

## The Life Transformation Workbook - Introduction and Instructions for Use.

Hello and welcome. My name is JoreJj Z. Elprehzleinn. Thanks for choosing to transform your life and explore the daily applications of mind power in your own life.

Following is your introduction and instructions to use the Life Transformation Workbook:

With this software you can form thoughts more easily and effectively than ever before. You start by forming conscious thoughts “in the universe” about the life you have now. You do this in your head while you are looking at the main screen with the 12 symbols. Then you click on the areas and go into the sections of the workbook that represent “your own universe”. There with image and your own words you describe in detail the life you imagine is best. This process of forming and transforming the thoughts you have about your current life, into the thoughts of what you imagine is better frequently results in the manifestation of what you imagine is best. In the workbook you have a place to record those results. The cycle is complete and you start the cycle again constantly improving your life as your heart desires, using the power of your own thought and the support of your mind.

Please consider the Life Transformation System

A- Z books which contains a concise home study course in which you acquire the method to use the workbook. Use the Absolute Attunement Affirmation and Empowerment Script to make sure you manifestations are in harmony with your inner forces, higher self, and the Divine.

Special technical notes: On Windows computers the download you receive is named DivineLove.zip. When you double click on this file it will open. You discover that there are 2 folders. Texts and Images and a ReadMe.pdf file. Also there is DivineLove.exe which is the program itself. You need to make a new folder on your desktop, or in My Documents, or somewhere on your C drive that is named DivineLove. Put all the contents of the DivineLove.zip package into the new DivineLove folder you made. Not the .zip package! Just the 2 folders, the ReadMe.pdf and the DivineLove.exe. Once the four items are in the new folder you are ready to double click DivineLove.exe and open the software program.

For Macintosh Users the DivineLove.sit program should self install and you must locate the DivineLove icon and then click to run the workbook program.

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The Life Transformation Workbook is a copyright of JoreJj Z. Elprehzleinn.

This product is designed to work as a companion to the Life Transformation System A-Z e-book home study course

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## INTRODUCTION

I am writing these instructions a few weeks before my birthday. (March 2006). According to the extremely accurate Destiny Card system, (see [www.destinylovecards.com](http://www.destinylovecards.com)) this coming year, as it is for everyone, is my re-birth year. The year when for the first time this life I have all the cards in that year the exact same as I did in the first year of my life.

My life is starting over, a new cycle is beginning in just a few weeks. This year, just now ending is called my pre-birth year. Not only am I closing out another year of my life, I am literally closing out the first part of my life this past year and preparing to enter a new life. It feels that way.

You can imagine that such a major new birth is preceded by a completion of many things I have worked on in the first cycle of my life.

This Life Transformation Workbook which you now have on your computer is something I am very proud and pleased to present to you as both my birthday gift to the world, and my graduation present. The past twenty years or so of my professional career I have greatly focused on learning and sharing the art and science of using thought to manifest those things and situations and feelings and life conditions that each of us dreams about.

People call this manifesting what you want, creating your own reality, the power of prayer, ask and ye shall receive, and many more names and terms for what I call Life Transformation.

The Life Transformation Workbook represents a focused accumulation of all my experience and knowledge not only in this field of using imagination and thought to solve all your problems and manifest the life you most desire. It also represents my professional work, studies, and experiences in the fields of Christianity, yoga, various forms of bodywork and physical training and athletics, extensive work in marketing, advertising, design and finance, one BA

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degree with honors in Psychology and a second MA equivalent in Communications or what is currently called Life Coaching.

I consider that my work in publishing and presenting the Life Transformation System A-Z method ([www.elprehzleinn.ca](http://www.elprehzleinn.ca)) is my PHD equivalent though no formal university gave me that degree. I consider that I earned it and gave it to myself in the school of life.

I am telling you my story because I want you to understand how much has gone into this simple software that you now have and are preparing to make use of.

I want you to understand why it works as well as it does because when you follow the instructions and start to amaze yourself at how easy it is to use and get the results you imagine you want you will need to have this explanation inside of you.

So that you can feel comfortable using the software. So that you know that just because it is simple and easy to use that you are not cheating at life. You are not getting away with something. You are using a Life Transformation Workbook that I invested many years and many dollars to produce.

I tested it and researched its effectiveness in my own life and now it is yours to experience. To experience the boost in your manifesting skills that comes with a tool that increases your ability to focus and concentrate. And there are many other components built into this that I will tell you about. First let's get to the instructions for using it.

## INSTRUCTIONS

Life Transformation Workbook is very simple to use. Do not let the simplicity fool you. This is very effective and advanced mind enhancing technology. I developed this software directly for 5 years after about 15 years of preparation and investment. I completed it in the past few days. (March 2006)

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Now it is ready for you to experience high quality sophisticated manifesting with thought.

Here is the explanation of how to use Life Transformation Workbook:

1. Open the program by clicking on the golden Sun icon.
  2. You see when you open the program, on the screen there are 12 symbols representing the 12 areas of life that you learn about in the Life Transformation System A-Z book series. Choose one area you want to work on. As you keep your eyes focused gently on that symbol say to yourself in your mind, "In the universe in the area of (read the name of the area on the symbol)". Now proceed while still looking at the symbol to describe how things are in this area of your life in the present.
  3. When finished say again, "In the universe in the area of (read the name of the area on the symbol)" and now click the symbol and it takes you to the area with the image area and text entry space for that area.
  4. Write in the text entry area what you imagine is better than what you have declared "in the universe". Now here you are in your own universe write out as if happening now in the present moment what you imagine is best for your life. Click the blue button with the arrow to save.
  5. Search your files or the internet and find an image that depicts visually the most important aspect or quality of what you imagine is best in this area. You can drag and drop that image directly from your desktop (or in some cases from your internet browser) onto the image area in the Life Transformation Workbook. This replaces the marker image that was there when you first opened the program. It
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replaces it with your image. Click the blue button again to save.

Fill in all the twelve areas in the above manner. When completed go back from time to time and simply state what is happening in the universe and then click the area button and read what you have written for that area. If you can think of something better than replace or rewrite.

This method of focusing your mind and transforming your current life situation into what you imagine is better produces fine results.

What you write and depict in the Life Transformation Workbook tends to manifest in real life.

Record in your results journal the results that manifest for you in your life. (click the symbol that looks like an S to get to the results journal).

This can work for you.

The reason it can work for you is because of the mind power that you have inside of you in combination with the various enhancing tools that are in this program.

Fill in all the areas at whatever pace is comfortable for you. When they are all filled in you can click around through all the areas and read and see the vision you have in your own universe to reinforce it.

Enjoy!

Namaste and Thank you.

JoreJ Z. Elprehzleinn  
[www.elprehzleinn.ca](http://www.elprehzleinn.ca)

## ADDITIONAL NOTES:

The Life Transformation Workbook is a highly refined procedure that works because it focuses your mind intently on what you imagine is best for you life.

There are many additional factors that work together to make what you imagine appear in your real life.

The first of these factors is what you can learn in the Life Transformation Formula home study workshop. This explains how and why this process works. Please get the Life Transformation System A-Z books at [www.elprehzleinn.ca](http://www.elprehzleinn.ca) to improve your understanding and ability to benefit from the Life Transformation Workbook.

The Life Transformation Workbook contains the Sanskrit characters for the mantra So Ham Hum Sa which translates as "I AM THAT I AM". This mantra is visually written on the screen at the bottom of each area of the Life Transformation Workbook. This mantra centers you in your being and gives you the presence to hold your manifestations and enjoy them in reality safely.

When you click on the mantra it takes you to a page with all the twelve areas of life listed on one page. This is a workspace to help you condense your thoughts in each area of life. What you do in the workspace is write out the one thing that you imagine is the best in each area. This will help you focus.

The symbol that looks like an "S" that leads to the results journal is the Nordic Rune "Sowilo".

Looking at this rune focuses your mind on the qualities that define the meaning of this ancient symbol:

"(S: The sun.) Success, goals achieved, honor. The life-force, health. A time when power will be available to you for positive changes in your life, victory, health, and success. Contact between the higher self and the unconscious."

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The main screen of the program contains the 12 area symbols arranged in a form of Sacred Geometry which is called Metatron's Cube.

"This geometric figure is formed upon a figure known as The Fruit of Life, derived from The Flower of Life. Metatron's Cube contains the Hexagon, Equilateral Triangle, Square and Cube (to name a few). Metatron's Cube contains all 5 Platonic Solids."

There is an Archangel known as Metatron.

As you move through the journal doing your work you continually return to this main image to click back and forth through the 12 areas of life. I built this sacred geometry into the software so that you would benefit from interacting with it both consciously and unconsciously.

Sacred geometry appears in the center of the 12 areas main screen in the form of a Sri Yantra. This was added for additional benefits to your brain and consciousness from repeated gazing and focus that naturally occurs as you work with your journal.

When you first open the Life Transformation Workbook each area has a grey image area with a green and black symbol on a golden background. The shape defined by this grey area is a "golden rectangle" based on the Fibonacci sequence of numbers. The golden rectangle is sacred geometry that offers a feeling of balance, harmony, natural growth, and beauty by its presence in the Life Transformation Workbook.

The shape of the main window of the Life Transformation Workbook is also a golden rectangle in the proportion of 1:1.618

The green and black symbol on the golden background is a magical symbol for the sun and the Archangel Raphael.

