

# LLU

*Grow yourself and your relationships  
using The LifeLinks Method.*

## **LifeLinks 101** - It's all about focus!

- 3 Credits

This course is an overview of the LifeLinks philosophy and products.

## **LifeLinks History**

-2 Credits

How did Glenn and Link Wachler, two brothers born almost 13 years apart end up working together to create Wachler Ultimate Expression.

## **Introduction to The Law of Attraction**

- 3 Credits

Learn how to find focus in a world of distractions. Utilize powerful techniques for defining your priorities and incorporate them into your daily life.

## **The Power of Intention**

- 2 Credits

This course will introduce you to one of the universal powers and how you can work with it to consciously participate in determining the outcome of your life.

## **Understanding the 6 human needs**

- 1 Credit

Learn what they are and how to utilize them to increase fulfillment in your life and in the lives of others.

## **Undergraduate Program**

Earn your undergraduate LifeLinks degree by completing all of the following courses.

Scholarships Available to Qualified Candidates.

### **Love 101 - Expressing and Receiving**

- 3 Credits

Learn the languages of love so that you can more effectively communicate in your relationships. This course includes lessons on capacity.

### **LifeLinks Math 101**

- 3 Credits

You will learn how 1 plus 1 sometimes equals 1.

### **Copy and Paste**

- 3 Credits

Understand how to look beyond agendas and find the resource of unconditional love.

### **Understanding Change -**

- 1 Credit

It's not if or when, it's how. Learn to work with change proactively instead of reactively.

### **Love Ensurance**

- 3 Credit

Learn how to guarantee meaningful relationships today and into the future, even if you're not physically available.

### **Motion is Emotion**

- 3 Credits

Learn how you can control your emotions and feelings by controlling yourself physically.

### **Life Management Skills**

-1 Credit

Learn how to be outcome focused, purpose driven and action planned to more effectively live the life that you choose. The course will teach you how to accomplish more in less time.

## **LifeLinks 101** - It's all about Focus.

This course is an overview of the LifeLinks philosophy and products.

LifeLinks are a patent pending modular wearable system of meaningful anchors designed to help people focus on the priorities in their life. The philosophy is very simple and has support from some of the greatest historical minds including biblical support.

Simple stated – “Your life becomes what you focus on.” That is a statement that is accepted as fact and proven time and time again. The challenge has always been how to stay focused on what you want to. LifeLinks is a powerful tool that lets anyone personalize their primary focus and wear it so they can stay focused every day and all day long.

Components include:

LifeLinks (LL) – over 200 squares ( $\frac{1}{2}$  inch diagonal) with raised symbols created by Glenn and Link Wachler. Each LifeLink has an image, a name, a short meaning, and a long meaning (available for download from the website [www.ultexp.com](http://www.ultexp.com)). Some LifeLinks are also made with gemstones and add to the design of the bracelet as well as meanings based on the lore and power associated with those gemstones.

Spacers (S) – There are design spacers, message spacers, functional, and gemstone spacers. Spacers are used to separate and add meaning to LifeLinks. They can be used on bracelets as well as pendants and earrings.

Frames (F)- All frames go around LifeLinks to accentuate them in the same way a frame highlights a picture. The frames provide a design element as well as add meaning to the LifeLinks contained within them.

Frame Frames (FF) – These are used to go around Frames Like a frame would go around a matte which is around a picture. They are used primarily as pendants but can work on bracelets as well.

Specialty Frames (SP) – Tri-Frames are frames that have spaces for three LifeLinks, Bi-Frames are frames that have spaces for two LifeLinks, and Cross Frames are Frames in the shape of a cross. These frames work very well as pendants but also can be incorporated into bracelets to make a bold statement.

LifeBracelets – Most people prefer to wear LifeLinks and their accessories on their wrist because that is the easiest place to see the values through out the day. The classic HiTec black rubber is the most popular starter bracelet with other colors available. The silver mesh and mesh oxidized bracelets are wonderful as an upgrade and can easily be sized with a wire cutter. All bracelets are designed to fit any wrist size just by removing the strap from the clasps and cutting to size. You can see how to do this at [www.ultexp.com](http://www.ultexp.com)

Adapters – LifeLinks and their accessories can be worn as earrings, pendants, and charms using Charm Adapters (CA), Frame Adapters (FA) and Frame Frame Adapters (FFA). To make earrings add Lever Backs (LB) through the backside of either the Charm or Frame Adapters. For Pendants use Linkers which only go on and come off one way so they are secure once properly utilized. They require going on tail first through the front on their side perpendicular to the adapter. Once the tail is weaved through it is lifted to create a secure bail. You can see pictures demonstrating the use of adapters on the website at [www.ultexp.com](http://www.ultexp.com)

## **LifeLinks History**

How did Glenn and Link Wachler, two brothers born almost 13 years apart end up working together to create Wachler Ultimate Expression.

Glenn started working on meaningful jeweled sculptures back in 1988. He was a third generation jewelry designer working in his family's custom jewelry business. He loved how Faberge created incredible meaningful sculptures for the Russian Czars to help them celebrate special occasions. Glenn recognized that in the world there was "modern royalty", people who had earned royalty status based on their work and that there needed to be products available to them that would help them express themselves in very powerful and meaningful ways.

Glenn looked to his brother Link who was an international award winning jewelry designer to help. Link provided the necessary skills to create the visions that Glenn created in his mind. Together they served and continue to serve "modern royalty" around the world. Their clients include the wealthiest and most famous people who look to the Wachlers to create Ultimate Expression that help celebrate and honor their most special occasions.

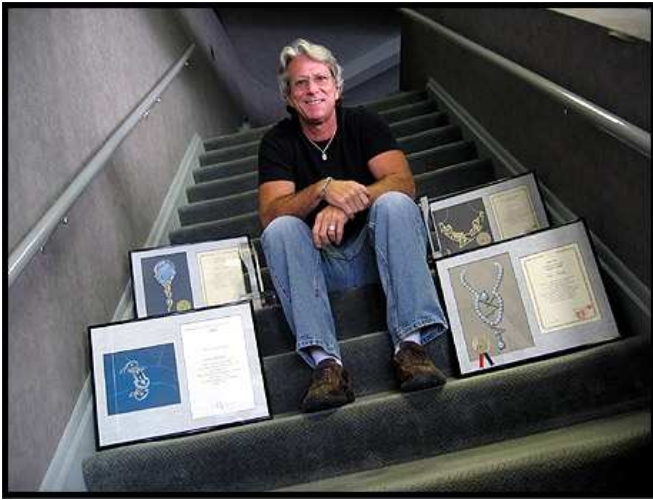
Glenn has written many books on finding fulfillment and spent years studying different methods of helping people lead lives of fulfillment and purpose. He always came back to the same quote – "Your life becomes what you focus on." Link came to Glenn with an idea to create affordable links with artistic designs that could be combined on a rubber bracelet. Glenn said that if he was going to participate in the project it had to be about meaning and LifeLinks was born.

LifeLinks quickly became a patent pending modular system that would help people focus on the life they wanted to live. By combining the meaningful symbols a person could create their own mission statement. Glenn and Link started with approximately 20 symbols and now have over 200. The business was extremely well received and continues to grow rapidly as more and more people are learning about the incredible power that LifeLinks has.

Today LifeLinks is a worldwide business with representation in 80 countries and all 50 states. Glenn and Link continue to create new symbols to help people Remind, Reward, Celebrate, Connect, Inspire, Focus, and Smile. They have several categories and divisions that they created including – LifeLinks Classic, LifeLinks Kids, LifeLinks Pets, LifeLinks Luxury, LifeLinks Humor, LifeLinks Oneness, LifeLinks Awareness for Charity and Fundraising, and LifeLinks Corporate Values. Each market has appropriate LifeLinks and unique methods of providing value.

LifeLinks are marketed in a variety of ways. The Trunk Show method has proven to be the most successful. Trained LifeLinks Coaches are provided to a host location which bring the product and consumers together. The bracelet give away program allows the consumer to get a feel for the product and gives them a few moments to understand the purpose and how it can help them. Many people after receiving a bracelet sized to their wrist decide to add some LifeLinks and accessories to it immediately. Others need some time to think and are encourage to look at the brochures and go to the website after they have taken time to decide the priorities they want to focus on in their life.

Other methods of distribution include retail jewelry and gift stores that retail the products directly to their consumers. The products visibility expands throughout the world and training the sales people in the stores is a priority so they realize they are not just selling jewelry. LifeLinks is always pursuing ways to inform the public about the power of adding focus to life.



Link Wachler has earned over 30 national and international jewelry design competitions in the last 35 years. He is the first American to ever win the International Pearl Design Contest held in Japan.

Link is recognized for all of these accomplishments as one of the most awarded jewelry designers. His work with his brother Glenn is owned by "Modern Royalty" around the globe and is now available in over 70 countries and all 50 states.

- 1974** - Diamonds Today Competition
- 1979** - Diamonds Today Competition
- 1984** - 12th International Pearl Design Contest - Special Award
- 1985** - 13th International Pearl Design Contest - Special Award
- 1986** - Diamond International Awards - Finalist in London
- 1986** - 14th International Pearl Design Contest - Special Award
- 1988** - Diamond International Awards - Finalist in London
- 1988** - 16th International Pearl Design Contest - 4th Place
- 1989** - Diamonds Today Competition - Lady's Jewelry
- 1989** - Diamonds Today Competition - Men's Jewelry
- 1990** - Diamond International Awards - Finalist in London
- 1990** - 18th International Pearl Design Contest - 4th Place
- 1990** - 18th International Pearl Design Contest - Honorable Mention
- 1991** - 19th International Pearl Design Contest - Honorable Mention
- 1992** - Diamond International Awards - Finalist in London
- 1993** - 21st International Pearl Design Contest - 1st Place
- 1993** - 21st International Pearl Design Contest - Honorable Mention
- 1994** - Diamond International Awards - Finalist in London
- 1995** - 23rd International Pearl Design Contest - 3rd Place
- 1995** - 23rd International Pearl Design Contest - Honorable Mention
- 1996** - AGTA Spectrum - Platinum Honors Award
- 1996** - 24th International Pearl Design Contest - 5th Place
- 1998** - Vision Awards (American Pearl) Grand Prize, "Lunch Time"
- 1998** - Vision Awards - Excellent Marks for quality of workmanship, "Dance"
- 1999** - Vision Awards - Excellent Marks for creative use of pearl, "You First"
- 2000** - North American Tahitian Pearl Trophy - 2nd Place
- 2001** - Vision Awards - Excellent Marks for originality of design, "Soul Mates"
- 2001** - Vision Awards - Excellent Marks for creative use of pearl and originality of design, "Native American Pearls"
- 2001** - American Facet Award
- 2001** - North American Tahitian Pearl Trophy, Honorable Mention
- 2002** - World Facet Award
- 2003** - Vision Awards - Excellent Marks for Quality of Workmanship and fusion of pearl within design "An American Pearl Goddess"
- 2003** - Vision Awards - Excellent Marks for Originality "An American Pearlican"
- 2005** - Tahitian Pearl Trophy North American Division 3rd Place

## Introduction to The Law of Attraction

Learn how to find focus in a world of distractions. Utilize powerful techniques for defining your priorities and incorporate them into your daily life.

### The Power of Intention

This course will introduce you to one of the universal powers and how you can work with it to consciously participate in determining the outcome of your life.

These two courses relate very closely to each other so we will provide a combined explanation here. The Law of Attraction is the most powerful law in the universe. It is the kind of law that you have to understand before you can understand anything else. One definition is “We attract into our life what we think about.” Because of the Law of Attraction we create our own reality. Positive or negative thoughts are the result of what and how you focus.

Understanding the Law of Attraction and believing it are not always easy. But practice will reveal more and it will become clear over time through observation. Learning how to use the Law will allow anyone to take control of their life – physically, spiritually, emotionally, and in every other aspect.

The power of intention is understanding that we have the power to create our own thoughts. Thoughts are things (Read or listen to the Strangest Secret by Napoleon Hill). These things are something that we can continuously release into the universe to work for us. They will bring back to us the equivalent of what we intend.

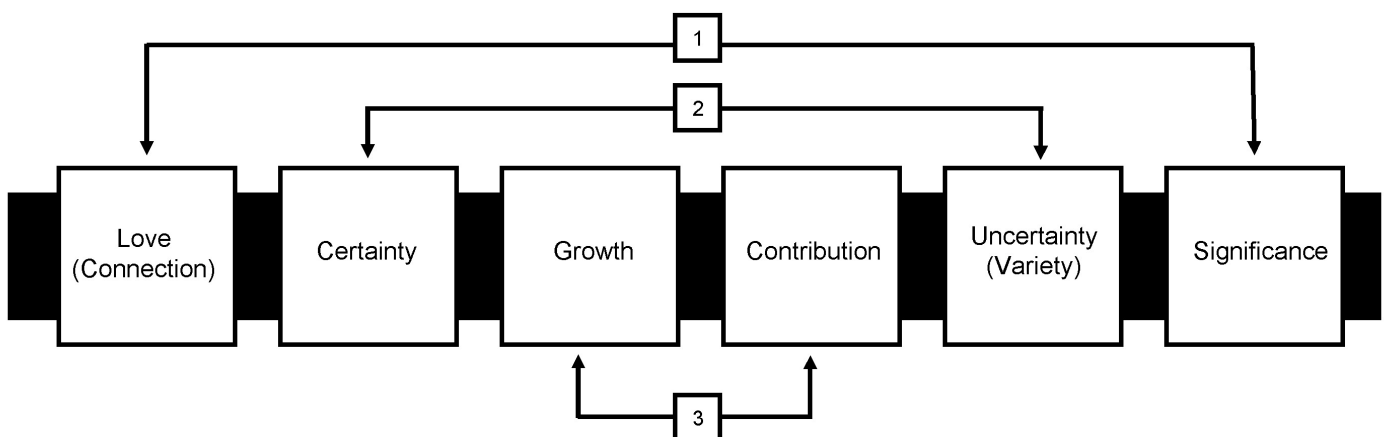
Both the law of attraction and power of intention are based on the ability to stay focused which is why LifeLinks becomes such an important tool in the process of creating your life. There is additional recommended readings for those that would like to learn more.

## Understanding the 6 human needs that drive Human Behavior

Learn what they are and how to utilize them to increase fulfillment in your life and in the lives of others.

### Three Sets of Human Needs

Balanced From the Outside - In



Everything we do can be defined by the human need that we are trying to fulfill. Every purchase we make, every conversation we have, every thought we experience is related to one or more of these needs. When you can find a product or a process that relates to several of these you will have a very powerful product. LifeLinks has been shown to satisfy all six.

## **Love 101 - Expressing and Receiving**

Learn the languages of love so that you can more effectively communicate in your relationships. This course includes lessons on capacity.

Love is a word that is often overused and misunderstood. In some ways it is better to think of the word appreciation and recognize that there are different levels of appreciation. Taking responsibility for love in your life and the lives of those you care about requires an understanding of the following rules. Express love in a way the other person will understand. Receive love in the way the other person is capable of expressing it.

The first rule requires you to know how the other person receives love. You may even have to ask them the question – What do I do or can I do to show you that I love you? You can ask this question to your spouse, relative, child, friend, etc. Once you know what it is that you do or can do to express love to them based on their definition than you can express it that way. You do not have to agree with it. In many cases it may not even make sense but everyone has their way of receiving love and it may be very different from yours.

The second rule relates to how other people express love. They may not follow these guidelines and know how to or have the ability to express love to you in the way that you want them to. You can develop an understanding of their capability and appreciate what they are able to express based on it. It may not meet your expectation but if you look at it through the eyes of understanding their capacity you will still feel loved. You can always work on increasing another's capacity to love you in the way you desire.

Reading the Five Love Languages by Chapman will increase your capacity to understand yourself and other people regarding love. You will learn the different styles and how to connect with and appreciate each of them. The responsibility for finding fulfillment rests with you and how you grow your relationships. The more you can increase your capacity the greater opportunity you will have to connect with those that are important to you.

## **LifeLinks Math 101**

You will learn how 1 plus 1 sometimes equals 1. LifeLinks is about helping people connect with themselves physically, mentally, and spiritually. It is also about helping you connect with others. We are all parts of a whole. One relationship, one family, one organization, one country, and one world are all ways to describe the Oneness that is made up of parts. Having a sense of Oneness can be very fulfilling and meets several of the basic human needs discussed earlier. (Read or listen to Deepak Chopra and Wayne Dyer to learn more). The other aspect of LifeLinks math is for LifeLinks Coaches that participate in distributing product. The specifics of those accounting principles will be shared in another document.

## **Copy and Paste**

This course helps people understand how to look beyond agendas and find the resource of unconditional love. This is a story that Glenn Wachler wrote as a metaphor for experiencing life. The story begins with a person that does not understand all of the influences in his life including the most important one. It ends with the understanding that each moment is special and that the most perfect form of love fills the universe and can be found within each moment of every day. You will learn how to tap into the message and utilize it's power by following 4 steps - Observe without judgment, Intend without expectations, Love without conditions, and Just Be. The story is available for download at [www.glennwachler.com](http://www.glennwachler.com)

## **Understanding Change -**

It's not if or when, it's how. Learn to work with change proactively instead of reactively.

Change is something that takes place continuously. We are sometimes not even aware of the changes that take place in our own life. What we do know is that we would like to get to some new point from where we are now. The only way to do to that is to have AIM (Attention on Intention = Manifestation). When you focus your attention on your intention you will create your manifestation.

## **Love Ensurance**

Learn how to guarantee meaningful relationships today and into the future, even if you're not physically available. Imagine you are at a wedding and the bride's father is introduced to say a few words. He begins by thanking everyone for coming and tells the story how his parents, the bride's grandparents, wanted to be here this evening. He continues with the story..."Five years ago my parents gave me this package and card to present to their granddaughter on her wedding day. See, they didn't know if they were going to be here physically but wanted to make sure that they were still here in some way. Even though they have since passed, their thoughts and feelings and gift will be presented here right now." The card is read and tells the love story of the bride's grandparents and how much they love her. It tells how they are proud of their son and daughter in law for raising such a wonderful girl. They share stories about long lasting love and the commitment of marriage. They finish with the story about the meaning in the gift which they purchased for the bride several years earlier so that they could give it to her at this moment.

The father opens the gift and shares with everyone at the wedding the thoughtful and meaningful gift that reinforces the messages shared in the card. He gives it to their granddaughter, his daughter, and she puts it on and will probably never take it off. That is Love Ensurance. It is putting meaning into a gift and making sure it is given at a future occasion even if you are not physically guaranteed to be there. Imagine the love and connection that the grandparents were able to enjoy all those years knowing that they would be able to make a meaningful impact on their granddaughters life. Imagine the love and connection that the new bride will be able to share for the rest of her life. What a wonderful legacy.

Wachler Ultimate Expression utilizes many tools to offer Love Ensurance to it's clients. Glenn Wachler designed the concept many years ago and has created lasting social expression products for families that will be given 13 years from the day they were purchased. There is no limit to the impact you can have on the people you care about. The time is now to celebrate the connections in your life. The time is now to put meaning into your relationships. Today is what we have for sure. Tomorrow is only guaranteed to those that make thoughtful commitments today. Ensure your love today.

## **Motion is Emotion**

Learn how you can control your emotions and feelings by controlling yourself physically. How does a person position their body when they are sad. You can feel the posture as the head looks down and the shoulders follow. The breathing changes based on the depth of the sadness. How does a person position their body when they are feeling ecstatic. They are filled with joy and it is so easy to see. They are probably moving around up and down. There is energy and smiles. The breathing is strong and continuous.

Studies show that our physical posture leads to the feelings associated with that posture. These postures are universal in many ways. Many of the LifeLinks are designed with this knowledge in mind. You will see in Balance, Laugh, Love, Passion, Surrender, Tranquility, Reflect, Giving, Be Happy, and many others the universal posture for the emotion and mental state that will follow those positions. You can learn more by studying the work of Anthony Robbins.

## **Life Management Skills**

Learn how to be outcome focused, purpose driven and action planned to more effectively live the life that you choose. The course will teach you how to accomplish more of what you want in less time. There are only 24 hours in a day. Why is it that some people can accomplish so much more in that same time period. The answer is to have a plan. This is not about time management but life management. What is important to you in your life? What are your priorities? Where are you strong and where do you need improvement? The answer to these questions and a plan to address them will lead to a life fulfilled. Regret only comes to those who are not consciously working their life plan.

You start with an outcome. For example, To be an outstanding husband. To be a loving father that has fun with his kids. To have children that grow up to be loving and contributing members of society. To continuously increase my capacity to serve others with the gifts that you have been given.

Then, it is important to understand why the outcomes are important to you. What is their purpose? The answer creates the energy necessary to reach your set outcome. For example if the outcome is to be an outstanding husband, what is the purpose or reason? Perhaps to celebrate and enjoy lifelong connections. To be an example for your children. To develop and have a best friend. To create a loving family. To increase intimacy throughout your life. To bring joy and happiness to one that returns the favor.

The energy of the purpose leads to an action plan. List a number of things that you can do that will lead to your outcome and satisfy your purpose. You can answer questions like "What can I do today that will make major progress in being an outstanding husband? If you have limited time as most do, you can ask, "What can I do in 30 minutes that would make major progress with this outcome?" Also you can ask, "What can be done (delegated) that would make major progress in being an outstanding husband?" This may lead to other solutions like ordering flowers or making reservations for a spa treatment, or sending a thoughtful message. Once a list of ideas is created you can pick the actions that are most effective.

Scheduling the actions though out your time in your Life Planner (looks like a day planner but with personalized life outcomes and driving purposes behind it. Once something is scheduled it can become your life. Further study will show you how to combine actions and recognize that many actions are not necessary to achieve the outcome. Life Management Skills focusing on Outcomes, Purpose, and Actions can be further studied with Glenn Wachler and books by Anthony Robbins.

## **LifeLinks University Masters and Doctorate Programs**

Once you complete your undergraduate programs you may want to continue on with your education and receive your Masters or Doctorate degrees. Recommended reading lists and formation of classes will be announced in the future. Your undergraduate classes will teach you how to increase your own capacity. Spend more of your time making a life and less making a living.

Life is an incredible gift and opportunity. Utilize your moments in a way that is important to you. Take the time to understand what you want to accomplish and who you want to be. We are always in the process of becoming. Play a conscious role in the creation process. Use the resources and tools available to grow yourself and the people that are important to you.

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