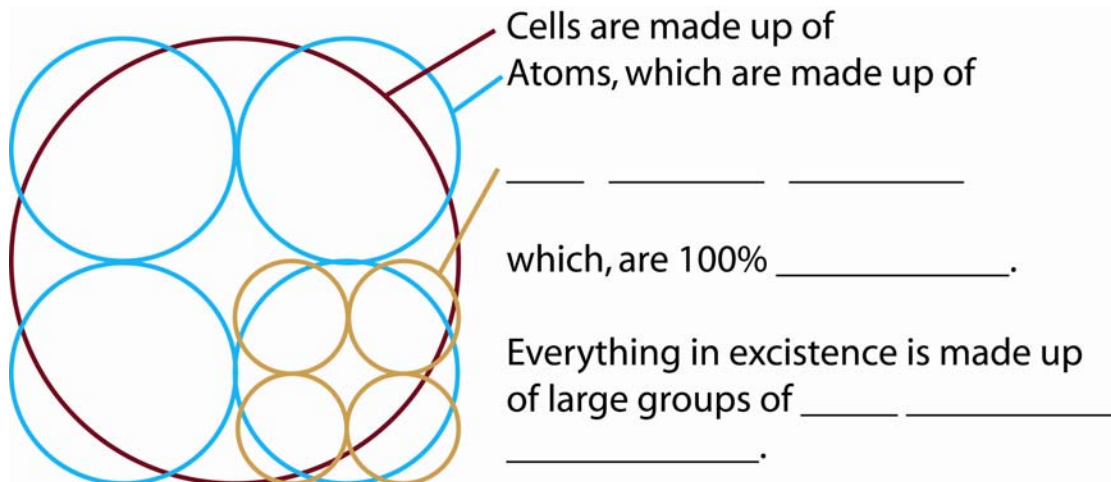


Tinnitus Free Living Seminar - Part II

Instead of calling them problems you should call them _____.

Introduction to Quantum Physics



Sub-atomic particles are rapidly flashing packets of energy which are powered by _____.

Nothing in the universe can exist separate from the _____.

Our beliefs become our _____.

What's the greatest thing about tinnitus? _____!

Is tinnitus driving you nuts? No, _____ are driving you nuts.

[Click here to purchase](#) the DVD "**Groundhog Day**" starring Bill Murray.

Say this out loud again. **If you keep thinking what you've been thinking, you'll keep doing what you've been doing and you'll keep getting what you've been getting.**

If you shoot for the stars you're at least going to hit the _____.

The Law of Attraction States that; _____ attracts _____, what goes around _____, what you put out you get _____.

There is no mysterious force in the universe that causes _____.

For me tinnitus is a _____. It woke me up.

What you focus on _____.



Use the Flip Switch!

Focus on your true heart's _____ and reach for the _____ thought in the moment.

If I believe it, I'll will _____ it!

What you focus on _____. (Say it out loud.)

Focus on your heart's desire every time you have a negative thought! Use the
_____.

When you focus on your true hearts desire it makes you the most _____.

It's beyond positive thinking: positive feeling, it's positive _____!

How to use the flip switch. Instructions: Find a thick rubber band and place it on your wrist. Then every time you have a negative thought, to flip the switch, pull the elastic as far as you can and let it go.

The emotional pain that you inflict on yourself day after day by giving energy to your negative thoughts is much worse than the physical pain from the elastic band.

Reach for your highest thought, what makes you happy in the moment. Focus your mind on your true heart's _____.

To learn more about Paul's pilgrimage on the Camino Santiago, please visit
<http://www.paultobey.com/symphony-orchestra.html>

To Download Paul's Practical Guide to Tinnitus Free Living Package and Bonuses please click [this link; http://www.paultobey.com/tinnitus](http://www.paultobey.com/tinnitus)

One practical example of what helped Paul to reduce his ringing was changing his

_____.

Name 3 things that Paul eliminated from his diet.

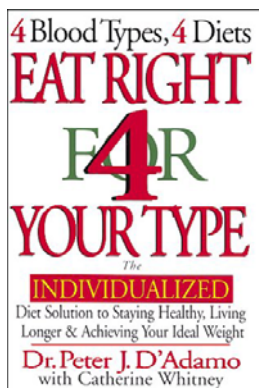
1. _____

2. _____

3. _____

Eat Right for Your Type by Dr. Peter D'Adamo

This Book is Available for purchase online by [clicking this link](#) or by clicking on the book below.



Read the fine print in the Over-The-Counter Medications. Some state in their own literature that the medication may cause “ringing in the ears”

Dr. Seuss “[Oh the Places You’ll Go](#)”. (Great Children’s Book ☺)

Don’t get stuck in the _____ place.

Noel’s Comment: Noel suggests that what Paul taught, applies to every aspect of life, not just healing tinnitus.

Paul’s grateful for tinnitus because of the valuable lessons he learned: Focus on what you _____, and you’ll get more of what you _____!

Review

- Use the Flip Switch
- Dream Big – True Heart’s Desire
- Use your elastic bracelet to let go of the negative thought
- Change your diet to reduce your ringing

A Practical Guide to Tinnitus Free Living [For Instant Download Click Here](#)

Package Includes the following...

- 1-hour Audio Seminar
- 20 Minute Audio Meditation, specifically designed for Tinnitus Patients
- Accompanying eBook: 17 Chapters
- Bonus eBook – The Top 6 Ways to Reduce Ringing
- Bonus: Inspirational Tinnitus Articles for Entire Year

Closing Inspirational Message

- Put what you learned into Practice
- Remember the Universal Law of Attraction: What you focus on Expands.
- What's the Secret of Getting What you Want? Know what you Want
- Change your thoughts, and your reality will change
- Identify negative habits you have around tinnitus. Flip the Switch
- Use your elastic for an entire week
- Commit yourself to taking action NOW!
- Focus yourself in the now

- END -

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Questions or comments can be directed to info.tinnitus@paultobey.com