



INSTANT CHANGE

A new method for a new age

Transform Your
Greatest Fear or Blockage
Within **Minutes.**

Daniel Weinstock



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blockage within minutes.**

By Daniel Weinstock

More info: instantchangemethod.com

Contents

01. Preface	5
02. Introduction	7
03. How and Why Change Can Happen Quickly	27
04. Motivation Will Not Solve Most of Your Problems	33
05. Why You Often Fail To Be Your Own Good Mentor	36
06. Why The Consumption of Information Alone Will Not Help You	40
07. About The Fear of Becoming Someone Else	49
08. Why Personal Development May Not Have Worked for You So Far	57
09. How to Master Your Own Transformation	75

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Preface

Thank you for choosing to try something new. The INSTANT CHANGE Method is a powerful and fast-acting approach that creates real transformation by dissolving unconscious fears, hidden limitations, and even long-buried experiences.

The power and impact of this method are unlike anything found in traditional personal development techniques.

You no longer need to search for the hidden causes behind unwanted circumstances. What truly matters now is simple: what do you want?

This book will also show how and why I developed this groundbreaking method.

With this powerful tool, we have the ability to dissolve negative thoughts and the weight of your past. What remains is your true self—whole, free, and perfect.

Renew yourself—and experience your world with fresh eyes and newfound splendor.

Here and now, your journey back to yourself begins. And once you truly discover who you are, anything becomes possible.

Then you, too, can guide others through this process— and your support will become increasingly valuable to many, because a powerful wave of change is already in motion

A new age requires new methods. This is mine.

To work with INSTANT CHANGE, you do not have to believe in something specific. You only have to believe in yourself. And if you should lose your faith in yourself, then always be certain – I believe in YOU because I believe in the incredible potential within you.

Let it shine. Live it fully.

Yours,

Daniel Weinstock

Introduction

INSTANT CHANGE is a revolutionary and deeply transformative method designed to help you finally release the inner blockages—like fears, doubts, and limiting beliefs—that may be holding back your cash flow, confidence, relationships, or business success. In this section, you'll discover what's truly possible with the INSTANT CHANGE Method.

With INSTANT CHANGE, your journey back to your true self begins—the journey to becoming the unique and powerful person you were always meant to be. You'll awaken a deeper awareness of who you are, uncover hidden strengths and abilities, and learn how to use them fully.

You are unique—and so is the path to your goals. But to walk that path with clarity and confidence, you must first understand how you truly function.

In this book, I want to give you step by step instructions, and every chapter is equally important.

Each chapter in this book builds upon the last. For that reason, it's important not to skip ahead or read only the sections that catch your interest. Read it from beginning to end—each part plays a role in your transformation. I've kept it intentionally brief!

Many people have grown up with negative ideas and beliefs. Have you ever heard these statements before?

- “You can't have everything in life.”
- “You can only truly succeed in either love or business.”
- “Money can't buy happiness.”
- “You can't get rich in an honest way.”
- “Haste makes waste.”

Hardly any of these sentences really make sense, because

- You can achieve (almost) anything you desire in life. I say “almost” because, of course, simply saying the word “moon” won't instantly send you there. But the truth is—you *can* achieve what you truly want. And if it isn't possible right now, then there's certainly a way to get there. You just have to find it.
- You can have it all at once. A loving partnership AND a successful business AND perfect health. Everything starts with your decision. We will tackle the rest later.

- The role of money is not to make you happy, but to make your life more comfortable (and money can buy you this comfort), and money should also enable you to do a lot of good without being physically present. What is your take on this?
- There are many good examples of how people have become wealthy in honest ways. Some get rich by manufacturing clothing others by developing computers. There are countless examples. Google it.
- And finally—let's talk about speed. Ever heard the saying “Haste makes waste”? Does that mean something has to take a long time to be good? That doesn't really make sense, does it? There's nothing wrong with fast. In fact, fast can be smart, efficient, and effective. Think about it—years ago, people waited weeks for a package. Today, you can order something and have it on your doorstep the next day. Speed isn't the enemy—it's the evolution.

Imagine if the last book you ordered on the Internet did not arrive until three weeks later. Would this have made the book better? Would you still feel like reading it? Maybe not, because it came so late and you are now busy with something else.

These and other long-outdated beliefs or fears prevent many people from being successful or living the life they want – you too, perhaps? But how do you find out?

Let me ask you a few questions:

- Is everything going exactly the way you want it to? Is there room for improvement? Is everything already absolutely perfect?
- What in your life that you would like to improve? Maybe your energy, your stress level, your endurance, your vitality, your body, your relationships, your finances, your business, ... if you could change anything you wanted, where would you start?
- What have you done so far to reach your goal? Has it worked?

If you've set a goal and poured effort into achieving it—yet success still feels out of reach—then it's worth considering this: something within your system may be resisting that outcome.

Those blockages are often referred to as “self-sabotage programmes.”

We will get to the bottom of these programmes and other fears and limitations later, because they often prevent you from living to your full potential.

Researchers have found — and for once, they all agree 😊 — that we use only 6–10% of our human potential. Which means: over 90% remains untapped!

So what would happen if you could double your potential—from just 10% to 20%?

The answer is simple: you'd complete your tasks in half the time. You'd get twice as much done in the same amount of time—and if your profession allows it, like if you're self-employed or a business owner, that could mean earning twice as much, too.

And what if your employees would do the same?

A lot of what you want to achieve depends on using more of the untapped potential within you and achieving top performance. Does that make sense to you?

Tapping into your potential is, above all, a matter of emotion.

Top performance is only possible when your brain and nervous system work together — for example, by releasing happiness hormones that not only motivate you but also protect you from negative stress and boost your resilience.

With INSTANT CHANGE, you now have a tool to achieve peak performance and rekindle your inner fire, because the use of this method has a direct effect on your emotions.

The Breakthrough

My breakthrough came when I realized that emotions are behind everything we do — or don't do. That's why I don't call this beautiful planet "Earth," but "Planet Emotion."

Everything is connected to your emotions — whether you make that long-overdue phone call or finally start the project you've been dreaming of. It all comes down to how you feel.

Now, think of a goal — any goal that comes to mind. Imagine you've already achieved it. Just pretend it's true for a moment.

Can you feel it? Can you feel what it's like to have reached your goal? That feeling — right there — is the key to change.

If you can feel it, you can do it.

If you cannot feel it, you cannot do it. Keep this key sentence in mind. Write it down or use a highlighter to mark it in this book.

Imagine being able to choose your emotional state—and control it completely. What would that feel like? No more mood swings, no more constant ups and downs. Nothing left that can pull you down.

Earlier, I gave some examples of negative beliefs. As mentioned, the INSTANT CHANGE Method is a powerful tool for overcoming fears —whether it's fear of the future, stage fright, fear of heights, flying, or even snakes and spiders. It can also be used to resolve

traumas and emotional shocks.

Remember the key to change? If you can feel it, you can do it. It's all about emotions—and that brings me to a unique feature of this extraordinary method: behind every blockage is a trapped emotion.

While most personal development methods focus on the blockage, fear, or belief itself, INSTANT CHANGE dissolves the underlying emotion—allowing the blockage to simply "disappear."

Does that make sense to you? If so, fine. If not, read the next chapters to find out what I mean and why I think that INSTANT CHANGE is the best method on this planet.

To say it again, INSTANT CHANGE works on the emotion behind the fear or blockage.

Are you one of those people who can sense the energy of others? Do you know those moments when a single comment—or even just a look — can make your blood boil? What are the emotional triggers that keep causing anger or resentment to rise within you?

This method helps you heal those exact triggers — so you stop falling into the same emotional trap. How would that feel?

INSTANT CHANGE also protects you from people who affect you negatively or whom you fear.

When you use this method, those people will quickly back off — they can sense the strength of your positive energy, which makes you

resilient. It may sound unbelievable now – but you’ll soon understand why.

Another effect is that triggers lose their power. Such a trigger can be a letter from the divorce lawyer, an unexpected bill, or your nagging partner. Circumstances that previously triggered a strong emotional reaction will barely play a role anymore and stop having an impact on you.

Above all, people will no longer be able to manipulate you. From now on, you will remain completely composed, in your full power.

INSTANT CHANGE also addresses bad habits and behaviors. Many people intuitively know what they need to do to reach their goals – but still avoid the challenge. Are you one of them? Do you tend to shy away from challenges – or do you meet them head-on?

Bernd, one of my clients, had set a goal to double his revenue. But he kept putting off the necessary actions – classic procrastination. Instead of calling customers, he buried himself in endlessly long sales lists and product development. Despite reading books, attending seminars, and working with coaches, he couldn’t overcome his deep-rooted sales blockages. He struggled with fear and a low sense of self-worth.

Today, thanks to INSTANT CHANGE, he’s a top-performing salesperson who helps countless people through his products and continues to grow his business.

No matter where you’re starting from, I can tell you this – I’ve been there too. Let me give you a brief insight into my own journey so you can see how you, too, can achieve everything you set your mind to.

So, let’s dive deeper into the subject..

My Story

I first stumbled upon the topic of “personality development” at the age of 17. At that time, I read the book “The Power of Your Subconscious Mind” by Dr. Joseph Murphy.

This book gave me insight into the workings of our conscious and subconscious minds. It showed me why we fail to reach the results we want and what keeps us from achieving our goals.

After completing my apprenticeship as a mechanic, I found myself deeply unhappy in my job. So, at the age of 18, I began selling financial services. During that time, I immersed myself in seminars and training courses, learning everything I could about rhetoric and personal development.

Later, I worked for a financial services consultant who placed great importance on personal development. For him, professional appearance and daily business skills were just part of the equation. He understood that true success also requires the right mindset.

I soon realized how powerful our thoughts are. I kept noticing how often my own thinking was negative – and that these thoughts didn’t reflect reality.

It became clear to me: if I wanted to change my life, I had to change my thinking. This meant directing my positive thoughts towards what I wanted to achieve – not towards what wasn’t working.

It is not enough to simply hope for the best. To generate results in life, there is a strategy that has absolutely nothing to do with chance.

I also realized that negative thoughts manifest much more slowly than positive ones. Fortunately, 99.9% of negative thoughts – and all those pessimistic predictions – never actually come true.

As a salesperson, I was able to learn this first hand. I repeatedly found myself in situations in which I was confronted with significantly older and more experienced clients. I went into these negotiations convinced that the client would not close anyway; I thought, “You are only 18. What are you going to tell them?”

Although my clients never uttered these beliefs, I always imagined that they thought that way. Many people base their actions on assumptions about what others might think of them. We constantly wonder what their opinions of us might be, and what might happen.

How much do you care about what others think of you? And how often do you hold back your truth or give up on a goal – just to be seen in a good light?

When I started to work on these negative beliefs, my entire energy changed, and with it, my results.

I told myself, “It doesn’t matter how old I am. I may be younger, but I have information that my client does not have.

My age is actually an advantage because unlike my older colleagues, I can look after my clients much longer.”

In the past, I was afraid that my clients would look at me sceptically and ask about my age and qualifications. When I changed my beliefs, I was able to eliminate this mindset.

The dreaded scenario never happened. At the same time, I felt much more confident in customer meetings, which led to clients trusting me more quickly and wanting to work with me.

I learned that everything always starts with ourselves. If I’m sending out something I don’t actually want – even unconsciously – it’s only a matter of time before it shows up in my life, right?

In the end, it was only one single belief that kept me from being successful. Once I had transformed it, completely new opportunities and possibilities opened up for me. Once we release the hand brake, we can gain momentum.

Where I once feared being rejected because of my age, I suddenly felt clear and confident. I began booking far more appointments – and my sales conversion rate quickly skyrocketed.

Who I Am and What I Do

I’ve been a success coach since 2008 and am now recognized as one of the “Top Ten” in the German-speaking world – and together with my team, we also work with clients internationally.

I can honestly say that I’ve achieved every goal I’ve set for myself – because I developed the right methods. And I know I’ll achieve all

my future goals as well, because I've understood how real change works and what it takes to transform our lives.

But not everyone views change as something positive. While the word “change” has a positive connotation in English-speaking countries, the German word for change (Veränderung) has a rather negative implication. I want to show you that change can be a good thing. With my work, I help people to align their lives towards the positive and to change their results entirely without fear of setbacks.

I have already helped more than 50,000 people in my seminars and training courses to change their lives positively, but for me, this was only the beginning. I'm only just getting started.

Why did I write this book?

Over time I have tested various methods. Some of these were indeed successful but took up a tremendous amount of valuable time.

That is why in 2011, I developed INSTANT CHANGE, a method that allows people to accomplish extraordinary achievements in a short time.

And by that, I mean a few minutes – instead of days, weeks, months, or even years.

Since I started working as a success coach, I have never been interested in simply giving people a quick burst of motivation in a 3-day seminar – the kind that fades after three days. From the very beginning, I made a clear decision: my name should stand for real

results. Because in the end, results are what truly matter – right?

To me, a seminar or coaching session is only successful if it leads to lasting change and new outcomes. That's my mindset – and maybe it's yours too.

Many coaches “kick their coachees in the butt” to push them out of their comfort zone. They force out everything that's inside – even if their clients don't like them afterward.

I am not interested in being your best friend, but in helping you achieve new results. Even if I have to push you out of your comfort zone once in a while and hurt you a little bit, but that is when you get new results, and that is what counts, right?

Being a success coach, I was already aware of this relationship in 2011. That's why I did not present my method immediately.

Instead, I continued to fine-tune the INSTANT CHANGE method over the next eight years and subjected it to long-term tests.

I also took into account the latest findings from neuroscience. I tested these findings on volunteers and wanted to know whether the results we achieved so quickly were sustainable.

And the results achieved were indeed lasting. But even then, I held back from publishing my method. I wanted faster results for my clients – so I kept refining it.

In the past, an INSTANT CHANGE session took over an hour – today, it only takes a few minutes. And anyone can learn this method in just three days.

Today I know what INSTANT CHANGE can do, and that is why I have set myself an ambitious goal: to help 1 billion people (1,000,000,000) improve their lives using this method.

But I can't do this alone. Perhaps you'd like to join me in this endeavour – to help people unlock their full potential and free them from their struggles.

For me, there's nothing more rewarding than hearing people share their results and the changes they've experienced after just one single INSTANT CHANGE session.

So here is the first example:

"I invested a lot in coaching and seminars, but one thing remained: money just wouldn't stay with me. I decided to give myself a gift by signing up for the three INSTANT CHANGE sessions. I must say, I've never experienced anything like this before. I quickly felt the relief, and the pressure was gone. Now, two days after the last session, I'm much more active, and my problems seem to have vanished. I'm so happy I treated myself to these sessions."

Marie Therese

**For more testimonials please go to
instantchangemethod.com/testimonials**

Who is this book for?

Quite simply – you! If you're holding this book in your hands, I believe there's a connection between us – or at the very least, something in these pages has sparked your curiosity.

This book is basically meant for all people who want to achieve a positive change in their lives.

For example, for sales people who want to achieve a larger turnover. For all those who want to save their relationships. Or for founders of a company who want to build a successful business.

But I'm also speaking to self-employed individuals who already run their own businesses and want to take their success to the next level. Many of them reach a point where they feel stuck – especially when it comes to charging prices that truly reflect the value of their work.

This book is for people who want to “de-stress” their body and nervous system. Do you know the cause of more than 90% of all diseases? That's right, stress! A relevant study will follow later in the book. INSTANT CHANGE will help you to eliminate stress from your body – fast.

Do you want to increase your self-esteem? Your self-confidence? Do you want to experience what it is like to fulfill your true potential? INSTANT CHANGE gets you into the flow – helping you achieve better results every day. You become more centred on the inside, while taking faster action on the outside. And let's be honest – isn't that exactly what we need in today's world?

Unfortunately, for most people, it's the other way round – full of internal stress, mentally scattered, and too slow to take action because they can't stay focused.

In the end, it doesn't matter whether your goals are professional or personal – what matters is that you have a goal. If everything in your life already feels perfect and you're not looking for change, then INSTANT CHANGE probably isn't for you.

I want to empower people to truly connect with their goals. They should first feel that their goals are within reach – and then take action and do what's right to achieve them.

I know many people don't like the word “must” these days. But there are things you simply must do – because there's no other way.

If you want to increase your turnover, you must have a strategy to attract new prospects every day, and you must be able to sell. Just like you must exhale after inhaling, or must eat if you don't want to starve.

Many people believe it's enough to feel good and think positively – and everything will work out. But if we want new results, we also have to do the right things.

Yet others know what they have to do to achieve their goals. But they fail to take action because something prevents them from doing it. They block and limit themselves with negative beliefs, fears, doubts, and worries. In most cases, they do this completely unconsciously.

Something stands between them and their goal. With INSTANT CHANGE, we dissolve that blockage by making the goal so strong

and compelling that anything standing in its way has to give way – releasing a surge of new energy to help you reach it.

Can you imagine how that would feel?

Coming from a middle-class background, I never lacked life's essentials. But some of my goals, wishes, and dreams remained unfulfilled. I realised I had far more potential and could achieve much more – yet negative emotions and inner blockages held me back from going after what I truly wanted.

I was simply afraid of being successful, but at the same time, I also had a fear of being unsuccessful. Consequently, I did not get anywhere professionally. Every day I was working 12 to 14 hours for an income that was just enough to survive on.

But after I changed my attitude towards success with the help of new beliefs, my whole life changed within a few weeks. I worked much less while earning significantly more.

Within just four weeks, I multiplied my turnover – while working only half the hours I used to. Billions of people long for such changes in their lives. However, they can only achieve this goal if they change their attitude. In other words, this goal cannot be achieved by changing the circumstances, but by changing themselves!

“After all, other people are much worse off than me.” Thoughts like these are outdated beliefs, often rooted in how we were brought up. Perhaps you've also sensed that you're capable of more – that you're not yet living up to your full potential.

You realise that you are capable of achieving your goals. And the wonderful thing is, this planet provides you with everything you need to accomplish this.

It holds all you need to create wealth, health, wonderful relationships, and an all-round happy life. The same is also true for people in the poorest countries of the world. Examples are numerous. But above all, we need a new awareness.

Everyone can achieve anything – if they're able to finally release and transform those limiting beliefs. These blocks weigh us down like heavy boulders. That's why it's so important to accelerate the process. Why? Because we don't have years to remain stuck in personal transformation. That's how I see it.

Many people are full of fears, worries, and doubts because they often unconsciously base their entire lives on negative beliefs instead of focusing on their goals and dreams. With INSTANT CHANGE, you can achieve your desires with ease, joy, and renewed energy. Are you ready for a new adventure called life?

Invitation to the “INSTANT CHANGE” online training with Daniel Weinstock



Do you want to learn more about the INSTANT CHANGE method or do you want to adopt it? Then go to

instantchangemethod.com
and watch Daniel's free webinar. It could change everything!

The biggest myths about personal development – and how
INSTANT CHANGE can help you achieve fast, lasting results.

1. How and Why Change Can Happen Quickly

I believe change only takes time when you're relying on conventional methods of personal development. If you want to accelerate your growth, you need a far more powerful and holistic approach.

People often say that "change is a process." But that's simply not true — change becomes a process only when you use tools that are too slow to create real transformation.

For years, personality coaches have perpetuated the myth that change takes a long time — simply because they had no faster method. As a result, they had to (or chose to) sell not just one session, but thirty. The truth — at least from my experience — is this:

Real change can happen quickly. In fact, it can happen instantly.

And that change must happen across the entire human system, not just in one part of it.

Blockages can be stored in the following areas of our system:

01. In the brain, i.e., in our conscious mind, but above all in the much larger part, i.e., the subconscious mind
02. In our energy field, also called aura
03. In our body cells. Each cell has a cell consciousness and carries information

Let's first look at the subconscious mind. The subconscious mind can only be changed through

repetition

or through an

emotional experience.

These are the only two alternatives.

Let's first take a look at the alternative approach of repetition.

There's still a common misconception that doing something for 30 days is enough to turn it into a lasting habit. Take affirmations, for example — how often have you heard that simply repeating positive goals will lead to real change?

How often has someone told you to speak a particular affirmation for 30 days so that it will become your new positive belief?

Please excuse my language and frankness — but this is absolute nonsense. We're living in the 21st century, yet many of the theories, techniques, methods, and practices being taught today are 50, 80, even 100 years old — or older. And they're everywhere: in books, online programs, seminars, and across the internet.

We need to wake up! We're living in a completely new era — one where everything is faster and easier: technology, computers, smartphones, transportation — you name it. But when it comes to personal development, we're still clinging to methods that are outdated and obsolete.

Even in the last ten years, so much progress has been made. It makes no sense to me to take the long route for months or years when it is possible to achieve my goal in a fraction of the time.

Please don't get me wrong. Every method out there has its justification.

However, if I want to get faster and above all, more sustainable results, then I have to switch to a different approach.

If my car, for example, is completely rusted out and only has 50 horsepower, and I have the chance to switch to a brand-new car with 500 horsepower for a lower price — one that gets me to my destination faster and more safely — then of course I'll make the switch without hesitation..

To me, Daniel Weinstock, it makes absolutely no sense to spend my valuable time in a state I don't enjoy – and there's no reason for you to do that either.

I spent nine years of my life successfully reprogramming myself, letting go of blocks, fears, and limiting beliefs. Nine years!

Today, I can achieve that kind of transformation in just nine minutes – or even less.

Here's a personal story that says it all:

“I realised that real change can happen so much faster. I had three INSTANT CHANGE sessions – and wow, it was incredible! All I can say to everyone is: Do it! There's simply no faster method right now to bring you back into inner balance and free you from the weight of past experiences.

I'm already looking forward to the training. Whether you want to learn the INSTANT CHANGE method or just experience it for yourself – make the decision to live your full potential and show the world who you truly are.”

Susanne

**For more testimonials, please go to
instantchangemethod.com/testimonials**

Many of my clients were in these processes for much longer; they had spent 15 or even 25 years working on their personality and attitude before they learned about INSTANT CHANGE.

Let's return to the common misconception that it takes 30 days to form a new habit. According to the latest findings in neuroscience, it actually takes between 56 and 200 days of consistent repetition to create a lasting habit. That's how long it takes the brain to build strong, sustainable neural connections – and that's what really matters: sustainability.

Participants often feel fantastic during a coaching session and the day after – but by the second or third day, the feeling starts to fade. They soon find themselves signing up for the next seminar, realising that a single workshop hasn't truly changed anything. For some, this becomes a cycle – even an addiction – because the positive emotions only occur during the seminar, not afterwards.

However, there is another alternative to change our subconscious mind, remember? Exactly – through an emotional experience.

An emotional experience can change everything. Rather than forever reprogramming yourself with affirmations or other methods, you can create an emotional experience that will cause you to abandon previous ways of thinking.

Now, please look back on a negative situation in your life. Has this experience shaped you? Sure! Maybe you can even recall a feeling associated with it.

At this point, I'd like to bring in the Law of Attraction – something many people have heard of, though it hasn't worked for everyone.

First, it's important to understand the principle behind this law. It's rooted in the Law of Vibration: when you align with the vibration of your goal, you attract it – and it attracts you. You meet in the middle. That's the simple and natural path.

The conscious experience of a vibration is what we call a feeling. So if you can create the feeling (the vibration) of already having reached your goal, then it comes within reach.

At that point, you simply need to take the right steps to claim your goal. To act is to take possession of your goal – and most of the time, that means doing something entirely different from what you've done before. As Einstein said: “The definition of insanity is doing the same thing over and over and expecting different results.” Be willing to do something completely different.

With INSTANT CHANGE, we use the effect of emotional experience. The method makes it possible to integrate the information of all your goals immediately into your whole human system so that you are vibrating on precisely the same frequency as your goal, allowing you to attain it much faster.

Later in this book, I'll provide a detailed explanation of how this works.

2. Motivation Will NOT Solve Most of Your Problems

Instead of relying on external habits and living from the outside in, you should begin to live from the inside out. What does that mean? Most people live from the outside in – they react to whatever happens around them. But I want you to turn that around, starting now. In every situation, ask yourself how you want it to be – and place your focus there.

Many people believe that they need motivation to achieve their goals and that a coach can drive them forward. But motivation that comes from outside only lasts for a few days. If you want to remain motivated, you also have to make an effort and motivate yourself.

The motivation that comes from within makes you jump out of bed each day, ready to embrace the new day with energy and enthusiasm. You *feel* that you'll reach your goal – because you hold a vivid, inspiring vision of what it will be like to achieve it. That's why you give it everything you've got to make your dreams a reality.

It's not about needing external motivation every day – it's about feeling invincible from within. The real secret lies in envisioning the feeling you'll have when you reach your personal goal. That feeling becomes your source of strength and renewed energy.

If you manage to do that, you will be taking the steps to bring you closer to your goal. In doing so, you will attract precisely the people you need to accomplish it.

Most people fail at this point because they just cannot feel their goals being achieved.

They are not motivated, would prefer to sleep all day and are exhausted. That is because something is blocking them. I would like to dissolve this blockage by using the INSTANT CHANGE method.

Once the blockage is gone, you'll feel like you can take on the world – all day long. You won't need any stimulants to get you going in the morning.

Many people sense something bubbling inside them.

Do you ever sense that there's more within you – just waiting to be unleashed?

Successful people know they can achieve more. They want more. They always direct their attention to a specific goal. If you feel the same way, you have two options.

You can try to suppress it – but that desire within you will keep whispering, “Please turn me into reality. I am your strength.”

I want to encourage you to unwrap the gift that's already inside you.

Get in touch with your inner self and accept it. Be brave and open yourself to everything you find, to all talents and abilities. Turn them into reality! INSTANT CHANGE is the key.

With the INSTANT CHANGE method, you have the opportunity to align all three parts of your human system with your goals.

The method is so powerful that it clears any information in your system that conflicts with your goals – including blockages, fears, doubts, worries, and limiting beliefs.

INSTANT CHANGE is a neuroscientific and quantum-physical process that amplifies the information of your desired goals using boundless, transformative energy. This amplified information is then transmitted to your entire system. At the same time, the emotions behind the blockages are released – and you'll notice the difference very quickly.

This might sound a bit magical – but in the next chapter, we'll explore this concept in more detail.

3. Why You Often Fail To Be Your Own Good Mentor

You are your own worst mentor – but not with INSTANT CHANGE. This ties into what I call the “bootstrap myth” of personal development – the belief that you can pull yourself out of a stuck state entirely on your own. Many seminar participants fall into this trap, thinking they can coach themselves to success. But that’s a mistake. Only a mentor can give you the objective insight and direction you need to take the right next step.

After all, you’re always in your own energy – and that means you have blind spots. There are things you simply can’t see on your own. And often, those are the things that matter most. A mentor can help you find the right next step in half an hour – a step that might have taken you six months to uncover by yourself.

You can’t pull yourself out of a swamp by your own means – no matter how motivated or well-read you are. What you really need are people who’ve already been through what you’re facing, and who have fast, effective tools that actually work.

So there you are – stuck in the proverbial swamp. The coach comes along, sits down beside you, and you start talking. You explain how you feel, and the coach tells you how you ended up in the swamp in the first place – to help you avoid it next time. Then they throw you a rope, try to pull you out, or explain how it might work. That’s what coaching often looks like these days.

But that’s not what I stand for.

Because the longer you sit in the swamp – and the longer the coach talks – the deeper you sink. That’s exactly why I prefer not to coach in these situations.

When someone hits rock bottom, coaching should be taboo. They must first get out of the “swamp”. In this respect, I believe that INSTANT CHANGE is the revolution of coaching because it is fast and sustainable at the same time.

What exactly is the purpose of coaching? The purpose is to achieve transformation. Transformation towards a new result.

So coaching is a path to transformation. Depending on the topic and the method used, it can take time.

I told you earlier that personal development has fascinated me since I was 17 years old. After finally achieving my financial breakthrough and experiencing repeated success time and time again, I received more and more requests from people asking me to help them by applying my strategies. I quickly realised that this is my calling.

Due to my inquisitive nature and desire to help my clients not only with business strategies but, in particular, personal development, I learned almost all methods known on the market.

It's important to understand that business strategies – like marketing, sales, and positioning – ultimately account for only 5% of success. The remaining 95% comes down to your personality. And that's exactly where I started. I achieved some great results – but also some that fell short. With certain clients, I tried every method I knew. I even began combining different approaches – but nothing worked. Even when there was a short-term breakthrough, it didn't last. And lasting change is the only thing that really matters. Every method I tried eventually reached its limit.

Although I had a large repertoire, such as

- Neuro-linguistic Programming
- Chinese Quantum Method (CQM)
- Emotional Freedom Technique (EFT)
- Hypnosis
- Provocative Therapy
- Quantum healing
- Wing Wave
- ThetaHealing

to name but a few, I did not get anywhere. The fact is that each of these methods only works in one area of the human system, either the brain or your energy field or cell information.

That was when I realised there had to be a new, holistic method – one that works across all three areas of the human system simultaneously to create fast and, above all, lasting transformation.

And let's be honest: do you really think I'd offer a 100% success guarantee – something I've never seen from anyone else in the entire industry – if it didn't work?

Words can't fully capture the impact of this groundbreaking, revolutionary method. You simply have to experience it for yourself.

4. Why The Consumption of Information Alone Will Not Help You

Knowledge alone will not help you to solve your problems. Today, you can find almost all the world's knowledge on the Internet. Experts tell you to read and learn even more and devour even more information.

But most of the time we are so flooded with information that we do not even know which piece of information is going to help us advance, and so we go searching in books, podcasts, videos, and seminars.

Many people have been searching for years for the right information to avoid having to find one thing – themselves. It is easier to blame external circumstances than yourself.

We all live in an age of information overload. Every second, about 2 million impressions bombard our brain.

So if you're feeling confused and unsure of what to do, it makes absolutely no sense to keep absorbing more information. What truly matters is finding your inner centre first – and reconnecting with what feels right for you.

If you do not know what to do to reach your goal, searching for more information in the outside world is never the answer. The key to success is to search for the answer within yourself. Everything you need to achieve your goals is already within you.

It is merely a matter of discovering it and, above all, exposing it, because it is hidden underneath all of the old habits, fears, worries and blockages.

But if you dissolve everything within you that stands in your way, your true personality – your true self – will emerge.

Someone who always knows what to do and knows where to find the right information to further advance.

Someone who is at peace with themselves, full of trust in life, who recognizes right from wrong. Someone who has recognized their true potential and can therefore literally move mountains.

Someone who is in good health and also has all the financial means at their disposal to live life the way they want for themselves and their family.

This is who you truly are – and I want to encourage you to discover this version of yourself by letting go of the old baggage that's still holding you back. It's time to release your potential and recognise who you really are.

You are unique and need to learn to listen to your unique path and learn to understand it. Do not seek information from the outside, but find yourself.

If you manage to open your heart – for many people INSTANT CHANGE has been the key to achieve that – and you feel the connection to your goal deep within yourself, if every cell of your body is filled with information about your goals, then you recognize your path, and if you have found your way, then everything becomes easy.

You can still watch the YouTube videos by scientists and gurus, but everything you see describes their path. It is someone else's path, but it does not have to be yours.

Going jogging twice a day may be good for one person, but for another, it may not be. Eating certain things may be good for one person, but for another, it may not be.

My appeal is: Stop listening to the opinions of others (experts, friends, family members) and start listening to yourself. You are the key to the goal.

When I developed INSTANT CHANGE, it was important to me not to listen to what already existed. I was able to start the process only once I remembered my strengths and unveiled what was waiting inside of myself.

At the very beginning of the INSTANT CHANGE training, one participant shared her experience. Just a month earlier, she had taken part in a 10-day meditation retreat led by one of the world's top scientists and seminar leaders.

She explained that the feeling of deep relaxation and a calm mind only began to set in around the seventh day – and disappeared again shortly after the seminar ended. But in the INSTANT CHANGE training, after her very first session she had reached a state of complete mental calm within just a few minutes.

Since then, her inner restlessness has never returned. And now, whenever she feels a little unsettled, she has the INSTANT CHANGE method at her fingertips – a powerful tool for self-treatment. That's something most conventional methods don't offer.

INSTANT CHANGE is fast, lasting, and penetrates the deepest layers of your being. The feeling of being deeply connected to yourself cannot be explained. You have to experience it to understand it. Those who have not experienced it cannot imagine it.

The first step is not about the information as such, but rather about the ground on which the seed falls.

A farmer can sow a lot, but on stony ground no plants will grow, only weeds.

We all have enough information. What matters is how you take in, process and implement this information.

Many people who are interested in personal development hope to get help by using all possible sources. You can obtain information from videos and books, but most people consume it like a movie. They hope that this will change something, but do not achieve any results.

Very few people can really take something important from this information and put it into practice immediately. Because what they experience does not change their beliefs, blockages, doubts, or worries. They are unable to leave their comfort zone and implement what they resolved to do. As a result, they either don't reach their goal at all – or only achieve it partially.

Only those who dare do things that are outside their comfort zone achieve great results. Comfort zone: Anything that you are still searching for lies outside of your comfort zone. If it were inside your comfort zone, you would already have it.

There is an automatic program running in our brains. Whenever we do something that we have never done before, fear, uncertainty, and doubt automatically pop up.

As soon as you step outside your comfort zone and try to follow a new path, you start to feel inner discomfort. That's why most people retreat back to their comfort zone – it's where they feel safe and in control.

If you want something, you must go outside of your comfort zone and stay there.

I'm talking about the things that feel scary and challenging. But very few people have the courage to take that path – and as a result, the goal remains nothing more than a wish.

At INSTANT CHANGE, we work with over 100 different programmes covering a wide range of topics. These include programmes for achieving peak performance, overcoming nervousness and anxiety, managing stress, resolving past experiences, letting go of guilt, and breaking through income limits. There's even a programme designed to help you feel comfortable outside your comfort zone.

Very few people are truly willing to leave their comfort zone – and that's why only a small percentage ever achieve real success. Winners step out of their comfort zone, no matter the consequences.

INSTANT CHANGE helps you overcome your inner resistance so you can finally move forward and permanently dissolve blockages and self-sabotaging patterns.

Obstacles like burnout or depression simply no longer exist once your goals are fully integrated into your entire system – that means into your brain, every cell of your body, and your energy field.

That's why, in my seminars, I often begin by dissolving a belief that stands in the way of participants achieving their desires. For instance, when someone wants to gain customers online, I first eliminate the belief that it's extremely difficult.

I do this by “implementing” the belief that it is easy to acquire customers on the Internet. If the person, for example, now purchases a marketing seminar, the negative belief no longer prevents them from implementing the information exactly.

Applied knowledge is power – not theory. It’s not enough to simply consume knowledge; you have to put it into action. But it’s not just what you do that matters – it’s how you do it. If you approach your goals with the same energy you’ve always used, you’ll keep getting the same results.

However, if you put your heart and soul into it, the results will be quite different. It is a matter of you becoming stronger and stronger. That entails daring to pursue a new goal and doing things that you have feared up to now.

INSTANT CHANGE is about becoming who YOU really are. It is about becoming someone who has a lot of strength and does not shy away. The method strengthens you because it frees you from the limiting ideas about what you think you can do. That’s good, right?

Every person is born with a strong will. Even as a baby, you saw a goal; you moved towards it and tried to reach it. By doing so, you learned to walk. You did not care how many times you fell.

I am experiencing that right now with my 2 1/2-year-old daughter. When she wants something, she wants it and nobody can stop her – and she wants it now. She has taught me a lot in this respect. Willpower is important.

This “winner” mentality exists within every one of us. But it got lost

somewhere along the way. Negative experiences have covered it up. And the warnings of others have also cut you off from your true power. And what’s more, old beliefs and paradigms can be inherited by up to nine generations.

When I was a child, my grandfather always told me, “If you ever want to earn money, you have to work hard for it.”

And that is how the first nine years of my professional life went. I was not aware of the self-sabotage programme deep within me that was fighting my success.

I could take the easy way out and blame it on my grandpa. If that is your way of thinking, you have already lost. It is not my grandfather’s fault. He wanted the best for me and to prepare me for the future.

He was in the war, then in captivity for years. Following the war, he had to rebuild everything. It was certainly not easy for him, and it was his reality. I do not blame anyone for my programming because I have the power to change it, just like you do – with the help of INSTANT CHANGE. Chapter 6 of this book explains how this programming is created and how you can change it. This information really opened my eyes.

It is my fault if I do not reprogram myself because it is up to me to decide what my future will look like and not up to my teachers or parents.

The best thing about INSTANT CHANGE is that I do not have to be aware of what is blocking or holding me back, nor where the blockage is in my system. INSTANT CHANGE scans your entire

system from top to bottom – identifying and clearing anything that doesn't belong to you and is slowing you down.

Regardless of how many books you read about personality change, you will not achieve the desired change just by reading. If you are willing to step forward and learn the INSTANT CHANGE method, you will accomplish a change.

This book itself will not help you because it is just paper. You may think differently now than before, but you have achieved nothing beyond that. Your account balance has not changed. Your relationship is the same. If you really want to change something and learn how INSTANT CHANGE works, you should attend my webinar right now. It is free, and you will learn all about INSTANT CHANGE in 80 minutes.

Go to instantchangemethod.com to learn more

You can participate from your PC, laptop, or smartphone, and if you like it, I would be delighted if you would recommend it to others.

5. About The Fear of Becoming Someone Else

You don't need to be afraid of becoming someone you're not. When you work on your personality with my support, you simply strengthen your positive qualities and let go of the emotional baggage that's been holding you back. In doing so, you uncover your true nature – the real you that's been there all along.

Someone who constantly worries and focuses on negative thoughts will sink deeper into anxiety and despair. But when you shift your focus towards your goals, you begin to draw strength – and the positive aspects within you start to shine through.

Only through personal development will you succeed in fully unfolding your nature. Because as long as blockages control you, you cannot change. You live in a constant state of fear – even if only unconsciously – and that keeps you from developing. Only by working on your personality will you be able to lead the life you desire.

In this context, INSTANT CHANGE means to penetrate the deepest layers of the subconscious mind and bring about changes there.

To achieve this goal, it is important to clarify why a person is striving for a change.

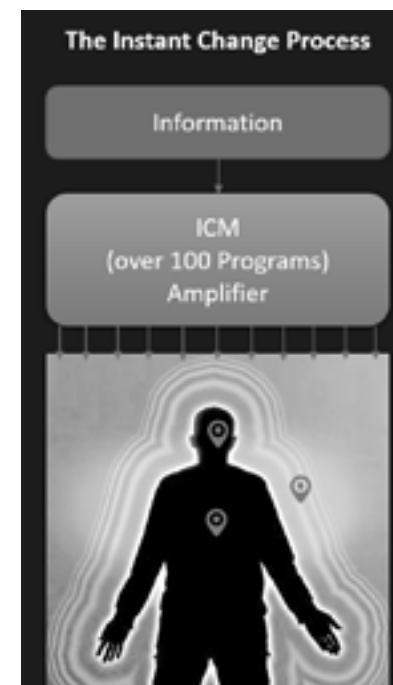
For most of us, something in life tends to go wrong at some point – whether it's relationships, finances, health, or something else. The key question then becomes: what do you want instead? At that moment, the goal needs to be clearly anchored. For example: wealth instead of poverty. That's the starting point. From there, it's about becoming more specific – for instance, one of my clients once said: "I want to have €1 million in assets in my account."

In an INSTANT CHANGE session – conducted online with an experienced IC Professional via Skype, Zoom, or similar – we run the specific information of your goals through your system. In doing so, all the old fears, worries, and limiting beliefs connected to that goal begin to dissolve.

INSTANT CHANGE anchors your desired outcome into your conscious mind, your subconscious, your energy field (aura), and even your cellular memory. Everything that stands in the way is released.

This brings us to the three-step CDI process – the core of how INSTANT CHANGE works:

Connect – Delete – Inform



Connect

The first step is to connect with the right information. According to quantum physics, all the information we need already exists around us at all times. I'll explain this in more detail later using the atom as an example.

The information you need is already out there – it just hasn't entered your system yet. Let's return to the example of my client who set a goal of one million euros.

The information is already there – but it needs to be in his system so he can feel the million. Remember the key: you can only achieve it if you can truly feel it.

That's why the first step – the Connect phase – always begins with clearly noting down the goals you're pursuing. When you book an INSTANT CHANGE session, you'll be asked again and again: What do you want? An INSTANT CHANGE Professional won't focus on your problems – and that's the beauty of it.

Everything we pay attention to in life is amplified. In my opinion, that is also the reason why many coaching sessions fail because they are only designed to dissolve fears or blockages and focus too strongly on the problem rather than the solution. Sorry, but I simply cannot understand therapies and techniques which require you to relive all the old garbage. Awful! You have to get it out of your system, and that is that.

Do not visualize your problems. Instead, envision the desired alternative. You need to amplify these positive aspects. The main question is which information has to enter your system so that you can take the next step. A target sentence could be: "I am so happy and grateful for having achieved (... this and that result)."

Now would be a good time to jot down a few notes on how you want your situation to be.

We've just spoken about information. In energy work, there are techniques that allow you to connect with this kind of information – for example, the 2-point method (and if you haven't heard of it, no problem – INSTANT CHANGE works in a completely different way).

What is important: The information itself is too weak to penetrate your whole being. You laugh or waver a bit, but the information needs an amplifier.

The amplifier is a quantum-physical process that I've developed over many years of work. You could think of it as a kind of quantum computer – though not a physical device. Rather, it's a chain of quantum-physical events that amplifies the energy generated by the information about your goal. This amplified energy allows that information to penetrate your entire system. As a result, all conflicting information – negative experiences, limiting beliefs, fears, doubts, and so on – must disappear. There's simply no more room for it within you. How does that sound to you?

Don't worry! INSTANT CHANGE is carefully designed to ensure it's well tolerated: You will not suffer side-effects like exhaustion over the next few days, INSTANT CHANGE will get you energized bit by bit.

Delete

Once the process begins, it unfolds like a guided meditation. The INSTANT CHANGE process flows through your system from top to bottom – clearing out old, limiting information, while preparing

to introduce new, supportive information in the next step.

This intensive process can trigger a wide range of reactions – from laughter to tears.

As a result of the Delete phase, many clients initially feel a sense of emptiness and report feeling as though there's nothing left inside. That's a good sign – it's exactly how it feels to be free from long-held blockages and limiting beliefs..

Inform

The INSTANT CHANGE method now provides the entire conscious and subconscious mind, every cell of the body, and the whole energy field with the correct, new information.

For example, if a client tells me they feel insecure and want to become more self-confident, I take the information related to self-confidence along with their specific life goal – such as a particular annual income they want to achieve.

Then, while they're standing, we carry out an exercise in which they visualise this information and allow it to flow through their system from top to bottom. I guide them through the process, gently cueing them to breathe in and out at key moments.

At some point, they will notice that the energy flow is blocked. Clients who have problems with self-confidence will often experience this blockage in the chest area.

I then mentally connect with the blockage and dissolve it – sometimes with a simple hand movement or by clearly stating that I'm now releasing it. The client usually feels the shift immediately, and within a few minutes, the blockage is gone.

I also test the effectiveness by asking the client about their issue both before and after the session. Let's say, for example, that someone is afraid to talk to strangers. If the method has worked, they'll no longer feel any hesitation about walking up to a random person on the street and starting a conversation.

This INSTANT CHANGE session is an intense experience that is more than just a guided meditation. It is a condensed meditation and focuses on the essentials. That is, on clearing blockages. The result does not depend primarily on the coach who conducts it.

This is because the INSTANT CHANGE method acts as an amplifier for the coach's work. The client experiences firsthand that something is really happening. After receiving a session, the client forms a lasting connection with the new information – and this is what creates sustainability.

The information continues to flow through their system, repeatedly flushing out the old patterns until they're completely cleared. For some people, it takes two to three days before the new mindset fully settles in. During that time, they remain connected to the new information until it becomes firmly anchored in the body and energy field.

The change that enters your life using INSTANT CHANGE remains.

Now let us come back to your goals. Some are very familiar with their fears and weaknesses. They can describe their problems in great detail. They have been dealing with their deficits for years and know everything that blocks them. But they cannot dissolve them. Someone who is so deeply entangled in negative thought patterns cannot achieve a new result. That is why we always look for solutions instead of mulling over problems.

As stated previously, it is not about revisiting an earlier time in your life through hypnosis and looking at all of your problems again, but about anchoring a desirable state. In doing so, it is possible to feel your goals instead of to just reflect on them. What you can feel, you can implement much more easily.

It is not bad to gain insight into your personal blockages. But this knowledge alone does not help you to become someone different. Whoever is reluctant to change will never achieve the desired result. Nothing will simply get better on its own. You have to make a decision quickly because our life is too short to get stuck in problems and challenges.

6. Why Personal Development May Not Have Worked for You So Far

To understand how personal development truly works, you first need to understand yourself – your spirit and your conscious mind. Many people who've had negative experiences with personal development begin to doubt its effectiveness. Often, that's because they focused too intensely on the areas of their lives they were unhappy with. But as you already know, instead of dwelling on the problem, it's far more effective to ask yourself how you want your situation to be. This shift in focus helps you release fear, worry, and doubt.

Personal development is based on scientifically recognized physical and chemical processes in our brains. That means: When we have thoughts, they trigger other processes inside of us and eventually determine our actions. This isn't some kind of "hocus-pocus". It is sound science.

To give you a deeper insight into the model, the next step is to explore the relationship between the conscious and subconscious mind.

Interaction Between Conscious and Subconscious Minds

About 5% of our brain is made up of the conscious mind, and 95% consists of the subconscious mind. The conscious mind processes about 3 to 4 pieces of information per second consecutively. This corresponds to about 80 bits, the processing power of a small calculator. That's not very fast.

If the conscious mind is like a 5 hp moped – slow and limited. In contrast, the subconscious mind roars like a shiny red 95 hp motorbike.

Imagine tying a rope between the two and having them both go full throttle. Which one wins? Of course – the red racer would easily drag the moped behind it.

It's the same with the conscious and subconscious minds. The subconscious will always dominate, no matter how hard the conscious mind tries.

The subconscious mind is the real high-performance computer. It processes up to 40 million pieces of information per second.

We carry within us a high-performance computer – one that has stored all our information since birth, and even before. It knows everything we've ever experienced, everything we've heard, and everything our parents, teachers, and others have ever told us.

Most of our programming is completed by the age of seven. At this age, our conscious mind has developed to such a degree that we can decide whether a bit of information is good or bad and whether we should let it into our subconscious mind (or preferably not).

Up to this point, everything that people in our environment have said and done we considered as "true". A lot of things we simply copied from others.

There is a proverb which for me holds a lot of truth, "We cannot train children, they just imitate everything." What do you say to that? If you have children of your own, you know that.

We linked information provided to us to an emotion that played a big part in our memory.

Do you remember my telling you earlier that behind every blockage there is a fixed emotion? That is precisely the case.

Even in adulthood, it is still relevant. We can feel as comfortable today as we did when we found ourselves in a pleasant situation. However, it is also possible that we feel just as bad as we did at an earlier point in our life. To this day, our memories still trigger an emotional reaction. We need this emotional trigger to remember an event.

An event has caused it to be stored in our subconscious mind. When you learn a new skill, such as, driving a car, very similar processes take place in your brain.

The subconscious mind controls all our physical functions, such as the beating of our hearts and breathing. Thank goodness. Otherwise, people would be dropping dead all around us because they forgot to make their hearts beat.

When working with the subconscious mind, many processes can be changed as well. Someone who has set a goal of becoming a millionaire first sets this goal in his or her conscious mind.

If you try to reach your goal with only 5% of the power, you drive to the goal with the moped instead of the racer. What makes more sense?

If you have a goal, you always have to set your subconscious mind on it, because only then will you utilize your brain's full power.

If you anchor the goal of earning a million in your conscious mind only, you cannot yet feel the fulfillment of the goal. You can only feel this when the information arrives in your subconscious mind and penetrates every cell of your body. You can only implement it when you feel it.

The more devoted you are to your goal, the deeper it sinks into your subconscious mind. But when this information sinks into the subconscious mind, most people experience an inner conflict. Because now all the negative programs from the past work against your new, positive goal.

The positive part of your subconscious mind tells you, "You're super, you're great, you can achieve anything you want, and if anybody can do it, you can."

But unfortunately, there is also a negative part that tells you, "Stick to what you know; money can't make you happy; nobody in your family has ever become really rich; why you; what will people think of you, etc."

That is why it takes so long for you to reach your goals with the help of affirmations.

When you affirm that you're a successful entrepreneur with a million in your account, your mind immediately compares that image with your current reality. If, for example, your account is deep in the red, your subconscious will quickly step in and reject the affirmation as false.

The subconscious mind resists this new information. You may not notice it at first – you push ahead, accelerate, and give it your all to reach your goal. But deep down, you know: your subconscious is much stronger.

All your beliefs, attitudes, fears, and past experiences make up your paradigm – and your paradigm ultimately determines the results you achieve. So if you want to change your results, you must first change your paradigm.

You're probably wondering how to recognise your own programming – and how to become aware of what's stored in your subconscious mind.

What is your paradigm?

Unfortunately, it's not possible to pinpoint exactly what's embedded in your subconscious that may be blocking your success. Some people go to great lengths trying to write down old beliefs or recall everything they once heard from their parents. But honestly – that's a waste of time.

I'm absolutely against writing down your negative beliefs in a seminar. When you focus your attention on these things, you only reinforce the negative.

The truth is: you don't know what's stored in your subconscious – and your subconscious doesn't know it's full of old baggage either. That's just the way it is. But here's the good news: with INSTANT CHANGE, you don't need to know what's holding you back – you only need to know what you want..

Do you want to know which paradigm is stored in you?

It's simple – look at your results.

They are the mirror for your unconscious programming.

What do you have to do to reprogramme your subconscious mind? How do you manage to get your goals, wishes, and dreams into your subconscious mind? The conventional way to get there is through affirmations.

Repeat a sentence 100,000 times, and eventually, it will shape your new mindset. In comparison, a single INSTANT CHANGE session has the effect of 400,000 affirmations – and it only takes a few minutes.

Of course, you can also walk over a bed of hot coals and broken glass, but even that did not bring me any closer to my goal when I tried it. My subconscious mind kept sabotaging every affirmation I recited.

Neuroscience

If we want to change, we should first look at the latest findings in neuroscience and quantum physics.

These can help us to achieve our goals more quickly.

Brain research has focused on the nervous system for a long time and examines the processes in the conscious and subconscious minds. One of the latest developments in this field can be attributed to Elon Musk's startup company Neuralink.

His goal is to insert implants in paralyzed patients. These, in turn, correspond with a brain-machine interface, which is intended to control non-functional parts of the body.

At some point, it is even planned to make dysfunctional body parts operate using only the power of thought.

How is this example interesting for personal development? First of all, it illustrates our brains' great potential and how much we already know about our brains. However, most of the processes have not yet been researched. Furthermore, we can also apply this knowledge to our intention to develop a new attitude.

The nerves in our brain emit electrical impulses that stimulate muscles to move our hand or arm. It works the same way with thoughts.

Basically, the development of your personality begins with a single thought or a small electrical impulse in your nerves.

That thought leads to a cascade of movements. In the beginning, it might be just an arm movement. Perhaps you write down your goal, and this then leads to you learning a new skill.

This, in turn, brings you different results, giving you a sense of achievement. In the end, it all started with an impulse, and this impulse ensures that you live the life you want to live.

Do you know what I find absolutely amazing? In our brain, 100 billion nerve cells are at work. That is a 1 with 11 zeros. And each of these nerve cells, in turn, connects with 1,000 to 10,000 other nerve cells.

Isn't that gigantic? More connections than there are leaves in the Amazon region or more than all the stars in our entire galaxy put together.

These neural connections are called synapses. There are 100 trillion to one quintillion synapses in our brain.

Something that you have never done before has not built any synapses in the brain. When you do something for the first time, a small, weak connection is formed.

If you do something over and over again (repetition), then that connection becomes stronger and stronger, so strong that it lasts forever. These strong connections ensure that, for instance, once you can ride a bicycle, you do not unlearn it.

With the help of INSTANT CHANGE, old negative connections, e.g., bad habits or fears, can be separated, and new positive connections can be established.

Quantum physics

Let's move on to quantum physics. This field of research deals with the smallest building blocks of matter and the phenomena associated with them. It does not study atoms, but even smaller particles such as quarks and their behavior in the universe.

This field is so fascinating for personal development because it shows us how unconscious attitudes can be changed in a short amount of time.

We no longer need lengthy repetition to form new neural pathways. Instead, by changing the underlying information, we can create the desired neural connections directly. This new information drives the development of new neural networks. That's why I see such a strong connection between quantum physics and neuroscience.

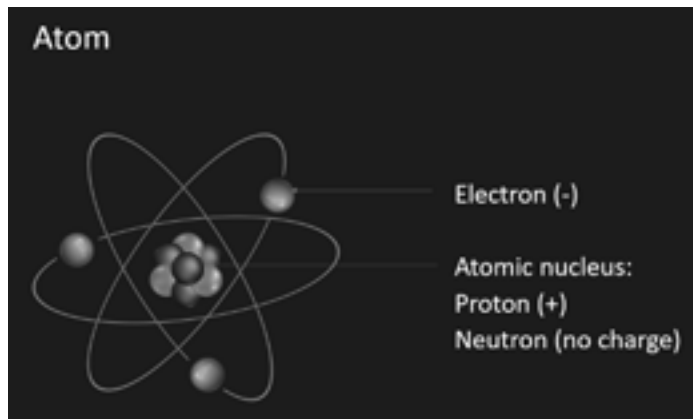
The experiment: The double-slit experiment involves firing electrons through a screen with two slits. You can find it on YouTube if you are interested.

Depending on whether there is an observer or not, the particles behave differently. This means that depending on how we observe things, we can change matter and thus also change neuronal networks and cell information!

That is why it is so important to transform old fears, worries, and blockages. Because what is already there only intensifies through our observation.

Therefore, the aim is to align the focus of your entire being with what you want to achieve.

Another important insight comes from the study of atoms. Each atom has a nucleus made up of protons and neutrons, with electrons orbiting around it.



Let's try a simple thought experiment: If we were to enlarge the nucleus of an atom to the size of your thumbnail, how far away do you think the electron would be?

If you think it is only a few meters, you are wrong. The electron would be so far away that the experiment would take up the entire area of Germany, Austria, and Switzerland!

So between the atomic nucleus (the size of a thumbnail) and the electron, there is a lot of "nothing" as many people claim. But what is this nothing? It is energy, that is: light and information.

So if we put the atomic nucleus and electrons in a graphic proportion, we see that a great deal of information flows between all these particles, which is available to us any time, any place. After all, we also consist of atoms. So if you want to change something fundamentally in your system, you have to change the information.

The information about, e.g., financial abundance, optimal health, the happy relationship you wish for, is already there for you, wherever you are. The information is, so to speak, constantly floating around you. The key is to access it and integrate it into your entire system in a way that makes it usable.

Which glasses do you wear?

I am anxious to see what type of glasses you wear. Even if we do not need glasses, we see our world as if through glasses; all of us live in our own world and only perceive that which exists in our world.

Here is a simple example: A poor man walks through the city, what does he see? Poverty! He sees other people who are poor or sick. He sees run-down buildings, etc. A wealthy person walks through the same city. What does he see? Wealth! He sees wealthy people, beautiful buildings, and abundance everywhere. That is why he attracts this abundance.

A poor person is poor because he surrounds himself with poverty and occupies himself with it. A wealthy person is wealthy because he is busy with his wealth and therefore, gets richer and richer.

But why is this so?

Every second, about two million pieces of information flood our brain. If our conscious mind had to process each of these impressions, it would explode.

This is where the so-called “Reticular Activating System” comes in, which filters all information and, as I described before, only allows 3 to 4 pieces of information per second into your conscious mind. That is the upper limit of its processing ability.

Out of 2 million pieces of information, the RAS filters out only the 3 to 4 pieces of information per second that are relevant to you. The RAS makes a pre-selection for you, and you do not even notice any of the remaining 1,999,996 pieces of information. It is important for you to understand that basically there are only three things that can pass through the reticular activating system: “new” information, “danger” and what corresponds to your “lived experience”.

Advertising also relies on the principle of making something new seem especially relevant. The “new” burger at McDonald’s or the

latest Porsche model grabs our attention because the reticular activating system responds strongly to novelty and lets this information pass through its filter.

A very concrete example will show you how the reticular activating system works in dangerous situations: I had an online meeting with one of my clients while he was in Thailand. Although he was focused entirely on our conversation throughout the session, he suddenly jumped up and said he had seen a snake.

And there it was, about five meters to his left. He usually would not have been able to see an animal at this distance because, at the moment, he was fully concentrated on the mentoring session. His reticular activating system recognised the danger and immediately flagged the information as important – allowing it to pass through the filter.

The reticular activating system also allows information to pass through that corresponds to your lived experience, i.e., that corresponds to your paradigm. All that we already know and have experienced, we perceive again and again. For instance, women and men are always attracted to the same type of person as a potential partner because they always perceive the world through the same glasses. Despite the many possibilities available to them, they will always choose someone similar to their previous partners.

As long as we keep wearing the same “glasses,” we’ll keep getting the same results – because we only perceive what we’re already familiar with. So if a self-employed person’s subconscious is focused on failure, then out of 2 million potential customers, they’ll only notice the three who have no money or no interest.

But if our paradigm is directed towards success, then we suddenly see new opportunities and possibilities at every corner.

Let us return to the image with the glasses. With the INSTANT CHANGE method, it is possible to put on new glasses, so to speak. Within minutes, you will perceive a world full of opportunities and possibilities as you have never seen it before. Then you will only need a little bit of courage to grab those opportunities. Are you ready?

Practical INSTANT CHANGE example

The INSTANT CHANGE method dissolves limitations like fears, worries, doubts, and negative beliefs – often within minutes. It works by transforming the emotions behind these beliefs. As a result, the blockage disappears. After a session, you're empowered to put your goals, wishes, and dreams into action immediately. I would like to use a few examples to demonstrate some of the effects it had on my clients.

Bernd had a problem speaking in front of people. This had an enormous influence on his private life and his career. It prevented him from effectively presenting his business concept and acquiring customers. Because if you want to be successful with an idea, you first have to learn to convince others of your story.

However, since he lacked self-confidence, he was unable to achieve his sales targets as a businessman. He was about to walk away from everything and look for a job. But he did not want to do that since

that would mean giving up all his dreams and hope to achieve something great one day.

In this case, there was only one thing standing between him and his goal. (Most of the time, it is just one thing that stands between you and your goal.)

Since releasing that blockage, Bernd now enjoys talking to people. His turnover has skyrocketed — in the past three months alone, he's doubled it and is thrilled that his efforts are finally paying off. His relationship has improved significantly, along with his vitality and zest for life. He's like a completely different person — all because he had the courage to let go of the brakes. And all this happened before I had even explained much about INSTANT CHANGE to him.

I asked him if he was open to something new, something he had never tried before. He answered, "Yeah, sure, if it helps." And I responded, "You'll even get a 100% success guarantee — pretty great, right?"

He agreed. That is all I said.

In most cases, people are only willing to make a change when the pain becomes unbearable. Often, we don't get the email or phone call until the milk has already been spilled. Why is it that we always wait for the house to catch fire before we take protective measures?

You are curious and want to learn more?



You can find all further information on certification, sessions, and online training at

instantchangemethod.com

I often see emotional issues affecting not just mental health, but physical health as well. In fact, over 90% of all diseases are linked to stress.

If you want a more precise explanation, here are some facts: Under stress, the sympathetic nervous system (SNS) is activated and forms a molecule called nuclear factor kappa B (NF-κB). This molecule (NF-κB) activates genes that release proteins called cytokines, which cause inflammation and diseases.

After careful review of the study*, people who use “mind-body interventions” (MBIs) to develop themselves show a significant decrease in the production of NF-κB and inflammatory cytokines. Examples of mind-body interventions are meditation or yoga.

INSTANT CHANGE can also be considered a mind-body intervention — but in my experience, it works much faster and more effectively. That said, I still find the right yoga practices and certain forms of meditation to be incredibly valuable.

Stress is mainly caused because people suffer from an inner conflict triggered by two opposing emotions working against each other.

This is where INSTANT CHANGE comes in. Once the blockages are cleared and the triggers lose their power, a major source of stress disappears as well. A person whose body no longer suffers from permanent stress is much more resilient in everyday life and can concentrate better on their tasks.

7. How to Master Your Own Transformation

Perhaps you’ve tried many times in the past to change your mindset and let go of negative beliefs or fears. Maybe you wanted to free yourself from blockages and finally reach your goals — but despite all your efforts, true success never came.

Based on the greatest myths about personal development, you now know why this was the case in the past. It is because the conventional change processes take too long and are not sustainable.

What you learn from books usually does not become deeply rooted in your mind. Most change processes only work on the conscious level and never really penetrate the subconscious mind. But that is exactly where your paradigm is firmly anchored.

Therefore, you have to learn to change something there as well. With the INSTANT CHANGE method, you can accomplish this and, at the same time, achieve the necessary change in your energy field and cell consciousness.

Always remember that the information you need to achieve your goals already surrounds you. You only have to make use of this information.

You can experience the effects of INSTANT CHANGE in a session or during the 3-day training. Here you learn how to apply the method and work with many participants to clear their blockages. Like I said earlier, INSTANT CHANGE also works really well when used on yourself.

Whether you want to learn the unique INSTANT CHANGE method just for yourself or to help other people, these three days will change your life forever.

This is more than just a seminar – it's the key to a self-determined life. Afterwards, you'll have a tool at your fingertips that allows you to positively influence any situation in life – not only for yourself, but also for your family.

What makes this seminar unique is that 80% of the training is hands-on practice, with only 20% focused on theory.

Usually, once a seminar ends, you're on your own. Not with us! While most seminars wrap up and leave you needing the next workshop for more support, with us, the end of the seminar is just the beginning. I've created a platform where you can take part in live online meetings every week. You'll be able to ask questions about your specific situation or discuss topics and processes related to your own sessions with clients.

If you decide to become a catalyst for personal breakthroughs using the INSTANT CHANGE method and build a successful business of

your own, You'll also receive a lot of additional support from me to help make it a great success for you.

E.g. you will receive your own personalized websites with an integrated booking system to acquire new customers. All common payment methods are accepted, and the invoicing procedure is fully automated.

**You can find out exactly how everything works
in the free webinar at instantchangemethod.com**

The method connects you to your goals in a very short time, deletes old information, and allows the new goal to manifest in your entire subconscious mind.

**You are full of enthusiasm and want to start
immediately? Send us an email to
support@instant-change.com
and we will connect you with a professional.**

An INSTANT CHANGE bundle consists of three sessions, each lasting 20 minutes: one on the first day, one on the second, and the final one on the fourth day.

The session itself, which causes the transformation, only takes about 3 to 5 minutes. However, to be on the safe side, we schedule 20 instead of 5 minutes. After all, there is always something left to discuss.

One of my clients was so enthusiastic after the session that she was beaming with joy when she said that she would have been willing to even pay 100,000 euros for it. Because that was the amount, she had invested in personal development over the last five years. She said that she had not even achieved half the transformation within that time as in one INSTANT CHANGE session.

My vision is to help a billion people through INSTANT CHANGE. Of course, I can't do that alone.

Coaching is a billion-dollar growth market worldwide, and for good reason — never before in human history have we seen so many people struggling with depression and burnout. Current statistics show that 327 million people worldwide suffer from depression, and a growing number of children and young people are already affected. The demand for effective alternatives to conventional treatments is enormous — and growing.

If this speaks to you, I'd be delighted to welcome you into the movement. Once you've completed the training, you'll receive certification as an INSTANT CHANGE Certified Professional. This license gives you the right to offer INSTANT CHANGE sessions worldwide and use the method under its official name in your work. You'll also benefit from being part of a growing network of professionals.

For more information, visit the free webinar at

instantchangemethod.com

Now it's up to you. You can blame other people or circumstances – or you can take your happiness into your own hands.

I truly enjoyed writing this book for you — thank you for reading it to the end. I hope it helps you make an important decision for yourself, and I'd be delighted if our paths cross sometime soon.

Yours,

Daniel Weinstock

INSTANT CHANGE Trainings

Trainings:

- INSTANT CHANGE Certified Professional
- INSTANT CHANGE Certified Master
- INSTANT CHANGE Next Level
- INSTANT CHANGE Clean Body

For further information, visit instant-change.com or send us an email: support@instant-change.com

If you send us your telephone number via this email address and let us know the best time to call you, our team will be happy to offer you a personal consultation.

Change is quick and easy

Do you want to release your greatest fears or blockages in a few minutes and thereby unleash your full potential? Do you want to be with yourself more, instead of letting outside influences control you all the time? Do you want to reach your professional or private goals faster and easier? Then read this book.

The Instant Change Method helps you to improve your mental and emotional state at lightning speed and changes your entire life in a blink of an eye.

Instant Change is more powerful and faster than conventional one-dimensional coaching methods, as it creates change simultaneously on the spiritual, physical, and energetic levels.

In this book you will learn:

- how you can transform fears and blockages in a matter of minutes
- why traditional coaching approaches are so slow
- how to find your inner strength and reach goals faster
- how to resolve limiting patterns of behaviour and beliefs
- how to unleash your full potential instead of sabotaging yourself

Stop getting in your own way. Take advantage of the revolution in coaching and transform your life in a few minutes: with Instant Change.

More at instantchangemethod.com