

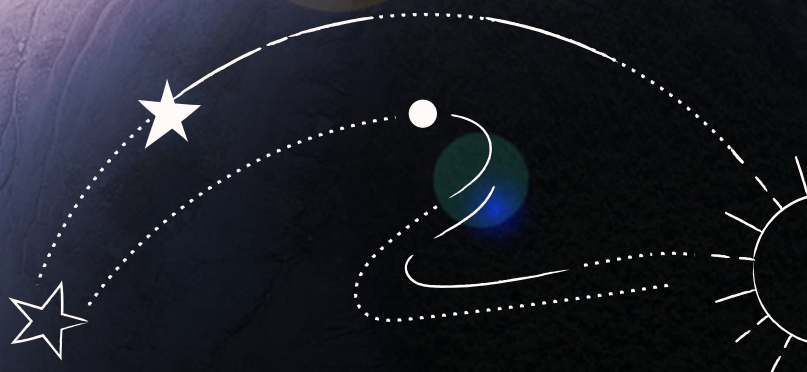
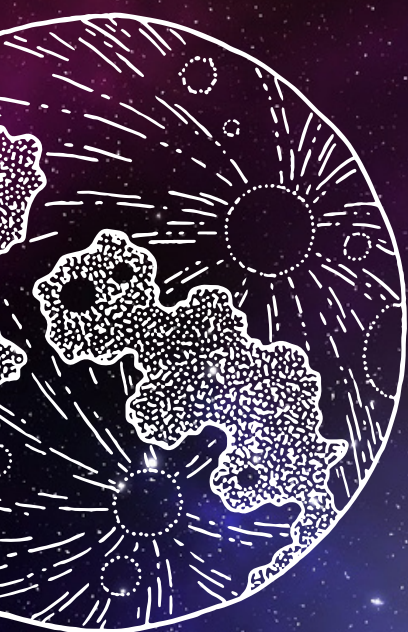


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# EXERCISES

By: Renee Garcia



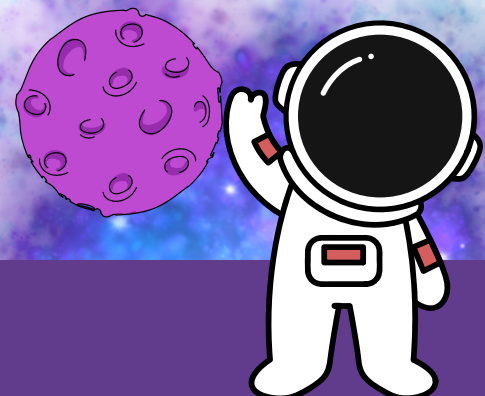


# SLIDE DESIGN MEDITATION

I am going to offer you now a Slide building meditation that I have developed for myself over the years. Oftentimes for me, I get stuck when I don't properly build my Slide. Building your slide is a crucial process because again, without fully understanding where you are going, it's challenging to get there.

The noise and sensory overload of daily life can obstruct the process in adequately designing your slide. This Slide designing meditation is easy and simply takes you disconnecting from your world for a few moments to go within and allow yourself the process.

Sit down in a seated position, in a classic meditative style to begin. Try to remove yourself from your environment as much as possible or silence all distractions. Going out into nature, sitting on a beach or somewhere you feel you can be alone is ideal. Begin your meditation with a few deep breaths relaxing yourself. Then begin to imagine you living in the version of reality you intend. Don't worry if you can't necessarily see the details to begin with. This is exactly what the meditation will accomplish.



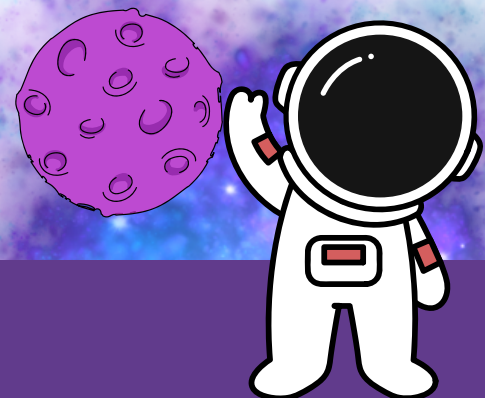
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# SLIDE DESIGN MEDITATION

Visualize any elements that you can. This could be location, you performing specific tasks, being in an active creative state or any other visual you can imagine. Then start to draw on other senses. How does this environment smell, sound and feel to the touch? Maybe you have a dream of opening a restaurant, what senses can you evoke in your visualization? Do you smell food, hear the sounds of a busy kitchen or feel yourself kneading bread? Go in deep using all your senses.

Then tap into the emotional aspect of the slide. How do you feel emotionally? Do you feel hurried to get hot food out on time to guests anticipating your delicious meal? A sense of deep satisfaction at your creations? A connectedness with your staff. Feel it ALL.

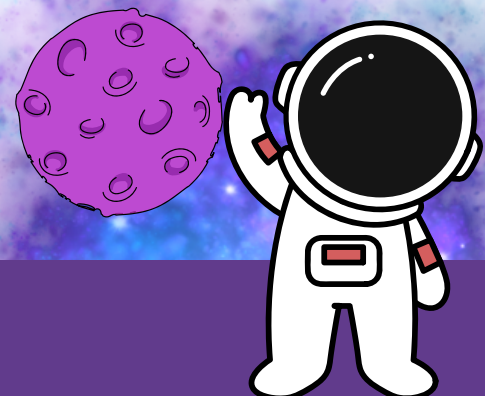
Incorporate as many details as you possibly can sensually and emotionally. Feel this reality in your mind, body and soul before bringing yourself out of the meditation. Use this place that you have created before bed, during “slide breaks” or in the deprivation tank.



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# RAPID MATERIALIZATION CHECKLIST

- ☐ Do I maintain a strong connection to the fact that this intended version of reality does exist?
- ☐ Are my thoughts, actions and frequency aligned to the materialization of this reality?
- ☐ Am I utilizing free moments, times of relaxation and setting aside time to run my Slide as I designed it in my meditation?
- ☐ Am I adding new elements to my Slide as they come to me?
- ☐ Am I keeping my pendulums in check?
- ☐ Am I utilizing my Object of Intention and my Artifact of Power?
- ☐ Am I utilizing my Goals and Doors Book and Live Stoll techniques?
- ☐ Am I keeping my Importance levels in check, trusting my world and not using Inner Intention (force) as my primary source of energy?
- ☐ Am I taking Anomalous Action DAILY in the direction of my Slide?



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## Pendulum Exercise



Identify  
Pendulum

How Am I Paying This Pendulum

Scale 1-10  
How Much  
Does This  
Benefit You

Identify the  
Product of the  
Pendulum

Steps to Renegotiate With the Pendulum

