

The Hypnosis

Over 400 Pages
1st. Edition

Self-Help Manual

The Ultimate Do-It-Yourself

Includes 20 Self-Hypnosis Methods
Choose from over 50 Script and Affirmation Topics

*"A Breakthrough in the Self-Help Industry."
"So easy a child can do it."*

- Improve your health and heal most disorders.
- Methods to instantly overcome fear and stress.
- Learn how to create spectacular relationships.
- You can achieve the goals of your dreams.
- Build your confidence in spite of what others say.

By Rene & Raluca Bastarache - AIA Approved

The Hypnosis Self-Help Manual

By Rene & Raluca Bastarache



Approved training by the:

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Motivation

“I have a dream of healing the world but it’s going to take a grass roots effort of you and me together.”

Over the last twenty years we’ve been blessed to have been able to educate and help hundreds of thousands of people in virtually every country worldwide with our free online hypnosis certification manual and training.

This self-help manual is the culmination of all our knowledge and expertise in helping others and I know it has what it takes to make an even bigger impact.

Please accept this book with our best intentions in hopes that it will change your life and I only ask that you share it with at least three others so you can help me attain my dream.

We can change the world together!

Thank You,

Rene Bastarache, CI

Introduction

I believe that hypnotic suggestion is one of the most effective yet misunderstood methods of self-help available today. An observation in over twenty years of treating clients is that hypnosis was usually their last resort. Because of the negative stigma and mystery surrounding the word “hypnosis” most people will try everything else available to them only to wish as a result that they had tried it first.

By understanding the inner workings of the mind, thought process and the major topics that affect people we’ve created an easy to follow, Do-It-Yourself Program that anyone can do, to make positive changes in all areas of their lives.

We’ve included multiple self-help methods to ensure that there’s at least one to suit your needs and lifestyle. There’s dozens of traditional hypnosis and affirmation scripts on virtually every topic as well as detailed instructions how to create your own should you need something that’s not available.

You can now see why it’s being called a “Breakthrough in the Self-Help Industry.” It’s now a first step solution rather than a last resort after you’ve exhausted all your time and money. If there’s an area in life you’d like to improve in, then there’s something here to help you accomplish it.

Author and Writer



Rene A. Bastarache, CI

- Author, Instructor and fisherman, was born in Biddeford, Maine which is in the Northeastern corner of the USA where he currently resides.
- Founded of the American School of Hypnosis - with over 25 Independent training offices worldwide.
- President of the American International Association of Hypnosis - The worlds #1 ranked Hypnotherapy and Self-Help Association Worldwide.
- Author of over 30 books and manuals on hypnosis, marketing, self-help and mental conditioning.
- Author and creator of many certification courses, membership sites, products and programs.

“We’re pioneers; we believe in being creative and leading in the way.”

Co-Author and Researcher



Raluca E. Bastarache, CI

- Author, Researcher, Instructor and Perfume Connoisseur, was born and raised in Iasi, Romania and currently resides in Biddeford, Maine in the Northeastern corner of the USA.
- Co-author and researcher of a multitude of hypnosis and self-help books as well as a Success & Relationship Consultant / Coach.
- Director of the American School of Hypnosis offering basic and advanced clinical hypnotherapy certification.
- Board of Member of the American International Association of Hypnosis.
- Graduate The Octav Bancila School of Music and Arts of Iasi Romania. When we first met she was a professional Opera Singer performing in Opera Houses throughout Eastern Europe.

“We not only teach self-hypnosis, we wrote the book!”

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Any results can't be guaranteed from this program as they're based on the determination and belief of each subject which can't be measured.

Rene and Raluca are not Medical or Mental Health Practitioner. "Before" conducting anything from this manual on yourself or someone else of a clinical, health related or mental health nature be sure to consult with your medical or mental health professional for approval first.

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Editing Notice

If you find typographical errors in this manual, I'd like you to realize that they're here for a reason. Some people actually enjoy looking for them and we strive to please as many as possible. Thank you!

“Reality is merely an illusion albeit a persistent one.”

Albert Einstein

CHAPTER 1: Hypnosis Exposed

What's Inside:

You'll learn the differences between hypnosis, self-hypnosis and the effects of acceptance and resistance to suggestion.

Just to understand how large the scope of hypnosis conditioning is we'll show you how it's been used on you knowingly and covertly repeatedly each day since birth.

The brainwave states will help you to uncover what can be done in each of the various levels of the mind so you can use your newfound knowledge to easily enhance or change any areas of your life.

Suggestion, Acceptance and Resistance

You're being bombarded with suggestions directly or indirectly throughout your day. They're coming to you from your computer, magazines, billboards, newspapers, radio, television, at the cinema, on the phone, driving down the street, in the supermarket or other stores, at school, church, from the government, on vacation, restaurants, the gym, at sports, work, from your children, parents, spouse, friends, non-friends, co-workers, clergy and teachers.

Hopefully now you're beginning to see the scope of this. They're all taking part in your daily conditioning and programming. The same programs that are turning you into the person you are now and the person you're becoming.

As a result of all these direct suggestions or at least the ones you're consciously aware of you have a choice to either accept or reject them. Where it comes to the indirect ones that you're not aware of your mind will still have the opportunity to accept or reject them such as in the case of hypnosis or even when you're deeply relaxed in your recliner and commercials are playing within earshot on the television.

You're OPEN to suggestion when:

- You consciously accept them.
- You really want the suggestion to occur.
- You believe in them.
- You feel you deserve them.
- You trust what's being said.
- You feel worthy of them.
- You can "buy-into" the idea. (*it seems attainable*)

You're CLOSED to suggestion when:

- You consciously resist the suggestion or person delivering them.
- You have doubt about the suggestions.
- You have fear about the suggestions.
- You don't believe the suggestion or person delivering them.
- You don't trust the suggestion or person delivering them.

- You feel unworthy of the suggestion.
- You can't "buy-into" the suggestion. (*it seems unattainable*)

NOTE: Keep in mind that the process of resisting suggestion usually creates a counter suggestion or alternate and even opposite self-suggestion that the subject may choose to follow instead.

Hypnosis - Definition

/hip-noh-sis/

noun

The induction of a state of consciousness enhancing the subjects' responsiveness to successfully accepting positive suggestion with little to no resistance. Through various techniques the subject can be guided to accept suggestion or can be taught to do it for themselves through self-hypnosis.

14 Ways you're Being Hypnotized Daily

As mentioned earlier we're continually being subject to conscious and subconscious or covert suggestions throughout our day. If you've ever found yourself at the checkout counter of the grocery store not knowing why you put something in your shopping cart this may be the reason.

You're either open to suggestion or resisting suggestion constantly, there's no halfway. It may be positive or negative conditioning. That's the entire purpose of advertising. To entice you to choose one product over another or to slant you towards thinking a certain way that will be advantageous to the advertiser in some manner. It happens to you whether you like it or not or whether you want it to or not. But there's something that you can do about it.

Our purpose of teaching you this is not to eliminate what's happening to you. It's to create awareness so you may be able to take control of your future conditioning. This will give you the opportunity to act or make choices rather than allowing it to control you.

The Methods

Here's a list of just some of the many ways people are being conditioned through suggestion each day. While reading them, see how many resonate with you.

1. Advertising, Signs and Logos

You're continually being bombarded with suggestions to act now and purchase products from television, radio, junk mail, newspapers, store window ads, magazines, department stores and supermarkets just to name a few. There's virtually no place you can go where you're not in contact with some form of advertising suggestion.

2. Grocery Stores

This can be a battle of resisting suggestion. Some stores even have

demonstrators trying to tempt you with free samples. There's the scent of freshly baked goods being prepared in the bakery... attractive signage and inviting music in the background... sales displays of *easy to prepare* meals right at eye level and the list goes on. Think of the many times you went into the grocery store to buy only four products but came out with fifteen.

3. Bombardment – Everything at once – Critical mass

Similar to doing your taxes while someone is having a conversation with you at the same time. If you're focusing on your taxes, everything in the conversation is being absorbed by the subconscious mind like a sponge. This is why it's detrimental to have the television or radio on while working, eating dinner with your families or while sleeping.

4. Placebos

A placebo is a non-effective substance or object given to someone by a person who's in authority (*doctor, minister, parent, boss or supervisor*) leading the person to believe that it will cure or solve his or her situation. Any effect that this placebo has is based on the power of suggestion.

An example would be; if you were given sugar pills by your doctor thinking that they were an asthma cure and within a few months your asthma improved.

The placebo effect accounts for approximately 1/3 of the successful recovery in most illness today. As long as there's a belief that treatment will work, a hope of being cured and someone in authority with a positive demeanor such as a doctor, minister or even a parent to say it will, most of the elements of a placebo recovery are there.

5. Music

Music is extremely hypnotic. The effect of music can cause you to become extremely relaxed one moment and very agitated the next. Both are favorable for accepting suggestions without resistance.

6. Fear of Deadlines or Loss - Then creating a solution

You may have heard the slogan before that fear is a great motivator. Fear is also a powerful tool utilized in the acceptance of suggestion. It's now and has been successfully used in virtually every walk of life such as sales, government, religion, family, school, work and in countless other areas.

- "Call now, we only have two left on hand or the sale ends tomorrow."
- "Keep the noise down in your room or you'll be punished."
- "Meet the 12:00 deadline or you're fired!"
- "Buy the best security system or your house will be broken into."
- "Call your doctor now, before something happens to you."

7. Story Telling

Storytelling can be a very effective form of delivering suggestion by having embedded messages or metaphors included within them. This is most often seen in the writing of fairytales, nursery rhymes, fables and parables.

Delivering strong suggestion to large audiences can be seen often in public speaking and delivering sermons at religious events. In fact the purpose of parables is to deliver suggestion to change people's lives indirectly without direct resistance. People relate to the character in the story and often use the messages in their own lives.

8. Pygmalion Effect

This is more commonly known as the *teacher-expectancy effect* and it refers to situations in which some students perform better than others simply because they were expected to. If a group of students were treated as if they were smarter than another group for whatever reason, they would react more favorably than those treated in the opposite manner. It's a sort of self-fulfilling prophecy.

9. Hawthorne Effect

This effect describes a phenomenon where the behavior of people is changed in response to a change in the improved environment or surroundings.

Examples:

- Improving the lighting on the production floor of a manufacturing company resulting in added productivity.
- Playing relaxing music in the waiting room of a doctor's office which would result in patients being more relaxed during treatment.

10. Repetition, Repetition, Repetition

Anything that is repeated continually for a minimum of approximately 30 days becomes a habit. Once it becomes a habit it seems to work on automatic pilot. This happens without even having to think about the process anymore. Here are some examples:

- Reciting the alphabet
- Typing on the keyboard
- Answering the phone
- Driving to work each day
- Brushing your teeth

What sort of repetitive influences are you subject to each day?

11. Relaxing

This is probably the most well-known vehicle of suggestibility today. It's used quite extensively in the mental health and medical fields to increase suggestibility. It's the basis of meditation and guided imagery. Even parents use these techniques with their children by telling them to take a deep breath to get them

to calm down. Once you're relaxed, positive suggestions can easily be given and accepted.

Many companies have also associated their products so as to *group them* mentally with suggestions of relaxation to sell them, such as coffee, cigarettes, luxury automobiles, furniture, chocolate and vacations. The added suggestion or conditioning of relaxation makes the item more appealing even if it's not so.

12. Resisting

If you become aware that you're being given suggestions and immediately resist by giving yourself counter suggestions (*opposing ideas or thoughts*) you're still in a state of suggestibility since you accepted the counter or opposing suggestion from yourself. When you reject or replace any suggestion you're still accepting its alternative.

13. Writing

Virtually any self-help course or program will encourage you to "write down" your goals on paper. The act of forming the letters as you write engrains the suggestion even more.

For years in schools, students were made to write things on the blackboard repetitively in order to get them to remember or learn a lesson. Writing has a way of imprinting suggestions in your mind more than reading, typing or recording. If you write it, you can see it.

14. Reading - Even reading this manual right now!

Reading stories with suggestive messages such as in telling a story like in the previous section is also very suggestive to the reader. In fact, reading anything from magazines, newspapers, web pages, articles or virtually anything you read has been written for the purposes of soliciting some form of suggestion or desired response.

The Process of Being Hypnotized

First it's important to understand that one of the main features of the conscious mind is that it's very rebellious and will often resist suggestion even if they're positive and good for them. This explains why so many people have difficulty to quit smoking or lose weight even though they know the advantages and have a strong desire.

Hypnosis gives you the opportunity to be able to bypass this natural conscious rebelliousness and accept positive suggestions to create permanent change.

When a subject decides to solicit an outside practitioner for hypnosis here's several of the methods they may experience in order of popularity to attain this goal. The basic purpose of the practitioner is:

1. To attempt to bypass the subjects resistance to suggestion by relaxing them into the Alpha or Theta brainwave states thereby reducing resistance from the conscious mind and increasing acceptance by the subconscious.
(brainwave states to be explained later in this manual)
2. Or they may use a confusional or analytical type session designed to keep the subjects mind busy covertly delivering the suggestions with little to no resistance.
3. Or they may use additional covert methods delivering the suggestion hidden in stories or through conversation.
4. Or in some cases the suggestions may even be masked in recorded audios by other suggestions, sounds or even soothing music in order to bypass the rebellious conscious mind. This way the suggestion can work as a form of "Trojan horse" often sneaking by the conscious mind undetected.

The Process of Self-Hypnosis

All suggestion or hypnosis is considered self-hypnosis. The reason for this is that even if a practitioner were delivering suggestion to you you'd be the one that must accept the suggestion for yourself in order for them to take effect. The practitioner has no power over you and can't "make" you do anything against your will. In other words you're in control of what you allow to be accepted or rejected and the practitioner is simply the narrator or guide.

Self-hypnosis is based on the use of imagination as the catalyst to accept suggestion rather than the need for deep relaxation and covert techniques. If you can imagine the suggestion that's being delivered you'll be able to eliminate most of the resistance that would normally be accompanying it.

"The subconscious mind doesn't understand the difference between a real or an imagined memory or occurrence."

If you can imagine something happening then you can "buy into" the idea that it's possible or it can happen. If you can't imagine it then obviously it won't happen. In other words you may be able to imagine yourself running a marathon if you're already a professional runner but if you've never run before you wouldn't be able to *buy into* the idea.

You may however be able to imagine yourself running a half-mile or a mile and once you've accomplished that easily you can increase your distance until you attain the entire marathon. You can imagine or "buy into" the smaller steps and easily except those suggestions. If you can't imagine yourself running the complete marathon then you won't accept the suggestions either.

Self-hypnosis is based on the use of imagination to accept suggestions:

1. You can accept self-suggestion by using your imagination.
2. You can accept guided suggestion by using your imagination.
3. You can accept affirmations by imagining them.

In a later chapter we'll discuss the many self-hypnosis techniques that are available to you but you'll notice that a key feature in all of them is the use of imagination.

This Changes Everything

As humans living in this conscious world we've become accustomed to experiencing life or perceiving it through our five senses. Through the sense of sound, sight, touch, smell and taste we're able to learn, understand and even operate our way around this world we live in.

Although we have five senses, it's important to understand that each person may have developed certain ones more than the others and most people are usually dominant in one above the other four. Research has shown that most people's sense of sight is more dominant than the others; however there are other people who have a more dominant sense of smell or touch.

This is why it's important not to rely on the word visualize in writing suggestive scripts. Although you may be quite prominent in visualizing others may not be able to see it in the way you do. They may be able to feel it or sense it using one of their other senses.

Although not everyone may be able to "see" a specific description that you've given or even feel it, one thing that is common with everyone is that they can all imagine it. Imagination is not based on any of the five conscious senses but it's a sense of its own or a sixth sense. It's the key to creating both the physical and subconscious world. It's the basis of suggestibility and the primary tool used in self-hypnosis.

"Imagination is the fuel for thought; it gets the mental vehicle moving."

Thought creates the suggestion and suggestion is the beginning factor of everything. If thought is the *vehicle*, then you can look at imagination as the *fuel* it takes to get it moving. One without the other is useless. Once a thought comes

forth the imagination takes over so as to create what to do with it. Therefore everything is determined by imagination.

As you've been reading this manual you may have been imagining how you can utilize it in your life. You may have been imagining how you can use its teachings to help your friends, family or clients. Once you receive the thought to begin this process your imagination becomes active with creativity showing you countless ways that you can use it.

Keep in mind the difference between imagination and visualization. When using visualization you're able to see things that you have actually seen, experienced or understand from your life. Imagination covers that and so much more. Utilizing your imagination has no restrictions or boundaries.

You can imagine real people transforming into cartoon characters. You can imagine them flying and turning into birds. You can probably even imagine me taking a bright yellow lemon and cutting it in half right in front of you ... then taking one of the halves and squeezing it very slowly so that the juice begins to drip down all over the table. Upon using your imagination you wouldn't only be able to imagine what that picture would look like but you may even have found your mouth watering as well.

Levels of Acceptance

“The Best Place for Self Hypnosis is Alpha.”

There are many different levels of suggestibility. Through the use of a suggestibility scale one can visually see the progression of each level. The reason this is important is that each level has its advantages and some work better than others for certain situations.

The old adage that *“deeper is better”*, where it comes to hypnosis could not be further from the truth. We’ve found that the majority of programming that people require can be best accomplished in the lighter states of suggestibility. The deeper levels often times can be *too deep* especially since they’re known to induce amnesia.

Programming people in the deeper amnesic states can result in the person not even remembering that the occurrence happened. This can leave doubt in the subjects’ mind that it may not have occurred at all thereby rendering the programming much less effective.

In the lighter states of suggestibility you can remember your programming thereby allowing either sides or hemispheres of the mind to work on the suggestion simultaneously. As long as the conscious mind has let go of its guard or resistance the suggestions will be accepted by the subconscious.

“Deeper is not better!”

BRAINWAVE - SUGGESTIBILITY SCALE			
6	DELTA	<p>Dominant stage of infants from birth - 2 years old. You heal a minimum of 3x faster. Universal consciousness - Where all thought is one. Deep (dreamless), recuperative sleep state.</p>	Sub-conscious
5	THETA	<p>Dominant stage of children from ages 2 - 6 years old. They learn through repetition, observation and positive reinforcement. A place of "no" stress. Your immune system is fully operational here. No time, only the NOW exist. Long term & traumatic memories are stored. Hallucination level. This is where the natural anesthesia level begins. Amnesia Level - You'll experience lost time while in Theta. 6th sense or imagination rules. Level of deep dreaming that you don't remember upon awakening .</p>	
4		<p>Dominant stage of children from ages 6 - 12. Children seem to be mini clones of parents or guardians. All senses enhanced a minimum of 15%. This is where your short term memories are stored. (accessing information for tests and stuies) Approximately 50% conscious and subconscious. Your basic instincts and intuition begin here. Meditation begins. 6th sense or imagination rules.</p>	
3		ALPHA	
2	BETA		<p>Dominant stage of children from ages 12 and up including adults. Beta is the alert, learning and functioning state that you're reading this in now which is primarily left brain activity. It's based on your five senses. It's a busy, active a focused state of mind.</p>
1			
0			



It's interesting to note that the simple process of closing your eyes releases approximately 80% of Beta activity. This means that you're in the Alpha brainwave state approximately 80% as well. The Alpha brainwave state is probably the best state for the majority of programming. Levels one through three of a six level brainwave chart would all occur in the Alpha brainwave state.

Just to show how simple it is to attain these levels; a student sitting in a classroom, in a mild state of daydreaming will find himself between levels three and four in what is known as the Alpha / Theta Transition which is where amnesia begins

Levels four and five are encompassed in the theta brainwave state which is primarily used for mental health work where you don't want the client to have to relive traumatic memories and for minor anesthesia. Level six is the Delta state where anesthesia or major healing is required.

Brainwave Frequencies



The majority of people when confronted with the term "brainwave frequencies" have thoughts of Science Fiction movies. It's as alien to them as Quantum Physics would be to a five year old. Others understand it as a measurement of speed or frequency of the brain but that's usually as far as they get into it.

Imagine billions of neurons in the brain, each having receptors and transmitters connected by flickering electrical impulses or currents. They would appear very similar to the current you would see between the two filaments of a light bulb to create the current which brings forth the light. This flickering is where the term "brainwave" comes from and its speed and amplitude is what can be measured.

They're measured in what is known as cycles per second (*cps*) which is the oldest term or Hertz (*Hz*) named after Heinrich Hertz, the German scientist who defined the cycles. 1 cps. = 1 hz.

These signals or waves can be measured by the use of an electroencephalogram. This EEG has sensors, which are placed along the scalp of the head that monitor the activity produced by the firing of neurons within the brain. Your brain contains about 100 billion neurons; each neuron can be connected to about 10,000 other neurons which add up to about 100 trillion connections in your brain. If you were to enlarge it, that would be more electrical connections than the entire city of New York and probably even the entire state for that matter.

Different brainwave frequencies have been shown to correspond to different activities of the mind. Since we have many thoughts and activities happening at the same time all brainwave frequencies are being experienced simultaneously with one being dominant at a specific moment.

You may be consciously doing math, which would require Beta activity but at the same time be relaxing and remembering past events, which are stored in the Alpha brainwave state.

Getting Out of Your Mind

Our Six Level Brainwave Suggestibility Scale is a simple “at a glance” reference to help you see where you must be mentally to achieve various goals or treatment.

Notice how as your brainwaves slow from stage to stage you’re able to attain more and more information as well as other abilities. Earlier we stated that the mental brainwaves could be measured by the use of an EEG (*electroencephalogram*). Over recent years’ scientist have found that though the use of MEG (*magnetoencephalogram*) they’re able to measure the similar activity occurring “outside” the brain. The previous chart will better explain this concept in more detail.

The human figures at the bottom of the chart signify three individuals. The shaded areas above them signify their scope of consciousness. Notice how they expand and crossover each other as they leave your Beta state. Beta is your normal or should I say your conscious, busy state. It consists of everything within your own individual mind and abilities. In Beta the thoughts of others don’t influence your consciousness which is why the shaded areas don’t touch.

As soon as you enter the Alpha state they begin to overlap. That’s where your consciousness begins to be influenced by others in the way of intuition. As it progresses to the slower brainwaves it overlaps or expands even more which helps to explain the concept or phenomena known as ESP.

Complete overlapping can be seen in Universal Consciousness or Source (*Delta*). There’s no more separation of thought and all thought is one. That’s why a good psychic can read your mind or make predictions; your thoughts are their thoughts. Or to state it more accurately, there’s only thought.

With this expansion in you’re able to obtain added knowledge in the way of enhanced short-term memory and intuition. Relax more and you can expand further to open up long term memories, déjà vu and enhanced senses. In fact in the Alpha brainwave state all your senses are enhanced a minimum of 15%.

As you relax further into theta you’re open to the ability of self-anesthesia and through your imagination are able to create hallucinations. In addition to your

natural psychic abilities expanding your immune system opens up so you can enjoy greatly accelerated healing. Here and beyond you're open to a completely stress free experience of timelessness and profound insight and unlimited information retrieval. If you've ever gone to sleep with a question in your mind and awoke with the answer in detail then you've experienced this phenomena.

This expansion beyond the confines of the Beta mind is why two or more people can get together and discuss a topic of shared interest and come up with amazing new insights on the topic that neither had originally had. They were able to attain the levels beyond their individual confines. This is the purpose of the "Mastermind Principle" often seen used by the most successful entrepreneurs. They gather others of a like mind into board or staff meetings to gain new ideas to propel their businesses to success.

This can also be seen in the animal kingdom quite often as animals are primarily living in the Alpha brainwave state and find Beta to be most bothersome. In their state of overlapping consciousness they're able to communicate with each other. Such as when schools of fish or flocks of birds instantaneously change direction without bumping into each other. It's on an instinctual level, which occurs in the Alpha level onward. If you've ever done something by instinct or gotten the "vibes" you have most likely experienced this.

NOTE: We are in all brainwaves simultaneously however there's always one that is more dominant at any given time. Whenever you have a thought it's immediately part of this subconscious library and thereby available for anyone else to recover as well.

If you've ever had a great business idea and decided not to complete it right away and found shortly thereafter that someone else was doing the same idea that you had, then you've seen this concept in action. It would be similar to dropping a twenty-dollar bill on the ground and walking away from it. If you didn't return immediately to reclaim it then there's a great possibility that someone else has seen it and taken it for themselves.

This concept can also be seen when someone tells you something that you've never heard before but suddenly you realize that you already knew it. This happens to us as instructors in our courses constantly. We teach a totally unique

concept that the students have never even considered before and suddenly you see the light bulb in their minds go on as they say “I knew that!” At a certain level of mind you know everything; the level of all knowledge or universal knowledge. That’s the whole concept of source energy. It’s an intelligent energy.

We’re not teaching you anything new. We may be putting together the particular information differently but what we’re actually doing is teaching *you* about *you*! The information and raw materials to build a television or radio transmitter has always been there for hundreds of years but someone put it together differently and voila!

* The previous brainwave chart is to be used as a gauge or helpmate but not to be taken as factual or absolute. There’s no black and white where it comes to the brain. There are many areas of grey to consider. As much as we humans like to put things in nice, orderly little packages and graphs, there are times when the mind doesn’t wish to comply.

The Scale, Titles & Functions

The following section will break down some of the various brain wave states to give you more information of how they can help you.

NOTE: It's important to achieve and experience balance in each of the four basic brainwave states on a regular basis and not spend too much time in one or another to remain in peak physical and mental condition. Too much time in one and neglecting others can cause disorders. Ex: Working 14 - 16 hours straight on a regular basis (*Beta state*) can cause burnout or even worse.

DELTA .5 - 4hz.

Dominant in newborn infants to age 2
 Right-brain activity
 Release of the HGH (*Human Growth Hormone*)
 Experience of low blood pressure, heart rate & metabolism
 Universal consciousness
 Body heals three times faster minimum
 Profound anesthesia
 This is the level of deep motionless, dreamless sleep
 Negative hallucinations (*not seeing what is there*)

Best level for:

Extra sensory perception - ESP
 Major surgery
 Healing and restoration for major disorders or injuries
 Psychic readings, predictions

THETA 4 - 7hz.

Dominant in children from 2 - 6 years old
 Right-brain activity
 This is the dreaming sleep state
 Long-term memories are stored
 REM rapid eye movement

The immune system is fully operational
Heightened problem-solving ability
Beginning of anesthesia - pain control
Total amnesia
No stress due to timelessness
Heightened Imagination
Hallucinations (*Seeing something that is not there*)
Traumatic memories are stored
Timelessness - Clients report lost time & memory while in this stage

Ideal area for:

Outpatient anesthesia
Dental *work (analgesia state)*
Painless Childbirth (*analgesia state*)
Psychic surgery / psychic healing
Re-opening traumatic memories
Regression
Automatic writing
Enhanced creativity
Eliminating panic attacks

NOTE: Stress is one of the major causes that can be found in virtually any disorder, sickness or disease. It's important to realize where stress resides. It's a left-brain activity that only exists in the past and the future. It can't exist in the present.

"You're stressed about what's going to happen or what did happen."

To eliminate stress immediately all you need to do is to experience the NOW state. Also known as the Theta brainwave state or deeper parts of Alpha.

ALPHA 7 - 12hz.

This is where your consciousness begins to expand outside of the confines of your brain overlapping with other consciousness...

Dominant in children from 6 to 12 years old
 Equal left brain-right brain (*inner / outer world*) synchronization
 Simply closing your eyes blocks out 80% of Beta activity
 Short-term memories stored
 Serotonin naturally released in the body; said to help in the recovery of
 depression and anxiety
 Inspiration begins
 Beginning of heightened awareness
 Accelerated learning
 Enhanced creativity
 One of the best levels for programming of suggestions
 Gateway to meditation
 Relaxation begins
 Stress reduction begins

Best level for:

Self-hypnosis
 Relaxation
 Lack of clarity
 Relieving headaches
 Working with depression
 Anxiety
 Retrieving short term memories

BETA 12 - 25hz. - The Conscious / Subconscious Bridge

Dominant in children from 12 years old and up
 Left-brain activity
 Busy activity such as: Studying, Working, Concentration, Problem-solving &
 making judgments
 Quick thinking
 Higher focus
 Attentiveness - Alert mentally
 Outward awareness
 Focusing on the five senses

Waking Hypnosis is Key for Self-Hypnosis

As shown in the previous chart the “sleep” stage begins at level 4 - the Theta brainwave state. Level 4 is also where amnesia begins. Since it’s important that you both stay awake to deliver your suggestions and remember them waking hypnosis is the key to self-hypnosis.

What’s Waking Hypnosis?

Just as it sounds it’s being hypnotized in the Alpha brainwave state where you are both awake and you’ll remember what happened during your session. Alpha is the level you’ll be conducting most self-hypnosis. After all how can you conduct self-hypnosis if you’ve fallen asleep?

By combining waking hypnosis with the addition of imagination you’ll be just as successful as if you were being given a session by a practitioner in a deeper level. The reason for this is that you’ll experience much less resistance doing a session for yourself. There are no issues of trust, fear or having confidence in another person as you’re the practitioner. You can just let yourself go and imagine the suggestions happening in your mind thereby readily accepting them.

Bastarache Brainwave Suggestibility Scale

For even more detailed information on Brainwaves and Suggestibility you can access our BBSS Scale free of charge. Click here to get immediate access:

<http://www.choosehypnosis.com/bbss.htm>

“Understanding is a three edged sword; there’s your side, their side and the truth.”

Michael Starczynski

CHAPTER 2: Understanding Your Mind

What's Inside:

In understanding how your mind works you'll understand the process of how you learn and what motivates you as a human being to keep going even in the face of adversity.

You'll learn how and why your present viewpoints can never be the exact same as anyone else's. You'll learn why you seem so adverse to change even when it's something good for you. You'll learn about some remarkable subconscious traits you have available to you that can be the changing point of your life.

You'll finally understand how you became the person you are today and what you can do to change it if you desire. There's a reason why you have your current likes, dislikes, habits, traits and beliefs. This information will give you the tools required to take control of your life and create your desired reality.

What Happened to You?

Approximately 90% of your mind is pre-programmed. You began to observe and experience outside stimuli from your parents or guardians and others who were influential in your upbringing. Through these observations you began to make choices of what you liked and didn't like. You absorbed everything like a sponge. This was the beginning of your conscious mind development.

Through repetition of the choices you were making you began to develop habits or what's also known as personal programming. These habits developed your personality and gave you a frame of reference to relate to when given future choices.

You were given limitations of what you could do. Some things were good and others bad. You couldn't scream whenever you wanted to. You couldn't put everything into your mouth to experience it. Many of your behaviors or freedoms were curbed. Through observation you developed habits often similar to your parents and others in your environment.

Your experiences were expanding rapidly learning from siblings, relatives, company coming into the house and even television. You were developing a personality as a result of all this stimuli. You desperately wanted to be accepted and fit in to others expectations of you and began copying them as a result.

The following story is an example of the programming that many have experienced throughout their lives and how this programming and constant habit development can keep people in a state of living their lives without even being aware of what is going on around them. It's similar to a hamster running on a wheel continually going round and round oblivious of all the choices and opportunity that surrounds them. They continue doing the same thing day after day wishing for something better. It will show you how many people are too busy living their lives to plan their lives.

Sam's Story

Sam was born in a healthy happy and orderly state. He was perfection in human form, pure potential. At birth He had the same opportunities for success as anyone else. He had no inhibitions or limitations. He was the center of his universe, born into a life of pure unlimited growth. Sam was fully awake, aware and ready to get started...

Since there was no instruction manual on how to raise children to achieve their potential, Sam's parents did the best they could. They raised him with love and caring in same manner they were raised and their parents before them. He was taught the same type of lessons, rules and information as other children in preparation for school.

At school Sam desperately wanted to fit in so he decided to act like the other children. It was very important that he fit into the mold of what was known as normal and was accepted by his peers. The last thing he wanted to do was draw attention or ridicule to him.

Upon becoming an adult Sam decided to go to college. Most of Sam's friends went so he wanted to go as well. He had no idea of what he wanted to study or become. It just seemed like the right thing to do.

Once graduated, he took the first job in his field he could find so he could begin paying back those huge student loans. At work, he observed how others around him performed their jobs so he could copy their behavior and do his job properly. He made friends with the people he worked with and in his free time joined in many of the same activities that they enjoyed.

He eventually got married, had children and found himself raising them in the very same manner. In fact he found that many of his mannerisms or habits relating to his children and spouse were very similar to his own parents when they raised him. Most of his down time was occupied by conducting mindless chores around the house and watching television.

At the end of his daily routine he realized it was finally time to go to bed so he could get up in the morning to get the children off to school and start his new day

at work once again. This cycle went on day after day and year after year until he retired.

Many people are so caught up in this type of life that they don't even realize there are other options. They're simply too busy living their lives to plan their lives as in the case of Sam. If this is all you know, then this is all you get. Why?

"You always become what you think about most of the time."

A child that was once wide-awake and ready to take on the world with unlimited possibilities became a victim of environmental programming, conformed to what was expected and lived an entire life of routine. It's as if he was sleeping through his life. He was living a programmed life unaware of what was available to him. Even though every morning brings a new day of unlimited possibilities, he did the same things today that he did yesterday.

This course will teach you how to live your life intentionally rather than accidentally. It's a step-by-step guide to understanding your mind, how you got this way and re-programming yourself to think and live the way you want.

Propaganda through Perception

Everything that you've been taught since the day you were born has been taught according to the ulterior motive, understanding or individual viewpoint of the person teaching it and thereby considered propaganda. An example would be someone teaching you about American history in school that is from America compared to someone teaching you the same course that is from Russia. Both teachers would have a different slant on American history because of their understanding, possible biases and experiences.

Your viewpoints or understandings of subjects that you learned from your parents, family, environment, teachers, schools, the military, your government, politicians, and even religious leaders were taught to you according to the belief system, understanding and biases of those who taught them.

If everyone had his or her own different slant or agenda in teaching specific subjects how could you know whether the understanding you have of it is the true understanding? Is there even a true understanding of any topic? Is it possible to have all the facts and understanding of any one topic if everything was taught according to the reality or understanding of the person teaching it? If several people were to watch the same documentary on television, each would describe what they viewed in a different manner according to what was most interesting or important to them.

Understanding that everything that has been taught to you has been taught using this propaganda type of slant, it's easy to understand how in virtually any topic there is no 100% truth. It would be similar to looking at a glass filled to the half way mark with water and having one person say it was half full of water and the other saying it was half empty. Each would be so caught up in their opinion of half-full or half-empty that an argument may even ensue. This is a common occurrence with people of every walk of life all the way up to the political leaders of different countries as they observe the same facts on a topic but understand it quite differently.

Throughout your life as you had been taught these different topics or propaganda versions of topics, through repetition these understandings eventually became your belief. Your belief eventually turned into your habits and your morals.

So many of the morals, beliefs and understandings you have today that you think are 100% truth, may have flaws in them. Through propaganda and repetition these items eventually became hardwired into your subconscious as habits. It's a form of conditioning that is constantly occurring in society.

Our government as well as our schools and religions may want us to see things a certain way. When you went to school you were taught subjects according to the slant of the person teaching them. So you feel that your country, favorite sports team, ideals, and religion are the only true ones. You may feel that they're completely right and everyone else's is wrong. However someone brought up in a different country, and set of rules on the other side of the earth that has completely different beliefs, religion, morals and lifestyle will also believe that theirs is the only truth and they're willing to die for their beliefs just as you may be.

So which one is right and which one is wrong? The answer to that is they both are right and they both are wrong. They both are right to the person believing them because that's their personal reality and they both are wrong to the other person who doesn't believe in them because that's not their understanding of reality.

Primary and Secondary Human Motivations

As human beings we have many desires or drives, some natural and some learned that we're driven towards and keep us going. Knowing what they are will help you to understand them better and to make life easier.

As you read each one take a moment to think about how they may be affecting you in your daily life.

Primary or Pre-Programmed "Natural" Driving Forces

These are our primary or pre-programmed "natural" desires and the driving forces of humans. They're also used in the sales and marketing of virtually all products as ways to affect our decisions through suggestion.

- Living a long life
- Having enjoyable food and drink
- To be free of fear, pain and danger
- Having companionship
- Living comfortably
- To be a winner - to be ahead
- Safety and protection of our families
- To have the approval of our peers

Secondary, Self-Developed Desires

These are our secondary desires that we accumulated or develop since birth through accepting environmental programming.

- Keeping up with current events
- Curiosity
- Being neat and clean
- Convenience
- Being dependable
- Ability to express personal style
- Having more money

Mental Processing

Any decision you make or any time you're given stimuli you take a moment to pause or contemplate on it and then make the proper response. It goes like this...

STIMULI - PAUSE - RESPONSE

That makes sense and seems pretty straight forward, right? But... the interesting thing is in the pause. When you pause, only 10% of the contemplation is on the actual stimuli you were given and 90% of it is actually a response associated from your past experiences.

Give that a little thought and you may find instances in your life where you can see it at play.

One of my recent hypnosis clients was a professional golfer. He came to me to improve his game, and by the way he finally came in #1 in his tournament last week. He told me that during competition whenever he would use his driver and address the ball he would get very nervous because he knew he was being watched by some of the best players in the country. Then the thoughts would begin going through his head of all the *what ifs*...

- What if I miss it?
- Will they laugh?
- Will they not respect me as being in their league?
- Will they think me an amateur?
- and the negative thoughts would continue spiraling out of control from there.

Then he would invariably make a bad shot and sometimes even miss his swing completely... But, during practice away from competition he'd ace every shot. No stress and no negative shots at all.

- In competition he'd have the stimuli approaching a particular shot.
- Then the pause, the 10% "I need my driver!"
- but also the 90% "This is competition, I'm being watched, I always miss the shot in this scenario." response - he misses!

Our past experiences continually mold our futures. They become our habits after repeating enough and eventually become our self-image. (*Who we identify ourselves as - our self-worth*)

How can we change it? The only way to change any habit is by replacing it with a new positive one. This can be easily done with self-hypnosis however you must "want to" change. You must also realize that it was a repeated behavior of maybe weeks, months or even years that gave you the present negative habit. Just as it took time to create, it will also take time to change. You're in fact creating NEW memories but that's an entirely new subject that we'll address in a later chapter.

Four Stages of Learning Anything

Anything that you've learned, are learning or will learn all fall into these four stages of understanding. They begin with the stage of not knowing that the information is even available and progress all the way to knowing the information so well that it becomes a subconscious, automated behavior just like walking, riding a bike or reciting the alphabet.

These stages are important to understand thoroughly as they're the basic principles of hypnosis. Your job is to take a desired behavior and bring it to "Stage 4" in your mind.

Unfortunately when it comes to changing an undesired behavior, it's also a Stage 4 behavior that's being addressed... an automated, subconscious behavior.

The stages I am speaking of are:

Stage 1 – Unconscious Incompetence - *"I Don't Know that I Don't Know"*

Stage 2 – Conscious Incompetence - *"I Know that I Don't Know"*

Stage 3 – Conscious Competence - *"I Know that I Know"*

Stage 4 – Unconscious Competence - *"I Don't Know that I Know – (Auto Pilot or Habitual)"*

Stage 1 - Unconscious Incompetence Stage

"I Don't Know that I Don't Know"

At this stage you're in a state of blissful ignorance. You don't understand or know how to do something and most likely don't even realize the skill is available. You may deny the usefulness of it. You must recognize your own incompetence and the value of the new skill before moving on to the next stage.

Stage 2 – Conscious Incompetence

"I Know that I Don't Know"

At this stage you find that there are skills you need to learn and can benefit from. You don't understand or know how to do something, but you do recognize the deficit as well as the value of learning or adopting the new skill.

Stage 3 – Conscious Competence

"I Know that I Know"

At this stage you begin to learn the new skills or knowledge. Practicing the skill or knowledge requires concentration and repetition. It may be broken down into steps and there is heavy conscious involvement in executing it.

Stage 4 – Unconscious Competence

"I Don't Know that I Know"

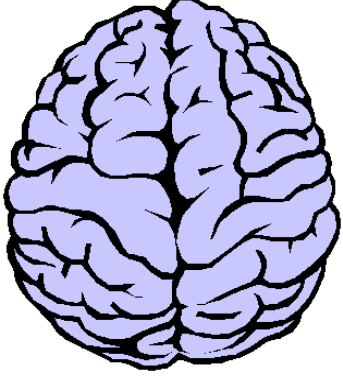
At this stage you've had so much practice with the skill that it has become "second nature" and can be performed easily. You're functioning "on-auto-pilot" and as a result it can be performed while executing another task. You may even be able to teach it to others.

You're now at the peak of your confidence and ability. It's a programmed behavior and becomes part of you.

** Initially described as "Four Stages for Learning Any New Skill", the theory was developed at Gordon Training by one of its employees; Noel Burch in the 1970s.*

Left Brain - Right Brain Explanation and Chart

Each hemisphere of the brain has very different attributes or functions. Study the following chart to better understand the functions.

<p>Conscious Mind</p> <p>Logic</p> <p>Reason</p> <p>Mathematics</p> <p>Reading</p> <p>Writing</p> <p>Language</p> <p>Analysis</p> <p>Ego</p>	<p>LEFT RIGHT</p> 	<p>Subconscious Mind</p> <p>Recognition</p> <p>Rhythm</p> <p>Visual</p> <p>Imagery</p> <p>Creativity</p> <p>Dreams</p> <p>Symbols</p> <p>Emotions</p>
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As you read on you'll realize that the traits of the left brain are similar to the traits of the conscious mind just as the right brain traits are of the subconscious.

It's been said in the past that men are more left brained than women but I've seen no proof of this statistically. I've met many men and women that were on both sides as much as the other. You'll learn how easy it is to jump back and forth at will to be able to enhance your life as you desire.

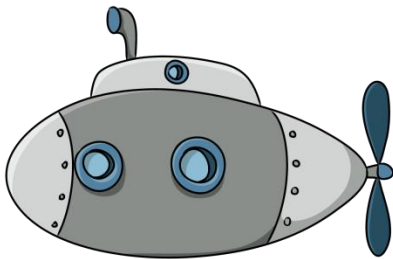
The Conscious Mind

This is the part of your mind that figures things out, reasons, and makes decisions based on its limited abilities. It's a much smaller percentage of your mind than the subconscious. This is the part of the mind that sometimes has a hard time walking and chewing bubble-gum at the same time.

The conscious mind is our short-term memory, it's logical, analyzes things, a creature of habit, is self-aware and the decision maker. It's the part of the mind that is "in charge".

In order to make positive changes and become mentally fit you must be consciously aware of the need for change, be motivated to get better and believe you can achieve the goal. We all know that getting your body into shape involves more than merely thinking about going to the gym. Mental fitness calls for the same level of dedication. So in order to make these positive changes, the process of hypnosis is utilized to bypass the negative conscious mind and bring the suggestions directly to the subconscious mind which always hears, always pays attention and is anxiously awaiting instructions on how to help the proper way.

To understand the relationship of the conscious mind as it relates to the subconscious I'll use this analogy. Imagine the captain of a submarine as the conscious mind.



The captain is the one who makes all of the decisions in regards to destination and maneuvering. He's the only one who sees where he's going through the periscope. On the other hand, the large crew that is actually navigating the submarine would be similar to the subconscious mind. The crew immediately reacts to all of the orders given by the Captain. Since they

can't see where they're going, they must rely completely on the decision-making capabilities of the Captain. They're unable to make proper decisions on their own independently and their function is to simply react to the commands of the captain and follow his instructions.

This is how the mind works. The conscious mind is completely in charge and makes all the decisions. The purpose of the subconscious mind is to react immediately to the commands that are given to it from the conscious mind and rely on its decision-making capabilities completely. The subconscious mind is where the power comes from and without it the submarine wouldn't function. The subconscious mind is subject to the conscious mind.

Traits of the Conscious Mind

1. Self-Aware

The first trait of the conscious mind is that it is self-aware. In order for anything to be created, acted upon or changed there must be self-awareness. The conscious mind is based around the effects of your five senses of sight, sound, smell, touch and taste.

“Consciousness is the part of the universe that gives it awareness.”

2. The Command Center of the Mind

The conscious mind is in control. It makes all decisions and is in control of every part of your life.

There are rare occasions however when the conscious mind is completely occupied and doesn't have the required capacity to make a decision such as during an emergency like being involved in a car accident or falling down the stairs. During such an accident the conscious mind is completely absorbed in self-preservation. The subconscious mind may have to make a decision for the conscious during the instant it's out of commission.

3. Limited in its Abilities

The conscious mind is very limited in the amount of things it can process at once. We often joke that some people have difficulty walking and chewing gum at the same time. The conscious mind has to think about everything that it does and once that process becomes automated, it's then transferred to the subconscious mind as an automated behavior thereby releasing the conscious mind of its need to continually figure it out.

When the conscious mind begins to do too many things at once it can easily reach a stage known as “Critical Mass” where it begins to overload and focuses out everything else going on. This would be similar to the tunnel vision of a horse wearing blinders not able to notice what’s happening on the other side of the barrier.

This state of processing too much at once can result in being overwhelmed, agitated and be the cause of many mental issues such as OCD, anxiety etc. Similar to running an automobile in the redline area (*beyond its recommended tolerance level*). You should not spend too much time in this state of mind due to the many possible stress related dangers.

Due to the limited ability of the conscious mind, when prepare to make a decision it *sifts* through the input at hand rejecting a huge amount of the facts and only accepting what is familiar, understandable and even conforms to its present understanding. Because of this it’s virtually impossible for the conscious mind to make an accurate, non-biased judgment towards any stimuli or situation. It’s a judgment made according to the understanding of the subject with his or her personal slant or past programming guiding it. This is why it’s said that “everyone” has a different perception of reality.

Here’s a story to better understand this concept:

Four subjects were blindfolded and led into a room where a test was to be conducted pertaining to how their conscious mind programs data. Due to the blindfolds none of the subjects were aware that in the middle of the room was a large elephant. Each subject was placed facing the elephant, one on each of the four sides. They were told to reach in front of them and with their hands feel what was there for a few moments so they could later describe it.

Here are the results of the test:

- The one in front reached out and touched the trunk of the elephant. He thought it was a thick hose of some kind like that of a fire engine.

- The second subject on one side reached out and felt the side of the elephants' body to which we felt it was a large wall or sheet of unprocessed leather.
- The third subject to the rear of the elephant reached out and felt the elephants' tail to which he knew for sure that it was a very course piece of rope.
- The final subject on the other side reached out and felt the elephants' leg and said it was the trunk of a tree.

Utilizing their conscious senses and then through correlating the gathered input with their past programmed data to make sense of the mystery, each of them came up with a different perception of what was in front of them. Each felt they were right according to what they had to work with. Each had an internal map or truth of what was in front of them but none had the actual map or truth of what was really there.

"It's as if everyone has a different filter on the lenses that they use to experience life."

Compare these results with the many disagreements that we have as humans on countless topics such as religion, politics, economics, business and philosophy. Who's right and who's not? They're all right in their own minds according to their own map but they're also all wrong as well. Wars have even been fought due to these differences in perception on the same topics. Makes you think, doesn't it?

4. Geared Negatively

The conscious mind has a natural tendency towards being negative. Notice how when someone approaches you and gives you a compliment rather than saying *thank you* and accepting it, you have reservations about their ulterior motive and

begin to wonder what they're up to. Are they trying to sell you something? Do they want some money? Why are they telling me something nice? All these questions begin to arise even though the person may have just wanted to give you a compliment.

We seem to be always at the ready to resist or fight the approach of the outside world. This may be a self-preservation tendency or it may simply be that since we are creatures of habit. We don't want to do things for others that may require change in our own routines.

To explain how the conscious mind is geared negatively let me use this example:

Imagine a person walking up to you that you have never met before who looks at you and says, "You're the most beautiful woman I've ever met." Or if you're a man, imagine this stranger saying, "You're the most intelligent person I've ever met; in fact I would love to write a book about your intelligence."

Most people upon hearing these type of complements would step back a moment and respond with something like, "What are you trying to sell me?" or "Okay, what's going on?" Your mind immediately goes on the defensive and is waiting for the other foot to drop. Even though this stranger may have meant the complement that they gave you the conscious mind will not accept it because of its negative or protective nature.

5. Creature of Habit

Another feature of the conscious mind is that it's a creature of habit. It wants to remain the same, status quo and fights to keep everything like it has always been. The conscious mind will always avoid change or anything outside of its comfort zone. Keep this trait in mind especially when you're considering making any sort

of change. This is the specific reason why people have difficulty accomplishing any kind of self-help.

With quitting smoking for instance; even though they really want to quit and know it isn't good for their health, the conscious mind is a creature of habit and will fight any change. This is the same reason why alcoholics or anyone with an addiction who are not totally vigilant and constantly staying aware or on top of their recovery process can easily "fall off the wagon" and go back to their earlier addiction.

Whenever you're trying to do any type of positive change such as a new exercise program, dance lessons or even going for a walk each day, your conscious mind will try to find reasons to interrupt, sabotage or stop you from keeping your progress.

6. Duality - Separation - Ego

The conscious mind has a natural duality to it. There's a distinction with the conscious mind between the Observed and the Observer. When you're sitting in a classroom, you're the observer and the teacher and all the students around you are the observed. To each one of them however they're the observer and you're the observed. There's a duality or a distinction between you and everyone else.

This duality is the main feature that causes the conscious mind to be so linear in its way of thinking. It's why most conscious or busy/active people have only one way of doing something where deep thinkers or laid-back people usually have a secondary plan and possibly even multiple ways of doing things.

According to quantum physics, consciousness or the art of being observed actually changes the nature of matter; it's known as the Observer Effect. It's a physical occurrence that takes place to matter on a cellular level simply by the process of being observed.

The subconscious mind, which you will learn in a few moments, is oneness. There's no division of observed or observer. There's total unity of thought and matter thereby only singularity. Because of this, in the subconscious levels such as when meditating or contemplating there are many responses or possibilities to any situation. The process of consciously observing the situation however collapses all of the possibilities to only one.

Example: Close your eyes and imagine that you're driving a car and approaching an intersection, which is just out of your present view. Imagine what could be happening at that intersection right now. Imagine all of the possibilities. Since imagination is the catalyst of the subconscious mind you may have mentally created many possibilities such as:

- The light may be green.
- It may be red.
- There may be an accident in the middle of the intersection.
- There may be a cow standing in the middle of it or,
- There may even be an overturned milk truck blocking your way.

The possibilities are unlimited until you actually come into view of the intersection and all possibilities collapse and only one occurs.

This is why conscious thought is so limited. There's a separation from collective or unified thought due to our own mental separation. If you'd like to ponder the many possibilities of any situation in life you could do so by leaving the conscious ego dominated realm of separation and entering the subconscious or right-brained realm of thought through any one of many vehicles. These can include meditation, hypnosis, relaxation, daydreaming and prayer just to name a few.

“Ego and subconscious activity exist at the opposite ends of the spectrum.”

Several years ago I have the opportunity to teach a Metaphysic Workshop to a large group of Russian Psychics. I wasn't there to teach them how to be psychic as they already had that ability but I was there to teach them about the scientific process of their abilities. By this I mean, what was going on in their mind and what had to occur to be effective in their art?

I began immediately setting up my equipment on one of the tables as I arrived to prepare for my initial testing presentation. In this test I would place four plastic cups upside-down on the table with a quarter under one of them. Since you could not see through the cups and I secretly placed the quarter under one of them, I was the only one who knew where the quarter was. The purpose of the test was to test the psychic ability of subjects to see if they could correctly choose the cup with the quarter under it.

Here's what happened: As I was setting up the cups one of the psychics who was obviously one of the dominant members of the group walked up to me in an arrogant manner, reached out to one of the cups picking it up while saying, "It's under here!" She seemed rather put out as if this entire test was below her, but to her surprise she picked the wrong cup. You could actually feel the tension filling the room as she just stood there with a dumbfounded look on her face. I suddenly realized that this could be a great teaching moment as "human ego" was going to be the featured topic of my morning presentation.

I asked the woman to close her eyes for a moment as I took the cup back and mixed them up a bit. I then told her; "Relax and take three deep breaths. Imagine the cups in front of you and imagine where the quarter is. In a moment I am going to have you open your eyes and remaining quiet and relaxed I would like you to pick up the cup that you feel the quarter is under. Whichever one feels right is the correct one. Now, open your eyes and choose." She opened her eyes, reached out and chose the right one.

What happened? When she first walked up to me she was trying to show-off both for the rest of the group and also as a way of putting me in my place by

usurping her obvious dominance in the group as the head psychic. By doing this she was operating from a place of self-satisfying ego. She was coming from a place of separateness and competition. Since psychic ability of this nature comes from the deepest parts of the subconscious mind she was completely wrong in her choice and her ability was no more accurate than random guessing.

Ego is a conscious based activity and has no place in the subconscious mind. It's completely a left-brain trait. Once she took the deep breaths she was able to let go of her ego and enter the subconscious mindset at which point her abilities awakened and she was sure where the quarter was.

It was a quick, slightly embarrassing experiment for her but very effective in showing all of them why they're not "always" able to turn on their abilities at will. Everything has its place including psychic ability. In order to open your mind to unlimited possibilities you must let go of ego.

The Subconscious Mind

This is where your consciousness begins to connect to others. Your thoughts are now larger than your own. It involves emotion, intuition and increase only. It's positive in nature and part of the bigger picture. It's where your programming or habits are stored.

The subconscious mind is our long-term memory. It expands out beyond the physical parameters of your mind. It's the most powerful computer ever devised. It's capable of running multiple tasks simultaneously, it doesn't judge, criticize, analyze or reject. It acts quickly but many times not properly. It's emotional and unaware. It doesn't understand nor have a sense of humor and takes everything literally.

Once something becomes familiar it becomes part of the subconscious mind. We do so many things subconsciously each day that we don't even realize. Here's some examples of things that we do subconsciously daily.

Reciting the Alphabet

Reciting the alphabet is an embedded subconscious habit as you've done it so many times in your life. If you were to recite the alphabet it would probably only take you a few seconds; in fact many people even sing it as a song as they recite it. You don't even have to think about it consciously.

However, if you were to recite only half the alphabet... every other letter... it would take you a much longer time because you're not accustomed to this. You'd have to think of it on a conscious level even though you're only stating half of the letters.

Since it's not a habit it would take you much longer but upon constant repetition, in time it too would become a subconscious habit as well.

Simple Addition and Math

Example:

As quickly as you can, answer these questions:

What's $2 + 2 = ?$,

$4 + 4 = ?$,

$2 \times 2 = ?$,

$5 \times 5 = ?$

Those were all very easy and you didn't even have to think about them. They were stored in the subconscious mind for retrieval when needed. Now let's do one more...

$86 \times 374 = ?$

This one you have to do consciously.

Scratching Your Nose or Sneezing

Do you just do it automatically or do you think ... I need to scratch my nose ... bring my hand up to my nose ... Put out my index finger ... scratch up ... down ... up ... down... Now put my hand back to my side...

Typing

Many people can type almost as fast as they read. It almost seems as if your fingers know where the keys are and have a mind of their own.

Remembering Your Phone Number or D.O.B.

Think about how fast you recite your phone number or your birthday because it's in your subconscious ... Now think about how quickly you remember your friends or families phone numbers and dates of birth.

Traits of the Subconscious Mind

1. Unlimited Capabilities

The subconscious mind has virtually unlimited capabilities and can accomplish many tasks simultaneously. It's always in the "on" mode. Even now as you're looking at this manual, you're breathing, your heart is beating, your hair and nails are growing, you're probably hearing things going on outside and maybe even thinking about what you're going to have for lunch all at the same time. These tasks are all being accomplished through your subconscious mind.

It's amazing how you can walk into a room filled with 10 people having separate conversations and your subconscious mind has the capability of understanding all 10 conversations simultaneously. Consciously you may only be able to pick out one conversation and understand it as the others all seem like white noise or filler in the background however when you focus on another conversation magically you seem to understand that one.

Each time you focus on someone different in the group your conscious mind is able to focus and understand what they're saying only because your conscious mind is limited in its abilities. If you were to close your eyes and relax enough you would find that you could understand many if not all of the conversations at once.

2. Information Storage

The subconscious is similar to the hard drive of a computer. One of its purposes is to store all the stimuli received through all of your senses just as a computer stores all information it receives from its operator. The subconscious doesn't make a distinction whether any of this information is right or wrong or whether it's good or bad. It simply accepts all information as it's given so the conscious mind can make decisions as needed.

3. Innocent

The subconscious mind has an understanding similar to a **five-year-old** child. It's innocent, naïve, wants to help you and even has the ability to help you do virtually anything you want however in most cases has no idea how to. It must be guided or given the instructions step-by-step on how to proceed.

If you were to tell a five-year-old that you wanted to quit smoking for example, how would the five-year-old help you? The thoughts going through his or her head may be that if you would lose your job you couldn't afford cigarettes, or if you had a disfiguring accident with your fingers and you couldn't pick them up. It probably wouldn't think of the proper procedure which would simply be to not put another one in your mouth.

Keep in mind when programming yourself with any kind of self-help, affirmation or suggestion, to not give yourself suggestions that a five-year old wouldn't understand. Keep your suggestions simple, precise and to the point.

4. Obedient

The subconscious mind can be compared to an "Out of Control Genie" granting you every wish as you focus on them; not just the positive ones but the negative ones as well. It will always grant you or attract to you whatever the conscious mind focuses on. That's its driving force or mission. It must always give you what you focus on. It can't, not do that.

With this aspect you can see that The Universal Law of Attraction (*like attracts like*) is a basic function of the subconscious mind as well. It's not an outside occurrence rather it's an internal subconscious function of thought.

So if you're continually focusing on health, you'll receive health. If you're continually focusing on wealth, you'll receive wealth. Whatever you focus on and truly desire will always be drawn to you, however what happens in most

occurrences is that when you're focusing on wealth and have "placed your order" for it to come to you, you may also be focusing on doubt, unworthiness, fear, change, and a host of other negative thoughts that will oppose or sidetrack your initial focus of wealth. Even though the wealth is coming to you, you're pushing the focus away with many of your opposing thoughts. This is why it's vitally important to only focus on what you want and not on what you don't. Once you focus on something, you must continually believe that it's coming and eliminate any forms of doubt or distraction.

5. No Negative

The subconscious mind doesn't understand negative. Words like no, not, don't and can't are not part of its vocabulary. Here's a quick example: right now don't think of a purple monkey, jumping up and down on top of your desk playing the guitar!

"Did you think of it?"

"Of course you did."

"In order to not think of something, you must think of what not to think about."

There's the key!

When you're focusing on something like *not wanting to be broke*, your focus is on "*being broke*". When someone says that they really *don't want a divorce*, they're focusing on "*a divorce*" and since it's the duty of the subconscious mind to always give you what you focus on like an out-of-control Genie; that's exactly what's being attracted to you. Eliminate all negatives from your speech and focus.

Imagine a five-year-old child walking towards you holding your most expensive crystal glass filled to the rim with water and as soon as you say the statement "*don't drop that!*" they'll immediately drop it. Their focus was on *drop that*.

Another example is; when you're walking through a room and someone yells out,

"*don't look!*" Your first impulse is to look. Once again in order to not do something you must focus on what not to do.

6. Sarcasm

The subconscious mind doesn't understand sarcasm. Think of what the purpose of sarcasm is: it's simply a humorous way to insult someone. What good can come from that? In order to be understood clearly, simply don't use it.

7. Humor

The subconscious mind doesn't understand humor. When's the last time you told a joke to a five-year-old child that he or she understood? Rather than laughing at your joke or understanding it, they'll take what you're saying literally.

So if you're watching a comedian during a live performance and you turned your five-year-old child and said, "that comedian really kills me" because you think they're funny, your child will understand that comment as if the comedian really wanted to hurt you rather than what you really meant. When giving suggestions to the subconscious mind be precise and deliberate. Don't try to embellish it with sarcasm or humor.

8. Timelessness

In the subconscious mind there's no sense of past or future. There's only the "now". In fact people who have relaxed in the true subconscious sense either through meditation or deep hypnosis will often return to consciousness feeling a sense of *missing time* which is often accompanied by *amnesia*. In the subconscious mind there's *no time*. The concepts of future and past only exist in the conscious or physical world.

The importance of this where it comes to self-help is that anything you desire will always be granted immediately. When you focus on the statement "I want to be healthy." The subconscious mind understands it as if you want to be healthy at

some future time. So the subconscious as a 5- year-old child will probably respond with something like “When you’re ready to be healthy, let me know and I’ll grant it then.” Rather than saying that you want to be healthy you must say, "I am healthy." When you say statements like *you want to be healthy, wealthy, happy or have a great relationship*, you’re asking for something to happen later on.

Therefore with every statement you make be sure your suggestion is in the *now*. Everything will be granted in the now if you believe it will be. What I mean by that is as long as you don't have negatives such as cross frequencies of doubt, unworthiness or fear in the way derailing you.

Whenever I teach this part of the lesson people usually ask me something like, “So you’re telling me that I need to lie to myself? If I’m not feeling well and want to feel better then I must ignore how I feel and say, I feel great?” My answer to this is a resounding “YES!” Virtually everything in life is slanted through your personal perception and changed even more by the reality of the persons programming who’s receiving it.

You must only focus on what you want and not on what’s physically apparent. The sickness is not who you are. You’re a perfect, healthy and happy being. The sickness is only a symptom of improper thinking. This will be discussed in detail in our section on health.

Just remember the term: *“Fake it until you make it!”*

Whatever you want whether it be health, wealth or happiness, you must speak, focus, act and even believe that you already have it and it will be yours.

9. Singularity

The subconscious is all-inclusive in nature. There’s no duality such as with the conscious mind of observer and the observed. Everything’s one; it’s an all-

encompassing universal world of thought or knowledge. Rather than thought residing in your mind or my mind it's simply mind.

You're The Creator of Your Reality

Your reality is created by you. Your reality is created by your understanding of what you're being taught, your viewpoint and feelings. How do these topics relate to what you've been taught in the past according to your personal programming? Your experiences or past programming are your only reference points to make judgments. Someone who has completely different memories and experiences will judge something completely different than you.

Unfortunately society tries to create everyone's reality by making certain things acceptable or popular or the "in" thing. Those who don't follow the group are looked down at, ridiculed and left out. It's human nature to want acceptance and love so we conform to the group reality or response to be accepted even if it's not right for us. Reality can't be determined by one individual or group for everyone. We're all different and must be able to stand on our own two feet to make our own choices according to what we want or what makes us happy.

A good example would be a story of two brothers being raised in different locations. One was taught everything according to spiritual teachings in school and the other was taught according to entirely scientific theories. Upon being brought back together virtually everything they would experience together from that point would be understood, accepted and even described in a totally different manner. Their experiences and their past memories were so different that the understanding would be different. In fact each brother would probably have an extremely hard time trying to understand how the other one sees things the way they do. Is there one that is more right than the other? They're both right according to their own thinking.

"Understanding is a three edged sword: your side, their side, and the truth."

Michael Starczynski

I had a client come to me recently who seemed very upset. He told me that he was so broke and he didn't know what he was going to do. So I asked him a few questions to clearly understand his dilemma. I did know some of his background

so I asked him if everything was okay with his wife then his daughter then with his job and finally with his home life? He answered that his marriage was wonderful, his daughter was doing great. He had just got a promotion at work and the home life was fine. It was just that he had a huge bill that he could not afford and didn't know what he was going to do.

According to the Law of Attraction, if you're focusing on being broke you will continue to attract more of what you're focusing on. Realizing that propaganda is in the mind of the beholder instead of saying "I'm broke" what if he was to say "I'm rich"? Yes he didn't have money to pay his bills, but he had a wonderful happy marriage, child, job, and place to live. Rather than looking at the glass half empty, why not look at it being half full. By saying I'm rich; he would be attracting riches to him, which would in turn help the situation of being able to pay the bills.

Was this person truly broke? No he was having difficulty in one part of his life. He was having difficulty with a bill. Everything else was wonderful but his focus was on the one thing that was not. He was focusing on the *have not* rather than being grateful for what he had.

Saying he was broke was actually a *mistruth* since most of his life was going so well. Saying he was rich would also be a mistruth as he had a bill he could not pay. If both were not totally true then why not use it for your own advantage? By saying he was rich, he would be focusing on the positive (*the glass being half full*), he would be happier and he would be attracting more of what he wanted into his life.

This is the concept of "right thought" or what is known as "elite thought". By only focusing on or thinking about what you want in life you'll be attracting only what you want and not to what you don't. Even though things appear to be bad, the appearance is only a symptom and not the whole picture. By ignoring the appearance and focusing on the desire he'll finally be able to get what he wants.

You Didn't Choose Your Beliefs, They Were Chosen For You

You now understand that since childhood and on through your formative years to early teens anything that you observed, heard or understood from your parents, guardians, or circle of influence, you mostly accepted and it became your core programming. You were taught the beliefs, morals, likes and dislikes of those who you observed as well. Through repetition they became your beliefs, morals, likes and dislikes. Just like when your parents took you to church every Sunday whether you wanted to go or not; the constant routine became a habit and eventually you went without question. This same process was used by your grandparents to raise your parents the same way your great grandparents raised your grandparents and on and on back throughout your lineage.

Now here you're listening to this course and about to have it all put together for you. Not only did your parents program you but also that same programming that you received was the same that they received. It was an outdated upbringing and set of beliefs handed down through generations. Unfortunately there hasn't been a book for how to raise children so they did it the way their parents did and theirs before them.

In addition to receiving this outdated programming in a modern world, the programming you did receive which through repetition became your habits, then your habits became your beliefs and ultimately developed your set of morals were not even the beliefs and morals that you chose for yourself. That's right... most of the beliefs and morals you've been living by were the beliefs and morals of others handed down and programmed into you. You didn't choose your own beliefs!

I have noticed that people who are converts to a religion as an example are usually much more active and devoted to it than those who have been in the same religion handed down for generations because they specifically made the choice for them. Many of the generational ones who attend weekly I've found have little to no understanding of what they even believe in. They just seem to routinely do it because they feel they should.

Another interesting point is that those people living in other parts of the world with radically different religions, political structures and beliefs were programmed

the same way as you. Their parents taught them and made them attend classes or meetings each week until it became a habit and belief for them as well. It developed their morals and beliefs to be just as strong as yours. So going back to the earlier question I asked you ... which is right and which is not? Can they all be right?

Remember one of the main purposes of this manual is “self-help”, and the best way to do that is to be able to see and understand who you really are. You have choices; you’re the creator of your own reality. That’s a privileged for you to exercise. If you don’t exercise it then it will be exercised for you by default. You can live deliberately or simply be herded by your environment.

Here’s something referring to this awakening process that I’d like to share with you. It’s a simple dialogue that takes place between Buddha and one of his students that immediately struck me as profound.

Student: Are you a teacher

Buddha: No

Student: Are you a priest?

Buddha: No

Student: Are you a God?

Buddha: No

Student: Then who are you?

Buddha: I’m awake in a sleeping world.

With the personal enlightenment you’ll experience during this course, you’ll find moments when you feel as if you just had a wake-up call. You’ll feel as if your eyes are finally open to see things that you never considered before. It will help you to see yourself and the world around you differently. Whether you stay awake and truly live the life you were intended to live or you fall back into a deep sleep with the rest of society is completely up to you. The tools are here along with everything you need to get started.

Are you ready to get “uncomfortable” or are you going to continue with the status quo of remaining the same? Change is uncomfortable. Growth is also uncomfortable but do you know what is comfortable? Sleeping and remaining the same.

“More gold has been mined from the thoughts of man than has ever been taken from the earth.”

Napoleon Hill

CHAPTER 3: The Power of Thought

What's Inside:

Having the power of thought and the ability to control its effect is the most powerful tool for self-help we possess as a species. Unfortunately most are not aware of this unique ability we have or how to use it. Thoughts do become things.

In this chapter you'll learn how to use this ability to attract more of what you want in life and less of what you don't. We'll delve into the various types of thought that are available to you and how to mentally create with them. You'll also learn the secret methods of thinking that the Super Successful and Elite in society have known about and used for years. Now you can too...

We Live in a Second-Hand World

Whenever I say that statement many people look at me strange. What I mean by living in a second-hand world is that every single thing that has been created started with a thought. The clothing you're wearing began as a thought. Someone had to design it in their minds. Through the formless substance materials came together through these mental blueprints ultimately becoming the clothing you're wearing. They didn't just pop into existence from nothingness. They were created through thought by someone's self-awareness and recycled from matter.

The chair you're sitting in began as a thought as well. In fact the chair in its creators mind probably was spectacular. With his unlimited use of imagination, in his thoughts the chair probably had rainbows coming out of it and was made of the most luxurious materials... but with the equipment and materials we have available on this limited earthly plane what you're sitting on was the best copy of his thoughts that he could create. It might be a nice chair however in the mind of the creator it was exceptional. So you can call it a secondhand or knockoff of the original which was of thought.

Everything from the building you're in, the food you eat, the books you read, the clothing you wear, the car you drive... everything, had to be a thought before it could be created. Everything had to be a cause before it could be an effect. Even in your daily speech the words that you say were thoughts before you said them. We have such in-depth thoughts that when they finally come out of your mouth they weren't anywhere near as precise as what you really meant to say. There sometimes seems to be something lost between thought and creation because we are limited in the conscious or physical world.

Now I'm sure you're beginning to understand that thought must precede the action. If there were no thought, there would be no anything. Cause must precede the effect. It's amazing how many people don't realize that and think they live only in a world of effect. If they can't see it then it's not there. Understanding this principle is one of the major differences between living a truly happy life and simply having an existence.

Disease, sickness, health, wealth, poverty, sadness, happiness and loneliness are all effects. Without thought they could not exist.

Now of course someone who's sick did not deliberately want to be sick most likely but without the thought of sickness it could not have happened as the natural nature of man is perfect health. The thoughts of sickness could've come from them wanting to be sick which is pretty unlikely or from them not wanting to be sick. Remember the subconscious mind, that's the Law of Attraction as we mentioned earlier doesn't understand negative. So when you're saying that you did not want to be sick, your focus is on "being sick" therefore focusing on wanting to be sick and focusing on not wanting to be sick hold the same value.

Being around or within the influence of sickness such as working with groups of sick people on a daily basis can also cause sickness. By working with them you're focusing on their dis-ease. Now I'm not saying to go get another job if you work with sick people; rather than doing that what you should be focusing on is the health of the people you're working with rather than on their sickness.

The Subconscious Mind is the Law of Attraction

The Law of Attraction is a very powerful Universal Law. It's just as much of a universal law as the Law of Gravity and the Law of Cause and Effect. One of the most basic definitions of the Law of Attraction is: "*like attracts like.*" It's a law that is constantly working whether you like it or not or whether you believe in it or not. That's what makes it a universal law. It's something that constantly works regardless of the situation.

The Law of Attraction can even be observed in the *microcosm* of human cells. There have been tests conducted by cellular biologists where healthy cells and sick cells were separated in confined spaces. The sick cells would multiply and grow by themselves however when a healthy cell was introduced to the confined space with the sick cells the healthy cell would immediately try to escape. It was as if it went into a *fight or flight* mode. If the healthy cell were not able to escape or keep away from the sick cells it too would eventually become sick. The same thing would occur when a sick cell was put into a confined space with mostly healthy cells. The sick cell would try to escape and not being able to would eventually die.

Each human being has approximately 60,000,000,000,000 cells that make up their body. These cells are constantly being recycled, however they all seem to be attracted to where they're supposed to go. The cells that make up the heart know that they're not part of the lungs. The ones that make hair know that they're not fingernail cells. Each one of the cells seems to have a built-in knowledge of knowing where they should be and what they're supposed to do. They're attracted to others like them. If this were not so, I imagine it would be quite difficult for our bodies to stay in one piece and operate in such an orderly fashion.

This like attracts like scenario continues to work in the macrocosm or larger scales as well, such as in human behavior. If you've been in a room with others having a great time and suddenly someone who was very angry walked into the room; have you ever noticed how the entire feeling of the room immediately changed? It was as if a foreign body was introduced into the room.

Have you ever been in a foul mood when someone who is extremely cheery walked up to you and began speaking? Have you noticed the immediate

discomfort? When people are angry they seem to gravitate towards other angry people. You'll notice that happy people enjoy being around happy people.

This Law of Attraction or *"like attracts like"* can be seen in virtually every area of life. People are attracted to other people that are like them. Go through any city and as you observe the different neighborhoods you will find that each different neighborhood attracts similar types of people to those that are already living there.

You'll find high-class neighborhoods, middle-class and low class neighborhoods. Go into a middle-class, suburban type neighborhood and you will find that many of the houses are similar to each other and also in about the same price range. You'll find very similar types of vehicles of similar price ranges as well in their driveways. In fact you'll probably find that most of the people living there make within 20% of the income of their peers. They have a tendency to gravitate towards people who are similar to them.

People who are in the mental health field have a tendency of associating with other people within their field both on and off the job. It's very seldom to find someone who's a medical doctor who associates with or has friends that work in the fast food industry. People who work in the fast food industry seem to have other friends who do the same.

This can even be expanded further by pastimes. This is why most wealthy people spend their recreational time at places like golf courses or Marina's and people with lower incomes may feel more comfortable spending their recreation time at arcades, bowling alleys and fishing. Like attracts like.

Triad of Creation

I like to use the terminology *Triad of Creation* to further explain this process.

In order for any substance to be materialized into an object, a thought is required. In order for a thought to be initiated, a thinker is required ... and In order for there to be a thinker, or us, self-awareness is required.

We as humans at one time were also created from this same matter, formless substance or universe. Knowing this will help you to understand that *we* are the part of the Universe or formless substance that gives it awareness. We're the *universal creators* because of our consciousness or self-awareness.

The *Triad of Creation* would then be *Cause, Medium and Effect*

Cause being our thoughts, medium being our self-awareness and effect being the materialization of our thoughts from matter or the universe.

We as human beings are thinking machines. We have approximately 64,000 thoughts a day. Think of that, 64,000 thoughts. How could we ever keep track of all those thoughts continually? It's virtually impossible. However each one of these thoughts creates an order, like a menu order in the restaurant, being sent out into this formless substance.

Where do we get the ideas to order things? We are receiving suggestions all day long in our daily lives. Simply turn on the television and suggestions are coming to you. What kind of toothpaste, Jell-O or cooking oil should you use? When you go to work you're given suggestions constantly. Even on your way to work you're receiving suggestions as you see all the different restaurants, billboards and signs surrounding you. You may even respond to some of these suggestions by pulling into a coffee shop along the way. In fact right now if you were to look around the room that you're in you will probably find half a dozen suggestions in plain sight from signs, trademarks or logos on products that you use.

These suggestions that you see are designed for you to make a decision, to act. The companies designing them want you to buy their products over their competitors.

As a result of these suggestions received each day we either make deliberate choices and create with our desires or we choose by default and the choices are made for us. The reason why this is important is that oftentimes I hear people say that suggestion don't affect them because they choose to not react. Whether you make choices or not choices are still being made.

Here are some examples: If you were driving through a parking lot and saw an empty parking space up ahead you would have a choice of taking that parking space, or not making a choice and someone would take it for you. In other words your choice would be made by default. If you were walking down the street and dropped a \$10 bill on the ground once again you would be faced with the choice of picking up the \$10 bill or not making a choice and having someone else choose for you by picking it up. If you were walking home from work and it began to rain, you would have a choice of getting out of the rain and remaining dry or staying in the rain and getting wet by default.

You can either create your life through your own deliberate choices or you can have your life created for you by default. This is what is meant by living life deliberately rather than by default. Why let everything pass you by when you can change it to whatever it takes to make you happy.

By having thoughts you're placing the order. Your imagination moves the order forward in a clear and focused direction. It would be similar to operating a car. If your car was the thought imagination would be the gasoline inside the car to get it to move. Imagination is a very important part of the process. You must imagine what it is you want clearly in order to have the proper frequency broadcasted out and attracted back to you. The clearer you can imagine your thoughts the more likely you are to receive what you desire.

We call it the *buying-in principle*. Do you believe that you can actually have what you want? Do you feel worthy of it? Do you deserve it? If you had a desire to run a marathon but you had difficulty walking to and from the mailbox in front of your house you would have a difficult time in buying-in to the whole running a marathon concept. You would probably not be able to attract it to you. However if you were to think about walking a little each day and increasing the distance on a gradual basis you'd be able to buy into the goal eventually.

Emotion is also a very important part of this process. Whenever you have a thought or place an order, just as imagination is similar to the gas that you put into your car to make it move, emotion is similar to using nitrous oxide for that supercharging movement forward. It's amazing to see that when people have something negative happen such as missing money from their paycheck they'll get extremely emotional in a negative manner. However if they went to pick up their paycheck and had a little additional money in it they'd be thankful but very seldom would they get emotional in as strong positive manner.

“Thinking is hard work, that’s why so few do it.”

Albert Einstein

The Visible Comes from the Invisible

From the invisible we create the visible. From our thoughts comes the materialization. Many times I've heard people say the slogan that "Seeing is believing", when actually the opposite has more truth to it. "Believing is seeing".

Belief must come before the creation. You have your thoughts, you have the expectancy that it will happen, and through this believing you see the materialization of it come to pass. If you don't believe something will happen, it most likely won't because you're on the wrong frequency. When you order something you need to stay with that same focus.

Remember the rules of the subconscious mind that we covered earlier? The subconscious is like an out-of-control Genie. Anything you focus on, it will always deliver to you, but you must believe it. For it to happen there must be a buying in principle. If you don't believe it then you're changing the frequency of your order and what was once on its way to you has changed its direction and is most likely going elsewhere. It would be similar to ordering a sandwich in a restaurant and while waiting for it you become impatient and change your order to a bowl of soup. Now the soup is on its way but somewhere in the kitchen is that undelivered sandwich you ordered earlier.

We learned in our early school years, in basic science class that everything is ultimately made from matter. Matter is eternal; it always was and always will be. It can neither be destroyed nor created; it's simply recycled into other things. It can be changed, altered or molded. For instance an automobile wasn't just created from nothing... it came from many sources such as metal, plastics, rubber, wiring, glass etc. Each one of these items can be broken down further to the basic elements that they came from as well and ultimately down to matter.

Exercise #1 - Thoughts Become Things

It's important that this exercise is done at the same time that you're reading the instructions from your book. So right now take a moment to find a pencil or pen before you continue.

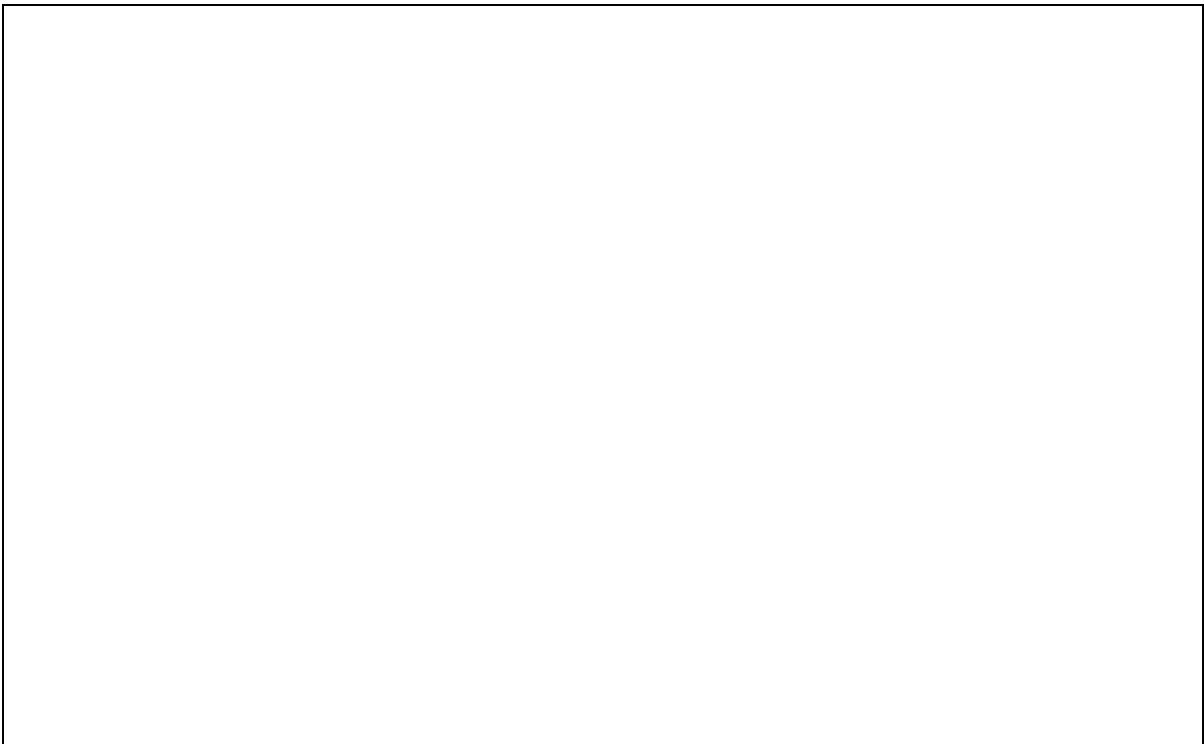
1. In the center of the following empty box draw the front of a small house with a peaked roof that has two front windows and one door.
2. In each window draw four windowpanes of glass and on the door draw a small doorknob.
3. Draw a chimney on the left side of the peaked roof with smoke coming out of it blowing towards the left.
4. In the sky you can draw three clouds.
5. In the distance behind the house draw mountains.
6. In front of the house draw a road going from left to right.
7. Now draw a walkway going from the front door of the house to a road.
8. Where the walkway meets the road draw a mailbox just to the left of the walkway.
9. On the right of the walkway in the front yard draw a large tree.
10. To the left of the house draw three stick figure people. Draw two adult stick figures and one child which will be half the size of the adults who are waving.
11. On one of the adults head draw a tall Santa type hat and on the other draw a baseball cap.
12. In the lower right hand corner of the picture sign your name.

This is an example of how thoughts become things. As you're reading the

instructions your thoughts were creating images of the instructions given. You then created those images with your pencil or pen trying to copy as close as possible the images you had created in your head. Once you were finished you then placed your signature on your newly created piece of art.

This masterpiece that you have created, this "thing" of beauty began with a thought. It may have been much more beautiful or different in your mind however by converting thought to reality this is your end result. This picture that you have created is proof that thoughts become things.

Keep in mind that this masterpiece you created is not an original however. It's an interpretation of the original and not even an exact duplicate. Thoughts are multidimensional and unlimited. In their transference you drew them onto a two dimensional plane (the paper). It might have come out close to your thoughts but in no way exact. The original masterpiece remains in your mind.



Thought is also Matter

Something must come from something and nothing can only come from nothing. In other words something can't come from nothing. Therefore thought being something must come from something. It's invisible but it's still there and it can even be measured with various medical instruments such as EEGs and MEG's.

Just like electricity it's invisible but it's something; electricity being the cause and the effect of electricity being the lights turning on. Sound is invisible also but we know it's something as we can hear it. Radio waves are invisible but we know they're something because their effect is music and news. Oxygen is invisible but we know it's something because if it weren't, none of us would be here. They're all something; they are matter.

Every Thought has an Effect

To every thought there is an effect. It would be similar to throwing a pebble in the middle of a crystal-clear pond. This pebble would cause a ripple of waves to extend in a circular pattern expanding bigger and bigger until they eventually collide with the edge of the pool. Other people having thoughts would be similar to having many other pebbles tossed into the pool all causing their own outward ripples as well. At many points their waves would affect yours. Just as your cause affects the pond, so do their thoughts affect you.

The Universe Always Says YES but Only You can Say NO

You now realize that the nature of the Subconscious Mind or the Universal Law of Attraction to always deliver to you whatever you're focusing on. It happens all the time whether you like it or not and even whether you believe in it or not. Like attracts like. It's just the way things are! So the Universe "always says YES". Just like an Out of Control Genie, that's its duty. We have nothing to say about it just as we have nothing to say about gravity. Drop something and it falls. In fact since it's all-inclusive with the purpose of only becoming more, it doesn't even understand the words or concept of no, not, won't and cant. Those are all the conscious creation of mortal man.

The only reason people don't receive the great things they're focusing on right

away is that they're also focusing on the things they don't want as well. They focus on doubt, fear, unworthiness etc. So the Universe always keeps its part of the bargain; it does its job regardless of us. If there's a snag in the road we put it there. We are the only ones that can say NO.

Unlimited Supply

The Universe is also an inexhaustible source of energy or raw materials. You can never use it all up. While new thoughts are constantly creating new creations older ones are dissolving as well. Even though the entire universe is made of it, it was not entirely used up in creating the universe. There's enough left to create thousands of universes in addition to those that have already been created.

When you're creating your goals it's important to "think big". People have a tendency to think very small in their creations. Perhaps it's because they're thinking through limitations or appearances. Maybe they feel there's not enough to go around or maybe they think if they order too big from the universe that someone else will go without. Nothing is further from the truth. The only limits are in your own imagination. There's enough to go around. It's said that in the United States alone we have enough natural resources to build a house the size of the White House for every person and still have plenty left over. No one else will go without if you think big as the universe only creates more and never takes it away from someone else to give to you. That would be against its nature and purpose. The Universe is creative and not competitive.

To the universe there is no difference between one dollar and one million dollars. Think of the universe as the ocean. You can take a glass from it each day or 5,000 gallons each day for as long as you want and it will keep on refilling itself. It's amazing how many people will still worry about having enough for a glass of water even with this unlimited source.

You can ask for what you need to be happy for a day or for the rest of your life. Either way you'll not drain the universe of its resources. The nature of the universe is to constantly be expanding.

If you're constantly thinking and focusing on positive things, positive things will come to you. On the same note if you're thinking and focusing on negative things you'll be attracting negative. As you can see it's a pretty self-explanatory process

that virtually anyone should understand. Understanding it and living it however can be two different things.

Thought Frequencies

This concept of attracting frequencies can be likened to music. If you were to use a piano and play a middle C you'd be able to hear the resonance from the middle C on a separate piano on the other side of the room. Since both pianos have the C key they would both resonate. The interesting thing also is that you would hear a slight resonance from the high C and the low C.

This can also be observed with tuning forks. If a tuning fork in the key of C were tapped on from one side of a room and there were another tuning fork of the same key on the other side that one would also resonate as well.

The reason I mentioned the High C and the low C in the previous example is to express to you the importance of focus. Thought is one of the highest frequencies known to man. Every thought that we have sends a frequency of that thought out into the ether. If you were thinking of wealth as an example you would be sending out the frequency of wealth into the ether. Anything on the similar frequency would be attracted to it such as income, opportunities, job offers etc.

When you play the key of C you're also resonating the high C and the low C as well. The same happens with thought. When you focus on wealth, on that same frequency you can be attracting the lack of wealth or it's negative as well. The difference of which you will receive depends on your focus. You must remain focused on what you want rather than what you don't want.

Thought frequencies can only be sent out by the person who thinks them. This person we call *the medium*. Every thought is immediately acted upon or ordered as if you were placing an order in to the universe to be materialized similar to placing an order at a restaurant. We call this the Law of Cause and Effect; cause being the thought and effect being the materialization of that thought.

There's an unseen substance that everything is made of that we call Universe, Source or even Matter. A thought that is projected into this matter or substance creates it.

Another way to understand it's to think of thoughts for a moment as radio waves. Radio waves and thoughts both have something in common. Neither one of them

can be seen but we know they're out there. Right now there are millions of radio waves bouncing through space all around us. Proof of that would be if you turned your radio on to your favorite station it would immediately begin playing music of whatever is on that station.

The way it works is that once the music is played at the radio station it goes through a process of being transmitted outward through their radio transmitters. Anyone within their traveling radius who'd care to listen to them could. Once you turn on your radio those radio waves are once again transformed through your radio receiver so they can be listened to in the form of the music that's being played on the radio station.

In order to receive that specific music you must tune your radio into the exact radio frequency that the radio station is transmitting on. Therefore if the radio station is transmitting on 97.5 your radio must also be set to 97.5 to receive it. Your radio being set at 97.5 will attract and receive any frequencies being transmitted on 97.5.

Thought works the same way. If you're thinking positive thoughts of getting ahead in business for instance your thoughts are being sent out or transmitted in every direction similar to a radio wave. Rather than being sent out into the air however they're being sent out into the Universal Consciousness the formless void of Source Energy where everything exists as one.

Remember this strong thought power is a higher form of energy or vibration. Anything that's of a similar frequency to that thought of success in business such as positive opportunities, people or circumstances will be attracted back to you. On the other hand if you're thinking of how rotten a day you're having those frequencies are also being sent out and will attract many additional negative things that will help you to continue having an even worse day.

What frequency are your thoughts tuned into right now? Are they tuned into:

The 97.5 “The Sounds of Success” station” or are they tuned into 85.3 “The All Night Depression” favorites?

Keep in mind that when you’re having negative thoughts you have the ability to change your frequency just as you have the ability to change the station.

How many people do you know that listen to the all day and all night victim stations? Here’s some of the ones I am speaking of.

- The I just can't get ahead no matter how I try station.
- The no one likes me station.
- The I hate my job station.
- The I always feel sick station.
- The bad relationship station.
- The 24-hour woe is me station.
- The I can't pay my bills station.

You may have listened to some of those in the past as well but how easy would it be to change the station to:

- The everything I touch turns to gold station.
- The everyone loves me station.
- The I love my job station.
- The I feel healthy, happy and terrific station.
- The I have great relationships station.
- The 24-hour why I like me station.
- The I have enough money for anything I want station.

It would be great if there were some kind of child monitoring device that we could put on our thoughts to block out negative thoughts and only allow the entertaining or positive thoughts. Unfortunately you’re the only monitoring device you have. The choice is yours. You must decide which station you want to

listen to. They're all available and there's no competition for one or the other. Whichever you choose you get.

There are Three Levels of Thought

They are:

- **Environmental Thought:** a.k.a. *Appearance Thinking*
- **Original Thought:** derived *from the frontal lobe of the brain* and
- **Elite Thought:** a.k.a. *right thought*.

No one had ever taught you the “proper way” to think so you think as you were taught or observed from those who raised you.

You were raised according to the group or how everyone else in your environment was raised. You were conditioned to think according to observations rather than what you want. In fact you didn't believe that you were destined to be, have or achieve anything you wanted. Through observation of the group you were taught exactly the opposite. You were taught to think according to limitations and restrictions. You were taught that truly great things only came to special types of people and that you were destined to achieve what everyone else around you achieved and to be happy with it.

Our thoughts create our perceptions of reality. No two people's reality is exactly the same. Each is based upon the individuals' perception of what's occurring. It's based upon their viewpoint, the angle that they're observing from and even the outside stimuli surrounding them.

We only see our version of how things appear through associations with our embedded programs, which become our perceptions. With this understanding even science with its formulas and proofs that identify everything within our world can't be understood as an exact science as it's based on perception. No matter how thoroughly one person may explain a concept to another, the concept will never be accepted in the exact same manner that it was meant to be. This can help you to understand how concepts such as a stellar phenomenon, political speeches or even a simple verse from the Bible can be described or translated so many different ways.

The influence of a group or society on the creation of our thought can be overwhelming. Outside opinions have such a strong bearing on our perceptions. For a moment imagine that you were an employee of a large firm. You're being

paid a decent hourly rate for doing your job. Upon arriving at your office you notice that there's a note on your desk from your employer. It states that you're receiving a promotion and will be given a large salary that greatly exceeds your present hourly rate. The note says that the boss would like to interview you for this promotion at one o'clock this afternoon.

Your immediate response upon reading the note is one of excitement and gratefulness. You're excited about all the great things you will be able to do with the additional income and you're grateful that your boss has finally noticed the great work you have been doing.

As the time of the interview approaches you meet one of your coworkers and tell him your wonderful news. Your coworker then begins to tell you how he feels this is the boss's way of taking advantage of you. Because you'll be on a salary, he can have you work twice as much and in the long run you'll be getting paid even less. He told you that this is the boss's way of saving money by not having to hire another employee.

Compare the different thinking process of how you feel now after hearing your coworkers opinion to how you felt earlier after reading the note on your desk. Can you see the effect of outside thinking or thinking according to appearances? What other people say has such a great impact on those who are not able to or willing to control their own thinking. You went from being excited to being upset before you even had your meeting with the boss. You reacted to appearances.

The Dangers of Environmental or Appearance Thinking

A few years back I met a gentleman who worked as an administrator in a Virginia hospital. He told me of an instance where several employees where he worked decided to conduct an experiment on a coworker who we will call John. John came into work as he usually did on this specific morning acting and feeling much the same as he usually does. As he was going about his business, one of his coworkers came up to him and said, "John you don't look well today, is everything alright?" John responded by saying he felt fine and continued with his business. A few moments later he ran across another employee who looked at him and said "John, do you have a cold, you look sick." John looked a bit confused but replied that he was fine again and continued with his work. After about 15 minutes had

passed a third employee approached John, once again mentioning how he was not looking very well and asked if he was okay. Within a relatively short time John was seen looking at himself in the men's room mirror for a while after which he went to the boss and asked to be dismissed for the day because he was not feeling well.

Did the suggestions from the group actually make John sick? Was it actually John's thinking process as a result of the observations everyone was making about him? If John were able to think through appearances he would have realized that sickness is a choice and would have remained healthy.

We Live in a World of Follow the Follower

I'd like to share a quote with you that you may find interesting but when you hear who it came from, see if you have a different feeling about it. The quote is:

“What luck for rulers that men do not think.”

Adolph Hitler

Just take a moment to think of the impact of this quote. Throughout all of recorded time men have been taking advantage of people in tremendous numbers for the purpose of so many atrocities such as in the case of Hitler.

People have a tendency to follow the group, and of course since the group is made of many other individuals their mentality is to also follow groups. It becomes a world of follow the follower. Everything seems to be gauged around the group so each person thinks as the group thinks relinquishing their right to think independently. After all it's much easier to be told what to think than to think in opposition of the group. Groups need to be led. They require someone to follow and once they find someone whom they think is qualified they will quite often follow them blindly. The group mentality becomes hypnotic and through *peer pressure* can be coerced to do almost anything.

Throughout history there have been a *select few* who understood how to utilize this elite thought process. This process was once secretly protected and taught only to select leaders or people of importance. By keeping this process away from the masses leaders were able to control their followers easier. As a result of this, large organizations, religions and radical groups sprang up where these followers were continually used as pawns at the whim of their leaders. Millions were killed in wars, crusades and genocides. The blind obedience or following of the group is very similar to the process of sheep or cattle being led off to slaughter.

Although in the past only a select few understood the secrets of this elite way of thinking and it was purposely kept away from the general public as a way to maintain power over them... Today it's available to everyone. Anyone who'd like to break away from the group to improve their life is able to. You can find the process right here in this course.

You'll now learn the reason why even though the secret of thinking in this elite way is available to all that most will still remain in their group or mindless cycles.

Effort's Required

Every man has the natural power to think what he wants to think. It requires far more effort to do so however than it does to think the thoughts which are suggested by appearances or the group. To think according to appearance is easy; to think only what you want in spite of appearances is difficult. It takes much more strength than you would imagine.

If you look at the appearance of disease and sickness around you, you'll produce thoughts of disease and sickness in your own mind. This in turn will surely attract it to your life as well.

You must continually think of only what you want, that sickness is only an appearance and that it doesn't exist. You must think that there's only health. That's your birthright, which is how you came into this world before all the conditioning and limitations were programmed into you and anything else is a disorder.

If you look at the appearance of poverty it will produce like thoughts of poverty in your mind. Focusing on these thoughts will attract poverty to your life as well. You must continually think independently and realize that it's only the appearance of lack and that there is no poverty. You must think that there's only wealth. That's your birthright and anything else once again is a disorder.

To think of only health when in the midst of disease or to think of only wealth when in the midst of poverty takes strength and practice. Anyone who can attain this ability has attained the ability to be a master creator. You're the creator of your own Reality. You're the only one that can allow creation in your reality. Whether you choose to create poverty or wealth is your choice and no one else's.

To do what you want to do, you'll have to learn the ability to think the way you want to think. It's extremely important to remember that every thought you have is a creation in the quantum world of thought. That formless substance of thought energy is waiting to be molded with your commands which are your thoughts. Every one of your thoughts is being created whether it's of perfect health, wealth or happiness. However every thought of appearances through your environment or group of sickness or poverty are also being created.

Once you truly understand this you're able to create whatever you want to create. You'll lose all doubt, limitations or fear. This is "the secret" behind all creation. This is what the *select few* since ancient times have always known and have kept away from the masses for thousands of years. This is what is available to you right now if you're willing to put forth the effort. You do indeed become what you think about most of the time.

Environmental Thought is used by society approximately 90% of the time. It's thinking according to the group mentality. It's the result of people's past programming of what they feel is expected and what "fits in" to be accepted by society. In other words; you go with the flow so you won't stand out in the group. It's the, "If everyone is doing it then it must be right sort of mentality." Many people in fact go through their entire life only utilizing this level of thought due to many reasons such as having a difficult or stressful life.

Original Thought is used approximately 10% of the time. It's the result of being able to utilize the original thinking of the frontal lobe of the brain. Although

it can break free from environmental thought it still works within the restraints and restrictions of our self-imposed limitations and beliefs. The frontal lobe can “only” be used in a state that’s free of stress. As soon as you become stressed your frontal lobe immediately shuts down just as the immune system does. It’s the built-in nature of mans “fight or flight” mechanism that controls this. We’ll discuss this further on in this manual.

Elite thought is used approximately 2% of the time. This is the process of thinking, “only what you want” in life. It’s disregarding environmental thought and appearances. Remember appearances are only the result of thought. They’re the effect. The effect can be changed if the cause is different. So if thought is the cause, then “Elite Thought” is creating what you *want* through cause thereby getting the effect or appearance that you desire.

Here’s an example of a wealth disorder: Not having enough money to make your car payment. With environmental thought the appearance of this would be an unpaid bill and stress.

Observation thinking would be that this person could not afford the car and possibly that the economy was bad or they may have to have the car repossessed etc. This condition of not having enough could continue for months or even years.

Elite thinking would be that there is only wealth. That you have enough money to do anything you wish.

If there was only wealth then this disorder could not exist. Any disorder could only be the result of wrong or imperfect thinking. Why? A thought must precede the effect. If there were no thoughts of poverty or lack then it could not exist. By thinking only “wealth” in spite of appearances, that is all that could be created. So to change the effect you must first change the thought.

NOTE: Keep in mind that not being able to pay the bill is not the cause or even the problem. It’s the symptom of the problem. The problem was probably their mismanaging of money or buying a car when it wasn’t in the budget.

Here's an example of a health disorder: If someone were suffering from severe anxiety as a result of the stress from his or her sales job. With environmental thought the appearance of this would be the suffering from anxiety.

Observation thinking would be that this person has anxiety and needs medication. They would probably also be encouraged to receive mental health counseling. This condition of course could continue for months or even years.

Elite thinking would be that there is only health. If there was only health then this disorder could not exist. Any disorder could only be the result of wrong or imperfect thinking.

If there were no thoughts of anxiety then it couldn't exist. By Thinking only "health" that's all that can be created. So to change the effect you must first change the thought.

That's the concept of "Elite Thought": Like developing any new muscle, it will take time and much practice to develop it as second nature and will have to be practiced continually to maintain your new lifestyle. Anything however that's worthwhile in life is worth working for, isn't it?

“A person with clear defined goals can’t be depressed.”

Zig Ziglar

CHAPTER #4: Goal Setting & Achieving

What's Inside:

Having clearly defined goals helps a person to know what direction they're working towards. They look forward to waking up in the morning and working on their goals. They're positive and excited for the future.

In this chapter you'll learn why goals are important in your personal and business life and the step by step process of how to create them so they can be easily attainable.

If you don't know where you're going, how will you know when you've arrived?

Control your Destiny

If you want to get somewhere you must know where it is you want to go and plan how to get there. Once you've created your plan the rest is a simple task of just following it.

Many people want to get ahead and many even have "dreams" of what their ideal life would be like. Hopes or dreams can't be cashed at the bank, won't put food on the table and in the end unless clearly defined and acted upon are no more than "wishful thinking".

It's funny what came to mind when I was writing this paragraph. Most of my life I often thought about how wonderful it would be to win the lottery. I sometimes imagined what I would do with my winnings. It's a very enjoyable thing to daydream about. Then suddenly it hit me that in my entire life I had never bought a lottery ticket.

"Thinkers think and doers do."

I was speaking to one of my past graduates last week asking him how his progress was coming with starting a new business that he had been planning to open. His response was rather interesting. He told me that he had been thinking about it just about every day. He mentioned that he had lots of good ideas that he had been planning on for a long time that were sure to bring in a lot of cash.

The difference between thinkers and doers is that thinkers think and doers do. They act! All of the good ideas in the world won't pay for your bills. Have you ever tried to pay for your telephone bill with an idea?

Unless you've gone through the process of writing down your goal and created a clear detailed plan on how you're going to attain it, it's not a goal. It's still simply

a wish or a dream. A well-defined goal can be attained. A dream will always be elusive and just out of your reach. Until it's acted upon it's simply an illusion.

If you'd like to progress or change your present situation in life you must have a plan. A goal would be considered a detailed plan. It's your plan of action. It's the step-by-step process or map guiding you to your destination.

Most people go through life with hopes and wishes of progressing and having better situations than they have presently. You can hear them talking about it all the time. They say that they hate their job and want something better but do nothing about it. They say that someday their ship will come in but have no idea exactly what ship that is. They state that they're open to change and willing to try anything new, however they continue doing the exact same thing day after day.

Simply having a wish or desire is like going somewhere with no specific destination. They're many nice places to go but without having a specific destination you'll simply drive around in circles.

Think back to before you were in your present situation, did you "plan" to have the life you have now?

- Did you *plan* to have your car repossessed or go through bankruptcy?
- Did you *plan* to be stuck in a terrible job that's going nowhere?
- Did you *plan* to have a bad marriage or get divorced?
- Did you *plan* to be coming up on retirement with no savings to live on?
- Did you *plan* to be the mess that you are now?

Of course you didn't! That's the problem. It was the result of "not" having a plan!

Change Requires Action

It requires that you do something different than you've done. If what you've been doing has not gotten you where you want to be then it just makes sense that you must do something different.

What does it take to create new goals? What will it take for you to leave your comfort zone? It takes determination. You must be hungry for what you want; you must have a strong driving desire to attain your goal. If it's simply a whim, chances are you will not exert the energy to attain it.

The majority of people who have risen to great wealth seem to have one trait in common. Many of them had begun as a result of living a life of poverty, destitution, tragedy, extreme sorrow or hitting rock bottom. It's as if they could sink no lower and had nowhere else to go but up. They were determined not only to become wealthy but especially to get out of the situation they were in and to ensure they never went there again.

- So is hunger the key?
- Does anyone who wishes to be wealthy need to lose everything and become totally destitute before it happens?

Of course not, but by realizing this similarity among wealthy people you can learn exactly what it takes to become successful in any undertaking. It takes 100% commitment. It takes an all-consuming desire and a laser beam focus to get ahead. It takes a type of commitment where you will not accept failure in any form. They all had a driving force that kept them moving ahead without the option of looking back or having a safety net. Unlike those who are mostly living in their comfort zone, they had nothing to fall back on. That's the kind of dedication that you need to have to attain your goals. Comfort is the enemy of success!

I heard a story of a group of warriors who were at war fighting for their lands against an enemy that outnumbered them five to one. Victory looked futile and the only thing they had going for them was their desire to survive. The leader of the small group decided to execute a very bold plan. He had his men load up on a half dozen ships and sailed over to a nearby island where the enemy had set up

camp preparing to attack their people in the morning. Once they landed on this island, he commanded his men to destroy the ships so there was no way to return home.

He then addressed his men and told them that they were fighting for their right to live. He said that even though they were outnumbered five to one that they would fight until the end. Now that they had destroyed their ships there was no hope or thought of retreat. The only way that they would ever see their homes or family again would be to defeat their enemy.

What he had done is cut off any safety net or means of escape. The men knew that the only way they would live is through victory on the battlefield. They mounted a surprise attack on the larger group and through fierce fighting, triumphed.

Choosing your Goal

Think about the goal that you'd like to attain. How committed are you to attaining it? Have you created several alternative plans that you could fall back on should you fail? If you have then you've already convinced yourself that you will not attain it. You must work toward your goal as if there were no retreat similar to the warriors who were fighting for their lives. You don't need to be destitute to begin with but you do need to have the same hunger as if you were.

Having goals also gives you hope. With goals you have something positive to look forward to each day. With goals you have direction in your life and know what you need to do. Goals create excitement and happiness as you see yourself moving towards them.

People who don't have goals or things to look forward to often find themselves in a rut; going nowhere. So many people today are too busy living their lives to plan their lives. Their existence seems to be like a hamster running on a wheel, going around and around but getting nowhere. If you want to get somewhere, you must do something different than you're doing right now or you'll be just doing the same. You must have a plan. What do you want?

Is the End Result Worth the Trip?

While we're on the topic of creating goals and making plans for your life, I want you to keep in mind a very important consideration. Is your goal worth the trip?

Your life is happening "right now!"

If you're planning on going to college for four to six years or getting a new job or building a business or whatever you desire, is it worth the journey? Will the time that you spend between now and the time your goal is complete be enjoyable or will it be complete drudgery? The journey is as important as the goal.

Life is a journey. The path you're traveling to wherever you may be going should be an enjoyable one. That's the meaning of life. To have joy, to be happy! If the path to your destination or goal is filled with hardship and sadness then it's really not worth the price?

Imagine if your goal were to build a business that had little to no profit along the way, knowing that once it was complete in six years it would then pay off. For the next six years you're going through misery hoping for the payoff to come. What if just before the six year mark something devastating happened such as the business burned down or went bankrupt or your product became outdated and replaced by something entirely different? Can you understand where I'm going? For six years you were miserable when you could've taken another path that was wonderful.

Our life has a beginning and an end. Between these two points we are continually following our path. The destination is meaningless compared to the enjoyment we find as we travel. Many people will cross paths with you along the way. Some for a short time and others for a long time but it's ultimately your path. Do what makes you happy.

"A man without a goal is like a ship without a rudder."

7 Step Goal Formula

Now that you've decided on what your goal is it's important to make sure that it conforms to all of the steps in the 7 Step Goal Formula.

STEP ONE: Identify what you want and write it down.

You must have a detailed description of exactly what you want and how you wish to accomplish it. You may find that to plan your goal properly it may take several hours to an entire day. It's important not to rush it so you can take the time to be as clear and precise as possible.

Once you've chosen a goal it's important to take the time to write it down clearly on paper. There's a major difference between typing your goal and writing it out by hand. The art of writing it out personalizes your goal and helps you to ensure that it's mentally accepted. Writing things is also a form of suggestion that allows you to use your imagination and begin the process of imprinting the goal within your subconscious mind through the use of imagination.

STEP TWO: Why do you want this goal?

What's the purpose of it and what's the benefit? How will this goal benefit society? More importantly how will this goal benefit you? If it's not going to benefit you in any way then what's your motivation? The most important person in your life is you. Be sure to make yourself happy.

STEP THREE: Identify any obstacles you must overcome.

It's important to identify and address any obstacles that exist rather than ignoring them. Ignoring obstacles or hindrances won't make them go away. Proof of that point would be to try and ignore the police officer at your window the next time you get stopped for speeding. How do you plan on dealing with each one of the obstacles?

STEP FOUR: List the people, groups, materials or things required to attain your goal.

What do you think you'll need in the area of assistance or anything outside of your control such as materials, professional help or specialized equipment?

Does it require renting a building, office or warehouse space? Is there paperwork, a computer or books required to research?

In the case of starting a business you may need assistance in the way of an accountant, business attorney or possibly approval from city councilmen, code enforcement officers or law enforcement officials. Will you need assistance from friends, relatives or neighbors in order to attain your goal? Will you have to hire plumbers, carpenters, contractors, electricians, food service personnel, caterers, maintenance people or instructors?

STEP FIVE: What type of knowledge is required?

Will you require any specialized knowledge in order to attain your goal? Should you take some correspondence or online courses? Should you attend a community college or trade school? Are there any licensing or preliminary requirements required? Do you have to be in a certain area for it to work?

If your goal requires specialized knowledge that you don't have and aren't able to attain reasonably, where can you get this knowledge? Can you hire someone who has this knowledge? Be sure to know what you'll require and where you can obtain it.

STEP SIX: Create a plan of action to reach your goal.

Create a detailed plan of everything that must be done to attain your goal. The difference between success and failure is *having a plan* and *taking action*. You must create an action plan and then execute that plan.

STEP SEVEN: Deadlines and Reporting

"A goal is a dream with a deadline."

Napoleon Hill

Set dates as to when you expect to accomplish various parts of your goal. If it's a big goal you may want to break it down in smaller portions having several dates set up in increments along the way. Remember your goal has to be believable in order to be attainable, so breaking it down into believable portions can be the difference between success and failure. The Buddhist monks have a saying that states, "The journey of 1000 miles begins with the first step."

Reporting is a vital step in the process of success. This is one of the steps that are *usually missing* in most goals that fail. It's important to find someone who can help you by being the person that you report to on a periodic basis to show your progress and to ensure that you meet your deadlines. They can also be used as a sounding board should you run into any snags along the way.

The Statement of Intent

Now that you've created your goal and put it through the Goal Formula it's important to create a clear statement of intent from it.

A statement of intent is designed to assist you in utilizing your imagination to attract and accomplish your goal by participating in exercises where you can successfully imagine yourself as already having accomplished your goal.

In order to attract your goal you must convince your mind that you've already accomplished it through imagining that you've done so. The theory here as mentioned before is that;

“The subconscious mind doesn't understand the difference between a real and an imagined memory.”

By practicing this step repetitively your subconscious mind will accept the imagined memory as a real one and make it so.

So far I've spoken about the importance of creating goals in order to attain the life you desire. Now that you've decided what you want to work on, you need to make your goal as clear as possible. The more imagination and detail you can place in your goal the easier it will be to attract to your life.

It's similar to ordering a sandwich from a restaurant. If you're vague when ordering it you'll probably not get what you want but if you're detailed about it then they'll get it right.

I think when it comes to writing a clear statement of intent we can learn the most from children. If you've ever seen a child's letter to Santa-Clause asking for what they want for Christmas you'd see an expert at work. Here's an example...

Dear Santa,

What I would really like for Christmas is a New Huffy Rockit bike. It's the one with the blue handlebars and red frame. It has 12-inch wheels with bright yellow rims and one speed. It also comes with black, 4 inch training wheels which I will use until I get used to it. It's really shiny and takes less than an hour to assemble. By the way, it says Rockit and HUFFY in big white letters on the frame too. I saw it at Wal-Mart if you have a hard time finding one.

I have been practicing on my friends' bike and am getting really good at it. I'd like to use it to go to school and run errands with my brother too. I even cleaned out a space in the garage for it so it will be safe when I'm not using it.

Thank you and have a safe flight,

Love Tommy

From now until Tommy gets his bike it will be very easy for him to keep the picture of it in his imagination as he spelled it out in detail in his letter to Santa. This is the advantage of writing your Statement of Intent in a letter format.

Placing Your Order

The next step is to place your order. Memorize your statement of intent and recite it to yourself repetitively for about ten minutes a minimum of twice a day as you would affirmations, preferably in the morning when you get up and the second time just before you go to bed. By doing this just before you go to bed your subconscious mind will be able to reflect on it throughout the night, greatly enhancing its power.

When you're reciting the statement in your mind, it's important to use your imagination and imagine yourself as already having accomplished the goal that you're saying. As you begin reciting it the words may become fragmented and eventually forgotten but as long as you're using your imagination you'll have the picture in your mind, which is the purpose of the exercise.

It's especially effective if you do the reciting of your statement during your quiet time or when you're meditating. The quiet time that you have set aside will help you to better imagine the goal that you've set forth.

This "placing your order" process is a vital part of attaining your goals. Without placing your order it would be similar to being in a restaurant with a menu in front of you, knowing what you want to order but never telling anyone. Without placing your order you'll still be sitting there two hours later with no food in front of you.

It's the same with your goal. You've already done the work of deciding what you want and creating your detailed statement of intent you have a burning desire to attain your goal; now, ask for it!

Be Emotional: Your attitude determines your altitude. Emotions are among the highest vibrations available to man. By attaching positive emotions to your imagination you're greatly accelerating the process.

Alignment with Goals

Keep in mind that your emotions must be in alignment with what you desire. Are you presently living in alignment with the item or lifestyle that you want? Many people will say, "I want to be a billionaire." That's great but are you living in alignment with the frequency of being a billionaire?

Here's some examples:

- Where do you go when you go out to eat?
- What hotels do you stay at when you travel?
- What kind of car are you driving?
- What pastimes do you enjoy?

Now that you've answered these questions see if they're in alignment with what you want. If not then you may want to make some changes.

If you want to be rich do you eat at 5 star restaurants or McDonalds?

- Do you stay at the Ritz or Motel 6?
- Are you driving a Mercedes or an old Ford Escort?
- Do you prefer the symphony or mud wrestling?
- Do you frequent country clubs or strip clubs?

Granted, not everyone reading this manual has a Mercedes but where's your frame of mind? If you had the money would you want one? If not, then maybe that is not the lifestyle you should be pursuing. That's the purpose of making a clear statement of intent.

Lots of people really haven't taken the time to think about what they want and once they do, once they really break it down to the details many times they change their mind and realize that's not what they really wanted after all.

There are many levels of alignment in all areas of success.

Exercise #2 - Alignment Exercise:

In the following categories, on a scale of 1 – 6 (*6 being the highest*) where would you rank your level of alignment? Choose your level of alignment right now, put today's date on it and compare it in a few weeks so you can check your progress. This is a great gauge to see your progress.

Financial Success: (circle one) Today's date: _____

6. A billionaire?
5. A millionaire?
4. A thousandaire?
3. A few bucks here and there?
2. A red-liner?
1. Way in the hole?

Health Success: Today's date: _____

6. Perfect health?
5. Minor disorders occasionally?
4. Monthly Doctor visits?
3. Less than 15 pills a day?
2. Usually sick?
1. Sick and tired of being sick?

Relationship Success: Today's date: _____

6. Partners and happiness in all things?
5. Good relationships?
4. Getting along usually?
3. Tolerating each other?
2. Constantly arguing?
1. Searching for my next X relationship?

Expectation

Now it's time to practice Expectation. Not only do you need to expect your desire, I want you to live as if you already have it. I like to call this the "Fake it till you Make it" mode. Remember two of the rules of the subconscious mind or the Law of Attraction ...

First: Whatever you focus on you'll always be given.

Next: It doesn't understand past or future, only the NOW.

So you must expect it as if you have it right now without any doubt, fear or negativity to keep it coming and you must act like you have it now or the subconscious will wait until later on if that's what you're focusing on.

Emotional Supercharging

“If thought is the vehicle for change and imagination is the fuel to move the vehicle then emotion supercharges the fuel.”

Emotion is the key to *quicken*ing the imagination process. Emotions put out extremely powerful vibrations into the universe. If you’re trying to attract something into your life such as health, wealth, improved relationships or happiness, applying positive emotion will greatly enhance it.

There are literally hundreds of emotions that humans are able to experience. Of the hundreds of emotions approximately a dozen are experienced on a regular basis. Then out of those emotions approximately four of them are positive. This helps to show why so many people find it easier to be negative than positive.

Think about when emotions are shown. When bad things happen such as losing money, becoming sick, a death in the family, losing a job, getting in a car accident, becoming hurt, being insulted or belittled, being passed by for a promotion or when not being appreciated, we often times display very negative emotions. These emotions can range from anger, sadness, rage, disappointment and disgust.

When positive things happen however such as receiving money, getting a promotion, getting your car fixed for free, being complemented or appreciated, all of the positive emotions associated with these are not nearly as intense as the previous negative ones were.

The Most Powerful Emotion for Success is Gratitude

Gratitude is the key to elevating abundance. Showing gratitude towards your goal as if you've already attained it will also greatly tip the scales towards attaining your desires because the universe will give you more of what you're in alignment with. Being grateful for what you're working on will help you convince your subconscious that you've already attained it thereby making it happen.

Keep in mind that there are people who are doing everything that they should be doing to attain abundance but are still kept in poverty due to their lack of gratitude. When you dwell on poverty or dissatisfaction you're attracting and allowing yourself to be surrounded with poverty. Dissatisfaction and gratefulness are at opposite ends of the spectrum.

"Your abundance is in direct proportion to the service and gratitude you give."

Be grateful for whatever it is you desire as if you already have it. Yes, even if you don't have it yet. If you're grateful as if you do have it, you'll be drawing it to you with much more force.

Gratitude has one of the highest frequencies or drawing powers of all of the emotions, possibly second to only the emotion of love. When you're in a state of gratitude you're attracting more of what you're grateful for.

Making Course Corrections

Why is it that people who are positive minded have such happier lives than those who aren't? Why do some people always seem to have good things happen to them and others are destined to failure?

It all begins with the subconscious mind. I've been teaching about the traits of the subconscious mind for many years and I'd like to remind you about one of the most important ones right now:

“The subconscious mind will always, always, always give you what you focus on.”

Notice I didn't say it will always give you what you want, I said what you focus on. That's one of its main purposes. No matter what you focus on it's as if your subconscious is saying; "Your wish is my command."

That sounds wonderful, right? It can also cause lots of problems as well! The average human being has approximately 64,000 thoughts a day. Although we don't focus on every one of them, we do focus on enough to create confusion.

Imagine having your very own *personal genie* that grants every wish or in this case every *focused thought*...

Now imagine that everything you focus on, I mean every one of them is being granted...

Think about the contradictions in what you focus on, on a daily basis... especially if you're an entrepreneur...

We're told to think big, that if a goal doesn't make you nervous it's not big enough!

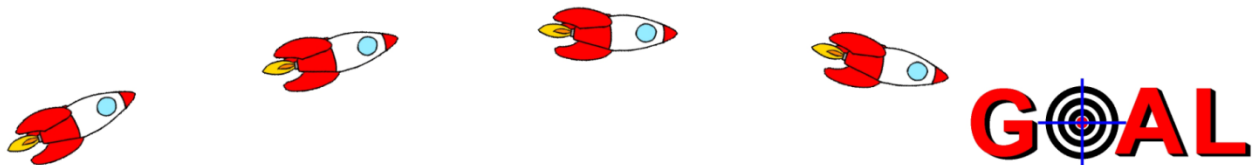
So here's how we focus:

- I want to make \$1 million by next year at this time in my business! (*Your wish is granted*)
- What if I don't get it? What if it's too big? (*Wish granted again*)
- Do I really deserve \$1 million for what I do? (*Wish granted*)
- I know I can do it, I'm really good at what I do. (*Wish granted*)
- But what if people don't like what I have? (*Wish granted*)
- Maybe I should lower my expectations. (*Wish granted*)

Just in a matter of 5 minutes your thought process focused on your goal of making \$1 million:

- Then went to doubt...
- Then it went to unworthiness...
- Then back to confidence...
- Then doubt again...
- Then to lowering your expectations ...
- And then back to wanting a million dollars...

Each one of those thoughts was a wish that was granted. But what happens when you make so many wishes that are all contradicting each other? It's like firing a missile that's going out-of-control. You're not just shooting at a target sitting straight in front of you.



The target or your goal is moving all over the place as you're trying to focus on it but your target hasn't gone away, it's still there. The only thing that gave up on your \$1 million is you, due to all your contradicting thoughts.

Here's a good example that will make more sense to you. Right now... take a few moments to focus on seeing a butterfly in the next 48 hours... If you continue focusing on seeing a butterfly in the next 48 hours you'll see one. It may be flying around outside your front door right now. If it's winter you may see one on television or maybe somebody will walk by you wearing a butterfly necklace, but you will see one.

Why? As soon as you focused on it, it became a wish and was granted. Since it's such an irrelevant thing you really have no doubt or worry that it won't happen. Since there's no doubt or worry, there are no opposing wishes contradicting it so you'll be able to see one or maybe even more within the 48 hours.

In the case of \$1 million, the same thing is happening. To the universe giving you \$1 million or seeing a butterfly are both just as simple. It doesn't matter and it's just as easy to do. The only thing standing in your way is you.

- You begin with contradicting thoughts of doubt, fear or unworthiness.
- Maybe you have money issues that you've inherited from your parents.
- Maybe your wealth mindset needs to be adjusted.
- Some people even think having lots of money is evil.

Imagine the kind of focus they're attracting....

So the only thing standing in your way of getting the million dollars is your own thought process. Now you can understand why goal-setting is so important and why so many courses have been written on this topic.

The clearer you define your goals, the easier they will be to imagine and...
The easier they are to imagine, the more you'll be able to keep your focus.

So when you create your goal of whatever it may be, keep in mind that your wish “has” been granted and is on its way, in the same way that a missile once fired will “always” find a target.

But here's the important key: Once the missile has been fired and the target begins to move you must make continual “course corrections” following your target until your missile hits its mark.

“You must make continual course corrections following your target until your missile hits its mark.”

This is why it's called a **guided missile**! You’re guiding it by being aware of what you’re focusing on;

- Keeping your focus on target as much as possible until you attain it.
- Identifying and eliminating negative thoughts, doubt, fear, worthiness issues or any other hindrances that might stand in your way.
- Understanding that your wish has been granted; because it has.

Focusing on this will eliminate any distractions and keep you on track! There’ll be no reason for doubt because you'll realize that your wish has already been granted.

Some people understand this process of thoughts attracting things as the Law of Attraction but you now understand it also to be one of the basic traits of the subconscious mind.

You have an *Out-Of-Control Genie* within you that will always, always, always give you what you focus on.

This gift of being able to use our thoughts to create our destiny is one of the greatest gifts that have ever been given to man and the more we understand how the human mind works, the more we realize that:

- ✓ We're the creators of our own destiny.
- ✓ Thoughts do become things.
- ✓ And that you can always attain your goals!

“Do not go where the path may lead, go instead where there is no path and leave a trail.”

Ralph Waldo Emerson

CHAPTER #5: How to Create Permanent Habits

What's Inside:

In this chapter you'll learn how to create permanent habits that will override your old negative habits. You'll understand why an old habit never really leaves you completely and how to keep it at bay so it doesn't resurface. This habit creation process is a tried and proven system that can be used for anyone who desires to create a positive change.

The Missing Ingredient

There are countless programs available on the market today including self-help CDs, books, seminars, television programs, workshops and the list goes on. One thing they all have in common is that they'll all help you to progress and feel great for a *short time*.

Within a few days however it seems that people usually revert to how they were before they began these programs. Why hasn't the change become permanent? What's missing? The missing ingredient is *habit creation*. In order to maintain any positive change it must become a habit. Once you've created a habit it then becomes part of your programming.

"The missing ingredient is habit creation."

Take a moment to think of the many habits that you have right now. In order for them to become second nature, for you to be able to complete them without thinking of them consciously you had to go through an initial stage of repetition. For example, the habit of driving to work each day without even thinking took more than one day to accomplish. It may have even taken a month or two before you were able to drive there in an *"automatic pilot"* type of mindset.

Even people who developed the habit of smoking reported that they had initially found it distasteful. In the beginning they'd cough each time they inhaled. Then they learned to not inhale as deeply until they were able to get past the hurdle of breathing in smoke. They found the taste undesirable and the feeling of the smoke going into their nose agitating. However through repetition and determination they were able to continue smoking without a problem and eventually even enjoyed the process.

Another example would be going to the gym. Developing a habit to go to the gym each day requires getting up earlier or setting aside extra time that you would have normally used for something else. Keeping that specific time open for the

purpose of going to the gym alone was a major hurdle to get over. In addition to that you had to make sure that you had enough rest to be able to perform the task that you were going there for. Once you began working-out at the gym the muscles of your body began to hurt since they weren't used this way in such a long time. Through repetition, eventually everything became easier, less of a burden, a routine and eventually an enjoyable occurrence.

In each of these instances the habit had been created over time. It took conscious action, repetition and persistence to succeed. This is the same process that it will take to develop any habit in the future as well. You can accomplish anything that you set your mind to; however if you want it to stick, you must create a permanent habit through repetition.

What are Habits?

A *habit* is defined as a pattern of behavior that often occurs gradually and automatically. The continual repetition of any behavior, good or bad can ultimately create a habit. The results of these subconscious habits are a major determining factor in one's self-image.

That's the essence of a habit. Once a series of actions becomes familiar to you they can begin to operate on their own as a subconscious behavior. They oftentimes aren't even noticed by the conscious mind.

Here's some habits that you may be familiar with. Notice how once you begin them they seem to be accomplished with very little effort.

- Tying your shoelaces.
- Having a cigarette immediately after a meal.
- Eating popcorn while watching a movie.
- Driving to work the same way each day.
- Sitting in your favorite chair rather than the one next to it.
- Bringing your hands to your face when you sneeze.
- Putting on the brakes of your car upon seeing a red light.
- Typing without looking at the keys.
- Saying "*God bless you*" when someone sneezes.
- Reciting the alphabet.
- Taking a shower.
- Doing the dishes.
- Making the bed.
- Going through your exercise routine or jogging.
- Riding a bicycle.
- Sleeping on a certain side of the bed.
- Biting your nails.
- Brushing your teeth.

Although habits can be quite advantageous, the problem is that many negative habits are also created that hinder our growth such as those that create negative belief systems, self-doubt, self-sabotage and lack of follow-through type attitudes. These habits whether negative or positive create our financial, relationship and health blueprints. They determine your perception of reality.

Memories are not stored in a separate, secure compartment, safe and isolated from everything else in your mind. They reside in the same places that feelings, thoughts and desires are stored. As your goals, habits and feelings change, so do your memories so as to act in accordance with them. The memories of each person are perceived so as to reflect their individual current reality.

You're a Shadow of your Present

Right now as you're reading this manual you're the result of your past thoughts, feelings and experiences. Another way to put it is that you're actually a shadow person of the "past" you. Everything that you've done in the past has made you the person that you are today. This very moment as you're taking your present breath, you're creating a new "future" you.

The most powerful, important and transforming time of your life is in this present moment. Now is all that matters. The past is gone; the future hasn't been written and right now is when you're writing it. What do you want to create?

"No matter what kind of person you are, regardless of your past, you can change it all right now."

Anonymous

By controlling your thoughts, focus and attention in the areas that you desire you're creating the future you. You're the creator of your own reality and are in charge of your destiny. That's the purpose of reading this manual. This is a manual of change, an instruction manual for you to create a new and improved future you. It's never too late to change. The first step that's required is action. Every choice that you make right now, no matter how insignificant determines the direction and quality of your life. Keep in mind that even the greatest oceans of the world were created one drop at a time.

Behavioral addiction: (*definition by Wikipedia*) is a form of addiction which doesn't rely on drugs like alcohol, increasingly referred to as (*process addiction or non-substance-related addiction*) behavioral addiction includes a compulsion to repeatedly engage in an action until said action causes serious negative consequences to the person's physical, mental, social, and/or financial well-being. One sign that a behavior has become addictive is if it persists despite these

consequences. Behavioral addiction that is sometimes referred to as Impulse Control Disorders are increasingly recognized as treatable forms of addictions. The type of behaviors which some people have identified as being addictive include gambling, food, sex, viewing of pornography, use of computers, playing video games, use of the internet, work, exercise, spiritual obsession (*as opposed to religious devotion*), pain, cutting and shopping.

All I can say as a result of reading that definition is, WOW! From reading this you can see that virtually any habit that can result in negative results can be construed as an addiction. Since anything that's good can be used for bad as well; where do addictions begin and end?

You can see from the partial list of addictions in the previous definition that virtually "any" habit you want to change to a more positive nature could be considered an addiction. So from this point forward replace the negative word of addiction with the more positive word of programming. You'll be reprogramming your present programming with your desired positive programming. Yes programming can be positive.

"You'll always become proficient in anything you continually practice."

After all, as the saying goes; Practice makes perfect, right? - Through conscious repetition, even if something is uncomfortable, distasteful, and difficult or against your morals, eventually, if practiced enough will become a habit and the process will be taken over by the subconscious mind as an automated behavior.

That's the process that began the initial habits of smoking, using foul language, being a bully, and even criminal behavior. They may have been distasteful at first but maybe through necessity, coercion or other reasons became easier and easier to do until they became habitual, second nature and even enjoyable for the ones doing them.

Think of the daily habits you've developed such as brushing your teeth, taking a shower, walking, running, typing and driving a car. You don't even have to think of them when performing them but you did when you first began.

As a baby your first steps were extremely awkward. You may have fallen many times until you mastered the process and walked across the room by yourself. Now you don't even give the process a second thought. This same process that you used to develop who you are today will be used to make the desired changes you want in your life as well.

What are other habits that you may have developed throughout your years of environmental programming that you may want to change?

- Negative thinking.
- Self-sabotage.
- Feeling unworthy or inadequate.
- Feeling like you can't afford things.
- Feeling sick.
- Thinking that you can't do it whenever a challenge arises.
- Feeling you're not good enough.
- Feeling powerless, stupid or unattractive.
- You won't amount to anything.
- Thinking that only the lucky can be happy or rich.
- Perfect relationships are not real.
 - and the list is virtually unlimited.

If you feel that you can't do something that anyone else is doing then you're a victim of negative programming. If they've done it then obviously it's possible to do.

The Habit Cover-up - Habits are “Never” Eliminated

Before we proceed, I have some bad news and some good news.

First the Bad News; Your negative habits of smoking, drinking alcohol, negative thinking, anger, futility or whatever they are, can never be completely eliminated. They'll always be somewhere in your subconscious mind, maybe not actively hindering you but nevertheless they will still be there.

Now for the Good News: Even though you can't eliminate them, you can override them or *cover them up* with your new positive habit behavior. To better explain this process, imagine the negative habit or addiction as being a worn out footpath going across a green lawn of grass. As the habit is continued the path becomes more and more worn down. Once you begin your repetition process of creating a new habit it would be similar to walking in a different direction on the lawn.

Through your new repetition the walking wears the new positive path deeper and deeper until it becomes more prevalent and easier to walk on than the old one that's now beginning to grow over with grass. The key is to keep your new behavior going until it's second nature and automatic. It “will” happen if the repetition process continues.

That's what's meant by the term: “Habit Cover-up”. You're not replacing a negative habit; you're covering it up with a new positive one.

If down the road however you begin to second guess your newfound habit of success and decide to test it by having a cigarette or “just one drink” because you think you'll be okay, chances are very strong that you'll go right back to your previous behavior of smoking or drinking. This is what's known as “falling off the wagon”. It does take constant vigilance and practice to live the life you want.

In order to change anything in your life permanently there must be a change in your self-image. Your self-image is who you perceived yourself to be. It was developed by your life's memories and programming. It's the culmination of all of your habits. In order to change something in your life you can't do it permanently unless a habit is developed to change your self-image. If this isn't done, you may

be able to keep the new behavior up for a short while but ultimately you'll snap back to the old behavior or who you perceive yourself to be.

“90% of all your decisions are determined by your past programming rather than according to the actual decision facing you.”

Think of it; the only reference you have to make any decisions is from your past. It's your gauge of reality. An example would be if someone asked you to walk across a long beam stretched over a deep ravine ... This task would immediately be associated with something from your past experiences in order for you to make a decision on whether you could accomplish it or not. You may have fallen off of a beam riding your bicycle into a ditch when you were a child and gotten hurt. The association of this accident may have you make the immediate decision that you can't do it.

Being faced with the challenge at hand there's an immediate association with your past experiences and programming to learn how to respond. If there's nothing similar to the challenge in your programming then you may try it according to your present thinking however there's usually something stored somewhere. That's why children are so much more daring and willing to do these unwise feats. They may not have accumulated enough programming to have the fear or respect to keep away from dangerous things yet.

It's Important to Change Your Negative Programming and Self-Image

If you're constantly sabotaging your own progress in business, relationships or in your health then it's most likely because you have some negative programming from your past keeping you from the success that you desire. By changing the negative programming to what you desire you can finally become successful in your life. You can finally have all you want regardless of your past experiences. It's never too late to change and succeed.

If your memories and experiences of the past have determined who you are now then in order to change your self-image to something different than your present behavior you'll need to create new memories and experiences.

How do you do that?

Here's one of the most important lessons to understand in this manual and you'll hear me repeat it many times. A real and an imagined memory hold the same value to the subconscious mind. They hold the same value; imaginations the key. If you're ready to make changes to achieve the peak of health, wealth or happiness in your life then the first step is deciding exactly what you want. That may sound simple but there's a proper way of choosing and creating goals that must be followed in order to be effective.

Chunking of Habits

Experiments were conducted at the Massachusetts Institute of Technology in which rats were repeatedly made to run through T-shaped mazes. Upon completion of the proper choice the rats were rewarded with a piece of chocolate at the end of the maze. This gave them added incentive due to the raised dopamine level caused by the chocolate.

In the beginning of these experiments the rats displayed much brain activity as their decisions to turn right or left were being made. Over time as the tasks began to become habit the amount of brain activity began to decrease. The larger amounts of brain activity were only noticed at the beginning and the end of the tasks as it had diminished throughout the duration of the process.

This process is very similar with humans. Once repeated activity has become a habit, conscious brain activity is only required at the beginning and ending of the tasks as they have become grouped together or otherwise known as “*chunked*”. This can be noticed while shaving or brushing your teeth. Once the initial cue was given of turning on the water, everything else seemed to be a calm, non-conscious habit. You’re even able to multitask while thinking of other things at the same time that you’re brushing or shaving.

Another example of this "chunking" behavior can be seen in the habit of driving to a repeated location such as from home to work. If you’ve had the opportunity to travel the same route while driving for many months then chances are that it has become a habit that doesn’t have to be thought of very much. Your brain activity would be active as you’re leaving your home and approaching the car however due to the chunking process your brain activity would be much lower throughout the trip until you arrive at your location. Once leaving your vehicle your brain activity would then increase as you decide what to do next. You may have even noticed that while you’re driving to and from work that you’re able to do other things such as planning your workday or even having a conversation on your cell

phone without any difficulty. Chunking allows you the opportunity to multitask easily.

In many instances paying too much attention to the details of creating a habit could lead to the actual destruction or non-forming of the habit. It's a gradual process that must be slowly learned over a period of time in order to become a habit. Coupled with the strength of the dopamine neurons you're creating a new habit that will be very difficult to break. Creating a habit through this repetitious manner utilizing the incentive of rewards in the process will make it a much stronger habit than the one it's replacing.

Zero Gravity Test - NASA

Catching a ball seems to be child's play for most people. It seems as automatic as riding a bike or tying your shoes, or is it? Years ago I decided to take up juggling as a hobby and I still enjoy doing it on occasion today. One of the interesting things about juggling is that if you watch the highest point of where the balls arch you can anticipate where the ball will come down and with practice will be able to catch them and juggle like a pro without even watching your hands. The key is to watch the highest arch of the balls and anticipate.

If you take a moment to think about the process you'll realize how much your subconscious mind is operating and computing many variables without your conscious knowledge. In the case of juggling your mind automatically computes the effect of gravity on the ball after it has peaked. In addition to gravity, approximately a fraction of a second before the ball reaches your hand your wrist turns to just the right position to receive the ball and clenches its muscles slightly so as to catch the ball without dropping it and to absorb the thrust. This is a remarkable series of mathematical computations that's being done subconsciously and rapidly.

How does your brain do it? According to neuroscientists Joe McIntyre of the College De France the brain is able to accomplish this task because it contains an internal model of gravity. The brain, he says seems to anticipate, compensate and calculate gravitational acceleration on a natural basis.

Here's his conclusion, which was published recently in the journal "*Nature Neuroscience*", which is based on an experiment that was conducted in space involving ball catching.

Astronauts onboard the space shuttle Columbia were monitored while catching balls in a no-gravity environment which were released from a spring-loaded canon. Once a ball was shot from the cannon it would move in a constant speed as opposed to a constant acceleration similar to how they would be on Earth.

While playing catch the astronauts were fitted with electrodes to measure the electrical activity of their arm muscles. The movements of their arms and hands were tracked with infrared cameras as well.

While in flight, with zero gravity, the astronauts were able to catch the ball even though their timing was a bit off. They reacted to the ball as if they were expecting gravity to propel it faster. Surprisingly the astronauts continued reacting to catching the ball as if they expected gravity to be a variable for a period of approximately 15 days.

At around the 15th day of the experiment the astronauts on board the shuttle were beginning to catch the ball more often. Although the quick, over reacting movements of their arms continued, the severity of it grew smaller. Gradually they were able to react to catching the ball more accurately and once again just a fraction of a second before catching the ball their hand would clench in order to absorb the impact.

Once the astronauts returned to Earth they continued the experiment with gravity once again. The astronauts stated that they were amazed at how fast the ball seemed to drop as it came towards them. This time however their minds were able to adapt for the change in gravity much quicker than they did in space. McIntyre and his colleagues believe that given different situations the mind is able to learn to compensate and reevaluate acceleration and gravity. It's as if it's able to remember the choices it had experienced and adapt to choosing which one is appropriate for the situation.

You can see through this experiment how the new habit of catching the ball in a no-gravity environment "*began*" to take root in approximately 15 days. It's also interesting to note that once the habit of catching a ball in zero gravity was no longer needed that the mind was able to go back to the previous habit much quicker.

Where did the Whole Concept Start?

Dr. Maxwell Maltz, a plastic surgeon with New York City Hospitals and author of *“Psycho Cybernetics”* conducted extensive studies on how the mind creates these new neural pathways. He found that when any suggestion that was repeatedly given for a “minimum” of twenty one days in a row (*We use at least 30 to be safe*), these neural pathways would actually reroute themselves and create a new habit that would remain within the subjects mind.

This means that our brain doesn’t accept data to change a permanent habit unless it’s repeated each day for a “minimum” of twenty-one days (*without missing a day*). If just one day is missed the process must be restarted or the previous habit will stand a chance of resurfacing again.

It’s a simple concept but the key is in keeping with it for at least thirty days as everyone's mind is as different as fingerprints. Although twenty one days is the minimum amount of days required, thirty or more days are preferred. Remember; the old habit doesn’t leave you; it’s simply replaced or overwritten by the new habit. Old habits are permanent and can’t be eliminated. The new habit will need to be reinforced and nurtured to have any chance of survival.

Technical Stuff: Our research shows that:

- Approximately 85% of subjects will “rebel against” and eventually “reject” any single (*non-repeated*) suggestion given to them requiring change within 3 to 7 days.

Since most people don't remember their dreams, they’re not aware of this fighting against the suggestions they received. The other 15% of the public are the ones that are able to experience success easily upon having the desire to change. They’re the ones that appear to have very strong will power.

This is why many people who decide to quit smoking will resume smoking again within 3 to 7 days. Or when most people decide to lose weight they do great for a

few days and then go back to their old negative habits. What happened is they *rejected* the suggestion to stop smoking or eat healthier and returned to their previous behavior.

How Do I Use this Information?

If you'd like to create a new habit to override an old one you must:

1. Decide exactly what you want and create the desired suggestion(s) to accomplish the behavior using the seven step method.
2. Decide on the delivery method you'd like to use to accept the suggestion(s). You'll find many self-hypnosis methods to use in a later chapter.
3. Finally, the suggestion(s) must be given or focused on daily for at least 30 days without missing a day.
4. Expect it! This is the *fake-it-till-you-make-it* stage.
5. Gratitude – Be grateful for it as if you already have it.
6. Guide to the outcome - Course corrections. If you're thinking goes off track keep refocusing on the target until you get it.

NOTE: You'll feel that the suggestion(s) has taken hold at the very beginning of this 30 day process but don't let that fool you. Even if you feel changed you must continue until your 30 days are completed in order to ensure the habit remains permanent. If not you'll most likely revert to your earlier condition as the habit creation had not been completed.

This false security is similar to taking a 10 day dosage of antibiotics for pneumonia as an example. The strong antibiotic will usually have you feeling great in the first few days but if you stop taking the remainder of the prescription you'll go back to your initial diagnosis of being sick again.

“Stress is the major contributing factor of approximately 90% of all medical disorders today.”

CHAPTER #6: Stress

What's Inside:

Every cause has an effect or a resulting sickness which is what gets treated rather than treating the cause. The credo of Western Medicine is to treat the symptom rather than the cause. The problem with this is that treating a symptom usually leads to more symptoms which also need to be treated. As more and more treatments occur you're getting further away from the cause, "stress"

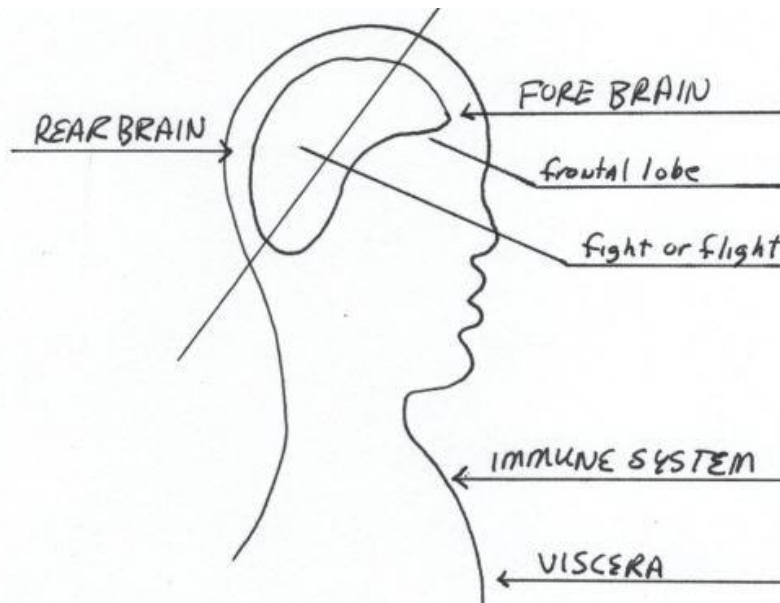
In this chapter you'll learn about the devastating effect of stress on the mind and body. We'll discuss what can be done to greatly reduce or eliminate this effect so you can get your body back into the alignment it was meant to be in.

The Effects of Stress

Stress is your body's way of responding to any kind of demand or threat.

Here's what happens when you become stressed. When Stressed:

1. Your body goes into a fight-or-flight mode which is your bodies sympathetic nervous system reacting as a way of protecting you and keeping you safe. When this happens an influx of blood is rerouted to your rear brain. This is the part of the brain that's responsible for quick responses, added strength, alertness, bone mass and muscle growth.
2. Your original or creative thinking is virtually stunted as this comes from the frontal lobe of the brain and all resources here are diverted to the rear brains fight or flight area. Creative thought is not needed in stressful emergencies that require quick response.



In the diagram above the majority of the resources dedicated to helping the items in the front of the slanted line dissecting the brain are rerouted to the rear-brain to the left of the slanted line.

3. Non-essential body function slows down greatly such as your *digestion system and viscera*. Your viscera are all of your major vital glands.
4. Any resources going to your *immune system* slows way down so it can be

concentrated on your rapid breathing, alertness, muscle growth and blood flow... You're now open to sickness, disease and weakness.

5. Blood to your *frontal lobe* has also been diverted to the rear-brain so it *shuts down* as well. The frontal lobe is your higher thinking center. It's where your original and creative thoughts that are not preprogrammed come from. When you're not using your frontal lobe you're reacting from past programming.

Caveman vs. Modern Man

This action happening in the body would have been great in primitive times when man was constantly in danger of being killed by wild animals or similar dangers. When confronted by a lion the extra blood being funneled to the rear brain would give the man extra fuel for speed to run or strength to fight.

His higher thinking, the immune system or healthy viscera was not as important at that specific time as survival. Once he was out of danger and relaxed the blood would be rerouted back to the frontal lobe, glands and immune system so he could recuperate from his ordeals and plan a better strategy when confronted by the lion again. The point is that he was only in the stress situation for a short while and the problem was quickly solved so his recuperating bodily functions could return.

Today stress is so much more prevalent in our society. Most people experience about 50 stress impulses a day and can be as much as double that depending on their occupation and lifestyles. In primitive times man only had to worry about himself and his family. He had no idea what was going on in the world and neither did he care. He was living in his own little sheltered environment.

The difference is that we now have television, radio, internet, the news, magazines and many other forms of communication all telling you how bad the world is. There are wars, major disasters, corruption, forest fires, murders, thefts and the list goes on. Turn on the television and the majority of programs are geared negatively such as reality shows, detective and talk shows exploiting every form of deviate behavior imaginable, soap operas, police drive-along videos etc. Stress abounds in virtually every aspect of life.

People get so programmed with their routines of going to work, then home, bills, television and back to work that they don't take time to relax. With all of this stress in the course of a day it's practically impossible for the immune system to have a chance to work properly. It's constantly shut off. Since the higher brain isn't having a chance to work, people keep their *robot type of thinking* and continue with their routines unaware of what's going on. This is why sickness is so prevalent in our society.

Your Immune System

In hospitals when patients are given organ transplants or skin-grafts, doctors will usually give them stress hormones to shut off the immune system so the foreign body introduced into the system will not be rejected. Without the stress hormones the immune system of the patient would naturally fight off the new gland.

On the other hand think of what happens when the doctor tells a patient with a life-threatening illness that they only have two weeks left to live. If the patient becomes stressed or as in the case with most patients, extremely stressed due to their impending death, their immune system will totally shut down and often times the patient will die on the exact date that the doctor mentioned.

For those that understand the power of suggestion, we also call that type of statement "*the death sentence*". A suggestion coming from someone in authority is always stronger and usually acted upon. This negative result from a suggestion or belief is also called a Nocebo.

Let's take a moment to examine the patients that were given this type of death sentence but reacted in the opposite manner. Occasionally when given this news a patient will say something like; "*If I only have two weeks left to live I'm going to go on vacation, spend all of my money and have a grand time.*"

By letting go of the daily stress and having a Grand Time, they've opened the blood flow to the immune system, viscera and the frontal lobe. The healing process now can begin and often times when the patient returns to the doctor in two weeks for their checkup the terminal illness had mysteriously disappeared.

The patients' perception of life, their reality for those two weeks was one of happiness, love and healing. Disease can't reside in a happy, healthy body. This person began thinking according to personal desire rather than appearances. There's no sickness, only health. Now you're beginning to see the value of this process of "*thinking through appearances*" or thinking only what you want.

Of all the growth promoting signals that are available to us as human beings the most powerful one is love. Love is even more powerful in the area of growth than nutrition but don't neglect nutrition as it's also very important. When parents offer their children love, the children will grow healthier and happier. When we offer animals or plants loving emotions it has been proven that they'll grow better.

The Frontal Lobe

The *Frontal Lobe* is a *non-ordinary* state of thought that can change your reality. It's similar to the Great and Magical "*Wizard of Oz*" hiding behind the curtain. It's a very small portion of the brain but it has the ability to change everything. Once relaxation techniques have begun and the blood flow has returned to the *Frontal Lobe* you're now in a *state of creativity*. While in the use of the frontal lobe you're in a *timeless state of creating reality*. This is *the only place* where positive new change can take place.

That was a very powerful paragraph that I will now breakdown. The reason that the frontal lobe is a *non-ordinary state* is that it's the ordinary state of man is to be run according to the subconscious stored programs of the past. Without the use of the frontal lobe your life is almost entirely being operated by these programs.

Many people are so caught up in the stresses and routines of life that they may go through their entire adult life without ever utilizing this place of original thought.

How's it Possible to go Through Life without Using This Part of the Brain?

Animals don't have the use of a frontal lobe and they live their lives quite well. You can now see that utilizing the frontal lobe is a non-ordinary state. If you have

the intent of learning the information in this manual to begin using your frontal lobe then you can consider yourself in the top 10% of society.

In their natural state people are constantly running programs from their past and going about their routines just as their environment operates in the same manner. In order for there to be positive change as we mentioned, there needs to be a change. That can only occur with the frontal lobes' creative thinking. There can be no change in "same".

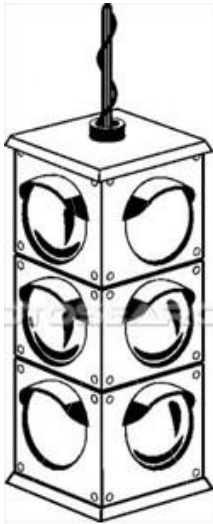
When you're in the process of using your frontal lobe whether it's in meditation, guided imagery or even hypnosis, you'll realize that time seems to stand still. You'll be unaware of what's going on as normal outside of you. This is the place of creativity. This creativity that brings about change is what shapes your reality to something different than it is now. So when you're in the state of using your frontal lobe you're "A Creator". You're directly sharing in the creative powers of the universal consciousness.

"The average human today spends approximately 80% of their life in a state of stress. That only leaves about 20% for healing."

What Should We Know About Eliminating Stress?

Neutral isn't good enough! You must realize that neutral or just stopping stress is not good enough to get the immune system running again. Look at the following colors relating to a traffic light.

GREEN - YELLOW - RED



GREEN is the *growth state*.

YELLOW is the *non-stress state* and

RED is the *stress state*.

You can see from this example that “not” being actively stressed is still not the GREEN or the growth state. It's a neutral state or limbo.

The growth state is an “action” state. It requires just as much action to move ahead as it does to digress. Lack of action or doing nothing is not growth or movement. It's simply lack of action.

So to get your immune system, viscera and frontal lobe moving, it requires *action*.

Towards the end of this chapter we'll include many forms of actions you can conduct that will cause the Green Light to come on and begin your recuperating process.

What are some of the Causes of Stress?

Here are some of the causes of stress in everyday life. These causes can create symptoms that lead to sickness, disease and even mental disorders if not recognized and dealt with quickly.

- Too much time on the internet
- E-mail
- Television-commercials, programming and news
- Car payment, rent or mortgage coming due
- Grocery bills
- Taxes
- School loans coming due
- Medical bills
- Being unhappy at work
- Divorce
- Working long hours
- Unemployment
- Negative people surrounding you
- Family problems
- Guilt feelings
- Negativity
- Fear of change
- Greed, Jealousy, Anger
- Relationship problems
- Arguing
- Retirement
- Unhealthy diet
- Health issues
- Deadlines, Procrastination
- Worrying about finances
- Over spending

Effects, Results or Symptoms of Stress Causes

If the root causes of stress have gone unchecked here's a list of some of the symptoms that can occur:

- Migraines
- Fatigue
- Anxiety
- Depression
- High blood pressure
- Weight gain
- Stroke
- Heart attack
- Heart disease
- Irritability
- Insomnia
- Cancer
- Mental illnesses
- Skin problems such as dandruff, acne and psoriasis
- Intestinal gas
- Heartburn
- Smoking
- Eating disorders
- Pain
- Fertility issues
- Back problems
- Diarrhea or constipation
- Chest pain
- Rapid heart beat
- Frequent colds
- Aches and pains
- Nausea, dizziness

Why Can Treating the Symptom be Dangerous to Clients?

When the previous symptoms of stress occur, they obviously must be treated but what about the root causes of the symptoms? Unfortunately in most cases they are left to continue to grow and in many cases get out of control resulting in more and more serious symptoms.

An example would be a person who spent too much time in front of their computer working each day without taking a break that developed back pain. Upon going to the doctor complaining about the symptom of back pain, the doctor may prescribe muscle relaxants and then send the client home.

If the back pain continued to persist due to continual working behind the computer without a break, the client would then return to the doctors' office complaining about more pain. Now the doctor may go a little further by either giving the client injections or possibly even fitting them for a back brace.

If their work situation persisted and the client returned to the doctors' office there's a good chance that they may be scheduled for back surgery.

Looking back at this scenario would the back surgery solve the underlying problem which is causing the pain? Of course not however it may cause additional symptoms that may need to be treated with even more aggressive treatments.

If the practitioner had spoken to the client and found that the pain began as a result of the client spending too much time sitting in front of their computer working, the client could have been given a solution to eliminate the cause thereby eliminating lots of costly treatment, pain and frustration.

One simple solution could have been to have the client get up and stretch every 20 minutes or possibly even taking a short walk or break every hour. Not only could this have eliminated all of the previous treatments but it would've cost the

client nothing as well. This scenario gives you an idea of what is meant by treating the cause rather than simply treating the symptom.

Unfortunately treating symptoms rather than the cause usually leads to additional symptoms which leads to multiple treatments which can escalate each time such as in the earlier example. This happens especially when the prescription happens to be a synthetic pharmaceutical which often times have side effects requiring additional pharmaceuticals or treatment to correct.

This explains why studies have shown that one in five Americans are taking at least 5 or more prescribed drug. The most commonly prescribed drugs are pain killers and antidepressants. These are also two of the most common results of stress as well.

This is the importance of treating the cause of stress in addition to the symptoms. This would greatly lessen the need for so many prescriptions as well as other dangerous and expensive procedures. If the stress was eliminated and brought into control before symptoms occurred up to 90% of doctors' visits could be eliminated. Of course this is talking about a perfect world situation. As much as I'd like to see stress eliminated completely I must say that the scope of that undertaking causes me a bit of stress... *(That was my attempt at humor by the way)*

As you'll see in the upcoming section on the methods of treating stress, many if not all of them are free and can be done on your own. They're also fun and uplifting as well. This way you can save money and be happy. What a great combination.

50 Ways to Eliminate Stress and Enhance Growth

Here are some things that can be done to help reduce stress. They're in no specific order and some can help for many kinds of stress. There's sure to be a solution or two that can help you.

Here's 50 methods to get your Green Light working to eliminate stress actively!

1. Acceptance - Bring the situation to Alpha where there's no stress.
2. Ask for help when and if you need it.
3. Ask instead of guessing.
4. Be 10 minutes early to appointments.
5. Be in the moment. (*now*)
6. Being loved by friends, spouse, partners or even animals.
7. Being yourself without apologizing.
8. Check out your diet with a Nutritionist.
9. Communing with nature.
10. Deep breathing - Slow down.
11. Delegate things at home and work. You don't need to do it all yourself.
12. Don't make mountains out of molehills.
13. Eliminate the shoulds. No more - you should do this or I should do that...
Be exactly as you are and stop shoulding on yourself!
14. Enjoy and relax during lunchtime. After all it's a break.
15. Exchange attitude for gratitude.
16. Exercise daily.
17. Find something that you enjoy and do it every day.
18. Get a massage - treat yourself on occasion.
19. Get things done that stress or bother you from your to do list first.
20. Get 20 minutes of sunlight each day.
21. Go out with friends and have fun.
22. Have sex with your spouse or partner.
23. Helping or being of service to others.
24. Keep a very simple, organized, distraction-free workplace space.
25. Keep in mind that you never get it all done and tomorrows another day.
26. Knowing you belong... because you do! (*You can take my word for it*)
27. Laugh out loud and laugh a lot.

28. Leave work behind over the weekend.
29. Limit your daily information intake. Shelter yourself from the world as much as you can.
30. Listen to yourself. (*Intuition*)
31. Look at the big picture - step back.
32. Meditate often.
33. Nurturing the body with real food.
34. One thing at a time - don't eat the whole elephant at once.
35. Only look at your email once or twice a day tops!
36. Play with animals. The safe, domestic ones...
37. Prepare for work, school or tomorrow before you go to sleep.
38. Recite positive affirmations.
39. Relax!
40. Self-Hypnosis - There's many methods included in this manual for you.
41. Simplify your life and make it less complicated.
42. Smile at yourself in the mirror and then smile back!
43. Speaking the truth. It feels good.
44. Surround yourself with supportive friends and eliminate unsupportive ones.
45. Take time off from tech - a break from constant electronic input!
46. Take up Tai-chi or Yoga
47. Talk it out with someone you trust.
48. Thought stopping - When negative thought comes up, immediately say STOP, then think about something positive and move on.
49. When confronted with a situation, work it through mentally. It may be okay.
50. Write everything down - A to-do list and work on it when you can.

Exercise #3 - How to Eliminate Stress in Your Life

Step#1 - List

Stress is a choice! Before you can do something about it you must be able to identify where it is. Then you can systematically begin to eliminate stress in your life and in doing so you'll be a happier, healthier person.

Ready? The following exercise will help you to identify what needs to be worked on and what you should do to correct it.

Make a list of "everything" that causes you stress that you can think of. Start with the most obvious and then take time to list even the smallest of stresses such as the squeaky porch door, the light bulb out in the cellar or even the loose screws on the bar-b-q grill.

Here's a generic list of possibilities to get you started with some ideas:

List the energy vampires in your life:

People who physically drain you due to their negativity, complaining, dragging you down or other reasons. I guess you can say; "They brighten up a room just by leaving it."

Work problems.

Relationship problems or situations.

Stress related to friends and places you frequent.

Stress at home.

Income.

With your automobile or other toys.

Things broken or worn out in your home.

This is a very important step so take your time and list as many as you can. Be sure to write them down. You may add more to your list later on as they begin to pop into your head.

Step#2 – Sort them out

With your list in Step#1, insert on the left of each item in which category as shown below it should go into and then place the appropriate “letter” (F, C or E) before each one.

When something is causing you stress, you **MUST** handle it, or it will handle you! With each item ask yourself these questions, in this order.

F - How can I **Fix** the situation? Can it be fixed so it doesn't cause you stress?

C - How can I **Change** the situation? If it can't be fixed so as to stop the stress can it be changed in anyway so you can feel good about it?

E - How can I **Eliminate** the situation? If it can't be fixed or changed without causing more stress then how can you eliminate it from your life? There are no other choices unless you wish to continue with the stress, allowing yourself to be dragged downwards. “You deserve to be happy and healthy!”

Fix - Change - Eliminate

Now go back and place an **F**, **C**, or **E** before each item on your list.

Step#3 – Do it now!

You have your list and know what to do with it. Don't overwhelm yourself trying to do it all in one day but on the other hand don't put it off all together. Complete a few each day as time permits and correct them as you've determined.

Once you've crossed them off your list, you'll see the list begin to gradually become less and less. Some of them may be difficult to do at first but once you see the great improvements in your life you'll be happy you did. Health and happiness await you. It's your birthright. Go get it!

Exercise #4 - Reducing Stress in a Picture

Here's a quick, easy way to eliminate stress. Whenever you feel stress coming on, find a picture or photograph of something nice that you like. Now describe it to yourself, out loud in detail as if you were describing it to an artist friend over the telephone that wanted to re-create it perfectly in a color pencil drawing. You'll have to be precise in describing the colors, textures, locations of items in reference to each other, shadowing and intricate details etc.

By taking the time to describe the picture in such detail, you're bringing yourself to the present. You're focusing so much on the now that the past and the future have faded away thereby eliminating the stress as stress can only reside in the past or the future and not in the now.

“There are no incurable diseases, incurable simply means curable from within.”

Anonymous

CHAPTER #7: The How-to of Health

What's Inside:

We have just barely begun to scratch the surface of understanding the powers of the subconscious mind. It's truly a marvelous thing. What the mind can conceive and believe, it can achieve. This applies especially in the area of healing.

It's my opinion that the subconscious mind can literally heal any affliction according to the faith or belief of the subject. Let me repeat that... The subconscious mind can literally heal any affliction according to the faith or belief of the subject.

In this chapter I'll show you how to use your mind to heal, control pain and stop fear in its tracks once and for all. The more you understand the workings of your mind the more you'll be in control of your self-health.

Your Health Blueprint

When you were born you came into this world in a happy, healthy, content and orderly state. This was your Blueprint of Birth. It's a blueprint of how your health could remain before limitations, restrictions, propaganda and doubt were programmed into you. Sickness of any kind, poverty, loneliness and sadness are all dis-orders. Why? They all take you away from your happy, healthy and orderly state.

Can You Be 100% Healthy From Any Disease or Disorder?

Yes, you do have the ability to return to this initial blueprint or orderly state according to your belief. If you don't believe it then you're also right. It's your belief after all.

Henry Ford once said, *"Whether you think you can, or you think you can't - you're right."* So it looks like it's all up to you.

When I say that you can return to your blueprint of birth, of course there are limitations that can come into consideration. About 5% of the public were born with various birth & genetic defects or disorders. However, if they came into the world that way then it would appear that "it was" their blueprint of birth, wasn't it?

In the previous chapter you learned about the devastating effect of stress on the body. Without stress the body remains at ease. Our natural or optimum state is one of ease. What's the opposite of "ease"? "Dis-ease!" Disease is an un-natural state that has been programmed into us. It's now time to begin deprogramming years of negativity, tradition and environmental programming.

Examples of generational or environmental programming:

"It's time for your yearly flu-shot."

"Everyone gets at least one cold each winter."

"It takes at least seven days to cure a cold."

"Your family has a history of heart disease so you'll get it too."

"None of the men in the family ever lived to be over 40."

*“Since your father and grandfather had Alzheimer’s, you’ll get it too.”
“Sorry but it’s just in your genes.”*

I have some bad news and some good news for you:

- The Bad News: If you believe in any of the statements above or others that have been fed to you all your life then they’re probably right.
- The Good news: If you don’t believe in the statements above and believe that you’re in charge on your own health even when genetics come in then you’re absolute right!

First of all it’s important to understand that all healing is self-healing. Even when someone else seems to be healing you; they’re only the guide or facilitator and it’s actually your mind that does the healing. All healing comes from within you and not from any outside source.

Even with western conventional medicine whether it’s synthetic pharmaceuticals, placebos or a surgical procedure, your mind accepts or rejects the process and heals according to its own agenda, belief and capabilities. Any outside processes simply jumpstart it or helps you with the necessary focus. You ultimately are your own healer.

You’re healed according to your personal belief. Your main job or purpose when it comes to healing is to convince yourself or “believe yourself” to health because if you don’t believe you can heal, you most likely won’t!

You must first see yourself as a healed person in order to get your mind-set to begin the healing process. Remember your subconscious mind must always grant you whatever you focus on and keep focusing. If you believe, it will believe as well. If you’re plagued with doubt, disbelief and fear before you even start then your own personal programming must be changed accordingly.

Healing is a combination of mental, emotional, spiritual and physical all wrapped up in one little package. As you read the rest of this chapter you’ll see for yourself

that everything fits into one or more of these categories. It can be difficult to separate each as they all seem to overlap and merge into each other but here's an attempt at doing that just to give you an idea of what I'm talking about.

Mental

Thoughts do become things. Since we've established that thought precedes the effect then nothing could exist unless there was an initial thought creation either by you, someone else or even from environmental thought.

Even sickness began as a thought or it could not exist. Obviously you didn't wish to be sick but it may have been a thought of what you "didn't" want to happen or as mentioned earlier from someone else's thought(s) or the environmental thought(s).

Emotional

Emotions can greatly enhance or supercharge your healing process. They can also supercharge you getting sick just as easily and quickly. Love is the highest frequency of all emotions and gratitude is a close second. Then there's happiness, laughter and appreciation just to name a few that can all help the process...

Spiritual

Connecting to source energy or your own higher source belief greatly aids in healing. As mentioned earlier in the chapter discussing Brainwaves the deeper levels of relaxation can greatly enhance your healing to double and even triple as quickly.

Some spiritual healing methods that are often successfully used are:

- Religious laying on of hands - prayer
- Faith healing.
- Miracle cures relating to belief.
- A mother's love – (When she kisses a child's wound and the pain magically goes away.)

- Self-hypnosis techniques utilizing your imagination to see yourself as already healed.

Physical

Physical methods of healing and keeping the body healthy include:

- Eating a healthy diet.
- Exercising daily.
- Getting enough Sleep each night (*Approximately 7 – 8 hours*) to regenerate.
- Relaxation and meditation which have many benefits.

Placebos

Did you know that approximately 1/3 of all medical treatment and prescriptions are based on the placebo method?

Ted Kaptchuk, director of Harvard University's Program in Placebo Studies speaks of his recent clinical drug trial and where nearly 270 patients complained of side effects. These patients had joined the study hoping to be treated for disorders such as severe arm pain, carpal tunnel, chronic pain in the elbow, wrist and shoulders and tendinitis.

The patients were separated into two groups. One group was given pain reducing pills and the other one was treated with acupuncture. Once treatment had begun patients began to call in complaining of feeling sluggish, not being able to get out of bed, that the needles cause swelling and redness and some of the patient's pain had accelerated to very high levels.

Although there seemed to be many side effects, they happened to be the exact same side effects that they were told at the beginning of treatment that may occur. While this was happening however many of the other patients began to report high levels of relief and it was also found that the patients who received acupuncture had higher levels of relief than those with the pain pills.

Now here's the clincher: Both groups had received placebos. The pain pills were actually made of corn starch and the acupuncture needles were designed to retract once they came in contact with the skin. In other words they never penetrated the skin as the actual acupuncture needle would.

Looking at this scenario you'll notice that all the patients who reported improvement had improved as the result of a placebo or believing that they were being treated.

Now for the people who reported the side effects rather than improving treatment. This is also a placebo effect known as a “Nocebo”. A nocebo is a placebo effect where people have a negative reaction rather than a positive one.

The negative reaction was feeling all the side effects that they were told they may feel. Obviously since there was no active treatment there was also no reason to feel any side effects from being given cornstarch pills or being touched with retractable needles.

The nocebo is also based on belief. The patients believed that there was a possibility of having negative side effects to the point where they actually began to exhibit the exact same side effects described, some of which who exhibited them to extreme limits.

This is just one of many unbelievable examples of how the placebo effect is commonly used in healing patients. The active ingredient or reason why placebos are so effective is belief. When a patient has such a belief that something can happen then their mind will make it happen. Your mind is where healing or just the opposite of healing is initiated and created.

Another factor in the effectiveness of the placebo method is to have someone in authority guiding you through the process. When a medical practitioner such as a doctor or psychiatrist who’s in authority and seems competent gives you instruction, you as the patient will usually believe it. Other people in authority that have the same affect in helping people to heal through the placebo method are ministers or other religious leaders, spiritual speakers and bringing it closer to home; your parents.

Parents have a very strong effect on the healing and mental development of their children. You may have even experienced yourself as a young child getting hurt while playing outside on the playground by falling and scratching your knee. The first thing that a child will usually do is run to its parents complaining about the pain. The parent will usually soothe the child and tell them that it's all right and

maybe even caress the wound and auto-magically the child's pain seems to fade away.

Faith healers can use the same placebo effect very effectively on stage. Due to the congregations unwavering faith in their leaders they'll believe themselves immediately into spontaneous health. The advantage of on-stage faith healers is that there's also the added assistance of the power in numbers. Having many other people surrounding you with the same beliefs will help to magnify your belief significantly.

When my children were small, on several occasions I've had them come to me complaining of having warts on either their fingers or arms. I'd take a dried pea bean and rub it on the wart while silently chanting something to myself that they could not audibly discern. Once I completed this task, I'd have them walk out to the backyard with me as we stood with our backs to the bushes and I'd toss the bean over my shoulder into the bushes without watching where it landed. I then told them that as soon as the bean began to decay and rot-away that their wart would shrivel-up and leave as well. We know that this takes a little bit of time but since my children were small I told him it would only take a day or two. Just about every time I conducted this made-up ritual, the wart would disappear.

Now before you go off the deep end and decide to burn me to the stake for witchcraft, I want you to know that this same thing was done to me as a child by my grandmother whom I thought had great magical powers. I'm sure it was something that she read in Readers Digest or just made up just to get me to believe in her as well. Can you see how generational nonsense can also become a traditional healing method?

“Placebos are proof that the mind can heal the body.”

Up to this point we've spoken about warts and aches and pains pertaining to wrists, elbows and arms but how far can this placebo effect go? The placebo effect has been attributed to have been responsible for healing virtually everything from knee replacements, stress, severe depression and even cancer.

If you do a search online for the topic of "placebo" you'll find virtually hundreds of documented cases and studies like the one mentioned in this article where the placebo effect was attributed as the healing method. I mentioned cancer a little bit earlier. If you do a search of the topic "spontaneous remission" you'll also find an unending list of cases where people recovered 100% from cancer for no apparent reason. So spontaneous remission alone is proof that the placebo method works and the placebo method is proof that your mind through your belief can heal your body.

With this information in mind you can now see that it's very important to be careful how and what you say to your children when they're sick and especially yourself when you're recovering from any disorder. Words can be very healing but also very destructive. You may have heard stories of doctors telling their patient after the diagnosis of a life threatening illness that they only have 24 hours left to live and often times the client will die exactly 24 hours later as a doctor mentioned. Often times in some of these scenarios the client was misdiagnosed and there was nothing wrong with them but due to their belief they still died within 24 hours of the doctors "death sentence".

Whenever someone in authority gives a suggestion, that suggestion will be magnified many times stronger than any normal suggestion. This is one of the most important lessons that we teach in hypnosis. So as a parent, healer, practitioner or person in any level of authority; be very careful what you say to your followers, clients or others, as most of them will believe.

Healing Methods Available - Choose According to Belief

Here's a listing of the various healing methods available with the corresponding brainwave levels used while administering. You'll notice that the higher the levels the more effective the treatment in most cases.

Notice how self-hypnosis is in both the Alpha and Theta Levels which can be attained simply by closing your eyes, taking a deep breath and using your imagination. Through repetition you'll become comfortable with your process and be able to relax more in your own home and without outside distractions. Even though you begin in Alpha many times you'll end up much deeper upon completion. As mentioned repeatedly it's all a matter of desire and belief.

By using the self-hypnosis methods shown here combined with using your imagination you'll be more successful as relaxation will not be as much of a factor in your process. Relaxation is not a prerequisite to hypnosis but utilizing your imagination is.

Healing Methods Listed According to Brain Levels and Belief

DELTA

Pure Belief
 Faith Healing
 Psychic Healing - Spiritual

THETA

Self-Hypnosis
 Hypnosis
 Reiki
 EFT
 Shamanism

ALPHA

Self-Hypnosis
 Hydro Therapy
 Magnetic Therapy
 Acupressure
 Acupuncture
 Naturopathic Medicine
 Meditation

BETA

Counseling / Coaching
 Chiropractic
 Psychotherapy
 Psychology
 Western Medicine – Traditional MD's etc.
 Synthetic Pharmaceuticals

NOTE: Notice how the practices that are lower on the list in ranking and in success rates (Beta) are also the most popular ones? That's because they utilize the rebellious left brain rather than the right brain or subconscious as in most other methods. Remember the conscious mind is a creature of habit, wants to

remain the same and not be inconvenienced at all. If you offer it a “pill” to get better or a one-time outpatient treatment it will jump at the chance.

Although most holistic practices may be more effective they do require getting out of your comfort zone, having faith and usually doing some sort of process. That’s not something the conscious mind wants to do. Now you see the reason we’ve become a pill popping society.

It’s also a great marketing tool... You may remember the commercials of old where the doctor would smile to the patient and say, “Here, just take this pill and call me in the morning.”

You Can Program Health in a World of Sickness

What's your present programming? To answer that question, ask yourself this:

Throughout your life what have you been taught, observed, understood or heard from your parents and circle of influence about your ability to lead a completely healthy life? In other words if you were to tell your parents;

“Hi Mom and Dad, I've decided to be 100% healthy from this moment on.” How do you think they'd respond?

Possible responses:

“Are you nuts?”

“Everyone gets sick, it's part of life!”

“What are you going to do if you need medicines?”
or will they say something like;

“Were proud of you, how can we help?”

“We're happy you finally understand. Perfect health is your birthright.”

Whatever they'd say; that's your blueprint also. That's what you were brought up hearing and believing. If that is not in alignment with your current goal then your first step is to change your current programming!

According to *Elite* or *Right Thought* there is only health. Sickness then is a result of improper or wrong thinking. If thought must precede the effect then if you didn't focus on sickness then it could not exist. That at least is the ultimate goal.

Until you can think this way, whatever you believe will work; will, whether it's acupuncture, hypnosis, voodoo, faith healing, healing stones, lucky charms or even modern medicine.

I've heard a statement many times growing up that I paraphrase from the Bible. It states that if you have faith or belief the size of a mustard seed you'd be able to move mountains. Imagine that, as small as a mustard seed. Can you move a mountain? Do you have that much belief? Before you give-up, throw in the towel and run away crying in despair... let me finish. You have much more faith or belief

than that; otherwise you wouldn't be reading this manual believing that you can change your life.

People have been moving mountains for years. All it takes is to believe that you can get behind the steering wheel of a front-end loader and push the earth in whatever direction you want. We have moved mountains to make room for shopping malls, roads, airports, tunnels, bridges and simply for the fun of it because we humans love to play in the dirt. So give yourself credit and don't take everything so literally. There's many ways to skin a cat as the saying goes and there are many ways to move a mountain.

Now let's talk about moving your personal mountains. What exactly do you want where health is concerned? Do you want to simply stay healthy? Do you want to get rid of a cold that you developed this morning? Do you want to eliminate acne, stress, depression, anxiety or PTSD? Or do you want to be cured of what was diagnosed as an incurable disease?

What's called for is what is known as the Buying-in Principle. Whatever you want to cure, eliminate, change or create, do you believe that you can? Do you believe it's possible? If not, then it looks like you have given up and maybe you're incurable. If you think there's a chance then read on and let's get to the meat of things.

Here's an example of *buying in*; if you had a goal to run the Boston Marathon but were not able to even walk to your mailbox and back to the front of your house then you would probably have difficulty *buying-in* to the idea. Breaking it down in smaller steps or goals however can make it attainable. Then you can increase your steps each day until you eventually have enough endurance to run the marathon. It's obviously possible to run the marathon as thousands of others have done it. You just have to build your way up to it.

Think of it this way; how do you eat an elephant? One bite at a time, otherwise you'd choke. Anything is possible if it has been done before. Whoever had done it has left proof of that. They're doing it left you a blueprint on how to do it. If you did the same thing, in the same way then you would be successful too. That's the basic concept of what is known as "modeling" in the success field.

First Decide What You Want.

Next, decide if it's attainable. Do you believe you can do it?

If not, then determine what it will take to do it. That is known as defining your goal. Will you need to break it down into manageable pieces? Will you need coaching or specialized knowledge? Figure it out.

Then, place your order!

It's amazing how so many people want to be healthy but they have never placed their order of health. They just continue focusing on their disorder and as a result continue drawing more of it to them. Health or recovery CAN'T occur unless there is a focus first. You must place the order for it to be materialized. You must create it in the formless substance through thought before it can be materialized as the effect. That's not just my opinion, it's a scientific law called "Cause and Effect". No cause / no effect! Have you placed your order yet?

Where's Your Focus?

Now, where's your focus in relation to your recovery? You have placed your order so you must now believe that it has happened and live as it has already. As long as you're still thinking of the disorder, wondering if it's better yet, wanting to check it, doubting, hoping, or complaining, you're still attracting the disorder. It would be similar to planting a seed and believing it will grow into a plant. If you leave it and believe, it will grow but if you keep doubting and dig it up every day to see if it's sprouting then it will never grow.

Exercise #5 - Mirror, Mirror on the Wall

Here's an exercise that will demonstrate the power of focus:

I'd like you to "really" stand up, right now, and do this exercise!

Exercise:

1. Stand up in front of a mirror and look at yourself.
2. Put your chest out, shoulders back and head up high.
3. Give yourself a huge smile acting as if you're very happy and hold it ... looking at yourself for at least 15 seconds.
4. Now, while keeping this pose, try to be sad or depressed. You can't!

You 'e acting like you're very happy and that is how you feel. You may have even laughed while in this position.

"To be happy, act happy!"

FEAR - *False Evidence Appearing Real*

In our lives fear, of the unknown can add great stress to a situation. Walking into a dark room, being late for work or even receiving an unexpected past due bill that may be larger than you can presently handle. Fear seems to take on a life of its own as it spirals out of control.

This section will teach you exactly what fear is, where it resides and how to eliminate it. It's important to identify fear as soon as it arises and eliminate it for many reasons. One of the most important reasons is that it's a major cause of stress. Stress immediately shuts down your immune system leaving you open to sickness, depression and multiple other disorders which you'll learn in an upcoming chapter.

Some of the most common causes of fear that are totally unnecessary are listed here as a way to help you to identify and eliminate. They're fear of:

The Government	Death	Taxes
Terrorism	God's Wrath	Failure
Success	Persecution	Bill Due Dates
Retirement	Public Speaking	Flying
The Dark	Taking Exams	Your Future
The Playground Bully		

No Fear in the Present

If you find this type of behavior happening to you, stop yourself for a moment and ask, "How am I doing at this very moment?" You'll find that at this very moment that the certain financial obligation isn't affecting you whatsoever. In most cases you will find that at this very moment you have food, shelter, and warmth. This very moment you have all that you need and you're fine. It's the fear of the unknown that causes the anxiety.

To look at it another way, it's the "Boogieman" hiding in the closet or right around the corner. The actual fear that you had is something that is not happening now. Each new day brings with it new challenges and opportunities. It's like opening a Christmas present. You never know what's inside; what surprises lie right around the corner. So whatever your challenges may be, keep in mind the present. You're okay right now.

There's no fear in the present. Fear only exists in the past or in the future. When you're afraid of something you're afraid of what may happen or what had happened. What is happening right now is okay and if you can focus on the present everything else associated with it will be okay as well.

Fear Can Stalk you

Many times your imagination will create situations of fear, stress and anxiety simply because it wasn't controlled. This is just another reason why it's important to control your thought process. An example would be the experience of Mary who was at a late-night party at her friend's house, which was in a bad area of town. It was almost 11 p.m. when Mary realized that she hadn't finished working on a project that she needed to have completed early in the morning. She decided to leave the party early to go home so she could finish.

Upon leaving the party Mary had to walk down several dimly lit alleyways to get to where her car was parked. As she got approximately one block away she imagined that she heard footsteps behind her. Becoming anxious she began to walk faster. As she was walking faster she was sure that she was being followed by someone as she could hear the footsteps matching her own. She began running as fast as she could to her car. She was very afraid that whoever was following her had their mind set on robbing her. Now, fearing for her life she finally reached her car, got inside and sped off as quickly as she could.

When she got home Mary called her friend to let her know what happened, warning her to be careful that someone was lurking in her neighborhood. Mary's

friend began laughing as she told her what was going on. She told Mary that everyone who walks down those alleys late at night says the same thing. What actually happened is that the sound of Mary's shoes while walking in the quiet created an echo through the alleyway, which made it sound like someone else was walking behind her.

This is why when Mary sped up her walking; the sounds of the footsteps matched her speed exactly. Mary's fear was a result of an over active imagination. However sometimes an over active imagination can be the thing that saves you.

The Ghost of Fear

You can think of fear as a ghost or something that doesn't exist. An example would be not having enough money to pay your electric bill. You may be afraid that the utility will be shut off. Then the fear begins to spiral that if the utilities are shut off you will not be able to cook, then there's the heat for your house, your computer and so on. You begin to worry that someone may call you, harassing you to pay the money. It's almost as if you imagine someone like the Boogeyman standing in the middle of the street outside of your home waiting for you to leave so he can grab you. You've created this imaginary fear that doesn't exist, standing in the street outside of your home. So this fear exists in the future.

Right now however, in the present everything is fine. Right now you have electricity. Right now you have lights, heat, and your computer is running. If you're living in the moment there's no reason to fear. Much can happen before any action would be taken to shut off your electricity. Maybe you'll receive some unexpected money in the mail. Maybe you'll get a paycheck from work before it comes due. Maybe the electric company will even give you a month extension. In other words there's nothing to fear if you allow things to simply be as they are.

There's a saying that you may have heard that states; "The only thing to fear is fear itself." If you live in the present there is nothing to be fearful of. Everything right now is fine. At this moment, you're reading this manual, probably sitting or

standing and if you're immersed in the manual chances are that you're not thinking of what is going to happen in the future because your mind is focused on my words. You have no fear right now. Congratulations by the way.

The only thing that you should have to fear is fear. Why, because fear causes a whole range of difficulties beginning with stress, anxiety and even depression. However fear doesn't have to give you any heartache at all if you don't give it power. Remember fear is simply a ghost. It's a figment of your imagination that isn't really there. It won't bother you, or harm you in any way.

Fear isn't Real

Eight years ago I was teaching a clinical hypnotherapy certification course in Biddeford, Maine. One of my students was a Psychiatrist named Jim from Pennsylvania. We had just finished conducting a practice hypnotherapy session on a volunteer who came to the school with her family. During the break I overheard Jim speaking to the teenage daughter of the client that we had just finished with. In the conversation she had mentioned to him that she would very shortly be leaving home for the first time in her life with an organization called "Up with People".

This was an organization that was going to take her to various countries throughout the world where she would be a performer of sorts with a large group. She mentioned to him that although she was very excited about the trip she was also very scared. Her fear was due to the unknown as well as being on her own for the first time.

In part of this conversation I remember Jim asking her;

"Where is the fear? Show it to me. I want to see it."

To this she replied, "I can't show it to you. It's in my head."

There was then a short pause between the two of them and looking at her face I noticed what I can only describe as an “Aha moment”. She got it!

The fear that had been crippling her all this time, getting in the way of her enjoying the excitement of this upcoming experience was something that no one else experienced except for her. It was a choice that she had made and like any choice could be changed. It was like shadows lurking in the dark. All she had to do was turn on the lights and they’d be gone.

“I’m an old man and have known a great many troubles, but most of them never happened.”

Mark Twain

How to Eliminate Fear or Pain

Here's two ways to eliminate fear. The first one is simply by using the principle of acceptance. The second is to change the properties of fear from being subjective to objective. In fact, these principles in addition to eliminating fear can also be used to eliminate anxiety and even pain.

WARNING: If you do use these techniques as a way to eliminating pain, please check with a physician in advance. Remember pain is a warning sign that something is not right with the body and should be paid attention to. Don't attempt to relieve pain unless it has been reviewed and approved by a professional medical practitioner.

- 1. Acceptance** - The opposite of acceptance is denial or pushing away. This is exactly what most people do when they experience fear. Rather than accepting it they try to push it away, to run from it. Whenever you push something away you tend to increase it. Remember whatever you're fighting against, you'll get more of.

Instead, take a few moments to examine the fear, attempting to label it as much as you can.

- What are you afraid of?
- Why are you afraid of it?
- How does that make you feel?
- Why?
- What options do you have?
- How would this situation be any different without the fear etc.?

By accepting the fear and identifying it you're bringing it into a manageable range. It's important to realize that life is as it is' that whatever you're feeling right at this moment is the very best that life has to offer you right now and it's okay.

Within this remarkable life we get to experience happiness and joy; however, they wouldn't be appreciated nearly as much unless we had the opportunity to experience sadness and even fear. Realizing it just for what it is and allowing it to be will lessen it and in most cases eliminate the fear altogether.

- 2. Make it objective - Fear is subjective.** You can't see it or show it to anyone. It's in your head. Therefore, by making it objective you're literally changing it to something else, to a physical object. If it's a physical object then it has changed and can't be a subjective fear anymore. You have changed its very nature and it no longer exists. Just as when a caterpillar turns into a butterfly. Once the transformation has taken place it's no longer a caterpillar. It has transformed and is now something entirely different, a butterfly.

Exercise #6 - Eliminating Fear or Stress

NOTE: The key element in this exercise is to use your imagination. It can be done anywhere at any time. It doesn't even require closing your eyes if you don't want to. However closing your eyes may make it easier to use your imagination.

Here's how it works ... This is what you would say to someone or think to yourself if using for self-help purposes. Keep in mind that I do this with clients who come to see me or over the telephone so I will be reciting it here as if I am saying it to a client.

"I'll be asking you questions and I would like you to answer me out loud.

Now, close your eyes and focus on the fear you're now experiencing. *(Closing eyes is not required but helps to enhance senses)*

Imagine that you're able to place the fear *(or pain)* inside of a box ... how large of a box would you need? *(Wait for an answer)*

If the fear had a taste ... what would it taste like? *(Wait for an answer)*

If the fear had a sound ... what would it sound like? *(Wait for an answer)*

If the fear had color ... what color do you imagine it would be? *(Wait)*

If the fear had a smell ... what would it smell like? *(Wait for an answer)*

If you were to hold this box in your hands ... how heavy do you think it would be? *(Wait for an answer)*

Now, imagine all of these together. Imagine the fear inside the size box you chose ... imagine the taste ... the sound of it ... the color ... the smell ... and the weight. Get it all clear in your mind and imagine it as if you're holding it in front of you right now ... Nod your head when you've accomplished that.

Now open your eyes. The fear is gone.”

(If the fear or pain has not completely left your client by this time, which it usually does, then have them do it over again if needed to eliminate the remaining fear. Try it, it works great.)

Pain Management

One of the strongest areas of pain management and healing with hypnosis is the use of imagination. There are many scripts available today however after understanding this principle you will be able to create your own scripts very easily. This is a very straightforward common sense approach to pain management.

The first step is to use your imagination or to have your client use their imagination and to visualize their pain as the shape of any object they choose and ask them what that object is. They can visualize it as a football, a balloon, a basketball, a rock, an animal, or anything they would like.

Now tell them that they have the ability to make this object that they have created larger or smaller and to do anything with it that they wish. First of all have them get the image vivid in their mind such as the texture, the size, the color.

As an example let's make the shape of the pain a balloon. What color is the balloon, what's the texture of the balloon, how big is it? Once they've visualized the balloon and have it clearly in their mind, have them make the balloon larger. Tell them to make the balloon larger, and as they make the balloon larger they will also feel their pain increase just a little bit, but not enough to harm them. Have them go ahead and do this and nod their head as soon as they have increased the size of the balloon and feel the pain increase. Once they've nodded their head, now have them make the balloon smaller, back to where it was initially and the pain will subside.

Now it makes sense that if you can make the balloon and the pain larger, then the exact opposite should also be true. Now have them make the balloon smaller, and feel the pain dissipate. In fact once they feel the pain start to dissipate, they can let all the air out the balloon. They could bust the balloon or they could just let it go and let it deflate as it flies away out of sight and as it does, so will the

pain. They must understand the concept ... if you can make the pain more you can make the pain less.

This is why we demonstrate this by increasing the pain slightly at the beginning of the session before we decrease it. Many people may not have the belief that they can control the pain by making it go away, however everyone has the belief that they can make it stronger, and bigger. If you can make it one-way, you can also make it the other.

It's important to realize that you not only have the ability to lessen the pain, but if you can lessen it you can make it go away completely.

Another example that you may use is to give the pain the shape of something large such as a building, a barn, or even a tunnel. Let's use a tunnel that a road goes through, like the one that goes through a large mountain. Tell them to give the pain the shape of this tunnel. As you walk through the tunnel or drive through whichever you choose, the pain seems to increase slightly as you enter the tunnel but as soon as you get in the tunnel and you can see the opening on the other end, the pain becomes less and less. The closer you walk or drive to that opening the more the pain diminishes and the healthier you become.

Notice while making a script not only are you diminishing the pain but you're also encouraging health and healing. The closer you come to that door the less the pain is and the more you become healed until you walk or drive out of the door and as you exit the tunnel the pain is no more. It's gone. If you're using a script similar to this just for pain you can tell your client that any time they feel the pain coming upon them to just close their eyes and imagine the tunnel and go through the process and this will work each and every time if they desire.

Healing

Another technique you can use is the healing white light concept. Have them imagine a healing white light just above their head. This is a light that heals completely or a light that will relieve them from all the pain. The light will act almost as a scanner from a photocopier, descending down over their head scanning through their face and so on. Everywhere the light goes over, all pain will be gone. They'll feel wonderful. You then continue to scan lower and lower and eventually totally scan their entire body, and all the pain is gone.

Another version of this is to tell them that they're filled with a healing white, warm, inviting, happy, healing light. As they make a survey of their entire body, they can see if they can find anywhere there might be leaks where the light might be escaping. Those are the areas that need to be healed or the areas that have pain, and they're to mentally imagine themselves fixing those leaks, plugging them up so the light is contained within them with no leaks whatsoever. These leaks that they fix will lessen the pain until eventually there is no more.

Give sickness NO NAME

It's very important during any kind of healing with the subconscious mind to let your subject know that from this moment forward not to give their sickness a name. If you must speak of it you will simply call it one of the following: the sickness, dysfunction, unhealthiness or the disorder. By continually labeling your sickness such as a cancer or a kidney problem you're encouraging the subconscious mind that there is a problem and it may make it even more serious than it was before. You're no longer "buying in" to your sickness and you will no longer give it a name.

“If we command our wealth, we shall be rich and free; if our wealth commands us, we are poor indeed.”

Edmund Burke

CHAPTER #8: Wealth & Success

What's Inside:

The meaning of wealth as it pertains to in this chapter is to have an abundance of anything valuable. It can be personal possessions, property, money or anything that can be appropriated or exchanged.

Although being wealthy is one of the most sought after and noblest of all causes it seems to be one of the most misunderstood and mysterious concepts to attain for the average person. In this chapter you'll learn why that is and what it will take to get on course.

Like anything else; wealth leaves clues. Follow these clues and you too can become wealthy and successful.

Success Statistics

Less than 5% of society's truly successful. How do I define success? One of the simplest definitions of success is; "The act of having a good idea and working towards it". This is also known as having a goal. It's amazing to think that only about 10% of society has goals and less than half of them work towards attaining their goals. This shows why so few are truly successful in the areas of health, wealth or happiness. After all, if you don't know where you're going, how will you ever get there?

Many feel that the reason for this low percentage of successful people may be because the formula to attaining success is some kind of elusive secret that only the elite are aware of and has been held back from us by our leaders as a way of keeping us subdued as their followers.

A second possibility that is quite popular is that we are too busy living the routines of our daily lives to actually plan our lives.

A third reason is that many people aren't aware of how to choose goals or even what to ask for. They've never been taught how to be truly successful by their parents.

Possibly one of these theories is true or maybe even all three but the fact still remains that less than 5% of society are truly successful. This helps us to understand why approximately 97% of the money in this country is controlled by only 1% of the public.

The Secret of Why Few People are Truly Successful

- Less than 10% of society has goals.
- 5% of them have clear defined goals.
- 2% will actually act upon their goals.
- 1% will follow through with their goals.

The purpose of this chapter is not to impress you with statistics but to help you to understand why these statistics are so.

Most People Fail to Follow-thru to Completion!

Successful people take responsibility for everything they do. Unsuccessful people make excuses, complain and blame everyone and everything else for their lack of results.

- It's because of the economy
- It's just bad timing or
- The stars are not in alignment

To make it plain and simple; if you really don't want to do something then any excuse is just as good as another.

The Noblest of all Causes is to be Rich

“Whatever may be said in praise of poverty, the fact remains that it's not possible to live a really complete or successful life unless one is rich. No one can rise to his greatest possible height in talent or soul development unless he has plenty of money, for to unfold the soul and to develop talent he must have many things to use, and he can't have these things unless he has money to buy them with.”

Wallace Wattles

What's Your Present Programming?

Throughout your life what have you been taught, observed, understood or heard from your parents and circle of influence about being rich? In other words if you were to tell your parents; “Hi Mom and Dad, I've decided to devote my time to being rich.” How do you think they'd respond?

Possible responses:

“You have to stop living fairy tales?”

“You need to work a secure job, 40 hours a week for 30 years to retire.

“Forget this rich nonsense; you’re wasting your time!”

“People like us don’t get rich, you need to accept that and move on.”

Or would they say something like;

“We’re 100% behind you?”

“We know you can do it, we always said you have what it takes to be rich.”

Whatever they’d say; that’s your blueprint also.

It’s amazing how many people are really negative towards rich people. When they see a limo or luxury car drive by, they immediately say something resentful under their breath. No wonder these people stay poor. They’re just confirming through attraction that they don’t want to be wealthy.

What do you think when you see rich people playing on the golf course, enjoying their yachts, living in their mansions or even attending \$1000.00 a plate fund raising events?

Do you admire them?

Are you happy for them?

Or do you envy and resent them by thinking:

“Rich people keep everyone else poor”

“Rich people are the problems in this society.

“Rich people love to show off, they’re so lucky!”

It’s important that you determine your present wealth blueprint before you move on. You want to start on the right track and not sabotage yourself right from the go. If it’s a positive programming then let’s move ahead. If it’s negative then you must take the time to define it and change it through the methods you’re learning.

The Victim Game

No one is "naturally" a victim. No one's born a victim. They must become a victim. Being a victim is a choice, just as not being a victim is a choice. It's a game that people play to rationalize their behavior, give them attention and excuse them from being successful or to find the easy way out.

One of the major things that stand in people's way of progress or attaining their goals is the lack of taking responsibility. This is also known as "using the victim excuse".

The victim feels a need to place blame, justify or complain about why things are the way they are in their life. Do you know of anyone who plays this game? You may know of someone who's heard to say; "Poor me. Why do things like this always happen to me? It's not my fault, or I just can't help it."

When you're playing the "Poor me" routine you're attracting to yourself exactly what you place your thoughts, focus and attention on. You in turn will draw more of that negativity to you.

Here's Three Main Characteristics of Being a Victim.

1. Blame - People who usually play the victim game are very good at placing the blame on others for their problems or failures. They're professionals at finding someone to point the finger at.

You're either a victim or the target of a victim. Victims are notorious at blaming their spouse, family, parents, religion, society, employer, government, customers, God, the devil and even their tennis racquets for their shortcomings.

2. Justify - They tend to say things like: "Money's not that important to me." If money were not important to them then they wouldn't be seeking after it constantly. You will also find that those that say money is not important to them are most likely broke. It's a justification of their not having enough money for their needs.

Another one is, "I don't really need friends anyway." This is a classic for those who can't get friends for whatever reason. It's a justification of what they can't acquire. Remember the basic rule of the subconscious mind, whatever you focus your attention on, you attract to you.

3. Complaining - Most people who complain all the time tend to have or think they have tough lives. After all, what are they attracting to them but more of what they're complaining about?

Being happy or angry is a choice.

Deciding to act positive with a smile on your face or negative with an attitude when you meet someone is a choice. Being happy of course will probably help you to achieve your goals and even receive assistance from those who you're dealing with. Being negative will most likely be responded with negativity and create an uphill battle with pretty much anything you're trying to attain.

Remember the old saying that you attract more bees with honey than vinegar. Especially when you're not feeling well or having a bad day, you still have a choice of displaying your feelings of negativity or a choice of putting a smile on your face. Which would you rather be on the receiving end of? You attract what you put out.

Have you ever heard anyone say that when they get angry they just can't stop? Is there a *gene* within the human being known as the *anger gene* that keeps them angry for six hours, twelve hours or even two days? Of course there isn't, it's a choice to remain angry. It's also a choice that as soon as you realize you're angry to stop immediately. Have you ever known of anyone who was in the middle of an argument or being angry that felt they could not stop but when the phone rang they immediately answered it with a very cheery voice as if nothing had ever happened? That was also a choice.

Being wealthy or poor is a choice.

If being wealthy is your goal, then you must approach it by taking 100% responsibility for your actions and go for it. That's a choice that you must consciously make without wavering. It's also a choice for you to give up, complain about how hard it is or to rationalize with one of hundreds of excuses why you can't accomplish it. The result of which one you'll receive, success or failure is your choice.

Having more bills than income is a choice.

It's funny how adults with their developed sense of responsibility seem to act more like children than children do when they see something that they want. There are more toys available for adults than you can imagine such as jewelry, perfume, cosmetics, power tools, recreational vehicles and the list goes on and on.

Adults see something that they want and if they can't afford it they finance it. Then all of a sudden in addition to their normal monthly expenses that must be paid, new bills begin arriving for credit cards, fancy cell phones, vehicle payments, power tools and so forth.

If you went back however to the point before they actually purchased or finance these items. No one was holding a gun to their head. They weren't under the influence of an armed assailant forcing them to buy that new car that they could not afford when there was a used one right beside it that fell within their budget. No one forced them to buy that diamond ring or to go to the mall on a shopping spree to buy new clothes with their credit card because they were feeling down. Those were all choices that they consciously made.

Getting a better job or keeping one that you hate is a choice.

Time and time again in my capacity as a coach I see people who feel that they're stuck in a rut with their present job. However because they 'e used to it, rather than trying to find a better job that would make them happier, they simply continue their present one and complain about how everything is so bad. Even though change can be inconvenient and in many cases frightening it's still a choice to remain in an unhappy situation rather than to do something about it. The purpose of life is to be happy. If you're not happy with your life because of your job, career, relationships, location or whatever it might be, you have a choice to do something about it.

Feeling sick or great in the morning is a choice.

When someone comes up to you and asks, "How do you feel today?" How do you answer that statement?

Do you immediately respond with something positive such as, "Wonderful, great, spectacular, awesome or better than I've ever felt?" Or do you actually take a few seconds to contemplate on your aches, pains or maybe even scratchy throat and tell them exactly how bad you're feeling? You have a choice of doing either one however; remember that wherever you're placing your thoughts, focus and attention that's what you're drawing more of. So if you're feeling sick or under the weather and someone ask you how you're feeling, unless it's your doctor or medical professional, tell them that you "feel great".

There have been many times in the morning where I woke up with a scratchy throat, a fever, a headache or just not feeling well in general, but rather than complaining and sharing this negativity with everyone I'd act as if I felt wonderful. When someone would ask me how I felt, I would say that I felt great. Why? It's very simple; by placing my thoughts, focus and attention on feeling great and even expressing it with emotion I'm drawing more of these great, healing feelings to me. Then inevitably what would happen is within a very short time I'd actually feel just as I was saying, great.

Deciding between exercising or eating sweets is a choice.

You have a choice to be healthy or not. No one's forcing you to eat sweets, cake, or anything else unhealthy. That's a decision for you to make on your own. As for exercise, although it may be uncomfortable to get started since it's something different than you may have done before, keep in mind that if you do it anyway it will eventually become a habit and thereby easier to do. If you do it with a positive attitude with a smile on your face it will become even easier.

Playing the Role of the Victim Alleviates the Stress of Failure

It's an excuse to not have to take responsibility or to achieve. Victims are people pleasers. They want to be noticed and crave attention. Victims are primarily and almost entirely concerned about themselves; the "It's all about me" attitude.

Some people love to complain about anything and seek out the companionship of others who love to complain as well. They sit and listen to each other just waiting for their turn to complain about what's bad in their lives. Negative energy is very contagious!

Years ago I was a U.S. Army Drill Sergeant. When approached by a trainee with an excuse of why they couldn't do a certain task I would respond with, "Excuses are like elbows, everyone has one." You see, it doesn't really matter what the excuse is if you don't want to do something. One excuse is as good as another. In other words if you asked me to borrow five dollars my response could either be, "No, I really can't loan you five dollars right now because things have been slow at work." Or I could say, "No, because the stars are not in alignment with Jupiter right now."

If I don't want to loan you the money then the excuse really doesn't matter. The answer should simply be "No". The excuse has no bearing on the question. You either want to loan the money or you don't, it's that simple. Going back to the story, the trainees were taught to answer any question with one of three statements and they were, "Yes, No, or No Excuse." That's the difference between being a victim and taking 100% responsibility.

What Are You Getting Out Of It?

One of the main reasons people play the victim game is to get attention. Victims confuse attention with love. Victims show love for what others can “do for them”, not for who they are. They feel the need to “buy” love or attention rather than deserving it or being worthy of it.

“Long term repetition of behavior is known as identity.

Feeling stuck with the behavior is called an addiction.

Complaining about it is called validation.

The opposite of this is known as responsibility.”

Anonymous

Using these excuses repeatedly will create a *habit* of being a victim. You’re now getting into the realm of what is called "career victims". Take a moment to think about the people that you know. I'm sure you can make a list of these folks. Maybe you’re even guilty of this behavior. If so, keep in mind that since it’s a created behavior, it can be changed. As a way of shedding more light on this phenomena, take a moment to answer these questions:

- Do you know anyone who when asked to do something challenging will say that they can’t do it because it's something they've never done before?
- Do you know anyone who’s afraid of making a decision?
- Do you know anyone who seems to complain about everything?
- Do you know anyone who prefers to rationalize another's success in a negative way rather than congratulate or be proud of them?
- Do you know anyone who feels they can’t get ahead in life due to their nationality, background, sexual preference, their past, the neighborhood they live in, their spouse, their children, their parents, their job, their present finances or lack of, their health, their relationships, their loneliness,

their depression, their government, their education level, their busy schedule, their lack of familiarity, fear, or even lack of sleep?

100% Responsibility

What's the opposite of being a victim? It's taking responsibility for your life, actions and reactions. I've never met a successful victim. Every truly successful person I've met had that one thing in common. They took 100% responsibility for their success or failures. They didn't blame it on the economy, their race, persecution, their heritage, sex, age or religion. You're in charge of your own destiny and no one else.

Resistance to Change

Another hindrance to progress, which you read in an earlier chapter, is the conscious mind's approach to change. The conscious mind is a creature of habit. It doesn't like to change or to be inconvenienced in any way and will cling to its old ways as much as it can even if it knows that this behavior is hindering progress. The conscious mind will always fight to remain the same, to stay within its comfort zone, and enjoys what is known as the *status quo*.

Being aware of this trait of the conscious mind is a very important factor to your progress. Whenever you feel resistance towards change, laziness in the face of progress or start rationalizing that maybe the way your present way of doing things is "okay after all" rather than trying something new, realize that this is the habitual response of your conscious mind fighting change. Unless you become aware of this trait and actively combat it you'll remain stagnant in your progress.

"There is no same. Life is in a constant state of transition."

Progress, attaining goals, becoming wealthy, healthy or having better relationships require change. It requires inconvenience, doing something different, letting go of the same and more to the point it requires really "shaking up" your life. The more you stretch or the more that you can go outside of your comfort zone the closer you're to attain your goals.

If you're *comfortable* in your life, then chances are that you're not progressing. If everything seems easy, you're getting nowhere. Comfort is synonymous with digression. In other words you're either moving forward or backwards. There's no same. Everything in life changes, it's always in a state of transition. Even all the cells in your body within a relatively short time will be completely renewed. So this security that the conscious mind has in thinking that it's remaining the

same is actually a false security. You're either progressing or digressing, there is no other choice.

Limiting Belief System

Many of the limiting beliefs that you have about your capabilities stem from the memories and experiences of your past. You may have been told or experienced many things, especially from those who are close to you, giving you suggestions such as:

- ✓ You're not good enough to do that.
- ✓ Don't try that, there's no way you can win.
- ✓ That only works for rich people, it never happens to me.
- ✓ You should be happy with what you have.
- ✓ Don't try that, you'll get hurt.

Those negative statements have become ingrained in your mind and throughout your life may have acted as a mental handicap toward your progress. You can break free of your past conditioning and remove the restraints. The only limitations that you have are the ones that you place on yourself.

Have you ever gone to a circus and noticed how a very small chain is restraining the large elephants? In some cases instead of a chain only a rope is tethering them. With the strength that an adult elephant has, how is it that he can't break free from his restraint? The answer to that is that he was conditioned. He believes that he can't break free. When circus elephants are young, very strong heavy-duty chains restrain them. Of course the young elephants having as much energy as they do will try and try to break free of these restraints but will not be able to. Eventually they'll stop trying, realizing that it's futile. This creates a limiting belief system in them. Later on when they're fully-grown and could break the chain with very little effort they won't even try due to their conditioned belief that they can't.

We're the very same way as humans. When we've been repeatedly told that something is a certain way, we may challenge it however will eventually accept it as a belief and usually not test it again. Such was the case of the four-minute mile. For years it had been said that no human could break the four-minute mile

barrier for running. It's been attempted many times and was taken for granted that it was just impossible. Then in 1954 Roger Bannister, a 25 year old medical student from Harrow broke the four minute mile by running it in 3:59:4. If that's wasn't extraordinary enough, within 46 days his rival John Landy broke it at 3:57:9. Over the next three months 16 more runners did it. Now that the mental conditioning or block was gone from this rule you can see the four-minute mile being broken quite often even in high school and college track competitions.

You must let go of past limitations and learn to utilize and appreciate your greatest asset which is your mind. What the mind can conceive it can achieve. If you can imagine it then there's a way that you can do it. Look at all the great achievements that have been attained by man. When you look at the many marvels of mankind realize that those who have attained these achievements, those unbelievable results are people just like you. You have the same capabilities, resources and opportunities as they do. The bottom line is if they can do it, so can you.

How do you break out of this mental conditioning? One way is to believe in yourself and don't accept what you're told. One of the greatest abilities that you have as a human is the ability to think outside the box. You have the capability to examine yourself as an outside observer. You have the capability to change, grow, and exceed your own expectations. Set your specific goals, believe in your ability to attain them and don't deviate from your path of going for it. You have the ability to "Reach for the Gold".

How do you challenge yourself? How do you know that you're doing enough to progress? One of the best ways is by referring to your feelings. How do you feel about your goal? Is it a comfortable feeling? If so, then you're probably not extending yourself enough. In creating a challenge for yourself, you should make it a bit scary. You should always think big in your decision making process and if the thought of attaining your goal in addition to being a bit scary, creates excitement, then go for it. Now you have a challenge.

I'm not saying that your life should be a gamble. Of course before you jump into anything you should have your eyes open and research it first. You'd never jump into a pool of water without checking how deep it was beforehand. What I'm saying is, get out of your comfort zone and strive for more than you think you can do. Reach for your potential. Remember the slogan, "If you do the same things for the next five years as you did the last five years, five years from now you'll be in the same place that you are today." Unless that's what you want, stretch yourself and do something different now.

Lack of Perseverance

An extremely important step in the process of attaining your goals is perseverance. Lack of perseverance is one of the main reasons why people fail. It's similar to the gestation process of a plant. You can't simply plant a tomato seed and expect to eat tomatoes immediately. There is a time of gestation that must take place. In this time of gestation the seed germinates, sprouts, grows and eventually bears fruit. During this time it must be watered, fertilized and weeded. The time between planting the seed and picking the fruit is considered the gestation period.

Imagine going into a restaurant and when the waiter arrives you order a bowl of soup. The waiter goes into the kitchen to place your order which is being prepared. When the waiter comes back to your table you decide to change your mind and tell him that you would now like a salad instead. Now the waiter returns to the kitchen to turn in your new order for a salad, which is being prepared. As the waiter walks by your table you stop him and tell him that you changed your mind and you would like a sandwich now. The waiter returns to the kitchen to place the order for your sandwich. At this point you've been waiting quite a while since you changed your order several times and you're becoming dissatisfied that you have been waiting so long. Being frustrated you get up and leave the restaurant without receiving your food.

The important thing to realize is that you did place your order, which was turned into the kitchen and started each time. Due to your impatience, you didn't wait for any of them to be prepared (*the period of gestation*) as you continued changing your order and finally left the restaurant. However in the kitchen there is a bowl of soup, a salad and a sandwich that were made for you. So even though you were too impatient to wait for your food, your food was prepared and there in the kitchen waiting and is possibly going to be enjoyed by someone else. You made a conscious choice to give up.

How long should you persevere? How long must you continue working toward your goal? Until you get it! If it's something that you truly want then you must never give up. If you're persistent and you believe that you will get it, then you will.

It's amazing how when you can see your goal most people will continue working towards it until they receive it. If you bought tickets to go on vacation to Disney World with your family for instance. Once you began driving to Disney nothing would stop you until you arrived. Even in the face of obstructions, detours, distractions or delays you would continue going to your goal because you know it's there. This is the same frame of mind you should have towards attaining any goal. Remember the universe has already created it and it's waiting for you. So keep the image in your mind that it's there and persevere until you reach it.

“People will always make time for what’s important to them.”

That statement hits the target on the bulls-eye every time.

- Q. Did you finish your homework?
- Q. Did you mow the lawn yet?
- Q. Did you visit your mother in law yesterday?

A. No, I didn't have the time!

It's amazing how people always seem to have time to do what they want to do, what's important to them. No time to do homework but plenty of time to play videogames. No time to mow the lawn but plenty of time to hang out with friends. No time to see the mother-in-law but plenty of time for watching television. We set our own priorities and become comfortable with them. Being comfortable or set in your ways as you learned earlier is the nature or natural state of the conscious mind. It's also the “main” thing that stands in the way of change.

Have you taken the time to plan the direction of your life yet? Have you created clear goals so you know where you're going? Have you even been doing all the exercises in this course as they come up? Or do you not have the time? Is success "really" a priority for you? Wow, I bet that was a surprise, huh?

Where are your priorities? Is it time to re-examine them? The priorities that you have had are the same ones that have kept you the way you are now. In order to change or progress you will need to create "different" priorities.

Forensic Priorities

People wonder why they don't have any savings as hard as they have been trying all these years. They wonder why they haven't been able to pay their bills or why their health or relationships are lacking. They scratch their heads wondering why and seem to have no clue. Here's a forensic way to find out. In the detective movies the detectives usually follow the paper trail or the money trail to find their criminals. It always seems to work there so we are going to do the same thing to find out where your priorities are and where they're not. It's going to take a little work though.

You're going to follow the money trail to what is important to you. Wherever you spend the bulk of your money that is usually what you feel is the most important. At your earliest convenience I want you to make an accounting or record of everything you have spent money on in the last month including meals, groceries, coffee, rent, bowling alley, gasoline, everything.

Once you've finished your list, examine where the bulk of your money has gone. What seems high or out of balance and what seems to be lacking? What seems to have the *most entries* even if it's not the highest amounts? If you make a list from most to least, is that in keeping with your priority list? Is the top entry for the month your savings account deposits or drinks at the local watering hole? I guarantee if you take the time to complete this exercise it will be a definite eye opener for you. As with any journey you need to start somewhere and this is a great place to start yours.

Upon having completed your list you've now found where your money trail is leading. If you don't like the results all you need to do is change the direction of your money trail. Wherever the trail goes your priorities follow. The more that trail is followed, the easier it will be to stay on it and eventually it will become second nature.

Where's Your Focus?

You can't have a clear vision of wealth if you're constantly turning your attention to opposing pictures, whether they're external or imaginary.

Don't speak about your past financial troubles if you have had any, in fact, don't think of them at all. Don't tell people about the hardships you or your parents had growing up. Let it go and put all things about poverty behind you. Forget them and focus on wealth. The universe is always riding the wave of your frequencies of thought.

In addition to forgetting all about personal past hardships or negativity, it's equally important to do the same with environmental negativity. Protect yourself. If your most valuable asset is your creative gift of thought then why would anyone allow it to be weakened, diluted, broken or hurt in any way by focusing on the ills of society? Stop reading books, watching movies, newscast or any reporting about how everything is bad or wrong in the world. Wars, catastrophes, disease, mass suicides, bombings and all negativity only attract more negativity to itself and anyone who focuses on them.

Shelter Yourself from Environmental Negativity

The war against terrorism only attracts more terrorism. The fight against aids or cancer only attracts more aids and cancer. War, disease, negativity and evil can only attract similar frequencies to themselves. How about the march for peace, love or happiness or maybe even a movement for health? As a Nation we spend billions of dollars for the purposes of war, terrorism and security, but how much is spent on peace, friendship or happiness? Focus on only what is right, good, positive and wholesome with the world. That's all that exists in your reality. Everything else is a result of imperfect thinking.

Money's Both an Effect and a Cause

The cause of the thought of being rich can materialize in the effect of receiving more money. Money however is not your goal. You can have billions of dollars but if that's all you want, all you have is piles of paper that you can possibly burn, sleep on or use for wiping things. Money is not the goal; it's the tool that buys the goals. That means that now that you have the money, *the Money* is the Cause that materializes the Effect, which is your goal of owning real estate, luxury cars or vacations.

Knowing this, when you're making plans of choosing your goals of wealth, rather than focusing on money focus on exactly what you want. By doing this you will have a much clearer and detailed picture of your desire thereby attracting it quicker. The money will still be there but it's simply a byproduct of the focus. Think of how exciting your focus can be of a mansion on the ocean compared to a bunch of green pieces of paper with some serious looking presidents face printed on it.

What Do You Want?

The main reason that people don't get what they want in life is because they don't know what they want. If you don't know where you're going how are you going to get there? Here are four choices for you to think about.

1. Do you want to be **Rich?** - The beauty of being rich is virtually everything. You can do more, buy more, travel more, dress better, eat better, play better and help others by showing them how you did it. Anything you want to do, you can do more of it being rich. Don't even get me started with the difference between flying first class and coach!

2. Do you want to be **Financially Free?** - Not everyone wants to be super rich. You may hate caviar, oysters, champagne and escargot. Possibly you want to make enough money to be financially FREE. That is a great goal as well. How about enough money to do what you want, when you want and as much as you want, not having to worry where your money is coming from and knowing you're set for life?

Keep in mind that being wealthy doesn't mean you will not have bills; in fact even the wealthiest in society have bills. Their bills are a necessity in their net worth but are not a problem.

3. Do you want to be **Comfortable?** - If this is what you want then you're all set. Just do nothing and you will remain in your comfort zone. Keep in mind however that comfort is in opposition of growth. It requires doing nothing. If this is what you want then, Congratulations you made it.

4. Do you want to be **Poor?** - If this is your goal then please stop following this course, as I really don't want to be part of your induction into poverty. I'm sure you can find how to get there by yourself. Seriously, who really wants to live in poverty?

Discover What You Love To Do

If the purpose of life is to be happy then what would you truly love to do in life? What is your dream job, relationship, vacation or car? Are you presently happy with what is going on in your life? Now's the time to do your homework and decide "exactly" what you want!

I'd like to say that your life won't be created on its own but that wouldn't be true because your life will be created on its own, by default, if you don't have a hand in it. If you want it to be the way that "you" want it to be, then the creation must be of your personal design. Time to start creating...

The Purpose of this Exercise is:**1. To show you what is most important in your life.**

A million dollars is quite a bit of money but not enough to live a wealthy lifestyle forever. Did you buy real estate or other investments? Did you spend it on cars and toys? Did you invest it in growing your business? Did you travel around the world or did you just spend it flagrantly having a fun time?

2. To see if you're on the right track with your present life.

If you spent it on what you wanted to do most in life such as travel the world or to build your dream business, is that what you're doing in your real life now? If so, you're on the right track. If not, then why are you not doing what is most important in your life? A lesson like this can help you to see what you really want in life and help you to get on the right track. It's never too late to change directions.

Have You Done Your Research?

By now you've most likely decided what you want and you're getting ready to place your order, but have you taken the time to research yet? Last year I decided I wanted a new SUV. Looking at all the different models available on the Internet, I thought that I'd love to have a Hummer. I copied pictures of it for my Imagination Board and started placing my order for one with the formless substance.

About a week later, taking a road trip through Massachusetts I passed by a Hummer dealership and decided to stop in and try one. The salesman and I were walking through the parking lot and he was giving me all the stats a person would ever want to hear until we approached the black hummer that I had my eye on. It was so exciting! I opened the door, adjusted the seat, sat inside and closed it behind me. Suddenly I felt all my excitement and desire drop. To my surprise I didn't like it! It was uncomfortable and the visibility was terrible. I know that they were initially designed as military vehicles but I felt like I was sitting in a Sherman Tank.

Research what you want to have before you order it. If you hate mustard then you should know that before you order *a hot pastrami with mustard*. I learned a valuable lesson. As it turned out, after researching about 7 different makes of SUVs I finally found the one I liked. Then one raining Saturday afternoon Raluca and I decided to go look at them at the dealership. We specifically went when it was raining as we just wanted to peak at them and not have a salesman run out to us (*foolishly thinking the rain would prevent that*). To make a long story short, about 3 hours later we drove off the lot not only with my Honda Pilot SUV but with another new car for Raluca as well.

Once we were focused on what we wanted we found the car that I loved and received a good enough deal to get two of them. The Universe works in mysterious ways. Don't worry about how you're going to get it or where it's going to come from. Once you have done your homework and placed your order; all that is left for you to do is to expect to receive it and live as if you have it. It's up to the Universe to create the where, how, when and to deliver it. If you were able to figure it all out on your own then there would be no need to ask the Universe for help would there.

The Bridge between the Worlds of Thought and Effect is Action

That's why we say that "Dreamers dream and doers do." You'll find that truly successful people are committed to their success where the unsuccessful are just trying to succeed. They "try"! What does try mean to you? Trying just gives you permission to fail. To me it means, "No way in hell am I going to do that." If you were to ask me to come to your house this Saturday to help you move your refrigerator, washer and dryer from your third floor apartment to another place across town, my response would probably be, "I'll try!" or maybe even "We'll see". Do you think I will be there after saying that? Of course not! I may as well just have answered you with, "When pigs fly I'll be there."

Get the word try, out of your vocabulary! Even the Great Jedi Master Yoda himself said, "Do or do not, there is no try!"

Your new mantra from now on will be "Do it!" and if that's not long enough for you, make it, "Do it, Now!" Dreamers dream and doers do.

The Key to Growth is "Dis-Comfort"

Comfort kills: People do what they do because they want to. There's really no other reason. No one is making you do the things that you do therefore you must be doing them because you want to. As we mentioned earlier, thoughts become things. This means that a thing can't exist unless it began with the thought. Presently you're the result of all your thoughts. So everything you're doing, at one time you decided that you wanted to do it. Otherwise it wouldn't be.

This brings us to a very important point. There's no one else to blame for your success or failure. If you want to be successful you have to stop being a victim right now. You need to stop playing the victim game by blaming others or justifying your actions. It's time to take responsibility and realize why things are the way that they are.

You pay your bills late because you want to. You're not able to pay your bills because you don't want to. Buying a new car or going on vacation when you could not pay your rent was your choice, no one else's. Going out to eat every night rather than saving some of your money was also your decision. So to put it bluntly

the reason you're broke is because you decided to be. Otherwise you wouldn't be.

People that are wealthy, save money because they want to save. They're able to manage their finances because they have decided to. They have a savings account, investments and cash in the bank because that's what they chose to have. In other words they're wealthy, because they wanted to be.

So your wealth or your lack of up to this point in your life was due to your own choices. You're where you are because you want to be. That's what's known as taking 100% responsibility for yourself. You must admit where you are, and why you're there. Denial will no longer help you if you wish to progress. You must realize why things are the way they are, which is because of you and then decide how you want things to be. If you're presently the result of all of your past decisions, then all of the decisions that you make right now will determine the success or failure you're going to be. The choice is yours to make and nobody else's. Which will you choose?

Will it take a commitment? Of course it will. If it were easy, everyone would be doing it. It's easy to remain the same. It's easy to remain comfortable. People that are comfortable are neither disgusted nor very happy with their lives. They're content with simply accepting where they are because it's too uncomfortable to change. Change is uncomfortable, in fact the words change and comfort are on opposite ends of the spectrum. With comfort there's no change. With change there's no comfort until that change, through repetition becomes your new comfort level.

That's why people who are truly successful and have been that way for a while, make it seem so easy. They've developed a habit of their success and it has become second nature. Being successful or being a failure are both habits that can be developed and will eventually through repetition become just as second nature to you as riding a bicycle, brushing your teeth or driving a car.

Before any of this can happen, it all needs to start with a choice. You must make a decision that you want to be successful before anything can begin. By making a choice and focusing on the positive changes you want to make, your focus will be materialized into the effect of what you've chosen. The effect will be the materialization of wealth and success.

Rich People Associate with Positive, Responsible People

Be careful not to associate with negative victims. Like attracts like. Victims love the company of other victims. If you're in the company of them now, run! Once you decide to take 100% responsibility for your life and move ahead, you'll no longer fit into their victim club. Instead you'll be their new target. You'll remind them of all that is lacking in their lives. Since the credo of the victim is to complain, excuse or justify, you will be caught right in their crosshairs.

People who are successful always seek the company of others who are successful, while those who are perpetual unsuccessful victims always seek the company of those who are in similar circumstances. "Misery loves company."

Water seeks its own level just as certainly as we all seek the company of those who occupy our own general status financially and mentally. A law-abiding citizen and a career criminal have nothing in common. They would be miserable if thrown together for any great length of time. Oil and water are more likely to mix together than people who have nothing in common.

All of which leads up to this statement:

You'll attract to you people who harmonize with your own philosophy of life, whether you wish it or not. This being true, can you see the importance of focusing on what it will take to attract people who will be of help to you and not a hindrance? Suppose your goal is way above your present level in life. You want to aim high and be rich! Go for it! That's your birthright. You deserve it". You owe it to yourself, your family and everyone you know to be rich.

Associate with other positive people that are on the move up as well. If you always attract according to what frequency you're resonating, or like attracts like, then here's a great idea for you. Once you've determined the type of person you want to be, do everything in your power to associate with people who are already like that right now. Why wait. If you're associating with the wealthy and truly successful right now then that is what you will attract to you as well! Don't spend time and energy trying to be with people who are *presently like you* because that will only attract the same to you. Make friends with and associate with the people you want to be like.

How can you associate with the super-rich if you're not one of them already? Easy! First, decide you're going to do it and not just try. Then make your action plan and do it. Take up golf; is there a local country club you can frequent? If you like to go to restaurants or bars already, why not frequent the ones at marinas or high scale hotels where business owners and the successful stay at when they're traveling. You never know who you'll meet. If nothing else you will get to see if this is the life you really want. Where do the people you want to be like congregate, work, play, vacation etc. How can you get yourself in the middle of it or at least near it? How about getting a job there in the middle of the action as a way to immerse yourself in success? Give it some thought.

Order it

How to place your thought order

“The scientific use of thought consists in forming a clear and distinct mental image of what you want, in holding fast to your purpose to get what you want, and in realizing with grateful faith that you do get what you want.

Don’t try to “project” your thought in any mysterious or occult way, with the idea of having it go out and do things for you. That is wasted effort and will weaken your power to think with sanity.

Your faith and purpose positively impress your vision upon formless substance, which has the same desire for more life that you have, and this vision, received from you, sets all the creative forces at work in and through their regular channels of action, but directed toward you.

It’s not your part to guide or supervise the creative process. All you have to do with that is to retain your vision, stick to your purpose, and maintain your faith and gratitude.”

By Napoleon Hill

Whatever You Give Out Into the Universe Always Comes Back to You

Have you ever noticed how truly wealthy people always seem to give large amounts of money to charities? Have you ever wondered why? I mean besides the obvious tax advantages and warm fuzzy feelings... Being charitable is a means of making you more successful. Sounds like an oxymoron doesn't it?

This is one of those things that I always thought was really strange in the way that it defies logic but always works. I just chalk it up to one of the many mysteries in life.

There is validity in the practice however. Think of it this way: When you're focusing on giving an individual or a group, money, why are you doing it and what are you focusing on in the process? You're doing it because *they have a problem* or situation to solve and *need money*. As you're giving it, you obviously *care about them* sending out *your mental well wishes* and are *grateful* that you can help. You're doing it hopefully in a *loving attitude* rather than a resentful one.

Now let's examine what is happening as a result of your motive and actions with this charitable gesture according to the Law of Attraction. You're attracting what you and the receivers are focusing on. In this case those items are the ability to solve problems, an influx of outside gift money, caring, well wishes, gratitude and love. Wow, look at all of the wonderful frequencies you're attracting and that are being sent out to you.

Throughout the years Raluca and I have had the privilege to experience this phenomena first hand. Each time we gave money to help a great cause, in addition to feeling great in return, we "always" have received the same amount of money or usually more back in our bank accounts within a 24 hour period. It's as if it just came from no-where. Many times this happened when it was very inconvenient to give the money or we were in the middle of personal challenges ourselves. We still did it anyway and sure enough it's as if we were rewarded by a higher source for doing it with solutions to our immediate challenges and additional income.

Don't get me wrong here, I'm not telling you that if you want to get rich go out and give all of your money to charity. That would actually make you broke and in

need of charity too. It's also the wrong reason to do it. Remember the other benefits we received from the transaction were as a result of giving for the right reasons. Give because you want to, you believe in the cause, you care for the cause and do it in a mindset of love and gratitude. Will the same thing happen to you? I can't guarantee that you'll get the money back or not but I do guarantee that you will be showered with gratitude, well wishes and the warm fuzzies. What have you got to lose? By the way, it's also a great tax write-off.

Always Give More in Product Value than you Receive in Cash Value

If there were only one Secret that I could share with you that would propel you to success in business quicker than any other then it would be this. Here we go: Always, always, always give more in product value than you receive in cash value. Whatever your product or service is, how can you truly help you client to prosper from your transaction? Be creative rather than competitive. Never mind what your competitors are offering. It doesn't matter if the price of materials or cost of living is up and the economy is down. Those are all symptoms and not solutions. They're a result of imperfect thinking. With Elite thought you realize that things are great and there's never been a better time to succeed in business than now.

Here are some ideas of what you can do to give more:

- Give an unconditional, no questions asked, money-back guarantee?
- Give a free service plan or unlimited email for questions?
- Free gift-wrapping, delivery or lay-a-way?
- How about additional products or freebies?
- How about promoting your website or company by giving a free book that can really help your clients? I don't mean a pamphlet or teaser-book that's no use unless they buy something else. I mean one that helps them now for free.

Be creative, take some time and mastermind the idea with your people. I'm sure you'll come up with something.

Now the fun part - How will this set you apart from the rest? By giving more in service or product value than they paid in cash you're adding to the purpose of the universe. You're both on the same frequency of expansion. That's exactly what you're attracting as well. People will love it. They'll be amazed and tell their friends. The word will get out and you'll become the leader and authority in your field in a very short time.

“Those who give freely, grow. Those who deny others, wilt.”

Anonymous

Are You Prepared to Receive?

If you're not prepared to receive, you won't.

If you can't manage what you have now, then you'll not get more.

Being prepared to receive and being able to manage what you have is more important than how much you have.

Look at the many movie stars and singers that get discovered and become an overnight sensation. They suddenly find themselves thrust in the middle of money, success, fame and luxury. Even with their newfound millions, many of them will be broke or destitute in just a few years or less.

Why?

They were not ready for a life of success.

They were not living in alignment with success.

They most likely had difficulty managing what they had before they found themselves in the middle of it all.

We all are able to achieve our comfort level or less easily but when given more than what we are ready for we'll eventually but surely return to that level. Think of it as if you were holding a gallon container in your hands. You know that it will hold a gallon of water. So if you poured a quart of water you could hold it easily. If you poured a second quart you're still fine with it. But if you began pouring gallon after gallon without stopping, everything over one gallon would just overflow, pour to the ground and wash away. You were not ready for it.

Are you ready for increase? How much can your container comfortably hold?

The Secret to being Promoted or Advanced from any Position

Be bigger than your situation and you'll have to advance to a higher situation. You can advance only by being larger than your present place, and no one is larger than his present place that leaves undone any of the work pertaining to that place.

Those who more than fill their present places advance the world. Have you ever seen people who were so good in their jobs that they were promoted? Most employers that hire from within are looking for these people to fill their higher ranks. On the other hand those that work at the same level or lower than their present place will either stay in the same job forever or get fired; plain and simple.

I've coached many unemployed people who stayed that way because they felt they were so over qualified for any job that they wouldn't even apply for them. They were holding out for management or the boss to quit. My advice is that; if you're so overqualified then why not start at an entry-level job knowing where you can be so much more than your position that you're sure to be noticed and promoted.

One very advanced worker in a room full of average workers stands out like a sore thumb. If nothing else, they're moved up just to get them away from the rest of the average performers as it could be bad for the morale of the group to be so behind in performance. In any job from millwork, corporate sales, the military, the movie industry or high finance, simply be more than what is expected or higher than your situation and your situation will be advanced. It's the natural flow of things.

“Retain your vision, stick to your purpose, and maintain your faith and gratitude.”

Napoleon Hill

Exercise #8 - Abundance in a Week

- Are you impatient?
- Would you like to see abundance begin in your life as early as tomorrow?
- Then try this exercise and you will!

Explanation: You're putting vibrations out into the universe every moment of the day. Some are positive and some are negative. Even if you're not consciously trying to guide them positively to receive abundance into your life, you're still creating them. They're being created by default and in many cases may unknowingly be negative vibrations. The universe will always give you more of what you dwell on. It's happening right now! What are you thinking of?

Law of Deliberate Creation - In this exercise you'll focus your thoughts on what you want each morning so as to deliberately send out many positive vibrations (higher vibrations) which will in turn attract similar positive vibrations to you throughout the day yielding immediate results. It's a deliberate use of the Law of Attraction rather than allowing it to happen by default.

Make a list of as many ways in which you're able to accumulate residual income or "anything" positive into your life. The list can include things such as free advice from a colleague, an unexpected check in the mail, finding a five dollar bill on the sidewalk, a friend taking you out to lunch, and unexpected sale at work, a promotion or winning a grocery store contest. List whatever you think would help or add to your present situation.

Each morning review your list in a spirit of gratefulness, as if you've already received them. Do this for a few minutes so as to send out positive vibrations into the universe. This will attract more of what you desire. Review your list each morning while taking the time to imagine each item affecting you in a positive manner.

NOTE: The more imagination and emotion you put in the process, the more results you'll receive.

At the end of each day take the time to record the results of anything you received.

This exercise will prove to you that the Law of Attraction does work and can be used to attract more of what you'd like to your life. You will truly be astounded at the end of your seven days.

How to Condition yourself for Wealth and Success?

As a result of reading this chapter you should now understand why so few people in society are wealthy and what it will take for you to attain your goals. You now realize that you must take 100% responsibility towards attaining your success and are aware of the hindrances that may stand in your way.

All that's left now is to decide what you want, create your goals and go for it!

As a helpmate to attaining your goals of wealth and success you can now use the tools in this book to help in conditioning your mind towards attracting what you truly desire.

In order to do that, simply go to the chapter on affirmations and choose the script that best describes what you'd like to attain. If you don't find one there that suits your needs you'll find instructions on how to tailor and create your own.

Once you've accomplished the steps simply go to the chapter on self-hypnosis techniques and choose the one that you like best. At this point you can begin to condition your mind towards attaining your goals and creating a lifestyle you deserve.

“How people treat you is their karma; how you react is yours.”

Wayne Dyer

CHAPTER #9: Relationships

What's Inside:

Having the “Perfect Relationship” can be as elusive as the “Holy Grail”

- Do you know what kind of relationship you'd like to have if you had the choice?
- If you're already in a relationship, do you have any idea of the kinds of relationships that are possible for you to have?

Believe it or not, you can be perfectly happy! It's not only possible but we'll show you how to do it inside. You can have that awesome relationship you only dreamed of if you're willing to work for it.

Identify Where You Are and Where You're Going

One of the problems that people find it try to create the perfect relationship is that they don't know what kind of relationships are available. Someone who's been in an abusive or toxic relationship all their life may only know that kind relationship.

It's important to understand the different kinds of relationships that exist and are even available to you so you can identify where you are right now and if there's a preferable type relationship that you'd like to create.

Notice that I mentioned that you can find the type of relationship you'd like to create rather than attract. Once again you can't attract what you don't have so in order to attract a certain type of relationship or partner you must create those traits in yourself first.

Here's a List of 21 Types of Relationships Available:

- 1. A Codependent Relationship** - This is the type relationship where one partner relies completely on the other to make their daily decisions. It can often seem like one partner doesn't have a mind of their own.
- 2. The Controlling Relationship** - This kind of relationship can sneak up on you as many times people may not initially realize that their partner is so very dominant. In this type of relationship one partner is extremely dominant and the other one seems to comply. This will usually last just so long before problems arise and the relationship ends.
- 3. Rebound Due to Loss Relationship** - Many times people will be attracted to each other as a result of a loss of a present loved one. It's a way of filling the void for one or even both partners however it's a rebound relationship.

- 4. Open Relationship** - This is a relationship where the partners are open to each other as well as open to others sexually. Both partners can have sex with whomever they want with the others partners consent of course.
- 5. Negotiation Relationship** - In this relationship both partners feel a need to constantly negotiate with each other and compromise to keep each other happy.
- 6. Toxic Relationship** - A toxic relationship is one that may seem completely balance from the outside however secretly in reality the partners seem to annoy and frustrate each other to toxic levels.
- 7. The Now Relationship** - You're very happy with your partner right now but there's something that tells you that there just isn't a future for the two of you to the point where you don't make any future plans.
- 8. A-Sexual Relationship** - Neither partner is interested in having sex with each other anymore. You may be sexually attractive and even attracted to the opposite sex but not having sex with each other.
- 9. The Trophy "Wife or Husband" Relationship** - You're only together because of what you can get out of it or that it makes you look better. It may even be a form of business relationship. People in these relationships are often called trophy wives or gold-diggers. There may be true love on occasion however these relationships began on purely materialistic reasons rather emotional ones.
- 10. The Sexual Affair** - This is a strictly sexual relationship. Usually one partner is infatuated with the other and may not care how badly they're treated as long as they can continue to have sex with them.
- 11. Distracted Relationship** - This type relationship can be found often with lifelong high school or college sweethearts. As their professional lives

progress they become so busy that they may not really notice each other or even become invisible to each other for extreme long periods of time.

- 12.The Troubled Relationship** - This is the type of relationship that's not perfect but you feel that problems are natural part of a relationship. You stay in the relationship thinking that it's just the way things should be and you don't think you can find anything better.
- 13.The Unhappy Relationship** - This is where you may stay in a relationship even though you're not happy. The reasons to stay in a relationship may be things such as having children and not wanting to upset things or even because of the way society may look at you if you split up.
- 14.The Long-Distance Relationship** - This is a very common relationship where both of you care for each other but due to your career, family or other reasons you have to live in two different cities sometimes very far apart.
- 15.Friends With Benefits** - This is a completely no-strings-attached relationship between two people where there's a sexual relationship but nothing more.
- 16.The Love-Hate Extreme Relationship** - In this type of relationship you can be extremely in love with your partner at one moment and extremely hateful towards them the next. A sort of Dr. Jekyll and Mr. Hyde relationship. This can be very dangerous if allowed to continue.
- 17.The Insecure Relationship** - This relationship is based on distrust and jealousy as you keep on having to try to convince your partner that you're being loyal. You both have your own friends and interests and spend little time together.
- 18.The Abusive Relationship** - In this relationship one partner is usually in control and abusive physically or verbally. Often times after an abusive

incident you may be convinced that it's a one-time thing and return to the abusive relationship only to find it to recur.

19.The May-December Relationship - This is a relationship where your partner is at least 15 years older or younger than you. Even though you may be perfectly compatible you still need to learn to deal with remarks and expectations from friends and family members.

20.The Sacrificial Relationship - This is a relationship where your heads over heels, unconditionally in love with your partner however they don't return the emotions with nearly as much intensity. It's more of a one sided effort.

21.The Truly Compatible Relationship - This is one of the rarest type of relationship where both of you are so completely compatible that you accept each other for who you are and understand each other totally. It can seem like the perfect romance to others as they're envious of your relationship.

- After reading these 21 categories which one(s) do you best resonate with?
- Is there a category that you'd prefer to belong to?
- What changes in your life would you need to make to attain that goal?

What's Your Present Programming about Relationships?

Throughout your life what have you been taught, observed, understood or heard from your parents and circle of influence about relationships? What kind of relationship did your parents or guardians have? They were the most influential people in your life so their relationship would have a huge bearing on yours. Their treatment of each other will have programmed the normal behavior for your relationships as well. You see this many times in parents who had abusive relationships and their children also seem to get involved in abusive relationships.

If your programming isn't in alignment with what you'd like to have for yourself then your first step is to change your current programming!

Sharing Frequencies

Before we go too far it's important to understand that abuse victims don't only attract other abuse victims. What other type of personalities are on the same frequency as abuse victims? They also attract bullies and heroes.



“Victims, heroes and bullies all share the same frequencies.”

You can't be abused by someone unless there is a bully involved to do the abusing. Heroes have a personality where they feel a need to rescue the victims

and defeat the bully. They're all attracted to the same thing and you can only give what you have.

You can't attract what you're not! If all you're familiar with is anger and arguing then that's what you're attracting. You can't attract a loving, balanced and peaceful relationship unless you're sending out the same frequency. Everything attracts unto itself. You can no more attract a relationship that's a different frequency than yours than a maple tree can grow from an apple seed. Like attracts like.

In order to attract something in a relationship that's not like you are now, the first step is to change how you are now. Change your traits and you'll attract different traits in a mate. Stop being a victim and you'll attract others who aren't victims.

What Do You Want in a “New” Relationship?

Are you looking for a partner or a wife or husband?

- Individuality?
- Someone exciting?
- Someone to challenge your mind?

Take the time to jot down all of the traits you’d like to have in the perfect mate if you could create one in the drawing board of life. Seriously, I want you to write them so you have a complete list in front of you. In fact this is so important that I’ve created an exercise to assist you in getting started.

Exercise #9 - Ordering a Companion *(for those looking for a new partner)*

Here you'll build the perfect partner. List below the qualities / traits you'd like to have in a partner if you were able to order the perfect mate.

Focus on your list each day "expecting" this person to appear. Be prepared for them to appear. It may happen when you're off guard in the supermarket, library, at McDonalds, in a traffic jam or even someone showing up at your door asking directions.

Are you prepared to meet your ideal soul mate right now if they were at your front door? Ding - dong... Get ready now!

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Exercise #10 - Mirroring Yourself

Have you ever heard the saying, “In order to have a friend, be a friend”? It’s the same in relationships. It’s impossible to attract someone who is loving and happy if you’re hateful and angry. Love and hate don’t operate on the same frequency. It’s important to be what you want.

Now that you’ve completed the list of the qualities you want in a companion, which of the previous qualities you desire in a companion, do you have? Very important: How can you attract what you aren’t? If you don’t have it then you can’t attract it.

On the list below write how you measure-up to the qualities you listed. Do you have the same qualities? If not, and it’s a quality that you still want, how can you develop it? Through this development process you’ll greatly accelerate your attraction process.

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Place your Order

You must place the order once you're ready. Just changing your qualities won't change your present partners or attract a new partner unless you place your order. Thought "always" precedes the effect. With no thought there can't be an effect. The desired qualities or person can't be materialized until it's ordered or initiated.

Expect Them

You've decided what you want in a mate, created your statement of intent, placed your order with one of the imagination methods in the chapter on "Self Hypnosis Methods" and are repeating your imagination each day. How long should you do it? How about until they arrive? The universe always says YES, so if you continue to believe that it's going to happen; it will, unless you put a snag in the works. You're the only one that can cancel or delay the order.

If I told you to keep walking down a long road until I stopped you and I'd have a million dollars in a suitcase for you, how long would you continue walking? As long as it took, right? Anything short of that would be silly.

What next? Expect them to come. Belief is the difference between being happy as a clam or failure. Live as if the person of your dreams is going to meet you at any time. It could be in a couple days, tomorrow or in 5 minutes. Smile, get excited, be grateful and believe.

Prepare for Them

Are you prepared to meet your new partner if they were to show up at your front door this very moment? Is your house a mess to the point where your partner would run away screaming? If she were to knock on your front door would she be greeted by someone in their pajamas with an unshaven 5-day shadow? And ladies, if “he” were at your front door right now, would he be greeted by someone in curlers, a bath robe and a facial mask?

If you’re truly expecting this person to come into your life and you have no idea where, when or how the universe is going to deliver them then you must be ready for anything. You could meet at the grocery store, stopped at an intersection, at work, in a restaurant or even someone asking for directions or delivering the mail to your front door. A first impression of bed-head hair, bunny slippers and pizza boxes on the floor could be a deal breaker.

Prepare as you’re expecting company to arrive at any moment. If you’re not totally prepared to receive your mate, what message are you sending out to the universe? By being unprepared you’re focusing on doubt, which will delay or counter your goal.

What Do You Want In An “Existing” Relationship?

Have you ever made a list of what you like about your partner? Have you ever told them some or all of the things on this list? Why not? Sometimes we take our partners for granted and forget to compliment them about what we like about them.

Do the following exercise to make a list of these traits:

Exercise #11- What I Like About You

Make a list as detailed as you can, pulling out all the stops of what you like about your partner. This is a list of what you like “right now” about your partner rather than past traits or future wishes. Keep it in the present.

If you feel it could be a positive situation you can share them with your partner. If not keep the list for you to look at and add to it as you can.

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I think you'll find that many of these traits you like about your partner are also your qualities as well. Remember, like attracts like! See where I'm going here? If there are other qualities you'd like your partner to have, rather than trying to change them, change yourself.

No one wants to be pushed to change. "You can lead a horse to water but you can't make him drink." I'm not comparing your partner to a horse but the concept holds true for humans as well.

Once you've decided on the new qualities you'd like in your partner and changed those same qualities in yourself you can go through the same process as we mentioned earlier to place your order. You're now in the proper frequency to attract these qualities as you're also putting them out.

*“Children are the living messages we send to a time
we will not see.”*

President John F. Kennedy

CHAPTER #10: Parenting Instruction 101

What's Inside:

Did you know that most of a child's programming is complete by age 12? By then they've developed the habits and beliefs of the person they're going to be throughout their lives.

This chapter is designed more of a hypnosis or conditioning tool for you the parent to conduct on your own children. With it you can help to make positive changes in the habits and beliefs of older children who may need new direction as well as those that may be too young to understand and successfully conduct the processes on themselves.

The Operation Manual for Developing Successful Children

There's been no owner's manual up to this point for raising children. Unfortunately parents aren't given an instruction manual in the hospital. They weren't taught the proper way to raise children to attain their full potential so they did the best they could with what they picked up along the way. In fact, the way they raised you was most likely the way they were raised and their parents were raised before them. You can say that you received an outdated, generational upbringing.

This explains why most people today will find that they have very similar restrictions, fears and limitations as their parents and children. Pretty much everything that was not handed down was learned through trial and error.

What is Being a Parent?

Being a parent is the process of supporting, promoting and in the scope of this course conditioning the physical, social, emotional and intellectual development of a child from birth to adulthood.

"Children are our most valuable resource."

President Herbert Hoover

The Four Styles of Parenting

The four parenting styles that we're going to mention in this section are based on two closely related concepts. The first is responsiveness which covers how much independence you're willing to give your children. The second is based on boundaries which includes how much obedience you'll require and how much freedom you're willing to allow them. How you incorporate these two topics together will determine your parenting style.

Here are the four styles with a brief description of each:

Authoritarian

This is a very strict form of parenting where a child is expected to adhere to rules that have been set by the parents with little to no input or communication from the child.

There's little give-and-take and it seems more of a dictatorship to the child as the parent will not accept being challenged.

Authoritative

This is a form of parenting in which the parent communicates in a warm and balanced manner with the child while still maintaining authority and control. This method encourages a sense of freedom of expression and creativity in the child. The child's also more likely to develop a sense of independence. Children brought up in this manner are more likely to be competent adults than in other styles.

Permissive

This is a method where the parents are more often warm and accepting making very few demands on the children. Parents seem to avoid confrontation and allow the children to be more self-regulating.

The parents will often use bribery as a means of controlling the children by offering them gifts, toys or treats to get them to do things.

This often results in the child being spoiled and able to manipulate or control their parents easily.

Uninvolved

This style of parenting is where the parent demands or gives almost nothing other than absolute freedom to the child. It can often be viewed as bordering on neglect. The parent seems to be totally uninvolved and unemotional towards their child's life.

These parents will provide only the basic of needs such as food and shelter for the children and oftentimes the children will find ways to fend for themselves.

“Where parents do too much for their children, the children will not do much for themselves.”

Elbert Hubbard

Child Learning Stages and What You Need To Know

If you were to review the chapter on Brainwave States you'd find some very interesting information which we'll discuss here in brief that will help to program your children for success. Here are the average ages that children are dominantly in each brainwave state and how they "learn" in each.

From Birth to Age 2

They're dominantly in the Delta state. Here they learn strictly through observation. You'll notice that children in this age group will mimic very well. It's the typical "monkey see, monkey do" mentality.

This is when they're beginning to form their conscious mind. Through exploration they'll develop their likes and dislikes and even begin creating habits. What kind of habits can a child this young create? Crying to get someone to come into the room to pay attention to them is one they create very early on especially if it works for them. Isn't it amazing how such small children can condition their parents so easily?

From Ages 2 to 6

They're dominantly in the Theta brainwave state. They'll learn from or become programmed by whatever stimuli or input they can receive through hearing, seeing or understanding. This is the stage where children seem to be mini-clones of their parents or whoever's influential in their lives. It's also when they pick up the many bad or foul words or insults that we really wish they didn't hear us say. It always seems to come out of their mouths at the most inappropriate time.

"Whatever you wish you didn't say; children will seem to repeat."

From Ages 6 to 12

They're dominantly in the Alpha brainwave state. They're beginning to

understand and learn much quicker but are still having difficulty with the concept of negotiation or reasoning. They easily learn through role-playing, mimicking, storytelling with a theme or ideas embedded in them and in imagination training.

Ages 12 and Above

They're finally spending large amounts of time in the Beta and faster brainwave states. Now you can finally reason with them and they'll understand what you're trying to get across.

NOTE: Reasoning with children before this age is not only frustrating to you and them but it's basically a useless exercise in futility.

I'm still amazed with the many times I see parents in public places arguing with their young children under 6 years old. In the department store you can hear the child in the carriage screaming as the mothers' in a tug-of-war contest with the child saying things like;

“You can't have that toy because mommy doesn't have enough money!” or,
“Stop screaming right now or no TV for a week” or,
“Stop it or I'll tell your Daddy and you'll be in so much trouble.”

You know the ones I'm talking about, you can hear the screaming all around the store as they're relentless in wanting to overpower the child with their authority. It's very unfortunate for the child but most parents don't know any better and are so frustrated that they seem to raise their voice rather than approach these challenges creatively.

What are other no-no's for children under age 12?

“Eat your vegetables or you'll have no dessert.”
“Eat it or you'll sit there all night until you do.”
“Finish your meal or go to bed!”

Threatening Never Works With Children...

They don't understand negative yet. It's not part of their mental makeup until they get older. Consider speaking that way to your dog or your cat. Would they respond any better? Of course not, because they live dominantly in the Alpha brainwave state.

When watching young children playing together with toys on a playground occasionally you'll see bizarre behavior. Once I noticed a child who had his toy taken away by another one, stand up screaming at the thief, pointing a shaking finger of disapproval at them. Where did that child pick up the shaking finger of disapproval or even the screaming for that matter? Most likely from their parents or who they're influenced by most of the time.

Children Just Say What's On Their Minds.

They don't say it maliciously or to hurt your feelings they just say what they're thinking or what they've heard. After all if they love their parents they'll want to mimic them by saying what their parents say. Mimicry is the highest form of flattery. They'll say things like, "You look funny." or "Why don't you have any hair?" You need to understand that they're curious and don't understand what's appropriate to say out loud or not. That comes with reasoning which they won't have a handle on until about 12. Until then it's the parents duty to steer them in the right direction.

A while back when my granddaughter was about 5 years old I had a chat with her on the phone. Being of French lineage, rather than calling me grandfather she calls me Pèpère (*French for grandfather*). I was initially on the phone with my son who asked her if she wanted to talk with me to which she said yes. She got on the phone and I asked her how she was, what she was doing and that was about all the attention span she had for me to which she suddenly blurted out, "Pèpère, I don't want to talk to you anymore, bye-bye", she put the phone down on a chair and went back to her room to play with her toys. I was shocked initially by what had just occurred, and then I started laughing at how refreshing it was. She wanted to go play and she had had enough talking with me so she just told me and moved on.

What honesty! She was quite pleasant and meant no harm or disrespect, she just wanted to go. I'm sure we all wish we could be so candid in all of our dealings with each other.

I learned an important lesson that day. How many times do we make these elaborate excuses when we don't want to do something? If you want to get off the phone you blame it on the dog, someone at the door, something burning in the oven or you have another call coming in. How about just saying, "I don't want to talk to you anymore, bye-bye"? How simple would that be? I know I said this before but:

"If you really don't want to do something then one excuse is as good as another, isn't it?"

How Suggestible Are Children?

When asking how suggestible children are the word “extremely” would be an understatement. I’ve been teaching people how to become hypnotherapists for many years. We teach that the most appropriate definition of hypnosis is simply being open to suggestion. If you’re open to suggestion then you’re in a state of hypnosis. Since you’re open to suggestion virtually your entire day then you’re in a state of hypnosis most of your day as well. After all why else would you go to the grocery store to buy 10 items and come back with 30?

The hypnotic state is a highly suggestible state that begins in the Alpha brainwave state and as your brainwaves slow into Theta and Delta you go even deeper into this phenomenon. Since children are primarily in these states until age 12 then they’re “always” highly suggestible. No need to sit them down and bring them into a relaxed state or wave a stop-watch in front of their eyes; just give them suggestions and they’ll accept them.

How? Through their imagination; that’s why children’s books, Disney movies and learning television shows are so popular. They utilize the child’s imagination to learn, expand and explore. In fact the best way to supercharge the acceptance of suggestion is to use your imagination. If you can imagine yourself doing something you’re already accepting the suggestion.

So children up to age 12 are:

- Highly imaginative
- Highly Suggestible
- Copycats
- Soak up information like a sponge
- Naive
- Only understand positive
- Are brutally honest and innocent

You can see by these traits that the programming of children which is a daily occurrence is a “huge” responsibility and not to be taken lightly. It’s the very molding of a human life. Their upbringing to this point is not only affected by you but virtually their entire environment that they’re allowed access to.

Who's Raising Your Children?

You - relatives - sitters - day care centers - television - video games - or the streets? Just as with a computer what input goes in determines the quality of programming you have available. If the quality of your children's upbringing and future is important to you, if you're determined that they become successful in life then be aware of what they're being programmed with!

If you owned a small business that was very important to you I bet you'd be very concerned about who you'd allow to use or program your only computer, especially since it held the entire database of your livelihood. Then why are so many parents willing to let an asset like their children's programming and futures be influenced by so much time at day care centers being run by strangers, baby-sat by relatives or raised by the television and video games?

Are they really learning your morals and standards or that of the people hired to watch them along with 30 other children in a 40 hour a week minimum wage job?

Did you know that by age 12 most of your child's programming or conscious personality has been developed already? It will determine the direction of their lives from school years to adulthood, whether they're successful or failures. It will determine what they'll choose for a career, the quality of their relationships and even their health or lack of.

I imagine most people in this situation are thinking this right about now:

"But it's a bad economy and we both need to work to get by."

"I'm so tired when I get out of work that I need time for myself."

"I need my freedom and am not ready to be a full time mom right now."

"My mother's retired and she did a good enough job raising me."

"We want our children to have the finer things in life." or

"We want them to have what we were never able to have as kids."

To which I respond: "If you don't want to take responsibility for the raising of your children then one excuse is just as good as another." Victims complain, explain or justify. Successful people take 100% responsibility for their lives.

I think children would much rather have their parents around than the finer things in life if given the choice. You know something though; by understanding the power you have as creators, why not have both?

NOTE: I'm not here to judge anyone's abilities as parents. My job is to tell you what works best to raise a child to be a super successful achiever without restriction and what doesn't work. Take what you can use and learn from the rest.

"Children must be taught how to think, not what to think."

Margaret Mead

Rewarding Positive Behavior

It's amazing how the "norm" seems to be taken for granted but things out of the ordinary are immediately noticed. What I mean by this is how children that are usually well behaved most of the time may not be recognized however as soon as they behaved badly it's noticed and dealt with as it's out of the ordinary.

In fact some children seldom get attention from their parents unless they act out or become naughty. Since the good behavior isn't noticed and the negative behavior is the child decides to become negative as a way to get their parents to notice them and spend more time with them. In other words negative behavior does have its own rewards.

Because of this it's very important to recognize and compliment positive behavior. The idea is to reward the positive behavior as a way to encourage the child to continue. After all why would a child want to spend all their time behaving if it's not noticed or recognized by their parents.

Here's a short list of behaviors that you can be on the lookout for so you can complement your children more often. Remember positive reinforcement is a better incentive than negative attention however when positive reinforcement isn't available then the child may realize that negative attention is still attention.

Complement and/or reward your children for:

- For being obedient
- For being respectful or courteous to others
- For simply being part of or contributing to the family
- For being themselves
- Doing their chores
- When they achieve a goal at home or school
- When they achieve a partial goal along the way to a larger one
- Even if their best is short of perfect or less than desired
- For their sense of style and uniqueness
- Their imagination

Be more vigilant in rewarding positive behavior than for noticing the negative.

Creating a New Child from Scratch (*birth*)

An infant will begin to develop its conscious mind from as early as birth. There are some who believe that this process might even start before birth while it's still in the womb. This may account for why an infant is born completely prepared to enter its environment. It's able to pick up many things through its forming senses about the outside world as well as through its mothers emotions and reactions. It may even have already formed likes and dislikes as to the music it prefers and the sounds of certain people's voices.

Whether this is accurate or not we do understand that at birth and infant will begin to develop likes and dislikes thereby forming its conscious mind and creating new habits.

Remember that from age 0 - 2 the infant's a completely right brained being operating on a subconscious level. It's too young in its progress to understand reasoning or to be taught anything conventionally. It learns from the most basic methods of observation, mimicry and of course what it likes or dislikes.

How to Be Able To Sleep Through the Night

One of the first habits that the infant will develop very early on is whether it's going to sleep through the entire night or learn that it can have its parents come in every hour simply by crying or screaming. Once it learns that continual crying will be responded by its parent picking it up and consoling it, it may decide it enjoys this stimuli/response reaction and develop a new habit of doing it.

The problem is that parents that are new to the child rearing experience will tend to hover over their infants and rush in to check on them every time they hear a peep. Unfortunately the infant picks up on this, decide it likes it and will continue with the behavior to have the parents run in and check up on it at its every whim. The result of this scenario will be many sleepless and frustrating nights for the parents.

Experienced parents who already have gone through this realize that by only going into the bedroom for emergencies at night will keep the baby sleeping throughout the night thereby giving both the baby and the parent desperately

needed rest.

Now you realize that the habit of a baby not sleeping through the night is a habit that is developed through the efforts of both you and the baby. If the baby didn't realize that you running into check on them every fifteen minutes throughout the night wasn't a possibility then it wouldn't have developed a desire to do so.

Although the infant doesn't have speech patterns yet this may be along the way that its thought patterns work:

“If I cry mom comes in – I'll keep crying till she does.” Habit formed.

“If I scream nothing happens – I'll stop screaming.” Habit formed.

Children will take as much as you give them...

As their conscious mind continues to develop through this process of likes and dislikes they'll begin to form their own unique personality of the music, foods, toys and even sounds they like best. They may smile and look adorable when you give them peaches and scream bloody murder when you give them strained beets. But then again who wouldn't?

Monkey See-Monkey Do

As they get a little older they begin with the mimicry stage. I always find it amazing how many parents will use foul language or act inappropriately in front of their children rationalizing it by saying they're too young to understand so it won't harm anything.

That mentality could not be further from the truth. Most young children adore their parents and will mimic them as much as they can. This is why when you see young children playing together as mentioned earlier you may see one of them getting angry and waving their finger at the other as a parent scolding a child does when they don't get their way. They have no idea what this finger waving means but they observed it from their parent when it was done to them.

Children don't have an angry bone in their body that came with them originally. Anger, jealousy, greed, being a bully, bad language and even hitting is something

that they observed and learned from their parents or someone else close within their environment.

I enjoy observing children with their parents when I go to the malls with my wife shopping. I often see the child acting exactly like the parent does using many of the very same mannerisms. They even speak to their parents, siblings and others sounding similar to the parents with the same nuances.

In fact I once had a parent tell me: "I have no idea where my bleeping child picked up that bleep type of foul bleeping language. They certainly didn't bleeping pick it up from me. It must be the bleeping babysitter." (*Exchange the word of bleep or bleeping with a vulgar four letter word and you'll understand the sentence better.*)

Encouraging Imagination

If you've had young children you've experienced seeing them playing with their imaginary friends or interacting with objects, people or things that are not apparently there to you. Keep in mind that these children are working on a primarily subconscious level and the subconscious mind is operated through the imagination.

Since everything in the conscious world is a secondhand duplication of what's created in the subconscious and a child spends the majority of their life in the subconscious world who's to say that what they're seeing or imagining isn't real? To them it obviously is since this is their primary world.

What I'm getting at here is don't discourage them. If anything continue to encourage them to develop their imagination. Imagination encourages creativity and expands the mind and these are traits that will help them through their entire life and even as adults.

Create a Sheltering Bubble around Them

You're responsible as a parent to develop this young child's mind. Now you realize that they're already developing their conscious mind and mimic virtually anything they can through their environment. It's very important for you as a parent to take inventory of their surroundings and make sure everything is conducive to

their positive upbringing and development. What should you shelter them from? Here's a partial list that may help you but ultimately you'll have to use your own discretion:

Negative neighbors

People with bad habits

Angry children

Television commercials as most all of them are designed to condition the child in various ways.

Television programming

Computers

Video games

Music

Babysitters must be extremely vetted and watched.

Safety issues around the home.

Trust levels of pets.

Day care centers

Doctors or any medical professionals that interact with them regularly.

Although I have great respect for medical practitioners, I've found some that were completely rude and disrespectful towards children. Be cautious when you leave them in a room behind a closed door with no matter who it is.

Ingredients in most anything they consume. Just because a food may be approved by the FDA keep in mind the FDA stands for Food and "Drug" administration. So don't blindly trust their discretion but use your own as to what's healthy or not for your child. Many parents even make their own baby food out of wholesome, organic ingredients so you do have choices.

As the child ages and expands outward you'll want to expand this bubble into who the child plays with, where they go on a daily basis such as the playground, the environment of the places you bring them such as stores, restaurants etc.

Neighbors

Relatives

Friends and the list is virtually endless.

Yes being a good parent is an endless process. My children are in their 20s and

30s and I still have strong impulses to protect them from their environment but I obviously hold most of those impulses back.

Creating their Environment

Consider yourself as the frontline environment creator for your child. If you can surround them with positive things and continually encourage your children that they have the capabilities of accomplishing anything they'd like in life you'll be amazed at how they'll succeed once they get on their own.

"If anyone else can do something then so can you because they're human just like you and success leaves clues."

Building a Better Child

In the previous section on “Creating a New Child from Scratch” you were given information to help develop your child's conscious mind from birth. This section will be about how to work with a child who may already have negative programming or something other than the programming you wish they had.

The Overhaul - Starting From Where You Are *(their current age)*

One of the most important things that you can teach any child is the proper way to think. In a previous chapter titled The Power of Thought we spoke about how there are three kinds of thought. Those were Elite thought, Original thought and Environmental thought. Since they're subject to environmental thought on a continual basis it's up to you to teach them from an early age the traits of elite thought.

Remember elite thought is to think only what you want. The subconscious mind is a thought creating machine and now you already know that thoughts become things so it's important to teach a child that regardless of what anyone else says they can be successful in anything they do.

- They can remain healthy in a world of sickness.
- They can be anything in life that they'd like to be.
- They have the ability to win in any situation.
- The only limitations they have are the ones that they place of themselves.

Environmental thought is based on observational thinking. It's based on what the group says and is followed by most of the population. It teaches that sickness is prevalent, that everyone is mediocre and that only the lucky or privileged succeed in life. That kind of thinking isn't something that I want my children to be involved in. So you can see how it's still important at this stage that even their thought process is sheltered and cultivated by you.

Imagination Training

It's important to continue to teach them how to imagine and to use their imagination as often as possible. In an earlier chapter we spoke about how

imagination is the key to growth in the subconscious world and that imagination is one of the most powerful tools for self-hypnosis and lifelong positive conditioning.

Right Brained Learners

Another thing that will help you especially in the learning stages of young people is that children under the age of 12 learn best with right brained instruction. Right brain type instruction are the types of learning that involve hands-on activities such as arts, crafts, stories, involving imagination, creativity, using groups, projects, writing on the board, coloring or anything else expressive.

An example of left brain instruction would be getting a lecture from an instructor behind the podium. Most children listening to a lecturer would lose interest within a few minutes or probably fall asleep. That's why lectures are mostly given to college age students or above.

Eliminate Stress

Help to keep you children free from stress in their lives by encouraging them to practice all of the activities that enhance growth such as happiness, laughter, contemplation and exercise. These practices will keep their immune systems working in top order but more importantly give them the added advantage of use of their frontal lobe at will for original thinking.

Hypnotic Conditioning

One of the best ways that I've found to enhance a child's ability, program them with a new capability or habit or even to eliminate a negative habit is by going directly to the subconscious mind with various methods of self-hypnosis. Keep in mind that all hypnosis or conditioning is based on suggestibility and being able to imagine the suggestion.

In the upcoming section you'll learn five forms of self-hypnosis type conditioning that can be used to create change in your child. The reason we've included five methods rather than just one is that one method might work best for your child above another especially if they have a tendency of resisting or challenging your

authority.

"Children are great imitators. So give them something great to imitate."

Anonymous

5 Methods to Condition Children

It's important when conducting these various methods of hypnosis especially if the child is getting close to teenage years that you discuss the process in brief with the child to get their consent and approval. Even though it may be your child, the reason it's important to get their approval is because it will help in the acceptance of the suggestions if the child is not openly trying to fight you.

This is not as important with really young children such as ages seven and under as you can use sleep hypnosis to affect change in them without their even realizing it.

It's also important that hypnosis is never used as a punishment method or as a way to get children to do anything that they wouldn't want to do themselves. In other words don't use hypnosis as a way to get the child to do the dishes, pick up their room or take out the trash. If this is something that you need to have them do then rather than using hypnosis, use your authority as a parent to get them to do it. I'm sure that if they have a choice of taking out the trash if they want to go to the Saturdays' dance they'll do it pretty quickly.

Here's a few of the things these techniques can address:

- Eliminating bad habits
- Creating positive habits
- Enhancing their inner abilities
- Nail biting
- Bed wetting
- Confidence
- Sports enhancement
- Self-Image
- Making friends
- Test anxiety and memory retention
- Be the person they and you want them to be

“Any positive behavior can be enhanced with hypnosis”

1. How-to Program Children while they Sleep

This is a technique of programming suggestions that can be used for younger children up to the age of approximately 9 or 10 years old. Keep in mind that they're "already" in the prime suggestibility states on a regular basis. Children are perfect candidate for sleep programming as long as they're old enough to understand you.

In my personal hypnosis practice I have taught many parents how to conduct these exercises to their own children. Before beginning the sleep programming session it's important that you already know what you're going to program the child for and you have prepared simple suggestion(s) in advance. To create simple suggestions that will be readily accepted by the child, prepare your suggestions according to these guidelines:

Keep your suggestions simple, attainable, positive, measurable, in the present tense and include a reward for accomplishing the task suggested.

Simple - Just a few sentences - You should be in and out in a couple of minutes.

Attainable - Think of the "buying-in" principle. Is it possible to the child? If not then break down the goal into bite-sized (*smaller and attainable*) portions.

Positive - All suggestions should be positive. The subconscious mind doesn't understand negative in any manner.

Measurable - Don't leave their mind wondering how much they should do on its own as it will always take the easy way out. How much? How Long? How Many? etc. Break down measurements into time, steps, meters, liters or whatever is appropriate to your suggestion if applicable.

Present tense - The subconscious mind only understands "now". Suggestions must be in the present tense as well.

Include a reward - Why should the child do the task? What's in it for them? Health, wealth, happiness, laughter, candy, fun, a new bicycle? What's their motivation?

Confidence Example: *“Jonny, Daddy loves you and you’re a very good boy. Tomorrow at school you’re very happy and confident. You feel as if you can accomplish anything you want to and you’re the best that you can be. You feel great and proud of everything you do. Your day is going so great that you’re always smiling. Now go back to sleep and have beautiful dreams. Daddy loves you...”*

Here’s How it’s Done

It’s best to wait until evening when the child’s asleep. Quietly go into the child’s room and sit or kneel comfortably beside them. Now it’s important that you speak to them while they’re in the stage between being asleep and awake. You’ll do this by using your index finger and begin to tap the child lightly on one of their fingers while saying their name ... such as:

“Johnny, if you can hear me move this finger ... if you can hear me move this finger.”

(Continue saying this until you see their finger move) It’s important to say this softly and calm enough so you don’t startle them and wake them out of sleep. You just want to pull them out enough so that they hear you and move their finger. Once they’ve done that you’re set up to begin reciting your suggestions.

Remember to always be positive in your suggestions, to keep it simple, quick and to the point. Give plenty of positive reinforcement throughout the entire process, which should take less than two to three minutes. You may want to repeat the process several nights if necessary.

2. Story Telling

Did your parents ever read you stories as a child that had a moral to it? If you attend church does your minister begin his sermons with a motivational story or recite parables? Have you attended sales training or motivational webinars where the speaker began with an interesting story or joke that had a lesson in it to be learned? If you answered yes to either of these questions then you’ve experienced this hypnotic Story Telling effect.

Including suggestions within stories or metaphors can be considered a form of covert hypnosis where suggestions are being given indirectly oftentimes without their realizing it. It's a great way of telling a child what needs to be done without having the fear of them rejecting the message.

Storytelling can be a very effective form of delivering suggestions as many already have embedded messages within them. This is most often seen in the writing of fairytales, nursery rhymes, fables and parables.

Example:

Being told stories by your parents to get you to conform. One would be reading the story, "The Boy who Cried Wolf" to a child who has a problem with lying.

Reading bedtime stories that include a moral to your children. This helps them to associate with the way things should be in a perfect world.

First thing is to determine what message or suggestions are required to deliver to the child. Then if you can find a good story with them embedded already you can use it. If not then it's time to be creative and create your own positive story with the messages within it.

Be sure it's a story that the child can relate to and identify with. Fictitious characters and even animal characters can work great. The child will relate to the characters plight and associate it to him or herself.

3. Direct Suggestion or Imagination Training

This is the simplest and most straight forward of all the methods.

Direct suggestion is something that I use quite often with children under the age of 12 as it's extremely effective and saves quite a bit of time. It's also something that parents can use at home for virtually any form of suggestion that the child needs.

Before describing the process it's important to understand the mindset of young children. Referring back to the brainwave levels you'll find that children from the ages of:

- Birth to age 2 - are completely in the Delta brainwave state.
- From ages 2 to 6 years old - they're primarily in the Theta brainwave state and
- From 6 to 12 years old - they're primarily in the Alpha brainwave state.

Notice that all three stages are in the hypnotic state.

If they're already there then why spend half your session trying to bring them there again? If you know they're already there all that needs to be done is to have them close their eyes and begin giving them suggestions.

Probably the easiest way to hypnotize a child under 12 years old is to have them close their eyes and to use their imagination. If the problem is that the child needs to pay attention more at school then have them imagine themselves being in school and paying close attention to what is being taught. Have them imagine how wonderful it feels by being able to pay attention in class and understand everything that's going on.

4. Pygmalion Effect

This process is more of a long term conditioning of your children that directly affects their self-image and long term success in life. The Pygmalion Effect more commonly known as the "teacher-expectancy effect" refers to situations in which students perform better than other students simply because they're expected to do so.

“Internalizing Expectations create Self-Fulfilling Prophecies in Children”

The Pygmalion effect requires a student to internalize the expectations of their superiors. It's a kind of ***self-fulfilling prophecy*** and in this respect, students with poor expectations internalize their negative label, and those with positive labels succeed accordingly.

Studies conducted found that if teachers were to expect superior performance from certain children then the children would indeed show that improvement. In some cases such improvement was about double the other children in the same class.

How this effect works can be seen during Jane Elliott's blue-eyed versus brown-eyed discrimination exercise, where third graders were divided based on eye color. On the first day of the exercise one group was given preference and regarded as "superior" because of their eye color with the other group repeatedly being considered inferior in intelligence and learning ability. On the second day of the experiment, the groups were completely reversed with those oppressed against one day being regarded as superior the next.

Elliott gave spelling tests to both groups on each day of the experiment. The students scored very low on the day they were racially "inferior" and very high on the day they were considered racially "superior." Jane Elliott as a result of her test was quoted as saying...

“How we believe the world is and what we honestly think it can become have powerful effects on how things turn out.”

How to use the Pygmalion Effect to your advantage:

- Choose your words carefully when speaking to your children being sure to always instill the ideals of success and happiness in their futures.
- Decide what you want for your children and constantly paint the picture for them in a way that they can imagine it at the same time showing them how proud you are of them as well.
- Be sure to let them know that they're successful now and on track for that bright future.

- Always promote them and never talk down to them or say that they can't do something.

5. Writing

Writing is also a very effective hypnotic technique that can be used with children. Taking the time to figure out what you want to write about, wording the sentences and writing it on paper ensures that you use your imagination to figure it out so you can accept it easier.

Once you've decided the suggestions that you'd like to deliver to the child ask them to write a short story about them as the main character having completed the desired suggestions.

While they're writing the story they're effectively hypnotizing themselves utilizing the Imagination Training Method of hypnotizing children mentioned earlier.

This requires no special props, location or preparation. Simply give the child a notepad and pen and then have them sit at a table or desk and begin.

You can even have children that are too young to write accomplish this as well by having them sit and draw themselves in the scenario that you're trying to instill in them. Give them crayons and have them draw a picture of themselves being awarded a paper from their teacher at school with a huge, red A+ on it as an example. This will create the picture in their subconscious thus accepting the suggestions of doing better in school.

“Happiness is not something ready-made. It comes from your own actions.”

Dalai Lama

CHAPTER #11: Creating Happiness

What's Inside:

Have you found yourself saying statements like these?

"I'll be happy when I get that new car."

"I'll be happy when I get my raise at work."

"I'll be happy when I finish this project I'm working on."

Most of us have from time to time however if you're waiting for happiness to come to you then you'll be waiting a long time. Happiness exists in the now, at this present moment.

Either you're happy or you're not. It's that simple! If you're not then this chapter will help you find out why and how to change that. You deserve to be happy so let's have some fun and do it now! 😊

The Purpose of Life is to be Happy

It's a natural drawing force with all living things. It's why we love to eat ice cream and chocolate, why we've created huge malls to shop in, why there are so many varieties of perfumes and makeup available. It's why guys love their trucks, boats, golf clubs and cars. It's why dogs will do anything for you to pat them and why they love to stick their heads out the car window when you're driving. It's why cats sleep on the windowsill with the sun beating down on them. It's why dolphins jump completely out of the water and bears scratch their backs on trees. It makes them happy!

At birth before all your programming and propaganda began you understood this. Your conscious mind had not begun its development and you were pure subconscious living primarily in the Delta brainwave state. You were pure potential and still entirely connected to Source. All you knew at that time was that if it felt good, you did it. You played with your toes and fingers, you screamed as loud as you wanted, you rolled, cried, drooled and laughed.

You were in a world of your own, unaffected by the negativity and chaos of the world you were surrounded by. You were as happy as could be until your relentless display of happiness began to hinder the happiness of those around you. Suddenly you were told to stop screaming and many of your other behaviors that were once fun, were now unacceptable. Your conscious mind was beginning to develop and your happiness spree had hit a bump in the road.

Eventually through years of programming and growth we became who we are today. When watching children having fun in a playground totally oblivious to the world around them, you're brought back to your own childhood. It brings a happy, peaceful feeling over you and somehow magically takes you out of phase with the hustle and bustle of your own busy life and responsibilities for a few moments. You realize that this is what happiness is all about.

It's not too late to be happy. You can stop your world from spinning out of control and create one of peace and happiness.

Are you happy now?

What's your present programming about happiness?

To answer that question, ask yourself this:

Throughout your life what have you been taught, observed, understood or heard from your parents and circle of influence about the ability to lead a completely happy life? In other words if you were to tell your parents; "Hi Mom and Dad, I've decided to change my life and only do what' makes me happy." How do you think they'd respond?

Possible responses:

"Are you out of your mind?"

"You need to work hard to get ahead, there's no time for being happy!"

"Did you join one of those religious cults?"

or will they say something like;

"Were proud of you, how can we help?"

"We're happy you're finally starting to get it. Happiness is the most important thing in life."

Whatever they said; that's your blueprint also. That's what you're brought up hearing and believing. If that is not in alignment with your current goal then your first step is to change your current programming!

No one can "Make" you Happy or Sad

Did you know that no one can actually "make" you feel happy or sad? You have a choice to feel whatever you want. Since you're the creator of your own reality you can choose to react to the outside world or just let it go. The beauty of having a choice to do what you want is that you have the final consent.

Look at yourself as an actor in your own life. The purpose of an actor is to "act" and not to "react". Be an actor in any situation in your life. No matter what you're confronted with, act the way you want. People seem to take things too personally. Remember that, "It's not about you." When someone says bad things about you or is hurtful, it's a reflection of their own inadequacies, not yours. You can be a reactor and feel bad all day long or you can be an actor, put a smile on your face, start whistling your favorite song and walk away. You'll feel much better and leave the negative person scratching their head in puzzlement.

How do you keep positive when surrounded by constant negative energy? By feeding yourself positive energy whenever you can. What happens when you don't eat for a long time? You become hungry, irritable, tired, dizzy, faint, sick and then it gets serious. The same thing happens when you don't feed yourself with positive vibes or energy. Have you ever noticed when you're around fun, happy and excited people you seem to feel really upbeat for a while? Have you also noticed that when you're around negative people this upbeat nature seems to fade away leaving you feeling irritable, tired, dizzy, faint, sick and then it gets serious? See the similarities?

"You must feed yourself spiritually or emotionally just as you do physically. Even a car will only run so long before it runs out of gas. You need to feed it."

What can you do to feed yourself or "gas up"? Read motivational and self-help books like the one you're reading right now, listen to inspirational tapes and music and take self-help courses.

Here's a list of more things you can do that you may find useful:

Play
Laugh
Help others - be of service
Practice gratitude
Relax
Meditate
Exercise
Be around kids
Be around animals
Associate with upbeat, happy people
Go to a hospital nursery and peak at the babies (*when they're not crying*)
Get rich – and spend some of it
Be childlike
Get a massage or two
Go to the movies
Go Kayaking
Golfing
Shopping
Bowling
Play sports
Toss the ball with your kids or parents
Eat out
Dance
Travel
Play games with friends
Swim
Jog
Ski
Skate
Let your imagination run wild and come up with as many more as you can...

Exercise #12 - My Happiness List

Create a list of what makes you happy and post it somewhere with easy access so you can add to it whenever you come up with something new.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 13 _____
- 14 _____
- 15 _____
- 16 _____
- 17 _____
- 18 _____
- 19 _____
- 20 _____
- 21 _____
- 22 _____
- 23 _____
- 24 _____
- 25 _____

Review it daily and plan to do some of them whenever the opportunity arises.

How to become a Reverse Paranoid

A Reverse Paranoid is someone who feels the world is out to help them! They feel like everyone and everything is on a mission for them to succeed. Sounds like an awesome way to think, isn't it?

What would be the result of thinking this way on a regular basis?

First, you would be constantly attracting what you're focusing on which is success and opportunity.

Next, you would be happy most of the time, as everything would seem to be going your way.

This would cause you to feel grateful, which is the highest frequency of all emotions stepping up your desires even faster.

People would want to be around you since you're putting off so much positive vibes.

You would have more energy, confidence and even better health.

How does this sound in comparison to the life you're presently living? Being a reverse paranoid, like anything else, is a choice. How could you live this way? The first step would be to realize that it doesn't just happen you make it happen! Look at the word happiness as a verb. It's an action word that you must do.

To be happy, be happy!

Happiness is now - not only when something happens later on. You must feed yourself daily as we mentioned earlier. It's your gas to keep you running positively.

Find the positive in any challenge:

What's the difference between a problem and a challenge?

Compare it to the glass being half empty or half full. It's how you look at things.

What's the difference between a challenge and an opportunity?

It's the same kind of perception. It's how you look at it. Think about any challenge facing you... What's the opportunity in that challenge? What can you learn or benefit from it?

The majority of people have problems, these problems can grow so big that they seem unmanageable and can consume them.

The Elite only have opportunities. They find the silver lining in every opportunity that arises. They feel that it was placed in their path to assist them in their growth process.

All three groups experience the same things on a daily basis but either react or act to them differently. Which would you prefer?

Imagine you were on your way to work and you had a flat tire. How would you react to the situation?

As a problem you may be upset that you're going to be late and the boss will yell at you. You get so overwhelmed that it's such an inconvenience. It's the "why me?" attitude.

As a challenge you call the travel club and wait for them to come replace the tire knowing that you can call your boss to tell him or her what happened and they'll understand.

As an opportunity you can call the travel club to come repair the tire, call your boss to inform him or her about what's going on and take advantage of the opportunity to relax, make some personal calls and enjoy the break in your day.

Happiness from the Inside Out

People seem to be looking outside for their happiness. They say if they can have more money they'll be happier or once they get a new car, house, girl or boyfriend, job, vacation, dress or telephone. These may seem like nice things to have but here's the plain truth of the matter. If you're a miserable person now, even when you get the new toys that you think will make you happy, once you get them you'll only be a miserable person with a new toy. You create your own happiness; it's not an outside occurrence.

True happiness comes from finding your center. You could even enjoy happiness if you were in the middle of a battle-zone. The battle outside has no effect on your inner self if you don't allow it to. Have you ever watched children in a playground riding on one of that round, spinning platform contraptions? They have safety bars connected to them that the children can hold onto and the faster you spin them, the faster everyone on them will go around and around. The interesting thing is that the kids that are hanging onto the outer edges of the platform are hanging on as hard as they can so they aren't thrown off of it due to the centrifugal force of the spinning. The children in the center however seem to be experiencing very little, if any force at all. In fact they can even let go of the bars and calmly watch the others being pulled in all directions. They're in the center of the ride spinning out of control.

Happiness comes from within. You can be in the center, unaffected by a world spinning out of control. By finding your center, I mean to realize that you're in control, unaffected by anything if you choose because you're the chooser. Where is your focus? On outside influences or on what you want which is happiness?

We live in a turbulent world. Even if you just stayed in your living room all day without leaving you could still be affected by the influence of the entire world through the internet, television, newspapers, radio and the list goes on. Let's face it, in order for something to be in the news it must be negative, devastating, criminal, life threatening or otherwise shocking or it wouldn't get the ratings. When is the last time you turned onto Channel 13 News and saw a cover story about a 75 year old woman who baked a chocolate chip cookie that looked just like Elvis? It may be interesting but not newsworthy. Where's the shock value?

Rather than focusing on the stress and hardships of the world that you have no control of, focus on yourself, which you can control. Choose to be happy, choose to see the silver lining in everything and choose to be a reverse paranoid!

Exercise #13 - Happy Home Worksheet

Happiness begins at home. For most people, with the exception of work, home is where you spend most of your time. What are you surrounding yourself with? Is your home environment one that promotes and raises your vibrations or is it one that does the opposite?

Having a home that you're happy with will help you to be happier; raising your vibrations. What goes through your mind when you're at home? Are you thinking about the many unfinished projects? Are there broken things that you have wanted to fix but haven't got around to? Maybe a broken window, a door that doesn't close properly, burned-out light bulbs that need changing or even a leaky faucet. Are there maybe items that you don't like that you've wanted to get rid of?

Take a walk from room to room in your house and write down everything you don't like about it in the left column below. In the right column write what you would like to see, have or replace it with. *(Use this exercise for your work or car also)*

Don't like

Replacement

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Exercise #14 - Daily “Do” Lists and Reflections

“Do” lists are one of the single most effective tools used to attain success than any other. Consider it the short-term directions or street map to get to your larger goal. It’s a broken down list of what you can do each day to get where you want to be.

Each morning create a list of anything that needs to be done for that day. Throughout the day as you accomplish a task check it off the list so you know that it’s finished and you can see your progress and also adding new things that may arise during your day.

At the end of each day before bed go through your list one more time to assess what had been accomplished and update the list for the next day with your new and unfinished jobs.

Be careful to do only what you can effectively and not to overwhelm yourself with trying to do it all. That’s a sure way to not get any of your work done well. “Anything worth doing is worth doing right.” Remember, in life you’ll *never get it done*. There will always be more to put on your list. The measure of success is not how much you do but how well you do it.

Walmart Wisdom

Raluca and I were in the checkout line at Wal-Mart a while back when we noticed a mother with her young son in front of us. The boy was arguing with his mother that he wanted a bottle of Pepsi to which she responded, "No, you can't have that. There's too much sugar in it and it will ruin your teeth." After they checked out the cashier looked at us as we all smiled about what just happened. I said to her "Well, I guess he can't have it..." to which the cashier chuckled and said, "Are you here for a long time, or a good time?" It's amazing where you can find wisdom these days...

Are you happy being you? If you are then you're at the right place at the right time. If not then take responsibility for yourself and change it. Whatever you want, whatever makes you happy is the right choice for you.

Be happy.

“The mind is everything. What you think you become.”

Buddha

CHAPTER #12: Self-Hypnosis Methods

What's Inside:

Choose Your Favorite(s)

There are twenty methods of self-hypnosis tools in this chapter. Some are developed to utilize the affirmations in the next chapter, some can use the traditional type of hypnosis session scripts, some require letting your mind imagine what you want without scripts of any kind and there's even a few that have totally unique properties to help you build your permanent habits.

Read through them all and find the one you thing will work best for you. You may even find a few that you prefer. Variety can keep your habit building process interesting and more enjoyable.

So take a deep breath, read through this chapter and "choose your weapon!" I mean tool for change...

Many Minds – Many Methods

These are methods of self-hypnosis that you can use to program yourself. Choose the one(s) that work best for you.

The traditional methods of self-hypnosis do have their place as they've been tried and proven. Oftentimes however people seem to fall into this trap of only accepting one or two methods which can severely limit your success.

This chapter will open your eyes to many additional ways you can conduct self-hypnosis giving you a choice to find the best one(s) that fit your needs and situation.

Now you have a variety of tools available to you and that you can help others to use as well.

Affirmations

Affirmations are tools mostly used by the new age and new thought belief system that affirm a carefully crafted statement or phrase that can be written down and repeated verbally.

Repetition is one of the key ingredients in creating change or habits. Virtually every habit you created thus far was attained through repetition until it became a subconscious, automated behavior.

These affirmations can be either written on a paper that you carry with yourself that you can repeat when you have the time or some people prefer to print them on posters so they can hang them on their wall either in their home, office or other private places they frequent.

Keep in mind that one of the most important things when repeating affirmations is to imagine yourself doing them while you're reading them. Imagination is a very strong helpmate to change.

Another form of affirmation which is slightly different than the one just mentioned is to create an Imagination Board. This is a board or poster or even the computer screen if you like what you would place pictures of what you want. They can be pictures of health, wealth, happiness or whatever you like.

Many people will have vision boards with pictures of the house they'd like or a new car, boat and even vacation spots they like to visit. By having these posted in the place where you can see them often, they'll begin to become part of your subconscious through the repetition process helping you to attain them.

Traditional Hypnosis Scripts

These are suggestions usually written in paragraph form which are similar to affirmations but are read to the subject by another person. Rather than being written in the first person using "I am or my" they're written in the third person using "you are and your".

Most traditional hypnosis scripts are much longer than affirmation scripts as affirmations many times must be memorized or repeated whereas traditional scripts are read by the practitioner and can sometimes be from 1/2 – 3 pages in length depending on what the topic is and how many suggestions are required to reach the goal.

Scripted Hypnosis Methods

Here are nine self-hypnosis methods to initiate your hypnosis habit creation programs where you can either use Affirmations or Hypnotic Suggestive Scripts. Some will require you to record the affirmations and play them back to yourself and others only require you to read them.

1. Auto Suggestion

Autosuggestions are a psychological technique that was developed by an apothecary named Emile Coue at the beginning of the 20th century.

Autosuggestions are targeted affirmations that are used as a method of self-hypnosis or accepting suggestions through repetition. They're used in many walks of life as a means of developing a positive mental attitude. They can be seen effectively used in many sales organizations.

Autosuggestion is simply the art of giving you positive affirmations or suggestions. This can easily be done by creating a self-affirmation or auto suggestion script and recording it on your choice of recording devices which we covered earlier so you can play it back to yourself.

Read the following page below onto a recording device. Play it back while relaxing somewhere comfortable. Repeat the words to yourself quietly or out loud if you prefer. You can also do it by having someone recite the page to you while you repeat the words quietly to yourself. Imagine what the words are saying while repeating them as much as you can.

Where you see the word SCRIPT is where you would insert whatever affirmations from the next chapter or ones you created on your own.

SELF-SUGGESTION SCRIPT

I feel rested . . . I feel open . . . I feel relaxed . . . I am rested . . . I am open . . . I am relaxed . . . I feel calm . . . I feel secure . . . I am open minded . . . And as I open my mind to suggestions, all the muscles in my body begin to relax . . . every muscle beginning from the top of my head . . . relaxes . . . and let's go of its hold . . . moving doooown through my body . . . Just letting go completely . . . all the way down to the bottom of my feet . . . I feel rested . . . I feel open . . . I feel relaxed ...

And as I breathe in deeply . . . and exhale slowly . . . I let go completely . . . deeply . . . leaving me rested . . . and calm . . . I feel rested . . . I feel open . . . I feel relaxed . . . My mind is now totally open and accepting . . . of the suggestions I am about to give myself . . .

Insert AFFIRMATION SCRIPT Here

I feel rested . . . I feel open . . . I feel relaxed . . . I am rested . . . I am open . . . I am relaxed . . .

In a moment I will open my eyes feeling wonderful in every way . . .

One, feeling better than before . . .

Two, eyes beginning to open . . . and

Three, eyes wide open, feeling wonderful in every way.

2. Pre-Recorded Sessions

NOTE: This process is another form of auto suggestion you can use that is designed to use a traditional hypnosis script. You can use one of our affirmations scripts and simply change it from the 1st person to the 3rd person by changing the I's to you's or leave it as an affirmation and simply record these words before you insert the script. "I'd like you to silently repeat the following suggestions I am going to read to you while imagining them happening at the same time."

Creating your home-recorded sessions is a very simple process. You may choose to record your session on a recording device which you can purchase at most department stores. You can even record directly to your computer in many cases depending on your hardware, over a microphone.

The advantage of recording your session directly to your computer is that you'll have the option of being able to then put your session on either a CD or in an MP3 format. With these two options you would be able to listen to your session as often as you like.

Here are two great legends you can use to record your own sessions. You'll simply need to insert your own script depending on what topic you have in mind.

Self-Hypnosis Script I

By Rene Bastarache, CI

Close your eyes ... take a deep breath ... and as you exhale, imagine the number 3 in front of you ... See it as if it were projected on a screen, slightly above your eye level, approximately 5 to 6 feet away from your head ... Take a second deep breath ... and as you exhale imagine the number 2 on that screen ... Even with your eyes closed try to feel the eyestrain from looking upward as if you're looking through your eyelids at that screen ... Take a third deep breath ... hold it for a few seconds ... and as you exhale imagine the number 1 on that screen ... allowing yourself to let go completely, and relax ...

To relax even deeper, I'd like you to imagine the numbers 10, all the way down to 1 ... on the screen, as you hear them spoken ... taking your time ... allowing yourself to relax twice as deep, with each number that you imagine ... When you get to the number 1 ... you will be in the *Alpha State* ... which is a state where the subconscious mind is more open to suggestions ...

Now we begin with ...

- 10 ... Allow yourself to relax completely ...
- 9 ... Just letting go ...
- 8 ... Imagine the number as you relax twice as deep ...
- 7 ... See it as clear as you can, just let go ...
- 6 ... All the way down deep ...
- 5 ... Deeper and deeper, taking your time ...
- 4 ... Allowing all outside sounds to fade away completely ...
- 3 ... Just imagine the number and let yourself go ...
- 2 ... Deeper and deep ... and finally
- 1 ... Deep ... deep ... relaxation...

You're now in the *Alpha State* ... a state of relaxation where you're more open to suggestions ... In this relaxed state your mind can expand ... and is much more

receptive and sensitive than in any other state ... So just allow yourself to continue to relax ... and enjoy this comfortable feeling ...

(Insert your suggestions here)

In just a moment I'll count to 5 ... and that the count of 5 you will open your eyes feeling wonderful in every way ... Your mind will be clear and alert and you'll feel so much better than before.

- 1 ... You'll remember and act upon all of the suggestions which were given you...
- 2 ... Becoming aware of the situation around you...
- 3 ... At the count of 5 you'll be fully awake, alert... and feeling better than before...
- 4 ... Your eyes are beginning to open... and
- 5 ... Eyes wide open, fully alert and feeling better than before.

Self-Hypnosis Script II

By Rene Bastarache, CI

Sit back comfortably ... allowing yourself to breathe deeply and smoothly ... you don't have to look at anything specifically, just look forward, in a lazy, dreamy sort of way ... In just a moment I am going to count down from 10 down to 1, and with each descending number I would like you to slowly close and open your eyes ... You can slowly close them when I count the number ... and then open them between the numbers ... in slow motion ... with every number ...

Let's go ahead and begin now ... 10 ... Slowly close your eyes, and allow them to open again ... 9 ... Close, and open ... 8 ... 7 ... 6 ... 5 ... 4 ... 3 ... 2 ... 1 ... Now just close your eyes ... and you can keep them closed ... The reason for doing this was simply to relax your eyelids ... I'd like you to notice right now the feeling of relaxation ... that you're noticing in your eyelids ... That comfortable tired feeling ... A pleasant heavy sensation ...

Whatever you're feeling in your eyelids ... just allow that feeling to multiply, to magnify, and to grow ... Allow your eyelids now to become totally and completely relaxed ... You're totally in control of doing this ... Nobody else can do this for you ... You're the one who is doing it ... Take your time ... and completely and pleasantly relax your eyelids now ... Just let it happen ... and as you relax your eyelids ... allow that feeling of relaxation that is now in your eyelids to flow outwards ... in all directions ... as waves or ripples on a pond ... spreading out farther and farther ...

Just allow it to relax your face completely ... letting go of all the muscles ... spreading out even more relaxing your entire head ... feeling the rippling effect expanding even further down into your neck ... and down into your shoulders ... get rid of any tension that might be in your shoulder areas ... as you just let go completely ... down to your arms ... and into your hands ... Feel that wonderful feeling of relaxation ... Allow it to go down your entire body to your legs ... your

feet ... All the way out to your toes ... Completely relaxing your entire body ... and letting go completely ... As you slow down a little bit ... Just allow yourself to slow down and become calm ... Continuing to let go ... and slow down more and more as we continue ... Remembering a time in your life when you felt completely safe and comfortable ...

In a moment I am going to count downward once again from 10 down to 1 ... With each number that I say, allow yourself to slow down and relax even more ... and at the number 1 you can allow yourself to be more relaxed than you ever thought possible ... to be completely at ease and receptive ... I'll begin counting now ... 10 ... 9 ... 8 ... 7 ... 6 ... 5 ... 4 ... 3 ... 2 ... 1 ...

You're now in a comfortable, safe, relaxed state ... One in which you feel totally relaxed ... fully aware of your surroundings ... even though you may feel that your body is falling asleep ... you're in complete control ... more than at any other level of consciousness ... You can give yourself positive suggestions ... that your mind can accept and act upon ... That are designed for your benefit ... To achieve the goals that you desire ...

Imagine yourself relaxing completely and realize that this is exactly what you want to do ... You have no place else to be right now ... and nothing else to do ... so allow yourself to be completely here ... completely relaxed ... Now is the time ... as you take a deep breath ... you can enter a deeper and healthier level of mind ... One with perfect harmony ... More in tune with every breath that you take ...

At this point your subconscious mind is more open and accessible than at any other time ... and suggestions given at this level are extremely effective ... Whether your conscious mind hears me or not ... it doesn't matter ... You can simply allow your conscious mind to relax ... and unwind ... You can allow it to let go and think about anything you'd like ... Whether you're listening to the suggestions consciously, or not ... it doesn't matter ... because the subconscious mind ... always hears ... and always pays attention ... Whether you're listening actively or not ... your subconscious is present now ... and can hear every word ...

You can take a deep breath now ... and as you exhale and allow yourself to relax ... you will notice that a drifting can occur ... It's natural that you're conscious mind relaxes more and more.

(Insert Script Here)

(Awakening)

In a moment I will count from 1 to 10 ... At the count of 10 you can open your eyes ... feeling alert ... energized ... and wonderful in every way ... 1 ... 2 ... Coming all the way back, feeling positive ... creative ... 3 ... 4 ... Realizing your full potential for growth ... 5 ... 6 ... Starting to emerge from hypnosis ... 7 ... 8 ... Coming all the way back now ... 9 ... and finally ... 10 ... Wide awake and feeling fine.

3. Critical Mass / Analytical Approach

While this technique is designed primarily for analytical people it has been found to be completely effective on anyone. An analytical person is basically someone who has difficulty letting go or relaxing. They feel like they must keep their minds busy all the time. If this is you then you may want to try this method.

The purpose of a confusional type hypnotic session is to keep the conscious mind busy while the subconscious mind is accepting suggestions. It's similar to the saying, "don't let your left hand know what your right hands doing."

Imagine that you're doing your taxes and having a conversation with a friend at the same time. In order to be effective with one you'd have to let go of the other as the conscious mind is very limited in the amount of tasks it can do simultaneously. So if you were to let go of the conversation so you can concentrate on completing your taxes, anything that was said to you from that point forward once you had mentally shut out the conversation would be able to enter your subconscious mind with little to no resistance.

Ordinarily in hypnosis sessions we would use a preparatory process of keeping the client's mind busy by either having them imagine something that they can count or process while we deliver the suggestions. We ask the client to focus on their task without paying attention to anything that we're saying giving them permission to begin their task while our suggestions are being directed directly to the subconscious.

Two Ways to Conduct this Method

Once you have chosen the affirmation script that you'd like to use from the next chapter or created your own you're ready to begin.

The easiest way to conduct this type of the session would be to record the following "Whiteboard Analytical Script" onto your recording device and where

you see the words begin suggestions/script here in parentheses you would begin recording your affirmation script.

As your recording the analytical script and the affirmation script, be sure that there is not much of a break and that your voice is similar in each one. The reason for this is that you want to have a smooth flow from one script to the other as if it were one complete script.

The second way to conduct the script would be to have someone else read both of them to you while you're relaxing in a comfortable chair.

White Board Analytical Script

By Rene Bastarache, CI

I'd like you to imagine that directly in front of you within your arms reach is a white, dry-erase board. I'd like you to imagine that you're picking up a black marker and drawing a large circle in the center of the white board about 15 inches in diameter. It's important that you don't damage the circle in any way throughout this whole exercise. It must remain intact.

Now I'd like you to imagine that you're drawing a capital letter A in the center of the circle, but you draw it small enough that it doesn't touch the circle at any point so as not to damage the circle. Draw it as perfectly and as crisp as you can.

Now with your non-writing hand, imagine that you're picking up an eraser and erasing the letter A that you just drew ... being careful not to damage the circle ... Good ...

Now draw a capital letter B but this time draw it backwards ... Smaller than the circle ... careful not to damage it ... as perfectly as you can ... good ... Now erase the capital letter B ...

Now draw a capital letter C backwards ... taking your time ... concentrating on your task ... and now erase the letter C ...

Now hold on for a few moments while I further explain your instructions. When I tell you to go ahead ... you will continue drawing each letter of the alphabet in the circle, starting with the letter D backwards, and then the letter E, drawing each letter backwards, and then erasing it, and then the next one ... Being careful not to damage the circle ... taking your time to draw them as perfectly as possible ... but once I have you begin ... once you start, I want you not to listen to me anymore, not to follow my instructions ... I will be speaking to you of course, and you will be hearing me ... but try not to follow my instructions as I will be speaking

directly to your subconscious mind which always hears and always pays attention ... Your job will be to continue drawing each letter of the alphabet backwards until you get to the letter Z ... Once you have drawn and erased the backward letter Z you can then listen to me once again ... because at that point you will be very relaxed and open to suggestions ...

So let's go ahead and begin now by drawing the letter D backwards ... smaller than the circle, and erasing it ... paying no further attention to me ... then drawing the letter E backwards ... and erasing it ... and then the next one.

With each letter you draw in the circle ... and each letter you erase ... you become more open to suggestion ... With each letter you draw and each letter you erase, you're more peaceful, more relaxed ... The closer you come to the letter Z the more open you become ... with each letter you draw you're becoming more accepting ... absorbing all of the positive suggestions you're about to receive ... With each letter you draw you come closer, and closer to attaining your goal ...

(Begin Suggestions / Script Here)

Upon Conclusion of Your Session

When you've finished following the instructions from the analytical script you'll find that your affirmations will have played all the way through or in some cases they may still be playing. Either scenario is fine as you'll have had most all of the affirmations had played during the process. Once you finish the job simply open your eyes and your session is complete.

4. Direct Suggestion - ages 2 to 12

Direct suggestion is something that I use quite often with children under the age of 12 as it's extremely effective and saves quite a bit of time. It's also something that can be taught to their parents so they can use it at home for virtually any form of suggestion that the child needs from that point forward. If you're teaching this to the parents be sure to let them know that it's not to be used for punishment or to have the child do anything against their will.

Before describing the process it's important to understand the mindset of young children. Referring back to the brainwave levels you'll find that children from the ages of:

- Birth to age 2 - are completely in the Delta brainwave state.
- From ages 2 to 6 years old - they're in the Theta brainwave state and
- From 6 to 12 years old - they're in the Alpha brainwave state.

Notice that all three stages are in the hypnotic state.

If they're already there then why spend half your session trying to bring them there again? If you know they're already there all that needs to be done is to have them close their eyes and begin giving them suggestions.

Probably the easiest way to hypnotize a child under 12 years old is to have them close their eyes and to use their imagination. If the problem is that the child needs to pay attention more at school then have them imagine themselves being in school and paying close attention to what's being taught. Have them imagine how wonderful it feels by being able to pay attention in class and understand everything that's going on.

5. Guided Imagery

Guided imagery is another very effective form of hypnosis that can be used on virtually anyone however mostly effective on non-analytical clients. It's a technique used by many alternative medicine practitioners as well as physicians and psychologists for helping patients to use their imagination to help him with anything from problem solving, reducing stress and even healing.

Guided imagery isn't limited to just physical problems it can also be used to help emotional issues such as depression, low self-esteem and even to assist in attaining career goals.

The basic concept of guided imagery is for the person reading the script to guide you through the process of breathing and relaxation techniques to use your imagination to affect change. This can also be done by reading the script onto a recording device. By leading you through the process of what to imagine you can be directed towards the solution to your problem.

This is an effective technique that could be used with virtually any type of traditional hypnosis script or prepared suggestions. If you're using a prepared script simply add a guided imagery to it at the end of your script where you can imagine yourself having attained your goals.

It's very important for you to actually see yourself or imagine yourself as successful with your goals because as we know from previous chapters that "the thought precedes the action". Therefore if you had not even thought of what it would be like to be successful then how could you be successful?

A Guided Imagery Script you can Use

Here is a script that you can record and listen to that will help you to program your new habit or goal each day. If you play relaxing music at the same time it will help to lessen outside distractions while listening to it.

Before you begin listening to this session, be sure that you give yourself enough uninterrupted time to sit and listen to it quietly for at least 10 – 15 minutes. This session is designed to be listened to while relaxing. Don't listen to it while driving a motor vehicle or doing anything else that may be dangerous. Turn off any beepers or phones, including cell phones. Put any pets outside of the room that you're in, as they may jump on your lap and disturb you.

Now sit in a comfortable out of the way seat, supporting your neck and back preferably. Be sure that there is nothing else in the area that may disturb you during your session.

When recording this script, be sure to read it slowly and pause each time you see the three dots ... That will give you the time necessary to use your imagination.

NOTE: *One of the greatest benefits of this program is that it will work just as successfully whether you relax a lot, a little or not at all. The main purpose is to use your imagination as a way to create new memories. The subconscious mind can't differentiate between an imagine memory or an actual memory. Therefore whether you relax deeply or simply listen to the instructions to imagine the scenes the same purpose is being accomplished.*

You're the Creator

By Rene Bastarache, CI

(Record starting here)

Close your eyes and relax. Take a deep breath ... and exhale ... and take a second deep breath ... and exhale and on you third deep breath, hold it for about three seconds ... and exhale and relax.

Relax, every part of your body starting from the top of your head all the way down to the bottom of your feet...

In just a moment I'm going to count from 20 down to 1 ... And as I say each number I'd like you to imagine the number, think about it and quietly spell the number to yourself which will help you to deepen your own relaxation.

So let's begin with 20 as you spell it ... t-w-e-n-t-y ...19 ... n-i-n-e-t-e-e-n ... 18 ... All the way down deep ... 17... 16... deeper and deeper ...15 ... keep on spelling the numbers to yourself quietly ... 14... just let yourself go... 13... 12 ... give yourself the permission that this is what you want to do ...11 ... 10... allow yourself to just let go ... 9 ... 8 ... deeper and deeper ... 7 ... 6 ... all the way down deep ... 5 ... 4 ... tired and drowsy ... 3 ... 2 ... so very relaxed ... and finally ...1 ... deep ... deep ... relaxation.

(On stage creation)

I'd like you to use your imagination right now. Imagine, or just think about, yourself sitting comfortably in front of a large movie screen and imagine that you're seeing a motion picture of yourself. See it as vividly and in as much detail as possible. See yourself in this motion picture reacting successfully, in the ideal situation, having already have attained your goal ... (pause) As you're imagining yourself as this successful person ... (pause) imagine yourself as the main actor or lead person on your screen ...

How do you “feel” now that you have become the person that you would like to be ... (pause) ... Feel the emotions ... What would you be feeling ... What are you “feeling”? Maybe confidence ... pride ... fulfillment ... satisfaction ... relief ... happiness ... (pause) ... What emotions are you feeling exactly ... Let those emotions fill you up ... (pause) ... Let them grow within you ... (pause) ... What are you “hearing” associated with your new goal? What are others maybe saying about you? How do they feel about your accomplishments? ... (pause) ...

I’d also like you to visualize and feel what you think is different ... What is different now that you have attained your goal? How has your life changed? ... (pause) ... Are you enjoying any more freedoms associated with this attainment? ... Think about them; get them clearly in your mind as you visualize yourself standing in front of you, on that motion picture screen. ... (pause) ... See the details ... What are you wearing? ... What are you doing? ... What else is there that you can notice that is associated with this now orderly achievement? ... (pause)

Remember the imagining of yourself doing something with enough detail is equal to the actual experience as far as your subconscious mind is concerned. So, see yourself for just a few more moments having achieved your new habit... (pause)...

(Old habit is GONE)

You’re in control of your life now ... You have created and attained a new positive habit ... With the power of your subconscious mind, it’s very easy to do ... You have allowed the past disorder to fade away like an unwanted memory ... and now you move forward ... The disorder of the past has been replaced with order. The dysfunctionality replaced with functionality. So once again feel that wonderful sense of satisfaction and achievement. It’s coming from that strong subconscious mind that you have. You have created your goal and through these daily exercises maintaining it, creating a permanent habit of change.

(Awakening III)

At the count of five you will come back to the here and now, feeling wonderful in every way ... One ... Beginning to come all the way back, Two ... Coming back feeling better and better, Three ... Feeling totally relaxed and comfortable, Four ... Eyes starting to open now... and, Five, Eyes wide open, feeling wonderful in every way

6. Sleep Programming

(This is a self-sleep programming and not to be confused with the Sleep Programming MP3s mentioned in the chapter on Parenting.)

Let's face it. You go to sleep every night. So why not use that to your advantage? There's a way to use sleep to enhance your progress in attaining your goals. By the way, it doesn't involve having to sleep with anyone else either. This is a solo activity that will make a huge difference once you begin utilizing it.

Sleep conditioning is also an exceptional tool for growth as well as to attain your goals. The process of sleep conditioning constitutes going to sleep at night and just before you do keeping your most important thoughts in your mind by repeating them over and over like a mantra until you fall asleep.

As you become tired you may stumble on the words or even forget them altogether so the most important thing to do as you're repeating the words is to *imagine* yourself having accomplished the goal that you're repeating. Your imagination is the key factor.

What's happening is the last thoughts you have when you go to sleep continue working in your subconscious mind as you're sleeping resonating into the deeper states of consciousness. You have a lot more going in these deeper states of the subconscious mind than simply your own mind working on your goal as the superconscious and Source Energy are one and the same. You can refer to the overlapping of other minds with yours as described in the diagram on Brainwaves in Chapter one if you're in need of a refresher on this concept.

Many times while utilizing this sleep conditioning I've waken-up in the morning with the answers I was seeking. In fact there've been quite a few times that upon waking up I had such complete answers in my mind that I immediately walked into my office and filled up three entire dry erase boards before I had finally exhausted all the information.

That's the difference between waking up with a normal answer compared to a superconscious response. When the response you receive comes from the superconscious mind it will come complete and detailed.

(Sleep Programming MP3s are available online for Health, Wealth, Relationships, and Happiness – See Appendix for details)

7. Reading is Hypnotic

Think back to when you were a child and your parents read fairytales to you or maybe even a time where you read fairytales or similar children's stories to your children. The reason you were able to imagine them the way you did is that you were open to suggestion, which is also known as being in hypnosis.

As you remember these stories that were being read to you vivid pictures came to mind of the characters and the situations that they found themselves in. What happened is while you were reading or hearing the stories your imagination brought the characters to life in the story.

Any time you read suggestions or affirmations to yourself or even to someone else and you're open to the suggestions and in fact hypnotizing yourself. It will be even more effective if you allow your imagination to run free and create the story or suggestions in your mind. The more vivid and feeling you can make the experience, the more effective it will be to you.

With this in mind you can read stories with morals or lessons in them to yourself while letting your imagination create the stories in your mind of you can simply read the suggestions or affirmations in this manual and let yourself imagine you accomplishing them in your mind.

8. Writing is Magical

There's something magical that happens when you write things down. The act of writing things down seemed to make them more ingrained in your subconscious mind. In fact many weight-loss programs on the market today will have you write down all of the foods that you eat on a daily basis as a means of helping you to eat the proper items. By writing things down you remember them more and you're more aware of what you're doing.

Even in marital or relationship counseling partners are asked to make a list of their favorite qualities about their partner. By making this list they get to learn more about what they like about each other. It helps them to see the good features in their partner that they may have overlooked before their initial problems. It often times helps them to see what they initially saw in their partner that drew them towards each other.

Take the time to write a script for yourself. To make it even more effective, write it in a letter form as if you're writing yourself a letter of what you'd like to see yourself accomplish. Be as detailed as possible in writing it in a way that you can use your imagination to see your goal effectively. If you like you can even address it to yourself and mail it.

Another way of writing what you want so it's hypnotic to yourself is to write a letter to someone (*an imaginary person, without mailing it*) explaining what it is you'd like to change or improve in. Imagine that this person you're writing to is like a Genie who can grant you any wish. The key is however that you need to be very detailed in your description of what you want as the Genie doesn't know you at all and will grant anything that it thinks is close to what you want. It thinks like a child and is literal without a firm understanding of life yet.

So if your goal is to lose weight for example you need to write exactly what you have in mind. Do you want to exercise, what kind, how much, when etc.

Otherwise your Genie may just let you go broke and starve to lose weight or possible something equally as radical.

Be specific and leave nothing to the guessing.

9. Six Point Mantras

With this form of self-hypnosis you'll create your own simple scripts which will include all of the following six criteria within it. Once you've created your script, you'll sit in your comfortable place that you use for relaxation, close your eyes and let go. Once your eyes are closed and you're relaxed you'll begin to recite your script over and over that you've just prepared. The script will have been prepared in such a manner that it will be easy for you to visualize or imagine.

As you begin reciting your script you may find that you begin to skip or forget some of the words. That won't be a problem as long as you're using your imagination and seeing yourself accomplishing the task that's in your script. You'll continue to replay the scene over and over in your mind for approximately three to five minutes after which time you will come out of hypnosis by counting to three and opening your eyes.

Preparing suggestions

The subconscious understands and reacts to pictures in the mind, therefore when you create suggestions; make them so they can be imagined easily.

Here are a few steps that you should include in your self-hypnosis suggestions or visualizations to get the most effectiveness.

Simple - Keep your suggestions as simple and to the point as possible so as to be remembered while in hypnosis. If you include too much information or too many subjects, you may have a hard time imagining them all.

Believable - Here is where the "buying-in" principle comes into play. Before the subconscious will begin to act upon any suggestion you must have a belief or "faith" that it could happen. If it's so far-fetched that you don't think there is any way you could attain it, you're wasting your time... An example would be if you're going to hypnotize yourself to run a marathon and presently you have a hard time

running to your mailbox each morning ... maybe you should give yourself suggestions to run a quarter mile first. Once you've attained that goal then increase it to a half mile, then a mile and so on ... If your goal is within sight, believable, then it's attainable. "The journey of a thousand miles begins one step at a time."

Measurable - Be as specific as possible. Are you going to walk 500 yards or 5 miles? Break your goal down to specific measurements such as miles, feet, ounces, hours, days, amounts, colors, etc. The more measurable and specific that you can make your tasks, the more attainable it will be.

Positive - NEVER, use negative statements. Always use positive, upbeat, uplifting, promotional suggestions. The more positive and even overboard "icky sweet" the suggestions, the more readily the subconscious will act upon them.

Present Tense - I am doing it ... See it in the *now!* If you use past tense, there will be no change, since it already happened. If you use future tense, the mind will wait ... Remember three of the most successful words in the English language ... DO IT NOW!

Carry a Reward - Just as with a child ... If you ask them to change or to do anything out of their comfort zone, you will get much more of a positive response by offering a reward. It doesn't have to necessarily be monetary (*however, it may not hurt ...*) but can also be health, happiness, energy, vacation, a special honor, an object such as clothing, new car, bicycle, briefcase, suit, shoes, etc.

The Process

In order to go into self-hypnosis, you only need to be in the lightest state of hypnosis.

You may use relaxing background music if you like. If you do it would be best to use music that doesn't have words or sudden unexpected bursts of loud sounds. Soothing is best. Keep it uplifting and positive sounding.

Sit comfortably in a chair and get yourself prepared. If using for self-hypnosis you may either...

1. Read it with your suggestions onto a recording device and then listen to it, to go into hypnosis.

- Or -

2. Memorize the main content of the script and do it on your own. When it comes time for the script, simply use your imagination. Imagine yourself as actually having accomplished the goal or task that you're in need of. Seeing yourself as having accomplished it already will instruct the subconscious mind to *make it so*, since it's being programmed that it has already happened.

Here's an example of a script written through this process:

"Every day at 6:30 PM I am walking 2 miles from my house to the high school and back and I feel healthy, energized and terrific."

You'll find that the previous script meets all seven of the mentioned criteria.

Non-Scripted Hypnosis Methods

The following methods of self-hypnosis are considered non-scripted methods. This means that you won't be using affirmation scripts or traditional hypnosis scripts. Although each method is slightly different most will simply require you focusing on or imagining the end result of your intended goal.

Even if you don't use these methods initially to begin creating your 30 day habit process you can always use them as a form of maintenance or a variety to your initial process. The main purpose of the 30 days is to continually be focusing on your goal without missing a day. You may be using a formal affirmation or traditional script each day however using the non-scripted methods will still allow you to focus on the main goal and create the suggestions for the mind to act upon and accept.

They're just another method to accomplish the same process we use your own mind to create the desired outcome. If you decide to use one of the non-scripted methods the only thing you should keep in mind is that each day you use it you should focus on the same goal and topic until you have accomplished it.

Sometimes it can be difficult to keep your mind on the target when you're not being guided by an outside source. You're the only one that will know which is best to you so use your own discretion.

1. Acceptance - The Now Method

(Used primarily for pain management and stress reduction)

Acceptance can be a powerful tool where it comes to healing disorders and even eliminating pain.

The concept of becoming one with the pain or accepting pain has more truth to it than you think. By becoming one or accepting the situation given you, you'll find that the acceptance alone will begin the healing or pain elimination process.

Keep in mind that one of the main principles of the subconscious mind is that it doesn't understand negative. Therefore if someone's in pain and they're focusing on how they don't want the pain anymore what they're in fact doing is welcoming more pain.

When you're focusing on, "make the pain stop"

"I want the pain to go away" or

"I just can't stand the pain" you're focusing on the negative part of having the pain thereby attracting exactly what you don't want.

Rather than focusing on the negative part of pain it's important to focus on the positive which is acceptance. Once you've accepted that the pain is there you can then focus on what you want rather than what you don't want.

You can focus on: "I feel great"

"I'm feeling better and better each day" or

"I'm so thankful that I feel so great".

Focusing on these statements once again will bring you to another major trait of the subconscious mind which is: The subconscious mind doesn't understand the difference between a real or imagined memory. If you're continually focused on feeling great then what you'll develop is great feelings. I like to call it the "fake it till you make it" process.

It seems that non-acceptance of pain seems to increase the pain. You can see examples of that when a child has hurt their hand and you can observe them holding it away from themselves as if trying to get it away from their body. The more they fight it the more pain they seem to be in.

Here's an example of accepting the pain. Many years ago when my oldest daughter was approximately 12 years old I took her to a doctor's office because she was having extreme pain from warts on the bottom of her right foot. As a way of treating the warts the doctor used liquid nitrogen and froze the warts so they would dry up and go away. Even though this is an effective treatment it was extremely painful for my daughter.

As we were driving home my daughter looked at me and said "Dad it really hurts a lot. I want it to stop." Notice the negative in the statement, I want it to stop. Just as I mentioned earlier, she was focusing on getting the pain away from her.

As a way of helping her I asked her to describe to me exactly what she was feeling. She went on to explain that it was a piercing pain in the bottom of her foot and it felt like it was shooting up her leg and went on explaining what she was experiencing.

I then asked her if she had ever felt anything quite like that before to which she answered, no. I went on speaking to her about how it was a unique feeling and to focus on how it was different and continue to describe it to me. Within about a minute of describing it to me she looked at me with a smile and said, "Dad, the pains gone now. It feels a lot better." She had accepted the pain and through this acceptance was able to alleviate it.

Think of how many ways you can use this concept of acceptance with your family or friends. When they're speaking to you about their situation are they describing it in a negative manner? Are they focusing on what they want or on what they don't want?

Remember that one of the main jobs of the subconscious mind is to deliver to you exactly what you want. So if you're focusing on what you don't want, that's exactly what the subconscious will deliver to you and since it doesn't understand negative it will usually be just the opposite.

2. Acting Method

This is one of my favorite methods of mental conditioning and it goes along with the "Fake it till you make it" principle.

The idea is that if you act a certain way you'll eventually become that way. The entire method can be described in three words.

To be ___ act ___.

All you need to do is fill in the blanks.

- To be happy act happy.
- To be sad act sad.
- To be healthy act healthy.

This can be done with virtually anything you want from health, wealth, better relationships and even a better attitude.

The next question I usually get when teaching this method is, "How long do I have to act this way before the desired attribute happens?" The answer to that is that it will take as long as it takes. It's a principle that works however since everyone's mindset is different it may take longer for one person than another. But the point is if someone continues to act happy, they'll eventually be happy.

So how can you use this? Whatever it is you're trying to accomplish how are you acting in accordance to that desire?

If you want more happiness in your life, are you acting down and depressed all the time or are you trying to act happy to get the process going?

If someone wants to be a non-smoker are they continuing to act like a smoker? Are they frequenting all the places that they used to when they smoked? Are they hanging out with their smoking friends in the smoking lounge? In order to be a non-smoker you must act like a non-smoker, meaning to begin doing the things that non-smokers do.

Keep in mind that acting the way that you want to be helps to begin the belief process. If you don't believe something can happen then it won't. All healing or change is based on belief. So by acting as if you've already accomplished your task or faking it to you make it you're giving your belief system of very strong kick start.

3. Closing Your Eyes - Now Focus

Now that you've had a chance to study and understand the various brainwaves you realize that the hypnotic state begins in the Alpha brainwave state.

The act of simply closing your eyes blocks out approximately 80% of Beta activity. This means that your mind is 80% in the Alpha brainwave state. Since the Alpha brainwave state is where hypnosis begins then simply closing your eyes brings you almost entirely into a receptive hypnotic state. See how simple that is?

That's why most hypnosis sessions are conducted with the eyes being closed. Since another way of relaxing is to take three deep breaths; by taking three deep breaths at the beginning of every session you'll go even deeper in to the receptive hypnotic state.

I'm always amazed when speaking to practitioners who say they have difficulty getting people into a hypnotic state. What I find again and again is that most hypnotherapists don't quite understand exactly what the hypnotic state is. Depth is irrelevant unless you need access to anesthesia or long-term memories. For the most part the majority of hypnotic practices can be conducted in the lighter states of hypnosis.

One of the easiest ways of getting them there is to have them take three deep breaths and close their eyes. Yes, just by doing that they're in a receptive enough state to begin the session. Now the question you might be asking is then why don't we just do that to begin a session? Unfortunately due to the client's misconceptions of what hypnosis should be they feel that it should involve much more than that therefore for them it would.

In other words if you believe something is so, then it is. However for those clients that know absolutely nothing about hypnosis this simple process works wonderfully.

Years ago I went to a workshop on deep relaxation. Before we began we were told that this had nothing to do with hypnosis; it was a completely different process. The instructor then had everyone in the audience close their eyes, take three deep breaths and simply count backwards from 10 to 1. The entire process took less than 5 minutes. Then the instructor stated that we were now in the Alpha brainwave state which is where the mind is more open to suggestion than any other kind. She proceeded to give positive suggestions to us, counted to five and had us open our eyes. For everyone in attendance it was a powerful experience.

It was amazing how many people were talking about how much better this was than hypnosis and how much easier it was to relax. The funny thing was that it was exactly hypnosis. By eliminating the preconceived notions that it was hypnosis, the instructor was able to do her own process with all of us having an open mind.

4. Daydreaming

Daydreaming occurs in the Theta brainwave state. This is the state your mind is in just before you happen to fall asleep. It's something that you can see being used frequently by children sitting in class at school.

Daydreaming is an effective form of self-hypnosis as well as a wonderful way to program your mind to attain your goals. Find the time to relax throughout your day where you would simply close your eyes and allow your mind to roam free.

Allow yourself to think about obtaining your goal and just let your mind roam focusing on the same topic. You may even want to ask yourself questions pertaining to your goals and a let your mind show you the end result of what you're seeking.

5. Imagination – Create What You Want

This is similar to the Daydreaming Method but can be done in a lighter stage, usually in the Alpha brainwave state. Remember by simply closing your eyes and relaxing you're already 80% in the Alpha state.

To do this just sit in a comfortable chair, close your eyes and begin to imagine exactly what you want. The more detail you can imagine in this exercise the more effective it will be.

Imagine yourself successfully accomplishing your goal. See yourself as the end result as this is really what you want. If you only imagine yourself beginning your journey then that's what you're attracting to you; the beginning of the journey and not the end result.

Remember to include as much excitement and emotion in your process as possible as emotion supercharges the process.

6. Meditation

Meditation is a wonderful way to allow your mind to expand beyond the Beta confines. There are many resources available online and in many book stores to teach you various methods. The basic purpose is simply to sit or lie quietly and let your mind relax as you think of nothing. Clearing your mind of your daily concerns can be quite refreshing. It can be a more difficult task that you think as the average human being has about 64,000 thoughts a day.

There are simple exercises you can do to assist you in your quietness. Some will do this by thinking of only one thing such as counting your breaths or watching a candle flame. The idea is by doing only one thing you'll eventually become so disinterested or even bored in it that your mind will be free for you to focus on what is important for you.

So as you close your eyes and enter this light meditative state simply allow your imagination to focus on the various things you're working on and be aware of your thoughts and emotions as you do.

Welcome to the wonderful world of meditation.

There are many forms of meditation that you can practice. The main purpose is to slow down and relax. If you want to learn the formal approaches to meditation you can find many books on it in any book store. My goal here is to teach you the easy way or quick-guide to meditation so you can reap its benefits now.

The key feature of most of them seems to be to focus on only one thing at a time. In your normal Beta (waking, busy) state, your mind is focused on many things simultaneously. Even as you're reading this manual you're in Beta and are probably also thinking many other thoughts. You may be thinking about what's for dinner, what you're going to do this weekend, the weather outside, what the kids are doing right now, how you really need to clean your desk off and the thoughts go on... It's very hard to relax with this inexhaustible thought machine running at full throttle.

Focusing on only one thing brings you to a relaxed state that lets go of the outside world. Your mind will automatically begin to slow down and as you slow

down your Beta activity will become less and you'll begin to slide into Alpha and possibly even the deeper states. Don't worry about having to attain the deeper states however. Alpha is the best place for programming your new habits.

Here are some of the focal points that you can use:

- A candle flame.
- A statue of something peaceful.
- A spot on the wall slightly above eye level.
- Your breathing, with your eyes opened.
- Your breathing, with your eyes closed.

I prefer focusing on my breathing with my eyes closed for two reasons.

1. The act of simply closing your eyes shuts out the Beta activity and automatically brings you into Alpha as mentioned earlier.
2. As a Buddhist Monk once explained to me; you can take your breathing with you anywhere you go and not worry about losing or forgetting it at home and if you don't have your breathing anymore you really don't need to meditate either.

Meditative Relaxation Process

This is a non-denominational relaxation technique that you may find helpful. It's not a formal meditation so we will call it a meditative relaxation. It can be used for programming your new goals into permanent habits or simply as a means of relaxing each day to observe your life and gain valuable insight.

Once you have decided upon your focal point, it's simply a matter of allowing your mind to focus on it without drifting. When you focus on your breathing you can count each breath as it first begins, up to 12 breaths and then begin the cycle over. If you happen to lose count or count over twelve breaths, simply start over again at number one. This is how you're able to let go of all outside thoughts. You can't do both and be successful. Once you're able to count 3 to 4 complete sets of twelve, without distraction, you're then ready to begin your imagination training or contemplating on your life depending on the purpose for your session.

7. Prayer

Prayer is an often-misunderstood tool that can be used very effectively if done properly. Unfortunately as I just mentioned, it's often misunderstood. The concept of prayer is obviously to speak to / have a conversation with God / Source or whatever Higher Power is applicable to you. Most religions that utilize prayer are usually speaking to a deity they relate to as their Father or Creator.

Here's the issue. How would you speak to your *mortal father* when you need something or someone to talk to?

- Would you chant to him the same sentence over and over?
- Would you recite the same pre-written paragraphs over and over 40 to 50 times while holding beads so you don't lose your place?
- Would you speak really fast blurting out what you want and run away?
- Or would you speak to him?

Of course you'd speak to him if you wanted him to listen to you. And once you spoke to him and asked him what you wanted you'd also stick around a few minutes to hear his response and see if he has something to say to you. After all, us Fathers would like to speak with our children rather than be spoken to, used as a bank and then shoved off.

That's also how your prayers should be. When you're using prayer to attain a goal or replace a habit, take the time to speak to your Father and ask his help.

- While you're there, take a little time to say hello, ask how he is and actually care to hear his answer.
- Don't just say hi, ask for money and run. No Father wants to hear that.
- Tell him how you're doing and what's really going on in your life.
- Let him know who you are and what makes you tick.
- Tell him what you want, why you want it and what you expect to do with it.

- If it's replacing a bad habit, tell him why you want the new behavior and how it can help you and others once it's developed.

Do you see where I'm going with this? If he is your Heavenly Father, he'll want to speak with you even more than your mortal father does. Take your time, be sincere and speak with him rather than at him.

NOTE: At times people have a tendency to take Deity for granted. Remember the words of the late *Golden Rule Jones*;

“Do to others what you would like done to you.”

Repetitive prayers, chants and other people's prayers while they may be very eloquent and even historic will not give you what you want as they're not from you. Be original and speak from “your” heart.

8. Mighty Prayer

If you really want to be effective while using prayer here's another way you can approach it. It's called "Mighty Prayer". I'll warn you first that this is not for the faint of heart. It takes a true commitment but if you can do it the rewards will be equally great.

The next time you kneel or sit to pray, once you begin, continue praying for a minimum of one hour. In that hour it's important to continually be speaking. I don't mean speaking incoherently as if you were in a race, but not to let 2 – 3 minute gaps go by. The purpose is not to sit quietly waiting but to get everything out of you that you have to say and then even more. If you're able to do that easily, then make it two hours the next time. Set your alarm clock so you're not distracted by checking your watch to see if time is up yet.

Here's what happens...

In the first couple minutes you say hi, I want this, I want that, I'm okay, I like work and all the small talk.

In the next 3 -5 minutes, you're kind of fidgeting thinking about what else to say. Then you get a little below the surface conversation and begin talking like you're talking to a real person about what's going on in your life.

About 10 minutes goes by with more fidgeting, humming in your brain and wondering what to say next.

Finally something happens and you find yourself bearing your soul and saying what really concerns you and makes you tick. You've finally truly opened up and are speaking to your Father about what really matters in your life. This is the point of Mighty Prayer. This is the point of life changing inspiration and enlightenment. Try it just once and see what happens. You'll be surprised!

9. Theater of the Imagination

The Theatre of your imagination is a very effective self-hypnosis technique. It's the basis of our Habit Replacement Program coming up in a later chapter.

Imagine a movie screen directly in front of you. This is a large movie screen that you'll be portraying yourself on it as the main actor. It's important to realize that when you use your imagination in creating the screen that this technique will work better if you imagine the movie screen as if it's outside your head a little ways away from you rather than inside your head.

Think of yourself as the movie producer and whatever you imagine will magically and immediately take place on the screen. All the controls, props, actors and background effects are in your mind and are created immediately upon imagining them. As a producer, the way that you'll be creating your movie is to imagine yourself as having already attained the goal that you'd like to achieve.

It's important to imagine yourself as already having accomplished your task. You must see yourself having attained your goal rather than in the process of it. If you'd imagine yourself simply being interviewed for the job, then that's exactly what you will get, and interview for the job. Imagine yourself as already having gotten it.

Additional Conditioning Tools

This a few additional tools that you can use to assist in the conditioning process throughout your day. Every bit helps!

“I start with something that makes me angry or confused, and then I write about it. It's a form of self-help.”

Brian K. Vaughan

1. Affirmation - Print and Post throughout the House

Once you've chosen your affirmations that you'll be using throughout the month, you can type them on cardboard stock or thick paper, cut them out individually and tape them in strategic locations where they can be easily seen throughout your house or office.

The key here is to print them large enough so they can be easily seen and read while you're walking by them or conducting your daily business through your peripheral vision.

Good locations to take the affirmations are above your bathroom mirror, on the walls, maybe your kitchen table, on the refrigerator door, by your front door so they can be seen exiting the house, on top of your computer screen, on the wall beside your computer, beside your television or virtually any place else where they'll be noticed.

This process will keep your suggestions flowing to your subconscious mind on a daily basis thereby greatly assisting the positive changes you'd like to make.

2. Vision Board

A vision board can be a very powerful tool if you take the time to prepare one. The traditional vision board is something that's constructed usually of poster board or large cardboard stock. You'd then find pictures that closest resemble what it is you desire, cut them out and paste them on the board. Then you'd place the board somewhere where it was in plain view so it could be seen throughout the day.

This process allows you to let your imagination focus on these items throughout the day so they begin to be a focus. As you know your subconscious mind will always attract what you focus on.

My experience in using a vision board has been simply amazing. In virtually every instance that I've created one, each item that was placed on the board became a reality for me. In fact when Raluca and I were in Philadelphia we created one with many items on it including a trip to Eastern Europe, two new cars, a nice place to live with exactly what we wanted in it, and several other personal items.

As time went on for some reason we forgot all about the vision board and several years later when we had moved to Maine we found the board while unpacking. We were astonished to see that within that timeframe everything that was on the board had come to us. There's something very strong and amazing about this process. Try it and let us know your results.

3. Subliminals

The traditional forms of subliminals are suggestions that are given to you from a CD or MP3 that are often masked by music or other distractions. The concept is that if you're not listening to the suggestions consciously, you won't fight them. Since you're listening to other distractions such as music, noises or even ocean sounds you're not hearing the suggestions directly however you're receiving them subconsciously.

One way to create your own subliminals is to record your affirmations onto a computer program that allows you to mix in other sound effects such as music, crickets, or even ocean waves. The purpose is to make the sounds loud enough so they mask out the affirmations being read.

For those of you who don't have this type of program which is probably most of you reading this here's a much easier way of doing it. All you need to do is record your affirmations onto your recording device and allow it to play continually throughout the day as you're doing your daily tasks, enjoying time with your family, eating dinner, reading, watching TV or virtually anything.

Have it playing softly in the background so it's not distracting however loud enough to be picked up by your subconscious mind. Now go about your business, working or talking to your family and just let the recording fade into the background. Even though you may not hear what's being said your subconscious is receiving the suggestions without rejection as your rebellious conscious mind is busy with you daily tasks. So your daily activities are working as the music would be on a traditional subliminal mp3 masking the suggestions.

If your recording device has a looping feature where they can play the affirmations over and over that would work best. If not you may want to record your affirmations several times on your recording device so you don't have to continually pressed the play button hundreds of times throughout the day.

“Affirmation without discipline is the beginning of delusion.”

Jim Rohn

CHAPTER #13: Library of Affirmations

What's Inside:

READ THIS FIRST: Before you grab your first set of affirmations and start hypnotizing yourself please take a moment to read the beginning section of this chapter to understand how it's designed to be used for best results.

Affirmations are one of the best forms of hypnotic suggestions for positive change. They can be designed specifically to your needs. They're positive, repeatable and easy to imagine.

This chapter includes many affirmation topics to get you started and teaches you how to create your own so you'll be able to create anything you need that may not be included here.

How to Create Effective, Personalized Affirmations

You can create your own personalized affirmations to add to the following affirmation topics or create complete scripts on your own. With this information you'll be able to create affirmations on any topic that you may need.

Why Create Your Own Affirmations?

Creating your own personalized affirmations and using them with ours or just using your own will make your session more powerful by tailoring your affirmations to your specific needs and mentally focusing on your goal. Remember writing is a strong form of hypnosis so creating your own affirmations will give you a jump start to your success.

In each of the following affirmation pages you'll be given seven generic sample affirmations for the specific topic that you can use that will get your thought process going to create more of your own. Keep in mind that they don't have to be long and you don't need too many of them.

Focus on the outcome you're looking for when creating them. Giving yourself too much to focus on can lessen your effectiveness and possibly even overwhelm you.

An example of this would be telling your child to take out the trash, pick up their room, walk the dog, do the dishes, and put the clean laundry away. You gave this young mind so many things to do that they'll become overwhelmed and possibly just go outside to play and do none of them. If on the other hand you asked your child to just take out the trash and pick up their room chances are they'd do it quickly and happily so they could go outside to play afterwards.

What do you want?

Once you've determined what it is you want to improve in your life, your first step is to find or create the best affirmations that will accomplish the task.

Here's The Criteria for Creating Your Affirmations

In order to be effective and accepted by the subconscious mind be sure to follow these guidelines:

- ✓ **Simple** – A short phrase of sentence is fine.
- ✓ **Make It Believable** – Do you believe the affirmation you're repeating is possible to achieve? If not then break it down to a reachable size.
- ✓ **Measurable** – How far do you want to walk? What is your specific goal weight? What time limit do you have? Specifics are always more attainable than generalities.
- ✓ **Positive** – The subconscious doesn't understand negative. Always place your focus on what you want and not on what you don't want.

Never use the words: no, don't, not, can't, never, give up, try, quit, don't stop, refuse, no longer, ignore or avoid.

I now eat healthy meals. (correct)

I never eat unhealthy food. (wrong) The focus is on eating unhealthy.

I stop eating unhealthy food. (wrong)

I refuse to eat unhealthy food. (wrong)

- ✓ **Present Tense** – The subconscious doesn't understand the past or future tense. It only understands the now. When you say "I want to be healthy" it thinks to itself; "OK, I'll wait until you're ready to heal you..."
- ✓ **Carry a Reward** – In most cases the goal that you want to attain is the goal as well. If there's nothing in it for you then why should you try to attain the goal?

- ✓ **Repeat for a Minimum of 30 Days** - Remember the process for creating a permanent habit is to repeat the suggestions every day for a minimum of 30 days. Even though you may feel that the desired change has taken effect already you must complete the process otherwise there's a big chance that you'll relapse to your previous behavior.

Additional Helpmate

When reciting your affirmations or even imagining; be sure to be as positive and enthusiastic as possible. This positive tone helps you to create positive emotions which will greatly supercharge the subconscious minds acceptance process.

Some Ways you May Begin your Affirmations

Although you can use anything you like, these are great ways to begin your affirmation statements.

I am...

I imagine...

I now can...

I'm excited to...

Now that I'm...

I am grateful for...

I believe...

What Do I Do with This Affirmation Script?

In each of the following Affirmation Scripts we've written 7 effective generic affirmations for each topic. They were written to give you a head start as well as examples to help you to create your own. If you think they'll work for you then you're welcome to use them. If you need something more specific or focused elsewhere we've left space for you to write an additional seven of your own affirmations.

Use ours, use yours or both. If you want to create more, simply get another sheet of paper and write to your hearts content.

Now simply insert your affirmations in the method titled "Auto Suggestion" in the Self Hypnosis Methods Chapter, record them on your device, relax and play them back to yourself.

-or-

Copy your affirmations on a sheet of paper and when you have the time, read them slowly to yourself while imagining what they're saying. Be sure to create the picture in your mind for it to be effective.

Since you have the affirmations printed, you can do this as often as you like. It's important to do them at least once daily but as with most anything else... more can be better.

Take your time and "enjoy" the process. You'll not only find it effective but very relaxing as well. A great stress reducer.

Weight Loss through Good Choices

Affirmations:

- ❖ I enjoy putting smaller portions of food on my plate.
- ❖ I allow myself to take the time to chew my food slowly and enjoy it.
- ❖ I'm grateful and excited for my wonderful health.
- ❖ I enjoy exercising and keeping active every day.
- ❖ I always make healthy food choices for my body.
- ❖ I believe that my body is my dwelling and I keep it in top condition.
- ❖ I deserve to be healthy and attract health to me constantly.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Smoking Cessation Affirmations

Affirmations:

- ❖ I imagine myself breathing easier as the non-smoker I have become.
- ❖ I now have more energy than ever before.
- ❖ I find that water quenches any cravings and I drink it often.
- ❖ Now that I'm healthier I notice that food seems to taste so much better.
- ❖ I'm proud of my decision of being a healthier person.
- ❖ My body is repairing itself quickly and becoming stronger each moment.
- ❖ I'm so happy to now be in control of my life.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Stress Reduction for Improved Health

Affirmations:

- ❖ I constantly bring myself to the now and live in the present moment.
- ❖ I'm grateful for being the spectacular person I am right now.
- ❖ I relax easily and stay calm in all situations.
- ❖ I deserve to be calm, relaxed and in great health.
- ❖ I Imagine myself being the relaxed person I desire and it happens.
- ❖ I love to laugh often.
- ❖ I always attract happy and fun things to me.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Eliminating Self-Sabotage

Affirmations:

- ❖ I'm a self-starting successful person.
- ❖ I feel enthusiastic and confident in everything that I do.
- ❖ I only allow positive thoughts to dwell in my mind.
- ❖ I'm grateful for my ability to accomplish everything that I begin.
- ❖ I believe in myself and know that I can do it.
- ❖ I have no limitations to what I can accomplish.
- ❖ I know that I deserve only good things in my life.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Acceptance

Affirmations:

- ❖ I accept 100% responsibility for everything I do.
- ❖ I'm grateful for the generosity of others.
- ❖ I always give myself permission to feel good about myself.
- ❖ I'm excited about the person I am right now.
- ❖ I accept things that are not in my control just as happily as those that are.
- ❖ I'm grateful for the compliments people give me.
- ❖ I accept everything that I do without making judgment or excuses.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Improving My Attitude

Affirmations:

- ❖ I believe that every day is a perfect day.
- ❖ I know that I'm the only one in control of my attitude.
- ❖ I'm always overflowing with positive energy.
- ❖ I'm the very best me that I can be.
- ❖ I always see the bright side in life.
- ❖ I love life and find the beauty in everything I see.
- ❖ Every day brings me more happiness than the day before.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Creating Happiness

Affirmations:

- ❖ I realize that only I can make me happy.
- ❖ When I'm happy I have such a wonderful day.
- ❖ My happiness is contagious and affects all those around me.
- ❖ I attract fun and happiness wherever I go.
- ❖ I have happy thoughts that lead to happy emotions.
- ❖ I often smile spontaneously and it makes me feel great.
- ❖ I'm grateful for the happiness I have in my life.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Action Taking

Affirmations:

- ❖ I know that my actions support my goals.
- ❖ By taking action I'm making positive changes in my life.
- ❖ I love the feeling of taking action and making choices.
- ❖ My action taking abilities motivate others to take action.
- ❖ Taking action helps me to always move forward in my life.
- ❖ I'm an action taking machine.
- ❖ I know that my actions will return great benefits to me.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Setting Priorities

Affirmations:

- ❖ I always have plenty of time to accomplish my priorities.
- ❖ I enjoy creating a to-do list each day to keep me organized.
- ❖ I always do my important tasks first.
- ❖ I'm good at identifying my priorities and working on them first.
- ❖ I realize if I do the most important things first I can finish my list tomorrow.
- ❖ I know that I can never get everything done but I do what I can for today.
- ❖ I always handle first things first.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Success Mindset

Affirmations:

- ❖ I'm grateful that I have what it takes to succeed.
- ❖ Each success in my life motivates me to the next success.
- ❖ I'm always successful at whatever I do.
- ❖ I believe that everything I touch turns to gold.
- ❖ I love being a goal achiever.
- ❖ I'm excited by the great success I see in my life.
- ❖ I'm a success magnet and all good things are attracted to me.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Taking Control - Responsibility

Affirmations:

- ❖ I love taking control in everything I do.
- ❖ I'm 100% responsive of all the decisions I make in my life.
- ❖ Taking control gives me a great sense of accomplishment.
- ❖ I'm excited to be in control of my own destiny.
- ❖ Everything in my life depends on me.
- ❖ I accept all things as they are.
- ❖ I look at others at face value and accept them as they are.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

You're a Money Magnet

Affirmations:

- ❖ I'm a money magnet
- ❖ Opportunity is attracted to me wherever I go.
- ❖ Every day I'm adding to my financial wealth.
- ❖ Every dollar I spend comes back to me tenfold.
- ❖ Each month I have more than I need and then some.
- ❖ I'm an excellent money manager.
- ❖ I appreciate the quality of life that money offers.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Anxiety

Affirmations:

- ❖ I'm calm, cool and in control.
- ❖ I'm prepared for anything that comes my way.
- ❖ All is well in my world and I feel great.
- ❖ I know that the universe wants the best for me and I'm great right now.
- ❖ I'm in control of my thoughts and my life.
- ❖ I have everything I need for a wonderful life.
- ❖ I embrace all that's good, positive and beautiful around me.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

- 1.
- 2.
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Forgiveness

Affirmations:

- ❖ Forgiving brings me immense emotional freedom.
- ❖ I start every day with forgiveness and live every day in peace.
- ❖ Forgiveness makes my spirit soar.
- ❖ As I forgive others, I appreciate them so much more.
- ❖ As I forgive others, they also forgive me.
- ❖ I can happily forgive myself for anything I've done.
- ❖ I love myself and forgive anything I may have done.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

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Deep Relaxation

Affirmations:

- ❖ I can allow myself to let go and relax each day.
- ❖ Taking the time to relax brings me happiness and peace.
- ❖ I believe that relaxing brings me closer to source.
- ❖ Relaxation opens my immune system so I can heal anything.
- ❖ I love to relax at every opportunity I can.
- ❖ I know that relaxation is the key to great health.
- ❖ Relaxation helps me look at things in a different light.

Your Personalized Affirmations:

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Healing Faster - Immune System Opener

Affirmations:

- ❖ Healing comes natural to me.
- ❖ Health is my natural state and I easily stay that way.
- ❖ Every breath I take brings me added strength and vitality.
- ❖ All healing occurs as soon as I allow it to and I decide to heal now!
- ❖ I imagine myself in perfect health daily.
- ❖ Health is my natural state if being.
- ❖ I can overcome anything I wish to through my belief system.

Your Personalized Affirmations:

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Bed Wetting

Affirmations:

- ❖ I can sleep through the night and stay dry.
- ❖ Staying dry through the night makes me feel wonderful.
- ❖ If I feel the urge to urinate I immediately wake up and take care of it.
- ❖ I'm proud of my new ability to sleep dry through the night.
- ❖ I believe I'm now in control of my bodily functions.
- ❖ When I feel the urge to go to the bathroom I immediately wake up.
- ❖ I love having a dry bed and I am able to stay dry all night.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

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Nail Biting

Affirmations:

- ❖ I'm aware of my hands and fingers and they're beautiful.
- ❖ I always keep my nails clipped and looking great.
- ❖ My nails are healthy and beautiful.
- ❖ My fingernails are healthy and looking great.
- ❖ People love how my nails look.
- ❖ Strong, healthy nails are now normal for me.
- ❖ Every day I win control over my impulses.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

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Teeth Grinding

Affirmations:

- ❖ My jaw relaxes every night when I sleep.
- ❖ I let go of all tension when I sleep.
- ❖ I sleep easily and restfully.
- ❖ I go to bed feeling calm and relaxed.
- ❖ My teeth are very healthy and relaxed when I sleep.
- ❖ I sleep peacefully with my teeth separated slightly apart.
- ❖ I'm proud that my teeth are healthy and in perfect shape.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

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Self-Esteem

Affirmations:

- ❖ I unconditionally accept myself.
- ❖ I deserve all that's good and I accept myself.
- ❖ I'm worthy of respect and am a very special person.
- ❖ All that matters is what I believe and accept.
- ❖ The opinions of others are exactly that, other people's opinions.
- ❖ I'm the best me that I can be.
- ❖ I'm a unique being and no one can be a better me than me.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

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Memory Retention

Affirmations:

- ❖ I can recall any information in my mind at will.
- ❖ Everything I learn is being stored in my subconscious mind for future recall.
- ❖ I easily recall the information when I need it.
- ❖ My memory is clear and works whenever I need it.
- ❖ I effortlessly remember information simply by relaxing.
- ❖ When I need to remember I take a deep breath and it comes back to me.
- ❖ Everyday my information recall improves.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

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Super Confidence

Affirmations:

- ❖ Every day I feel more confident than the day before.
- ❖ I'm blessed with confidence every day.
- ❖ I'm a happy and confident person.
- ❖ I'm confident to meet every obstacle in my life.
- ❖ I feel confident to handle anything that may arise.
- ❖ I always speak my mind with confidence.
- ❖ I have full confidence in my decision making abilities.

Your Personalized Affirmations:

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No More Excuses

Affirmations:

- ❖ I'm in total control of everything in my life
- ❖ There's only the now and I live fully in the present.
- ❖ I have infinite patience in fulfilling my own destiny.
- ❖ I'm responsible for everything I do in my life.
- ❖ I can accomplish anything I set my mind on.
- ❖ I take responsibility for my life and my actions.
- ❖ I know that I'm the creator of my own life and actions.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

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Study Habits

Affirmations:

- ❖ I enjoy studying and find it rewarding.
- ❖ I'm an excellent student.
- ❖ I have the ability to understand and study anything.
- ❖ My memory is exceptional and I can recall anything at will.
- ❖ Studying is so easy for me to do.
- ❖ I remember everything I study and am great at test taking.
- ❖ My efforts in studying are making me a better person.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

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Test Taking

Affirmations:

- ❖ The purpose of a test is just to show what I have learned.
- ❖ I study well so I am completely prepared for tests.
- ❖ I love testing and am anxious to show the knowledge that I've acquired.
- ❖ Tests are simply opportunities to show what I've learned.
- ❖ I'm calm and focused when taking tests.
- ❖ When I take a deep breath the answers seem to come to me immediately.
- ❖ My first impulse in answering questions is always the right one.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

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Having Knowledge

Affirmations:

- ❖ All that I need is made available to me when I need it.
- ❖ Knowledge comes from not only what I know but by being able to attain it.
- ❖ When I relax I'm able to attain all the knowledge I require.
- ❖ I absorb knowledge and information easily each day.
- ❖ I'm extremely intelligent.
- ❖ I can attain all the knowledge required to obtain my objectives.
- ❖ I take the time to learn something new every day.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

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The Three Fs – Focus, Focus & Focus

Affirmations:

- ❖ I'm always focused on what I'm doing.
- ❖ I focus on the present to increase productivity.
- ❖ I can easily focus my attention at will.
- ❖ I easily eliminate distractions to complete my chosen task.
- ❖ Whatever I focus on, I become very proficient at.
- ❖ I always receive what I focus on.
- ❖ Every moment of every day I'm more focused than the day before.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

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Golf Hypnosis

Affirmations:

- ❖ I'm a spectacular golfer.
- ❖ I always focus on my game.
- ❖ It's easy to focus on each shot when I approach the ball.
- ❖ I continually improve my game every time I play.
- ❖ I have the perfect golfing stance.
- ❖ I'm great at tuning-out all outside distractions.
- ❖ Practicing golf is something I love to do.

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

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Imagining the Win

Affirmations:

- ❖ I'm truly a winner.
- ❖ I imagine myself as winning at whatever game I play.
- ❖ Winning seems to come natural to me because I always apply myself.
- ❖ I can imagine myself in the winners' circle and do what it takes to get there.
- ❖ Whatever I can imagine I can attain.
- ❖ I'm focused for as long as it takes.
- ❖ I imagine myself as a winner and so I am!

Your Personalized Affirmations:

Create your personalized affirmations here. Remember writing is hypnotic as you must imagine the process in your mind in order to know what to write.

(Write your personalized affirmations here)

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*“The best way to find yourself is to lose yourself
in the service of others.”*

Mahatma Gandhi

CHAPTER #14: Traditional Hypnosis Scripts

What's Inside:

In this chapter you'll find traditional hypnosis scripts as used by professional hypnotherapist with their clients. They can be used in conjunction with the "Pre-Recorded Sessions" method described in your chapter on Self Hypnosis Methods. You'd simply insert your desired script where the pre-recorded session script states (*Insert your suggestions here*).

Be sure when recording your scripts that you take your time and read slowly, pausing on occasion otherwise you may become frustrated during the session. When you're in a relaxed state listening to your recordings you'll find that normal speech patterns seem to be too quick to keep up with.

If you don't want to record these sessions and listen to the recordings you can also have someone you trust read them to you slowly once you're in a relaxed state.

These scripts were included with this manual as a helpmate and also to give you an idea of what traditional sessions are like. They weren't designed to be used for self-hypnosis however keeping in mind that reading is hypnosis you can effectively hypnotize yourself by simply reading these scripts to yourself while using your strong imagination to activate the words while you're doing so.

Smoking Cessation - One Session Method

By Rene Bastarache, CI

NOTE: This is one of the most effective quit smoking hypnosis scripts we've ever used. Keep in mind however that in order to create a habit of being a non-smoker you'll have to give yourself repeated suggestions for a minimum of 30 days. Doing this session one-time only can make you feel like a non-smoker for a few days however the ongoing maintenance is what will create a permanent habit.

Script starts here:

You've decided to quit smoking ... and the way that you are going to quit smoking today, is simply to relax ... that's right you're going to slow down, relax, and just let everything go ... and take this time ... that you've chosen for yourself ... to feel comfortable, relaxed, and totally at ease ... you have no place else to be right now ... and nothing else to do ... you have selected this time to be here ... so just let everything go ... leave all bothersome thoughts behind ... and take this time that you've chosen to be here ... to be completely relaxed ... the more you allow yourself to relax ... the closer you are to becoming a nonsmoker ...

You have come here today because you have a strong desire to stop smoking ... No one else has forced you to come here ... You've come here because you have decided that today is the day ... Today is the day that you have decided to be a nonsmoker once and for all ... no little piece of white paper wrapped around tobacco is going to control you any more ... because you're now in control ... and you've taken the first step ... here ... now ... and today ... To become a nonsmoker ... and by the end of this session ... in just a few moments ... your goal will be reached ... and you will leave this session a nonsmoker ... you'll have stopped smoking ... once and for all ... that nasty habit of the past will be gone ... you'll begin your new life as a nonsmoker ... and you'll never smoked again ...

So as time passes bye ... right now ... think of yourself in the following way ... You're a nonsmoker ... You have stopped smoking ... and you'll never smoke again ... and as a nonsmoker you have the ability to be around other people who smoke ... You have the ability to enjoy life as a nonsmoker ... everything you do ... from

this moment on ... is better as a nonsmoker ... it doesn't matter whether you're at home ... at work ... alone or with others ... You're in control ... anywhere you go ... and no matter what you're doing ... whether you're having dinner ... relaxing ... driving ... working ... or having a break ... everything is so much more enjoyable ... so much better as a nonsmoker ...

You feel so much better ... As a nonsmoker ... so much healthier ... so much happier ... you'll find that each and every day you'll be able to breathe easier ... enjoy life more...

Just feel that confidence begin to move through you ... allow a wonderful feeling of confidence to move through you right now ... at this very moment ... realizing that you're a nonsmoker ... feel the confidence that you now have ... you have overcome that negative habit ... you've reached your goal and become a nonsmoker ... here and now ... you can feel that confidence moving through you ... just filling you up...

It's important to realize that to accomplish anything worthwhile in your life ... you must give it a 100% effort ... and to remain a nonsmoker is no different ... you must give it a 100% effort ... 100% to win ... by giving it 100% you have made a commitment to win ... you've made this commitment to yourself ... that you will always move forward ... and always give it 100% ... 100% to win ... You've stopped smoking ... you're a nonsmoker ... and you will never smoke again ... from this moment on ... your desire ... your commitment to your health ... is stronger than ever before ...

In addition to being a nonsmoker ... you're also beginning a new positive habit ... one that will help you in every part of your life ... you'll find that from this moment forward ... that water will taste better to you than ever before ... that wonderful crisp, refreshing water will quench your thirst like it never has ... that life giving water will help you in every step of the way to become healthier ... you've overcome a negative habit and are replacing it with this new positive habit, of drinking water ... that wonderful refreshing water ...

You know, now that you've stopped smoking you'll find that you have more energy, energy that will be needed to be put to good use ... You'll find yourself being able to move easier ... feeling better about yourself ... There are many

things you can do that will help you to be healthier ... maybe going for a short walk in the morning ... maybe parking your car a little further away at work or at the grocery store to get in a little more exercise ... you may even find yourself eating a little healthier ... all of these things ... are a natural by-product ... of becoming healthier as you have just done.

Congratulations, you're a nonsmoker now! ... You have stopped smoking ... and you will never smoke again...

Weight Loss I

By Rene Bastarache, CI

Now take a deep breath ... exhale ... and relax ... just allow everything to let go ... you have no place else to be ... nothing else to do ... but just sit back, relax, and let go completely ... you're here to lose weight and to become healthier ... and the way you are going to lose weight ... beginning right now ... is just by relaxing ... that's right you are going to sit back ... relax ... and allow yourself to accept all the suggestions ... that I'm about to give you ...

If you can accept all the suggestions that are being given ... and can follow my instructions exactly as I give them to you, you'll lose all the weight you desire and attain your goal weight...

That's a very strong statement to say however in the relaxed state that you're now in, your mind is more open to suggestions than at any other time ... and suggestions given in this state are very effective to the subconscious mind ...

Being in this relaxed state that you're now in you may be hearing everything that I say ... or you may only be hearing bits and pieces. As your mind strays back and forth ... here ... and there ... it doesn't matter whether you're listening to me as I speak or not ... all you need to do is relax ... your conscious mind may be floating all over with many different thoughts going through it ... however you're subconscious mind hears everything, and always pays attention ... and it's to the subconscious mind that I am speaking to right now...

From this very moment, starting right now ... healthy, well-balanced meals, more than satisfy your appetite ... and the taste and fragrance of your food are better than ever before ... Healthy life-giving foods taste wonderful, and fill you up.

From now on you noticeably eat your food slower... Chewing your food thoroughly ... You put down your fork in between bites and don't pick it up again until the bite in your mouth is gone ... you chew slowly so you can digest your food better and you find that you become full, even though you have eaten much less than before.

Imagine yourself right now, standing in front of you at your goal weight ... Imagine yourself standing there and notice what you're wearing, how you look ... How you feel ... Notice how healthy you are ... Notice to confidence that you have ... Look at yourself, get it clear in your mind, because this is the goal you. How much do you weigh in this picture? ... Get that weight clear in your mind...

This is the weight that you feel you can comfortably reach, your goal weight ... See yourself clearly, with as much detail as possible ... This is you, this is your goal ... This is what you will become if you follow all of these instructions, exactly as they have been given to you...

You'll find you'll be drinking water more than you ever have before ... Water will be in there to help you to lose weight and to remain healthy. Before every meal, you'll drink at least one glass of water ... That wonderful crisp, clear refreshing water will taste great to you ... You'll find yourself craving water more and more each and every day...

From now on you'll eat only healthy meals, being totally satisfied in between meals ... You'll feel so much healthier, so much happier and so much more vigorous ... You'll eat until you're satisfied and then stop ... You'll best accomplished this by eating slowly ... By eating slowly you won't become full as quickly as before...

When you do snack from now on you'll snack on healthy items ... From now on healthy foods appeal to you and when you find yourself in need of something to eat, you'll search out healthy foods and of course you'll drink water.

You'll lose weight in a steady constant manner ... and with your new lighter physique you'll find that you have more energy ... Energy that will be needed to be put to good use ... You'll find you can move around more easily and exercise more than you have before ... Everything you do will become easier... and you'll want to do more each and every day to increase your health.

From now on, you eat to sustain yourself ... You "eat to live"... You now get enjoyment from other things rather than just food ... You find that doing healthy fun things brings you enjoyment ... Eating is just something that you do to get energy so you can continue doing the things you enjoy...

Each meal that you eat, you'll leave a small portion of food in your plate, that you will then throw away once you're finished ... As you find yourself doing this, more and more you'll find that portion you left in your plate to become more and more ... This will aid you in not eating such large meals ...

When you're eating at home you'll leave the food on the stove or the serving area and only bring the food to the table that's in your plate. By not having all the food around you at the table you'll find it easier to eat less. You'll find that by having one plate of food that you'll be completely satisfied, even knowing that you've left some food on your plate ... It will give you confidence to know that you can walk away, leaving food on your plate ... confidence that will continue to grow more and more as you proceed toward your goal ...

You're in control of yourself now and are taking the first step at controlling your eating habits ... right now ... Take control ... Eat healthier ... and attain your goal weight.

The Magical Library of Change *(Replacing disorders & negative habits)*

By Rene Bastarache, CI

INTRO: This is an effective script based on imagination that can be used to replace virtually any disorder or negative habit. It can also be used as a repeated script for additional disorders. It's one of the few healing scripts that replaces the void left from eliminating a disorder with a positive attribute.

One of the things that sets this hypnosis script apart from all others is that once you've accomplished your goal you can use this same script over again to accomplish virtually any other goal. It's a generic script that can be used for multiple issues.

Be sure you complete the goal you're working on first before moving on to a different one so as not to confuse your subconscious mind and have the possibility of it rejecting both.

Script starts here:

Imagine that right in front of you is a library ... It's a majestic building with marble columns and stairs leading up to a large brass double door entrance ... On top of the entryway is an engraved sign which says "The Library of Life"... You decide to enter the building.

Once inside the building you notice an elevator over to your right which you decide to enter ... It's a spacious, happy looking elevator... and you feel very comfortable entering inside of it ... As the doors close you notice a large panel on the wall with many buttons ... Each button has a different letter of the alphabet engraved on it ... You realize that each button correlates to the first letter of people's last names ... So you find the button that has the letter which begins your

last name and you press it ... The elevator begins to move ... and finally stops on the appropriate floor.

As the elevator door opens, you exit the elevator finding yourself in a massive room ... As far as your eyes can see there are shelves of books ... You realize that on the end of each shelf are the names of different people ... They're categorized by the last name first, followed by a comma and then the first name ... You begin reading them until after a short time you find your own name ... Once you find the shelf with your name ... you realize as you look down the aisle ... that all of the books on the left side are books pertaining to the positive aspects of your life ... They're titles of successes, happiness, positive attributes and goals ... All the books on the right side are titles of the negatives in your life ... They're titles of things that you would like to change such as bad memories, traits or disorders.

As you gaze down the aisle you notice that one of the books on the right side seems to be glowing red ... You walk up to the book and read the title ... It happens to be the book addressing the disorder or negative aspect you have been wanting to replace ... Take a moment to reach for the book and take it off the shelf ...

... Now that you have the book, look at the far end of the aisle ... You'll notice that there's a window there ... The window is already open to the outside ... Walk over to the window with the book ...

As you approach the window and look outside you see that there's a raging river down below ... You notice that the river flows down over a large waterfall ... The waterfall is so large that it drops out of sight ... It seems to pour down into an abyss of no return.

Take a moment right now to imagine the scenario very clearly ... Imagine yourself at the window ... holding the book ... seeing the raging river ... leading to a waterfall which goes out of sight ... What I'd like you to do right now is to imagine yourself tearing out the pages of this book ... which represents the topic of what

you'd like to replace ... As you rip out pages ... crumple them up and throw them into the river ... Watch them float down the river ... over the waterfall ... and out of sight forever ...

Once again tear out many more sheets ... crumpled them up ... and toss them in the river ... watching them until they're gone ... Continue doing this until all of the pages of the book are gone ...

Get excited about doing it in your mind ... Enjoy what you're doing because you're eliminating the disorder ... as the pages are floating down the waterfall and out of sight ... This negativity that had affected you ... is leaving you forever ... It's over... It's out of sight ... Out of reach ... lost in the abyss ...

If you're still holding any more of the book in your hands ... or even the cover of the book ... go ahead and throw that in a river right now as well ... Watch it go down the waterfall ... effectively eliminating it from your life.

Now as you turn around and look at the empty space where that book was ... you realize that the space has been filled with another book ... The negative book has been replaced with something else ... Being curious to see what it is you approach the book and pull it off the shelf ... Opening the book you realize that it's filled with blank pages ... There is nothing written inside ... and suddenly you realize that this book is the replacement for the negative habit that has just been eliminated ... You realize that you can replace it with anything positive that you would like ...

Take a moment to think about what positive attribute you would like to fill this book with ... It can be a positive trait ... thought ... feeling ... whatever you'd like... You can fill this book with a hobby you would like to start ... positive goals that you would like to set ... You can fill it with happiness, love or even laughter ... Take a moment and think of what you'd like to fill it with ...

Now that you've chosen what you'd like to fill your new book with ... realize that this is a magical book that you don't have to write in it ... Simply think about the

positive attribute ... and the book will magically be written on its own ... It will just fill up with whatever you desire ... This will happen in seconds ...

Now that you've filled up your new book with your new "positive" attribute ... you can put it on the shelf "on the left side" with the other "positive" books. ... You now have replaced the negative habit or disorder with a positive one...

Congratulations on your success!

NOTE: This script can also be used for subsequent visits to eliminate negative disorders or habits. It's designed to be used indefinitely for any negative disorders or traits that they would like to eliminate in the future.

The beauty of this script is that with most hypnosis scripts designed to eliminate disorders or negative habits, once the disorder has been eliminated the process is usually ended. It's important to realize that you "can't" simply *eliminate* a negative habit. It must be replaced with a positive habit for it not to return.

Also, in order to ensure that the new positive habit remains permanent it's vital that a follow-up program be developed for a minimum of 30 days.

Wash the Pain Away

Instructions

(Read and understand the instructions before using this script)

This script was designed primarily as a means to alleviate pain however it may also be used for healing. It utilizes features found in clinical hypnosis, guided imagery, Reiki healing and the Law of Attraction.

Key points to understand before utilizing the script.

1. Pain is subjective, not objective. You can't show your pain to anyone because it's in your mind. Therefore if you can change the nature of pain from subjective to objective it's no longer pain.
2. Pain puts off energy in the way of heat. If you lightly pass your hand over a painful part of the body you can feel it.
3. Rather than simply eliminating a disorder, it's important to replace it with an orderly attribute. Simply eliminating a disorder without replacement will invite the disorder to return in a relatively short time span.
4. Imagination is the active ingredient or key feature in all holistic healing or hypnotic practices. When conducting this session it's not important to be in a deep state of hypnosis. As long as you're using your imagination you'll be successful.

Wash the Pain Away

By Rene Bastarache, CI

Disclaimer / Warning: It's important to realize that pain is a warning signal from the body that there is something wrong. Before attempting to eliminate any pain be sure that a licensed medical practitioner has properly diagnosed it and you have their permission to use this script.

Script starts here:

Imagine ... that you're taking a shower ... it's quiet ... and you're completely safe ... Imagine feeling the water from the shower as it touches your body ... it's warm and very soothing ... You realize that there's something quite different about this water ... it has special healing abilities ...

Allow the water to run over the part of your body exhibiting pain ... Notice how much better you feel as soon as the water comes in contact with that area ... As you know, pain puts off energy in the way of heat. As the water washes over the painful area you can feel something happening ... it feels as if the water is clinging to this warm energy and washing it away... As it does so you feel better and better ... As the water washes over the afflicted area ... it clings to the energy emanating from the pain and washes down the drain never to be seen again ...

Imagine this process on your own for a few moments ... of the water pouring over your body ... feeling wonderful, as it clings to the pain ... and washes it down the drain ... Imagine it happening ...

Now, I'd like you to take a moment and think of some happy thoughts ... What sort of things make you very happy? ... get them clear in your mind ... Now I'd like you to imagine that these happy thoughts are attaching their positive energy to the water as it comes in contact with your body ... As the pain was washed away, it left a void that's being replaced with this happiness ... Imagine it ... feel it

happening ... as the disorder of the past is now being replaced with happiness ...
helping you ... healing you ... and making you stronger ...

The disorder has been replaced with order ... happiness ... You feel great ... You
feel happy ... You feel renewed.

Anxiety Control

By Rene Bastarache, CI

I want you to imagine a scene in your mind ... to visualize yourself at a wonderful place ... a place where there is no anxiety whatsoever ... It could be some place that you've been before, or if you can't think of an anxiety free place you may go ahead and create one in your mind ... it can be a fantasy place, or a real place ... just visualize it and imagine it ...

Maybe you can see it clearly in your mind ... and maybe you can't ... if you can't imagine it ... just think about it and the same purpose is being served ... You can even surround yourself with things and activities that you find extremely enjoyable, without any stress at all.

Take a few moments and create this scene in your mind ... Good ... now imagine that place and see it very clear in your mind. It's a wonderful place isn't it?

Now while you're in your comfortable place right now I'd like you to take a deep breath and as you exhale allow yourself to feel twice as comfortable and wonderful as you do right now ... and take your second deep breath ... and as you exhale allow yourself to relax even more ... and on the third deep breath, as you exhale, allow yourself to feel wonderful ... realizing that you're in a place where nothing affects you, where there's no anxiety, where you're completely safe ...

Now commit this place to memory ... every detail ... because in the future, any time you find yourself confronted by what used to be an anxiety provoking situation, or any kind of stress whatsoever, all you need to do is take your three deep breaths and allow yourself to remember ... and come back to this wonderful anxiety free, stress free place, that you have created for yourself.

You're now anxiety free ... It feels great doesn't it.

Quit Bed Wetting for Good

By Rene Bastarache, CI

Every night when you go to bed you feel confident that you're now successful in going to bed without wetting ...

From this moment it's a distant memory, it's completely over ... As soon as you have the urge to go to the bathroom, you'll wake up immediately and won't wet the bed ... You'll then get up and go to the bathroom ... The reason you've been wetting the bed and not waking up in the past is that you've been sleeping too deeply...

From now on you'll not sleep so deeply ... you'll sleep lighter than you have before so that when you have the urge to urinate you'll realize it immediately and be able to wake-up to go to the bathroom ... Even though you're not sleeping as deeply anymore you will still receive the rest that your body requires ... In fact you'll find that you'll wake-up more relaxed and refreshed with the added confidence of knowing that you no longer wet your bed ... You're in control...

When you wake up in the morning you'll remember having gotten up during the evening to go to the bathroom and this will give you confidence in your new ability ... and help you to become more and more successful ... You feel good about yourself because you're successful ... There's no one to blame, and you've done nothing wrong in the past, you have just been sleeping too deeply and that habit has now changed ...

You now sleep lighter during the evenings ... and you wake up immediately upon having the urge to go to the bathroom...

Confidence I

By Rene Bastarache, CI

Imagine yourself being projected on a movie screen right in front of you ... It's as if you're a movie producer and everything you'd like to produce instantly comes to life on the screen in front of you ... Keep in mind that throughout this whole exercise you'll only experience positive feelings ...

Imagine yourself as the "goal" you ... What I mean by that is to imagine you in a situation that you'd like to be more confident in ... See yourself on the screen going through a scenario where you feel confidence would be important to have ... and imagine yourself working through it with as much confidence as you'd like...

It's important to take your time and see as many details as possible ... What are you wearing in the situation ...? Are you alone or are there others around you ...? What are you doing ...? Describe your experience to yourself mentally being as detailed as possible ... Imagine yourself being very confident ... and see how everything seems to be falling into place...

As you're imagining this scenario and working your way through it ... being this extremely competent person ... how does it feel ...? Does this seem any different than before ...? Focus on the positive feelings of your newfound confidence... keeping the scene in as much detail as possible...

Now take a moment and reflect on the experience you just imagined ... Think about the confidence that you displayed ... And how things worked out the way you wanted them to ... Realize that this actor on the screen is you...

The reason you were able to imagine yourself acting confident in this situation is that you already have this confidence within you ... You're that confident person ... Imagination comes from within ... and if you didn't believe you had this confidence you wouldn't have imagined it the way you did ... From this point forward you're a confident person ... You're the confident person that you just imagined on the screen in front of you...

Take a moment right now to imagine that scenario one more time realizing that this is you ... As you go through the situation ... Feeling confident ... Feel proud of your accomplishment ... Allow yourself to be happy for this new-found confidence ... And accept it as the “new you”...

Take a moment to congratulate yourself ... You deserve to be happy ... You deserve to be confident ... Allow yourself to be proud of you ... Allow yourself to enjoy the benefits of this new-found confidence that you now have ... Realize that this confidence is always with you ... You’re a confident person...

Create Wealth

By Rene Bastarache, CI

Imagine your mind as a garden. You're the gardener and you're planting seeds... The seeds are your thoughts, all day long you're planting thoughts or seeds in your subconscious mind based on the way that you normally think ... The way that you think, and you sow the seeds in your subconscious mind are the same way that you will reap the reward in your body and your surroundings.

You must begin to sow new seeds. You must plant seeds of peace, happiness, right action, prosperity, and wealth. Think quietly right now on the qualities that you would like to sow in your garden ... in your mind ... and accept them fully in your conscious, reasoning mind. Continue to plant these wonderful seeds in the garden of your mind and as they grow you'll reap the benefits of your deepest desires.

Change the way that you think from now on. You'll no longer end a negative statement. When you find yourself saying something negative immediately stop yourself and finish it positively. Each negative statement that you make is planting a negative seed in your mind whereas each positive statement is planting a positive seed.

Your subconscious mind takes everything literally and when you make a negative statement or a positive statement it will try everything within its power to make those statements come to pass. From now on you want only positive statements such as "I can afford it" or "I can do this".

You're always on the look-out for good, positive opportunities. New opportunities easily and frequently come your way. You're on top of your game and recognize all opportunities as they occur. You always seem to be at the right place at the right time.

Change your thoughts and you change your destiny. See yourself the way you want to be. Imagine yourself right now as the prosperous person that you'd like to be, realizing that you have a right to be this person. You deserve prosperity. Prosperity, health and happiness are natural. Imagine the natural you, as that

healthy, happy and prosperous person. Get it clearly in your mind. What are you wearing? What are you doing?

Focus on how you're feeling emotionally and physically as this healthy, happy and prosperous person. See yourself having abundance... more than enough money to pay bills, invest in your business, your future and even plenty for vacation and travel. You now have more than enough! This person that you're imagining right now is you, accept it as you. Allow it to become you. As you accept it and acknowledge yourselves as this healthy, happy and prosperous person, so will it become.

Commit everything about this person to memory, how you look, how you feel and how you're acting, so you can remember and see yourself as this person as often as possible. As long as you can keep these positive thoughts and memories alive, they'll become your reality.

You keep moving forward. You no longer accept things as they are... you're always keeping yourself positive and never give up. You keep on pushing onward and moving upward.

Creating a Safe Space

By Rene Bastarache, CI

Imagine that you're in an empty space and you're going to create a beautiful, relaxing, peaceful room ... This will be a room that you can resort to any time you like... a safe place that no one else knows about but you.

First of all, I'd like you to create the most comfortable chair or piece of furniture that you can imagine ... It can be something that you already own, or something you've seen in a store or on television, or maybe even something that you've created in your mind that doesn't even exist yet ... Just create the most comfortable piece of furniture that you can think of whether it be a very plush recliner or even an overstuffed featherbed...

Create it in your mind right now ... see all the details of it ... the color, the texture ... even experience the smell of it ... See it as clearly in your mind as possible ... Now imagine yourself sitting or lying on this piece of furniture and relaxing completely as we continue our task ...

Imagine the walls of this room ... How big or how small would you like the room to be ...? What are the walls made of ...? Imagine that you have an open expense account that you never have to pay back so whatever you want to imagine, you can have ... You can create anything you've ever seen or maybe even things that don't exist yet ... The only limitation you have is that of your own imagination ... So once again imagine the walls, are they painted ...? Are they made out of cement? Or plaster ...? Are they wooden or glass...?

Now I'd like you to take a moment and imagine what you'd like to have for a floor ... What is the floor made of ...? Is it made of wood, cement, tiles, linoleum, sand or maybe even grass ...? Make it out of whatever you would like ... It can also be whatever color you would like ... Just see it clearly in your mind's eye ... Now how about the ceiling ...? What's the ceiling made of ...? You can make it as fancy or as simple as you like ... You can even put recessed lighting ... or even a chandelier if you care to ... Create the ceiling now and make it look however you would like to...

You've now created the complete parameters of your room ... Look around now and see if there is anything else you would like to add to the parameters of your room before we continue, such as windows, doors, skylights or any other permanent fixtures ... Take a moment to finish any of these tasks...

Now it's time to put the other furnishings in the room ... What other kind of furniture would you like to create in this room that would help it to be a very relaxing, comfortable place for you to be in ..? Go ahead and create now any other pieces of large furniture that you would like, maybe a bureau, or tables, a desk, vanity, maybe even an easel so you can do some art work ... Whatever you would like create, do it now and see it in as much detail as possible ... Take your time and be creative...

Now that you've created the larger furniture, create any smaller furnishings you'd like to have in this room ... You may want to create some lamps, knickknacks, books, maybe a small bookshelf ... Create everything down to the smallest detail ... even picture frames, figurines and personal items ... Take a few moments now to create all the little things that will make this room comfortable and personal to you ... all the things that make you happy, safe and secure...

Now look around at everything you've created in this room and commit it to memory ... Look at every detail so that you can remember it at a moments' notice any time in the future ... Also, remember that you can change this room anytime you like ... You can add items, remove items or even change the main features of the room if it suits your liking...

So take some time and remember this room as clearly as you can ... Any time in the future that you desire to come back to this room you can do so and you'll return to being as relaxed, safe, and content as you are right now ... All you need to do to come back to this room whenever you like, is to take a deep breath and as you relax, simply say to yourself "relax now" ... Immediately upon saying "relax now" you can allow yourself to return to this room...

It's a safe place that no one else knows about but you, a place where you can come to when you're stressed and in the need to relax or unwind ... You can also come here when you want to meditate, think, pray or need a place to simply be creative...

Another feature of this room is that whenever you're in this room you'll always be completely safe from any harm ... Nothing can harm you in this room as you're totally protected from all negative ... This is your special place away from the world...

Dealing with Divorce

By Rene Bastarache, CI

Dealing with the negative feelings associated with a divorce is a very common occurrence ... You're not alone in any means ... The fact is that you **will** feel better, and, you will have a happy life again ... Everything will improve although it may seem difficult at the present ... The most important change that is required right now is the changing of your mind.

What most people don't realize in situations like yours is that the feelings you're feeling are normal due to the situation you have and are going through...

You can put a stop to it right now ... The way you're going to do that is by putting a stop to your present way of thinking about your situation ... You'll in a manner of speaking, retrain your brain ... Focus on different thoughts and keep that focus through repetition.

Thoughts are very strong ... and whatever you think about for a repeated time becomes your reality ... Yes, in a nutshell... thoughts become things!

Who you are today is a reflection of your recent and past thinking ... and who you'll be tomorrow is a reflection of the thoughts you're having now.

So let's begin the process of creating your positive new future...

Your first step is to let go of the past and look to the now and the future ... Whatever happened in the past ... it's behind you... that is why it's called the past ... You can't live what has happened you can only live the present...

Now, I'd like you to use your imagination and think about all of the positive things you do have in your life. You've had plenty of time up until now to dwell on the negatives... So let them go right now and do the opposite ... dwell on the positives.

What do you have in your life that's positive ..? No matter how large or insignificant they may seem ... think of them. (pause)

Now think of what you want in your life ... When I say that I don't mean what you don't want ... I mean exactly what I said ... What DO you want ..? List them ... Small ones and the major ones ... Do it now (pause)

From this moment forward you will focus on the positives in your life and on your wants ... Only focus on thoughts that begin with "I do" want or "I can" do it or similar positive statements ... You now focus on the positive side of your life and release the negative...

You're becoming more and more confident each and every breath you take ... This is the new you ... you can do it ... you deserve happiness, peace and confidence. You expect it ... You can have it if you allow yourself to ... It's right there in front of you ... All that's needed is for you to take it...

Exam Anxiety

By Rene Bastarache, CI

You realize that the purpose of taking a test is to show your knowledge on a subject and because you've improved your study habits and because you're prepared you look forward to and enjoy taking tests ... You're anxious to prove that you know your materials...

From this moment on test taking is a pleasure, because you're prepared ... You're focused and everything you've studied is in your subconscious mind ... You have 100% retention and you also have immediate recall at will, as soon as you read the question on your test the answer immediately comes to you...

You realize that a test is only answering a series of questions from your teacher to ensure that you understand the materials that you studied ... You're prepared for your test and you approach your tests in a confident and enthusiastic manner...

You always do well because you know what the answers are ... You read the question and the answer immediately comes to your mind ... You remember all that you've learned ... You recall the correct answers because you're prepared ... You're calm and relaxed during your tests ... You feel very confident because you've studied and are prepared ... When you've finished answering the questions you'll be surprised to discover that you actually remembered far more about the topic than you actually needed...

There's no confusion when you read the questions on a test as to what's being asked ... You understand your questions clearly and you know what they're asking for ... Everything you've ever studied is completely recorded in your subconscious mind and when you read the questions the answers come to you because you're prepared and you've studied...

You're prepared and anxious to show the knowledge that you've acquired on the subjects you're being tested for ... If any time you feel anxiety may be coming on, you simply take a deep breath and then you exhale and you'll relax completely ... Your mind will open up to remember the answers to the questions you're being asked ... You'll do well on all of your tests ... You're confident and relaxed ...

You're in control...

Fear of Failure

By Rene Bastarache, CI

You're filled with expectations ... Expecting to be successful ... Expecting to accomplish whatever you put your mind on...

You now follow-through in finishing whatever you start. You know that you'll succeed ... You look at all of your tasks as NEW tasks ... new experiences that you approach with excitement ... That you can focus 100% of your attention on ... accomplishing to completion ... doing this gives you great satisfaction...

Whenever you take on a new project or even an old or existing one you look at it with the eyes of a child ... with curiosity ... with excitement ... anxious to get to it and do it ...

Children have no fear of failure ... they're curious ... excited ... and give their all in everything they do ... They play hard ... they work hard ... they enjoy new challenges ...

You too are developing this childlike quality in your life ... You're doing this because you want to ... You're excited to attempt things for the first time ... you're excited to succeed ... You expect to succeed... And therefore you do...

You now approach success with curiosity, excitement and willingness ... You're happy to succeed ... and welcome it with open arms...

Golf Improvement

By Rene Bastarache, CI

An important lesson to learn is that the creative mind excels far beyond the competitive mind ... The only competition you have is yourself. By being creative you'll improve your own game and enjoy it more as you do so...

Think back to why you were initially attracted to golf ... When you first started to play it ... you did so for the enjoyment of it ... For the relaxation ... Keep that feeling foremost in your playing ...

From now on you're more relaxed and focused on your game than ever before ... As you play you're able to concentrate on each shot and put out any outside distractions ... Before each shot, you visualize yourself making the shot in your mind ... You imagine yourself making the ball go exactly where you want it to ... Then you do it!

Throughout your entire game you're positive minded and optimistic ... You realize that each time you play you'll now play your best game. You'll do what other athletes call getting into the groove, or the "zone" ... and then you'll excel even further ... Rather than compete with others, you'll simply do better than you ever have. You'll exceed your own standards and see that there are no limitations ... You're positive minded and see the shot going where you want it, before you make it...

You now have the winner mentality ... you keep your eye on the gold... When in competition you imagine yourself already having won your game ... even before you start ... If there's an award or trophy being given ... you imagine yourself being presented the award ... As you do so ... you feel the feelings of victory, accomplishment, and pride of receiving it ... You know it's yours ...

No matter who you're playing against ... They're un-important ... The game is only about how you can improve on your last game ... on how much better you can do than before ... It's only you and your game ... that you love ... t's your game ... It's your victory ... and most importantly ... It's for you to enjoy!

Insomnia II

Focusing technique

By Rene Bastarache, CI

This script has been designed to be read into a recording device and played back once you're comfortably settled in bed ready for sleep.

NOTE: It can be recorded by itself without the relaxations portions from the self-hypnosis methods section.

Script Starts Here:

Get yourself comfortable right now in your bed in a position in which you're ready to go to sleep ... close your eyes ... take a deep breath, and exhale and relax ... take a second deep breath ... and as you exhale ... let go of any tension ... or stress that you may have ... and now take a third deep breath ... hold it for three seconds and exhale and relax ...

You have a desire to sleep through the night ... to sleep easily ... to get to sleep quickly ... and to stay asleep until morning ... and the way you're going to do this ... starting this very evening ... is to learn the proper way to sleep ...

The most important thing that you must learn to do in order to go to sleep easily each evening is to learn to quiet your mind ... One of the best ways to do this is to begin to relax for a period of time before actually going to bed ... This is your mind's time to quiet down before going to sleep ... without having relax time at the end of your day, before attempting to sleep, your mind is still working in the fast mode, thinking about the busy things of the day ... It hasn't had the proper amount of time to unwind and let go of the busy tasks it has been doing throughout the day ... This is why it's important to teach your mind how to unwind ... how to let go.

The way that you're going to do this is by learning to focus your mind on one item... or one task ... The way that you're going to do this is by using your imagination ... I'd like you to imagine right now that you're in your bed, and you're more comfortable than you've ever been before ... It's as if you're lying on the

most comfortable feather bed that you can ever imagine ... Get that vision clearly in your mind ... Imagine what it would feel like to be in this large, thick comfortable featherbed ... Imagine that you're now looking upwards towards the ceiling and you realize that there's no ceiling there ... instead you're able to look outside into the evening sky...

You notice that there's a full moon out and you're able to see very clearly ... It's a comfortable evening ... and the temperature is just right ... Even though you're able to see outside into the sky you realize that there are no insects or anything from the outside can come into your room ... It's very comfortable and very safe ... As you're looking up into the sky you notice a cloud being moved by a gentle wind moving overhead...

As you focus on the cloud you notice that it seems to form into the shape of the number 99 ... Notice it closely as you see the numbers form ... You notice it for a few seconds and then the wind seems to blow the number 99 away ... and then you notice the clouds forming above your head into the number 98 ... Take some time to see the number 98 form completely ... Now you see the number 98 blow away ... and then another cloud forms overhead turning into the shape of the number 97 ... Once again the gentle wind blows it away ... As I'm speaking, you notice that this pattern continues as the clouds form into the number 96 ... then blows away ... going slowly, as you continually watch and focus on these clouds forming into the next number going downward in sequence ... forming into a number 95 ... then blowing away and continuing on and on ...

I'd like you to continue watching the clouds from this point forward on your own ... paying no further attention to me ... or any outside sounds ... Watch the next cloud form ... See it clearly for a few seconds ... and then fade away ... paying no more attention to my voice ... just watching the next cloud ... and the next one ... going down further and further ... With every cloud you see form ... and every cloud that blows away ... you'll go deeper and deeper into relaxation...

With every cloud that forms and every cloud that goes away you'll become more sleepy ... more drowsy ... more at peace ... as you can let go of everything that has happened during the day ... and just focus on your clouds ... until you get to the point ... where focusing on the clouds ... and counting them downward ... becomes simply too tiring ... too much of a hindrance ... or too inconvenient ... and when

that happens ... you may just stop counting ... and allow yourself to drop off ... into a deep ... sound sleep ... and you will find ... that when you drop off into this deep ... sound ... sleep ... that you will be able to sleep until morning ... without any interruptions ... without anything disturbing you ... and you will not awaken ... unless there is an emergency ... or something that is in need of your immediate attention ... and should that happen ... you'll awaken ... take care of the situation ... and when you go back to bed ... you'll be able to fall deeply into sleep again ... very quickly ... All outside sounds ... fade away completely ... as you continue to countdown ... even now ... trying not to pay attention to my voice ... or what I am saying you ... and each and every time you listen my words ... you'll become more and more sleepy...

You'll be able to fall asleep so much quicker ... so much deeper ... Each and every time ... you'll find that you'll become sleepy ... just by thinking of this exercise ... just by thinking of this session ... You'll find that after this session is over ... you'll be able to go to sleep on your own ... very easily ... because now you understand... the secrets ... the procedures ... of how to go to sleep ... It's simply by focusing on one thing ... and letting go of all the busy tasks ... of the day ... Whatever you haven't finished today ... will still be there tomorrow ... Keeping your mind on it ... or thinking of it ... is not helping you to get the job done ... or helping you to sleep...

You must let go of the busyness of the day ... and focus on sleep ... focus on these clouds ... as you continue to count down ... each cloud ... and eventually ... it becomes tiresome ... and you let go ... into sleep ... you may be feeling ... like you want to let go now ... or very ... very soon ... You may have let go already ... and are just listening ... to the sound of my voice ... Either way ... you find that you're becoming more and more sleepy ... more and more tired ... more and more relaxed ... Feeling better ... and better ... with every breath that you take ... With every breath that you take ... you're becoming more peaceful ... more relaxed ... feeling better ... than you have before ...

You'll find that when you dream ... you dream pleasant dreams ... you dream beneficial dreams ... dreams that will help you ... to become more creative ... more productive ... more successful ... and more healthy ... Each and every night ... when you go to sleep ... you gain the proper rest ... required ... to help you to function ... at your peak ...

Each and every night you'll feel better and better than the night before ... You'll be able to sleep quicker, deeper, and more easily than the night before ... So now just allow yourself to go to sleep ... this very moment ... Sleep ... sleep ... go into a deep ... sound ... sleep... and you will stay in this sound sleep even after my voice goes away ... and allows you ... to sleep quietly ... to sleep soundly ... So now just sleep ... sleep ... sleep...

Language learning

By Rene Bastarache, CI

You're great at learning languages ... Learning language seems to come to you very easily, because it's something that you want to do ... If you want to learn ... you want to be able to express yourself in another language. You have an interest in this language and a strong desire to be good at it, therefore you are...

All information that you've ever seen, heard or felt since the day you were born is stored in your subconscious mind ... and it's available to you ... at will ... if you desire it ... All you need to do is to relax ... to let go ... It has always been there ... and will always be ... for your easy access...

It works the same way with language ... Everything you learn, or have learned while studying this language is stored in your subconscious mind ... It's all there for your easy retrieval ... All that is called for is for you to relax, and allow yourself to retrieve it...

Reach in now and remove any block to your memory that you may have had ... Anytime you feel a block coming back, take a deep breath and as you exhale ... you can command that block to leave you ... It's your mind ... your cache of information ... you own it ... And you control it...

You now are able to learn language very easily and quickly ... Remembering is now a priority for you and you absorb it like a sponge... and it's easy and natural for you to remember ... It doesn't have to be difficult to be worthwhile ... It can be very simple ... What you need to remember is easy to remember. It's a talent for you to remember. Enjoy your new talent...

Stop Biting Your Nails

By Rene Bastarache, CI

You realize that nail biting is just one of many ways that people deal with stress. The subconscious mind will help you in every way that it can however sometimes it doesn't do the best thing for us and we must inform it of what to do... So from now on, from this point forward, whenever you have stress, you'll deal with it in a different way...

All you need to do is simply take a deep breath and as you exhale, simply say to yourself quietly ... relax now ...

When you do this, you'll find all the stress fades away ... Nail biting is part of the past and you don't do it anymore ... Instead you're replacing it with taking a deep breath and saying ... relax now ... it's that simple ... By doing this, your nails and the surrounding skin of your fingers will heal and become healthy once again ... Your subconscious mind always wants to help you and now it will be happy to change and help you to be healthier and happier...

I want you to use your imagination right now, imagine that you're placing your hands up with your fingers extended outwards right in front of you, and now imagine your fingertips and your nails looking exactly like you'd like them to look, visualize them clearly in your mind if you can't visualize it just think about it and the same purpose is being served ... This is what your nails will look like...

Your subconscious mind will help you in every step of the way to help your fingertips to heal and be healthy just like you're visualizing them right now ... You've developed a new positive habit of taking a deep breath as a way to deal with stressful situations ... You're successful and you'll remain successful every step of the way.

Sales Success

By Rene Bastarache, CI

You're successful in all that you do. You now have a laser beam focus on your goals ... and you know what it takes to achieve them ... You see your goal and you break down what it will take to get there ... You make a list and break it down into monthly, weekly and even daily measures of what it will take to achieve your goal. You take the list and see what can be done right now and complete it. You're constantly creating small successes that lead you to the big ones.

You're successful, when you meet new people ... you're very good at seeing what they like ... what kind of things are important to them ... and finding common ground to win them over, because you know that everyone's favorite subject to talk about is themselves.

You're successful ... You ask plenty of questions so you can learn about your clients ... or whoever you're dealing with ... realizing that by asking questions you're learning, and collecting information. You know that knowledge is power ... You've developed your listening skills ... and when you listen ... you truly listen ... and pay attention to what is being said ... with concern ... and caring ... You show genuine interest in whatever you're doing or participating in.

You have no fear of the word NO ... In fact you're comfortable with it as you now realize what NO actually means ... It doesn't mean that your client doesn't want your product ... It simply means that they don't yet understand it as you do ... that they have more questions ... It's a cue that they would like more information, because if they understood your product like you do then they would also see the value in it as you do. Therefore they require more information.

You're in it for the duration ... "Quit" is not in your vocabulary. Win is all that you know. You continue until you have crossed the finish line and realize that anything short of that is something that is un-accomplished ... and you finish whatever you start. You go all the way to the end in whatever you do and are not distracted or discouraged. You *GO FOR IT* ... You believe in yourself and in all of your abilities.

You identify your goals ... You break down what it will take to achieve them and

you *GO FOR IT!*

You program you subconscious mind constantly with positive affirmations. You constantly tell yourself that you Can Do It ... That you're making it ... You see yourself as already being successful and your mind will make it so.

Welcome to success.

Self-Sabotage

By Rene Bastarache, CI

You're a self-confident, successful winner who accomplishes your goals ... You're your own best friend and can accomplish anything you wish ... Your only limitation is your imagination and now you let your imagination go free ...

From now on nothing stands in your way You're a winner... your life is a series of successes... You allow only positive thoughts to run through your mind ... You have a strong drive to be successful, to be a winner ... any task that you take on you're confident and have a strong sense of follow-through ... You finish all your task in a positive manner and never have any doubt that you'll succeed...

You're going to find that beginning right now you're success oriented and there's nothing and no one who can keep you from becoming the success that you desire ... You expect to succeed in everything. You feel enthusiasm and confidence in all that you do. You feel a sense of urgency to complete all that needs to be done ... Your new motto is do it now ...! You feel a sense of satisfaction as you accomplish more and more each day ... Every day your work gets easier to accomplish, to finish...

You find confidence and satisfaction in taking action right now ... You're a doer ... You know that you always do your best, and your best becomes better and better each day ... You do it now..! By leaving procrastination behind you're going to find that you have more time to do the things that you enjoy ... You'll feel more organized, more in control, more confident ... You'll find that your free time is indeed just that, your free time!

You're now highly motivated ... You exude confidence in all that you do ... Self-doubt and fear are things of the past and you now replace them with confidence and conviction ... You trust your abilities and know that you can do anything that you set your mind on ... You're successful in all that you do ... Other people enjoy being around you because of your confidence and ability ... You have a very open mind and are creative...

Worrying

By Rene Bastarache, CI

Worrying has a purpose but it's often overused ... It's helpful if it aids you in solving a problem... Such as you see a puppy playing too close to a busy street ... and you decide to move him away ... It should result in problem solving ... but when you worry about things that have not happened ... or what *may* or may not happen in the future ... then you're abusing the purpose of worrying ... to a self-destructive degree.

You no longer worry about things that you can't change... If you can change something that you're worrying about then you do it, as soon as possible ... Procrastination encourages worry so you no longer procrastinate...

If you're worrying about something that you can't change ... then you accept that you can't change it ... and move on ... as worry would simply be a waste of time and energy ... And you wish to keep your time and energy for more constructive things...

Now that you have stopped worrying ... you notice that you feel better each day ... and achieve your goals easier ... You feel good about yourself and your future... You think the best outcomes in things ... You're able to relax without knowing exactly how things are going to turn out ... You're now convinced that whatever happens ... you'll be able handle it...

Life is fun and enjoyable again ... and you find that you're still cautious about things ... but only the things that you're able to change and are in control of...

“The best cure for the body is a quiet mind.”

Napoleon Bonaparte

NOW WHAT?

Shelf It - or - Take Action

You can either follow the crowd and shelf this book planning on getting back to it in a month or a year or two or you can take action and use it to help yourself or someone else now...

You now have the skills that very few in society have. Your knowledge can help someone to:

- Make more money.
- Have a happier life.
- Raise better kids.
- Quit Smoking and even;
- Heal from a medical condition.

You now have a choice to make!

You can choose to act or you can choose “not” to act; but either way it is a choice. Good luck with your choices and with your future...

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"I have a dream of healing the world but it's going to take a grass roots effort of you and me together."

If you enjoyed this manual I'd like to ask you to help me with my dream of sharing this knowledge and Healing the World.

How can you help?

1. Simply share it with three of your friends by sending them this link:

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If you can send the link to three of your friends and they share it with three of theirs and so on for just five levels deep that's about 2,000 people that we'll have helped. Can you see how fast that can grow?

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I'd like to sincerely thank you in advance for your assistance and wish you the very best of health and success.

Sincerely,

Rene Bastarache, CI

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