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INSTANT TRANSFORMATION

Technique



FIX YOUR BROKEN SELF

INSTANT TRANSFORMATION TECHNIQUE

A Biblically Based Understanding / Transforming Thoughts Into Positive Reality

How to Implement instant transformation technique

We are right now the sum total of our life decisions.

Most every top level world champion athlete use a type of ITT. All champions must have a psychological belief they are going to win. That they are the champion. It is so important an entire study of winning and becoming a champion is employed in the subject area of Sports Psychology. As a Black Belt Master Instructor I trained students to use the I.T.T technique to visualize and speak their goals into existence. Even utilizing the techniques to break multiple boards or cinderblocks that seem impossible to do by the average person. To push through to do incredible physical feats they could have never done when the first walked into the school.

Every moment we make an instantaneous decision towards a particular direction in our life. Most of these instant decisions are repeated subconscious thoughts from a certain event in our life, or a certain group of events. Those thoughts combine to make a subconscious program that acts like a computer to carry out our "life program." It does this without emotional awareness or bases in the physical reality our conscious is working.

We tell ourself things like, I'm fat. I'm poor, I'm lonely, I'm trapped, I was abused etc..

These are all cumulation's of the sum total of our subconscious programming and they are the result of what a decision that controls what we think about all day long

Although we are aware of them, and we don't want the results they produce, we seem to continue to repeat the processes of the negative patterns regardless of the conscious thoughts that try to tell us to change.

I'm fat, yet you still eat sugar. **I'm lonely**, yet you still behave in ways that separate you from people. **I'm abused or I was abused**, yet you continue to act and think as a victim. Making the entire essence of you being continuously abused all day long everyday at every moment.

I'm afraid, even though you may not want to be afraid you continue to think fearful thoughts all the time.

I want you to adopt this understanding as it will help you break certain perceptions. You live in a completely new body every year. Medically you replace every cell in your body and live in a new one each year. Did someone call you fat when you were 10 years old? Did you get abused at some point in time? Did some traumatic event occur 20 years ago? **You do not live in the same body this event took place around. No one touched, or said anything about this body you are in today.** Which means you are free to transform this new body by changing your psychological programming around it. Think of it like this. You once owned a particular car. You drove it around and went places. Maybe at some point you wrecked that car or something scary happened in it. So you went to the dealership and traded it in and got an identical looking car that you are now driving around in. It looks the same, but it is not the same. Nobody keyed your new car, or crashed into the side of it, nobody had said bad things to you in your new car. It's brand new and the old one is gone. You are driving a new car that looks like your old one. You can choose to look forward to wonderful new experiences in this new car or you can sit in it and tell you how awful it is in this car and all the things that happened to you in it. But, you are not in that car anymore. It looks like it or similar to it... but it's not it. So you are free to drive it where you like, and play the music you want to hear, and think the thought you want to think in your new car. Or you can pretend you're in your old car it's up to you what you want.

Why Can't You Feel Free Controlling Your New Body ?

This is because your subconscious programming is running the routine that you programmed into it with your **old conscious thoughts**. You have a subconscious that acts like a computer. And your subconscious does 95% of all your thinking all day long. If you insert the old programming into the computer of the new car its performance and behavior will be like the old car. You may not be able to notice the fact you are in a new car because this one runs and drives the same as the other.

In order to change this, you have to rewrite your subconscious [computer] programming just like running an antivirus or an update on your mental computer.

Understand, you as the driver may want your body and mind to perform a certain way but that programming keeps the brakes a little slow, the lights too dim, the AC slightly off etc.. All day long your conscience tries to speak to you about the issues you need to resolve.

But your subconscious programming tells it NO!

Your conscience may say I'm too fat. Don't eat that.. and your programmed subconscious runs the override excuse program. Combined with the things your parents said to you; maybe a rejection you had when you were a teenager, or a betrayal that happened in your old body. Also negative support programming patterns of thinking and catch phrases from "fat friends" immediately kicks on as a support sub program and spurts out its life ruining data and you pick up the sugary, fatty, unhealthy food and cram it in your mouth.

- **YOUR INNER AND OUTER DECISION PROCESS IS OFTEN IN DIRECT CONFLICT WHEN IT COMES TO POSITIVE OR NEGATIVE LIFE CHOICES.**
- **YOUR DECISION AS TO WHICH THOUGHT PATH CONTROLS YOU HAPPENS INSTANTANEOUS.**
- **EACH TIME YOU ARE CONFRONTED WITH YOUR ISSUE YOU DECIDE TO EITHER LET YOUR SUBCONSCIOUS THOUGHT TAKE CONTROL OR YOUR CONSCIOUS TAKE CONTROL.**
- **YOU MAY HAVE GOTTEN USE TO TAKING YOUR HANDS OFF YOUR STEERING WHEEL AND LETTING THAT OLD PROGRAM WRECK YOUR CAR OVER AND OVER AND OVER. YOU CANNOT DO THE SAME THING OVER AND OVER AND EXPECT DIFFERENT RESULTS.**
- **IT IS IN THIS INSTANTANEOUS PERIOD OF DECISION MAKING YOU MUST BECOME AWARE OF. RIGHT NOW REALIZE AND BECOME AWARE THAT EACH MOMENT YOU FACE A CERTAIN FEELING OR DECISION ABOUT A SUBJECT THERE IS THAT IMMEDIATE POINT IN TIME YOU MAKE YOUR DECISION ABOUT IT WHAT YOU WILL DO. ITS THAT ANGEL AND DEVIL ON THE SHOULDER MOMENT.**

It is this point and time we are going to get control of. We can then reprogram the subconscious to run the programs that agrees with our healthy desires and life blueprint.

In martial arts you learn **in order to do the impossible feat, you must believe in your mind you have already done it.**

Anything between now and the moment of Mastery is the Journey to what you already are.

The Bible tells us that, who Jesus has set free, is free indeed. You are no longer constrained to the restrictions psychologically that hold you back. You therefore have freewill to become and live out your vision.

Let's implement an I.T.T

First let's address the issue you believe exist, it could be real or perceived, it does not matter to your subconscious.

Call it out - "I was abused when I was a teenager" and so I eat to hide the pain an self abuse myself ...

You can think it, speak it, and or write it on a piece of paper and make it plain to yourself.

We are exposing the things your don't want in life.

Understand, this is an easy thing to repair but most of the world will not admit that they don't want to fix their issue. It may seem hard to believe but it's a fact.

They get some negative reward out of their demons and they don't want to fix it.

When Jesus approached the paralyzed man at the well and asked them man if he wanted to be healed, despite the mans condition that seemed obvious, Jesus still asked the man. Why, it was possible the man got money, attention, and care from people and only appeared to want help. Some people enjoy the attention and support they get from others while preaching their woes to them. So you are going to need to be real with yourself. Do you want to get well?

Now that you've addressed your issue and you're absolutely certain you want it to end let's make life match your vision and make a transformation .

Let's set you want a new course if it's a small issue, the journey may be very short, and if it's a large issue, it may be like turning the Rutter on a large ship. It is turning slowly, but it's already heading directly to the destinations. **Your subconscious does not relate to time so the minute you change your thoughts you have already become what it is you desire.**

Again, understand that your subconscious does not live in a physical world. It is a dream state existence. It's like your avatar.

You're now going to insert an antivirus into your incorrect performing subconscious computer from your old body.

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We're going to rewrite this computer sub program using these laws.

2 LAWS

As you think you'll become.

And there is power of life and death in our words.

Now, what's important is the types of words and thoughts you use to instantly transform yourself.

WORDS CARRY POSITIVE AND NEGATIVE FORWARD ENERGY. You can say I love you with an angry tone and change its meaning. Or speak about what you want by using words that make your subconscious focus on the negative and keep you in the same exact place.

For example, if you say **I need**. I need is a lack statement that has no action. There is no performance in the word need.

If you say, **I want** such as I want to lose weight, there is no action in wanting. It is a null state of being.

If you say **I will**, this is an action, but it is an uncertain action. I will is a travel word on a destination and it can be interfered with by circumstances like a trauma along the path.

Also, you do not want to use the formula **if-then word formulas**. For example, if this occurs, then I will do that. This also takes away your control of your destiny.

For instant transfer to occur, you must **become, you must immediately have**. Such as the statement **I am a millionaire, or I have a healthy body**.

These are the statements that proclaim you already are, and your subconscious does not know the difference.

It is the seed planted in the ground that becomes the harvest. For example, if you want to bless someone else like a child or friend with a blessing. You would say **You are** highly intelligent you are healthy etc.. **You Are is the immediate transformation**.

Now let's apply the instant transfer a technique in your life

Before you do this, it is imperative that you understand that what you choose, if it is outside of your vision, if it is only for selfish attainment, if you are choosing to harm someone, or choosing to use the technique for negative purposes, then you must also understand **the law of reaping and sowing. You may get what you speak but you also may find the repercussion of your harvest more destructive than you desired**.

This is what people do when they practice witchcraft, they utilize techniques for selfish or for harmful purposes, but eventually they reap what they sow.

So if you say, I want to become a millionaire so that you can buy lavish cars and spend it uncontrollably and become like the prodigal son, and spend your money on prostitutes and lavish living, you will end up in the pigsty. As you reap so shall you sow.

I must tell you, because this is powerful. They are the laws of the universe set forth by God and if you don't make the right decisions about what you want, you may get what you thought you wanted and wish you didn't have it..

Decide with your best intentions. Do you want a happy life, love, peace, harmony, and goodwill you're on the right path. There's nothing wrong with you having lots of money, good health, a nice spouse, so long as the purposes of those are for good and not evil.

So let's begin.

Did you say you are fat or overweight? Your I.T.T is now **I am** [and then pick whatever your goal weight is or pant size etc.]. **I am healthy and happy and enjoy the way I look and feel at this weight, My willpower keeps me fit and healthy.**

Was it a statement about your finances? Then you can say. **I have** [whatever the amount you wish or desire] amount of money in my bank account or my net worth is [XYZ]. **I am financially secure. I am wealthy beyond my imagination.**

Whatsoever I asked, God has promised that I have it.

Was it Depression? Then you can say, **I am happy and full of joy and love. I am perfect in Gods site.**

Understand the power of the word **I am** and **I have** because they are statements proclaimed about you that have just made you who and what you have proclaimed.

Was it an illness? your I.T.T is **I am completely whole. All of my decisions are made towards the health of my body, the piece of my soul and I use my health to bless and help others. I am the embodiment of complete wellness.**

Was it a pain of a personal betrayal? Your I.T.T is **I am peace I am love. I have relationships to prosper my soul as I prosper others. I have all I need and love God loves me. I am a Child of the living God, all of my desires are met**

Was it of anxiety and stress? Say I am in complete peace. I have God to guide me. I have a personal resilience that overcomes and achieves all things instantly. I have all things I need. All my beneficial desires are met. I am at peace.

This may seem too simple, but perhaps God made it that way.

In an instant you can change the course of your ship, and the laws of reaping and sowing go into affect

By doing this, you have immediately planted a new seed. You turn the ruder of your ship in though it may take longer for you to notice that you already are what you have said in you have already become it.

I also have more advanced techniques to enhance your life and further and ensure you lock in the key elements of prosperity and empowerment without falling back into your old habits or destructive behaviors.

The Second Phase of this program is called S.T.A.N.D.

STEADFAST TRANSFORMATION AND NEW DIRECTION

The STAND program is an ongoing school of education that teaches you to apply and keep your Vision to fulfillment as well as continue to set newer and higher goals you can achieve through knowledge and application. **Visit www.sonsoflight.life to enroll and gain knowledge most of the world has never heard before.**

Instant Transformation Technique (I.T.T) – Step-by-Step Guide Quick Review Guide

1. ****Understanding Subconscious Programming****

- Introduction to instantaneous decisions shaped by repeated thoughts.
- Subconscious programming as a computer-like system.

2. ****Identifying Negative Patterns****

- Negative self-perceptions due to subconscious programming.
 - Dissonance between negative thoughts and desired outcomes.
3. ****Rewriting Subconscious Programming****
 - The need to change subconscious programming.
 - The role of conscious thoughts in transformation.
 4. ****Embracing Decision-Making Power****
 - Instantaneous decisions reflecting subconscious programming.
 - Examples of actions against intentions.
 5. ****Power of Instant Transformation****
 - Introduction to ITT for subconscious reprogramming.
 - The importance of genuine commitment.
 6. ****Addressing the Issue****
 - Acknowledging and addressing negative issues.
 - Expressing issues through thoughts, speech, or writing.
 7. ****Recognizing Unwanted Aspects****
 - Resistance to fixing issues due to negative rewards.
 - Comparison to the story of Jesus and the paralyzed man.
 8. ****Preparing for Transformation****
 - Commitment to change and preparing for the journey.
 - Shorter journey for smaller issues.
 9. ****Inserting New Programming****
 - Understanding subconscious's non-physical nature.
 - Inserting an "antivirus" to rewrite the program.
 10. ****Choosing the Right Words****
 - Selecting empowering words and thoughts.
 - Limitations of words like "need," "want," and "will."
 11. ****Embracing Affirmations****

- Power of "I am" and "I have" affirmations.
- Aligning affirmations with desired reality.

12. ****Applying ITT in Your Life****

- Replacing negative self-talk with positive affirmations.
- Applying ITT to weight, finances, health, relationships.

13. ****Understanding Reaping and Sowing****

- Law of reaping and sowing explained.
- Intention's impact on positive or negative outcomes.

14. ****Choosing Positive Intentions****

- Aligning intentions with positive values and purposes.
- Achieving wealth, health, and relationships for the greater good.

15. ****Initiating Transformation****

- Affirming desired transformation using ITT.
- Transformation statements for different aspects of life.

16. ****Embracing Change****

- Instantaneous alignment of actions and thoughts.
- Martial arts analogy of belief in achieving the impossible.

17. ****Reaping the Seeds Sown****

- Gradual change guided by the law of reaping and sowing.

18. ****Sharing and Further Study****

- Suggesting sharing the technique and accessing a free copy.
- Mentioning more advanced techniques for empowerment.

****Exact Information Provided:****

[Insert the exact information you provided here]

Feel free to use this comprehensive guide to teach students how to apply the Instant Transformation Technique for profound personal change.

CAN YOU PASS THE ITT QUIZ ?

****Instant Transformation Technique (ITT) Quiz****

****Question 1:**** What is the primary concept behind the Instant Transformation Technique (ITT)?

- a) Rewriting your entire life history
- b) Making impulsive decisions without thinking
- c) Reprogramming your subconscious for positive change
- d) Instantly achieving all your desires

****Question 2:**** What are the "cumulations" that contribute to our subconscious programming?

- a) Random events throughout our lives
- b) Repetitive thoughts from specific events or experiences
- c) Instantaneous decisions made by our conscious mind
- d) Information gathered from books and articles

****Question 3:**** Why do negative patterns persist in our lives?

- a) We consciously choose them repeatedly
- b) We lack awareness of our actions
- c) Our subconscious programming influences our choices
- d) We haven't encountered positive opportunities

****Question 4:**** How does the ITT Technique suggest addressing negative issues?

- a) Ignoring them to focus on positive aspects
- b) Bringing them to conscious awareness and accepting them
- c) Sharing them with others to gain sympathy
- d) Avoiding discussions about them

****Question 5:**** What is the significance of using "I am" and "I have" statements in ITT?

- a) They are catchy phrases that help with memorization
- b) They indicate uncertainty about desired outcomes
- c) They affirm that you are already what you desire
- d) They create a wishful thinking mindset

****Question 6:**** What is the law of reaping and sowing?

- a) The concept that good actions lead to positive outcomes
- b) The principle that negative thoughts result in harmful consequences
- c) A rule for planting seeds in a garden
- d) The idea that every action has an equal and opposite reaction

****Question 7:**** Why is it important to choose positive intentions when using ITT?

- a) It ensures that you only focus on personal gain
- b) It aligns with the laws of the universe and positive outcomes
- c) It guarantees instant success and transformation
- d) It prevents any obstacles from arising

****Question 8:**** What should you consider before applying ITT to your life?

- a) Whether your goals are small or large
- b) Whether you can rewrite your entire subconscious
- c) Whether your intentions are negative or positive
- d) Whether you can instantly change your life

****Question 9:**** What role do affirmations play in ITT?

- a) They serve as a way to vent negative emotions
- b) They create confusion and uncertainty in the mind
- c) They help reprogram the subconscious with positive beliefs
- d) They are solely meant for self-expression

****Question 10:**** How does ITT propose changing your life?

- a) By making gradual changes over a long period
- b) By expecting miraculous transformations overnight
- c) By altering your mindset and aligning actions with intentions
- d) By solely relying on positive affirmations

****Quiz Answers:****

1. c) Reprogramming your subconscious for positive change
2. b) Repetitive thoughts from specific events or experiences
3. c) Our subconscious programming influences our choices
4. b) Bringing them to conscious awareness and accepting them
5. c) They affirm that you are already what you desire
6. a) The concept that good actions lead to positive outcomes
7. b) It aligns with the laws of the universe and positive outcomes
8. c) Whether your intentions are negative or positive
9. c) They help reprogram the subconscious with positive beliefs
10. c) By altering your mindset and aligning actions with intentions