

Foreword

This ebook is a very brief introduction to matters that should be common knowledge - the basic instructions for having a fulfilled life. These matters concern the basic nature of reality, and how our thoughts and actions control what we perceive as 'reality'.

For many who have not been exposed to the ideas contained in this ebook, some of the concepts will seem strange, fantastic, even ridiculous. Some readers will never get past such reactions and so will never come to realise the simple truth – that the philosophy described, when put into sincere practice, can work to transform any life.

If you fall into this category, think of it this way. If you are right, no-one will know that you have tried, and all you will have lost is a little time spent dreaming. But if you are wrong

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Introduction

People, events and outcomes (good and bad) are attracted to you through your repeated thoughts and emotions, irrespective of whether or not those creative thoughts were conscious. All repeated thoughts are creative, even the negative ones.

The mechanism by which this happens is unknown, and is probably unknowable. It is just the way things are. Any theories presented in this e-book or in any other source are just that - theories. In practice it doesn't really matter which theory you subscribe to - God - like attracting like - direct creation - subconscious mind power - a benevolent universe - parallel universes etc.

The Universe serves you perfectly by bringing to you that for which you have 'asked' through your thoughts, although you should be aware that the thoughts of others, especially those who are close to you, can and will affect the speed and degree to which your thoughts are reflected in your reality. But with that caveat - so long as you have a 'mechanism' that fits with your world view, you can direct the process to your own benefit, to one degree or another. If you do not, then the random junk stored out of sight in your brain will direct the course of your life.

You have several thousand thoughts per day. You may not be conscious of all of them, but they are creative none the less. Many of your thoughts are habitual. You don't give particular thoughts much attention, you simply think them as a matter of habit. But because such thoughts are habitual, they are repeated many, many times in a day and so become the 'flywheel' which keeps you getting more of the same.

Language is an expression of thought, and certain ways of expressing things carry a mindset with them. For example, when you buy a new item of clothing, a car or a home, you may concentrate on the cost of the item, instead of the pleasure it will give you. You may even say that the purchase 'set you back' a certain amount of money. In doing this, you are reinforcing the thought that purchases mean setbacks, or that the things you really want are expensive, which in turn means that they are normally beyond your reach, needing extra time, effort and energy to bring them into your life.

In addition you should not underestimate the effect that your cultural norms – the implicit assumptions that underlie almost every aspect of your thinking – will limit the scope of your beliefs as to what is, or is not, possible.

In consciously changing your circumstances - your personal reality - you will need to become more aware of your thoughts, become more conscious of them, and what they reveal about your mindset. That can be as simple as observing what it is that you think regarding certain areas of your life. By observing your thoughts regarding certain activities or areas of your life, you can begin to bring into your consciousness your deeper beliefs, and habitual thought patterns. You can start doing this by choosing an area that doesn't seem to be working for you, and observing your every thought on the subject.

It is important to get into the habit of trying to 'drill down' by questioning the source of any recurring thought pattern. 99 times out of 100 you will find that the 'obvious' assumptions that limit your expectations have little basis in fact, but it is only by examining the very basis of your thoughts that you will get to the truth in each case.

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The purpose of this book is to outline some very practical and simple ways to reprogram the subconscious mind and use its vast power to achieve all the things in life you desire. I will offer you a method that will allow you to change your subconscious so that all of the negative things that are holding you back can be completely eliminated.

The **Mind Management Concept** is a simple system that allows the user to spend a minimum of twenty minutes of practice per day and, when applied, will be successful for anyone who uses it. This system is so straightforward and basic that you can implement it very easily, overcome any self-doubts about its effectiveness, and make it work for you under the most negative conditions.

The program offers foolproof methods of reprogramming the subconscious mind along with activities which you can do for yourself, without having to attend expensive seminars or buy huge 'LOA' home study courses.

To get started, all you need is a pen and paper.... Oh, yes .. and of course, your mind!

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Chapter One

Let us have a quick look at the concept of 'programming' as it applies to the mind, why it is there and how it got there. I will explain the strengths and weaknesses of the mind and the steps you can take to overcome whatever form of inappropriate programming exists in **your** mind. By examining these aspects, you will be able to understand the Mind Management concept and see how and why it works.

The mind can be programmed in the same way as the computer. A set of instructions can be created at any time and if reinforced over and over again, will become a basic part of your personality. You will no longer be consciously aware that there is a program operating. However, it is the programming that was laid down in early life that is often strongest, as this has been rehearsed for the greatest length of time.

Behind the scenes these programs quietly direct your daily actions through emotions that control motivation, habit, avoidance, and alter your every decision to fit in with the hidden 'programmed' objectives contained in your subconscious mind. **You may think you are in control but you are not. It is your subconscious programs that direct your every move, and even your thoughts themselves.** And these hidden agendas are as likely to work against your conscious desires, as they are to work for them, especially if they are based on faulty input from early life.

Where did all of these programs come from?

Many of them came from your parents in the form of very deliberate instructions. 'Toilet training' is a good example of the kinds of things your parents taught you, and so is tying your shoelaces. You learned other things from observing your parents, other relatives, siblings, playmates, etc. Do we remember not knowing these things? Unlikely, but these programs are now such a part of us that we find it next to impossible to deviate from them, and are unaware of the control processes involved.

These skills are a few of the more obvious things we have programmed into our minds, but the majority of 'sub-programs' or habitual subroutines are completely invisible to us, because they are so much a part of us that we just accept that 'this is who we are'. **Most of the time we are completely unaware that we are in fact being controlled, because a part of our conscious mind (the 'ego') continuously rationalises all of our behaviour, one way or another.**

This has been confirmed by a series of experiments on volunteers using electrodes taped to the head to record electrical impulses within the brain. These have shown conclusively that all actions and decisions are actually taken at an unconscious level a significant time interval **before** the conscious mind thinks that *it* has initiated the action or taken the decision. The ego then quickly comes up with justification for the action or decision and so 'takes possession' of it – but this doesn't change the fact that it is not in the driver's seat, and that the conscious mind's sense of control is an illusion.

The point is that you have something which we will call a "mind program" to confine it precisely to the meaning in Mind Management. Your mind program is different from anyone else's and is the total set of instructions you received, either through

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purposeful teaching by others or through your own observations and your interpretations of these. This program makes you behave and think and act the way you now do, and even controls your preferences and reactions to almost everything.

In all probability you have no conscious awareness, or only the dimmest notion, of what those instructions are. Yet you follow them exactly, unwaveringly - even when they result in the opposite effect from what your conscious mind is striving to achieve.

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Chapter Two

Now, let's look at some basic definitions for the two minds that most psychologists believe exist within each person (actually you may have many 'minds', but let's keep it simple). I have used the words 'conscious' and 'subconscious' several times previously. But, what do these two terms really mean? They actually refer to levels of conscious awareness in the brain about any input or thought process. It is believed by many experts that the conscious mind makes up only around 10-12 percent *maximum* of the entire brain function – in many people far less. This leaves the remaining 88 percent or more of your brain functioning at subconscious levels - 100% while you are asleep.

Think of your 'conscious' mind as a spotlight that illuminates just a part of a mental 'stage' that represents all possible conscious thoughts. At any given moment, only a few things can be clearly 'illuminated' (i.e., in your awareness), a few more things around the area of the beam of light will be half-lit, the rest will be out of the perception of the 'conscious' mind, but of course will continue to be there even though the conscious mind is unaware of them. And then there is the 'backstage' area – larger by far than the stage, and containing all the machinery that makes things work on stage. This area can never be illuminated by the spotlight. Together, all of the 'dark' areas represent the 'subconscious' mind, but it is in the backstage area that reality perception and change are directed.

Dr. John Kappas is a noted hypnotherapist, who has conducted research on thousands of patients. He has stated that his research reveals that we must either wait until the conscious mind is tired and ready to rest before we can expect to re-program our subconscious, or use relaxation techniques to reach a similar state of mind. That is why the period just before going to sleep at night is so valuable in reprogramming. It is a 'window of opportunity' to write a new program into our subconscious, while the conscious mind lowers its guard and does not put up a fight against change.

If our conscious wishes and desires do not match what is occurring in our life, or if we know what we want but somehow our life is not 'working' then this is a good indication that we are suffering from a self-limiting mind program. Such limiting mind programs keep a very tight lid on what we are able to achieve, because the subconscious 88 percent of our mind exerts a great deal of pressure on our conscious mind to remain within what the subconscious identifies as 'safe'. Strong subconscious resistance is encountered when an individual tries to achieve a goal which is beyond his or her subconscious expectation, or 'limiting beliefs'.

That leads us to the area called the 'comfort zone'. This is the area where we feel most comfortable within the various areas of life, and which works to prevent us straying outside those self-imposed perimeters. If we move to any significant extent beyond the level of success we have been programmed to achieve, we will consciously experience anxiety, and our subconscious will actively work against success, even though we will not be aware of it. This is the reason we often experience setbacks while we seem to be on the verge of success – setbacks that can very often be traced to 'self sabotage' in one form or another.

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Remember the subconscious has no voice. It expresses itself through feelings - a sudden wave of sensation - rather than words. This is often experienced as fear or anxiety and then immediately rationalised by the conscious mind as doubt, scepticism, a feeling of not being ready or some other 'reason' for not proceeding with whatever we have in mind. Our subconscious translates any variation from the norm as an 'unknown' and therefore as potentially dangerous, and immediately begins working against our conscious mind to bring us back into the area it is currently programmed to recognize as safe.

Self-sabotage then results. There is nothing malign in this. The subconscious is just acting in accord with its current program, to 'protect' us from ourselves.

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Chapter Three

During the past few pages I have tried to very briefly explain a factor that can limit your success or even bring about a strange ability to snatch failure from the jaws of success. But the Mind Management concept can literally change our lives for the better by removing these self limiting programs.

How does it work? The word that best describes how it happens is "synergy" or "synergism." Simply stated, this means that the whole of a thing is somehow equal to **more** than the sum of its parts. For example, if you take a human being and a computer, the abilities of the combination far exceed the capacity of either alone.

Mind Management creates a synergism in which conditions are combined to produce the change effect, by focusing the subconscious mind on a new requirement. It allows the putting in place of the conditions necessary to bring about the desired change by bypassing the evaluating conscious mind without resorting to hypnosis, to get new information into the subconscious.

You are already doing this of course, but relatively randomly. You may have noticed for example that if you have decided that you would quite like a silver BMW sports car, that you suddenly see them everywhere! You have brought silver BMWs into your life, but because you are only partially focussed, not far enough. Mind Management will take you to the next level.

As you read about this new programming and changing old habits through goal setting and visualisation, you are probably asking yourself, "How does this all work and how does old programming leave the mind, to let the new in?"

Good question, since we know that with a computer all we have to do is hit "delete" and presto, the old is gone! It all happens when the new suggestions or goals are 'written' to the subconscious mind, preferably during that optimal half-hour prior to going to sleep. As you go to sleep, you now enter the dream cycle. For explanation's sake, I will discuss dreams; but since they are not something you can really control, there is no need for exhaustive detail.

No matter what time of day or night we usually fall asleep, we have a sleep cycle which is basically the same: a period of light sleep and processing dreams, followed by about an hour and a half of predictive dreams, then another period of relatively low dream activity, and finally just before awakening, a cycle of 'venting' dreams.

The processing dreams occur when we first go to sleep. We seldom remember them, and they are basically insignificant, being just a way to extract anything useful from the day's experience and resolve any conflicts.

The predictive dream occurs in the middle of the sleep cycle, and its purpose is to take new data and play "what if" scenarios, projecting or predicting what might happen with the new data resulting from the processing phase. If you wake during this phase you may recognise elements of the previous day's experience being combined with older memories and pure fantasy.

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Finally, just before awakening, we have the 'venting' dreams. Just as it sounds, this is the time that the subconscious mind disposes of various junk it no longer wants or needs. Also, the 'expendable' material taken in during the previous day and then sorted out during processing dreams gets dumped during the venting dream cycle. If you awake during this phase of dreaming, any dreams you remember (usually for a very short period) will usually be purest nonsense.

So, now you have a brief explanation of how old and new information is processed through the dream cycle. It is nothing to be concerned about, but it does answer the question of how all of this works.

Sleep cycle:

Processing - When sleep cycle is first entered

Predictive - Absorbs and plays with new data in the mind

Venting - Various data is vented out of mind

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Chapter Four

Your Feelings are your friends

Let your feelings guide you. If you feel any negative emotion about any subject whatsoever, that is an indication that you have a negative belief about it somewhere. Through listening to your feelings, you can bring into consciousness some of your beliefs.

The emotions of love and fear have a direct influence on your muscular system and also upon your breathing. If you have a thought or belief of which you are unsure if it is serving you, hold it in your consciousness for a few seconds, and simply notice what happens to your body. Do you tense up, or do you feel expanded and more aware? What happens to your breathing? Do you breathe in a deep and relaxed fashion, or are your breaths short and a little hurried. These are simple exercises in bringing into consciousness those ideas and beliefs that are serving your growth, and those you would do better to dissolve and release.

When you combine the focus of your conscious mind with the impulses that are given you by your feelings, you cannot help but expand who you are.

Using Desire

It is not sufficient to just simply think about having something that you want to bring into your life, you will need to **have a strong desire for it**. Desire is feeling. Many people either let their intellectual mind decide what is needed, or change their minds about what they want halfway through the process. Neither approach is going to bring about the changes you seek in your life very rapidly.

If you find yourself changing your mind often about what it is that you are wanting, then this is an indication that you are not truly listening to your feelings. It is not to say that what you want should not change, because all your goals and desires will change and evolve, as you learn and grow. The path of growth is the path of re-creating the self, and the way in which you wish to create yourself now may be quite different to the way in which you will want to create yourself in five or ten years time. If you have found yourself flipping from one wish to another, changing your mind often about what it is that you want to create in life, the time has come for you to explore some of your deeper ideas and beliefs about creating what you want.

People often do not allow themselves to even start creating the dreams that their feelings are giving them because they do not believe in their ability to make them come true. Perhaps you cast off many a good idea as wishful thinking, pie in the sky, or as things that only the fortunate few can have and create. The fact of the matter is, wishful thinking is the thinking of your real self, and your imagination is the tool you have been given to create wishful thinking with. It is through following your dreams, and believing in them, that you will be led to fulfil your life's purpose and your life's work.

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Your purpose is to create and to experience the fruits of that creation and the lessons that come from the process. There is no other greater reason for you to exist. There are other things to learn on the way, such as the lesson of love, but in the end you are here to create. There is nothing more to life than that. That is the purpose of life, there is no other great hidden secret, no profound truth that will take you many lifetimes to unravel, no sacred secret that is only imparted to a few initiates. The truth and purpose of all life is simply to create itself and its experience, and 'reality' is formed for his purpose. If the purpose of life is to create, then it is your greater purpose to create that which you desire to create, and to experience the results. There is nothing more to life than that, there is nothing more to your life than that.

You may even fear (consciously or subconsciously) creating that which you desire because you are afraid that once you reach that point you will have reached the end of meaning, and there will be nothing more for you to do, no purpose, no fulfilment in life. So you keep yourself in a position of struggle, because you are afraid of losing your 'purpose' which you perceive as working now for a future gratification that never quite comes. You are afraid that when you get to the promised land that you will discover that without struggle there is nothing.

But growth does not stop. The Prime Mover/God experiences the universe through you. This universal experience is growing as you grow, expanding as you expand. Therefore when you get to where wish to be, the growth and expansion that has brought you to that place of fulfilment will give you the tools with which to go on, even further. For all of your life. There is always more creating to do, more ways to experience self, provide new purpose, to bring forth new ideas, new things.

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Chapter Five

For you to successfully create the things you want in your life, you have to desire them. Desiring them is not the same as needing them. Need is based on the feeling of lack, and when you concentrate on lack, you repel the very thing you are seeking. There is a world of difference between needing a relationship because your life feels empty, and desiring a relationship because you wish to share who you are with another person. Needing a relationship will either repel any possible future relationship, or it will bring a relationship into your life that will emphasise your original need. The rule is invariable; whatever you focus on will expand and grow.

You might be fairly convinced that you are already focused on what you want. However, when asked, many people find it easier to say what it is that they do not want, or what they want from other people. Remember, *you* are the source of everything you need, so needing things from others, or requiring conditions to be a certain way before you can create what you want, will leave you feeling dissatisfied.

When you actively begin to think about making changes in your life, don't start thinking about all the things that you lack, or want to get rid of, or how you want other people to change. Many people think in terms of wanting a boss or partner to change their behaviour, not wanting to have difficulty paying bills, not wanting to work hard and struggle to pay your rent or mortgage. The 'Law of Attraction' will bring to you what you concentrate on, so if you concentrate on what you don't want, you will get more of the same, the Universe cannot operate in any other way - this is how it works, simple and elegant.

The most powerful way to start changing your life is through re-framing everything into the positive. Stating that you want to work for someone who is positive and supportive, for a company that honours and values your new skills, that you want to pay your bills with ease and comfort each month.

By using positive intent to state accurately what you want, you will change your energy and attitude thereby making you more open to identify opportunity and allow the Universe to give you things more rapidly. Additionally, through re-framing into the positive, you will begin to experience a sense of gratitude for the things that you already have. This sense of gratitude will enable you to see that your life already has many positive aspects in it and that in its current form, it has provided you with many opportunities to learn valuable lessons.

When you are able to ask the Universe for changes in your life with a sense of gratitude for the things you already have, your heart will be open to allow miracles to happen. Doors will open for you, and you will be running with the flow of the Universe, instead of trying to swim upstream. This will require trust on your part, but if your life has not been working for you, trusting in your belief in something better will serve you well.

Mind visualisation is the technique of using your imagination to create what you want in your life. There is nothing at all new, strange or unusual about mind visualisation. In fact, you are already using it every day, every minute. It is your natural power of imagination, the basic creative energy of the universe which you use constantly, whether or not you are aware of it.

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In the past, many of us have used our power of mind visualisation in a relatively unconscious way. Because of our own deep-seated negative concepts about life, largely supplied by our parents and more recently by the news media, we have automatically and unconsciously expected and imagined lack, limitation, difficulties, setbacks and problems to be our lot in life. And so, to one degree or another, this is what we have created for ourselves. We can use our imaginations as a technique to create what we truly want - love, fulfilment, enjoyment, satisfying relationships, etc., whatever our hearts desire.

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Chapter Six

Here are the practical steps for using this process to help create your own reality:

Step One: Decide

You need to decide exactly what it is that you will be requesting in this session. Write using a computer a precise description - as if you were placing an order with a supplier. Hone and refine the description until it exactly specifies in detail what you want. When you are done, physically write the 'specification' onto a clean piece of paper or on a fresh page of a notebook kept for this purpose. It is helpful to put this somewhere where you can read it two or three times daily, but do not allow others to see it and possibly poke fun at you.

Step Two: Relax and Breathe Deeply

Sit or lie somewhere comfortable and away from other people. Relax completely, paying special attention to muscle tension in the face and neck. When you are fully relaxed, close your eyes and take a deep cleansing breath in... breathing in life, energy and abundance.

As you exhale release any stress, strain or tension from your body. Release any thoughts, feelings...and just allow yourself to relax. It can be helpful to think "Noted – I will attend to this in a minute" when distracting thoughts occur.

As you continue to breathe deeply, keep your eyes closed and gently shift your focus to your inner feelings and take a few moments to just drift in peace.

Step Three: Clearly State Your Desire

Imagine a genie has just appeared in front of you and offered to grant you three wishes. Anything you desire – he is standing waiting, head to one side, with notepad and biro in hand! What are your three wishes? (go to your heart and let your heart choose your deepest desire).

Now narrow it down. If you could only have one wish, which wish would you choose? Remember you must choose only one!

Select something you want, not something you want to get rid of. For example: if my ultimate desire is to be healthy and one of the ways for me to be healthy is to lose weight, then my choice would read like this: 'I choose to be healthy and physically fit'. Rather than 'I want to lose weight'.

Clearly state your deepest desire.

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Step Four: Visualise Success In Advance

Picture what you desire as if it has already happened, as if it has already manifested for you in your life. Allow your picture to be as vivid as possible...colourful, lifelike, real. Fill in as much detail as possible, add smells, touch sensations, sounds, movement and atmosphere. See the scene in bright sunlight if appropriate.

You may find this difficult at first, but keep building on the same 'inner movie' and you will find it comes to you in greater and greater detail until you can almost literally, see, hear, smell and touch the scene in your mind.

Step Five: Embrace The Feeling

What feeling will having your desire give you? Feel the feeling you have as you imagine having your desire now. Suppose you desire more money in your life. Ask yourself what feeling do you have as you imagine having all the money you desire? Perhaps you feel rich, wealthy, secure, successful, relieved. Beyond these feelings, what do you feel? Most people report a deeper feeling of peace, freedom and possibly of power – the power to give a better life to others, especially loved ones. The deeper feeling is what you want to feel. This is known as your core value.

Step Six: Create A Symbol

Allow an image to come to you that represents your core feeling. The image can be a place, a person, an object, a colour, a shape. For example, if your core feeling is freedom, an image that may symbolise this could be a bird in flight, sailing on the wide ocean, standing on a hilltop where you can see for miles. If your core feeling is peace an image may be something like a sunset, a dove, a placid lake, or a rose.

Step Seven: Let It Go!

Let your mind release the intention to your subconscious. This can be done by merely saying to yourself "This is my desire and I now release it to the wisdom and power of my mind to make it reality. It is so." And allow your mind to shift to your symbol. As you focus on your symbol try to feel the core feeling it is intended to symbolise.

Step Eight: Trust

Trust that you have done all you need to do. Your subconscious mind will handle the rest. I suggest you run through step 1 and steps 2-6 every day. You only need to repeat step 2 when your objective has been fulfilled, so that you can set another goal.

Taking a few minutes in the morning when you first awaken is an excellent time to take yourself through these seven steps. Take any break while you are on your own to repeat the exercise, and in particular make sure you run through them as you drift

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off to sleep. Once you become familiar with these steps, you will be able to do them quickly, without needing to write them down.

It is an excellent way to keep yourself focused on what is most important to you. What you focus on becomes a part of your reality.

Why? Who knows - but it does, so use it.

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Chapter Seven

The last of the Mind Management concepts to be presented is something people do all the time. It's called self-talk. However, most of the time self-talk is negative.

Instead let's look at the effect of substituting positive self-talk for negative, what this can do for you, and some suggestions on how to use positive self-talk.

I would challenge you to spend one full day taking inventory of your self-talk and even writing it down as it occurs. For example, you do not hear the alarm go off, and when you awaken, you find yourself hopelessly behind getting ready to start the day and make that first business appointment. From that point, notice any self-talk expressions that you use to think about yourself. "You idiot, why did you do such a stupid thing?", "I'm never going to be able to do that!" "X is so confident, I look like a kid by comparison", "This is too hard, I am way out of my depth".

These expressions are negative and self-defeating, as most self-talk is. You may have a tendency to label yourself, silently, and then use these labels all during your conscious hours. 'Idiot, prat, moron, stupid, fat, ugly, old, ignorant, etc.', are used quite frequently, even though many times you do not realise how negative their effects are on you. You may not even use words, but just let quiet, almost unnoticed, feelings of inferiority arise in any situation where such feelings are programmed into your subconscious.

What I suggest is that you use positive self-talk to reinforce your writing and mind visualisation. It's very simple. If you catch yourself thinking negatively, think to yourself 'CANCEL' or 'STOP'. Immediately substitute a positive interpretation: "I have made a mistake. Everyone does. I will remember not to repeat it, which is good." "Other people do this, so I can do it just as well". "X is very confident - I will act like him/her". "This may be difficult but I will simply do my best".

The feeling of flexibility should always exist, recognising that if a person is too rigid, he will not experiment enough to find the most effective way to drive the demons away. Sometimes, what is good for the goose is not good for the gander. Whatever it takes is what you must do. Try, try again until the most effective method is found for self-improvement. Then focus on it in whatever area of life you might choose: physical, emotional or spiritual.

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Chapter Eight

The art of 'Manifesting' - consciously creating what you want

Manifesting is the art of creating what you want in a time frame when you want it. Many people are now becoming aware that they really can bring things and circumstances into their own reality consciously - they are taking responsibility for their lives.

You may wonder how you can create those things that give you more pleasure and a sense of fun in life. You probably doubt your ability to have and create what you want because your life seems to be filled with those things that you don't want, or feel that you didn't ask for.

If you have experienced many situations in your life that are less than pleasing to you, take a close look at what you believe about yourself. Do you believe that you are worthy of love, health and abundance? Or do you doubt the existence of love and peace, or believe that these are things for other people, people who are maybe in some way more spiritual, kinder or better than you are? Others may be better off in your terms, but they are not better than you, no more deserving.

But in any case these factors are unimportant. The law of attraction is neutral – nothing to do at all with worthiness or deserving. It is just a fact of life, even if this is not recognized by many. It works as well for a Hitler as it does for a saint, and will work for you no matter what.

You may think that this is all hogwash. That it is not your beliefs that have created your experiences, but it is that the world is a certain way, beyond your control. In this way, many people fulfil their own prophecies. An event confirms a negative belief, and the belief creates another event which further strengthens the negative belief. Only those events that confirm the negativity are registered, others are disregarded, their importance minimised, so that a 'vicious circle' becomes established which makes escape difficult (but far from impossible).

But if this is so - that you can NOT influence your reality by thinking alone, what have you got to lose by just trying the suggestions in this e-book, other than a little 'thinking time'. And suppose it is correct? What do you stand to gain in exchange for a little 'thinking time'.....

Sometimes, the Universe doesn't wait for you to decide - it gives you a wake-up call. Some events can gradually become repeated with increasing intensity until you sit up, take note and decide to do something about it. Repeated patterns of external event in your life are the Universe saying, *"Look, this is what you get when you do more of the same - try something different!"*

Instead of getting caught up in what you have created in the past (the past started just a minute fraction of a second ago) you can work on releasing any of the pain you may have experienced and decide right now, at this moment, to start creating more of what you do want in life.

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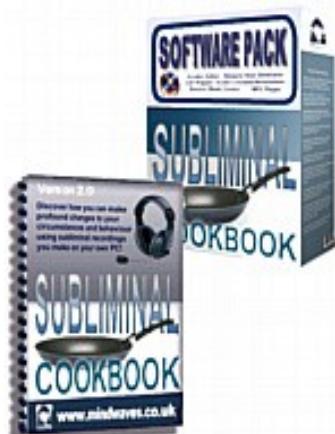
You don't have to seek anyone's approval or permission in order to claim your birthright. Within you is the power to change your reality in whatever way you desire. Deep inside you already know this to be true. Choose now to accept these things as being part of existence and a part of your personality. For as you bring more of these qualities into your own life, you will be making it easier for others to follow your example.

END

Some Resources

Making permanent changes to the way you think can be hard work. You may have spent decades becoming who you are now, and this gives your thought patterns a kind of inertia of their own. The way you think is literally a deeply-ingrained *habit*.

Thankfully there are now many new tools that can make personal change easier. These include self hypnosis, NLP (neurolinguistic programming), subliminal suggestion, brainwave entrainment and 'energy' techniques such as EFT (emotional freedom techniques). Here are links to some of the most effective programs available:



The Subliminal Cookbook A unique package from Mind Waves, consisting of the most comprehensive e-book available on creating your own 'custom' subliminal programs, and a complete software suite including a sound recorder/editor and a background sound generator which includes the ability to generate your own brainwave entrainment tracks.

If you have only ever used commercial subliminal or hypnotic products and experienced little or no change in yourself or your circumstances, discover the simple secret you need to 'turbocharge' the power to direct absolutely any area of your life, and experience one of the most powerful life-changing technologies available to you.

Purchase through Clickbank at
<http://www.subliminalcookbook.com/>

or direct from our web site (cheaper!) at:
<http://www.mindwaves.co.uk/diy.com>

Changing Your Reality

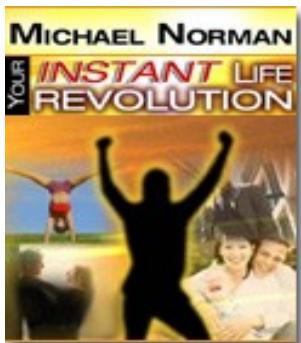


Mind Waves

The Synchrony Program Controlled brainwave entrainment using specially engineered sound recordings is quite simply one of the most important breakthroughs in personal development in the last 50 years. The Synchrony Program consists of two 30-minute recordings, engineered to bring both hemispheres of your brain into synchronization through a mixture of entrainment technologies.

Induced hemispheric synchronization leads to an increase in mental acuity and capability, including clearer thinking, better abilities to visualize, improved memory access and even better access to subconscious information. This means that you can gain access to better and faster problem solving abilities, massively increased creativity levels, greater energy and enthusiasm and a host of other benefits simply by repeatedly listening to these recordings over a period of time.

<http://www.mindwaves.co.uk/entrainmentmp3.htm>



Your Instant Life Revolution A powerful hour-long recording combining elements of hypnosis, NLP, brainwave entrainment and subliminal suggestion that is designed to instantly re-write any single subconscious negative belief with a positive alternative that YOU choose. The CD is accompanied by a book explaining how and why the process works and how to apply it to bring about profound personal change in any area of life, in just one session.

http://www.mindwaves.co.uk/yilr_1.htm



The Super Mind Evolution System This is a groundbreaking product at the cutting edge of the new 'consciousness revolution'. It consists of 23 modules and reports covering the theoretical background, the mind power system itself, and some ways to use the information to your advantage. There is also a series of 20 unique mind-altering entrainment/hypnosis MP3 audios based on the course content.

This material has now proved itself over and over - it is not just another rehash of standard LOA philosophy and methods, but set of practical tools that anyone can use. If you learn about it before it becomes common knowledge you will be giving yourself a massive advantage, and the chance of changing your life for the better almost overnight.

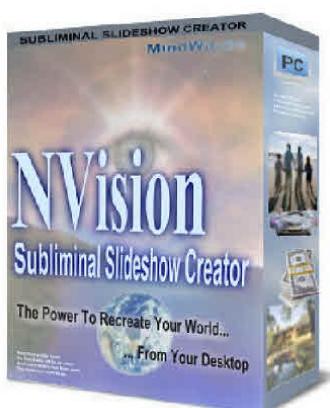
http://www.mindwaves.co.uk/mind_power_secrets.htm

Changing Your Reality



How To Manifest a Miracle Manifesting your own Reality need not be hard work. Discover a 100% guaranteed step-by-step "magic" formula for manifesting more money, love & good health than you ever imagined was possible. Here are the true "secrets" of the manifestation process, guaranteed to work for anyone or your money back.

http://www.mindwaves.co.uk/manifest_miracle.htm



The NVision Package. What if there an easy-to-use way to take your efforts at changing your reality to an entirely new and higher level of success, which as actually FUN TO USE? One that can produce results at lightning speed (it is rather weird when this happens!) even when nothing else has worked before.

The NVision Subliminal Slideshow Creator is a simple and easy-to-use way to take your efforts at changing your reality to an entirely new and higher level of success. You can apply this system to your circumstances, personal life, your health and fitness, your finances, or just about any other area of life that you choose.

<http://www.mindwaves.co.uk/nvision.htm>

These are just a few of the great new products we have for you. And there is background information, articles, reviews, free e-books and audio recordings and plenty of other great stuff connected with personal development at:

MindWaves .co.uk
NEW TOOLS FOR PERSONAL GROWTH

<http://www.mindwaves.co.uk>

And don't miss our free-access **Members Area**, where you can download a range of e-books and brainwave entrainment audios at absolutely no cost. See the MindWaves web site for more details (just click on the logo below).

