



## THOUGHT 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.

### **How Energy Affects Your Life**

- a) What is my vibration?
- b) Science, Spirituality & Vibration – Jeff Lieberman
- c) Energy, Frequency, & Vibration
- d) RIFE Frequencies
- e) Discovering w/ Steve Jobs
- f) We are all connected – Jim Carrey
- g) The Magnificence of 3, 6, & 9 – Nikola Tesla

### **Brain Fitness at All Stages of Life**

- a) Everything is Energy
- b) Interview with Dr. Pat Tucker
- c) President of SOLEX Loren Swenson

### **Subconscious Beliefs**

- a) Dr. Bruce Lipton
- b) Who Are You? Jeff Liberman

### **Biohacking Your Body**

- a) LifeVantage Imagine
- b) Sirtuin What Are They & Why Does it Matter?
- c) Harvard Professor David Sinclair on Aging
- d) Biohacking Product – Nrf2
- e) Biohacking Product – Nrf1
- f) Biohacking Product – NAD
- g)

### **Stem Cell Activation**

- a) Stem Cell Revolution
- b) Stem Cell Activation

- c) LightWave CEO Savid Schwimmer
- d) LightWave Patch Get Rid of Wrinkles?

## **Brain & Body Health**

- a) How Food Affects Your Brain
- b) Everything is Energy (affecting the body)
- c) Nrf2 Cellular Activation
- d) Updating Your Stem Cells with Light

## **Part II - Brain Training**

- a) Brain Mapping
- b) Brain Training

## **Part III - Personal Development**

- a) Personal Development by Jim Rohn
- b) 7-Essential Pillars for Personal Development

## **Focus & Concentration**

- a) 10-Reasons why people have difficulty with focus & concentration
- b) How to Get the Brain to Focus

## **Meditation**

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

## **Law of Attraction Explained**

- a) Emotional Intelligence Using the Law of Attraction
- b) 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).