

Tom Nuyens Presents



ALIVE ACADEMY

# 1. CONCEPTUALLY

THEORETICAL INSIGHTS PAST FEAR, PAIN, ADDICTIONS AND DIS-EASE



## CHECKLIST

## DISCLAIMER

These video series will give you the theoretical secrets that made me dis-cover and overcome the root of all my fears, pains & dis-eases. Everything that limited me to live the life I am born for.

By law I am not allowed to claim that these videos will do exactly the same for you. But I am allowed to share the insights that changed my life radically. To protect all that I have worked for and to be able to keep sharing these insights, the following disclaimer is added:

The information provided to you in this checklist is for general use purposes only.

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**“Only when we Know & Solve the Root Cause,  
we can heal the Root,  
together with its symptoms,  
Once and for all”**

Tom Nuyens

## VIDEO 1. ACUTE ANXIETY RELIEF & HOW FEAR WORKS



### CHECK THE BOXES

I understand by effectively checking all the boxes & by filling out this checklist with radical honesty; I will make sure, not to miss any insights to complete this experience. This way I will experience and create the possibility for an 11 times more effective result.

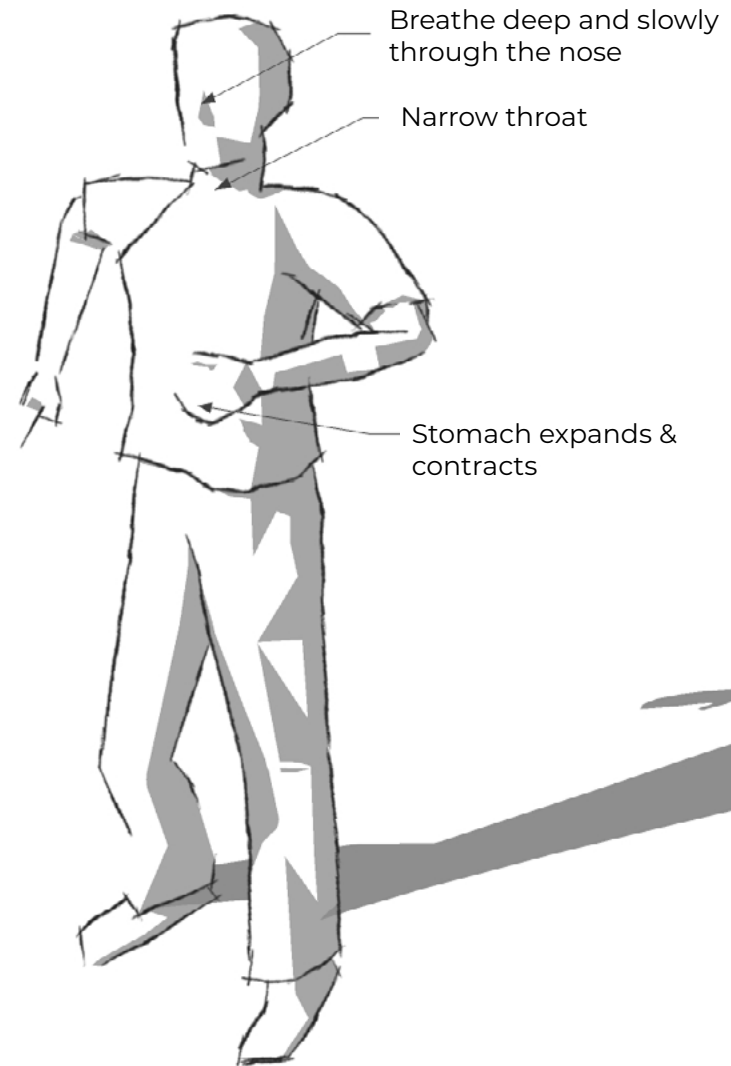
I will save all the pages of this checklist, I will need them later in the 'experience'.

I have mastered diaphragmatic breathing as described in video 1. and as shown in the drawing on the right.

I understand that this technique won't solve the root of anxiety yet, but that this technique will:  
- get me over any acute anxiety on my path from the surface to the core &  
- will bring me the confidence to complete the entire journey.

I am prepared to see with pure logic that the direction that we all are used to go, only brings us further away from liberating ourselves from our fears, pain, dis-eases, scarcity and living the life of our dreams.

I am willing to open up for the possibility to change direction that will take us straight to our goal.



## VIDEO 1. ACUTE ANXIETY RELIEF & HOW FEAR WORKS



### FILL OUT & CHECK THE BOXES

Write down what you are looking for in everything that you buy, pursue or invest your time and/or money in.

Is it true that you are looking for just one feeling, a feeling of complete fulfillment, of finally having arrived?

YES

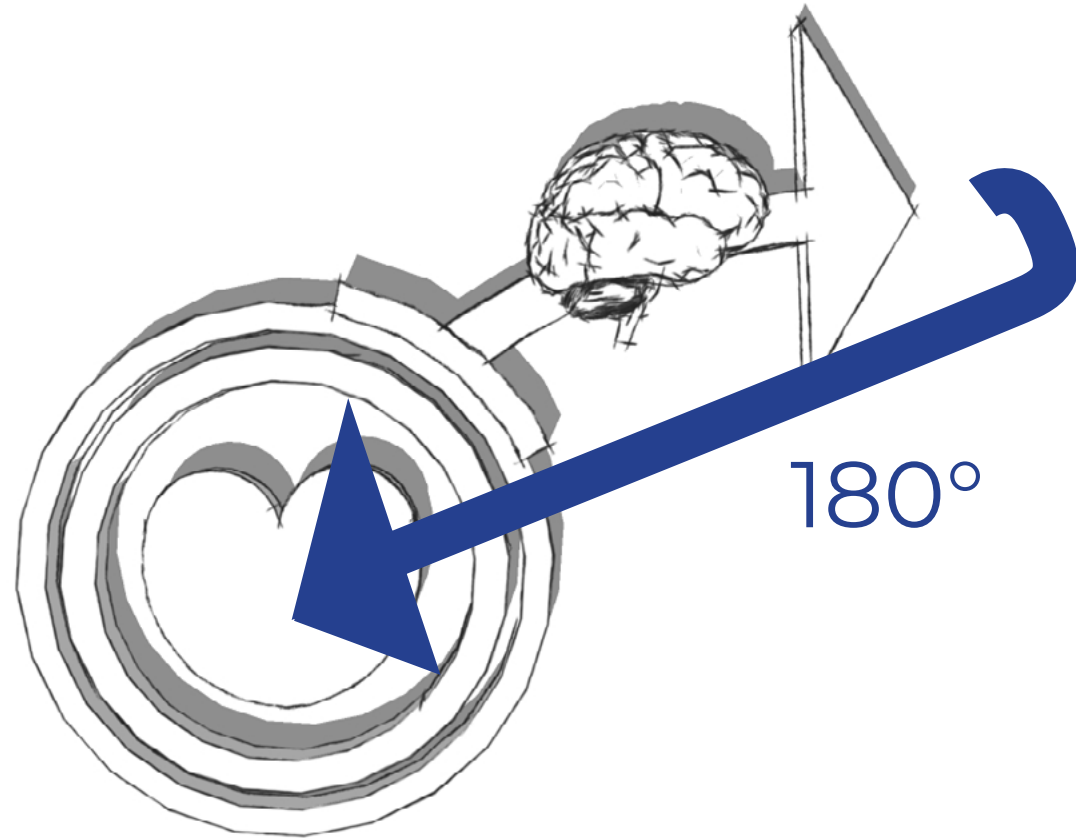
NO

Does the feeling of lasting peaceful fulfillment will ever be reached by looking in this direction?

I understand that we need to make a 180° u-turn straight towards our unsolved pain, to solve the root of all pain, fear, restless thinking, dis-ease & scarcity.

I understand that it might seem scary to head straight into the direction (towards our unsolved pain and fear), where we have been running away from our entire lives. But now I master the breathing tool, this will help me until I solved the root of all fear and can't produce any more fears.

I understand that by blaming or judging the outside world for how I feel and telling them to change, will keep me in a dependent victim role. And prevents me from making the u-turn towards independent fulfillment.



## VIDEO 1. ACUTE ANXIETY RELIEF & HOW FEAR WORKS



### FILL OUT & CHECK THE BOXES

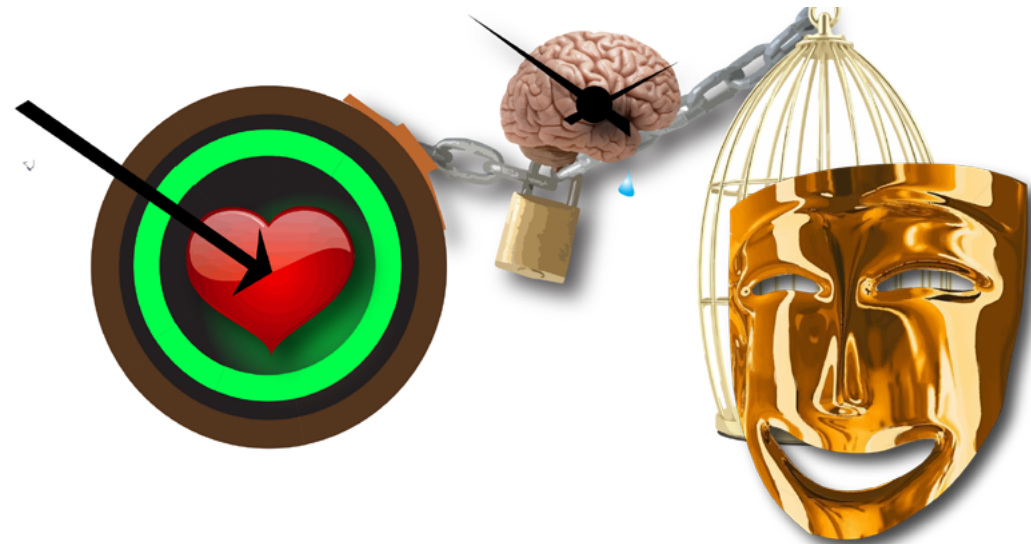
I understand by being radical honest with myself  
& by admitting that I still have fears, pains, dis-ease and scarcity  
in my reality; the fundamental start is to cleanse my reality.

Write down all the things that you want to have or want to do,  
that will make you restless, irritated, sad, or even angry,  
when you don't get them immediately or can't do them:

I understand by what I wrote down, at this point in my life  
these are still `things` I want to use as a distraction  
away from my fears and pains.

I understand, first I need to learn to **feel completely fulfilled,  
independent of these things,**  
before I can enjoy them in freedom of fear and pain.

I understand not even the greatest symbols of success or  
the greatest mask or wall of pretending, will ever liberate us  
from the **unsolved-pain-fear-prison** and won't let us experience  
true, independent, fulfillment and abundance in every way of our lives.



VIDEO 1. ACUTE ANXIETY RELIEF & HOW FEAR WORKS

DISEASES

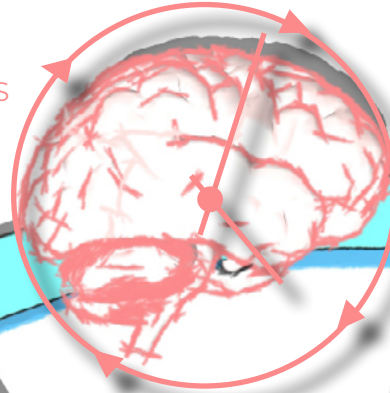


CHECK THE BOXES

Checked all the boxes with radical honesty in which you recognize yourself.

- EXHAUSTION:
- DEPRESSION
  - BURN-OUT
  - SUICIDE
  - STRESS
  - TIREDNESS

UNSTOPPABLE THINKING



DIS-EASES

- HEADACHE/ MIGRAINE
- INSOMNIA
- BACK PAIN
- OTHER PHYSICAL DIS-EASE

HIDING PAIN BEHIND A MASK

- CONTINUOUSLY THINKING
- BEING BUSY WITH BEING BUSY
- HAVING NO TIME
- RATIONALIZING
- BEING BUSY WITH MOBILE DEVICE
- BUYING NEW THINGS
- CREATING SUCCESS
- BUYING A BIG HOUSE, CAR...
- CONTROLLING OTHERS
- PRETENDING TO BE HAPPY
- JUDGING OTHERS
- GAMING
- SUGAR CRAVINGS
- FACEBOOK
- TELEVISION
- SUCCESS
- CONTROLLING
- PLEASING OTHERS
- SLEEPING
- ALCOHOL
- EATING EXCESSIVELY
- SEX/ PORN ADDICTION
- DRUGS
- WORKING
- EXTREME SPORTS

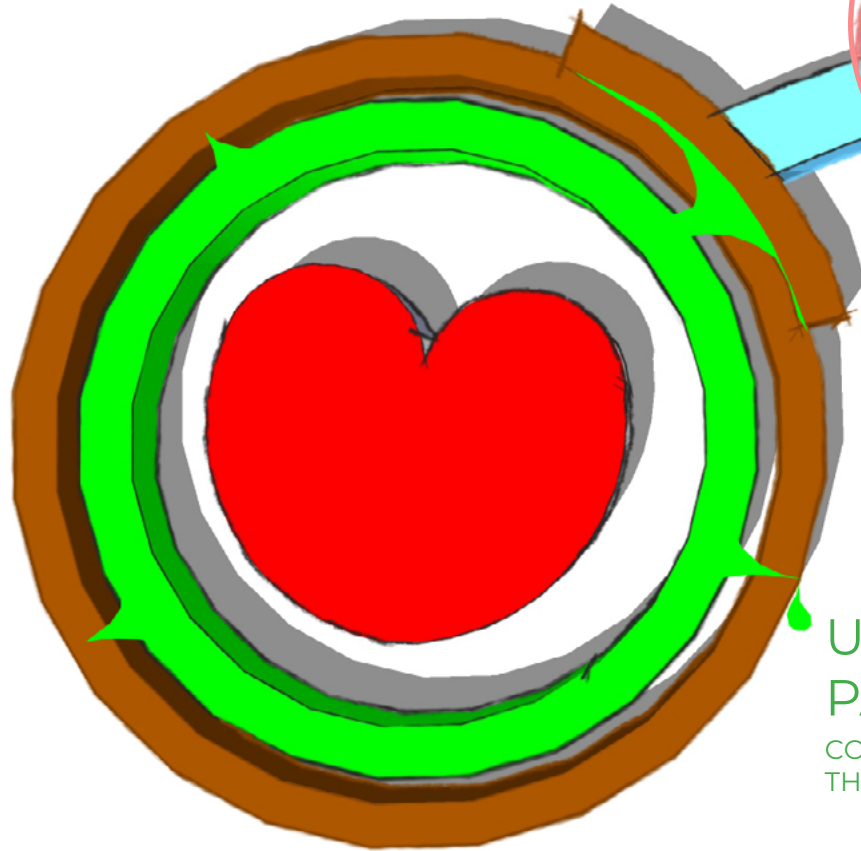
= NOT WANTING TO FEEL UNSOLVED PAIN

UNSOLVED PAIN

COMING THROUGH THE SURFACE

- IRRITATION
- AGGRESSION
- ANGER
- PHYSICAL PAIN
- BOREDOM
- SELF PITY
- JEALOUSY
- OTHER EMOTIONAL DIS-EASE

= CONTINUOUS FEAR THAT A DISTRACTION WILL FALL AWAY, SO THAT WE FEEL PAIN AGAIN



PROTECTION MASK

## VIDEO 1. ACUTE ANXIETY RELIEF & HOW FEAR WORKS



### FILL OUT & CHECK THE BOXES

#### My story..

Write down your story in keywords.

If there would be a magic trick to undo yourself from a certain part of your story, which part would you want to get rid of? i.e.. depression,...

How does your story still serve you even though you want to be free of this part? E.g.. It provides you with distraction or attention

I am prepared to let go of the benefits from being a victim, because I understand they keep me trapped in my victim reality. By willing to let go of those benefits I will allow myself to open up for unlimited benefits that come naturally with complete liberation and fulfillment from the inside out.

YES

NO

I am ready for the next 3 free videos that will reveal the theory for Free. Video 2 will be sent to you **tomorrow**, so make sure to check your inbox.





## DO YOU WANT TO GET 100% OFF OF MY HEALTH COURSE (Normal \$97)

If you help sharing to help bringing independent fearless power back to the people, you will get your 100% reduction coupon code for my Get Natural Master Class (How to let nature itself restore your strong physical Health)

Just click the blue button below (step 1).  
It will bring you to the page you see on the right (step 2)  
At the bottom of the page you will see the instructions how (step 3)



# ALIVE ACADEMY

## GET NATURAL MASTER CLASS

DISEASE PREVENTION, REMISSION & REJUVENATION



1

**Yes! I want to help Sharing**  
**in return for FREE ACCESS now!**  
(How: Scroll down to the bottom of the next page)

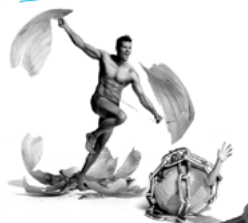
2

**BREAK FREE FROM FEAR**  
FROM THE ROOT UP

**Get your Energy & Independent Power back!**

Watch the 4 - FREE - Videos:

video 1: Tool to get you past any symptom of Fear or Anxiety  
Video 2: How to stop adding more Fears  
Video 3: Exit Financial Fear Trap  
Video 4: Insight that will set your mind Free



**WATCH 4 FREE VIDEOS**

**TESTIMONIALS**

06:42

Name:

Email:

**Yes, I want to watch the 4 FREE videos now!**

*"I referred 5 of my friends who also want to get their independent power & energy back and I got a 100% off coupon code to let let nature itself also restore my optimal natural physical health... Woo-hoo"*

3

### Helping to bring power back to other people too will be rewarded

By helping to share these 4 free videos with your friends, so they can get their fearless independent power back in these stressful times, you will be rewarded with a 100% off reduction code to the "Get Natural Master Class" about how nature itself can restore your optimal physical health too.

Name:

Email:

**Yes, I want to help Sharing** so people get their Energy & Independent Fearless Power Back too, in return for a 100% OFF Reduction code to the Get Natural Master Class