

Mindvalley - Unlocking Transcendence

We Nourish Our Bodies With Food And Work Out In A Gym To Keep Ourselves Physically Healthy. But How Do We Nourish And Work Out Our Soul So We're Spiritually Healthy As Well?

Introducing Unlocking Transcendence... A 60-Day Quest By Master Healer Jeffrey Allen To Help You (And Your Fellow Seekers) Step Outside The Material World And Achieve Self-Transcendence

Powered By Mindvalley's New Quest Learning Methodology, This New Program Uses Step-By-Step Daily Training Applied Over The 6 Areas Of Spiritual Fitness To Help You Transcend The Limits Of Your Physical Reality And Live Your Greatest Life Possible

This course is for you if...

- You feel stuck in your spiritual journey where every step you take seems to take you two steps back.
- You need help getting spiritually aligned while pursuing your life goals.
- You want to include transcendent practices as a daily habit in your life.
- You want to inject the perfect dose of spirituality in your busy life to make space for bigger things that impact the whole of humanity.
- You're looking for a powerful approach to level up your spirituality in all dimensions of your life.

As you may already know, we're more than just physical beings.

There's a spiritual dimension to us — a dimension that has governed everything that has happened to us in the past and will continue governing everything that will happen to us in future. However, neither our education system nor our political and business world recognizes it, much less, teach us how to live by this principle. Hence although we are physically fit...most of us are not, spiritually, as fit as we want ourselves to be.

What if there is a spiritual "fitness program" that is...

- As precise as the modern science of physical fitness
- Designed to improve all of your six muscles of spirituality (more on this below)
- And, over 60 days, ascends you to transcend the limits of your physical reality?

Why Most People's Spiritual Path Involves Two Steps Forward And One Step Back

You may have been on the spiritual path for a while now. And you know that unless you can connect with your inner voice, access your own intuition, and make time for transcendent practices, you don't feel your best. But then you've got a **demanding schedule and a whole universe of people that needs you** that makes it impossible for you to progress

spiritually. So you end up go from feeling like a Buddha in one moment and feeling like you don't want to exist in the next.

You'll feel like you have to let go a part of you to achieve a breakthrough in your spirituality, mainly your wants and desires. But when you do let go of that part, you feel cut off from your deeper self. **And the most devastating kind of loneliness sets in...** which you end up burying with late-night movies, unhealthy habits, and negative thoughts.

It doesn't have to be that way.

Although that may be the reality you live in, right now, **it's not your fault.** You simply have never been taught the kind of grounded, practical and real-world spiritual tools that help you retain the whole you — a YOU that thrives in your job, career, business, and relationships and makes an impact on humanity as a whole while being deeply connected to your spirit or higher self.

The 80/20 Rule for Spiritual Growth

While not a hard rule, the majority of your spiritual growth is the result of **your awareness as a spiritual being.** Because awareness is the link between you and your spirit or your higher self. When you have great awareness, you will be able to connect to your spirit or higher self. You'll become aware of your highest potential and the unity of all things. It's a state that all of us should seek to attain.

This is the **NEW capstone in Maslow's pyramid of human needs.** Did you know that when Abraham Maslow released his famous pyramid, he later regretted it? You see, in the original published pyramid, self-actualization was right at the top. Later Maslow corrected himself and suggested that there's a level above called **Self-Transcendence.** And this is how he defined it:

Self-Transcendence is where...

- You become **aware of not just your own potential** but humanity's potential at large
- You become aware of the **ultimate truth and the unity of all things**

And by **stretching your awareness across all dimensions of your being,** you can unlock self-transcendence in the shortest time possible. And we've put together a new program for you to help you with exactly that.

Unlocking Transcendence – 60 Days To Spiritual Fitness

So, at a spiritual level, self-awareness is self-transcendence. The more we stretch our awareness across all dimensions of our being, the more self-transcendent we are. This is the ultimate definition of Spiritual Fitness. And we wondered... Is it possible to devise a holistic spiritual fitness program that easily fits into our day? **The answer is... a huge roaring YES.**

In fact, we found out that the road to Spiritual Fitness can...

- Be FUN! After all, if it's not, we'd get bored and stop doing it.
- Have scientific backing. It needs to work for everyone, every time.
- Take just 10-20 mins and fit into your day. Like brushing your teeth.
- Deliver results fast. In 60 days or less.
- Be easy and NOT require special equipment, alters, mandalas, not even soundtracks.

So we have developed is a system. A powerful, effective and new spiritual fitness system that fits all these criteria. It's called Unlocking Transcendence – 60 Days To Spiritual Fitness.

It is a 60-Day Quest led by master healer Jeffrey Allen to reveal your true potential as a spirit.

Based On A Six-Step Methodology Covered Over 60 Days

Every day you'll be taken through a simple video or audio that moves you forward in unlocking your transcendence. They are based on the following six steps:

Self-Assessment

Easy Success

Challenge

Integration

Practice

Sharing

The best part is that you are doing it with a community of passionate, like-minded seekers. This gives you a feeling of camaraderie and creates a relaxed atmosphere where you can openly ask for help and encouragement from other students as well as your teacher.

The Six Steps Are Applied To The Six Categories Of Spiritual Fitness

In Unlocking Transcendence, the six-step microlearning methodology is applied over all six categories of spiritual fitness namely:

1. Self-Awareness

Feeling empowered and aware that you are co-creating your life

2. Physical Awareness

Feeling calm, present, accepting and abundant

3. Mental Awareness

Being organized and clear, listen better to people and trends

4. Spiritual Awareness

Living a relaxing peaceful life, even when there are challenges

5. Emotional Awareness

Feeling expressive, compassionate, humble and deeply understanding

6. Impact Awareness

Feeling calm, authentic, more purposeful and satisfied with life

Experience An Earth-shattering Spiritual Transformation

That will completely redefine your who you are as a spirit. You will become purposeful, always in flow, happy, committed to making a difference, feel connected to others and have complete sovereignty over your destiny. All in just 60 days.