

## Step 1 - Choose the Life you Really Want (Imagination)

**Cadu:** A warm welcome to you all for another CIMT podcast. I am Cadu Tinoco.

**Mandi:** And I am Mandi Tomaz. Hi guys! How are you? I hope you're well, CIMT! We are here today to bring to you our first practical step towards our life scenario, our goals, towards what we really want. And this is a very wonderful step, but at the same time, one that people have a very hard time following because it's something, that for most people is very new. Something we don't usually see or the question that we really don't do throughout life and that no one asks us throughout life. We lead our lives sort of on autopilot. So, according to our circumstances, maybe you are born in a richer family, or in a family that is in more need of money. And there I keep doing what I can. I was never able to realize that I need to understand what I really want and that many times I'm able to project a life because I don't know I create my reality so, I think we have plenty to talk about here, dear, for us to be able to direct people's thoughts there to what really matters.

**Cadu:** In a general way, everyone works in kind of a random way, right? So, I need to seek to make money, now I have some issues in my relationship here, I'm single, I need to find a relationship, I'm sick, I need to treat myself. The truth is that that is the big point, I would say the strongest point of CIMT. It was us realizing that the change of mentality, that our thoughts create our reality and from that point on we don't limit ourselves to just one achievement, to just one goal. We amplify that into a life scenario. And that comes from the fact, dear, that we work as a machine to achieve goals. So, when you project a certain image in your mind, you will reach it. What do I mean by this and why do I want to emphasize this? When you put an image in your mind of you raising a trophy or of you going over a finish line, winning a race, you will do everything for that there to happen. Everything. This means that you will behave in your relationship in reference to that there, you will behave with your child... You will do everything for that there to happen, because that is your target, and many people don't realize that we create any reality and that we work in fact as a machine to achieve goals. What do we usually do? We look at our reality and we see how we can improve it a little. And from that point on we keep going forward. And what we don't know, I would like here to go back at my past self, during all of CIMT's model for us to be able to talk to him a little, is to say this: Man, look here, you haven't realized that when you look twenty, thirty years back you have, in some way, ended up living the things you have decided, the things you projected and that you have dedicated your energy to?

**Mandi:** Even if it was something you didn't want, right?

**Cadu:** Exactly. Sometimes we create a different reality from what we would have liked to create, but every reality is created based on choices. Every reality is created with what you dedicate your time and energy to. And that is a crucial point. Only that, within CIMT we have realized – many people that study the power of thought, that study the power of mentality, have a tendency to want to be rich, other ones have a tendency to want to heal themselves and other ones have a tendency to want to attract someone. What we don't realize is that we create 100% of our reality, we all have a life scenario. We all live a reality. It doesn't matter who the person is. You have a life scenario. And you really can create the scenario that encompasses all of these areas. Money, relationship, and health. When we are born and when we are having conversations with our relatives, with people that are close, I don't know how many times you have heard the statement; I've heard it countless times. Nothing's perfect, you can't have it all. And we keep training our mind within this statement. And we begin to believe. So, believing in this, we exclude factors that are crucial within our dreams, within our goals, of the things we would like to live. Someone that is happy in their relationship, but has no money, can't stay happy, they are restless. Someone that has the

money, but not a relationship, in the same way ends up being in a big conflict. What happens here, I would like to make clear to my past self is this: man, you're going to make real what you dedicate yourself to. If you focus on getting rich, the best you're going to achieve is to get rich. But, when you get rich, you're going to see that maybe your relationship is not what you would like it to be. Maybe you don't even have a relationship, and that goes to the other areas as well. So, why don't you create a life scenario that encompasses all the areas? Because I can guarantee one thing: when you get there, you're going to celebrate. I can see many people dedicating themselves to challenging ideas, spending their power to think, dedicating the energy, thinking on that all the time, trying to create a certain thing. But they don't realize that when they are able to create that thing, that they will not be satisfied. Because that will not address their real desires. And, talking about desire, I want to already open this discussion of ours calling your attention to a point. And this was essential within our journey, and I would take it back to my past self as well. Look here, don't idealize a life scenario that is not based in a deep desire. It doesn't matter what your desire today is, it doesn't matter what you're seeking, every time you follow your desire, you're going to access what we call the best possibility of the point of the moment. We are at a certain reality. We are now here recording this podcast. A CIMT podcast. We can turn this podcast into a very good podcast or into a weak podcast. We are at a point of the moment. At the point of the moment there are possibilities upwards and downwards. The most interesting thing is that the more you can access the best possibilities, new possibilities open upwards. So, it's a process in which you break limits, you break barriers. Why am I bringing this forward? Because when you follow a desire, you sometimes can turn and say: "oh, but I want this car so badly. This is so materialistic. But I'm wanting this person so badly, is this really my way?" If you are guided by a deep desire, it will be. Because new possibilities will be opening up and you will more and more be making decisions that elevate you, that lead you to the way you really need to seek to the way you really need to take. I remember we started this project wanting to have a nice life, wanting to make money, and so on. And today our purpose is increasingly more, I would say more specific, getting clearer and we are expanding it to new levels. So, my recommendation is this: always follow a deep desire, because you will train your mind to be impartial and to not negotiate with you when the matter is your desire. I see many people, I've watched many people making a mistake in this point. Going after someone else's dream. Seeking someone else's desire. And, when you have to make a decision, when you have to dedicate hours, when you have to overcome yourself, you won't do it if that isn't a deep desire. You won't do it, you won't. You can say whatever you want. You will let it go, you will find excuses, you will continue in the previous reality. Now, if you're guided by a deep desire, when it's time for you to resign Petrobras, your job, which is the deal that is installed there in your mind, which is what gives you safety, which is a big achievement, you will do it. Do you know why? We always want to live our desires. And something that will put you in conflict is not going towards them.

**Mandi:** Perfect. Something important you put there, that calls my attention a lot, is that question about desire and to me it's very clear how we spend our whole lives without understanding what our real desires are because you saying that is something important. But you still believe it, right? There are people that can't even recognize their deepest desires, and sometimes when we ask that, what we're asking is: "and what do you really want? What do you want to do with your life? What are the experiences that you want to have?", hardly, if you're here in front of me right now, you will know how to answer that upfront without being able to... without spending a long time reflecting on this point. Why? Because you haven't been trained like this. You can't even identify it. You're going to think: "man, is this here my desire? I think I want this. But do I really want it?" and many times, we identify this after a long time in our trajectory. I'm going to give you a real silly example: Some people dream about traveling the world. Actually, a big part of our population dreams about traveling the world. That is, my dream is to live traveling. There was a character in one of these TV channels, a guy, a reporter, that would do that. And, for many years in my life, I would look at that and say: "Man, that is a dream job. The guy knows the whole world and is

getting paid for it. What an amazing thing". Why? Because I was guided by a social belief that travelling the world is a wonderful thing. I'm not saying it isn't. But when I was able to get money, I realized that it wasn't my desire. And look how funny: we are usually guided by everyone else's desires. "Oh, everyone's desire is to be selected for a government position. Oh, everyone's desire is such and such". And so, I'm being guided and I prove to you that it is my desire. If I sit with you, I can show you this: look, no, it really is what I want, it is.

**Cadu:** And I will even agree.

**Mandi:** Exactly. This here is what I really want, it is. You don't know about my life. You don't...

**Cadu:** "I want to have my own house!"

**Mandi:** Right! "I want to have my own house!" But when you remove the financial question, when you exclude certain things, you start seeing that you didn't want that there. And it's very hard for us to get to that level. And I tell you this with 100% certainty. You won't get to it now. The only important thing is for you to start the process. Because inside that process of first defining your scenario, you will identify how hard it is to first realize what the scenario you want is. A lot of times you have no idea about the person you want beside you. Sometimes you will get to the conclusion that your husband is not the person you want to have beside you. And that in two, three months. Sometimes you're going to say: man, do you see that? I had never reflected on it, but the person I want beside me is not him. Maybe I don't admire him anymore". And that many times can even generate a crisis inside of us, one of mental confusion. And we don't need to despair. That is part of our self-knowledge process, the self-development process. So, it's very cool to understand how our wills keep changing. I never imagined in my life I would be living in a farm. If I could tell you, two years ago, I would have been 100% sure that I wanted to live in the hustle and bustle of Rio de Janeiro. But things change. And why do they change? We're going to understand that the life scenario we project is just a reference. And many times, it is guided by a desire we think we have. And it's ok. We are going to get those desires out in the open. We're going to understand, and we are going to start moving there. As we move there and as we get close to it, we only get close to it because we are transforming into a new person. Only someone new can achieve a new result. The person I was, a long time ago, could never have achieved the life scenario I have achieved today. Why? Because I had to change myself for that to happen. That's why. And I had to stop sabotaging myself, I had to stop doing a number of things. And within that process of change, as I kept moving, moving towards my life scenario and I kept changing, naturally other desires became more apparent. So, we need to understand that when we define a life scenario and when we're talking about a life scenario, we're going to put that in a real practical way. My life scenario has Cadu, which is the person I want to have by my side. But, if you don't have a Cadu yet, you can put someone with certain prerequisites. Very focused on the experience you want to have with that person. They don't need to have a face, if they have a face, if they don't have a face, no problem. But put there the experiences you would like to live, the care you would like to give someone. How are you going to go for a walk? How are you going to travel? How are you going to do what you really want to do? There you also have your financial scenario. How do you want to deal with your money? Do you want to help your family? Do you not want to? That will be building your life scenario. If you already know the profession you would like to have, put yourself already practicing that profession within your life scenario, your financial setpoint, you will understand that that is the money that is left in your bank account basically every month, if I could summarize it like this in one word. The money you have there in the bank or invested, either way. And you put there the body you want to have, the health, if you want to do a sport, or if you don't. Your life scenario. Today, all of you have a life scenario. All of you. You already have one. If you were to sit here with me, you could tell me: "look, I live like this, like this, and this, my emotional condition is this, I know English, I don't know

English, I'm in such and such profession. You already have a scenario. Look at your scenario today. And there's a scenario I'm sure you would like to achieve now. That's what we're talking about here. And then, what happens? Why do we make so many mistakes? And that which Cadu said is something important. Within the process of talking to people and up to the process we went through in our lives, we can perceive a very big mistake, that we are going to start putting here for you, which usually is when we start from a wrong starting position. What is starting from a wrong starting position? "Mandi, should I live abroad? Because there people make money? Oh... should I produce, should I go into a digital world? Should I start a business? Should I be a doctor? What do I do with my life?". Usually we are searching for the "hows"? The "hows" are the causes we are going to produce to get to a certain place. The thing is that we do that in a very compartmentalized way. So, I usually... I don't know, I entertain a friend, I have someone over to my place and that friend says to me; "oh, I'm wanting to start a home safety business. Home safety equipment. I'm wanting to start a business, I already have... I already deal with cameras, I've already installed some cameras in my house, I'm wanting to install some cameras here and so on, I'm wanting to work in that. I know some people that also work with that and maybe we'll get together and make this happen". What is it that they're seeking? They're seeking a "how", a way. But here, our question to that person is this: "But where do you want to get with that?" Then they will say: "no, it's because I want to be a millionaire". Oh, I get it. "But is that all you want?" Because understand, it's like we're getting a GPS, opening a map, and looking at those thousands of streets and avenues. Does that there tell you anything? It absolutely tells you nothing. Why? Because for the GPS to give you routes you are going to need to tell it what your destination is, where you want to get to. And it's not different in our life. You're going to find several ways if you know where you're going. If you don't know where you're going, how do you want to already find the "how" before you define where you want to go to? And defining where you want to go to it's not just defining your financial scenario which is what we normally do. Everyone is banging their heads in order to make money. We spend all day thinking about it. And so, we separate that scenario. I say, "oh, my life scenario is that I want to be a millionaire". Oh, I get it. What are you going to be? A lonely millionaire and you'll be working all the time and is that all you want to live in your life? Then you're going to stop to think, you're going to say: "no, not really". So, our life scenario, our final destination, it can't be segregated. It can't be just money. Man, you need to stop to pay attention to your relationship. You need to stop to pay attention if you want a family, if you don't want a family. Where you want to work. How do you want to work? Do you want to work with a bunch of partners? Do you want to work with a bunch of people you don't know, or do you want to work with someone else, maybe your husband? Do you want to work from home? Do you want to work... Is there an emotional state that you want to live, experiences you want to have? We would have never reached the life scenario we have today if we hadn't known and hadn't defined it. If we hadn't defined it, if we had segregated it, dear, that scenario and if we had said: "we want to be millionaires", probably our relationship wouldn't be what it is today, because we would have done it at any cost, including many times losing the relationship, we wouldn't be living in a farm in a peaceful way, we would be swamped with meetings, you would probably be working with Microsoft Excel, I would be working with nutrition, and everything would be segregated. What is the chance of that being wonderful? Money is in the bank account, cool, but what about all the rest? It's completely different for you to set a scenario, which is what we did. Our life scenario: we wanted to work together, we wanted mental peace – that was in our life scenario – we wanted tranquility, we wanted safety, we wanted to have Mel at home, we wanted to work from home. Yes, we wanted to be millionaires, we wanted to have a good body, we wanted to have a top-notch gym, we wanted everything we have today. The thing is, if we hadn't done the "what" first, that is, if I hadn't been anchored in that, I would have made wrong decisions in my life, I would have chosen completely different things that would have taken me in directions that would even... in directions that I don't even know where they would've taken me. I could have become a millionaire, but I would be stressed, living in traffic, maybe living from meeting to meeting, in a life scenario I wouldn't like to have. And I'm going to tell you, it would take just as much

effort as it took us. It happens that we were anchored in a “what”, in what we really wanted, in a way that we said to each other: “Man, we’re not letting go. If we detour, one has to pull the other one back. Why? Because if not, we’re going to get to the wrong place.

**Cadu:** I’m listening to you talk and there are some important points you mentioned that I wanted to comment on, but I ended up getting mesmerized by this, I think it’s going to communicate better to people than what I had here to talk about and in a little bit I’ll go back to it. My past self needs to get this. I’m looking at you here, we’re by ourselves, with no team around us, we’re recording a material we want to take to the world, Mel is there asleep on the couch, that lake is out there, the place where we live is here, this here is an image.

**Mandi:** Perfect.

**Cadu:** This here is an image that encompasses money, relationship, and health. The gym is there next-door, our bodies are like we want them to be. We have achieved what we call a C-type goal. This here is an image. This is what people need to get.

**Mandi:** It’s a picture.

**Cadu:** You could have a picture of yourself lifting a trophy on a podium, by yourself. There’s nothing wrong with that picture. If it’s your picture. My picture is this one here. Get it? My picture is this one here. It wasn’t always like this. And I... and I need to say to my past self that: I could have never guessed the ways that would bring me here. Never. I could have never guessed it. There are several things, there are several choices, there were several decisions that were made along the way for us to get to this farm, for us to choose not to use equipment... this equipment, or that recording equipment, for us to be able to make this that we’re seeing here become a reality. I wanted to be able to record videos every day that would take this message to the world. That was in the life scenario.

**Mandi:** I wanted to live in a decorated house.

**Cadu:** Right...

**Mandi:** Then, I look here...

**Cadu:** Then, there was a day you said: “dear, it has to be a podcast. Because we keep talking at home. I wanted everyone to know what we talk about at home”. These things appeared by ways that seem even tortuous, you know? So, when you project an image, your imagination is symbolic. It defines for you a reference for you to become, so that ideas are born. This is important for us to understand. You touched something, which was the first point I was going to mention before I just started to look at that image here. It’s this: when you set a life scenario and you go towards it, you learn the process of creation. You understand a little bit more about cause-and-effect because what you want, that scenario, that image we’re looking at now, is the effect. And for you to obtain that effect you need to produce the causes that are proportional to that effect. The thing is you don’t control cause-and-effect. You don’t know all the factors. So, you need to place your bet somewhere. You need to use the mental faculties we’ll be working on up ahead – memory, perception, intuition – for you to find those ways and for you to be ready to change. Not the scenario you seek, but the way or route that will be taking you there. You mentioned you having a final coordinate. But how many routes take you to that final coordinate?

**Mandi:** I was going to say that...

**Cadu:** And there are some that will never take you there. You can try... If you take the opposite direction, there is no way you’ll get there. That is cause-and-effect.

**Mandi:** Do you understand that if I hadn't had this scenario clear, for example, we would not have started to work together and we wouldn't have made the decision of... me, for example, I wouldn't have made the decision to leave nutrition. I wouldn't have made that decision.

**Cadu:** Absolutely.

**Mandi:** We only made that decision because the life scenario was very clear. And, guys, that life scenario, I need to tell you this: It was impossible. Realize, there was a scenario, that many people that are coming in here now don't know about, but many of the CIMT members that have been here from the beginning, and there are a lot of people, that have been here from the beginning, they saw this happen. It was a scenario that was completely different from what you can see now. I was a nurse, I had ten years in the health area, I was already working within the social assistance network, I was making money with my nutrition course, I was already well established; I was already being recognized by big professionals in the area. Cadu was a manager at Petrobras, he had passed a big selection process. Do you have an idea of the career time he had in there and of everything he was producing, of everything he was doing, of how there was a way up for him within the company, which is a company everyone wants, that everyone is just waiting for the selection process to open, that everyone wants. So, this whole scenario, it was just... it was just a jig-saw puzzle that was laying all over the place. And we had to put those pieces together little by little, it didn't show up overnight. And we... when we... there's that big mistake, we don't understand. Man, I really wanted you to get this, that my past self would get this, that Cadu's past self would get this. It's very worth it, so to speak, to lose two, three years of your life thinking about this, and tracing this, and moving towards this. It's very worth it, it's a lot more worth it than spending your life fighting for something you don't even know what it is, through completely tortuous ways, our thoughts are absolutely not organized. So, the fact that we can't organize our thoughts leaves our life, it leaves our life completely messed up all around us. Understand something that is essential – and many people within this process – because we have always displayed our life, we have always displayed our results, we have displayed what we had been doing, we got a lot of criticism from people for changing our life scenario. And we did that recently when we came here to the farm. What do we need to understand and is a great mistake? To think that... to hold on to the life scenario and to think that we have to accomplish that at any cost. We are very much afraid to tell people that we have changed opinions. And that is something that for me is very much overcome. And not opinion in itself, but in my life scenario I'm going to be changing, the only thing I'm sure of is that I'm going to change. It could be that in two years my life's dream will be to be a mother and that I find that. And I'm not embarrassed at all to talk about it. The same way we got to Rio de Janeiro and we hit our C-type goal, we opened frequencies upward and we were in fact able to see another reality, which was a reality that fit a lot more that moment we were living. When we don't live certain things, we don't have certain needs. So, when we started to have that need for safety, that started to show up for us only after we already had a lot of money in the bank account. And we said: "man, there is now a new need, that the place held dear, that was my big dream, doesn't satisfy anymore" and, naturally, I attract another place which brings to me a new experience which is the experience I want to live. When we are holding on to the goal, we think: "man, I made a big deal about I don't know what, now I need to achieve that. If I don't achieve it, what will my family say? Because I've already told my family whole that that was my big dream. What will my family say if I don't want to have a baby now because I've spent my whole life saying that I wanted to have a baby" and people, they do that. They say: "how come you changed? Man, what is going on? Don't you have clarity of what you want?" No, no. That's not the point. The point people don't get is this, when you place a C-type goal, and God does this in a very precise way, He puts desires in our life so that we evolve, so that we become better people and we can achieve that life scenario there. And that is a fact. So that... when we put that certain life scenario there, that we achieved back there, what did we have to do? We had to completely change our way to

act, our way to think, our way to feel, the way we saw ourselves, our emotional ups-and-downs, all of that had to be changed, the causes we produce had to be changed, because we weren't going to get to that life scenario and all of that happened. And what are we today? We are people with a lot more virtues than we were back then. In terms of being able to make decisions, in terms of being able to communicate, in terms of achieving this expression you see today. All of this didn't happen overnight. It happened because we were anchored in a goal and because we did everything to get there, obviously wanting to get better, wanting to become better people. So, this makes it that you reach the life scenario. But this life scenario is only a reference for you. So that you become better and better, so that you develop, so that you develop more are more your mentality, your spirituality and the person you are.

**Cadu:** We advanced within the process of creation. I think this consolidates well what you're saying.

**Mandi:** Right.

**Cadu:** So, when you plan something that challenges you, what you're actually doing is creating a reference so that you become a new person, so that you access another thought level, another thought frequency, so that you form the ideas that are part of that scenario. So, when you plan, for example, a car, the car, kind of represents or helps you to magnetize a new reality conception. When you find, that is, when you are able to find ideas that allow you to make the money that allows you to buy that car, you are able to buy a different car, you can change ideas, you can say: "man, this is not exactly the car I want, because now I've discovered this other one that is a much better fit".

**Mandi:** Uhum.

**Cadu:** Or, "I have overcome so much that now I'm able to buy one that is even better". The truth is that having a reference is important because if we don't have one... relativity works in our life all the time, and if we don't have that reference, we don't know where to change to, we don't know how to climb, how to really advance within the process.

**Mandi:** Perfect.

**Cadu:** So, what you're bringing here is the question regarding which reality conception is essential to be understood within this context we are talking about in Step One, which is the life scenario. How do we have to think? Imagine the solar system. So, the Sun is the place you want to reach. And we have the planets going around in some orbits. So, today you're going around in a certain orbit. And many possibilities are available within that orbit. Some are not. In the next orbit other infinite possibilities are available. So, when you set a scenario what you're actually doing is creating a small point there in the other orbit. The thing is you're going towards the Sun, you're going towards your goal, get it? When you plan that and reach it, you have naturally changed reality conceptions or orbits. And that is our big goal, that's why we set a life scenario. That's why we idealize a life scenario, and we encompass all of these three aspects: money, relationship and health. Here, dear, many people that perhaps don't master yet their power to think, don't master yet the energy at a level that allows us to change our reality, right, because mastery is something we always need to evolve in, for us to be able to control that power which is something infinite and unconceivable to us, but for us to be able to change our reality first we need to master the energy. And when some people listen to us talk about this here, it's natural that they try to plan a reality that perhaps generates a lot of emotional instability in them. And maybe this person is already emotionally unstable when they reach this first step. And I would like to give a recommendation here. The recommendation is this: if you're not feeling stable about your life scenario, what is this? Sometimes you're afraid of losing your husband. Sometimes you're inside a reality in which

you're afraid of losing the money you have made. You're afraid of losing your job. You are literally trying to fight to stay in that certain reality conception you have already achieved. That is still challenging you. What is my suggestion for you? Put as your life scenario your current scenario and add well-being, and why would you do this? What is the deep explanation behind this? Well-being is a symbol, a representation that reflects to us that we are in control, that we are in harmony with the law, that is, that we are mastering our emotions, our thoughts are balanced to the point that we can feel well inside of that experience, inside that reality. So, the life scenario I suggest to anyone that is feeling unstable or anyone that feels that to project a new life scenario is going to generate a lot of mental confusion is this: project the current scenario plus well-being. When you find this, you have stabilized yourself. Then it's time for you to climb. Many people are used to climbing in suffering. This is not necessary. It's true that sometimes you can, for sure, climb in suffering, and then you figure out a way to stabilize yourself up there and then you suffer a little more and you keep climbing. But you don't need to do it like this. You can stabilize yourself where you are, project a new scenario, and climb. Stabilize yourself again and climb again. That is precisely why many people, many famous singers, famous artists, when they climb too much, they end up committing suicide, they end up suffering, they end up finding drugs and alcohol. Because when we rise thought frequencies, when we change our reality conception too fast, we end up living an experience that takes us back a lot to when you speed up a car. I don't know if you have ever been in a car at over 100 miles an hour, a car gets very light at 100 miles an hour. A slight touch can make that car detour. And that is what happens. When we rise to a certain frequency that, in comparison, for us is very challenging, it's like we're light, we're sort of unstable and that instability can make you fall in a depression, it can make you very anxious. So, it's important that you gain this ability to understand this in your mind. Man, it's more important that I stabilize myself where I am so that I can rise with consistency. Because that gives you a rising graph. It's not that graph that goes up, down, up and down, up and down all the time, you know? And that instability is the essence of what we're doing here. We are learning to control our energy; we are learning to control the power to think. That's what's going to make us into a new person. It's mastering the divine power that is within us.

**Mandi:** Perfect. I would like to exemplify what you said because today I was talking to someone and they left this in my question box, right? I thought... I said: "man, we need to talk about this exactly in this step. It came in the right time". They said this: Mandi, I've always been thin. But I ended up gaining 10 kilos in the last year and I'm not being able to lose weight". We need to understand, and we will understand this mostly in the next step when we talk about organizing the goals, but we need to understand in practice precisely this you're talking about. Many times, and here comes the question about the segregated scenario, the question about the lack of well-being, we are wanting to project something that, to our current self-image, is very conflicting, very distant, and is something very impossible and we don't know how to do it. Because one thing is: you project something impossible, you have stability, you go there, you keep adjusting and you go there. Another thing is: I'm someone that is already living in conflict, I have several questions, I'm going through several things and I'm wanting to rise. And then I rise inadequately. It's the mountain climber thing. The mountain climber first fixes himself, then he rises. When he rises, he fixes himself again so that afterwards he learns to rise. And that's what we need to have in mind. How am I now? Can I go up? Cool, I can go up. Right now, in the level we're at, we are very stable in the frequency where we are. We are able to go up. Neither you, nor I, are feeling bad, in a bad vibration, very much on the contrary, we are feeling well. So, we can do this climb. But in other moments, I, for example, I wasn't able to do this. So, sometimes we had an idea, and I would say, oh remember? I got tired of saying: "dear, take it easy! You can't present this here for me now, because I'm not going to be able to do it. My head is not organized. I'm going to flip". Some moments there, mostly in the beginning, I would say this a lot to you. I would say: "man, calm down! You have a thousand ideas, but I can't put them in practice". What was I doing? I was holding on to my limit. I need to recognize my limit. There's no point in me



thinking that my limit is the same as yours. So, we need to have this feeling. We need to say: "man! Calm down! I have all the time in the world, I'm going to learn to stabilize myself, I'm going to learn to emotionally control myself. But there is no point in me wanting to start going up uncontrollably because it's not going to work". So, I need to understand, this is crucial for us to put here. You want to place a scenario in which you are a billionaire? That's your problem. You can place it. But see how that is going to sound to your current self-image. Because sometimes it's much better if you do it in sequence. First, I learned how to make 100 thousand, then I learned how to make five hundred, then I put there in my scenario a million, then I went back to my scenario and put 5 million. Maybe that is preferable to you going into conflict. Maybe it's better for you to put five thousand, ten thousand, twenty thousand, as my setpoint. A setpoint of a thousand, you come out of negative, you go to a thousand, you don't put down "come out of negative, to three-hundred thousand". Because that is going to conflict with your current self-image. So, the question that this girl brought is a great example. This girl that had always been skinny and gained ten kilos. I'll give you like 99% assurance that it is someone that is wanting to go up. That hasn't been able to stabilize. She must have a position, she must have gone after a relationship, she went through some situation that conflicts with her self-image, with the way she sees herself and she ended up losing a result she had always had, she ended up destabilizing, she released steam with food. So, we have to have this perception. Many times, someone that is going after a selection process for a job, someone who's going after a job at any cost, a position, what do they do? They lose their relationship. They lose it and they get fat. I did that applying for college, I put on 10 kilos during my finals. Why? Because I was conflicting, I didn't know if I was going to make it, I didn't feel well, I couldn't stabilize myself in that there. It all seemed too much for me. So, what do I need to do? If I was going to do that today, I would study calmly, I would understand, I would start imagining myself there. I would say: "man, is it going to work for me? Can I lose a little bit of time, so to speak, thinking a little more about the job I really want to have?" Now this impetuosity, this looking to circumstances, "this is what I'm going to do" and that is going to get you out of balance. You're wanting to access something that for you today is too big. And it's ok, you're going to be able to get there. But first know that you need to learn to stabilize yourself. And maybe if you are in conflict, my child, placing a current life scenario with well-being is already a step that you can't even imagine how much it's going to add to your life and how much it's going to change your reality. Because most people only want that, they only want peace. We want the experience in order to live in peace. I want the money so that I can have peace. But I can have peace before. And the money is going to get here after that. We have learned that in our life. I have learned that in my life. I thought I was anxious, and that I wasn't going to be anxious when everything worked out in my life. But then I realized that I actually need to first not feel anxious, feel well so that things work out in my life, so that I have calm, so that I have the patience to go up little by little. So, always remember the mountain climber. Man, anchor yourself... There's no need for despair, stop looking at us. Because I know you look up to us very much, I know you have us as a reference. That is wonderful. But don't look at our stage because we're on the stage now. No one has seen our backstage. No one has seen how many mistakes we have made. No one has seen how much we felt, how much I felt anxious. No one has seen how many sleepless nights we had so that we could have these ideas. No one saw what you have been through. What we have been through. So, don't look at people's stages, look... compare backstage with backstage, compare what is fair with what is fair, because you compare your backstage, the situation you are in, with that little guy's stage who is already there... damn, he's been practicing that deal for ten years. You can't do it like that. "Ok, why doesn't my Reels explode? Why am I doing this, and it doesn't happen?" Because, man, the person has been doing this for twelve years. They've already understood the right way. You are still learning. So, we need to be able to put down our life scenario, our desires. Something that is palpable calmly, patiently. If it takes two or five years you have already found the way to life. The way to life is this, you create your reality. You're going to create, you can have it all. It's different than the "you can't have it all". You can have it all, as long as you know how to go through the process with the necessary

patience and patience is to wait whatever time is necessary for that there to become true. If I go out putting a crazy good life scenario, a wonderful one, with everything, I'm not going to get anywhere. Not even to the next little step, not even to the next corner. So, what I put is my life scenario with well-being and which I'm able to achieve so that I can take the next step and can go up little by little.

**Cadu:** This point here, the one you're stressing, we need to highlight, I would say, with a little more detail. Well-being is a reflex of something that is going on inside of you. So, when you create a harmony in your thoughts, you will naturally feel that. And when you create that harmony, what you're doing is amplifying your attraction field. If you're feeling very anxious or very apathetic, you are already significantly lowering your attraction field. So, things will tend not to happen. Conflicts will tend to do that that things you seek the most get away from you. So, this is important because when you go into your current scenario and you are able to balance yourself, you will naturally begin to see that things will start working for you and that is a very big lesson, that is something you learn that is huge. Now, many times you want to challenge yourself. You really want to set a level up ahead. You say: "man, this information you gave me is already useful. Because when I go through conflict, I will know why I'm going through conflict. My self-image is trying to put the brakes on, it's trying to stop me". I'm saying this because I'm that way. If you tell me: "Cadu, there's an easy way that will get you there nice and slow. And there's this other one here that is a challenge, but if you take a deep breath, if you really want it, you can handle it". I'm going to say: "I want this one there, because I like that deal about..."

**Mandi:** ... the challenge.

**Cadu:** About... playing the game of life, you know? I like that deal, but you need responsibility, you need to know what you're doing and when you know what you're doing, it's cool, you know that afterwards you're going to be able to breathe, so there is naturally a way that makes that it's not suffering and that makes it all possible. And I summarize that way in one word: your life scenario needs to be timeless. I'm going to explain what I mean by this. When we project going up step by step what happens? If you think about having a 10 thousand reais salary, a certain level of thought frequency is going to flow to you and a certain level of ideas is going to flow to you. When you think about having an income of 100 thousand, of a million, those ideas no longer make any sense. You're going to start working with other ideas. So, going up in a gradual way might be a great route. You need to seek and access your deepest desire, but it can be a way that will have a lot of delay because you will set several routes.

**Mandi:** Uhum.

**Cadu:** You go in a direction, and you gain a little. After that, you have to set the route from scratch. And sometimes, when you go straight to a very elevated route, if you can handle holding your breath for a little while...

**Mandi:** That's what I was going to say... If you can handle being under water....

**Cadu:** ... if you enjoy the game, if you can handle being under water, you're going to get there much faster.

**Mandi:** Right.

**Cadu:** And how does that "much faster" works and how are we able to do it? Always working in a timeless way.

**Mandi:** Perfect.

**Cadu:** It's very challenging, dear, for you to go a month, two months without progress. It's not for everybody.

**Mandi:** It's not.

**Cadu:** We're going to work that a lot in our Step Three, the one on memory. I'm going to teach something to you that I believe is going to be very rich within that way. And you are going to get there for sure. Because you create 100% of your reality. But you will have to learn the lesson. You're not going to get there slowly... No, you're not. You're going to become someone else. And for whoever is ready to do this, there is a route, there is a way, CIMT makes it possible. So, it's each person's choice.

**Mandi:** What we call exponential leap.

**Cadu:** Exponential leap.

**Mandi:** We have done it.

**Cadu:** It exists, it's possible, it's viable, it doesn't have to be in pain, but a lot of times you're going to have to hold your breath for a little while.

**Mandi:** That's what I was going to say.

**Cadu:** And that needs to be clear to you. Because when it is, you go through this phase.

**Mandi:** And then it's going to follow each one's emotional stability.

**Cadu:** Right. And there's more focus in the impossible notebook, the exercises.

**Mandi:** It's a choice. Exactly.

**Cadu:** It's you guiding your thoughts, it's you paying more attention to yourself, it's you really wanting it.

**Mandi:** It's a bigger challenge. Period. It's a bigger challenge.

**Cadu:** It's a bigger challenge. But it also gives you a bigger effect...

**Mandi:** Right... a bigger effect.

**Cadu:** So, this here is about cause-and-effect. When we project an effect in our mind, we are giving clarity of what we want. And within that first step, we are going to use our imagination to open way to the "what" we want, the effect, the life scenario we are going to reach. We're not going to focus now on the "how", but knowing that we are going to need to create ideas that connect the "how"...

**Mandi:** In some moment.

**Cadu:** ... to the "what".

**Mandi:** Right.

**Cadu:** Or the cause to the effect. That connection is going to need to exist because the law is never going to fail. It will always be operating. So, what we are defining now in this first

step is the “what”. We are always opening the way so that we are able to magnetize the experience. We have an exercise inside this step that is essential for this. You will start opening up a route inside your thoughts that then we will be leaving that route more are more consolidated with our next steps. But here we are focusing on the reference, on the coordinates...

**Mandi:** On the effect.

**Cadu:** On the effect, which is going to make us turn into a new person. It's that new person that is going to have that desired effect. And that effect is the creation we are after.

**Mandi:** That's it, CIMT. A kiss!

