



THE INSTANT TRANSCENDENCE TECHNIQUE

The purpose of this program is to accelerate your spiritual self-development journey so that you can become who you were truly meant to be, create a legendary life experience and serve the world greatly.

You'll typically feel the difference after the first immersement, and from there, for most people, it will unfold in a matter of days. You will think, feel, act and see the world as a different person – a new, upgraded version of you capable of achieving more than the old version could even dream of.

This unique frequency blend was purposely designed to help you expand your consciousness and connect with the Source (the God within) based on the thorough research done by the CIA. By re-establishing your lost connection with the divine Source, you will be able to create a shift in perspective and tap into your dormant personal powers.

This way, you will get closer to your Purpose in this world and discover a sense of fulfillment, inner peace and empowerment like you've never known before.

You will also likely discover enhanced manifesting, increased intuition, the ability to sense other people's intentions as well as radiate a more powerful presence that induces confidence and respect.

Please adhere to the instructions on the next page closely. **Never** listen to meditation tracks while driving, operating sharp tools or heavy machinery.

//The Instant Transcendence technique is completely safe to use in a balanced state of mind. Every instance of unexpected side effects reported so far was caused by external negative interference such as a curse or an astral entity attachment.

If you sense you might be subject to these, proceed with caution and reach out if you need any assistance. Many negative astral interference can be easily removed with professional help.//

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The Flow: Instructions

Phase 1 - Immersement

1. Loop the audio so that it lasts for as long as you need. I recommend starting with the guided meditation track for the first few sessions. However, depending on your meditation goals and personal preference, you may choose to listen to pure audio.
2. Sit in a chair with a back support or recline slightly while keeping your spine straight. Avoid lying down because that is likely to induce sleep. Wear comfortable clothing that would allow you to breathe freely.
3. Start relaxing your body to the maximum level that you can reach. The easiest way to achieve this is following this Meditation Warm-Up step by step: <https://youtu.be/jZgoeAgXa7k>. Your main target here is to slow down your heartbeat as much as possible. Once it's slow and rhythmical, you've succeeded with this step.
4. Start playing your chosen track.
5. Set a goal of expanding your consciousness beyond your current concept of self and experiencing your highest version of self.
6. Imagine a box or a chest made of steel, concrete or a similarly strong material. Put all your worries and concerns in that box, then lock it.
7. Focus on the pulses in the track and try to feel them simultaneously on the left and the right side of your body.
8. Reach the state of the expanded consciousness in your own time. Allow yourself to embody your greatest version – your Higher Self - immortal and invincible. Stay in that state for as long as comfortable. Give yourself time to fully experience and internalise that state so that you can recreate it during your day.
9. You can also ask questions and stay receptive to answers that may come. Keep your mind passive and see what insights or ideas may come to you.
10. When ready, perform the Meditation Exit Routine: gently bring your attention to your breathing and allow you to carry you back to your current time and place. Feel yourself being more and more awake and aware with each breath you take. When you're ready to return to your waking state, wiggle your toes and your fingers and finish with a stretch to fully align your consciousness with your body. (This step is important for optimal functioning and to avoid the feeling of being 'spaced out' after your meditation.)

Practice this technique at least once a day for up to 30 minutes, but you can choose to do it more often. Once you can remember the state of expanded consciousness, you can listen to the audio-only track during the day when walking or doing some manual tasks.

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Phase 2 – Anchoring

Once you get the Higher Self state reasonably clear, bring it out during the day and ask how you'd see things and interact with people and reality from that elevated perspective.

How would your Higher Self version handle this situation? How would he respond to this opportunity? What decision would he make when presented with current options?

Try to stay as consistent as possible without overly straining yourself, especially at the beginning.

Your goal here is to rewrite your current ego programming to evolve into a new, more powerful and enlightened version of self that is more aligned with your soul Purpose.

Even accelerated, this process still takes time – allow yourself to go through it at your own pace.

Congratulations, you're on your way to become a person you were meant to be – a divine being in a human form, a real-life superhero. I'm excited for your adventures and achievements on this path.

If you would like to continue your quest for greatness and serving the world greatly, I would like to personally invite you to become a member of our Initiates Circle <https://join.newerasuperhero.com>. This is an online Academy for real-life superheroes – visionaries, entrepreneurs, and world-changers.

Here, you will be able to master your extrasensory abilities, learn more about bending reality, astral combat, and using the energy of the mind to create real changes in the world around you.

//If you have questions along your journey or would like to share your experiences, you can reach out to me at reachout@newerasuperhero.com. I'll love to hear from you.//