



**T H O U G H T**  
UNIVERSITY

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This Guidebook will offer perspective and give you some direction on what you can do with this information. Each part will guide you to fill in the blanks of your learning and personal understanding that you may have only vaguely known or not being familiar at all. It will offer suggestions as to what a person should do with this information to add to their person growth. Thank you for taking the time to watch the videos provided in Thought University.

**Part I – How Energy Affects Your Life**

- a) What is my vibration?
- b) Energy, Frequency, & Vibration
- c) RIFE Frequencies
- d) Discovering w/ Steve Jobs
- e) The Magnificence of 3, 6, & 9 – Nikola Tesla

**Brain Fitness at All Stages of Life**

**Subconscious Beliefs**

- a) Dr. Bruce Lipton
- b) Jeff Liberman

**Part II – Higher States of Consciousness**

**Brain Facts – How We Create Brain Function**

- a) Neuroplasticity

**Brain Health - How Our Diet Affects Our Brain**

**Brain Training**

- a) Neuroplasticity
- b) Brainmapping
- c) Brain Training

**Part III – Personal Development**

**Focus & Concentration**

- a) 10-Reasons why people have difficulty with focus & concentration

## **Meditation**

- a) Understanding why Chakras are important to our personal balance
- b) Explanation of Transcendental Meditation

## **Law of Attraction Explained**

- a) Bob Proctor offers detailed explanation of Law of Attraction

You can find solutions to furthering your understanding and personal development by going to the Navigation Bar of this website: <https://www.thoughtgenius.com>

Select PURCHASE to buy services & coaching packages. If you would like more information, in the Navigation Bar. Select APPOINTMENTS to schedule either a phone call or a Zoom video conference meeting (recommended).