

## Overview

**Cadu:** Very welcome, you all, to another CIMT podcast. I am Cadu Tinoco.

**Mandi:** And I am Mandi Tomaz. Hi guys! How are you? I hope you are well CIMT. We are here to do another podcast with you.

Actually, an initial podcast here for us to be able to understand a little our practical model for creating reality.

That is, CIMT brings to you a practical step-by-step program so that you are able to get to a life scenario and that is going to be very important for us to be able to lead you exactly in the right way, the ideal way, the perfect route so that you get to your goal in a real fast way.

It doesn't mean that it's the only way. It means that it is the way we have spent many years structuring, testing – not only in our life, but also in the lives of the people that are in CIMT, the people that have been with us for a long time and we have been able to arrive at a model and it always, we are always trying to perfect it, we are always trying to still see "man, is there... is there perhaps still anything for us to be able to improve here in our communication, for us to be able to deliver this a little better?"

And we are always looking at this model, always basing ourselves in this model and that's how we left a reality that was completely different, and we have arrived in the reality we have today.

**Cadu:** Dear, for us to start this discussion, for us to start to present a reality creation model, I believe the central question that can't be overlooked without at least being discussed is the fact we are creators and that we create 100% of our reality. And here I would like to use this podcast for us to talk a little about this. Myself, personally, I will get inspiration in my past self

**Mandi:** Uhum.

**Cadu:** I want to explain this deal to him, shake him and say: "son, let me tell you something here. Come here for me to tell you something, for me to tell you a secret I have found and that I've spent a long time perfecting."

And when we start looking at this, I have to already give some information in advance because my past self was a guy that was focused on his job, he was a guy that had complete ability to understand everything we're saying here.

I'm sure CIMT has the ability to understand everything we're saying here. Only that some things are much deeper and can't be passed on or communicated in a fast way, in such a direct way.

But I would like to use this podcast to talk to him and to turn to him and say, "look here, pay attention to what I'm going to tell you. Have you heard that your thoughts create your reality?"

For sure my past self is going to say “yes, I’ve heard about that deal. I think it makes sense because I’m able to make some connections, but I don’t know what to do with that, I don’t know how to put that in practice and more, I have a little problem.

I’ve always believed there’s a future written for me, that in some way I’ll be finding out how my life unfolds. I don’t know if that’s a vision everyone has, because one day you told me you didn’t think like this and I said: “man, you don’t think like this?”

But one day I did. And more than that, I’ve never questioned the fact of thinking about this. And I believe that as we get more and more introduced to life, all of that keeps molding our thoughts so we are going to find people in CIMT that are immersed in quantum physics, that will understand very easily what we’re talking about.

Other people that are immersed in their religions or maybe in their professional studies. Anyway, they’re different realities.

So, our big challenge here is to communicate this process and here I would like to call your attention to something that we are going to see little by little. What is the essence of our model?

The essence of our model is to learn a central point and to live during a certain time. So, we have steps and each one of these steps, we have gotten to the conclusion that they need to be separated by at least a week so that you can process and consolidate that relevant information. And these steps keep adding to each other.

We call it deceleration, right? We start from a central point, that is our thought, we begin to decelerate it. And we are going to understand this deal slowly.

The thing is, if I were to meet my past self, he’s going to turn to me and say: “man, look, don’t you have that deal that thoughts create reality? Don’t do anything else in your life. Just to that.”

It’s the first thing you... Everything you are doing can stop. You can stop it. You’re not going to get where you think you are going to get to and your results prove that.

And if you knew matters or questions that are completely disseminated, more than spread about, and here I’m talking about ancient civilizations, I’m talking about great authors, I’m talking about many people for whom the issue that we create our reality – I’m saying 100% ok? – that we create our reality based in our beliefs, that we create our reality from our thoughts, it’s a matter that is beyond discussion because the same way that you have maybe dedicated years to your college, maybe you have dedicated years to get to know a certain sport, these guys have dedicated years to interpret how we create our reality.

So, maybe you can’t understand everything, but it’s possible.

It’s like me getting to you and saying, “look, you can perform surgery on an organ. You can transplant someone’s organ into someone else.”

It doesn’t mean that you will go out and start doing it. It doesn’t mean that you can do it overnight. You need to study. You need to understand. You need to know. And CIMT is going to give you that and it’s going to give you that through a practical experience.

So, let's see if we talk a little within this podcast and if you bring a little of your vision, for everyone who is listening, right, how it was for you back then and if I also bring this vision, that I believe is going to be very valuable.

We need to come out of this podcast with the following certainty: We create 100% of our reality, ok? That's what we'll be talking about today.

**Mandi:** Perfect. I think that something very important for us to talk about is that there are moments in our life when we are searching for an answer, right?

And many people that come in CIMT, I'm sure of it, have attracted it to their lives in the following sense: Man, I was looking for an answer, I wanted to understand a little better why my results aren't how I would like them to be.

I would like to understand what do I do to be able to get to those results because understand: you, me, no matter the objectives we have, no matter the life scenarios we have, which are different desires, we all want to achieve them.

So, to me this was life's big answer. Because when I came across it, actually we went through some situations in our life that made us look for an answer because we were very we had a very big need to meet the desire we had, first within our relationship, in achieving our relationship once you've awakened to that, that was a moment that I also got interested and I saw that it made a little sense, but the day-to-day keeps swallowing us and then, during that day-to-day, when we are awaken to some facts and so on, and we forget things a little, we start to connect to other content, we are again swallowed little by little by that routine and we just forget what we have seen, that made some sense, that went by us and that was exactly what happened.

Then, in a second moment when I got ill, when I had the autoimmune disease. There I got interested again. And that was very symbolic for us.

And I wanted for people to start, independently of their religion, to know that here at CIMT we see religion as something that can be fantastic, depending on how you interpret it, depending on the use you give to it, so we make no exclusions, right? "Oh, you're from such and such religion..."

Much on the contrary, we include here everything that is happening so that we are able to understand how we are using that religion.

So, notwithstanding your religion, notwithstanding what you believe, notwithstanding what you have heard in your life, I want you to make this connection for you to start understanding the same way we started to understand back then.

It were those little pills, right? We didn't have anything structured, but we started paying attention. Then, when I had the autoimmune disease, for me that was very symbolic.

Because you already knew a little about it and you said: "Man, isn't this very weird? Can't you see that you were studying a lot about that disease, with a professional that had that disease.

Can't you see that you had certain emotions, you were going through a very symbolic situation in your life of a process with a lot of anxiety, so consequently your thoughts were not so organized, your feelings were not cool.

You weren't feeling well, it had been going on for some time. You were very insecure, because we were going through a season of change and I didn't know how to deal with that yet because of my emotional immaturity, right?

So, that there began being a lot about autoimmune disease, it was something that messed with me a lot back there during my internship process at the hospital. It was something that impacted me a lot.

So, when I started to make those connections, I said: "man, there's something very weird here." Because I didn't have something totally random. I had something that had already been impacting my mind. I was very scared of having an illness.

So, I want people now, independently of what we're going to talk about, of what they believe in, that we are able to take all of what we've been bringing off because everything we have been bringing has brought us here.

It has brought these results to our life. So, I want us to forget all of that and think, "man, has there been any fact in my life that I'm able to connect? Good or bad.

A very big success I've had, were my thoughts very directed towards what I wanted when I got that position? Were they very directed and you have an experience like that within Petrobras at that time?

Were my thoughts very directed when I was able to buy that car? Did I want it a lot, did I put a lot of emotion in it, did I put a lot of intensity, did I only think about it? And then, the same applies for something that is unwanted.

When I was cheated on in that relationship, was there something already going on in my mind? Was I already constantly suspecting the person beside me? Or was I... Are we able to do this?

Because the same way I woke up like this, dear, I think people will start waking up as well.

There will always be a connection, even if we can't see it, and time it has and it works as a smoke screen, we always say this, time goes in there to obfuscate our vision. So, many times I can't remember what happened.

When I'm developing the illness after ten years of going through something, many times I can't remember what originated that thought, I was paying a lot of attention, so time ends up obfuscating my vision.

But if we remove that smoke screen a little, if we remove that a little, if we go back in time a little, are we going to be able to do big connections of things that our thoughts generated?

Of things that our emotion in the end, because you are going to see that within our practical model right, emotion in sustained thought.

Our belief, what we believe in, is something we thought on repeatedly or something we

thought on within a very big emotional impact. "Man, my husband cheated on me so, maybe, that's where I started to believe that men suck."

So, those beliefs, those emotions, those deeper things, are just a deceleration of our thoughts.

It's just us giving roots to the thoughts, that before were just something going through our minds, and that we nurtured, we chewed on and internalized. And they are always connected with what is in our physical life.

With what we're experiencing. So, the illness was not disconnected, it wasn't completely disconnected. The success in the application for that government position wasn't completely disconnected from your thoughts.

Being cheated on in a relationship wasn't disconnected from the thoughts you end up nurturing.

So, all of that is very much connected to the way we see ourselves. So, I would like, for us to start this podcast, for us to start paying attention to these little things because that made me start to pay attention to this fact.

And then, obviously, when we started to delve into the matter, then it was obvious. And then we were able to create all of what was this life migration that we have done in a very purposeful way.

**Cadu:** Right, you have mentioned some important hypothesis and I would say that, by experience, and CIMT has a lot of experience that is not just our own – with the interaction we have with so many followers, dealing with this matter for so long and with all our research but from experience, I could say this: every human being, when you present this to them, they are able to make a connection. In some degree, they can do it.

It's not by accident that "The Secret", the documentary that has brought this issue, which is a much older issue than the documentary itself, but brought this issue, I would say, to be accessed by a larger number of people, it was very well accepted by many people that tried to use that as a hope, right, to live differently and maybe with that short book, or that 45-minute documentary they have not been able to solve all their problems and some people simply started to say, "oh, it's not exactly this". I couldn't get it. When I got this information that I created my reality with my thoughts, that made a lot of sense to me.

I quickly did a download, connected some points in my life and said, "man, this here makes sense."

But this information is the tip of the iceberg. There's much more behind it. It's much deeper than that.

So, when I tell you that you create your reality, I'm not telling you that you only create the relevant facts, I'm not telling you that you have created that experience in your relationship or maybe that illness or maybe some other... some other fact within your life. I would call myself there from the past and I would tell him this: "look here, let me start telling you something hard, to really make things hard, for you to be immediately half shaken up, half shocked.

There's no right or wrong deal. Our life is about creation. So, sometimes someone lives something that is very unwanted for everyone, but they are creating it. Sometimes the other person lives something that is very desired by everyone.

They are also creating it. Sometimes we create something half intuitively. Because we start to understand intuitively what cause-and-effect is.

I would say that one of the hardest things that keeps us from going forward within this understanding is something that I have lived.

For us to be able to live our relationship, for us to be able to be together today, I had to know a lot about this issue. In a very practical way. So, getting this basic information, I started to...

**Mandi:** To test.

**Cadu:** To dedicate myself a lot to make this happen and to check if this was true. There, for me, it became a deal that even extrapolated our relationship. I would say: "man, this here is the secret of life and I'm going to exhaust this matter."

Because I can't stand anymore living that different life. That life where things are random, that life where one is happy, the other one isn't. This life doesn't work for me anymore. I need to validate this here, even if it's to say that this here doesn't work."

So, I dedicated myself a lot and made a big effort within this process. Today I can understand that one thing that keeps us away from our dreams or that keeps us close to our dreams is the level of desire you have regarding it.

So, within our relationship there was in me a very deep desire that made me not quit that process and that's why I got to many answers. But after we got together, I couldn't share this matter with you.

I knew you were receptive, that you understood at some level, but I couldn't share this matter and continue to be immersed, working in that there for us to change our financial reality, for us to access other life patterns.

So, I can say that, in that moment, I still had not gotten it very well. I even did things that today amaze me. Because I think, "man, I didn't understand a lot, but desire guided me to do that there correctly without even realizing it".

But after we got together, and right after there was a change in city and etc., the issue died there. And that issue died for maybe a year or two. Not inside me. But it died in my routine. It died in the day-to-day.

And when the issue died in the day-to-day, it was retaken in your autoimmune disease but this time in a context where both of us could talk. And there, from that point on, I never stopped studying.

I said, "dear, there's a deal here that will solve this". And, like I said, you were always receptive. We started to go deep. And that's when we started a much deeper study. Initially, I was the one much more dedicated.

After that you also dedicated yourself a lot until we dedicated our lives to this. So, I could

separate this in some stages.

There's the stage with that basic information guided by a deep desire, I really proved to myself that we create our reality, that had a very big impact in me.

I saw things happening before my eyes that I said, "man, no one needs to explain it to me. No one needs to tell me if it works or not, because I've seen it". I recommend it to everyone. Do it. Get something that you really want to do and live it.

Project your thoughts, direct your thoughts, take care of your vibration, it's well-being that accelerates the deal. So, all of this we'll be understanding here in a deep way. But, first, think about this: man, it's not about right or wrong, it's about you creating.

So, sometimes you create the things you don't want. Sometimes you create the things you want. You need to get to this consensus. You need to say, "man, I really do create".

After I understand that I create, now I'm going to have to be able to control my thoughts, to take control over this energy, over this power to think, so that I can create in an intentional way.

We will only be able to change our reality, in the way we really want, when we are able to internalize the fact that we create 100% of our reality.

And one thing that for sure is hard for many people, is to look at prophecies, to see that there are stories in which some things in the future are predicted, and so on, and so on.

And that, mainly in the context of religions, I'm sure it exists and that it can go through many people's minds. I'm sure many people say, "what about God's will? How does it work? Where do we stand?

Because I'm convinced that God has something reserved for me." God's will is that we go through that experience and that we learn to create, because God is a creator. And we are small creators in a learning process.

**Mandi:** That's why we're made in His image and likeness.

**Cadu:** Exactly. So, when we begin to understand this, we begin to understand the deal about free-will, we begin to understand that it really makes no sense to live this experience if it's all written.

Only that this subject goes much beyond this small talk we're having here. We're talking about only finding the answer to these questions that are questions that, I would say, are very intelligent, someone that is trying to reflect, is trying to understand.

We're only going to find the answer to these questions when you understand that you are eternal, when you understand that you live that experience in your sleep, when you understand that past, present, and future are not what we think they are, it doesn't work that way, we live a tridimensional experience in which our thoughts are materialized so that we can understand them, ok? Thought is something that is very volatile, very accelerated.

So, many people, and you see this in an immature person, they oscillate from one side to the other. They do things they don't control because of the lack of stability in their thoughts. So, it's the person at the gym who is controlled by their weight. They don't control the weight.

And the power to think is the same. Either it controls you, or you're going to control it. CIMT is a model, a practical step-by-step program, for you to start controlling your power to think. And when you begin to do that, you see that it's mathematical.

You see that people that have been successful, in whatever area of life, or in every area of life, they have followed the laws. Even if they didn't know it.

And when we talk to someone that is close to us, a lot of times it's our husband, it's our cousin, it's the sister, it's the friend.

That person with whom we want to share because we realized that, in some degree, we have created some experience and that that deal makes sense, you begin to have the first barrier.

And here I would like to level with everyone this: we have encountered that question for a long time in our life. Because we know that it's a pain that the person there on the other side has. Because it's also been our pain.

Today we say, "Oh, we create our reality". Whoever likes it, likes it. If you don't like, too bad. But we've been through it for some time. I've spent a few years by your side. Imagine it from the other people's perspective, people from work, within Petrobras, etc. I couldn't talk about this to anyone.

If you said anything you were nuts, you know? So, this limits a lot our ability for consciousness creation and expansion. Our ability to really advance within this process.

So, what I would like to bring for everyone here is this: of all the manners I sought, of all the ways I researched and that I analyzed for us to talk, for us to establish a communication with someone else, so that the other person can really understand, and we can advance together and for that process to be lighter, more fluid – because our life is a big game, we have to enjoy life's challenges and that is a challenge – when you understand that you create 100% of your reality, you have climbed a step in awareness. Whoever doesn't understand, is a step further down. That step is very important.

So, how do you communicate that to someone else? Through the law of cause-and-effect. The law of cause-and-effect is one of the laws... it's a law that actually kind of encompasses all the other ones, ok? If you understand it deeply and that it can be palpable in the physical plane.

When you talk about laws like Mentalism, which is the fact that you can create your reality from your thoughts, right, that's basically what is being said there, it's very hard for you to discuss that with someone that hasn't stopped to think about it.

Someone who is there, immersed in their office, immersed in their studies, living a different reality. It's very hard for you to establish a dialogue. That limits you. That makes you question yourself; it makes you not believe; you want to be socially accepted.

That is a fact. So, this is an obstacle, but in every problem there's an opportunity. And the

opportunity that exists here is for us to start finding the best ways to be able to explain this to others.

And you won't explain this to others if you don't understand deeply.

So, my suggestion here is this: look, let's go inside this model, inside this step-by-step program, understand that we create our reality, we're going to project as a starting point, as a central point, a life scenario (...)

(...) – we can discuss this here a little as well – and we're going to understand that we're going to analyze very deeply the cause-and-effect law. Because it's palpable and it actually brings forward all the other laws.

And when you understand that life works by laws, you start saying: man, doesn't that guy there know that God is perfect?

He's going to understand the deal I'm talking about here. Because cause-and-effect is the same as divine perfection. For me it's the same thing. Cause-and-effect takes something that is unexplainable...

**Mandi:** It removes the objection.

**Cadu:** ... which is the fact that one suffers and the other doesn't. Right? It's because one created one reality and the other created another one. We create our reality based in our beliefs. And things are attracted based in our vibration.

And when you look to cause-and-effect you understand.

The effect you live is just a product of the cause you are generating, the cause you are producing. And that I think is the way for us to go forward.

**Mandi:** You made an interesting observation, and I would like to bring a little of that here into our conversation.

I still want to work a little more the question about our objections, because they are very true and very intelligent objections, as you said.

So, when someone asks us like this: "oh, God's will and what it means..." First, we have to think about the question of free-will, right?

Free-will would make no sense, and it would be a big contradiction for there to be free-will if the thing had already been written. Because if it's written, you're going to do that there and it's over and it's over.

So, you go towards the bad side if it's written that you're going towards the bad side, in people's heads, right? For us there's no bad side, but you go towards the unwanted side there, you're going to live some unwanted thing because it was written for you to live that.

But what is the sense of this if there's a free-will and if you can understand that before an intersection you can make a different choice. We will work a lot the question of the point of the moment here, which is a concept we bring forward.

Look, this moment where I am right now, me, Mandi, I can do something really good, I can

feel good, I can go up or I can go down. I have things now that I can find in me that will leave me super sad.

I have things that I will think about that will pull me down, but I also have things to think about, practical things to execute, that will pull me up.

And free-will starts there. It starts in what you're going to think about, right? We think that free-will is: "Oh, I'm going to the gym, I'm going to do this." That it is a physical choice.

Free-will starts inside our thoughts, so you can choose things to think about now that are good or bad. You can feel sorry that you are in CIMT or you can see that it is something wonderful in your life.

And that is the point of the moment. The choices we make mentally. We are talking first of our mental side.

So, we need to understand that that would be a big contradiction. Why is there free-will if everything is written? That is a first point.

And a second point is that we can understand that the people that say that things here are random are doubting divine perfection and that is also, to some degree, an inability we have of observing physical reality.

Physical reality, I'm not even talking about the reality that is behind all of this. In physical reality there's something called order.

We can see that in the day and in the night, in the sun coming up, in the sun going down, we can see a perfect nature cycle of the seasons, I can see a cycle within the plant, the plant goes there, it dies, and the flower ends up...

And the same time next year, the flower is there blooming again. All of this is going on under a certain order. The ocean, all things. So, we can observe the distances of the galaxies, the examples go on and on.

Of the planets, our distance to the sun, precision, gravity. Everything is respecting a certain order. That is a characteristic of God. And you can also understand that if you have order in you, you are going towards a very precise direction.

And when we say that our life is random, in some degree, I'm doubting divine perfection.

How can a God I believe in, no matter what you believe in, how can he make something in which, in a very random way, one is going to suffer and the other is going to thrive? It makes no sense. There's no sense in that.

There's no explanation you can give me that makes it that God chooses that I'm going to suffer in my life and the other is going to be happy. And inside my story, if I could touch and say: look, what was Mandi? So, Mandi was born to suffer.

Cadu was born to suffer. Period. Why? Because way back five years ago my life was suffering. Six years ago, my life was suffering. I was sick all the time. I didn't have a dime.

I would go to the store, sometimes I couldn't buy cottage cheese because I didn't have the

money to get cottage cheese.

The monthly grocery run with my dad was an event where sometimes I would hide – still immature, very little – I would hide, I would get a chocolate egg, I would hide it in the monthly groceries to see if it would go by, to see if he would get motivated and buy it for me, I would say: “I put it there, he didn’t even see it, I hope he doesn’t see it here so I can eat it”.

So, like this, so I was born to go through that experience, I came in order to be poor in other words. I came to be sick, because I was already born very little with a lot of health issues.

I came to go through family conflict, because I went through countless family conflicts. And I came to clock-in every day there at my job, to suffer like crazy, get a packed bus, suffer moral abuse from my boss... I came for that.

I was chosen by God to come to earth and not shine. If I could risk it, it would be this, because up to my 30<sup>th</sup> birthday, up to my 25<sup>th</sup>, 26<sup>th</sup> birthday, that was what I lived, then that is exactly the point.

Now, how can we make this big transition?

Precisely because of this freedom we have of choosing the thoughts we are going to nurture and, automatically that thought is going to originate the end, the cause I'll be producing which was what you were talking about.

And that, within the sacred books, we see as the sowing law, to reap and... to sow and to reap. And we know this. Look there in nature. You plant strawberries, you are going to reap strawberries. The soil is fertile, have you produced all the conditions? Nice.

What is going to give origin to what I'm planting? My thoughts. First, I need to choose what I'm going to plant. I need to understand how I plant. That is going to give origin to it.

So, we need to start to understand and observe this in our story and be able to understand this. To say: “man, there really is an order to things. I can choose.” And that is what gave origin to the life you see today.

So, we didn't come here as a favorite, as an heir, the guy that was born by chance. Things don't happen by chance. Things happen, the same way as you see gravity, things happen under certain laws. There's a precise order.

And that in the end is God's creation and God's will. Creation is consummated. The universe is ready. Physical experience is happening. It has already happened.

Now it's us with our role, and we can't exercise our role if we don't understand our role, us with our role need to do all the rest.

If we are made in his image and likeness and God has created the universe, we are here to create our universe, as limited as it is to our physical senses, as limited as our awareness may be, even if we can't understand what exists or if we can't observe with our eyes what is behind it, we can dedicate ourselves to expanding our level of consciousness for us to start understanding what we don't see that gives origin to what we can see. So, our thoughts we need to start observing them and then we'll see that things don't happen by chance.

So, it's like this and understanding this process that you will be able in your life to make the same transition we did. Of God's not chosen ones to God's chosen ones, in people's eyes.

Today, when I look to some of the comments, and that illustrates very well what I'm telling you, I can see people saying man...

It was funny, I read a comment that said: "only someone who has a certain foundation can talk looking down on people", something like this. Meaning that I have come from a very strong foundation. I came from an extremely weak foundation. Cadu the same.

So, like this, I can't say I have come from a foundation where I had everything I needed to have. Much on the contrary.

So, one day, my dad turned to me and said: "look, you have two options: either you go be a salesperson like I am today, in a store, or you're going to study to enter a public university because I'm not going to pay for you, I won't be able to."

Then, we start to realize that we are not favorite or... it happens that we have been creating.

And this goes much beyond this physical reality. It's like Cadu said, we're only going to understand everything – and we're not here in this podcast to understand everything – because I like very much something you say: "there's no way, at college, for me to give you the content of the tenth semester because you need a foundation from the first. I can't talk to you about artery puncture of the arteries if you haven't studied anatomy."

So, many times when we go in, and this is very normal, when we go in CIMT, we want to understand the advanced things. Man, it's child abuse. It's the World Trade Center. It's the robbery situation, it's the situation of the children there in Africa.

There's no way to explain this to you here and now. It has an explanation. When we... we usually, when we don't understand something, we think that something doesn't have an explanation. No, it's just that we don't understand. It's the same thing.

You're going to tell me that the math problem doesn't have an explanation? No, it does, you're the one that doesn't get it. Then, you need to learn so that you can solve it. It's ok.

So, it's not because we don't know something that we say it doesn't have an explanation. It has an explanation. That explanation is extremely profound.

Cadu and I have been dedicated for a long time to look at multiple literatures you can't even imagine so that we can understand the advanced steps. But we don't put the advanced steps in.

First, I need to have you connect in your life the small or big things. It doesn't matter. So that you are then able to understand the aggregate. And that understanding of, "how did my son come this way?", "how is it", "why was he born already sick?", "why am I in this family?",

because that you are only going to understand when you realize that we are eternal. And that has nothing to do with karma, it has nothing to do with "I'm here paying" and punishment. It's not that at all.

The thing is that what is good for the here and now, is good for the before and for the after of our physical life. So, we... it would be very arrogant for us to think that this here is all born here, ends here and that is the way because many things really will have no explanation.

We will only find the explanation for these advanced things, that I would say, if we open ourselves up for other things. And now is not the moment.

What we want here first is to show you that we create our reality. That for us is finished business. For us there is no questioning there on that. Why? Because we have done it.

I like to say that you will never be able to prove me wrong because we have done it. We had an average life, a life that was no different than anyone's life. And that didn't happen with the digital, ok? Why?

There are thousands of people that are selling digital courses, there are thousands of people that are trying to grow on Instagram, there are thousands of people that are there in that process and that can't do it. How do you explain that?

And here, guys, I go even farther. The question of our relationship, that is only getting better in all aspects.

The question about our bodies, the question about our mental peace, the question about me leaving a very big anxiety process, a process from an illness for life to a process of health, a process where I have found well-being, something I didn't think was possible.

So, nobody will ever be able to prove to me that I'm not the creator of 100% of my reality.

There are some things I still need, when we go much beyond, that I still need to seek an explanation for inside of me, to make connections until I'm able to understand. Sometimes the connection is not immediate.

But I already know that connection exists and then I start trying to understand what happened for me to generate that fact there in my life. But it doesn't mean that that explanation doesn't exist. I have created it.

I know I have created it and sometimes that is in a level where I still can't make the connection of how I've created it, but sometime while thinking, reflecting, I start finding the answer to that there. So, we need to leave things leveled.

No one is going to prove to us that we can't create reality because we came from where you are today. Independently of your circumstances.

You're going through something bad you don't like, you're suffering, you're depressed, you have an anxiety crisis, you have problems talking, we have come from there.

We have been through that whole process, and it's been our whole lives for Cadu and I, that has been a life that never made sense. Both of us have always questioned and sought for answers because it's not possible that I need to live like this.

It's not possible that there needs to be so much effort. It's not possible that I need to suffer in order to learn anything. It's not possible that that is the process. If so, what God is this? If not, what would this wonderful experience be?

So, what we're bringing to you here we are already very sure of. We are already very clear that it exists.

The big challenge for Cadu and I currently is to be able to communicate all the methods and tools that are used for us to be able to create our reality.

More than that, back there our big challenge was to create a practical methodology for us to be able to create our reality. And that is what today you can see has been done by the two of us.

It was done for us to achieve a current life scenario, which we could have achieved several other ways. I've no doubt about that. And today, if everything is taken from us, if you take away the digital, if you take away...

We will be creating another business, be it physical, digital, it doesn't matter what it's going to be. But if today everything is taken from me, I can create it all again. If Cadu is taken from me, I can create Cadu again. I can do the whole process, because I have learned the principles.

Today I have a step-by-step program and that step-by-step program that needs to be respected is the step-by-step program that CIMT's practical model brings forward to you which was something that was created precisely so that we could make possible and accelerate because you won't find this in any book.

This was the big problem and was our great opportunity.

**Cadu:** Man, perfect! I would say that what you're saying is exactly the point I would like to make clear for everyone.

There are many authors that have exhausted this issue, there are many ways for us to understand all of this context we have been working on when we talk about the theory. We couldn't find any way to do it. There wasn't that way of doing it.

And we made the decision, I remember it very well, we were at the Yas Marina Hotel in Abu Dhabi, already living that abundance chock process for the first time, because we had been immersed in that study reality for a few years already, trying to turn things around and there came, I would say, the first idea. I understood that we spent sometimes two months, three months to conclude what we were doing wrong. And then we would come with another attempt and another attempt, that was very frustrating.

And I got to the conclusion that the process of creating reality was mathematical, but it wasn't mapped, and I couldn't find it mapped anywhere.

And there we made the decision and I remember in a bathtub, two o'clock in the morning, you were sleeping, and I began planning. I said: "man, if we could always have this here for us to be able to check..." And so, the steps were born, right?

And we kept evolving version after version and I can say it happened in 2019, as incredible as it sounds, in 2020 I was a manager in Petrobras, you were living with me in a city we didn't like, we had a very average reality and today in 2022, August of 2022, we have really been able to completely transform our relationship, transform our reality because today we work inside our house exactly how we planned, with no team, we make millions of reais without a team. We do it all, this was just us planning. We got to the digital because of what we were doing, I only resigned from Petrobras because of what we know, otherwise I would never have resigned, I am fully aware of that within me. We have created a reality in which we never have to work again in our life.

We work because we have found much bigger things. You joke around: "man, I never thought I would be a millionaire and wouldn't get more hours to sleep, right?"

**Mandi:** Right, I joke around...

**Cadu:** So, we started to access a health reality. I can say, my libido is perfect, and it wasn't like this. All of this from the point from which we kept advancing within the understanding of the laws, in which we brought more and more the laws into our routine.

So, if I were to meet my past self, I would tell him: "look here, there are a bunch of things about the matter. There are a bunch of people that have knowledge like crazy and don't know what to do with it".

We need a practical model. This practical model leads you because thought is a very accelerated thing, and we don't control it. Depending on the way you take it's going to get lost. You need a north.

You need to understand that for us to create a reality there are three stages. It's a flight. Take-off, cruise flight and landing. It's always like this. Clarity, understanding and abundance; decision, faith, worthiness; initiative, discipline, and conclusion.

We will always go through this; we are going to go through these stages within our model. And this is cause-and-effect.

First you need to define the effect you want and then you need to find the cause that generates that effect. Life is about this.

**Mandi:** The person you need to become in order to achieve the life scenario you want, in other words.

**Cadu:** Exactly. Every cause that you produce generates an effect that is proportional to it. The law doesn't fail. If you have an effect in your life today, forget if it's good or bad, it's an effect of the cause you are producing.

When I'm talking about cause, I'm talking about your thoughts, feelings and about your behavior actions which is all the same thing. They are only different forms of the same thing.

So, there is within this context a spectrum, that is, a knowledge horizon that is much wider.

But we can't get lost inside of it. We need to follow a route; we need to establish a route. Why?

Nothing is going to teach you more than the journey. Naturally, you are going to start acquiring a very deep understanding of this. We came out of 2019 and in 2022 we literally achieved the scenario that in 2019 we wrote about as impossible.

**Mandi:** We actually went above it, and a lot.

**Cadu:** Exactly. But I'm saying that, if you get the crucial points there which was, we working from home...

**Mandi:** Then all of them are checked...

**Cadu:** ... we made the decision, we evaluated other things nearby, but we made the decision to teach what we were creating for ourselves, to others.

We made that decision, which was a much harder way because social media wasn't made for this. I remember going through some tests on social media, so people today can say: "Oh, their results are based on social media".

Man, social media is one of the best things that have happened in our life because everyone was able to see it.

There are a bunch of people that follow us from way back, that saw that I went in with 60 people in the webcast, the moment no one was growing on Instagram, and I said: "what is the number you would like me to put here for you to see, for you to have to rethink that we create 100% of our reality. People said, "a thousand". I said, "damn, I thought they were going to say 250". But they said a thousand. I said: "fine". So be it, that's what's going to be done...

**Mandi:** Live.

**Cadu:** That's what's going to be done. Live. And I went through a stage there with 70 webcasts, a thousand people. After 107 webcasts, on webcast #70, I established it. On #107, a thousand people were there, over a thousand. They were 1300.

After some time, I established 1000 naturally until I got to 1400, that's when I stopped on live number two-hundred-sixty-something. I did that live. No one can tell me it doesn't work. And everyone that was there knows.

**Mandi:** Not just that there. All our growth process. People saw it.

**Cadu:** They were several shared processes, several things that were shared and we showed what we were doing. Only that we were compiling something that for us today is very clear.

Our challenge today is exactly what you said: it's to communicate. Just that. What is the best way for me to be able to convey this message?

What is the expression I use that best connects me to the other person? That's all we're looking for. We don't question here whether or not we create our reality, whether or not the model is correct, whether or not you can do it.

That question doesn't exist. We are in the country's best condominium, living a reality that...

**Mandi:** Unthinkable...

**Cadu:** That we were there, that was impossible, completely impossible. We planned something and we got there. And some people say: "no, but wait a second, but there in 2019, you didn't even know about this place you're living in."

How come?" It's not about that. It's about a reality conception.

We defined a reality conception in which we worked on our own, in which we worked through social media, we worked reaching thousands of people, making millions of reais and building a very valuable business.

We created that our relationship would be smashing, scarily so and a lot better than it was and we also created a physical body that would be a reflection of the power of the mind. So, it's a group of things, not just one thing, it's a group.

And today, that group is a reality in our life. When I looked at my bank account, at our bank account, I said: "we don't need to work anymore".

We can have, for the duration of our life, even if we're living to be past 100, we can have a better life than we would have before we made this decision. That was very impacting for me. Because I knew back then that this was going to happen.

And I repeated that for a long time, and no one would believe me. No one believed me and I kept repeating it, I kept repeating it, I kept repeating it, I said I left Petrobras, no one supported that. No one supported it. But I had a lot of clarity of what I was doing. Of the process.

**Mandi:** Uhum.

**Cadu:** I had a lot of clarity about the process because I saw that process taking place.

So, what I can say to everyone is this: make the connections and, if I were to meet my past self, I would tell him this, oh, the basic process you will need to understand deeply is this: you're going to take your deepest desire; you're going to understand that the first creation you make is an idea. That idea needs to lock-down cause-and-effect. Then, you need to become the person that can handle executing that idea.

You need to fall in love with that idea. You need to make it happen. Always focusing on the effect. Being flexible in the "how" you are going to achieve that effect. You have to be flexible. You don't change your goal.

You change the ways to reach your goal. But, if you don't have a life scenario, you have become average. People don't have a life-scenario. We work as a machine to reach goals. People don't have a life scenario.

That's why they can't choose, they can't decide. Why? There is no right decision if you don't know where you're going. So, when you assume you create 100% of your reality this matter enters your scope.

Until you don't know you create 100% of your reality, there's no sense in you creating a scenario. You are going to live what you're living and try to find the best way for you to improve that experience.

When you understand that you are a creator, you define a scenario. You create an idea, you transform your self-image to handle the execution of your idea and you, in the end, generate a routine that executes that idea. There. Game over. You will reach it.

It's a matter of time. And the more you repeat this process, the more you internalize and we know that in our steps we use a week because you need to live, you need to understand, you need to internalize.

I'm leaving a message here for everyone: Get the essence of the week's step, even if some weeks you can't study the material. Get the essence and reflect on it. The essence is my life scenario.

I'm going to work my imagination so that I can project a life scenario. Spend a week thinking on it. That will already improve it. When you go through that step the second time, you will already dedicate yourself more. Why? Because you are going to see there's an effect.

**Mandi:** Right, the week on intuition, think on intuition. The week we're talking on perception, think on perception.

**Cadu:** Look up the material, connect yourself, but never miss the opportunity to spend a week strengthening one of the steps.

Because you will become a machine that reaches the goals you plan and that is going to become for you a mathematical process. And when it becomes a mathematical process, no one will need to convince you.

You will be convincing anyone because your results will speak the truth. Our life is about cause-and-effect and the effects are what we're creating.

What we create are our results, our results reflect the causes we produce with 100% perfection. That's where divine perfection comes in. If you produce the correct cause, the cause will obtain the effect.

And the effect is proportional to the cause. There is no planting a banana seed and wanting to reap apples.

If you plant bananas, you harvest bananas. If you plant apples, you harvest apples. And for you to harvest you are going to need to take care and make that seed become a fruit.

So, there's a correct way for you to reach any reality you plan, and we are going to teach you to do that. No one plans a scenario, why? Because they think they can't handle getting there.

But within the CIMT steps you will understand how you use the laws so that you can reach the scenario you have projected.

**Mandi:** Perfect. So, let's go to the step-by-step. Let's understand this here deeply.

