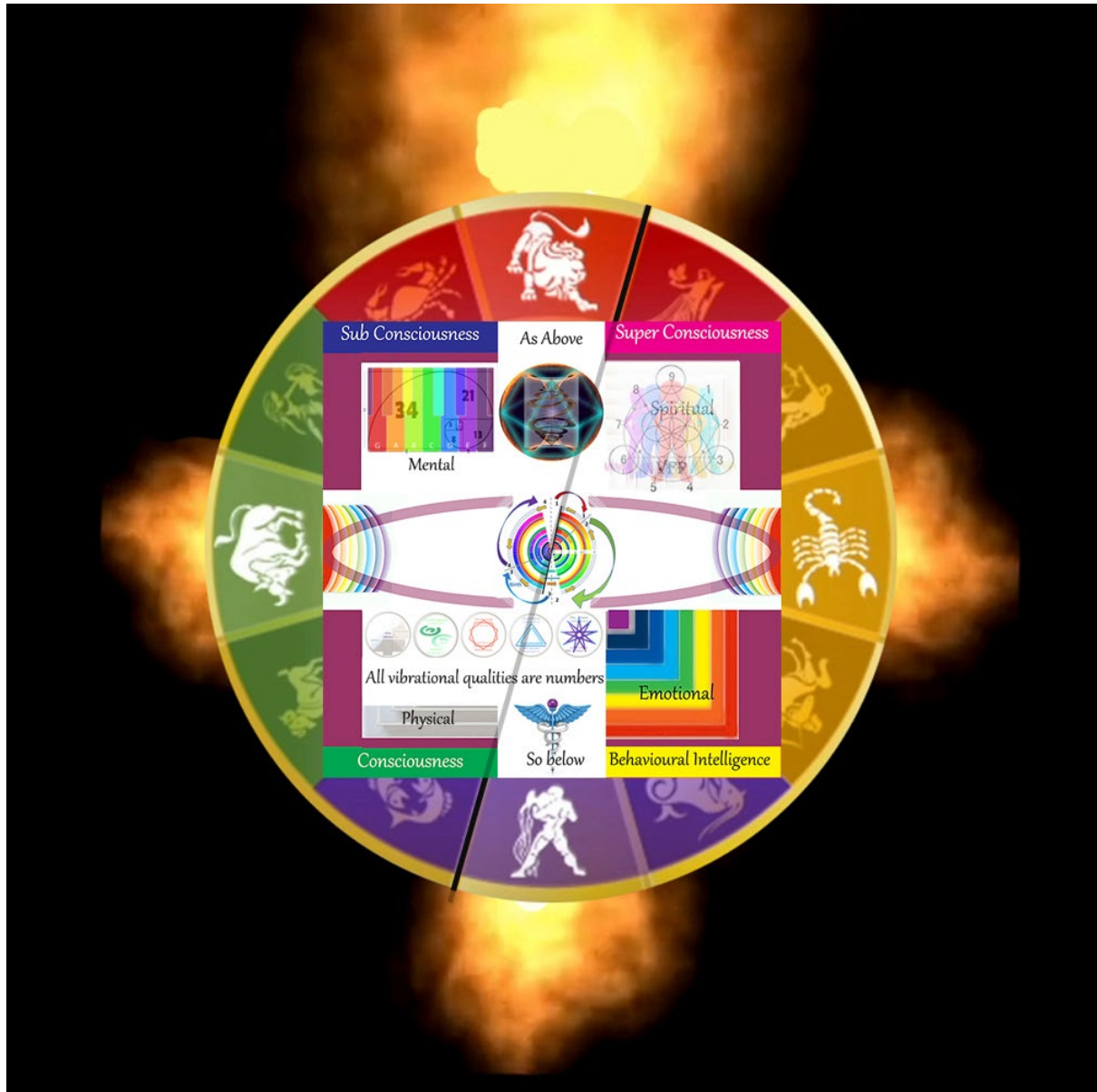


VFP Wellbeing Experiences from Be Super Ltd

Vibrational Frequency Programming (VFP) is for individuals, partners, and teams.



VFP combines your Cosmic Numerology Blueprint with our own VFP (Vibrational Frequency Programming).
We start by illuminating the challenges and solutions your SOUL and EGO seek to experience as they endeavour to fulfill your SPIRITS destiny.
This awareness will provide you with clarity and knowledge of improved *"emotional and behavioural intelligence"*.
Our own VFP Wellbeing Experience then provides focused support for you to journey along an increasingly higher level of self-awareness and consciousness.

Thank you for reading this . . . (please read it all):

SUMMARY OF ALL THE 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 *physical* flow of energy: It supports your awareness of how the real you relate to stressors caused by the environment, food, drink, exercise, feelings, and thoughts.

VFP#2: Is about clearing and healing those '*mental & emotional*' 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 *intuitive* 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 / *SPIRITUAL* FIELD.

VFP#7: Is about guiding you through maximum imbalance: It will support you to push yourself physically, mentally, emotionally, and intuitively – 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 just through your ego*' or your '*other interior beings*' that matters!

VFP#8: This will guide you through what spiritual growth represents through and beyond the combined energy of your SOUL & EGO – '*through your planes of mental, physical, emotional, and intuitive energy – through to the SPIRITUAL FIELD!*'

VFP#9: Resonance: This will guide you through what '*resonance*' is and how its perception impacts life – especially when you are in *FLOW*!

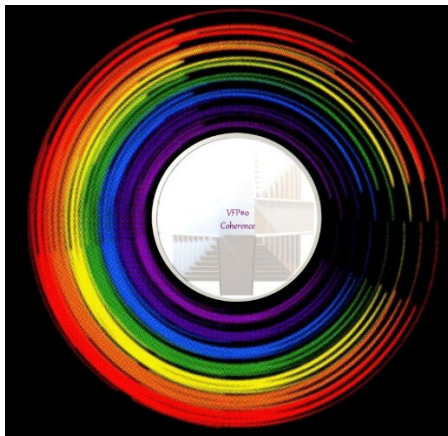
Combining VFP#0-9 with the Universal Year is of benefit, however, combining it with your Personal Year Cycle is of SIGNIFICANT BENEFIT (more of this later):

The VFP #0 - #9 numbers are not directly related to the numbers 0 – 9 in numerology. The hashtag we use before the VFP number is simply used to identify which experience it is. We seek to clarify this from the start because all that we do is related to information through numbers – and this is the best time to clarify and distinguish this difference – especially when you relate it to your Personal Year Cycle (they are not related – but may have similarities).

We will now explain each VFP Experience in a little more detail:



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 is for every Personal Year Cycle) – 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, depression, or even trying to cope with too much positive pressure. These ‘vibrations’ may have been caused by emotional, mental, or physical changes 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’ – or be pushing too hard with a new role. You may even be overdoing it with exercise and training – especially if you are competitive.**

Coherence is also of benefit during challenges at work, 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 balance and self-awareness.

Coherence is a gentle experience that helps you calm and recover. It seeks to activate your ‘parasympathetic nervous system’ and increases your optimum arousal zone. Learning how to increase your coherence is a great benefit for anyone seeking to improve their mental, emotional, and physical 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, tools, and analysis such as SSP (Safe and Sound Acoustic Therapy); HRV (Heart Rate Variability), PEMF (Pulsed Electro-Magnetic Fields), and GKI testing to measure and tune harmony. 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. **VFP#0 starts with your VFP BLUEPRINT REPORT to establish a true base line.**

VFP#1 LiCrON/Regeneration:



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

It is about the flow of physical energy: It supports your awareness of how the real you relate to stressors caused by the environment, 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.

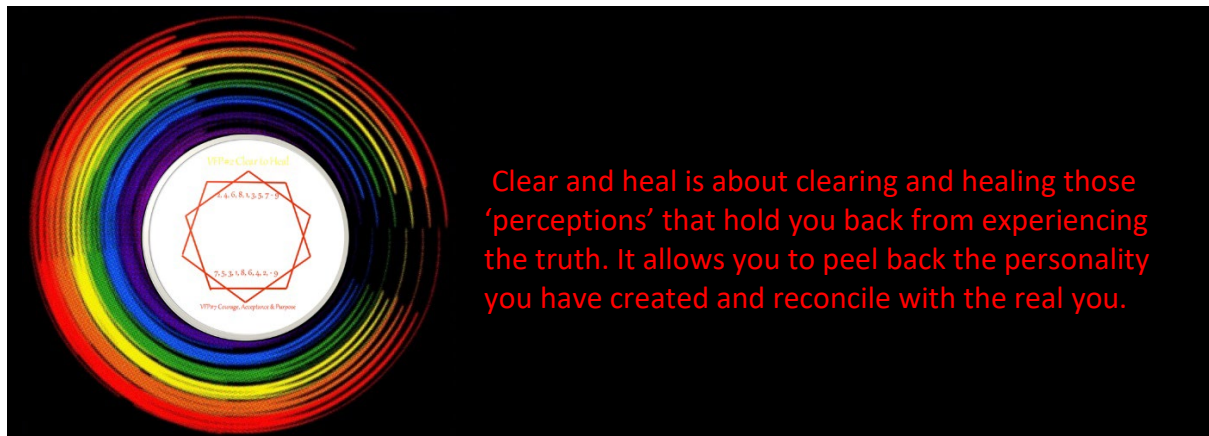
LiCrON is an educational and practical body transformation experience that overcomes problems with feeling unwell and aging. It guides you to vibrate the cells of your body to be healthy and provides the basis for growth. It focuses on vibrational tuning through 95% rest, reconciliation, rejuvenation, 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 Restricted 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.

VFP#1 starts **with your VFP BLUEPRINT REPORT to establish a true base line – this is combined with your GKI test and analysis.**

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 for people who are experiencing what we refer to as phase 1 or phase 2 of life. It 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. **VFP#2 starts with a review of your VFP BLUEPRINT REPORT to establish the gap between your EGO and your SOUL, and to identify specific aspects for focus. It is often this gap that needs the most clearing and healing.**

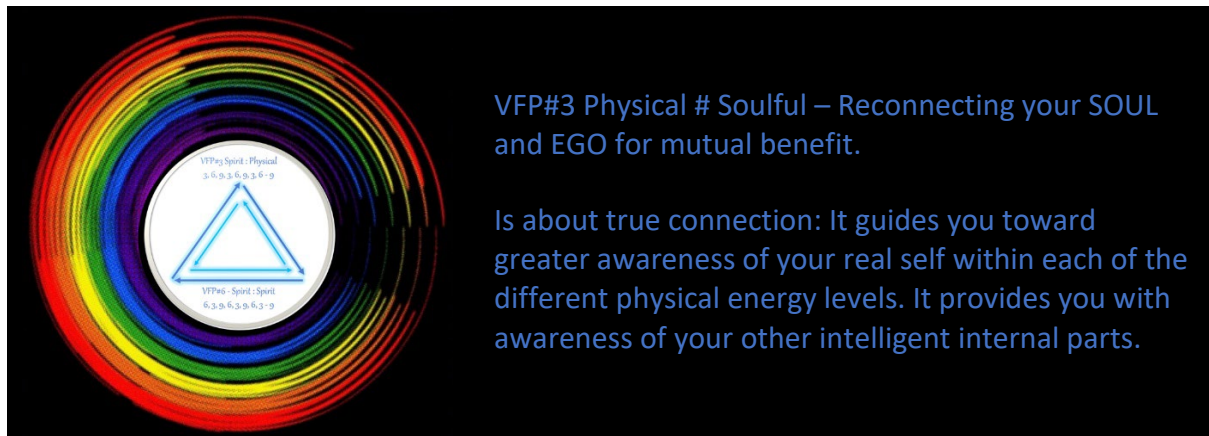
Clear & heal is a 9-12week focus:

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 your '**SCP**' you learn how to balance your SOUL/EGO challenges and SOULutions 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) and GKI 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.
- **Walking with Mr P - feeling freedom and support.**

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



VFP#3 Physical # Soulful – Reconnecting your SOUL and EGO for mutual benefit.

Is about true connection: It guides you toward greater awareness of your real self within each of the different physical energy levels. It provides you with awareness of your other intelligent internal parts.

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 (balancing your EGO and SOUL) - 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 & Soulful provides a focus on guiding you through your initial self-awareness – IT IS FOR WHEN YOU MOVE FROM PHASE 1 OR 2 INTO PHASE 3.

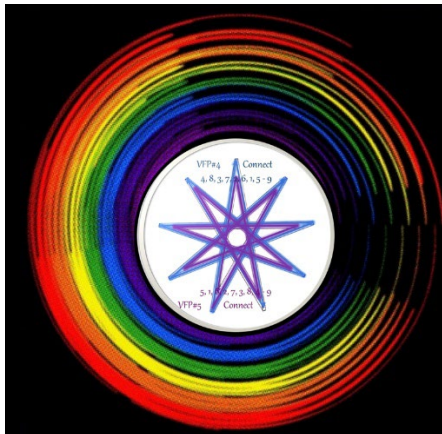
SOULFUL focus – simply means perception beyond your normal senses (nothing religious).

VFP#3 Physical & Soulful 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 distance young people from their true selves. 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 self-awareness experience to facilitate this – it focuses on your own creativity may involve a hobby or new project development.

Our focus is on nurturing the real being within, by developing 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 through a variety of team-building experiences. All of this builds on greater knowledge of your VFP BLUEPRINT!**

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.'

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 when you balance your more positive EGO with your SOUL with others! **'Mutual Endeavour'** may also be run like a *'Rite of Passage'* for children and adults to cross over into true life - we view it more as *crossing over to your real self* (and is suitable at any time of life). VFP#4 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 - **the key is doing it with someone else for mutual benefit.**

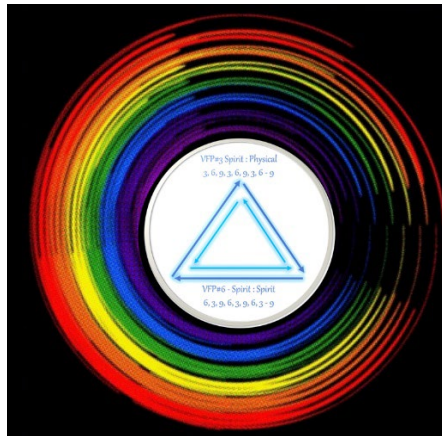
Similarly, although mutual endeavour is often brought about through friendship or **'organic natural professional flow'** you may perceive an opportunity to make more of it than is natural. Using further insights from Cosmic Numerology provides clear challenges and Solutions for interpersonal relationships. This may be applied to a team at work or within a sport or project. Such insights can better guide you to ask real questions and get true answers that cut through simple financial or moral goals, and it will improve your company and work or team balance – for everyone's benefit. It takes organic growth to a more dynamic level - seeking to use the truth and release the ego from negativity.

VFP#5 Connect for Altruistic Co-operation:

VFP#5 is for those in phase 4 of life! 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 it may be 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 in phase 4 of life, who have or seek awareness of the UNIFIED FIELD – this means shared awareness. It is only suitable and of benefit for those who are already SOUL-connected and ideally experienced VFP#5.

It will initially be nurtured with a 1 :1 experience with Marcus Pearson. When the time is right it will be extended to others – ideally those that you are involved with at VFP#5. At this point, those invited may agree on workshops so you may experience further tuning.

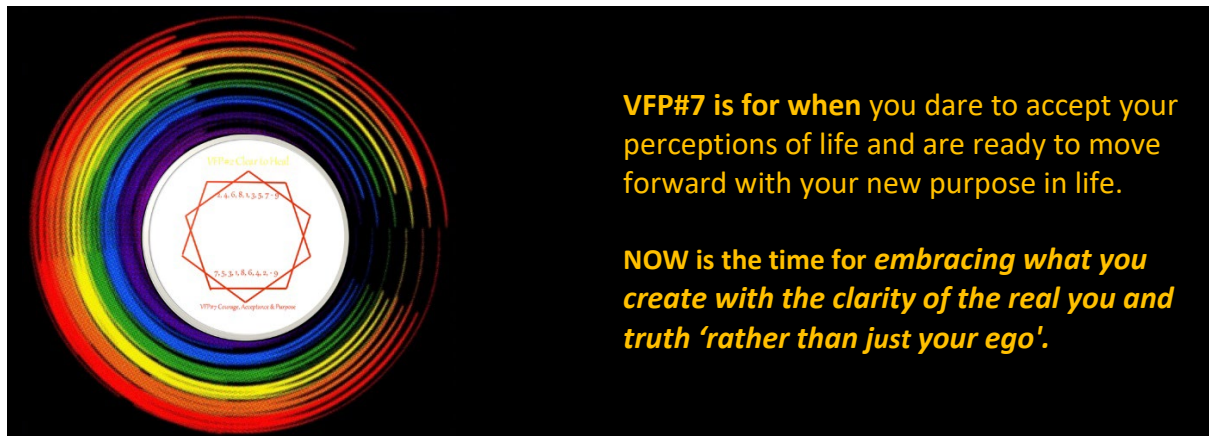
This may be followed up with a retreat to further enrich what you share. This is where you may be invited to take the lead – this is a special opportunity of infinite possibility (only for those who are ready) – IT IS TIME FOR YOU TO THRIVE!

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

Within this space, we ask you to share your new perceptions of life and share your newfound purpose.

The key learning point at this level is that - *'it is your perception of embracing what you seek to create with the clarity of the real you and truth 'rather than your ego' that you are looking for.*

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 your new purpose in life.

NOW is the time for *embracing what you create with the clarity of the real you and truth 'rather than just your ego'.*

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 NEGATIVE EGO!** This is the stage of life (phase 4) when your EGO & SOUL are in harmony, AND it is time to support and guide them on a UNITED journey.

You ideally will have completed VFP#3 or VFP#6

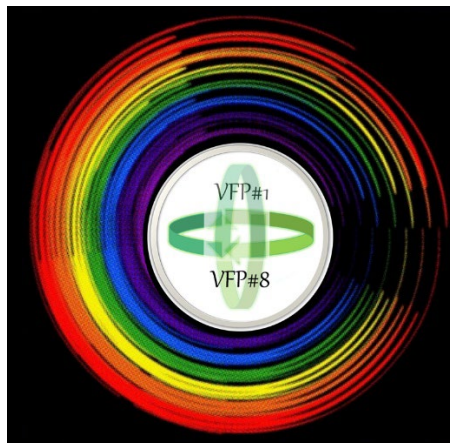
VFP#7 Courage, Acceptance & Purpose is for the time in your life when you want to maximize the greatness you feel. It is a perfect time to balance 'what you think you desire' with your inner true self – this is ALSO a wake-up call before you venture down a busy path. Many people journey down the wrong 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 VFP BLUEPRINT 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!

VFP#7 is for when all the positive traits of your VFP BLUEPRINT REPORT align with your positive Cosmic Numbers. We created VFP#7 to guide and support you through this significant journey in life – very few people will be on it – it may feel like a lonely place.

We know how lonely it is – we are ready for you . . .

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.

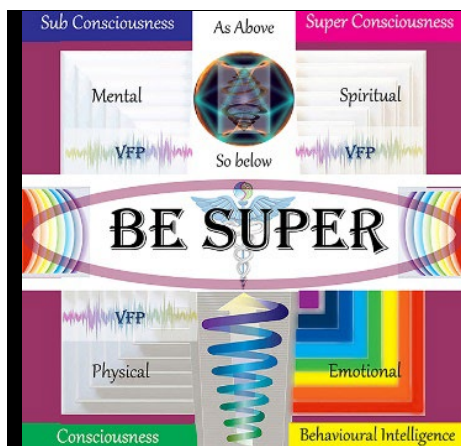
VFP#8 is linked to VFP#1; however, VFP#8 Growth is for when you have experienced maximizing VFP#1 and VFP#7:

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. This is for a rare few people -let us support and guide you through this level – this is where we seek others for our own journey!

VFP#9 Resonance:



VFP#9: Resonance:

The Language of Life (including the arcane principles) can only be experienced – it cannot be learned from words or listening.

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

WHAT HAPPENS NEXT?

Everyone starts with a VFP BLUEPRINT REPORT & REVIEW.

This will identify a baseline difference between your EGO and your SOUL.

From this point, we will discuss and agree on what phase of life you are in and the best VFP Experience to support you with.

[Click here to embark on your journey -](#)

For any queries simply ring Marcus Pearson on 07931 326 164 or find out more by signing up as a FREE PROVISIONAL VFP MEMBER from www.Besuper.ltd and let it happen.

Thank you.

Marcus Pearson (aka Mr. P or P Diddly Dacious)