

## THE CLIENTS SPEAK

### **R.H., Former Educator, Slingerlands, NY**

"Coaching helped me find a husband! My goal: a romantic miracle--to become engaged within 10 bi-weekly sessions. I was in my 40s, divorced, with no prospects. Cary gave me affirmations & visualizations and had me throw an engagement party even though I had no boyfriend! Within weeks I attracted a man with whom I soon fell in love. Shortly before the last session, he proposed. We've been happily married now for several years."

### **Rich Hill, President, Gabriel Consulting Services, Chicago**

"Today, I am netting about \$280K a year, or more than 25 times greater than nine years ago when I first became exposed to Cary's teaching."

### **Maritza Guimet, Creator, *The Prince of Peace* Soap Opera, Bay Harbor, FL**

"Cary's work healed the terrible fear I had of public speaking. During my second session, I began to feel the fear leave, which is a truly amazing blessing because the next week I pitched my soap opera at NATPE (tv convention) to five tv station presidents and 1000 others. Cary's breathing process breaks through to your higher power."

### **Gloria Henao, Owner, Mar-mi Hair Designers, Coral Springs, FL**

"My business did better in one week in February (my sixth session) than it did the entire month of December when people want to look good for parties and families."

"If the subconscious is not one hundred percent in sync with the conscious mind, success is not going to happen."—Eddie Murphy

## ABOUT CARY BAYER

Cary Bayer studied monetary, career, emotional and spiritual success secrets with Maharishi Mahesh Yogi, Deepak Chopra, Phil Laut, Bob Mandel, Fred Lehrman, and Napoleon Hill student Foster Hibbard. He also ran a successful marketing firm for 18 years, counseling Alan Arkin, David Steinberg and Quality Inns, among others.

A TM Teacher since 1973, who's trained dozens of other teachers, and a Life Coach since 1988, Cary has helped thousands of people transform their lives from southern California to Western Europe. He is author of *The Prosperity Aerobics*; an affirmation series on money, success, relationships, communications; and his syndicated column, "Life 101" appears throughout the U.S.

He also writes on coaching for *Massage Today*, statewide massage publications, and is a faculty member of Massage Business University. The National Certification Board for Therapeutic Massage and Bodywork and the Florida Board of Massage Therapy certify his CE offerings.

### **How to reach Cary Bayer:**

E-mail: [successaerobics@aol.com](mailto:successaerobics@aol.com)

Website: <http://www.carybayer.com>

### **Florida Office (Coaching on the ocean)**

1051 Hillsboro Mile, Apt. 604

Hillsboro Beach, FL 33062

PH: (954) 788-3380; FX: (954) 786-1317

### **New York Office (Coaching in the woods)**

39 Whitney Drive

Woodstock, NY

PH: (845) 679-5526; FX (845) 679-6189

The Intro Program is 10 sessions, the Mini-Program is 5 sessions; a sampling is 1. Mastercard and Visa accepted.

# THE BREAK- THROUGH COACHING PROGRAM

Solving problems...and creating  
breakthroughs in your career, finances,  
relationships, and  
spiritual life

## WITH CARY BAYER

FOUNDER, THE BREAKTHROUGH  
AEROBICS INNER WORKOUT,  
AUTHOR, *THE PROSPERITY AEROBICS*



## **BREAKTHROUGH COACHING**

*“The dreams that you dare to dream really do come true.”—The Wizard of Oz*

Few of us get to work with a supernatural coach the way Dorothy did. To discover its vision, a corporation uses consultants, none of whom ever arrive in a giant bubble. Football coaches send in strategy before each play; baseball managers signal batters before each pitch; and basketball coaches diagram plays in timeouts. Olympians don't win gold without great coaching; Michael Jordan didn't win his rings until he worked with “Zen” basketball coach Phil Jackson.

If you want breakthroughs in your career, finances, relationships, health or spiritual life, hire “Zen” breakthroughs coach Cary Bayer. Creator of The Breakthrough Aerobics Inner Workout and popular *Prosperity Aerobics* series, Cary shows you how to achieve success in your life.

Breakthrough Coaching's new paradigm is clear: there's nothing wrong with you that needs fixing; there's a greatness in you that simply needs awakening.



*“I saw the angel in the marble and carved until I set him free.”  
—Michelangelo*

*“I saw the greatness in the client and coached until I set him free.”  
--Cary Bayer*

Breakthrough Coaching helps you find your yellow brick road, and keeps you on track to live aligned with it. Even better: dissolving the negative thinking and habits that keep you disconnected from your Higher Self costs as little as dinner for two.

Like the Chinese proverb, coaching gives you the fish needed to solve current problems, then shows you *how* to fish by undoing old family patterns. This helps prevent problems in the future.

Breakthrough Coaching can be done by phone or in person. The latter also utilizes Breakthrough Breathing to help you reconnect to your innocent *inner child* and your wise Higher Self.

### **Self-Worth Creates Net Worth**

If your goals are breakthroughs in finances and career, you'll learn how to transform negative beliefs learned in childhood that prevent you from being at peace with having abundance. You'll be freed to make money doing work you love, while learning business and marketing skills to solve current financial problems. This balance develops healthy money patterns: greater income, wiser spending, regular saving, less debt, and the healing of dysfunctional behavior. When our self-esteem is low, we discount the appreciation of others; this discounting also creates a discounting in our rates and fees.

*“It's no use filling your pocket full of money if you've got a hole in the corner.”-- George Eliot*

### **Falling in Love with Yourself**

If you want more loving relationships, to attract a mate, or bring Spirit more into your life, it's first necessary to fall in love with

yourself. You are the starting point of all your relationships. Cary's techniques help you reconnect to the natural love that you have for yourself. This then helps improve your relationships with others, with your health and with your god.

## **BREAKTHROUGHS IN NATURE**

Breakthroughs are entirely natural, and that is why they occur in Nature all the time. Below are just a few examples of breakthroughs in the natural world.

**LASERS:** An ordinary lightbulb eliminates darkness but it can't cut or cure the way a LASER does. That's because the former is incoherent light; a jumble of photons going in all directions. (Sound familiar?) LASER is coherent light in which a single frequency goes in one precise direction.

An ordinary person is a jumble of thoughts and desires, often at cross purposes, going in all directions. A person experiencing ongoing breakthroughs is the embodiment of coherence, with a commitment to making his/her dreams come true and goes about fulfilling them in a precise direction.

**MAGNETISM:** When the appropriate orderly atomic configuration occurs a piece of iron becomes magnetic. When the appropriate orderly inner configuration occurs, a human being becomes magnetic.

**PHASE TRANSITIONS:** Under certain conditions, liquid water becomes a solid or a gas. Those conditions are Fahrenheit temperatures of 32 and 212 degrees, respectively. Under certain conditions, struggling human beings break through to higher levels of achievement and happiness. The conditions necessary are a series of sessions of Breakthrough Coaching.