

Tom Nuyens Presents



ALIVE ACADEMY

1. CONCEPTUALLY

THEORETICAL INSIGHTS HOW I GOT 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:

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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. MY 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.

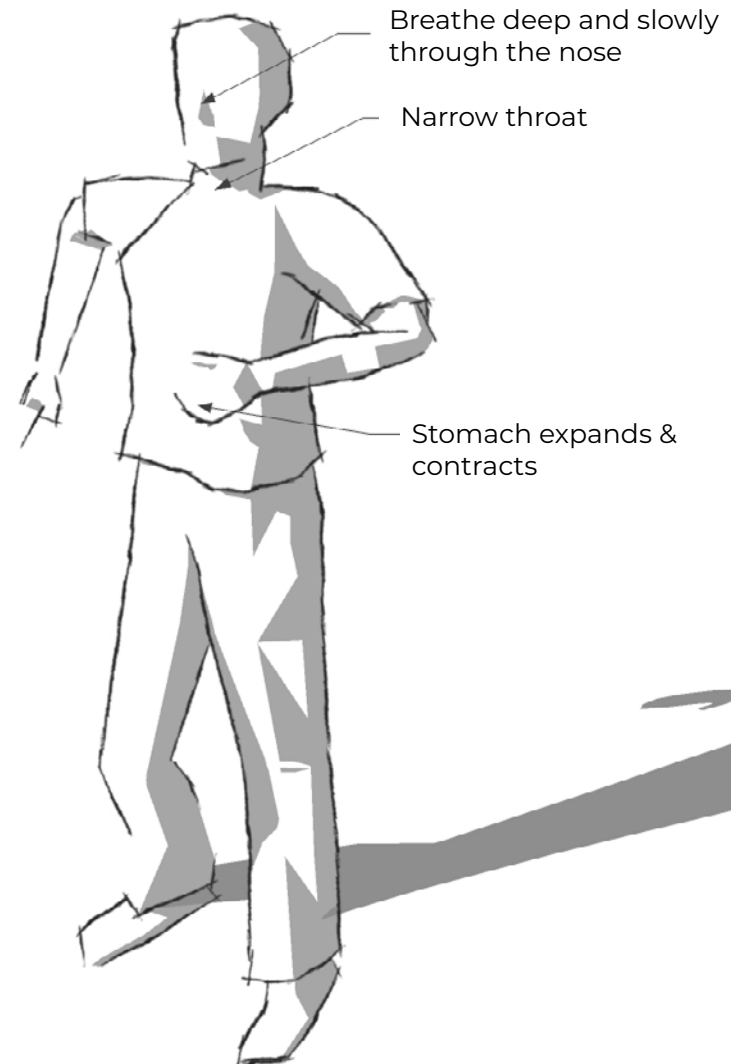
I will save all the pages of this checklist, I will need them later in the 'experience'.

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 is intended to:
- get me over any acute anxiety on my path from the surface to the core &
- 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



VIDEO 1. MY 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

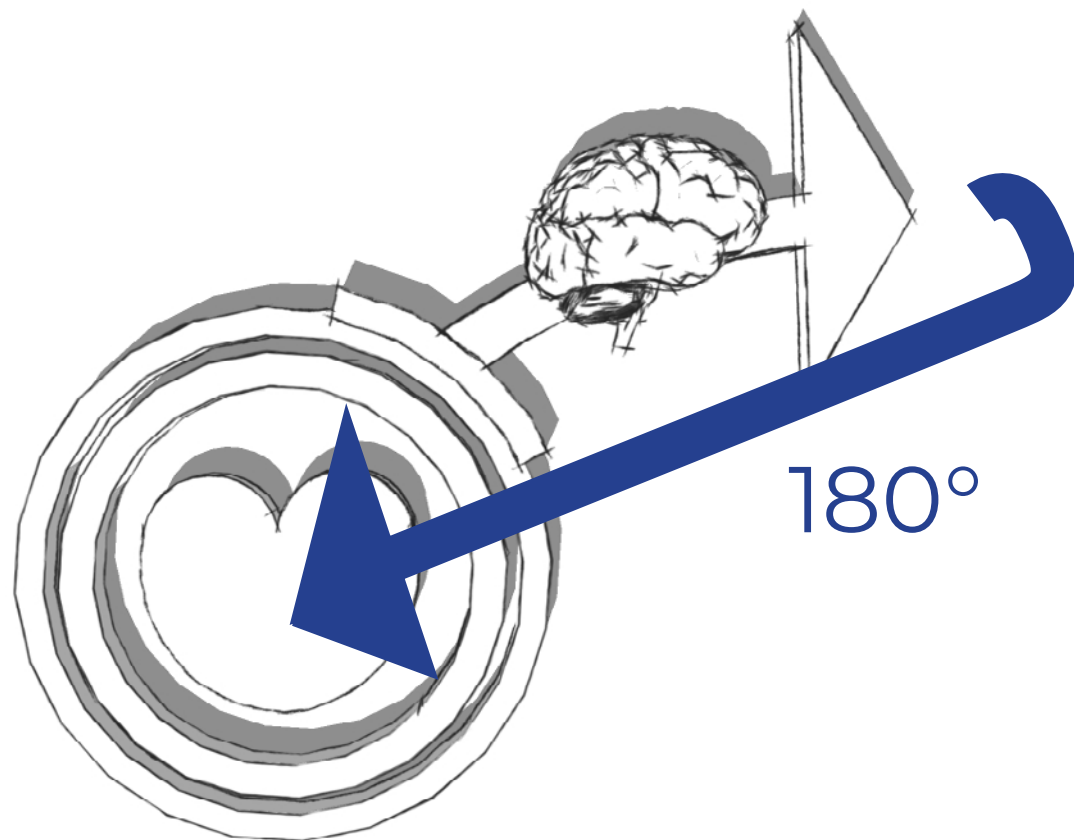
Does the feeling of lasting peaceful fulfillment will ever be reached by looking in this direction?

I understand that we need to make a 180° u-turn straight towards our unsolved pain, to address the root of all pain, fear, 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 address 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. MY ACUTE ANXIETY RELIEF & HOW FEAR WORKS



FILL OUT & CHECK THE BOXES

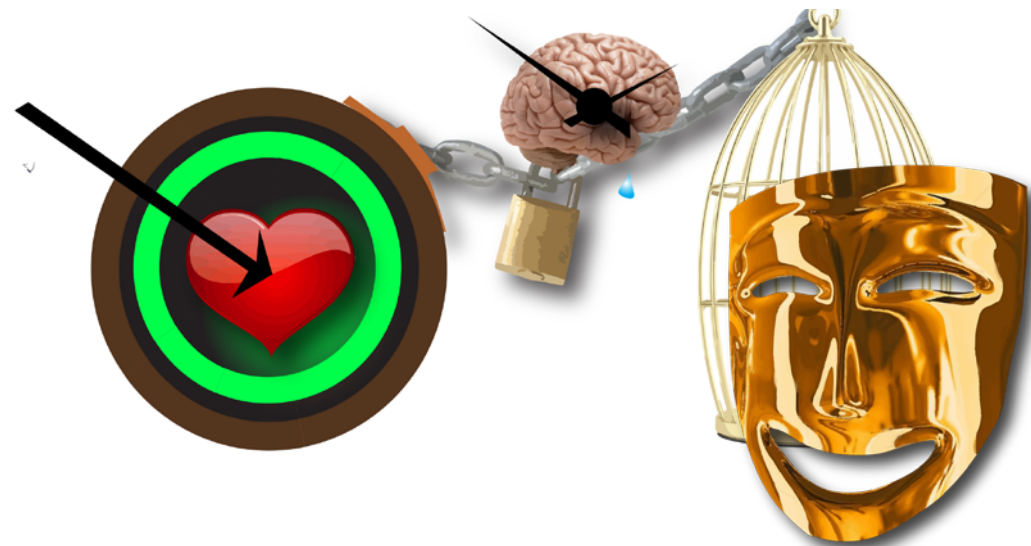
I understand by being radical honest with myself
& by admitting that I still have fears, pains, dis-ease and scarcity
in my reality; the fundamental start is to cleanse my reality.

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 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. MY ACUTE ANXIETY RELIEF & HOW FEAR WORKS DISEASES

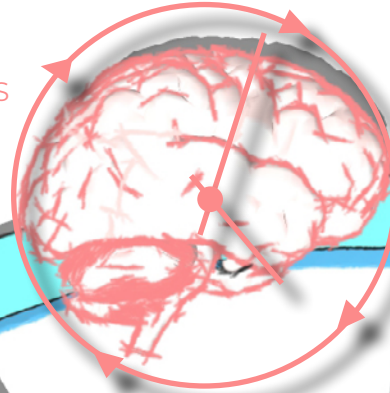


CHECK THE BOXES

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

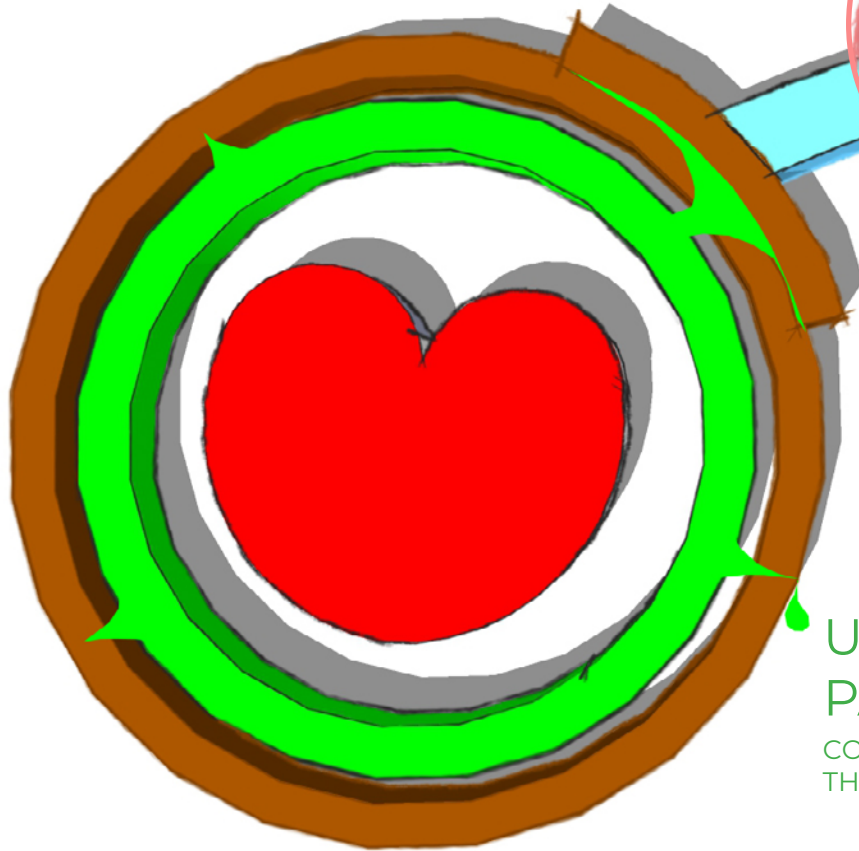
= NOT WANTING TO FEEL UNSOLVED PAIN

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



DO YOU WANT TO GET 100% OFF OF MY ONLINE FUNDAMENTAL HEALTH COURSE (NORMAL \$47, value immeasurable)

When you help me wake up the world from Fear, Control, Dependencies & Dis-eases to Love, Freedom & Natural Health by sharing these 4 free videos to help give people their independent, fearless power, and intuition back, you will receive your 100% reduction coupon code for my Physical Flow Plan (addressing all 4 'root causes of all physical dis-ease' or blockages so our body flows or functions effortlessly and healthy again).

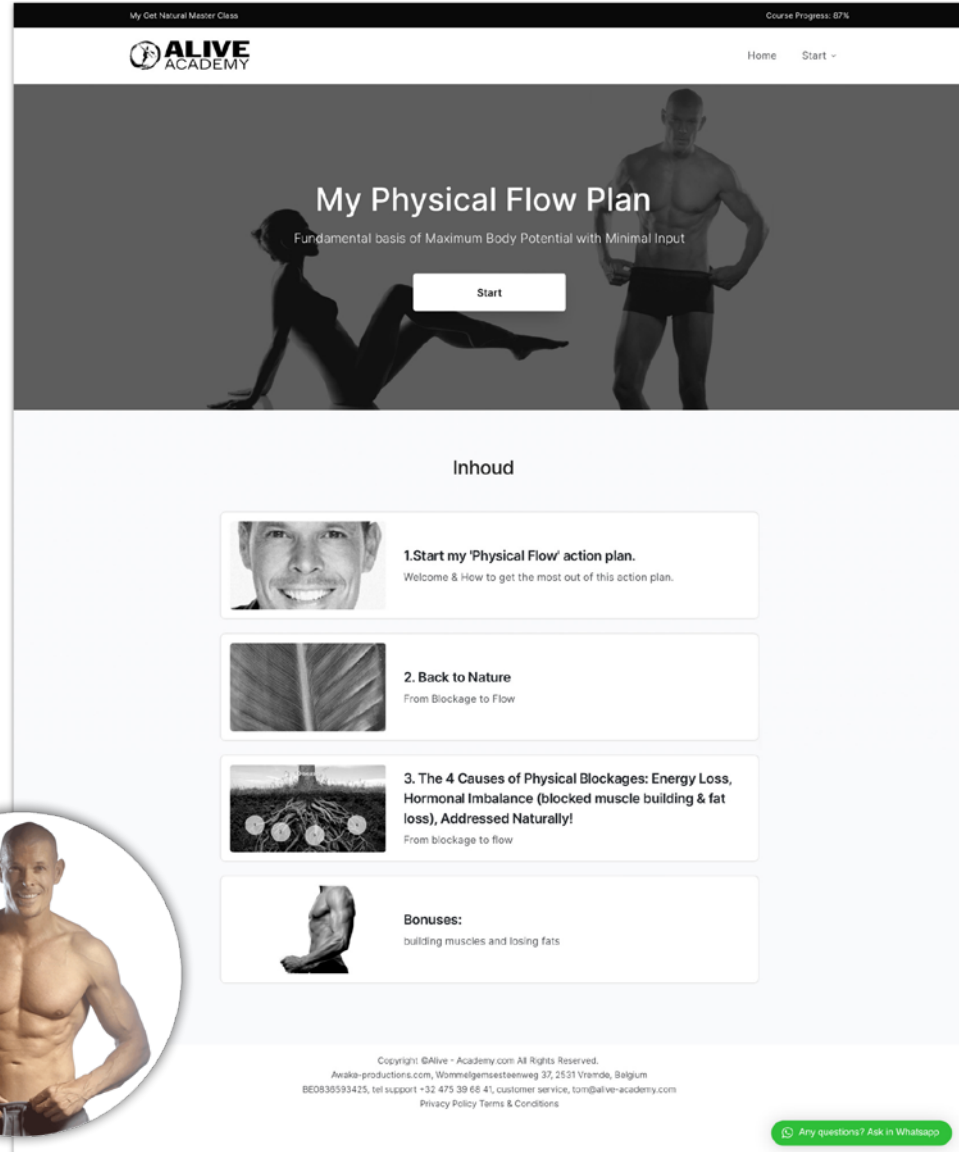
After surviving a life-threatening disease when I was eight, I became very grateful for having a second chance at living. Studying health and disease became my passion, and health became my wealth. Due to my health passion, I initially followed all health guidelines strictly but experienced that they made me weaker, sicker, and more dependent on the pharmaceutical industry. I discovered that:

'Most of our Conditioned Health claims are flat out wrong and sometimes even provide us with the opposite outcome of what they make us believe.'

Especially in times of misinformation and censoring by governments and big industries, it is my moral obligation to stand up and share.

Just click the blue button below.

Yes! I want to help Sharing in return for FREE ACCESS

My Get Natural Master Class Course Progress: 07%

ALIVE ACADEMY Home Start -

My Physical Flow Plan

Fundamental basis of Maximum Body Potential with Minimal Input

Start

Inhoud

- 1. Start my 'Physical Flow' action plan.**
Welcome & How to get the most out of this action plan.
- 2. Back to Nature**
From Blockage to Flow
- 3. The 4 Causes of Physical Blockages: Energy Loss, Hormonal Imbalance (blocked muscle building & fat loss), Addressed Naturally!**
From blockage to flow
- Bonuses:**
building muscles and losing fats

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