

Wellbeing Packages from Be Super -

Guidance and support only on a personal face-to-face basis.

[www.besuper.ltd](http://www.besuper.ltd)



**Providing resilient & positive individuals & teams  
People with purpose & passion.**

**Our Wellbeing Package is only £75.00 per month  
Per household or per corporate individual.**

**Trial it for 3 months on up to 5 employees**  
PREVENTATIVE MENTAL & EMOTIONAL HEALTH CARE PACKAGE.  
PREVENTATIVE HEALTH & FITNESS CARE PACKAGE.

**Be Super also provide Digital Marketing and  
Positive Outdoor Activities & Enrichment Programmes**

This wellbeing package is particularly suitable for those who have experienced trauma, are stressed or have addictions, and are in need of support. It is for those who will not be reading this, or if they are, they will not continue reading it because they do not have the focus or level of self-awareness to perceive they can benefit from what is available. They may also perceive they don't need it -they may think they are in control.

If you want to support someone like this – then please consider how we may work together to provide them with what is available with a less direct approach.

Alternatively, if you have personally reached a cycle in life where you feel positive and you want to 'take it to another level' – and MAXIMISE ALL THAT IS POSSIBLE

Then VFP is for you:

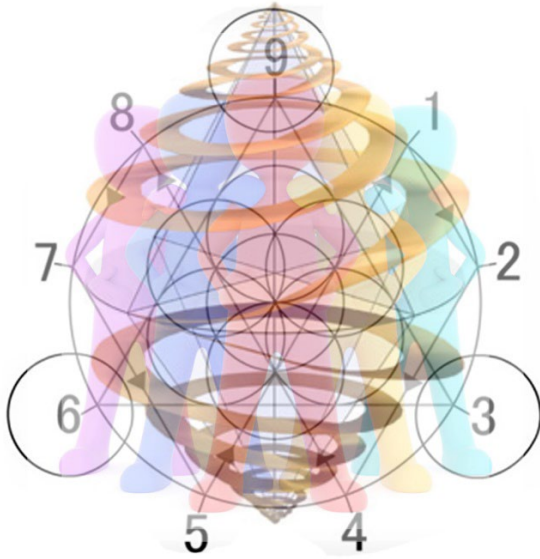
VFP is unique as it is personal -

Guidance and support only on a personal face-to-face basis!

## VFP (Vibrational Frequency Programming)

**A Wellbeing Package from Be Super (VFP#0 – VFP#9 Explained)** – full details at [www.besuper.ltd](http://www.besuper.ltd)

Let us begin:



VFP nurtures your ability to improve your relationship with others and in different situations. It also guides you towards greater self-awareness, so you better understand yourself – and your different ‘internal family parts and systems.’

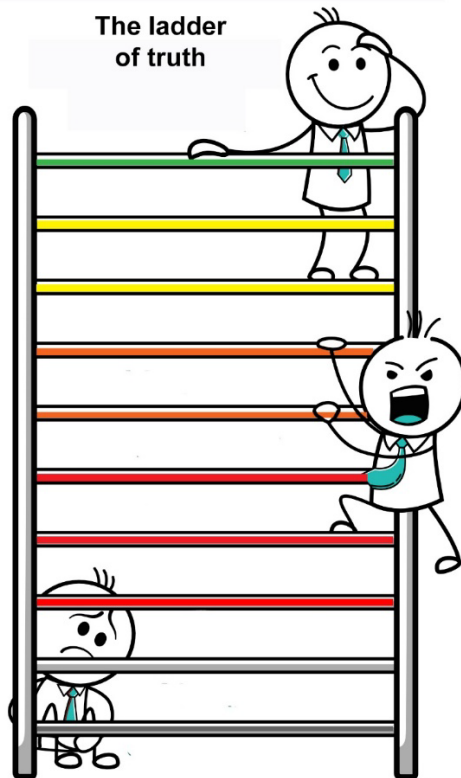
Our Wellbeing Package guides you to experience greater self-awareness of your physical body, your emotions, and your thoughts. It also seeks to develop an awareness of your true self; **the real you that exists amongst and beyond your other physical, emotional, and mental beings.**

It will guide you to balance all of this.

VFP seeks to guide you towards greater self-awareness **and all other perceptions of life.**

### The ladder of self awareness

The ladder of truth



The higher up the ladder the more you can perceive.

The more you can perceive the clearer it is to tune in to your real self.



**VFP**

## Summary of VFP Experiences:

Regardless of your age or state and stage of life; and regardless of the 'type' of person you may be (physically, mentally, or emotionally); VFP seeks to illuminate the truth so you can seize the moment (carpe diem) and experience the real you; and then at your right time naturally transcend to a higher vibrating frequency. This wording may seem a little strange or confusing to some of you, however, it will start to make sense and be clear very quickly.

**We provide 2 guided pathways (outward/upward & inward/downward):**

**On the outward/upward journey (the physical, emotional, and mental energy frequencies);**

We provide 4 experiences that support you to gain better awareness of yourself = **with that which you can more easily perceive**. (We call these VFP#1, 2, 3, and 4).

**On the inward/downward journey (the spiritual frequencies);** We provide 4 different experiences that support you to gain better awareness of yourself - **with that which you have limited or no perception**. (We call these VFP#5, 6, 7 & 8).

At the beginning, and throughout both these journeys of harmony; we seek to synchronise your awareness so you may maximise all the gifts available to you at any point in your life. (We do this using what we call VFP#4 & 5 PLUS VFP#0 & 9).

Once you have undertaken all these experiences, then we may begin a further journey; one that is not based on numbers – a true spiritual journey - one that is based on UNITY and total synchronicity – this is not covered here!

## SUMMARY OF THE 9 VFP EXPERIENCES:

**VFP#0:** Coherence: This supports you to be more accepting and supportive of differences and imbalances that exist in the relationship you have with yourself and others. It is all about you learning how to relax the tension between your intuition and intellect and how to change your own perception rather than change factors outside of your control.

**VFP#1:** Is about the flow of energy: It supports your awareness of how the real you relate to stressors caused by food, drink, exercise, feelings, and thoughts.

**VFP#2:** Is about clearing and healing those 'perceptions' that hold you back from experiencing the truth.

**VFP#3:** Is about connecting the physical you with the spiritual you: It guides you towards greater awareness of your real self within each of the different physical energy levels.

**VFP#4:** Is about connecting the real you with 'other real humans' for mutual endeavour.

**VFP#5:** Is about connecting the real you with 'other real humans' for altruistic endeavour.

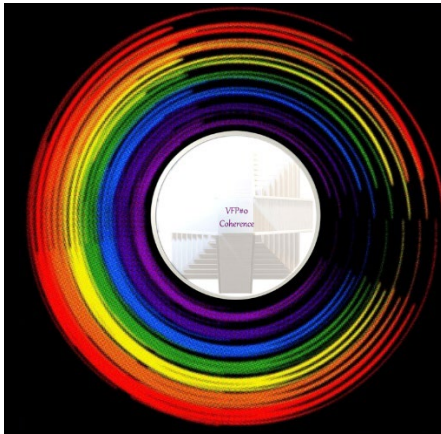
**VFP#6:** Is about connecting the real you with the BIGGER UNIFIED FIELD.

**VFP#7:** Is about guiding you through maximum imbalance: It will support you to push yourself physically, mentally, and emotionally – it is all about **Courage, Acceptance & Purpose**. The key learning point at this level is that - *'it is your experience of embracing alternative aspects of life with the clarity of the real you and truth rather than through your ego' or your 'other interior beings' that matters!*

**VFP#8:** This will guide you through what spiritual growth represents throughout your 5 energy levels – *'physical, etheric, emotional, mental, and spiritual'*.

**VFP#9:** Resonance: This will guide you through what 'resonance' is and how its perception impacts life

## VFP#0 Coherence:



**VFP#0:** Coherence – or Coherence for short - Guides you to be more accepting and supportive of differences and imbalances that exist in the relationship you have with yourself and others. It is all about you learning how to relax the tension between your intuition and intellect and learning how to change your own perception rather than change factors outside of your control.

**Coherence may be experienced throughout all the stages /cycles of your life – it may be used when you are feeling bad or when you are feeling good, and we use different tools and approaches to support and measure how well you are balanced.**

We always use Coherence at the start of your journey (especially if your level of coherence is low). Coherence is especially helpful when you are tense and suffering from the signs and symptoms of trauma, stress, anxiety, and depression. These may have been caused by emotional, mental, or physical difficulties or sudden shocks. It may also have been caused by too much negativity or **even too much-focused positivity (perhaps as depression after a major success or loss in your life) or you may have simply 'lost your sparkle'.**

**Coherence is also of benefit if you have** too much focus (or even get stuck in a rut or are experiencing a shock). It is also of benefit during challenges at work, or whilst learning and doing exams, or with training / competing, or even with a relationship – even retirement; all of these can cause an imbalance in your energy levels. Regardless of how it was caused, you may benefit from raising your Coherence and gaining greater self-awareness.

**Coherence is a gentle experience that helps stabilise your 'parasympathetic nervous system' and increases your optimum arousal zone. Learning how to increase your coherence is a great benefit for competing athletes, team leaders, business owners, and anyone seeking to improve their mental agility.**

At all levels, we use our skills and experience to activate your 'PNS' – using a combination of 'polyvagal influenced techniques'. These involve human interaction combined with a variety of high-tech devices and tools such as SSP (Safe and Sound Acoustic Therapy); HRV (Heart Rate Variability) and PEMF (Pulsed Electro-Magnetic Fields) to measure and tune you into yourself. You get just what you need from the experience – it works at all stages of your journey. We guide you to be the architect of your own self-awareness – to have an awareness of the different parts of your being and how to allow the real you to conduct matters.

**Coherence may be experienced on your own, with a partner, or within a small group – but it is always done on a face-to-face basis - this is the only true way to interact.**

## VFP#1 LiCrON/Regeneration:



### VFP#1 is a PREVENTATIVE HEALTH & FITNESS CARE PACKAGE:

Is about the flow of energy: It supports your awareness of how the real you relate to stressors caused by food, drink, exercise, feelings, and thoughts.

**It has 2 connected aspects – LiCrON & Regeneration**

Before you can grow you have to minimise cellular death and optimise cellular renewal. The reason we feel un-well and age (physically and mentally) is due to:

1. The diminishing healing and growth relationship of our natural energy systems. As we get older if we do not keep renewing our damaged and dead cells (including our brain neurons and synapses) with healthy new ones then we become weaker and less intelligent, get ill and start to look and act old – we start to die. We can start dying from a very young age or we can delay the dying process until we are very old – it comes down to how well we optimise our energy systems and autophagy. ***It is not getting old that stops us from doing things, it is stopping doing things that get us old!***
2. An unbalanced mutualistic relationship with our enterotypes or bacterial flora and our other intelligent internal parts and systems.

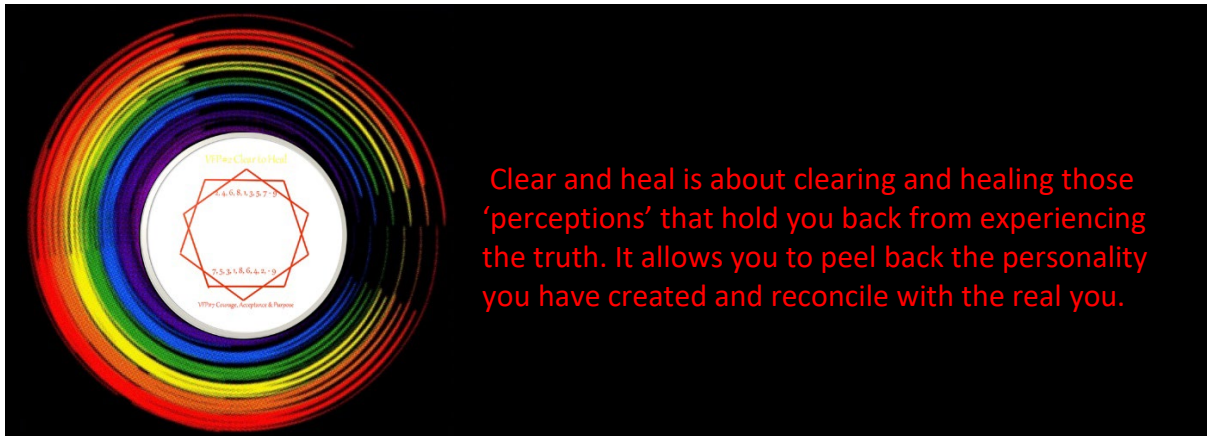
**LiCrON** is an educational and practical body transformation programme that overcomes problems with feeling unwell and aging. It guides you to vibrate the cells of your body to be healthy and provides the basis for growth. It focuses on vibrational tuning through 95% rest, reconciliation, rejuvenation, and 5% growth. Extended time spent in your PNS (parasympathetic nervous system) prepares you for ***post-traumatic growth and hormesis!***

**LiCrON** is similar to The Newcastle Diet, using SF1 and SF5 shakes plus real foods rather than packet meals. LiCrON kick starts and maximises *autophagy* through fasting and maintains it via **Low Insulin Calorie Restriction Optimum Nutrition**. Our insights enhance Human Growth Hormone and Brain-Derived Neuro Factors to promote energy, strength, and creativity. It will extend your lifespan; and reduces the development of age-related problems such as diabetes, cancer, neurodegenerative, and cardiovascular diseases. **It prepares for regenerative growth, improved strength, fitness, and self-awareness.**

**The Regeneration** aspect of LiCrON helps you to become super fit, strong and healthy. The insights will remain with you for life, and you will never need to go on a diet or any other health and wellbeing programme afterward. Our emphasis is on improved mental clarity and agility, health, and functional lean strength rather than bulk.

LiCrON is a transformation programme that will take you beyond where you think you want to go. **VFP#1 is only a small part of this amazing well-being package . . .**

## VFP#2 Clear & Heal:



Clear and heal is about clearing and healing those 'perceptions' that hold you back from experiencing the truth. It allows you to peel back the personality you have created and reconcile with the real you.

**Clear & heal** is experienced through workshops that provide practical perspective and support on setting up and maintaining trusting and safe environments from which you can clear negative perceptions and heal them. These workshops may be run on a 1:1 basis or as a small group. From this strong base, we support you to plan, do and review new positive experiences in life. These experiences include clearing negative patterns, reconciliation with other intelligent internal systems, and replacing them with positive signals. This experience also guides you to recognise that to evolve you need a *period* to heal before moving forward with purpose. This healing time is important to fully clear and replace any negative patterns from your subconscious with positive patterns – so you don't fall back into the normal negative cycle.

### **Clear & heal is a 9-12week focus:**

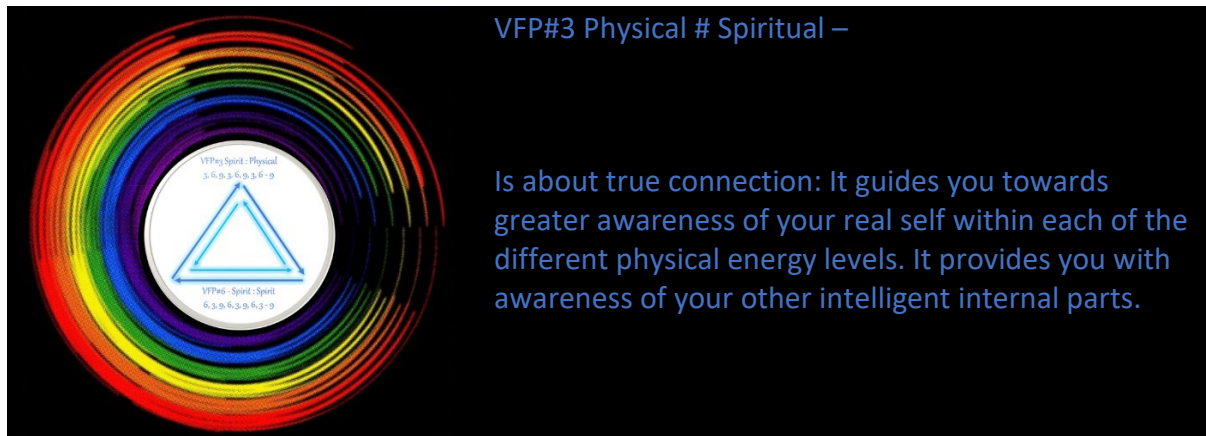
It provides gentle guidance that will empower you to 're-tune' your inner self. We introduce 'templates' for you to develop your own '**SCP**' (Scheduled Cycles of Positivity) that induce/entrain positive changes in your subconscious behaviour and other internal parts.

When you start our '**SCP**' you learn how to plan every day and live in the now; creating time to experience being yourself without any thought, discussion, emotional attachment, or learning/working requirement disrupting the moment – **this purposefully avoids subconscious negativity (including triggers, thoughts & memories)**. We do this by:

- Providing personal human support as well as pdf information, videos, audio support, and mobile support (through audio and text).
- Avoiding 'talk therapy /CBT', and purely focusing on being in the now and being relaxed.
- **Linking to Physical & Mental Challenges – so you can experience the benefits of learning how to overcome stressors.**
- **Using measurement and tools for progress tracking and fun:**

We use tools such as HRV (Heart Rate Variability) and PEMF (Pulsed Electro-Magnetic Fields) to let you see how well you are doing and to appreciate that feeling more positive can also be fun and relaxing. These are tools you can rely on for the truth.

## VFP#3 Connecting the physical body to the Real You:



Much confusion and even worry can arise when you become aware of your true self, rather than the personality you have been living behind (yes this can happen ESPECIALLY when you discover something so positive). When you experience the real you for the first time and when you further experience trying to work or learn and live with THE TRUTH - it is very difficult, This is a time when you need support more than ever – this is not a time when reading a book on mindfulness or meditation will help at all – you need practical support from someone who knows, rather than someone who writes about what others have experienced. VFP#3 is an experience that is often blended in with other more specific experiences. **It can only be provided on a face-to-face basis.**

Physical & Spiritual provides a focus on guiding you through your initial spiritual awareness.

**Spiritual focus – simply means perception beyond your normal senses (nothing religious).**

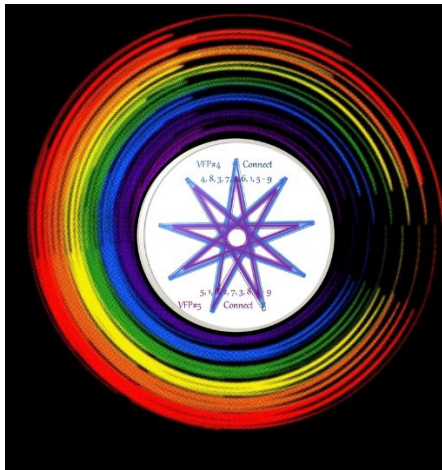
**VFP#3 Physical & Spiritual** may be run for adults (16+) up to any age; however, it is often those who are a little older in years that are naturally more evolved towards this awareness (due to fluid and crystallised intelligence). Nonetheless, it may also be run for children and young people (in fact they are often much more aware and receptive than adults). It is only society and normal education that distances young people from their true self. The sooner children and young people can maintain a connection with their real selves, the easier it will be for them to live a life that maximises the gift they can bring to mankind.

**We have created an alternative education programme to facilitate this!**

Our focus is on nurturing the real being within the student and we develop other aspects of intelligence, namely: spatial (imagining, drawing, designing), bodily-kinaesthetic (crafting, acting, displaying physical abilities), musical (listening, composing, performing on instruments), interpersonal (empathizing, negotiating, cooperating), intrapersonal (self-understanding, reflecting, feeling), and naturalist intelligence (discriminating, classifying, and nurturing living things). **We also nurture emotional and behavioural intelligence!**

**VFP#3 Physical & Spiritual** is normally experienced on a 1:1 basis or within small groups. It is especially suitable for anyone (of any age) who is diagnosed with autism, ADHD, or any other challenging behaviour. It is also ideal for those who are considered high achievers and have high levels of intelligence.

## VFP#4 Connect for Mutual Endeavour & VFP#5 Connect for Altruistic Co-operation:



VFP#4 is called 'Mutual Endeavour' and is about connecting the real you with other real humans for mutual endeavour.

'VFP#5 is called Altruistic Co-operation and is for those who desire to interact on *'ventures with other people for an altruistic purpose and for the benefit of others.'*

Marcus Pearson provides practical examples and then we discuss your own working environment to discuss the possibilities of working through this level.

**Mutual Endeavour** is an experience that may be run as a series of physical events. These focus on the *'building of relationships through a shared purpose and mutual endeavour.'* This may be done in conjunction with your employer or as a co-venture with someone else – **or as a venture on your own (mutually run with your own inner beings and your physical being)**. This is a significant time in life where you still have an ego to fulfill, however, you are starting to see more clearly and are seeking to overcome its forces. **'Mutual Endeavour'** may also be run like a *'Rite of Passage'* for children and adults to cross over into a true life - we view it more as *'crossing over to your real self'* (and is suitable at any time of life). They may also be run as a workshop to better support someone to be more successful in a relationship or with a business or community venture.

Similarly, when mutual endeavour is brought about through friendship or *'organic natural professional flow'* then you have an opportunity to make more of it than you might think. Don't let anyone or anything prevent you or your organization or your new venture from being authentic – and open dialogue may be better than assumption and pure organic growth. VFP#4 guides you to ask real questions and get true answers that cut through simple financial or moral goals; and will improve your company and work /life balance – for everyone's benefit. It takes organic growth to a more dynamic level - seeking to use the truth and release the ego.

### VFP#5 Connect for Altruistic Co-operation:

**At this level it is important you 'tune in' with others who are on the same positive vibrating frequency, otherwise, your combined efforts will not flow. This will be more difficult than you may initially perceive, as the 'ego' wants you to think you are tuned in with a good cause (and the same applies to others) – you may find that one of you still has an ego and that you are at VFP#4 rather than VFP#5.**

We support you to distinguish your perception between Mutual Endeavour and 'Altruistic Co-operation'; and this will help us clarify what stage of life you are on and help provide purpose and focus for our support. [This may also link in with 'VFP#3 and VFP#6 Spiritual Consciousness'](#).



## VFP#6 Spiritual Connection (Spiritual is simply that which you normally cannot perceive):



For those who already have coherence with their real self; and seek to interact with the real self of others - we have created VFP#6 – known as Spiritual Connection.

This is a development and nurturing group and initially will be arranged through workshops and then as a retreat. These will be confirmed with those who are ready for it!

Spiritual Connection is for those who have or seek awareness of the UNIFIED FIELD – this means shared awareness.

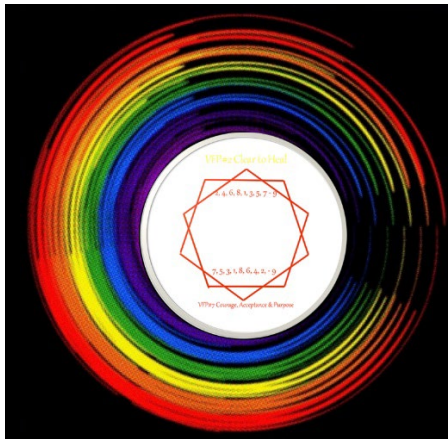
It will initially be nurtured with a 1 :1 experience with Marcus Pearson. When the time is right it will be extended to others. At this point, those invited may agree on workshops so we may experience further tuning.

This may be followed up with a long retreat to further enrich what we share. This is where you may be invited to take the lead – this is a special opportunity of infinite possibility – let us THRIVE!

We have left a space below – to allow you to add your thoughts.

Or better still to enter nothing and allow your true spiritual- self to tune in to this and see what happens . . .

## VFP#7 Courage, Acceptance & Purpose:



**VFP#7 is for when** you dare to accept your perceptions of life and are ready to move forward with a purpose in life.

The key learning point at this level is that - *'it is your experience of embracing what you create with the clarity of the real you and truth 'rather than your ego' that matters!*

**VFP#7 Courage, Acceptance & Purpose** focuses on the stage of your life after you have Cleared & Healed Negative Energy and are ready to move on with more positivity **WITHOUT YOUR EGO!** You are on the verge or have just discovered how to tune in to the real you – you no longer need to be self-important. At this stage all your other intelligent inner parts and systems will be supportive and allow the true you to lead the way.

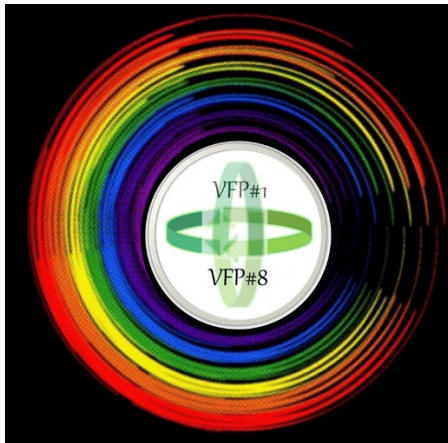
You ideally will have completed VFP#3

**VFP#7 Courage, Acceptance & Purpose** is for the time in your life when you want to maximize the greatness you feel. It is a perfect time to balance 'what you think you desire' with your inner true self – this is a wake-up call before you venture down a busy path. Many people journey down the wrong path and neglect other aspects of their life. We help you clarify what is true (the real you will know – you will learn how to ask it, and this is the guidance we provide). We can also provide specific support regarding work/life balance and teamwork. **You may construct a new personality for yourself – based on the truth!**

This is a time in your life when you may be on the crest of a wave at work or with your business venture. It is a time in your life when you are possibly so busy you don't realize you are neglecting other aspects of your life (especially relationships) – you may even think you have all aspects of life well balanced – and if you do, then this is the perfect experience for you – because you can further improve and refine your life with subtle aspects of awareness – this could make all the difference to you. You may be ready for VFP#7 – then again, your **EGO OFTEN WANTS TO THINK YOU ARE READY** (when you are possibly experiencing more of VFP#4) – we will guide you to experience the truth and gain that which you need rather than want!

We also provide digital marketing (an emphasis on achieving more for doing less). This is an area of specific expertise from Marcus Pearson and is available to Corporate Members with an incredible financial bonus built into the pricing – details are available through discussion when you sign up for a Wellbeing Package. This discussion is normally with the Corporate or Club Owner / Team Leader. **This may also be a great time for you to embark on a Physical & Mental challenge – so you can experience the benefits of learning how to overcome stressors.**

## VFP#8 Growth:



**VFP#8 known simply as Growth** is for when you have awareness of the truth and live as the real you.

We guide you through what growth represents throughout your 5 energy levels - physical, etheric, emotional, mental, and spiritual.

**The emphasis is on growing your spiritual aspect in balance with VFP#1.**

VFP#8 is linked to VFP#1; however, VFP#8 Growth is for when you have experienced maximizing VFP#1: It asks you to experience growth within your **spiritual energy levels** – as well as your physical level. This will put you deeply in tune with your real self and give you a far greater perception of health and fitness than you dreamed possible.

Growing spiritually is a new perception for most people; furthermore, for us to even guide you (or more precisely share with you) this growth is going to be a super experience.

Spiritual growth means growing in a way that *now* you may not be able to perceive – which makes it rather difficult to explain. If you can relate to it, then you may be ready – if you can't then you are not ready – that's probably easier to understand – lol!

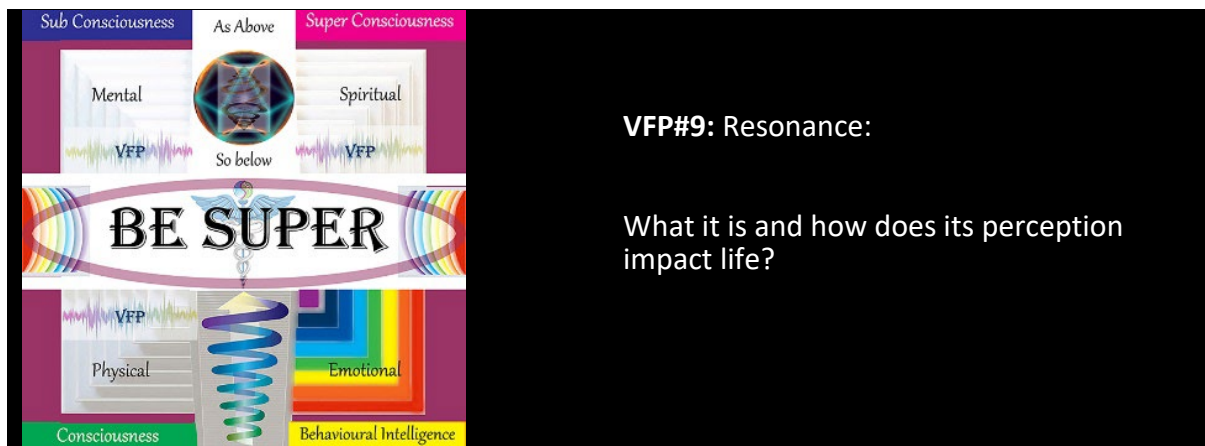
Letting go of certain physical aspects of life may be difficult; however, growing spiritually empowers you to make brave decisions that mean in the future you will not be held back. Only when you can be your true self – without being limited by the misperceptions of physical restraints (or the restraints of others) will you truly experience growth as your true being.

**The truth will prevail – spiritual growth will lead you towards VFP#9 – Resonance.**

**VFP succeeds because it reunites you with the inner you, the real you that life's journey has buried or addictions have changed. It creates new scheduled cycles of positivity that allow you to recover and re-connect with your SPIRITUAL SELF – and live as such within a physical body, with emotions and thoughts that are all harmonised and true.**

**Once again, we have left space for you to write down how you tune in to this:**

## VFP#9 Resonance:



VFP#9 Resonate is provided on a bespoke basis for those who have experienced VFP#0 to VFP#8.

## WHAT HAPPENS NEXT?

### Step 1:

**Part 1:** Mr. P will have a personal initial discussion with each individual and small team on their awareness of the cycles of life. We will then discuss Prof David Hawkins 'levels of consciousness,' and everyone will express their perceived states and stages of experience and development (this will be done with confidentiality). Clarification will then take place of what the VFP Wellbeing Package provides.

**Part 2:** Objective baseline readings using GKI and HRV tests will be combined with answers to set questions regarding cyclical patterns relating to health, fitness, relationships, and self-awareness. You will then agree on the starting experience and teams with a timeline. (This is normally 9 to 12 weeks per experience).

### Step 2:

- We provide you with a password to access relevant online content whenever and wherever you are – 24/7 (365 DAYS). This is an educational and active programme and it requires you to understand what is going to happen and to take physical action to do it and review it.
- We agree on regular communication. This may be daily or weekly and be via phone (speaking or whats app) or via zoom (it may be personal if you are based locally).
- We will also agree on how to take part in regular small team interaction.
- You will have access to DISCOUNT from all our superfoods4u products.
- We will discuss optional outdoor active challenges.

### Step 3:

We repeat steps 1 and 2.

## FREE TRIAL SUMMARY:

Marcus Pearson is prepared to provide you with Part 1 of Step 1 Free of Charge.

This presentation and interactive workshop will take about 90 mins and will clarify:

### For adults:

- [A Corporate & Club Wellbeing Package](#)
- [A Household Wellbeing Package for individuals, partners, and families.](#)
- [Outdoor Activity Challenges.](#)

### For children and young people:

- [Therapeutic educational support for children and young people aged 5 - 25](#)
- [VFP Therapy \(SSP, HRV, and PEMF\)](#)
- [Intervention & Pastoral Solutions](#)
- [Specific VFP/SSP Therapy](#)

For any queries simply ring Marcus Pearson on 07931 326 164 or find out more or sign up as a FREE PROVISIONAL MEMBER from [www. Be super. ltd](http://www.Be super. ltd) and let it happen.

Marcus Pearson (aka Mr. P or P Diddly Dacious) – Super Authentic.

