wants to be happy.

Everybody wants to have strong relationships.

Everybody wants a rewarding and fulfilling job

And with The Quantum Cookbook, you can have all of these things - and more!

So let's examine why this course can help you get what you want, and why it's so much better than other courses that claim to do the same thing

1. In the first place, *The Quantum Cookbook* is based entirely on scientific fact. Where do we get our information? From research into the nature of the universe and the findings of quantum physicists.

   Unlike other courses, we don't ask you to wear fancy clothes, burn incense or chant silly rhymes. Our manifesting method is simple, straightforward, and easy to follow. If you've got a little bit of patience and the determination to succeed, then this method will help you get everything you ever want.
2. Secondly, other courses don't follow a proper system. More often than not you find yourself finishing the book and wondering what it was about!

Our course, on the other hand, leads you calmly and smoothly through all the relevant information, culminating in a clear and easy-to-follow Manifesting Recipe that you can use over and over again.

3. Thirdly, many of the other courses that profess to teach manifesting are flawed. They leave out crucial information or present their readers with a bunch of airy-fairy nonsense. You'll find no facts, no figures, no documented cases and no evidence that their system works.

With The Quantum Cookbook, it's just the opposite.

Our researchers have all used the Quantum Cookbook Manifesting Method to make dramatic changes in their lives. You can read their stories at the end of the main course.

Everything you ever need to know to manifest your own reality is included, from how the universe works to filling in your own Manifesting Sheet. So you don't just get some of the information you need, you get all of the information you need.

But that's what you'd expect from a course that attempts to help you get everything you want in your life, isn't it?

As you may have guessed from its title, The Quantum Cookbook uses the findings of quantum physics to explain the universe and what we think of as reality. But don't let that scare you: we don't expect you to learn any scientific theories or spend hours trying to understand complex equations.

We've already done that so you don't have to.

Everything you need has been distilled into an easy-to-read and understandable formula written in plain English. All you need to do is read it through and follow our simple and uncomplicated instructions.

We've also included some extra bonuses to help make it as easy as possible for you to understand and implement the Quantum Cookbook Manifesting Method. But we don't want to give too much away on your very first day!
In the next part of the mini-course, we'll find out what the first secret of manifesting is, why manifesting works, and why anyone can do it.

If you're itching to get started creating the reality you want for yourself right now, then just click on the link below to purchase your copy of The Quantum Cookbook today. If you're not ready to do that just yet, then we'll see you next time.

http://www.quantumcookbook.com/?afl=65785

Best wishes,

Bradley Thompson, Self-Growth Author
http://www.quantumcookbook.com/?afl=65785

Care of - Joe DePalma,
Founder of www.ReadySetRise.com
Welcome to the second lesson in the Quantum Cookbook Mini-Course - included with the Sonic Secret: Law of Attraction Music System!

In Part One we told you why the course is so unique and so much more comprehensive than all the others. But the best thing about the course and the Quantum Cookbook Manifesting Method comes down to an even more basic principle: IT WORKS!

We promised to tell you WHY it works in this second installment. So let's do that right away...

According to quantum physics, everything in the universe is made of energy. The more closely we study things, the more convinced we become that this energy is the driving force that gives life to everything around us.

So every thing, whether animate or animate, is made of energy. And that includes your thoughts, ideas, emotions, and actions.

On top of that, since everything is made of the same 'stuff', this universal energy, each bit of energy is capable of interacting with every other bit of energy.

Or to put it another way, everything's connected.

Knowing that everything is made of the same stuff, and that everything is connected, means that every thought, idea, emotion or action you take makes a difference. Since we're all part of the energy of the universe, whatever we do creates a change in that energy. And that means we can create our own reality.

As soon as you accept these facts, then the fun really begins. Which leads us nicely on to the First Secret of Manifesting:

In order to create your own reality, you have to know what you want.

Sounds simple enough, doesn't it?

But surprisingly, not everybody does know what they want. So is there a way to find out exactly what things you'd like to have more of in your life right now?

You can find out what things you want, and what things you don't want, in a number of different ways. The first method involves simply writing down the things you want in a positive and clear manner. This may sound easy enough, but some people find it
difficult to stay positive and end up phrasing their desires the wrong way round:

'I don't want to be sick.'

'I want to get out of a bad relationship.'

'I don't want to keep doing the same old boring job.'

Each of these statements is negative, telling us what that person doesn't want, but not making it clear exactly what he does want.

Unfortunately, the universe doesn't work that way. In order to bring you everything you desire, it has to know EXACTLY what you want in the first place. And that means making it clear, precise and totally unambiguous.

So how could you turn these statements from negatives into positives?

'I want to stay fit and healthy.'

'I want a strong, fulfilling relationship.'

'I want a challenging and rewarding new job.'

The second method involves asking questions to find out if the things you THINK you want are indeed the things you'd like to have.

For instance, suppose you believe that you want a new car. To discover how badly you want this new car, ask yourself the following questions:

- Why do I need a new car?
- Will a new car make my life easier or better in some way?
- What things are preventing me from getting a new car?
- How can I overcome them?

Once you've answered these questions, you'll know exactly why you want that new car.

Everybody can think (in fact, not thinking is impossible!)
Everybody can answer questions.

So everybody can manifest their own reality.

In Part Three we'll reveal the 2nd Secret of Manifesting and discover why manifesting is so much more powerful than visualizing. But if you can't wait any longer to start creating a better life for yourself, then why not click on the link below and purchase The Quantum Cookbook today?

http://www.quantumcookbook.com/?afl=65785

Bradley Thompson, Self-Growth Author
http://www.quantumcookbook.com/?afl=65785

Care of - Joe DePalma,
Founder of www.ReadySetRise.com
The #1 Positive Success Website!
** Welcome to the third lesson in the Quantum Cookbook Mini-Course - included with the Sonic Secret: Law of Attraction Music System! **

So far we've discovered why manifesting works and why anyone can do it. We've also revealed the First Secret of Manifesting, which is all about knowing what you want.

In this third part of your mini-course we'll be letting you in on another secret, as well as exposing the true power of manifesting.

Are you ready? Then here's the Second Secret of Manifesting:

The only time when you can create your own reality or change your life for the better is in the present.

Manifesting is all about bringing the things you want into your life. But if you spend all your time thinking about the past or daydreaming about the future, then you're letting the present pass you by.

We used to believe that time was a continuum running smoothly from past through present and on to the future. But thanks to quantum physics, we now know that time is little more than an illusion. In fact, our notion of time is a man-made one, created simply to make it easier for us to get on with everyday living.

What happens when you constantly live in the past or try to look ahead to the future?

You become fragmented and unable to do things when it really matters. The only time you can exist is RIGHT NOW, in this very moment. And that's the only time when you can take control of your life and make changes to it.

When you start living in the 'here and now', you'll notice things changing in your life. For example:

- you won't feel so fragmented anymore
- you won't feel anxious about the future
- you'll stop racing against the clock and getting stressed up
- you'll look forward to the future instead of viewing it with fear and trepidation
Living in the present helps you stay focused on what you want to achieve. It also means that if you want a better future, you can take control and make that happen.

When you mention the word 'manifesting', it brings to mind certain images. Some people think it means making items appear out of thin air. Others believe it's just another word for visualization. It does have certain characteristics in common with visualization.

But the truth is that it's much more than that...

- Visualization is about creating images of reality in your mind. Manifesting is about creating reality, not an image of it.

- Visualizing involves seeing yourself in a future event, while manifesting is about working in the present to build a better future.

- Visualizing involves going inside yourself to see things in your mind. Manifesting is about syncing yourself up with the energy of the universe.

- Visualizations only last as long as you visualize them, while manifesting allows you to create your own reality by giving life to your very thoughts.

As soon as you state your intentions through manifestation, your desires take on a life of their own.

They're no longer wishes or dreams, but have focus, power and intensity.

In the next installment we'll be revealing yet another secret in the manifesting process, as well as looking at the role of emotion in creating your own reality.

But if you can't wait any longer to get started creating the reality you want, click on the link below and purchase your copy of The Quantum Cookbook today.

http://www.quantumcookbook.com/?afl=65785

If you still need convincing, then we'll see you in Part Four!

Best wishes,
Bradley Thompson, Self-Growth Author
http://www.quantumcookbook.com/?afl=65785

Care of - Joe DePalma,
Founder of www.ReadySetRise.com
The #1 Positive Success Website!
** Welcome to the forth lesson in the Quantum Cookbook Mini-Course - included with the Sonic Secret: Law of Attraction Music System! **

We hope you're enjoying the taster course so far and that it's helping you get a better grasp on the concept of manifesting and its power to bring you whatever you want.

So far we've discovered that manifesting works because we're all part of the same universal energy. We know that everything's connected and that just by thinking in a certain way we can alter reality. We've also let you in on two of the manifesting secrets: namely, that you have to know what you want, and that you have to live in the present.

Are you ready for even more?

Then let's get straight down to business as we reveal the 3<sup>rd</sup> Secret of Manifesting, which is:

To get the things you want you have to take action, but only when it feels logical and natural to do so.

Someone once said: 'You can lead a horse to water, but you can't make him drink it.' In other words, if the horse is thirsty, it doesn't need you to tell it what to do. It will just naturally take a drink when it needs one.

It's the same with manifesting.

If you take action simply to try and 'hurry up' the universal energy, you're only forcing the issue. And when it comes to the universe, force will get you nowhere.

That brings us to another crucial point about manifesting in general and the universe in particular. Knowing that everything is made of the same stuff, and that this 'stuff' is all connected, we also realize that everything we do to one bit of stuff affects all the other bits. This is known as the Law of Attraction.

The simplest way of putting it is: like attracts like.

If you send out positive energy, you'll get positive energy back. If you send out love and kindness, you'll get the same in return. But if all you manage to send out is negativity and aggression, then that's what you can expect to receive.
When you practice manifesting with our Manifesting Recipe Sheet, you'll write in what you want and then formulate your wishes into an intention.

Intentions are stronger than wishes, because they imply something you're going to achieve, rather than something you wish you could achieve. Instead of daydreaming about what you might have, intentions signify that you INTEND to get exactly what you want.

One of the ways that you can make your intentions even more powerful is by attaching an emotion to them.

In other words, how will having that new car make you feel? Will more money make you excited or less stressful? Would a new house make you proud and successful? Would a better job give you more time to do the things you want to do, with the people you want to be with?

When it comes to manifesting, as long as you go about it in the right way, you always get what you ask for. Your job is to give the universe as much information about the things you want as possible. Then you can relax and let things happen naturally, knowing that the universe will take care of its side of the bargain.

So the more definite you are about what you want, why you want it, and how it will make you feel, the more realistic your vision becomes.

And that sends a clearer message to the universe.

In our final installment we'll reveal the reason why some people fail to get what they want in our Fourth Secret of Manifesting. We'll also tell you about some of the other unique features you can expect to find in the course.

But if this mini-course has already whetted your appetite sufficiently and you want to start right away, then feel free to click on the link below and purchase your own copy of The Quantum Cookbook today: [http://www.quantumcookbook.com/?afl=65785](http://www.quantumcookbook.com/?afl=65785)

Otherwise, we look forward to seeing you for the fifth and final installment of the course!

Yours,

Bradley Thompson, Self-Growth Author
http://www.quantumcookbook.com/?afl=65785

Care of - Joe DePalma,
Founder of www.ReadySetRise.com
The #1 Positive Success Website!
Imagine being able to wish for something... anything... and being able to have it. Sound like a dream?

No, it's not a dream. It's what happens when you create your own reality using The Quantum Cookbook.

But wait!

Sometimes people who try the manifesting process don't get what they want.

Sometimes dreams don't come true.

Sometimes life just goes on the same as it always did, not getting any better and not giving us anything to look forward to.

There's no need for you to worry about that, however. Keep reading as we reveal the Fourth Secret of Manifesting, the vital missing piece that most people leave out of the puzzle:

To successfully create your own reality, you have to be able to let go of your attachment to the things you want.

We call this aspect of the manifesting process "Letting Go." Next to knowing what you want, letting go is the single most important ingredient in the manifesting recipe.

**But what does it mean?**

Letting go has two different but equally important meanings. First, it applies to forgetting about whatever it was you asked for. Once you've done your manifesting routine, then you can relax and forget about it. If your intentions are clear and precise, then the universe will bring you what you want.

On the other hand, letting go is also about trust. If you believe that the universe will bring you what you ask for, then you have to have faith that it will happen. Any doubts or negative messages that you send out will only make it more difficult for the cosmic energy to do its thing.

How do we know this is so important when it comes to manifesting?
Because we've tried it ourselves.

Read the success stories in the Proof in the Pudding section of the main course. Find out how Jay was able to live in his dream apartment, a converted castle no less! Learn how Mark manifested his best friend, after giving the universe a 7-day time deadline! Discover how Mel got enough money to be able to move to his dream location!

Manifesting works, every single time.

All you need to do is follow the method and keep at it. Never give up until you get what you want. Then move on to the next thing you want. As long as you follow the Quantum Cookbook Manifesting Method, you'll be able to create the reality you want for yourself over and over again.

But it doesn't end there.

We've also included some bonus materials to make it as easy as possible for you to get everything you want in your life.

The first is a Portable Recipe Card which you can carry with you wherever you go. It's small enough to fit in your purse or wallet, so you can take it out in the middle of a busy day and remind yourself what you're manifesting for.

The course also comes with two audio recordings, each one a mini-course in its own right. The Microwave CD provides a full explanation of the Quantum Cookbook Manifesting Method and includes everything you need to know to manifest successfully. The Manifestation Session CD contains a sample manifesting session, giving you complete step-by-step instructions on using the Manifesting Recipe Sheet.

We hope you've enjoyed working through the mini-course with us, and that now you're ready to take the plunge and create your own reality for real. If so, simply click on the link below and purchase your copy of The Quantum Cookbook today.

No more wishing on a star.
No more daydreaming about a better future.

The Quantum Cookbook will help you create the life you want right here, right now. And if you think about it, isn't that what everybody wants?
http://www.quantumcookbook.com/?afl=65785

Your good friend,

Bradley Thompson, Self-Growth Author
http://www.quantumcookbook.com/?afl=65785

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