How to program a belief regarding your free will:

Note: Use the worksheet for the tutorial to identify, define, and program your beliefs.

It is important that you use your own words and expressions! Write the way you think!

1. Go to a quiet place, relax, and activate your I-frequency. Think of someone you love or something you love.

2. Think about how you use your free will in different situations or areas of your life. To what extent do you consciously decide how you want to think and what you want to think about? Observe how you feel, e.g., when you think about important life issues, your finances, or your relationship. How does your I-frequency react?

Your I-frequency becomes stronger

3. If you feel good because your I-frequency is getting stronger, analyze the content of your thoughts. How do you feel about your free will and how you use it? What words do you use? Why do you feel good when you think about it?

Write down a few key points under ① in the worksheet.

This section describes how you have thought up until now.

4. Consider whether you want to continue thinking this way or whether you want to optimize your thoughts a little so that you feel even better and express even more confidence and self-assurance when you think about or exercise your free will.

Once you are clear about how you want to think, write down your thoughts under ⑤.

This section describes how you want to think now.

Continue here at point 5.

Your I-frequency becomes weaker

3. If you don't feel well or your I-frequency drops, you have identified an unfavorable belief. This belief relates to a specific area of your life or application of your free will. Identify which area this is and analyze the thoughts behind your belief. How do you still express absence, separation, lack, or wanting (fear) in this area? Identify the words you use to express that you cannot use your free will in this area, or why you believe you cannot use your free will.

Write down these thoughts under ① in the worksheet.

This section describes how you have thought up until now.

4. Now define thoughts for your new belief that express presence and the application of your free will in this area. Formulate thoughts that suit your level: statements that you can think and feel without resistance, i.e., your I-frequency remains constant or improves. Don't go straight to the top!

Write down this content (keywords) under ⑤.

This area describes how you want to think now.

Continue here at point 5.

5. Next, formulate how you want to feel when exercising your free will and write it down under ②.

6. Then formulate how you would like to perceive yourself when exercising your free will and write it down under ③.

7. Now combine points ② and ③ into a single statement (can be several sentences!) and write it down under ④.

8. Combine the statement under ④ with the content for your new belief under ⑤ (into a statement!) and write it down under ⑥.

9. Write down your belief in as many places as possible. Write little notes and hang them up. Write the belief in a notebook and carry it with you at all times. The aim is to remind yourself of your new belief as often as possible.

You can also create reminders for yourself, such as small colorful dots or other symbols that you place everywhere. These will subconsciously remind you of your new belief.

Be creative!

10. Think only this new belief! Think it as often as possible, e.g. when you make a decision, or when you notice that your I-frequency drops because you become unsure whether you can or should use your free will. Whenever the topic of free will is relevant.

11. You should take action! Get started and remain disciplined until your new belief is programmed and you notice that your free will is stronger than before!

12. Complete additional tutorials, as everything is connected and your skills influence each other. It is therefore very important that you work on all your skills and achieve a high level of proficiency.
Your I-frequency will show you where you still need to improve.

Listen to it!