

BREATHE YOUR LIMITATIONS AWAY
The Transcendence Technology Liberation Breath Process™

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Introduction

Dear Reader,

Thank you for taking your precious time to read this booklet. I sincerely hope that you will benefit from the remarkably simple technique taught here as much as my students all over the globe have so far. I'm happy for having touched so many lives in the last 15 years of Holistic practice, and I wish to be able to reach as many people as I possibly can because I truly enjoy seeing results like the ones you will read about in the next paragraphs.

Carol came to me after several years of struggling with a fear of public speaking. This fear was greatly limiting her professional life. After learning the Transcendence Technology Liberation Breath Process™ she was able to overcome her problem in a few days. This enabled her to get a promotion in her company leading to a 40% salary increase.

Jane, another bright young lady, couldn't remember what has caused her to be so frightened of enclosed spaces. Her office was in the 6th floor of a New York City building, and every single day she opted to use the stairs instead of the elevator. She also avoided plane trips as much as she could. One week of using the same technique you will learn here was enough to clear her fear. The magic of it is that she did not have to know the origins of her problem.

Paul had a long-standing resentment towards his mother because of her preference towards his younger siblings. Thirty minutes of the Transcendence Technology Liberation Breath Process™ helped him in the forgiveness process and nowadays he reports that he is much happier and lighter, his relationship with his mother improved 100% and, as a bonus, his arthritis has been relieved.

Sandra had what seemed to be a “money block” problem. No matter how hard she tried, she lived in lack and the edge of bankruptcy. Two weeks of dedicated practice seemed to be enough to clear her “emotional money blocks” and today she is doing very well financially. Once the blocks were gone, the natural flow started for her.

(Names were changed to preserve our clients' privacy)

These are just a few of the many apparently miraculous results experienced by those who have cleared their emotional energy blockages using the Transcendence Technology Liberation Breath Process™. In a few minutes you will learn this simple technique that allowed these average people to produce above average results without pain, side effects, or expensive therapy.

Before we start, though, I want to warn you about two common mistakes made by seekers in the self-help/self-development area; the first mistake is underestimating the simplicity of some techniques. Years of research and hands-on practice led me to

conclude that simple, easy to learn and practice procedures can be much more powerful than “50 step processes” that take months to learn and master, that is, if they are ever truly mastered. Transcendence Technology™ was developed to be a complete, however simple system for total emotional liberation and conscious control, and all our processes, including the one you will study here, were designed to be easy for anyone to learn and practice.

The second mistake usually made by seekers is lack of discipline and continuity. We live in a quick-fix, fast-food, fast-paced era, therefore people want to eliminate 20, 30 or 50 years of emotional imbalance in an hour or less. The process that you will learn here can indeed accomplish results very quickly compared to most techniques taught nowadays. I have seen people get rid of emotional issues in as little as 20-30 minutes by practicing the Transcendence Technology Liberation Breath Process™. However, you may face some challenges that will require a few days or even a few weeks of daily practice to be completely resolved. Please practice the process until you feel the desired liberation. If you have trouble, you can always contact me to schedule a phone or personal consulting session.

I always tell my personal students and workshop participants that Transcendence Technology™ should be seen as a way of life, instead of a system that you use for a few days and discard after you accomplish a goal. There are no limits to what you can accomplish in your life once your emotional energy system is clear and you learn the art of “Meta-Reprogramming Technology” (another set of Transcendence Technology™ techniques taught after the clean up phase). Once you learn it and experience the amazing results, you will incorporate it in your way of thinking, behaving and acting, and your life will never be the same again.

The energy liberation technique taught in this small booklet alone can improve your life in unimaginable ways if you follow the instructions and practice with dedication. Once you clear your emotional field from stagnated energy frequencies, all the rest will be easier to accomplish, whether you use the advanced Transcendence Technology™ techniques or any other system.

My personal journey in the self-development field started in my early teens when I read somewhere that we human beings use only a fraction of our full mental potential. This supposition led me to search for ways to improve the odds in my favor. I decided then that I wanted to use the full God-given potential that we all are entitled to. And I haven't stopped since.

My introduction to the self-help philosophy was through the New Thought literature, from the works of Dr. Joseph Murphy, Ernest Holmes, Emmet Fox, Thomas Troward, Massaharu Taniguchi, and other great authors. Before the age of 16 I met my first live teacher in Brazil, Mr. Fausto Oliveira, who taught me the science of the mind and Parapsychology.

Many years passed and my knowledge grew to encompass mostly anything that I could put my hands on, from Shamanism to Quantum physics, from Theosophy to modern energy work. In the year 2000, Independence Day coincidentally, I was introduced to energy therapies through EFT (Emotional Freedom Technique), a very effective method for balancing the human energy system. This led me to TFT, BSFF, Emotrance, and every energy therapy modality I could find. It was easy for me to understand the concepts and theory behind these techniques since I had been a Chi Kung practitioner for a while and knew quite a lot about the human energy system and the meridians.

One thing I noticed was that once I coupled energy therapies with mental science, I had “TNT” in my hands, and I was able to fully use my capacity to clear limiting energy patterns and, consequently, use my creative power in turbo-charge mode (soon you will understand why). This marriage between mental science and energy therapies gave birth to Transcendence Technology™, a series of processes and techniques taught in a specific order with the goal of not only helping you to “improve your dream”, but to awake from it completely.

I am very thankful to the pioneers in the energy therapies field and the Transcendence Technology Liberation Breath Process™ is my humble contribution to this ever-expanding modality where practitioners share their techniques and discoveries unselfishly, with one goal in mind; helping other human beings to free themselves from blockages that keep them from using their full potential.

The electronic version of this booklet is distributed for free through our website www.transtechny.com (all hyperlinks in this electronic version are clickable) and you can share it with all your loved ones and friends. I'll gladly accept donations ONLY and IF you experience results. If you feel that the technique taught here has helped you in getting rid of a long-standing limitation, made your life happier and lighter, or saved you hundreds of dollars in therapy, please help us to spread the message throughout the globe by donating a few dollars. It will return to you multiplied.

If you prefer, instead of donating, you can purchase a printed version of this booklet online for a moderate price. You can easily order it through www.transtechny.com. Your printed booklet will come autographed by the author. It also makes a great gift. We also offer a CD or downloadable MP3 file with the whole guided process.

May God bless you.

I'll be praying for your success with this technique.

Wellington Rodrigues, B.M.Sc./Ct.Hy.

Transcendence Technology™ Master Trainer and Founder

February, 2007

I

There's ONLY consciousness and energy in the universe

This small booklet is not intended to give you a meticulous explanation on the physics and metaphysics behind the Transcendence Technology Liberation Breath Process™. Here we will only view some basic concepts that will provide a suggested theoretical basis for why and how it works.

Keep in mind that the “theories” suggested here are not orthodox and may not be accepted by traditionalists. The author, as most practitioners in the energy therapy fields, is not concerned with pleasing or getting the approval of “scientific minds”. Our goal is to develop and share workable processes that do the job they are supposed to do, regardless of if Newton, Einstein or Jung would approve of it. In the end, theories are just maps, but not necessarily the territory.

There are many scientific theories about life and the universe; however, how many of them provide an accurate, fool proof explanation? We have no way to know. We are like blind people trying to find a needle on a beach when it comes to explaining the universe and the complexity of human emotions, feelings and personal experiences. What we do know is that there's still a lot to learn. Quantum physics has created many new paradoxes and shattered the foundations of the Newtonian theories we learned about in high school. Energy therapies may soon shatter the traditional psychological approach to mental and emotional health.

The author himself does not know exactly why and how the process taught in this booklet works at a deeper level, but this could not keep me from sharing it. I have no reason to wait until a “logical” scientific explanation comes to light. In reality the explanation may never come, especially if we try to find it from a traditionalist point of view.

What the reader should be concerned with by now is the process itself. You may not know the science behind electricity, however, you are able to turn a switch on and have your bedroom lit. This is what matters, right? So, even if you find it hard to agree with the short presuppositions that follow, do not let it keep you from using the technique. It is recommended that you read the whole booklet; however, you can jump this and the following chapters if you wish, and come back later, after you experience results with the technique. I really don't care if you understand or agree with the theory at this point, what I want is for you to be open-minded and see the results for yourself.

Consciousness and energy

The whole, vast universe in which we live in is a very complex system with an unknown number of galaxies, planetary systems, suns, black holes and celestial bodies traveling at unimaginable speeds across yet indefinite distances. Our planet alone is a wonder of nature, with a wealthy variety of mineral, vegetal and animal life. Trying to

explain “beingness” alone is a hard task. Our human minds cannot conceive, much less know the why’s and how’s of life.

What matters is the fact that there’s life, there are living beings, and we are conscious that we ARE. This cannot be denied. All the rest, though, are educated guesses and theories.

The question then is: What keeps the universe working in harmony? Most of us agree that there must be a form of intelligence behind creation, no matter what you prefer to call it at this point. If this premise is true, every single unit of life must be part of and endowed with this intelligence, from subatomic particles, to whole galaxies.

We can see this intelligence working in nature. Left alone, for example, plants and animals will follow their natural patterns of birth, growth, decay, and transition without human intervention. What we call animal instinct may be just an expression of this intelligence. Here we will call this intelligence consciousness.

Consciousness is synonymous with awareness. It is, in our opinion, the driving force behind the physical realm, the mold of the physical level of life as we know it. Consciousness again, is embedded in all forms of life, starting with the very building blocks of the universe; sub-atomic particles.

This great mind or consciousness possesses at least two characteristics as far as we know; awareness and creativity. We are aware that “we are”. Every form of life is aware at some level. We are also creative. To create, consciousness must have a substance to create with, and this substance is what we will call energy to make it simple.

Energy is the unconditioned “clay” of the universe, from which all forms of matter manifest. There may be millions of variations of this energy, manifesting as different frequencies. In Transcendence Technology™, as well as in energy therapies, we consider thoughts and feelings to be variations of energy. Thus, our work is not in the physical realm, but at the energy level.

For the sake of our process, it is only important for you to know that consciousness can and will affect energy if we intend it to. According to the ancient Chinese teachings “the mind moves the Chi (energy)”. Thus, in the Transcendence Technology Liberation Breath Process™ you will be using your consciousness to move stagnated or unprocessed packets of emotional and mental energy out of your system.

The motto of modern energy therapies is: Everything is energy. The universe (YOU-niverse) is a live field of dynamically vibrating energy, and again, our feelings, emotions and thoughts are nothing more, nothing less than energy frequencies imprinted in our energy bodies. We can not cut a brain open and find the fear, the depression or the negative memory or belief. But we can definitely feel it in our energy bodies.

When we talk about energy bodies, many people familiar with metaphysics bring to mind the aura, the etheric, astral and spiritual bodies, however, in Transcendence Technology™ we also consider the physical body to be an energy field. To us the physical is not just an output of the energy bodies, but energy vibrating at a slower frequency.

So, that's what you really are; consciousness and energy. And that is what the process taught here is all about; using your consciousness to deliberately move energy out of your system to restore balance and eliminate blockages.

Once you are able to use consciousness to affect and mold energy, you will have discovered an amazing secret. You will realize how simple and easy it is to go straight to the source and use a natural human ability to alleviate stress, unbalanced feelings and emotions, and even unproductive beliefs.

That is what happiness, lightness and peace are all about; not having the weight of many years of conditioning over your shoulders in the form of negative frequencies. Once you're clear from those, you can say that you're truly free. Once you're free, you will live in a state of grace all the time and experience that deep inner peace so sought after by many fellow human beings. From that state is where you start the process of conscious creation successfully; from a resonant frequency that will enable you to attract good things into your life effortlessly, all that because there will be no more resistance or energy blockages in the way.

The Transcendence Technology Liberation Breath Process™ is just the tip of the iceberg in the vast field of energy work and conscious creation, but in our experience, it is the basic foundation from which all will follow later.

II

Emotional imbalance equals energy imbalance

*"If you bring forth what is within you, what you
Bring forth will save you. If you do not bring forth what is
Within you, what you do not bring forth will destroy you."*
- **The Gnostic Gospel of Thomas VERSE 70 – by Thomas O. Lambdin (Coptic version).**

As we have seen so far, everything is energy in different degrees of vibration, including our thoughts, feelings and emotions. Energy is neutral, unconditioned. You can, for example, use electricity to light a whole town or to kill another human being. The sun shines over good and bad people, life-force energy flows through our systems independent of race, color or sexual preference. The difference is in the way we deal with energy.

We can compare our energy system to any other system in the body. Let's take, for example, the digestive system. In order for us to be healthy, we must ingest, digest, process and eliminate food. Any imbalance in this chain may reflect as dis-ease in the human body.

Imagine what would happen if every time you tasted some food that you liked very much, you decided to "hold on" to it in your stomach just to keep feeling that good sensation forever. Or, on the contrary, if you tasted some food that you despised decided to keep it stored in your system as a reminder to never taste that horrible dish again. In a few days you would be in serious trouble, right? Thank God the digestive process is automatic and we have no power over it. However, with the energy system we can and do interrupt the natural intake/outtake flow.

Every single experience that we have can be considered an energy exchange. When someone talks to you, hugs you, smile at you or curse you they are sending energetic vibrations that are interpreted by your brain. In a perfect world the natural process would be an exchange, that is; you intake energy, and allow it to flow, exchanging it for an out take of your own energy in the form of a response or some kind of release. This is balance, and we were all born with this natural ability.

If you have ever been around very young children, you may have noticed that they don't interrupt the flow of energy. If they are hungry, they cry, if they are happy, they laugh, if they are sleepy, they will find a way to let you know as well. Two small children may be happily playing together one moment and in the next moment be punching each other because of a toy. The mother interferes and separates them. A few minutes later they resume their play, without holding on to energy in the form of grudging or resentment.

Somewhere along our childhood, we start loosing this natural ability of energy exchange, and start holding on to packets of stagnated, unprocessed energy patterns that we were unable to process and liberate. Phrases like "boys don't cry", "good girls don't

do this”, “do not respond to me”, “stop crying or I will punish you”, etc, etc, condition us to block the healthy emotional energy flow. Parents and educators aren’t to blame, they don’t know better. They were raised the same way and did not receive an instruction manual when we were born.

Throughout the years we start noticing and feeling the toll of stagnated, unprocessed energy patterns on our bodies. Those are what we call our emotional imbalances, which can manifest in the form of chronic stress, anxiety-panic syndrome, unexplainable fears, resentments, just feeling “not-so-good” most of the time, and all other varieties of imbalance that you can think of. People and circumstances out there are not to be blamed. If we did not have those energy imbalances, we would not attract negative circumstances in the first place. What you hold inside is what is hindering your life and keeping you from being truly happy, peaceful and free.

Young children, teenagers and adolescents, if raised under “normal” circumstances, are lively, cheerful and full of vitality. As we reach adulthood, we may start feeling some sense of “heaviness” (literally) in our physical body, which is nothing more than a complex energy system. Diseases can become more frequent, and our zest for life may be decreased. What we accept as a natural occurrence of life, the so-called aging process, may in reality be a result of unprocessed energy “clogging” our system and lowering the free flow of life energy, which ultimately leads to physical degeneration and death.

Obviously we cannot exchange energy in every single situation. If, for example, your boss gives you an unreasonable task, you cannot tell him to go to hell on the spot lest you lose your job. But you can and must liberate that suppressed anger or frustration energy somehow, so it will not weight in your already clogged energy system.

Traditional Chinese medicine proposes that when the flow of CHI or life force energy is disturbed, the physical body is affected, and they have developed many effective methods for restoration of a healthy flow. The important thing for us to realize is that emotional disturbances are also a result of imbalances in the energy system. Suppressed feelings and emotions are harmful to you and hinder your progress and happiness.

We suggest that energy can be either stagnated or drained. In the case of resentment, hate, nostalgia, phobias and traumas, it is certainly stagnated. You are “holding on” to something. As in the example of the digestive system, we hold on to or suppress a packet of energy that blocks the natural flow. In the case of anger bursts, fear, or excessive anxiety we may drain some of the little life force energy that we have left to keep the body alive and the mind conscious.

Please understand that energy is unlimited. We are not born with just a certain fixed amount of it. But the natural energy flow can be blocked; there is where the problem lies. Certain techniques like Chi Kung and Pranayama can indeed help us cultivate and increase energy flow. The Transcendence Technology Liberation Breath

Process™ was designed to help you use intention to unblock suppressed energy patterns and accelerate this flow. Many of my students have successfully used it coupled with Yoga and Chi Kung and have reported that the results are very satisfactory.

The important point for you to grasp here is that as you practice the Transcendence Technology Liberation Breath Process™ you will be working with energy. It does not matter to me if you call it resentment, hate, fear, depression or phobia. It all boils down to suppressed energy, Period. Again, you cannot cut a brain open and find the fear, the snake, the rape, the grudge or the lack of love stored there somewhere, but you can definitely feel it in your energy system, because there is where it is, in a multi-dimensional field that is like a blank CD recording patterns of energy. The good news is that this “CD” can be easily erased and you can go back to lightness happiness and freedom from emotional hang ups.

III

Why mind power alone fails most of the time

During my first years in the self-help movement, I was introduced to the science of the mind and the New Thought philosophy. These wonderful teachings opened my eyes to the incredible power that I had to change my destiny and create the life of my dreams. I had great results with mental reprogramming techniques as taught by my first teacher in Brazil, affirmation engineering, visualization, and the so-called law of attraction.

Even though the results I accomplished were very impressive; I still felt blockages when it came to some aspects of my life. I felt as if I were “improving the dream”, but not awakening from it yet. I saw the same thing happening with my clients and students; I then decided to go back to my “research lab”, seeking a missing link in the conscious creation or attraction process. As the biblical saying goes “Seek and ye shall find”.

On Independence Day, 2000, I was browsing the internet when I landed on Gary Craig’s EFT (Emotional Freedom Technique) website. I had already been studying Chi Kung, Pranayama and other energy modalities for a long time before that, however EFT opened the doors to the incredible world of energy therapies and its theories made sense to me. Since I am a “doer”, I decided to immerse myself and practice until my butts fell off or I saw results.

From the links on Mr. Craig website I was introduced to other equally effective systems for energy balancing and I finally started to feel that lightness and freedom that I have been craving for throughout my years of relentless search. In just a few months of practicing different energy therapy techniques I was glad to have found the missing link, the secret that skyrocketed my mental attraction exercises to a whole new level. It was indeed a Quantum leap.

Nowadays, most self help books still deal with the power of positive thinking, affirmations, visualization, the law of attraction, and optimism. All these techniques can do wonders to your life and I have adapted and developed many to include in my Transcendence Technology™ program. However, what I have discovered is that any of these techniques may be limited if your energy system is clogged and you don’t have a healthy energy flow. That’s why we divide the first part of Transcendence Technology™ in two phases as follow: The Clean Up and the Reprogramming Phases.

No amount of positive thinking, affirmations, rituals, chants, prayers, symbols, meditation, motivational speeches or psycho-analysis will work to full potential if you don’t go through a clean up phase, period. Why, it will be like dressing a dirty, stinking man with a new set of clothes. It may improve him a little, but the dirt will still be hiding underneath. So the REAL Secret is not only the law of attraction by itself, but the wise combination of emotional energy liberation AND the application of mental techniques to attract what you want. That’s what have been working wonders for me and my students.

When our energy system is clogged, the amount of life force energy available for conscious creation is limited. You work with a small percentage of your energetic potential, your magnetic attraction power is low, and results are at least much slower than when you start from a clean slate.

Depending on your early experiences, there may be energy blockages that keep you from being healthy, wealthy and happy. These energy variations exist in the form of suppressed subconscious thoughts, feelings and emotions that are stagnated in your energy bodies. These self-saboteurs are usually difficult to be eliminated by positive thinking alone. This explains why you may have read many books on the subject of self-help before and experienced mediocre results. The problem is not in the teachings or techniques, but it may be in your energy system.

Try it for yourself and see how much your other practices can be improved. One million words do not substitute personal experience. This is a safe exercise, so you've got nothing to lose by trying it with dedication.

IV The Transcendence Technology Liberation Breath Process™

In this chapter I will explain the Transcendence Technology Liberation Breath Process™ in a simple way, so even those who have never had any contact with energy therapies may use it successfully from day one. I have to remind you not to underestimate the simplicity of this exercise.

By using the Transcendence Technology Liberation Breath Process™ you will be applying the power of consciousness to move stagnated energy out of your system. You don't have to know how and why energy is blocked, but just focus your intention on the result to be accomplished and the universe will do the job. Just get out of the way and avoid intellectualizing the process.

Below are the steps for the Transcendence Technology Liberation Breath Process™ :

1- Focus on the problem, event, emotion, belief or person that bothers you

Just think about a problem or issue that bothers you. In the first trial, just think of something mild, not a deep trauma or emotional state yet. Pick something simple such as a co-worker that bothers you, for example, or something that has upset you today.

The Transcendence Technology Liberation Breath Process™ can work for basically anything. It is designed to help you liberate stuck energy packets that weren't processed at the time of the original experience, as well as reoccurring negative emotions, beliefs and feelings, which are nothing more than energy frequencies.

If you want to have a measurement system to track your progress, you can use the energy therapies SUD (Subjective Units of Distress) scale, rating the issue from 1 to 10, 1 being a very light feeling and 10 being full scale distress. So, after the process you go back and measure to see if the number decreased on the scale. See the chart below:

SUD's measurement (Optional)

- 1- Very low emotional response to stimulus – Almost no distress experienced
- 2- Very low emotional response to stimulus – Almost no distress experienced
- 3- Low emotional response to stimulus – little distress experienced
- 4- Low emotional response to stimulus – little distress experienced
- 5- Mild emotional response to stimulus – mild distress experienced
- 6- Mild emotional response to stimulus – mild distress experienced
- 7- High emotional response to stimulus – mild to high distress experienced
- 8- High emotional response to stimulus – mild to high distress experienced
- 9- Very high emotional response to stimulus –high distress experienced
- 10- Extreme emotional response to stimulus – very high distress experienced

As you think of the issue that bothers you, what number would you give it now? Try to immerse yourself on the issue, feeling as much as you can the distress generated by the memory or thought.

2- Locate the packet of stagnated energy in your etheric body

This part of the process will help you develop sensibility towards your energy system and eventually it will become very easy for you to find the energy counterpart of an unprocessed issue, emotion or belief in your body.

Just pay attention to your body as you tune into the issue being worked on. Where do you find that stagnated energy in your body? Can you locate some area being tense, or heaviness somewhere? We usually use metaphors to describe feelings and emotions. For example, we say things like:

“This person is a pain in the neck”
“I feel butterflies in my stomach”
“I feel a burden over my shoulders”
“It seems like a hand is pressing my heart/chest”
Etc.

So, as you tune into the issue that bothers you, where is it located in your body? It can be anywhere, heaviness in the shoulder or neck, a tension in your solar plexus, tightness in the chest or numbness in one of your arms or legs. The energy system is multi-dimensional and unprocessed packets of energy can be stored anywhere.

3- Stop RESISTING the stagnated energy

We usually try to push feelings down by such diverse strategies as drinking, overeating, watching TV, being with others, etc. This is resistance and it does nothing to actually eliminate the feeling.

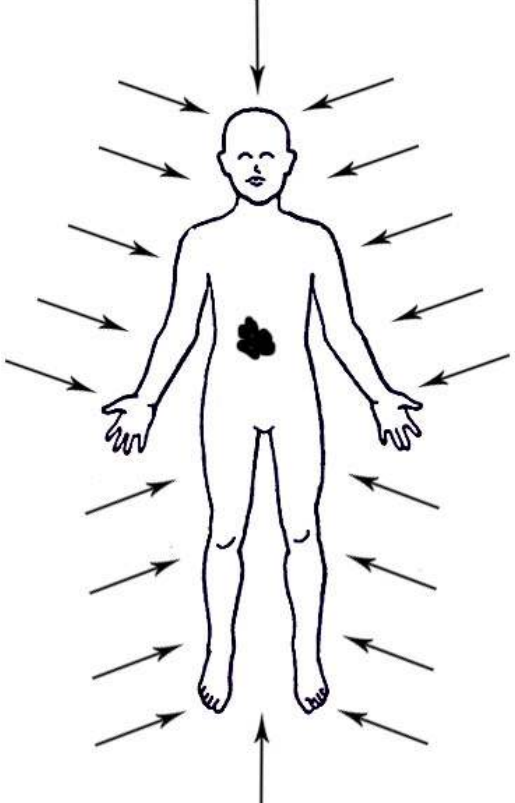
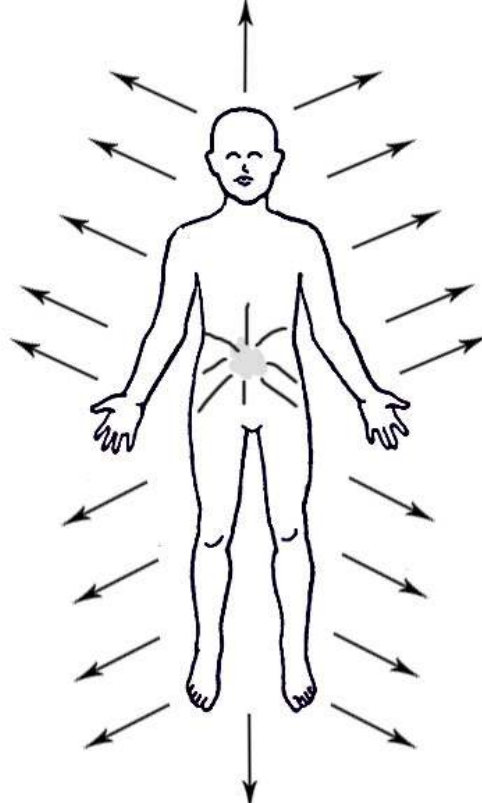
As you locate the distress feeling in your body, simply thank it for being there. Acknowledge that it is trying to warn you that something is wrong in your energy system. This feeling is an ally; do not treat it as an enemy. Remember that what we resist persists.

The universe is intelligent and always has a way to show us that something is wrong in our multi-dimensional system. The warning usually starts with a distressing sensation in our bodies, caused by unprocessed, negative thoughts and emotions, and then it may come to a point where the issue “materializes” in your physical body in the form of a diseased condition.

So, why resist something that is warning us, trying to protect us? Become friends with that packet of stagnated energy, this is the first step towards liberation.

Now to the actual energy liberation breath:

4- Follow the breathing process below

BREATH IN	BREATH OUT
	
<p>As you breath in, imagine the Universal Energy entering <u>through every pore of your body</u> for the purpose of clearing the energy blockage that manifests in the form of a feeling, emotion, belief, etc.</p>	<p>As you breathe out, use your INTENTION to move the stagnated energy packet out of your system <u>through every pore of your body</u>. Universal Energy IS intelligent and will follow our intention to clear the packet of stagnation. We just have to ALLOW it to do its work.</p>

This chart is self-explanatory. You can have a visual image of the energy blockage as a black cloud, or whatever you wish as a metaphor. During the inhaling phase you will be allowing universal energy to enter your ENERGY body through all the pores, from the top of your head, to the bottom of your feet. Imagine this energy nurturing or feeding you. This is what we call “whole body breathing” or “skin breathing”.

As you exhale, use your intention to move the stagnated, unprocessed energy out of your system, again, through ALL the pores of your energy body. Do not intellectualize the process; just allow it to happen without mental interferences.

5- As the stagnated energy is moving, repeat the “Key phrase” THANK YOU

Gratitude is one of the most powerful frequencies in the universe. We use the key phrase “THANK YOU” in order to acknowledge the results intended for.

6- Check to see if the pressure/weight/sensation has been cleared

After a couple of minutes, stop and check the location where you felt the energy packet. Use the SUD scale if desired and see if the intensity of the tension/pressure has weakened in that specific area.

7- Repeat as necessary until all stagnated energy is cleared

If there was no decrease in intensity or it has decreased but not ended, go back to the breathing technique until it is all cleared. Keep in mind that some blockages may take more than one session to clear completely. Expect good results but be realistic.

8- We know that the energy is cleared when we become NEUTRAL about the issue being cleared and there’s no emotional response

Once you have cleaned the packet of suppressed/stagnated energy you will NOT feel any pressure/resistance in the specific area anymore. Our experience shows over and over again that when this process is completed, the emotional responses are gone as well. That is, if you worked on the feeling associated with a fear of mice, once you clear the physical/energetic counterpart, the fear should be drastically decreased or completely gone. If the application was done to erase negative feelings from a past incident, you should be able to review it mentally without the negative emotional response, etc.

This technique will not “wash your brain”. You will still be able to remember past incidents, but the negative response will be gone and you will feel free from its influence in your emotional system and belief system.

Those familiarized with other form of energy therapies may find this process slightly different. Here we use the breathing process because breathing is closely related to emotions and feelings. So, the logical approach for us is using deep breathing coupled with intention to restore the energy balance in the system. We also intend this energy to leave or flow through the whole body, not just through a specific pathway, imaginary door, or chackra. The reason for that is because we want to make sure that we are liberating this energy at a cellular memory level, from ALL parts of our energy system. All cells resonate to a negative or suppressed feeling; therefore, we must do a whole body “washing” even if the location of the blockage is specific.

You can, if you wish, practice the whole body breathing without focusing on any problem at first, just to become familiarized with the process. It will at least calm you down to a peaceful state.

V Basic applications

As with most energy therapy techniques, the Transcendence Technology Liberation Breath Process™ can and should be used to relieve the energetic charge from anything that limits or bothers you, which include thoughts, beliefs, emotions, feelings and memories. The technique is simple enough for a 5 years old child to learn and it is completely free of side effects, so there should be no hesitation from your part to test it on every single issue you can think of. It may or may not work, but in the end, if it works you will have experienced a bit more freedom from energy stagnation and all the positive side effects from an energetic clean up.

Below we will suggest some basic applications. This amazing technique can have a vast number of variations, and depending on the issue being worked on, a trained facilitator is advised. Those trained on the facilitation of this technique will be able to help you locate the energy blockage in case you find it difficult. Facilitators can also help you track energy movement and any secondary gain or psychological reversals that may be blocking you from completely liberating the suppressed/stagnated energy.

Generally, though, anyone, following the instructions in this booklet can experience results without help, at least for issues that don't have a strong psychological reversal or several aspects behind it.

Remember that what we do here is NOT therapy, and you should not discontinue your treatment with a licensed professional. The Transcendence Technology Liberation Breath Process™ can be a great addition in any therapy or self-development program, but not necessarily a substitute for it.

STRESS

WHAT YOU DON'T SEE MAY BE KILLING YOU

The so-called “fight or flight response” is a built-in defense mechanism supposed to help us in case of imminent danger. However, due to the pressures and demands of modern day life, many people live in this “fear-protection-flight” mode constantly.

Modern life has become a burden for most individuals, especially with the constant threats of losing the status-quo due to global financial crisis, lower employment opportunities, higher educational standards, and the “rat race” to see who earns the most money, has the best car, or looks better than the neighbor across the street.

We are raised to compete, to win, to earn other people's respect, love or approval. We spend more of our lives dwelling on past events or anxious about the future than enjoying the present. No wonder that a growing part of the population, especially in larger cities, is stressed out and spends more money each day on a variety of drugs that

range from energy pills and “stimulants” to tranquilizers, anti-depressants and illegal mind-altering substances. What we’re failing to see is literally killing us.

Stress has been linked to many leading causes of premature death, including heart disease, cancer, lung diseases, alcoholism (which causes liver damage and accidents), and suicide. It is supposed that up to 90% of visits to Doctors may be linked to stress-related complaints or disorders.

Stress causes havoc in your glands and hormones. It also accelerates the production of free-radicals, which damages the body and actually ACCELERATE THE AGING PROCESS. The bottom line is; stress can age you faster, produce physical diseases, and even kill you!

How can we avoid the devastating effects of stress, thus assuring a healthier body and mind?

The Transcendence Technology Liberation Breath Process™ can be a great natural process to alleviate stress.

Every time you feel stress building up, just locate the part of your body that is feeling the pressure and do the process. Repeat it as many times as needed during the day. The magic of this process is that we do not have to know exactly the cause of the energy charge, but just liberate it, and the symptoms are gone for good.

If you can’t find a specific location, but feel the stress building up in the whole body, just breathe it out from every single cell. After a few weeks of practice you will feel light as a feather. By eliminating stress alone you will add years to your life and feel much better emotionally.

PHOBIAS

A phobia is an exaggerated fear response. It usually has its origins in an experience where we were exposed to great distress associated with the object of the phobia. This distress created an energy imbalance that will be imprinted in your system until it is liberated. Rationally we know that the dog is not hanging to our leg anymore, or that the elevator will not get stuck in between floors every time we ride it, but the original imprinting is there, as part of our energy system, bringing the feelings back when stimulated, and it must go before we experience freedom from the phobia.

We have helped many people alleviate phobic responses and even overcome it completely by just using the process taught in this booklet. Our suggestion is that you tune into the memory or visualize the object/situation that causes the phobic response, find the energy blockage in your body, and breathe it away. It may take a few sessions for you to be totally free, but it is definitely worth trying it.

In the case of a fear that you can safely expose yourself to, such as an elevator, you can actually, after doing the process for a few sessions, enter the elevator and do it inside as it moves up and down to eliminate the remaining charge. The same approach works well with airplanes and high places. Just be moderate and expose yourself gradually, as long as it does not endanger your safety.

NEGATIVE MEMORIES

Negative memories can haunt us throughout our lives if they are not processed and liberated. The time we experienced a strong rejection or disappointment, the day we made a fool of ourselves during a high school presentation, the aggression that we've suffered from another person, etc, etc. These memories are stored in our energy system and usually suppressed, but they take their toll just by being there, without us even realizing it.

The Transcendence Technology Liberation Breath Process™ will not erase the memory, but it will liberate its energetic charge. We call this process “burning the fuel”.

To free yourself from the toll of negative or sad memories, do the following process:

- Pick a memory that bothers you or causes a negative emotional response.
- Review this memory from an associated position, that is, as if you were actually there again, inside your body, experiencing the event.
- Run the scene several times while doing the Transcendence Technology Liberation Breath Process™ .
- Check to see if the energy charge has been lifted.

You should, after running the memory a few times, feel neutral to it, or depending on the issue, even laugh about the whole event.

NEGATIVE BELIEFS

Beliefs form the structure of our physical reality. Negative beliefs block our free flow and can hinder our progress. We have acquired our beliefs throughout our lives based on education and repeated experiences. Beliefs are self-fulfilling prophecies and the negative ones should be liberated if we ever plan to be free to live a fulfilling life.

The important thing to remember here is that beliefs are energy frequencies as well, and, as any other energy, they can be easily liberated by the Transcendence Technology Liberation Breath Process™ .

To liberate negative beliefs, just think about it, for example: “If I go out in the rain without protection, I will get sick”, or “I have a genetic predisposition to diabetes”, or “it is hard to earn a living nowadays”. Focus on the belief, feel where it manifests in

your body, and then do the Transcendence Technology Liberation Breath Process™ to eliminate its charge.

JUST FEELING DOWN

There are times when we are “just feeling down” for no apparent reason. You can be sure there’s always a series of thoughts and specific emotions or feelings behind any state. You don’t have, however to know what is going on in your energy system to liberate it, just to find the physical counterpart of it in your body and do the Transcendence Technology Liberation Breath Process™ to eliminate the not-so-good feeling.

Do not try to rationalize the feeling or find its cause. Just keep on breathing it out and see what happens.

STAGE FRIGHT/SHINESS

More people are afraid of public speaking than death itself. Shyness can greatly limit our personal, romantic and professional life. How much more could you earn if you were able to speak in public with calm, confidence and poise? How would your romantic life improve if you had the courage to approach the opposite sex, start a conversation and be relaxed in front of others?

I have helped many people get rid of shyness and stage fright with the Transcendence Technology Liberation Breath Process™ alone. The following process works wonders:

- Imagine yourself speaking in front of a large audience or approaching someone for a romantic reason. Allow yourself to feel all the stress and any negative feeling that may come up.
- Locate the packet of energy in your body and do the process from an associated position.
- Gradually expose yourself to situations that bothered you before, and while in the situation, do the process. The good thing about this simple process is that it can be used anywhere, without anybody noticing it.

PAIN*

I have used the Transcendence Technology Liberation Breath Process™ many times to get rid of minor muscular pains, headaches and even a kidney stone crisis. Those who felt the pain of kidney stones know that it can be unbearable, but the process helped me cope with it until given the necessary treatment and alleviate the excruciating pain.

Nowadays, when a headache comes up, I just do the process and it is gone in a couple of minutes. Try it on yourself and see how well you can manage the pain.

- Feel the aching area.
- Stop resisting or fighting the pain.
- Do the Transcendence Technology Liberation Breath Process™ focusing on eliminating the energy charge of the pain.
- Monitor to see if it has decreased.

*ATTENTION: This process is NOT intended to be a substitute for qualified medical treatment. Some pains may be caused by a serious physical condition and you must see a medical doctor in case of persistent pain or any physical symptom.

VI Frequently asked questions

- Is the Transcendence Technology Liberation Breath Process™ a form of therapy?

No. This technique is part of a complete self-development and personal success system called Transcendence Technology™. We consider the system to be a training program and our goal is NOT to substitute traditional therapies, but give our students cutting-edge tools for life improvement, emotional liberation and power over their lives.

- How long should I use this technique for a specific issue?

It all depends on how well you're doing it and how deeply-rooted the issue is. We have seen good results in a matter of minutes, and also issues that took a few weeks to clear completely. In our experience, even those who were not experiencing results at all were able to do it with our personal help and facilitation.

- Are there any reported side-effects?

No, the only side effect is feeling lighter and happier. That is the result of a clean up of the energy system.

- Can I use the Transcendence Technology Liberation Breath Process™ for.....?

This process can be tried on anything. We have seen people get rid of headaches and toothaches by applying it correctly. Others have eliminated the charge of negative beliefs and improved their lives. The bottom line is; we don't know the techniques' limits as of yet. It does not hurt to try it anyway. (I have to remind you, though, that this process is NOT intended to be a substitute for qualified medical or psychological treatment).

- What if I don't feel anything?

You have two choices; discard the process altogether and find something that works better for you, or contact us for personal facilitation. In the case of stuck feelings there may probably be psychological reversals or other issues that should be cleared before you are able to experience results. A trained facilitator can help you track those. You can also purchase our guided Transcendence Technology Liberation Breath Process™ CD or downloadable MP3 file before hiring a facilitator (See resources section).

- Are there any live courses for those who want to learn more?

Even though this technique was developed to be part of our full self-development system, we decided to create a one day workshop focusing only on the Transcendence Technology Liberation Breath Process™. This is a pre-requisite for those who wish to become a Transcendence Technology Liberation Breath Process™ facilitator in the future.

At this moment ongoing classes are taught in Queens, NY, and we can travel as long as the minimum amount of students required for a live course elsewhere is filled. In the NY, NJ areas the minimum required number of students is 10, in other states 30 (pending availability). The one day workshop is given on a Saturday or a Sunday from 10am to 5pm and students will be able to have hands-on experience, learn some advanced

variations not taught here, and work on their specific issues with the help of the instructor. Please contact us at www.transtechny.com for more info, dates and price.

- When should I look for a facilitator's help?

Whenever you feel stuck with some issue or desire to learn advanced applications and have a direct experience with an experienced practitioner.

- What if there's no facilitators in my area?

At this moment the author is in the process of training a couple of facilitators in NY and Rio de Janeiro, Brazil. This is a rather new technique and the number of facilitators is limited. The best option for those who cannot come to NY or RJ is to have a phone or "Skype" session with the author or other certified facilitator. Check our website for a current list of certified Transcendence Technology Liberation Breath Process™ facilitators.

- How can I become a facilitator?

We have a few pre-requisites to be filled before a user is qualified to take the facilitators' course;

- 1- You must practice the technique for at least 6 months with noticeable results.
- 2- You must take one live Transcendence Technology Liberation Breath Process™ 1 day workshop or have at least 5 personal sessions with Wellington or a certified facilitator.
- 3- After filling the two pre-requisites above, you must submit an essay explaining why you desire to become a Transcendence Technology Liberation Breath Process™ facilitator AND how it has helped you (The format requirements for the essay will be sent to qualified candidates).
- 4- If all the above are fulfilled, you must take the two day Transcendence Technology Liberation Breath Process™ facilitators' course.

- What results can I expect from the constant practice of the Transcendence Technology Liberation Breath Process™ ?

Throughout our trial period, volunteers have reported many benefits, ranging from stress relief, to peace of mind and a state of constant lightness and awakened consciousness. We cannot promise results. There are many variables in play when it comes to clearing up the energy system. What we can say is that those who use it have been able to improve their emotional, mental and even physical aspects. Try it for yourself, that's the only way to know for sure.

This exercise was designed with the purpose of dissolving or liberating suppressed/stagnated energy packets from our energy bodies. This is like emptying a bag full of heavy stones that you carry over your shoulders. So, we think lightness and freedom are the best terms to identify the end result.

RESOURCES

Supporting materials & courses

- **The Transcendence Technology Liberation Breath Process™**

-Printed booklet: You can purchase this booklet on hard copy format. It will come autographed by the author and makes a great gift. The purchase will entitle you to a \$15.00 coupon that can be redeemed for any individual session, phone session or 1 day workshop.

Price: \$10.99 Plus S&H (Basically free after coupon redemption)

-Guided Transcendence Technology Liberation Breath Process™ CD or MP3: To make it easier for you to practice, the author has recorded an audio file that guides the practitioner in the Transcendence Technology Liberation Breath Process™. It is like having a trained facilitator by your side anytime you wish. The guided process covers all the seven aspects of life. The purchase will entitle you to a \$15.00 coupon that can be redeemed for any individual session, phone session or 1 day workshop.

Price: CD \$29.99 Plus S&H / Downloadable MP3 file: \$19.99

-Live 1 day Transcendence Technology Liberation Breath Process™ Workshop: Learn this simple, yet powerful process from its developer. Classes forming weekly in NY. We also can travel as long as there is the minimum amount of students required for a live workshop. In the NY, NJ areas the minimum required number of students is 10, in other states 30 (pending availability). The one day workshop is given on a Saturday or a Sunday from 10am to 5pm. Students will be able to have hands-on experience, learn some advanced variations not taught in this booklet, and work on their specific issues with the help of the instructor. Seminar organizers may take the workshop for free. Please contact us for more info, dates and price.

-Individual sessions: If you live in the Tri-State area (NY, NJ, CT) or Rio de Janeiro (Brazil) and would like to be personally guided by Wellington or a Certified Facilitator, please contact us to schedule a private session.

-YAHOO Group: This FREE discussion group was created for those who have read this booklet and desire to be in touch with other practitioners and the author to get advice and exchange experiences. Major announcements will be given in this group and there will be links and resources to other techniques as they come up. This is the best way to be in contact with the author and other practitioners.

Feel free to join and share your experience and benefits with other practitioners.

<http://groups.yahoo.com/group/liberationbreath>

- **Transcendence Technology™ program**

-The 7 week individual program: In this series of SEVEN individualized weekly personal coaching sessions we will work on the two phases of TT; the clean up, and the reprogramming.

The client will experience a profound liberation of stuck energy, emotions and traumas, and will learn mental reprogramming techniques that will give him/her control of all aspects of their lives. The 7 session's program includes all the processes of TT, including the Liberation Breath Process™.

-2 DAYS TRANSCENDENCE TECHNOLOGY™ WORKSHOPS ALSO AVAILABLE IN THE USA & BRAZIL – VISIT OUR WEBSITE FOR DETAILS.

To purchase products or apply for courses and/or individual sessions, visit:

www.transtechny.com

What is Transcendence Technology™ ?

"There are those who want to improve their hallucination (get a better job, a new mate, a raise, or heal some emotional wound), and there are those who wish to completely WAKE UP from their hallucination and enjoy infinite peace and real power over their lives and circumstances - Transcendence Technology™ is for the second group!"

Give us a few weeks and we will teach you how to eliminate ALL negative emotions and enjoy Power & Inner Peace like never before!

- * Balance your Energy System
- * Erase limiting past programming
- * Harmonize your emotional system
- * Control your mind
- * Eliminate blockages that keep you from reaching your goals
- * Find real peace of mind and happiness
- * Be in CONTROL of your life...NOW!

IT IS NOT THERAPY
IT IS NOT "LIFE COACHING"
IT IS NOT "MOTIVATIONAL TRAINING"
IT IS NOT POSITIVE THINKING...

Transcendence Technology™ is the name we gave to our way of teaching and coaching people on an individual and group basis. It is not affiliated with ANY THERAPEUTIC, PHILOSOPHICAL, RELIGIOUS or BELIEF SYSTEM. We aim to teach every individual, independent of scientific or religious background, a practical way to produce MASSIVE internal and EXTERNAL changes based on the latest discoveries of Quantum Physics, DNA research, energy therapies and mental science.

In the words of Wellington Rodrigues:

"To me what count are RESULTS. Philosophy, speculation or faith does not fill anybody's stomach or pocket, period.

We have to get rid of whatever blocks our progress at a mental and emotional level, and at the same time cultivate a belief system that is consistent with the results we want to produce. If we fail to do it, everything else will be a waste of time.

Rituals, chants, prayers, symbols, meditation, motivational speeches or psycho-analysis will just temporarily distract your mind if they do not emphasize in producing the clean up and the reprogramming. Look around you, the world is full of churches, motivational gurus, self-proclaimed "spiritual masters" and psychotherapists. Shouldn't we have more power and inner peace? There must be something wrong, and I tell you one of the things that are wrong; most "philosophies", be it religious or scientific, just help sink you deeper into the hallucination instead of awakening you.

The goal of Transcendence Technology is to show you how to free your energy system and your mind, not to implant another limiting belief in it. Once you're free, you can decide what to do with your life." (Transcript from a group meeting in Astoria - August 2003)

This way of thinking led us to develop a personal coaching system that has been proven workable and result-producing where it most counts; the real life out there.

The system is composed of a series of 7 practical and result-oriented weekly lessons, combining strategies and exercises that originated from and are rooted in our experience of over 20 years with several alternative systems of mental, emotional and energetic balancing, old and new.

We see Transcendence Technology™ as an effective way of using the power of focused intention, life-force, and the untapped potential of our consciousness to produce relatively quick shifts in our inner states and outer circumstances.

Our basic "FORMULA" states:

Happiness = Freedom + Control

So the goal of Transcendence Technology™ is to help free you from past programming that blocks your progress and the associated emotional imbalance it has created, as well as showing you how to take CONSCIOUS control by reprogramming your Biocomputer (mind) to accomplish your goals with the minimum amount of resistance and effort.

Our techniques focus on mastering the three energetic levels of our holistic being, as follows;

- * **etheric**
- * **emotional**
- * **mental/cognitive**

Changes MUST occur on these three levels to be complete and lasting. Keep in mind that when we say "changes" we're referring to balancing and elimination of the unproductive habits, emotions, and programming that limit your potential.

A Transcendence Technology™ Coach is neither a therapist nor a healer, because it is each individual that heals him/herself at a deeper level. We are just facilitators or coaches helping people focus their energy in the desired direction.

In our practice we have put together methods and exercises that will enhance your ability to:

- * **Balance the physical/etheric, emotional, and mental aspects of your being**
- * **Eliminate past blocks, traumas and phobias**
- * **Manifest your reality, and multiply the power of your affirmations and creative visualizations.**

We divide Transcendence Technology™ in three phases, as follows;

1- The clean up phase (Freedom)

In the clean up phase we focus on finding AND eliminating the blocks that prevent people from using their full potential and accomplishing what they really want in life. We basically FREE our client's life force energy that has become "clogged" due to several external factors.

We simplify the clean up process by linking all emotional and mental imbalances to ONE cause: FEAR. Yes, there are several "frequencies" of fear, which we label with different names, however, the root of all our limitations is the ORIGINAL FEAR created by the separation from our power source and the forming of an EGO.

Since birth we receive impressions and suggestions from the external world. Unfortunately, in most cases, these influences are more of a negative nature, based on the Newtonian view of reality, which helps to create a wall of limitations around us rooted on fear.

Each person is unique and has been brought up in a different manner, so we believe that an individual program is the best way to help a client. We have had many cases of people who had similar limitations on the surface, but the origins and specific mental and emotional blocks were completely different and required different approaches. This explains why sometimes books and videos cannot help all of those who read or listen to it.

Once you find your CORE FEAR VARIATION FREQUENCY in each aspect of your life (see below), specially those that are NOT functioning as you want, it is easy to target and eliminate blockages. The seven aspects we work with are:

The seven levels of self-realization:

- * **Physical (health, well being)**
- * **Emotional**
- * **Intellectual**
- * **Relationships (love, intimacy)**
- * **Social (friendship)**
- * **Financial (career, prosperity)**
- * **Spiritual**

Some of the "clean up" techniques we use include:

- * The Transcendence Technology Liberation Breath Process tm (An amazing technique that will literally "melt away" blocked energy and liberate all your "stuck" emotions and negative beliefs in a few days.)
- * Retro-programming (The changing of negative past events at a Quantum-level of consciousness.)
- * Forgiveness and gratitude techniques
- * Inner Child work

2- The reprogramming phase (Control)

After the clean up phase we go into the actual conscious creation phase, where we work with personalized affirmations and a mental exercise processes that will help you take control of your life and manifest your goals and dreams.

We use several methods, including:

- * New beliefs engineering (Your beliefs run your life)
- * Affirmation work (written & audio)
- * Creative visualization techniques
- * New self-image engineering (Your self-image limits what you can be, do and have in life)
- * The perfect Self template

3- The Transcendence phase

We work on this phase ONLY after mastering phases 1 and 2.

To conclude, We take the essence of the teachings of the great Mental Scientists and Energy workers from East and West and turn it into a practical, easy-to-follow Personal Success method to help you produce tangible results from our first meeting.

2 day seminars are also available – visit our website for details:

www.transtechny.com

About Wellington



Wellington Rodrigues, B.MsC./Ct.Hy.
Transcendence Technology™ Master Trainer
Energy Therapies Practitioner (EFT, Emotrance)
Holistic Success Coach
Board Registered Hypnotherapist

Wellington's innovative techniques encompasses the best mental-energetic holistic practices of the East and West, and have been fused into his coaching system; Transcendence Technology™, an up to date technology for conscious control and practical emotional & energetic balancing.

- *Graduated in Parapsychology and Mental Sciences - Institute of Psycho-biophysics - Brazil
(Accredited by Rio de Janeiro's Board of Education)
- *Certified in Radionics and Advanced Homeopathy - AGEACAC & American Association of Natural Medicine - USA
- *Board Certified Advanced Master Clinical Hypnotherapist - Hypnosis International Board of Registration - USA
- * Certified Hypnosis Teacher - The Hypnodyne Foundation - USA
- * Certified Past-Life Regression Specialist - The Hypnodyne Foundation - USA
- * Bachelor Degree in Metaphysical Science - University of Metaphysics - USA
- * Ordained Metaphysical Minister and Pastoral Counselor - World Metaphysical Ministry - USA
- * Meridian Therapy & Energy Psychology Practitioner - Various - USA
- * REIKI MASTER and Vibrational Therapies Practitioner - Various - USA
- * Chi Kung Practitioner - Chinese National Chi Kung Institute - USA
- * Developer of the "Transcendence Technology™ System"
- * Certified Emotrance Practitioner - U.K.

Wellington's journey into the Mental/Holistic/Energetic techniques started very early. At the age of thirteen, he had his first contact with New Thought, what he calls "the Yoga of the West", through Dr. Joseph Murphy's books. From then on he dedicated himself to learn about all aspects of the human potential. His studies led him to research Tibetan Buddhism, Indian Yoga, Vedanta, Hypnosis, Quantum Physics, Shamanism, and other New Thought sources. All this during his teen years.

When he was 16, Wellington met his first guide, Professor and Parapsychologist Fausto Oliveira, who taught "mental programming" (same as Mental Science) and Parapsychology in Rio de Janeiro.

In 1987, one year before moving to the US, Wellington was one of the youngest Brazilians to be Certified in Parapsychology and Mental Sciences by the "Institute of Psycho-Biophysics", under Professor Fausto Oliveira, now a nationally renowned teacher and author of many books on Mind Programming and Self-development, including the national bestseller "Meu Anjo" (My Angel).

On march, 23,1997, Wellington was appointed "Ambassador to Brazil" for the Hypnodyne Foundation and the Hypnosis International Board of Registration. The highest title ever conferred to a Brazilian in the field

of Hypnosis.

During the last 10 years, Wellington has been studying and practicing Energy Psychology, Applied Kinesiology, Vibrational Healing, energy and Meridian therapies. He calls his method of practicing and coaching "Transcendence Technology™".

Wellington's main focus nowadays is the advanced research and practice of Transcendence Technology™, Meridian Therapies, Energy Psychology, and the Advaita Vedanta/Yogi/Kabalistic philosophies, and its application on every aspect of modern day life. He sees a few clients every week for individual Transcendence Technology™ sessions. He is also a successful web developer and Internet business consultant.

His greatest influences are: Mahavatar Babaji, Dr. Joseph Murphy, Neville Goddard, Walter C. Lanyon, Thomas Troward, U.S. Andersen, Lester Levenson, Leonard Orr, Sondra Ray, Harry Gaze, Emily H. Cady, Massaharu Taniguchi, Paramahansa Yogananda, Jane Roberts/Seth, Fred Alan Wolf, Gary Craig, Steven LaVelle, Dr. David Hawkins, Baba Sri Siva, Joel Goldsmith, and Professor Fausto Oliveira.

He has been a Member of:

The International Association for Counselors and Therapists
The Hypnosis International Board of Registration
The Psycho-Linguistics Society
The World Metaphysical Ministry
Chinese National Chi Kung Institute

Author of :

"Secrets of Personal magnetism revealed"

"Segredos da Alquimia Mental (Portuguese)"

"Breath your limitations away"

"The Nirvana Sounds CD"

Official Website: www.transtechny.com

Share the freedom

Dear reader,

I sincerely hope that this booklet was useful to you. Please don't hesitate to practice until you become thoroughly familiarized with this process and it becomes a conditioned response every time you face a challenging situation or negative emotion.

In exchange for this free gift, I would like to ask you to share this booklet with as many people as you can. We all have a mission in life, and I firmly believe that my mission is to help other human beings find freedom, power and inner peace. However, alone I am unable to reach as many people as I would like to. That is why I am asking for your help. It just takes a few minutes to send an e-mail to a list of friends, but you don't know how many lives you can help just by doing this simple act.

For those who are able to, I would ask for a small donation so I can invest in more advertisement to reach people all over the globe with whom I can share this gift. My goal is to have millions of fellow human beings reading the booklet and practicing the Transcendence Technology Liberation Breath Process™.

If you think the information contained here was useful for you and saved you time and money, besides giving you more happiness, lightness and peace, please exchange this knowledge for a small donation.

There are many reports or booklets being sold online for as much as \$50.00. The value of the process taught here is unknown, and I did not want money to prevent you from trying it and experiencing results. If it is fair enough for you, please contribute with as little as \$10.00. Those who donate will receive a surprise gift through e-mail; a bundle of other life-changing e-books.

Another alternative to donating is purchasing the autographed printed version of this booklet or the Guided process CD or MP3. Both will entitle you to a \$15.00 coupon that can be redeemed on a personal session, phone session, or workshop.

To donate, please visit: www.transtechny.com/donate

May the Force be with you, always.

**Sincerely
Wellington Rodrigues**