

ZENACTIVATOR™

Saimin-Jutsu Activator

THE MANUAL

Zan Azahiro

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Our intention is to offer tools and information to help the reader improves their emotional and physical well-being. Results, therefore, may vary from one person to another.

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Saimin-Jutsu Activator: The Manual

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What is the Saimin-Jutsu Activator?

The ZenActivator Suite is a set of guided meditation tracks designed for men. It is designed to build and fortify a man's *Inner Zen* (also known as *Ataraxia* or *Inner Game*) across nine attributes:

Pauseability, Magnetism, Esteem, Courage, Energy, Optimism, Creativity, Focus and Gratitude.

Saimin-jutsu is Japanese for self-hypnosis. It is a shorter version of a full ZenActivator track, clocking in at exactly 8 minutes. Built with the same EVAMA Stack technology as the ZenActivator Suite, the Saimin-Jutsu will give you the same immersive experience as a full-powered ZenActivator track.

IMPORTANT. Like every other track in the ZenActivator Suite, this is not music for entertainment. It's a tool to work your cognitives, your Inner Zen. The ZenActivator gets you into a state of flow and keeps you there.

How to use the Saimin-Jutsu Activator?

Find a quiet spot and get into the meditative position. Keep your back straight. Put on your headphones. Press play and follow the instructions on the audio.

Set aside a few minutes every day to meditate with the Saimin-Jutsu. Or, for optimal results, upgrade to the *ZenActivator Suite* and you'll get ten Activator tracks plus bonus ebooks, tools and programs. [Click here for more information.](#)

EVAMA Stack specifications

E: Entrainment

Timestamp: The entire track

Type: Binaural

Frequency: 8 to 13 Hz

Brainwaves: Alpha

Your brain produces alpha waves when you are calm and relaxed. You are fully conscious, but your awareness is focused on the inside. You are alert, but you are not tackling any problems that require heavy concentration. You are in the state of wakeful rest.

You will hear the Entrainment binaural beats in their purest form from **7:30** onwards.

VA: Visualization & Affirmations

Timestamp: **2:40**

I am masculine.

I am spiritual.

I am masculine and spiritual.

I embrace both my masculinity and my spirituality.

I am in this world for a reason.

I am in this world for a purpose.

I have a Mission.

My Mission is above everything else.

My Mission is bigger than me.

I will sacrifice for my Mission.

I won't sacrifice for anything else.

I am proud of my masculinity.

I live my life on my own terms.

I am calm.

I am confident.

I have charisma.

I have calmness, confidence and charisma.

I am physically strong.

I am mentally strong.

I am proud to be a man.

My manhood defines me.

I am masculine and spiritual.

I am activating my Inner Zen.

M: Mantric Meditation

Timestamp: **6:25**

Asura (“AH-soo-RAH”)



SPIRITUALITY FOR THE MASCULINE