

Hello. This is the LOB training that is given to people by Apollo I I Cadillac under the name Moonlight Concerto/Moonbeam. His original user name was Moonlight Concerto, before he was banned from the reddit platform for predatory behavior towards a minor, as well as the continued harassment and cyber-bullying of others. He now operates as Apollo I I Cadillac, BestCub, and some suspect- the Marsh username moderator of the Joseph Murphy sub as well.

This information has been given to us throughout the course of the last year from various “cubs” (cubs are what he called people who were ‘accepted’ into the “training”) who received “coaching” directly from “Apollo I I Cadillac/Moonbeam”, including the VM & decompression techniques he charged \$300+ for. Some people waited years for the entirety of the training (though he claims this part should only take a few weeks) because he’d find a reason to “ban” them for weeks/months, etc. Others, he’d fine, or insist they needed some kind of other therapy (for more money) before proceeding, and most never received the full training they paid for because they were continually harassed and banned, given life threatening advice that if refused to follow would result in firing or them being blocked by him for whatever incessant reason he felt fit. In our humble opinion, after hearing the accounts of many, it is our belief that the original intention behind the training program was never to complete training with anyone but to bait them into adding on more services that required additional ongoing payments, furthering the fraudulent nature of the “training”.

It is our hope that freely distributing this information further discourages others from approaching him. Thousands of euros/rupees/dollars have been spent, dozens of peoples harassed, mistreated, stalked and abused.

We want to thank those victims who have given us the information and permission to freely share their data and experiences. We especially thank those who have been willing to share their experiences with the Federal Bureau of Investigation, who now has an open and ongoing case(s) against this person/persons involved in this cyber crime. It is our belief that he who operates under the name Moonbeam/Apollo may have more charges standing against him.

If you’d like to include your own experience or if you yourself were also scammed by Moonbeam for any amount over \$900 USD, please feel free to contact the mods or, if you prefer to stay anonymous, here is the link to file a case:

<https://www.ic3.gov/Home/ComplaintChoice>

On a final note, we apologize in advance for we know many of you will be disappointed by the true nature of the LOB training as most of this information is already public information. From our viewpoint, the additional “one on one mentorship” was this person offering unsolicited & unwarranted advice on matters unrelated to LOB “training”

and the individual's goal; he often encourage people to make physical changes (insisting it had something to do with their specific goal), getting involved with their personal relationships, academic/career choices, living situations, and much much more. Also, many people were asked to write books (?) to "aide" them in their LOB goal, each "cub" led to believe this task was individually attributed to them. Also, "cubs" never spoke amongst each other, as he apparently also claimed would take place at the beginning of mentorship.

Thank you for reading and thank you for your continued cooperation. If you worked with this person and find that we are missing information, please let us know and we will add.

Please note that at the request of those who have given us the information, we have changed a few words here and there, lest he be able to trace tasks back to specific persons.

Sincerely & Truthfully Yours

The MODS at JMWarning

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Task 1A: Ownership of the mind

Welcome to the pride! Let us begin your formal LOB training.

LOB training consists of **two phases**. The first phase, lasting about 1 week, will be you getting trained in the individual methods involved (written/spoken affirmations, self hypnosis, pre-sleep procedure). The second phase will be putting all of this into a daily regime that you will follow every day until your mission is completed and you are holding it in your hand. During this second phase, you will be sending me one email every weekend to update me on your progress and I will comment accordingly. This will go on for as long as it takes for you to complete your mission.

Here is your task 1 :

[https://www.reddit.com/r/JosephMurphy/comments/ar3sz5/training\\_t\\_formal\\_launch\\_first\\_task/](https://www.reddit.com/r/JosephMurphy/comments/ar3sz5/training_t_formal_launch_first_task/)

## Training (T) : Formal Launch - First Task : r/ JosephMurphy - reddit

46 votes, 108 comments. Dear Students, Thank you for joining the LOB program. There are broadly two missions here for the team - either an ex back...

[www.reddit.com](http://www.reddit.com)

Read it very carefully, follow it very strictly and implement this within the next 2 days. Ask me any questions here over email, and email your results to me as well.

**Added by the sharer: I was advised to do this task daily until you are able to hold no thought without any breaks for 80-90% of the time. Only then, could I move on to the next one. I've had my fair share of regular meditation, I found this nearly impossible to hold no thought for 85% of the 31 minute task (that would be 26-27 minutes straight of uninterrupted literal no mental thought). So I lied so he'd move me to the next task. I am not saying this could not be done, but I do think it would take a lot of practice.**

DO THIS UNTIL YOU HAVE 26 MINUTES OF UNINTERRUPTED NO THOUGHT AND THEN MOVE ON TO THE NXT TASK.

Task 2:

You can stop doing Task 1 now. Task 1 is **not** a formal part of LOB training. Its purpose is to demonstrate to you that you're the owner of your mind, and its controller. The mind is the tool with which you are using the LOB, so obviously, you need to establish and maintain control over it. And as you have seen - it is not always that easy, but it is also always doable in relatively short order as well.

Now, we come to Task 2. And you are going to like this one.

[https://www.reddit.com/r/JosephMurphy/comments/armvok/training\\_task\\_2\\_affirmations/](https://www.reddit.com/r/JosephMurphy/comments/armvok/training_task_2_affirmations/)

**Implement immediately. Email me with your experiences after 24 hours.**

Task 3: Pre-sleep procedure

Let's move onto Task 3. Take a look (including the comments in the thread) :

[https://www.reddit.com/r/JosephMurphy/comments/as4sbc/training\\_task\\_3\\_precursor\\_to\\_sleep/](https://www.reddit.com/r/JosephMurphy/comments/as4sbc/training_task_3_precursor_to_sleep/)

### Training Task 3 : Precursor to Sleep : JosephMurphy - reddit

It is now time for Task 3. This is an important task - it involves the minutes just as you fall asleep. This is called the Pre Sleep Procedure.. When you are ready to turn in for the night, I want you to say to yourself mentally "All my problems are solved.

[www.reddit.com](http://www.reddit.com)

And execute from tonight. You will practice this for the next 2 nights before we move to the next task. Report your feelings upon waking to me here each morning.

**Continue to do task 2 every day at your own time and pace, until further notice.**

## Task IV: Self Hypnosis

You are ready to begin learning self hypnosis. **This is the key alpha reprogramming technique that you will use to achieve your mission objective.**

The nightly method, recommended by both Joseph Murphy and Neville Goddard, works because your brain slips into the alpha state as you are falling asleep and the alpha state is an ideal state from which the subconscious mind can be deliberately reprogrammed with new beliefs.

Self hypnosis achieves the same objective, with one key difference. You do not need to be ready to sleep first, and you can come out of the state easily once you're done with your reprogramming at alpha. It is a fast technique that improves with practice and you can even do it in public - people will just think you've fallen asleep. You can comfortably do this for up to 5 times each day, in addition to anything else you are doing.

SH is more versatile and a better skill to master for the long term. I want you to train in sh for the next two days, then we evaluate.

**p.s. Continue to do tasks 2 and 3 every day at your own time. No need to report further.**

Part I:

**Hypnotic Induction Training ( do this 10 times within the first 24 hours with no programming, and then report. No back-to-back sessions.)**

- Sit or lie down. Mobile phones to airplane mode. Set a countdown alarm with a soft **tone** to between 5-10 minutes and activate it. Place the phone near your hands.
- Relax, breathe deeply in and out a couple times, relaxing the head, face and abdomen intentionally.
- Say to yourself that you're counting down from 10 to 1, and that you will be in a deep alpha state when you reach 1.
- Count down from 10 to 6, telling yourself to relax in a low, SLOW, mental voice (i.e. not out loud). *(For beginners and when in noisy environments, slow down your mental voice even further to compensate.)*
- Tell yourself that your eyes are getting heavier and heavier, and they want to close.
- Somewhere in that count sequence, let your eyes close naturally
- Count down from 5 to one, relaxing even more
- Tell yourself your body is getting heavier and heavier. Feel yourself sinking into the chair or bed. Use the words "deeper and deeper."
- When you reach '1', tell yourself that you're at alpha, and are deeply deeply relaxed.
- Let yourself know that any sounds you hear or any sensations you feel will simply help relax you even more naturally.
- Stay in this space for what feels like 5 minutes. Just breathe and relax. Don't think about anything specific.
- Time to return to beta.
- Say to yourself you're going to count back up from 1 to 10, when you get to 10 you will be wide awake and refreshed, and you'll feel fine.
- Count upwards slowly.
- If at any point your eyes feel like opening themselves spontaneously, do so gently.
- When you get to '10', open your eyes, thank yourself, and either sit/lie there for a minute before getting up, or just go back to sleep normally.
- If you have set an alarm and you hear it going off during the count up, gently mute it with your hands, and continue. If you hear this alarm much earlier while still in alpha, conclude that, mute the phone with your hands gently, and begin the count up immediately.

## Part II: Scene Practice in Beta

The point of running the scenes in sh is to **'feel it real'**. you are to feel the scene as if it is literally happening right now and you are in it right now - like how you would feel when you dream while asleep. This pre programming practice will help you with that.

Run each of the agreed scenes in beta first with your eyes closed. That means, don't go into alpha. Just beta (normal waking consciousness). Sit down. First, run each scene in slow motion, noticing **PHYSICAL DETAILS** and deciding what to ignore and what to define further, especially stuff you wouldn't normally especially notice in real life. Consciously decide whether to ignore or define that detail clearly enough for you to notice it naturally in future without questioning it. Then speed up the scene abit, but still in slow motion. and do the same thing - notice details in your five senses and deliberately decide which to ignore and which to define more precisely. Do this a few more times, then run the scene at normal life speed. Check to see if you still notice anything you wouldn't normally notice, and consciously decide what to do about it.

Once the 'cut' is ready, write down the following in a draft email in the following format :

Scene 1 :The short 10 second clip.

Noticements :

- a.
- b.
- c.
- d.
- e.

\*e should be the least prominent of the 5 in the list. if you have more noticements than 5, write them all down in the draft first, look at them, and then cut them down to the most significant 5, properly organised.

Then, with your eyes closed, run it at normal speed literally 30 times. You're checking to see if its solid and stable.

After this is done for scene 1. Then take a short break then do the same exercise for scene 2. Then another short break, then scene 3.

Set aside at least 30 comfortable minutes to get this done (you might be finished in 10 but basically this should not be a rush job). Email me with your report about this once done. Your report must contain all of the noticements for each of your scenes, in the aforementioned format.

Do not underestimate the importance of this exercise.

Note from OP: we were instructed to write out our scenes and send them to him, delineating the 10 second highlight clip, and he approved them or not.

#### More About Alpha Programming:

When it comes to SH programming, there are two distinct aspects to the experience of the scene. The first is the awareness of present moment's physical reality. I.E. virtual reality as if it is literally happening now. This awareness, is what programs your sm.

For training purposes, we'll call that **No1**.

**No2**, is the natural emotional **reaction** to No1, just like how you would react to physical reality if it occurred right now literally. No2 helps you **anchor No1** deeper into your sm, but No2 alone is only fantasising or daydreaming, which as we know, does not consistently create physical reality.

No1 by itself is enough to reprogram the sm. Without no2, no1 would take longer, but would eventually work as well. No2 alone is simply **fantasizing**, or daydreaming, which does not work well to create physical reality. Without no1, no2 would not work at all.

Do you understand what I have said here????



Now, when you're doing each of your scenes, how is your **No I** in each of them, while in alpha ? As a percentage of actual physical reality ? If actual physical reality that you experience right now all around yourself is 100%, what is your % figures for each of your scenes ?

List it as Scene 1 = x %. Scene 2 = y%, Scene 3 = z%.

You're right now at home texting with me on your laptop or your phone. This is your present moment physical reality. You probably have a very minimal emotional reaction to this physical reality

but if you were, right now, sitting at the top of a mountain about to launch off into skiing, and have decided to pause and chat with me, your emotional reaction to that physical reality, would probably be different.

But in both cases, the No I sense has to be just as strong, before no2 kicks in. If you were for example, high on drugs or something, even on the mountain, you wouldn't feel the No I properly, and it wouldn't program the sm.

Do you understand ?

moonbeam

When you are doing programming, your sm KNOWS, " this cub is doing programming and is not actually there". Your sm knows it is not real. This is a negative effect on your programming's effectiveness. It is impossible to fool the sm that you are not doing something called programming - the sm is not some dumb thing like the pornstars are fond of saying

To counteract this, you need to be at 90% minimum, for your no I sense. When you do that, the sm's ability to create physical reality takes over.

And no, it is not the scenes that are the problem. It is your lack of facility with alpha programming.

Which can only be fixed with additional practice with each scene.

Goto your current best scene and practice it up until you can consistently do 90% or better for 3 consecutive sessions (spaced apart by at least 30 minutes of course). Then consciously notice how you did that, the ways in which you ensured that. You are doing subtle things to make that happen, and avoiding doing other subtle things that would screw that up.

Then goto your next best scene, do the same, notice what is making it work for you, and then, apply it to your (currently weakest) scene.

Notice all of this.

Then apply it to your weakest scene.

And practice that.

This way, you will improve all your scenes very quickly.

One good way to improve your NoI sense, is to do the beta scene practice a few times, and then immediately enter sh to do the session.

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You need to practice several times a day, every day from now. Practice with your strongest scene first and no other scene.

Once you've managed to hit 90% THREE TIMES in a row in successive sh sessions (and these practice sessions can be 20 minutes apart no issue but only because they are pure practice, normal programming sessions need to be at least 1 hour apart), then the scene is considered done.

Then you move onto the next scene.

Task 4: The Scam Continues\*.

## **The “Hunt”\* Begins - Task 4**

You have sorted your three visualisations, and their associated 10 second clips. You have practiced written and spoken affirmations, the pre sleep procedure, and should now be very familiar with self hypnosis. You know how to do each one correctly.

It is now time to integrate all of this into a daily routine, and keep this up for the next few days or weeks until you are holding it in your hands.

**Yes, there is nothing further to it.** And this is where many people trip up - a lack of persistence with the sometimes boring job of programming your sm day after day. So don't.

Remember Neville Goddard himself took just over two months to complete his first mission - the famous trip to Barbados when he was completely broke. He was guided by Abdullah, an Ethiopian sephardic mystic. If someone told me that they saw him walking on water, I really WOULD NOT be surprised. The old masters were that good.

Here are your instructions :

[https://www.reddit.com/r/JosephMurphy/comments/auzx60/training\\_task\\_4\\_alpha\\_programming\\_daily\\_regime/](https://www.reddit.com/r/JosephMurphy/comments/auzx60/training_task_4_alpha_programming_daily_regime/)

Please ask your clarifying questions, including personal questions, over email to me directly if you have any.

Post Training Routine:

You've been started on your daily routine. I trust you are keeping to it.

From now on, you need to send me a weekly report every weekend, ideally at the same time that you can keep every weekend. In this report you will :

- a. Evaluate your daily routine and individual tasks during the past week. noting problems, solutions and improvements.
- b. Ask any questions relating to your training, mission or the LOB,
- c. Report any movement in the real world towards your target's achievement.

I will respond to each report within two days, and if I don't, you should remind me by growling at me. [You growl at me by quoting your report and sending me the word "growl! ", without the quotes of course.]

Entitle each report as "Weekly report 1" 2, 3 etc.

LOB missions can be long and boring. You are not allowed to talk about it to anyone, and this can be difficult for cubs. **You must continuously observe, evaluate and improve your basic practice itself.** You will benefit greatly by regular examinations and evaluation of your practice.

Yet it is counterproductive to think about this every day. It will only increase doubt and negativity. .

Furthermore, as your understanding of the LOB itself grows as time passes (which it will), I want to hear about it as well and I will correct you as you go along.

A weekly report is the perfect interval to get all of this done properly, and can be kept up over time without issues.

And, if you have any pressing questions during the week that you don't wish to wait till the weekend to address, you can email me immediately as well and I will address them.

Why do this over the weekend alone ? Well, thats when I curl up over a feast of cape buffalo and the papers, and read and respond to all the reports from your cub brothers and sisters. I will read and respond to yours then as well. It is also a good time when you're naturally relaxed, for you to think about your training and practice. And anytime during the week if you get negative thoughts about training itself (and you will), you can tell yourself that you have an appointment with me this weekend to address it. Make it a promise to yourself and keep your promise. Those doubtful thoughts will fade away quickly when you tell them that.

Finally, if this is not your regular email address, set a mail forward on it right away to your regular email address, and **test the mail forward by sending yourself an email now**. This way, you will not lose any emails from the pride that may be sent from time to time.

I look forward to reading your reports, and to eventually, reading your pouncemonial for your mission.

moonbeam

p.s. What does a lion say to his pride before they go hunting? "Let us prey!"

## Vipassana Meditation:

Congratulations to you, for on taking a bold step forward to overhauling your mind, all the way from its roots; i.e the subconscious mind.

I want you to practice this form of meditation for a total of 4 x 15 minutes each day, starting from right now (you can do at least 2 sessions today) .After 4 days, you will go to 2 x 30 minutes a day. That will stay throughout your 30 day course.

This is called Vipassana Meditation. It is the Buddhists who introduced this to the world.

It is a simple and effective technique that builds your effortless concentration, balance, creativity, insight and whole-mind conscious responses. It is also the ideal setup method for deep contemplation about anything. It is, in fact, translated as Insight Meditation by the buddhists.

1. Sit comfortably, either cross legged or normally, and preferably on a chair with a cushion or something that will not get uncomfortable even after half an hour. You can recline slightly but this is not recommended for beginners, or when you're exhausted, as you're liable to fall asleep. Do not lie down.

2. Do the deep breathing prompt:

Inhale to the max, and then inhale some more, feel the pain in your expanded rib cage, and then when you really cannot inhale any further, exhale quickly in a big woosh.

Do this 5 times. This quickly sets the stage for your body and mind.

3. Set your phone's countdown timer for 10 minutes and activate airplane mode. Maintain deeper breathing.

4. Close your eyes and breathe deeply.

5. Put your mind's attention on the sensation of air on your nostrils as your breath moves in and out of your body. If there are many sensations there, pick one specifically and stay with the one specific sensation you chose to focus on.

6. There will be distracting thoughts aplenty. When you're experiencing the distracting thought, you will very likely not realise it - you'll be deep into it. You'll only realise it after the thought has ended. At this point, do not get frustrated, and just turn your attention back to your nostrils.

7. When you turn your attention back, do it with zero reference to the thought that just distracted you. Do not entangle yourself in that thought. Do not get angry, or frustrated that time was wasted, or it happens again and again and again. Your attitude must be as simple as turning your head from left back to center. If you were looking forward, and your head had turned to the left without you realising you were doing this, you don't beat yourself up over that. You just turn your head back to centre. And this is the key, the secret that will stop all the thoughts eventually. When you do not add more energy to these thoughts - they will subside. It always happens.

8. Eventually, you'll be able to pay effortless attention to your breath. Even when a thought comes, you'll find that you can somehow hold the thought AND maintain your attention on your breath at the same time. It's a weird 'split screen' mode thingy. Of course, you'll be sending the thought on its way - not by talking to it, but by bringing your attention back to your breath.

9. When you reach the 'split screen' mind, you are very close to the sole purpose of Vipassana meditation - contemplative consciousness. How do you reach this? Just keep watching the breath.

10. When you get there, you will know. It will be like being in an alpha brainwave while you're fully awake. You can be in a noisy airport or a concert (this happened to me many years ago) and you'll be able to hear and see everything but your inner state will be undisturbed somehow. You'll be able to think about what you're thinking about. You'll be able to choose if you wish to think about something or not. You'll be in Awareness. It is a very cool place to be.

11. Keep practising VM until you can call up this contemplative consciousness at will at any time and under any circumstance with or without prior vipassana prep. It will happen inevitably.

How long does it take to get to number 10?

Nearly 3 weeks for a beginner practising a total of 60 minutes each day with no breaks in practise days in between. Number 11 usually takes 4-6 weeks.

Number 11 is easily lost if you don't maintain daily practice, and if you're a normal person in contemporary life, working, studying, interacting with normal people, not living in the mountains, the woods, in a monastery on the craggy cliffs of Shambala.

Decompression:

Note from OP: **If you have some kind of psychological diagnosis please consult a mental health professional before starting.**

## I. Decompression

We will now kill all of your past issues which cause significant depression, or which have held you back with negative beliefs.

This is not LOB but pure psychology.

First, take out a sheet of blank paper and write down all the issues from your past which bother you.

Things your parents said and did, your significant other did, you did, or didn't do, etc. All the way back to your childhood - as long as it creates a significant negative emotional reaction. This even includes beliefs, behaviours and habits that you possess, that you do not like.

Just one sentence, no details. Such that when you read that sentence, you instantly remember the entire issue.

You should have at least 3 issues, and maybe up to 25. Take at least 30 minutes to write down this list. Then put it aside for 1 hour, come back to it, cross out stuff that is really not important to you anymore, and add anything you had previously forgotten about.

Then, write an intensity number next to each issue, 10 being the most intense emotionally, and 0 being no emotional reaction. Use a single decimal point in your rating for each issue. Don't spend too much time trying to figure this out. Just write fairly quickly.

Mark out the top 20% of issues according to intensity, with a star.

This is then, called, the list.

Here are your instructions to kill this list :

You will have been doing VM for up to one hour at a stretch now.

Now set your alarm for 15 minutes. Begin VM.

Then when the alarm rings, open your eyes and read the first issue in full.

Then reset the alarm for 10 minutes close your eyes, and go back into the VM space.

To resolve the issue: tell yourself that you resolve this issue now. That whether you understand it fully or not, it has no sway over your life any longer. There is nothing to figure out, to understand, to forgive. You just decided that you are done with it.

Keep looking at this issue, and keep telling yourself that you resolve this issue now. Not like a mantra, and not as a reflexive reaction to any waves of emotion which hit you.

Then when the alarm rings, open your eyes again and look at the second issue. Then reset the alarm (10 mins) and repeat the resolution procedure.

If you are not ready for the next issue after the alarm rings, open your eyes, reset the alarm (10 mins), close your eyes and go back into your meditative VM space. Decree the issue to be resolved.

When you decree, it will take time. When you first look at the issue on your list, it will bring up emotions and memories. Now, you know how to have them without your inner resolve being affected. Then when you go into your meditative space, and you issue your decree, it will pulse throughout your system involving this issue. It will work on it directly. You need to feel a sense of peace and completion over the issue.

When the decree has been implemented through your system for that particular situation or issue, you will feel a sense of completion. You may or may not feel happy. That is not the mark of completion. The mark is NOT to have peace, joy, neutrality although all of those may happen. You may not be happy with that issue. It will just not bother you emotionally in any important way anymore. It will no longer impair the mind.





