

DISCOVER
and
UNLEASH YOUR POWER

by
PsiTek

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Introduction

I have a message for you. You were born with an amazing and immeasurable power.

This power has made you what - and how - you are now. You may be unconscious of it, but with this power you have created your present reality.

Yes, everything that you are, have experienced and are experiencing is a result of this power.

But as many people are unaware of this power, sadly, they have unconsciously used this negatively. With this negative use, they have made less of a life than what they deserve, full of heartbreaks, failures and disappointments.

Thankfully, it is not too late. If you are one of these people, you can learn to use this power positively to re-create your reality.

This book will make you aware of this power and help you use this power to be what you want, do what you want, and have what you want. It will help you create a life you may have once thought impossible.

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Chapter 1

The Relationship Between Thought And Reality

"I think, therefore I am." - Rene Descartes

This amazing and immeasurable power you were born with is your ability to turn your thoughts into reality, or mind power.

Everything started with a thought. In fact, everything made on earth was first a thought – the houses we live in, the airplane, the light bulb, and more. All actions are also preceded by thoughts. The action of applying for a job, for example, is preceded by the thought "I think I'll apply for this job."

This may already be common sense to you – each thought you have in your head usually materializes when you act. But here's the twist – even if you *don't* act, your thoughts *can* materialize.

For example, was there a time when a person suddenly popped into your mind, and soon after, you saw that person, received a call from that person, or heard other people start talking about that person?

Or, for the people who are constantly fearful and worried about getting robbed or getting their belongings snatched, are they not the ones who are unfortunate enough to experience such things?

Generally, doesn't the positive-thinking person also have positive people and circumstances in his/her life? On the other hand, the negative person finds himself/herself around negative people and negative circumstances.

And just as thought influences reality, reality can also influence thought, which can in turn influence reality again (THOUGHT --- REALITY --- THOUGHT). For positive people, this cycle reinforces the good things in their lives – when the good they have thought about comes true, they feel happy, validated and encouraged to keep thinking positively, and thus, manifesting more good things in their lives. And, for those with truly powerful minds, even when their thoughts do not materialize immediately, they do not allow themselves to get discouraged. They just press on until things turn out the way they want them to.

On the other hand, this cycle of thought-reality-thought can be vicious for people who think negatively. When their negative thoughts come true, they believe them and thus continue thinking negatively until these thoughts materialize again. The process repeats itself unless the person chooses to break the pattern.

If this sounds a bit too simplistic and dubious to you, try thinking back on your life. When you are in a good mood or are generally happy, how are things around you? How are the people around you? The events in your life? And, on the opposite side of the coin, when you are feeling low, what happens to the people around you and the circumstances you are in?

Think about the instances where you expected an outcome - or *doubted* a possible outcome. Either way, didn't things happen the way you perceived them?

Your thoughts have power. This power is not very different from that of a sorcerer or a magician, whose magic spells first started out as thoughts.

For sorcerers, the relationship between thought and reality is quite a simple, straightforward concept. The only distance between thought and reality for them is a spell. Once they have cast their thoughts into a spell, they already expect a particular outcome.

In the same vein, the distance between your thoughts and reality is the *energy* you put into your thoughts. Notice, for example, that whatever occupies your thoughts most becomes real. Or when you concentrate hard, what you think about materializes. Especially when you believe it will happen.

French philosopher Rene Descartes' immortal quote rings true even in today's context. You *thought*, therefore you are what you are right now. When you are thinking, you are *creating*. You are like the sorcerer or magician who casts a spell – you are creating an *outcome*.

In the next chapter, you will learn how to use this power and know why some thoughts materialize and why others don't.

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Chapter 2

How To Turn Your Thoughts Into Reality

“The power of Thought, the magic of the Mind!” - *Lord Byron*

Think back to a sorcerer, witch or wizard you have watched in a fantasy movie or on television. How do they look when doing magic? “Focused,” “determined,” “concentrated” are the words that may come to your mind. For witches and wizards with wands especially, do they not look like they are channeling and pouring their energy at the tip of their wands to cast a spell?

In addition to how focused they are, they also look free of distractions, doubts, fear or anything that can get in the way of their spell-casting. Should their will waver, their magic may weaken or may not work at all. Their power is diminished at the same time their minds lose focus.

The same principle also holds true when you are thinking to create reality. The more focused you are and the more energy you give to your thoughts, the more likely it is that they will come true. And if you allow fear, doubts or any negative thought to rule your mind, then you will have a difficult time turning your thoughts into reality.

In the following pages you will learn how to give power or energy to your thoughts and clear your mind of blocks that prevent you from manifesting your thoughts.

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Chapter 3

Magical Tip #1: Begin With Desire

“*Passion is energy. Feel the power that comes from focusing on what excites you.*” - *Oprah Winfrey*

Every sorcerer's thought of a spell springs from a desired outcome, no matter how simple or complex the spell needed may be.

So determine first what you want and how much you want it. How important is it to you? How great is your need of it? How immediate? These are the questions you need to ask yourself in thinking creatively.

It could be a simple desire like a sudden craving for chocolate or a bigger desire like a higher-paying job or an ideal partner.

Desire adds energy to your thoughts. The greater your desire to make something happen, the greater the chances of it happening.

Of course, for an immediate desire like the craving for chocolate, brief yet intense energy is needed. For desires which may not materialize immediately, like the higher-paying job or the ideal partner, more frequent and still intense energy is needed.

Determining your level of desire for a particular outcome is crucial, particularly for thoughts that may take longer to manifest. If it is not something you truly want, making it happen will be difficult.

A good exercise in determining what you want and your level of desire is what I call the “magic wand exercise.” In this exercise, think of yourself as holding a magic wand through which you can be, do, or have anything you want. Your magic has unlimited potential to do *anything*. Write down anything that comes to your mind. Cast away all doubts that may come to your mind while you are writing. Let your creativity, your imagination guide you. Remember, you are holding a magic wand that can let you do *anything!*

Do this exercise all in one sitting to sustain momentum but take your time as needed.

After you have written down your wants, classify each according to how much you want it. Classify each item as “very essential,” “moderately important,” and “nice to have.” This will help you to put your wants in perspective and to focus and not be frustrated from trying to do too much. You may, for example, choose to focus on the “very essential” items in your list first.

Now that you have determined what you want and classified them according to how much you want them, you may put these further to the test to find out if you *really* want them.

Generally, a desire manifested should make you feel happy and in harmony with your surroundings. If it creates unease and discord in your mind, step back and examine what could be the cause.

In “testing” your wants, especially big, life-changing dreams, ask yourself the following questions:

1. Do I really, really want this? Even after classifying your wants by levels of importance, it will help to ask this question, particularly on the items you labeled as “very essential.”

Just how passionate are you about your dream? How much thought, action or any other kind of energy are you willing to give in order to achieve it? Think hard about your answers. Though passion may not be everything there is in achieving your dream, it is arguably what gives it the most fuel. It may very well be the one thing that can keep you going should you experience hardships along the way.

If you get the impulse to have or do something big, give it some time first before you decide whether to pursue it or not. After some time, you will be able to recognize if you really want it or if it is just a passing fancy.

2. How will my life change once I get this? Will the consequences be all good for you? Or will some of them be not so good? Would you have to give up something for that dream? For example, if you plan to move to your dream house in a different city from where you are currently living, you will no longer be able to regularly see the neighbors who have become your close friends. Think about your routine and activities that may change when you move. Are you ready for these?

3. Is my dream aligned with my values? As previously mentioned, generally, when you reach your dream, you should be feeling happy and in harmony with your surroundings.

However, if your dream goes against your value system, you may feel ill at ease and not be completely happy once you attain it.

When you do not feel particularly comfortable with something you hope to achieve, go back to your motivations. Why did you want that thing in the first place? What was the value behind it? Looking at your hierarchy of values, does it violate any higher value you hold?

After examining your motivations, you can now look at your desired outcome. In it, do you see anything happening that compromises or can compromise your values?

If you answered yes to any or both of these questions, re-examine your dream again. It may just not be worth it.

4. Does it feel right? Let your inner voice, your intuition, guide you. Get in touch with your feelings. If the dream is right, you will feel it. If it does not feel right, stop and try to find out why.

These questions may also be asked in the course of achieving your dreams as your feelings and circumstances may change along the way. The important thing is to stop when things don't feel right and give up the dream, if necessary. But if you find yourself on the right track, just keep going!

Now you have learned the first thing that gives energy and power to your thoughts, which is desire. The next magical tips will increase the power of your thoughts even more.

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Chapter 4

Magical Tip #2: Be Specific

"I don't care how much power, brilliance or energy you have, if you don't harness it and focus it on a specific target, and hold it there you're never going to accomplish as much as your ability warrants." - Zig Ziglar

When a sorcerer casts a spell, he has a very specific outcome in mind. And he has very particular words for it to happen. To release balls of fire, for example, a sorcerer uses specific spell words with the exact intention of creating the fire as he wants it to look.

You would not see a sorcerer floundering and calling out vague words that would pass for a spell. For those who even change a syllable of the spell word, the consequences can be disastrous, achieving an entirely different result.

Like a sorcerer, you have to be very specific with the thoughts you want realized. If you are not specific, you might not get it. Or, you might get it but not *really* get it – meaning, the outcome is not as good as you wanted it to be. Or in some cases, the outcome may not really be good at all. The cliché "Be careful what you wish for" is actually true.

One joke is a good illustrative example of the last point:

A man rubbed a lamp and a genie appeared.

"Your wish is my command," the genie said. "What is your wish?"

"I want to be irresistible to women!" the man exclaimed.

"Wish granted."

Poof! The man turned into a Visa credit card.

So, how specific should you be with what you want? As specific as you can get!

The way to make a dream specific is to turn it into a goal. A goal is a dream in detail, with a deadline. You have your list from the magic wand exercise – it is now time to make these items specific. To illustrate the difference between a dream and a goal, see the sample statements below:

DREAM

1. I want a bigger, beautiful house.
2. I want to be rich.
3. I want a more fulfilling, high-paying job.

GOAL

1. I will move into my new white two-storey house with six bedrooms, a pool, a library, and a tennis court at [location] by March 30, 2009.

2. I will have one hundred million [currency] in my bank account by April 30, 2015.

3. I will be working at [company] with a salary of [amount] by January 3, 2008.

See how specific goals are? Setting definite deadlines is particularly important – not only does it let you take responsibility and gives you a sense of urgency – not to mention excitement – it also gives more power to your thoughts. How, you may ask?

Compare a goal that has a deadline with a goal that does not have one. Often the goal with no deadline gets stuck in the “someday” part of a person’s mind. And sometimes – or most of the time – that “someday” never comes.

So, take out your magic wand list and start clarifying your dreams into goals. Some items may be easy to clarify, while others may take longer as they may require research.

Going back to the sample statement on the job above, notice how very specific it was phrased when it was considered as a goal – it already had a particular company and salary. Before arriving at that goal, though, the person had to first find out what their dream company was and determine their ideal salary.

In many major, life-changing goals, you need to do research first to determine what you really want. To get your dream house, for example, you should know in detail what it would look like and determine its ideal location.

The idea of doing research may look like a lot of work and can even appear boring at first for some, but you have to do it in order to set clear, specific goals.

If it really feels like a burden doing research, you may have to go back to the question, “Do I really, *really* want this?” Maybe you are not as passionate about your dream as you originally thought.

If you are really passionate, though, researching may not appear much of a chore but a process you may actually enjoy. If it still feels like a bit of a burden even though you know you would really like to achieve your dream, think of researching as shopping. You are given an array of choices – be it of fruits, vegetables, sweets, clothes – and you just have to choose the one you like best from each group.

In the same manner that you are setting specific goals, set goals for specific areas in your life as well - relationships, career, money, spiritual life and leisure. Do not be afraid to turn your seemingly impossible dreams into goals. Remember that you have the mind power to achieve that, as you will find out later.

A note of caution, by the way – at this point where you are setting goals, do not think about how you are going to reach them. Doing so might even distract you and get you so stuck on the how that you would not be able to see the end result. Just concentrate on making your desired outcome as clear and specific as possible in your mind.

Once you have written your goals down, you can now read them aloud. *Declare* them, the way a sorcerer shouts a spell. Feel the power coming from your words. Do you sense a sudden shift in your energy or your perspective?

You can also declare your goals in the presence of a close friend. Notice how you feel at that moment. Do you not feel power and a certainty that your goal will materialize now that you have declared it to another person?

Now that you have the power of passion and clarity in your thoughts, you will learn about a magical tip that will further intensify your mind power and accelerate your progress in realizing your dreams.

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Chapter 5

Magical Tip #3: Visualize

"When you visualize, you materialize." - Dr. Denis Waitley

Aside from concentration, a key principle in using magic is visualization. Even while sorcerers' spell words are already specific, sorcerers are also able to hold an image of the outcome they want in their mind. If, for example, a sorcerer chose to release balls of fire, he can see the red-hot, angry, dancing fireball very clearly in his mind even before he casts the required spell. And the fireballs materialize *exactly* the way the sorcerer imagined them.

Once you have stated your goals in a clear and specific manner, the next step is visualization. Put simply, visualization is the process of purposefully creating images in the mind to consciously – or unconsciously – manifest into reality. Visualizing makes your goals even *more* specific. If you think passion and stating your goals clearly have already given your thoughts considerable power, I would like you to know that visualizing *can* increase that power by at least a factor of ten.

Surprised? Remember the old saying "A picture is worth a thousand words." A picture can easily show what may take many sentences to explain or even ideas that cannot be totally captured by words.

In fact, pictures may be the best representation of physical reality. This is why visualizing your goals makes them very powerful – you are bringing them closer to manifesting into physical reality.

Motivational speaker Bo Bennett calls visualization "daydreaming with a purpose." This is how easy and natural yet focused the process of visualization is. Unlike a daydream where you may leap from one scene to another in carefree fashion, you purposefully choose the scenes you will include when visualizing.

Merely choosing images and scenes related to your goal, however, is not enough. To achieve your goal, your visualized images should simulate reality as closely as possible. The more realistic they look, smell, taste, and feel, the greater the chances for them to come true – and fast!

Think back to your magic wand list. Can you think of corresponding images for each goal you wrote? With those, you can now start visualizing!

Here are some tips on how to visualize effectively:

1. Turn your goal into an exciting movie. If a single picture is worth a thousand words, just imagine how powerful animated pictures – even a short film – are. And, abiding by the principle of simulating reality, moving images are definitely closer to reality than still ones.

Here's what you need to do - choose one of the goals in your magic wand list and picture a scene where you have already achieved that goal exactly the way you want it. What is the setting? Who are the people involved? What is happening? What are you doing? How do you feel?

Let it unfold in your mind the way a movie does - only, you are the lead actor. And, like any good actor, let yourself feel and act the way you would at that moment.

For example, you may imagine going home to your dream house. You just moved in the day before, and the contentment and excitement you feel at finally living in your dream house are very strong. Before going inside, you let your eyes feast on the exterior and bask in the moment that finally, this house is yours! You feel the solidness of the doorknob as you turn it. Upon entering, you smell your favorite food cooking. You take note of the details in the interior of the house, later focusing on a favorite of yours - like a particular painting or a rocking chair. Your spouse greets you with a hug and you fill each other in about how your respective days went. Later, when you talk about the house, your spouse exclaims, "This *really* is an amazing house." You smile and say, "And now it's ours."

Notice that the scene above entails the use of other senses aside from sight. In creating your mini-movie, injecting sensory experiences makes the scene even more real for you. Employ smell, taste, touch and hearing, as applicable.

Also, in the usual movie, there is a musical score and special effects, among others. If appropriate, you can have a musical background to your mini-movie. You can also make some objects stand out through sharper color or by putting them on close-up.

Though this may appear obvious, I would like to stress that when imagining your mini-movie, always make sure that you are *in* it. Remember, your images should be very specific. Visualizing only your dream house without you in it may bring you to circumstances where you see your dream house but do not get it. Or, if you regularly visualize looking around your dream house with you considering buying it, you may indeed find yourself in that situation but never get around to buying it. What you include and exclude in your movie can make the crucial difference.

2. Relax. When imagining your movie, do so in a relaxed state. Get into a comfortable sitting position, close your eyes and breathe deeply. Focus on each muscle of your body and let each relax one by one. Keep breathing deeply until you feel you are fully relaxed. A relaxed mind and body will allow you to focus more on your mini-movie.

After imagining your movie, take several deep breaths again and slowly open your eyes.

3. Visualize repeatedly. This is particularly helpful for long-term goals. Repetition makes your visualizations all the more powerful, especially if you make it into a habit. Make it a point to imagine your mini-movie at least once daily, upon rising in the morning or before going to sleep. Ideally, you should do it both in the morning and at night.

4. Gather photos or drawings that show you with your goal manifested. To further help you in your visualization, cut out pictures or draw the images that can best represent the outcome you want to achieve. Choose very specific pictures as much as possible - and make sure that you are in the pictures!

For example, you may cut out a photo of a beautiful place in a country you want to go to. Put a photo of yourself on that picture afterwards to help you visualize that you are indeed there right now.

Make a habit of looking at these pictures everyday. You can put them on your bedroom wall, where you can see them upon waking up and before sleeping. Or you can put them in a notebook or binder and bring them with you so you can look at them whenever you feel like it. You can also scan them and set them as wallpaper for your personal computer.

With effective visualization, how can you not reach your goal? It is just a matter of time before it materializes. And, with very intense, vivid and frequent visualizations, goals can actually materialize at an astonishing speed.

Remember, though, that passion for your goals – especially long-term ones – is essential, especially when you start visualizing them. As visualization takes up a part of your time every day, make sure that you really want what you are visualizing so that you will take time for it regularly.

To summarize all the elements of effective visualization, I give you these words from management thinker and educator Jim Collins:

No matter what. Wherever your mind wanders, it seems to turn up at the same Field of Dreams. It's the vision you wake up with in the morning, and it's the last thing you picture before you fall asleep. Everytime you think of it, the idea in your head seems to get more vivid, filled in with more detail: You not only want to win a gold medal at the Olympics, you not only can see yourself standing there on the podium, but you can also feel the goose bumps as your national anthem is played; the tears are in your eyes. (That's how real a dream can and should be).

Yes, that is how real *your* dream should be.

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Chapter 6

Magical Tip #4: Believe

“Aerodynamically the bumblebee shouldn't be able to fly, but the bumblebee doesn't know that so it goes on flying anyway.” - Mary Kay Ash

A sorcerer has belief in himself, in the spell he casts and the magic from the universe from where he draws energy. The true sorcerer knows, even before he casts the spell, that it will materialize.

A sorcerer trusts the universe, the power of magic, and his own power.

The same principle applies to you. To make your thoughts materialize, you have to believe – *really believe* – in these three things: 1) the universe, which overflows in abundance to give you what you want, 2) the power of the mind, and 3) yourself.

1. Believe in the abundance of the universe.

Everything you ask for is yours for the taking if you just believe that the universe can give it to you. Everything you can want – everything *anyone* can want – the universe can provide.

Maybe you are feeling doubtful upon reading this. Has not the world always suffered from lack, from scarcity? And, on a personal level, maybe you have suffered from bad things or unfortunate circumstances. Or maybe you have been settling for just good enough.

But the truth is, the universe can give more than enough for everyone. The mindset of lack and disbelief in abundance is the poison that prevents you and other people from living in abundance. At one point or another, in one form or another, you may have heard some or all of these limiting beliefs from your family, teachers, elders, and peers:

“Life is difficult.”

“You must work hard and make a lot of sacrifices to get what you want.”

“There is not enough for everyone. You have to compete or take from others to get what you want.”

“Be satisfied. What you've already got is good enough.”

“It is selfish to ask for a lot.”

Variation: “It is selfish to ask for more when others are suffering and don't have much.”

But no matter how much these ideas have been impressed on your mind, you can begin to change your circumstances right now. Begin to believe that the universe is overflowing with abundance.

Here are two exercises to help you start believing in the universe's abundance:

Exercise # 1

Write down all the good things in your life or things you are thankful for right now. Focus on the general as well as the specific aspects of your life – your family, friendships, school or work, extracurricular activities, etc. It could be something permanent or something in the moment, like an event or an experience. Recall briefly the good feelings you had – or still have – for each item.

Do not stop until you cannot think of anything else. Review your list and realize just how much the universe has already given you *even though you may not have consciously believed in its abundance*. And how much, much more it can give you.

Exercise # 2

Sit down in a comfortable position, close your eyes and breathe slowly and deeply until you feel you are fully relaxed.

Imagine that you are in a beautiful natural place – like a forest, mountaintop, waterfall, or anything that suits your fancy. Walk around the place and bask in its beauty – breathe in the air, smell the flowers and touch the living creatures there. Feel how all living things there live in harmony – the animals getting more than enough to eat and drink, the plants and trees getting enough sun and water. Repeat this process in as many beautiful places you would like.

Then let the images of nature slowly fade in your mind's eye. Now, picture yourself walking towards a huge feast. The table is very long, heaped with all kinds of delicious food. All the people, dressed in fine clothes, are eating and dancing to very lively, upbeat music. You look down at yourself and realize that you are also dressed in finery. You join in the festivities and marvel how the food never seems to run out and how all the people are very happy.

You can do variations of this exercise. Use your imagination to create a world where everyone is living fully and abundantly.

You can also make affirmations, especially when you feel your old beliefs surfacing. Below are a few examples. You can also create ones of your own.

“The universe has more than enough for me and everyone.”

“I am living in abundance right here, right now!”

“I was born to live in abundance!”

“Life is getting better and better for me everyday.”

Continue to believe in the universe's overflowing abundance and see for yourself more and more good things coming into your life.

2. Believe in mind power.

As mentioned in the introduction, you were born with the power to turn your thoughts into reality. This may be difficult to grasp at first, and you may even be tempted to think that such things are only the stuff of fantasy. But this power is very natural, much like how we learn to walk and how birds learn to fly.

Acknowledging this fact will help you believe that what you want will actually be yours. Set a goal, focus passionately on it, visualize and *believe* it will happen and nothing can go wrong. Belief is essential, as no matter how focused you are and how clear your visualization is, any kind of doubt can seriously prevent your goal from materializing.

Doubt blocks your power and the manifestation of your goals. Worse, if you put your energy into visualizing the *opposite* of what you want, then it will most likely happen.

Again, in one way or another, in some form or other, you may have heard any of these statements expressing doubt:

“That's impossible!”

“That has never been done before.”

“Persons A, B & C were only able to [accomplishment]. How can you go beyond that?”

Believing in these statements would only prevent you from living the life you want. If you believe in the power of the mind, nothing is impossible. In fact, it is the people who refused to accept these statements who did the *impossible*. And some did it not only for themselves but for the world.

Imagine the early humans. The concept of fire or heat must have been impossible at first. They were used to eating raw food, and kept themselves warm through animal furs and other means. But someone discovered fire, to the convenience of all.

Thomas Alva Edison also believed the impossible. He knew that there *was* a way to make a fully functional light bulb. Each time he failed, he knew he had just found another way of *not* making a light bulb, and he believed he would find the right way soon enough. It is thanks to him that we now enjoy light at night.

The Wright brothers knew that there was a way for people to travel on air – and they found it, to the convenience of people even a century later.

In fact, the seed of every greatness – an invention, discovery, wealth, success – is mind power.

To help you create a mindset of belief, you can use the following affirmations daily. Or, you can create your own.

“Anything is possible.”

“There is *a/ways* a way.”

“Everything I want is now materializing.”

These affirmations will generally help you assume a more open, believing attitude. Meanwhile, to ensure that your specific goals will materialize, make specific affirmations after your visualization. You can say something like, “I believe this is now materializing,” and *feel* the feeling associated with that belief.

3. Believe in yourself.

This is an essential condition for your goals to be realized. Not believing in yourself considerably diminishes the power, or energy, of your goals. At some times in your life, you may have expressed these or other similar apprehensions:

“I can’t do it.”

“I am too young / old to do this.”

“But I’m not good at [skill]!”

“I don’t know anything about this!”

Now, if you find yourself thinking along these lines, recall your belief in the universe and in mind power – that anything is possible through the mind. If you believe this, why should you not believe in yourself? After all, you were born with mind power.

Vincent van Gogh said it well: “If you hear a voice within you say ‘you cannot paint,’ then by all means paint, and that voice will be silenced.”

Realize that the only limits you have are the limits you set for yourself. Other than that, you are a human being with powerful, unlimited potential.

You may also find the following affirmations useful:

“I have a special, amazing power to make my dreams come true.”

“I can do anything through mind power.”

“I can accomplish anything I want right now.”

“I can easily learn [skill] to get what I want.”

Feeling more powerful now? Yes, anything is indeed possible. But even as you are fired up now with your dreams and the possibilities, read on and find out how you can conquer more obstacles which might stand in the way of your goals.

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Chapter 7

Magical Tip #5: Accept

“If you really put a small value upon yourself, rest assured that the world will not raise your price.” - Author Unknown

A sorcerer anticipates and fully accepts the outcome of his spell. He accepts it naturally, much like the way we “accept” the air in our bodies when we breathe.

In the same manner, you should also accept the outcome, the realization of your goal – even before it actually happens. Accept it to be true. Claim it as yours already.

Now, you may ask, “Isn’t that supposed to be easy? Isn’t it natural to *accept* when it’s a good thing that’s coming to you?”

Ideally, it is supposed to be easy and very natural, like the analogy I gave earlier of “accepting” the air we breathe. Unfortunately, this is not always true. Some people actually find it hard to accept good things in life as they are experiencing negative emotions that block the flow of good things to them. When people feel low self-esteem, resentment, fear or guilt, it is difficult for them to receive from the universe.

Some people have been used to living in lack and hardships. This is usually a sign of a poor self-image or a lack of self-esteem wherein they consciously – or unconsciously – feel they do not deserve good things in life.

Worse, some may actually sabotage their own dreams – usually unconsciously. They may already be close to their goal when they suddenly do something that will take them away from it.

Such feelings of unworthiness usually spring from childhood and may come in the form of trauma from a single event or repeated events, at home or at school. The trauma may have a lasting impact on thought patterns, self-image and behavior even in adulthood.

To check if you are capable of accepting the outcome of your goal, ask yourself “Am I willing to receive this *fully*?” Are you in a light, happy mood whenever you think about your goal, visualize it, and imagine its outcome? Or do you get knots in your stomach, however fleeting? Do you sometimes feel – even briefly – that you don’t deserve the outcome when you visualize it? Do you feel guilt?

If you do find out that a part of you feels you don’t deserve the outcome of your goal, honestly ask yourself *why*. If this triggers a painful childhood memory, just allow the memory and the feeling to enter you and don’t fight it. Should you feel that you need help sorting out your feelings and memories in order to heal your past, though, seek guidance from a trained counselor you can trust.

As you remember that memory, you can close your eyes and acknowledge it in your mind. Address it and say “You have hurt me before and I have carried you for a long time. But I will leave you now. You no longer have any power over me.” Imagine walking away, feeling lighter and lighter with each step.

Another exercise you can do to heal your past is the “unloading exercise.” Close your eyes and imagine that you are carrying several heavy bags and loads of many kinds. (You can also do this in reality). Assign each bag or load to represent a painful memory in your past. Now put the bags down, one by one, and feel yourself getting lighter and lighter. After you have put all your bags down, walk away.

Now, to replace all the negative feelings associated with these painful memories with positive ones that boost your self-image, make affirmations about your worth every day, ideally upon waking up and before going to bed. Examples are:

“I am a unique, wonderful human being.”

“I am a special person worth loving and listening to.”

“I do not need to please everyone. I love myself and the people who matter love me.”

“I am getting better and better every day.”

“I deserve the best in life.”

“I have a lot to contribute and people acknowledge it.”

“I accept all the good things in life that come to me.”

To give your affirmations more impact, you can also do this in the second and third person - “Jane, you deserve the best in life” or “Jane deserves the best in life.” Phrasing affirmations this way are particularly powerful as the negative words that undermine your self-worth usually come from other people, either directly addressed to you or overheard.

You can reinforce these positive feelings with a self-appreciation exercise:

Close your eyes, take deep breaths until you fully relax then picture a person close to you talking to you and telling everything they like about you. Even if you feel embarrassed, try to call to mind truthfully what this person would say to you. After they are finished, reverse roles. Assume the identity of the other person, and while you are telling yourself what you appreciate, feel the feelings of warmth and appreciation this person close to you has while talking to you. See yourself through their eyes. Notice how you feel.

Even though you may have suffered for years from poor self-worth, rest assured that continuous daily affirmations and regular appreciation exercises can counterbalance all those. And each time you catch yourself thinking badly of yourself, say the opposite (e.g. I am not good enough I *am* more than good enough!). You can also recite one of your daily affirmations.

As you build up your self-image, you are also building up your mind power to make your dreams come true.

Usually related to low self-esteem, fear is another block that can stop your dreams from materializing. This is usually a fear of what will happen when your dreams have materialized. You may be fearing some negative things happening as a result of achieving what you want. Usually what people fear is more responsibilities and obligations (e.g. Having more money means more relatives will keep borrowing money from me) or how people will react to them (e.g. What if my friends become jealous?). You can also have fearful thoughts while on the way to achieving your goals.

Fearful thoughts usually magnify the expected result. The bad news, though, is if you focus on fear, then you will get more of it or what you fear might actually happen. Remember, you create your reality with your thoughts.

So if you find yourself thinking along the lines of the examples given above, face your fears head-on.

When you feel fear, do not resist it. Just allow yourself to feel it. Then ask yourself "Why I am afraid?" You can apply the "laddering" technique here, where you ask one question after the other. So you start with "Why I am afraid?" The answer may be, taking the example from above, "Having more money means more relatives will keep borrowing money from me." Then ask yourself "Why am I afraid that my relatives will keep borrowing money from me?" The answer to that may be "Because I cannot say no" Then, "Why do I have a hard time saying no?", the answer to which may be a painful "Because I hate it when I displease other people. I would rather be hurt than hurt others." Asking questions will help pinpoint the main cause. And once you know what's causing the fear, you can face it. In this case, the root is connected to low self-esteem, which may be addressed with the earlier exercises.

Aside from the "laddering" exercise, face your fear by asking yourself: "Realistically, just how bad will the result be?" Again, as previously mentioned, when we fear, we tend to make the big bigger and the scary scarier. Maybe it is not actually as bad as you think.

By doing these, you see your fears from a more realistic perspective and their power over you is considerably diminished. Remember to affirm once you have finished putting your fears in perspective so the negative feeling of fear is replaced by positive energy.

Another emotion that can prevent you from accepting the realization of your goals or of good things in general is resentment. As resentment is a negative feeling and is accompanied by negative thoughts, your power to create good things in your life is significantly diminished. It is you, not the person you resent, who suffers. Actor, writer and politician Malachy McCourt summed it up well: "Resentment is like taking poison and waiting for the other person to die."

Search your feelings - is there anyone you bear a grudge against or have not forgiven? Be honest. After you have identified the person or persons against whom you still have ill feelings, you can now start throwing away your resentment in order to *fully* accept the good things in life.

This is what you can do - write a letter pouring out all your feelings to the person. Do not hold back. Write everything - do not leave anything out. After writing, throw away your letter or tear it up. Close your eyes and imagine the person in front of you. Tell that person: "You have caused me a lot of pain. But I am also causing myself pain by not forgiving you. Now I am letting you go. I forgive you." Slowly walk away from that person.

A variation of this exercise would be to imagine the person in front of you from the very start with you pouring out all your feelings towards them. After unloading your emotions, take several deep breaths before acknowledging the pain you also inflict on yourself and say you now forgive them.

On the other hand, if you are the one who hurt someone or did someone wrong and you have not settled things with the person, your guilt also gets in the way of your receiving good from the universe. Talk with the person and apologize to them as soon as you can - even if they do not forgive you immediately, at least you can start letting go of your guilt. Believe that you can heal relations with that person.

In case you have lost all possible ways of communicating with the person or if the person has already passed away, you can do this short exercise to ask for forgiveness:

Sit in a comfortable position, close your eyes and breathe slowly and deeply. Imagine the person standing before you and find the words to make that person feel how sorry you are. Eventually see that person smiling and saying "I forgive you."

Rid yourself of all negative feelings that weigh you down and fill yourself up with positive ones. With this new disposition, you can fully accept all the good that will come to you.

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Chapter 8

Magical Tip #6: Listen To The Universe...And Act!

"Every day we slaughter our finest impulses. That is why we get a heartache when we read those lines written by the hand of a master and recognize them as our own, as the tender shoots which we stifled because we lacked the faith to believe in our own powers..." - Author Unknown

Sorcerers are in close harmony with the universe, particularly nature. In fact, they plan their spell-casting according to nature. For example, some magic is best done at the full moon or during particular seasons or at the alignment of certain planets. Potions require natural ingredients. People practicing magic usually have a close relationship with nature and are sensitive to the universe, as the universe is their main source of power. Some would even invoke the elements of nature in their incantation to make their spell even more powerful.

Like the sorcerers, you can also draw strength from the universe. Recognize that you are surrounded by its vast, immeasurable power. All you need to do is align yourself with the universe. To do this, you have to be more attentive to its messages. What kind of messages, you ask? These are often the things we take for granted, like coincidences or a flash of insight. Coincidences are a perfect example of a message from the universe. They usually have a message, if we would probe further. Coincidences are one way the universe gives us what we want. For example, you may be visualizing driving your dream car. A few days later, you run into an acquaintance you have not seen for years. You start talking and later you will not be able to exactly recall how it happened but you find out that he knows someone who is selling your dream car at a discounted price. You go that person and sure enough, it looks *exactly* like your dream car. It *is* your dream car.

What do you think would have happened if you just said hi to your acquaintance and went on your way? You would have missed that perfect "coincidence." So, stay alert for these things.

In truth, there are no coincidences. Everything happens for a reason. If you declare your intention of wanting something, the universe will bring people, circumstances and events your way to make it happen so long as you are specific, accepting and faithful that it will materialize.

Watch out for the following in particular:

1. Something that suddenly pops into your mind. Are there instances where a person, a place or anything else suddenly - and persistently - crosses your mind? Talk to that person. Go to that place. It might just be the key to your dreams.

2. Something that suddenly jumps out to you. You are walking in a bookstore or library and suddenly a book catches your attention. You do not know why - it just jumped out from the background from all the other hundreds of books there.

Read it. There is most likely a message there for you.

3. Sudden urges. You are on your way home and you have a sudden, unexplainable urge to take a different route. Take that route. You will probably find some surprises along the way.

Of course, these sudden urges should not be confused with impulses, especially buying impulses, like the urge of wanting to buy that dress or that gadget. You know why you want these things. Sudden urges from the universe do not usually have a logical reason behind them.

4. Frequent or sudden contact with certain people. Have you ever been in a seminar or any gathering where you find yourself making unintentional eye contact with a person there three times or more?

Or have you experienced seeing one person three times in one day in very different places?

Or, like the example given above, have you met a friend or someone you know whom you have not seen in a long time?

Talk to these people. Again, they may just bring you closer to your dream.

An exception, though, would be if you are attracted to the person and think of them regularly or constantly. Naturally, the universe will find ways for you to see that person. So your meeting is a result of your thinking and visualization, and not a bridge for what you want to materialize.

5. Dreams. Have you ever had a very vivid, recurring dream? Though interpreting dreams can be tricky and may require the analysis of an expert, you can make an attempt at analyzing your dream by asking yourself the following questions:

“How do I feel about this?”

“How would this compare in general to my life right now?”

“Is this parallel to any event happening to me right now or one that will happen?”

Your sleeping dreams may not only show you the way to your waking dreams but may also be able to show you if you still have any blocks in your subconscious, such as doubt, fear or low self-esteem.

Generally, you are trying to develop your intuition here. Over time, it will be easier for you to watch out for any messages from the universe.

Be careful, though, that you do not mistake intuition for an impulse. While intuition usually springs from calm, impulse springs from a burst of desire, fear or desperation. To distinguish intuition from impulse, intuition consultant and trainer Nancy Rosanoff advises following what she states as the Universal Law of Three. She said that if a thought comes back to her three times, she does it. Intuitive thoughts and feelings are “insistent and persistent.”

So you do not have to act immediately, especially in situations where something is at stake for you. In some cases, though, you have to act immediately, as with the example given earlier - when you suddenly meet an acquaintance. You have nothing to lose in that situation so go ahead and act. It is big decisions like making an investment or choosing a partner that requires the application of the Universal Law of Three.

Continue to be alert for messages from the universe. Eventually, it will become second nature to you.

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Chapter 9

Magical Tip #7: Seek Support

“Keep away from those who try to belittle your ambitions. Small people always do that, but the really great make you believe that you too can become great.” - Mark Twain

Combined power is stronger power multiplied - sometimes tenfold. You can see this in the victory of sorcerers or other magical beings battling a common enemy.

Also, when a sorcerer seeks the guidance of a more powerful sorcerer, the sorcerer who asked increases his knowledge and power.

Likewise, the support of other people can dramatically increase your mind power and speed up the realization of your goals. Surround yourself with people who are supportive of you and who generally have a positive outlook in life. Stay away from or minimize contact with people who criticize, ridicule your dreams or do not believe in them. Avoid spending too much time with people who have a negative disposition – their blaming, whining and complaining can bring down the level of your mind power and optimism. However, when you feel you already have enough strong, positive energy to encourage and energize these people, then lift them up!

Make a mental note of the people you spend time with everyday. After that, take note of those you regularly spend time with in a week. Are these people supportive of you and do they have a positive attitude? Or are they generally negative, pulling your energy level down and making you feel bad after talking to them?

If they are positive and supportive, congratulations! The way to your goals has just been made easier. If they are not, if you want to keep a positive disposition, then you may have to consider spending less time with them. If the people are loved ones, possibly living under the same roof as you, then refrain from sharing your dreams and goals with them. If they start complaining, try to cheer them up or make them laugh (and try to make them see the humor in the situation, if you can!) to bring their energy levels up before they can bring down yours.

Keep spending time regularly with positive people. Expect that you will meet positive, successful people and visualize talking to them. Soon, you will have more and more positive people around you.

As long as you have these kinds of people around you, you can seek support from them in various ways. Here are some ways you can ask for support:

1. Ask a friend or someone close to you. Before making a big decision or doing something you are nervous about, like presenting a report to big clients, you can ask for encouragement, advice, or just good luck from a friend or someone close to you. Share your dreams and goals with people you know who will support you and not laugh at them. Just sharing while they listen will already fill you with energy, as listening is perhaps the simplest way to give support.

Whenever you are down, talk to a person who you know will listen and lift you up. Do not talk to someone who may sympathize with you but will complain about your situation for you. Your conversation may only let you dwell on the unpleasant situation, or worse, let you wallow in self-pity.

To get support on a regular basis, you can ask someone to be your “dream partner.” Share your dreams with each other and update each other on a regular basis on the progress of making your dreams come true. Also encourage each other on a regular basis, and most especially when the other is doubting and losing sight of their dreams.

2. Join or form a “dream group.” Much like the concept of the dream partner, a dream group helps its members achieve their goals. Aside from the usual update on the progress of the goal every meeting, you can also do group affirmations. For example, a member can stand up in front of the other members and say, “I am now happily earning a [amount] salary.” The group can reply “Yes, you are now earning a [amount] salary!”

You can agree to read a motivational book or article and discuss it at the next meeting to further inspire and motivate one another in achieving your goals. You can also invite a successful, happy person to one of your meetings and let them share their story.

With a dream group, the possibilities are endless. You can think up activities that not only support one another but also contribute to your personal growth.

3. Ask for a mentor. If you know people who are happy and successful, especially someone with great mind power, then by all means, talk to them! Ask for tips. Ask them to share their secret to success. They will be more than happy to tell you.

If you would like your conversations to be on a regular basis, you can also ask that person to mentor you. Mentors are especially helpful as they can give you valuable insights for decision-making or during times of trouble. Advice from your mentor can save you time and effort and also save you from heartache.

Aside from seeking support from people, you can also support yourself by reading self-help and motivational books regularly and attending success seminars, especially if they have a focus on mind power. All the knowledge and positive energy you get from these will help you reach your goal.

To get further inspiration, you can create your own “success notebook.” Write down your favorite quotes on success and positive thinking. Compile and paste articles related to success, especially articles about people who made it. You can also include poems and other literary works or anything related to success that strikes your fancy. Update your success notebook from time to time and look at it regularly, especially when you are feeling down.

If for example you still encounter negative people who bring your energy level down, recite affirmations that will help raise your energy again (e.g. All things good are coming to me right here, right now). Or, you can contact your dream partner or someone close to you for encouragement or to send you positive energy.

Keep in mind that you are not alone and that there are many people willing to help you and support you. Learn to seek support from the right people and observe just how much faster your goals are realized!

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Chapter 10

Magical Tip #8: Stay Positive

“Pessimism leads to weakness, optimism to power.” - *William James*

As magic requires a considerable amount of energy, it should spring from a high-energy source. As mentioned previously, sorcerers need to be in a proper state of mind and have sufficient energy or power to perform effective spells.

Likewise, you should be in a high-energy state for your mind power to work best. However, this is not for a one-time spell or a one-time effort only. As said before, the more you think about what you want, the more likely and the faster you are going to get it. Ideally, you have to visualize *every day*. And you have to be in the proper state of mind to do it.

So, how do you get to be in the proper state of mind every day? By thinking, feeling and acting positive!

Positive energy = power. So the more positive you are, the more powerful your thoughts are!

So how do you keep the positive fire burning, day in, day out? Here are some tips:

1. Find something to be grateful for everyday. Every morning, when you wake up, be thankful for another day. Thank the universe for another opportunity to enjoy life, for a chance to achieve the things you want.

Remember the earlier exercise of making a list of the things you are grateful for? You can review your list every morning upon waking and every night before going to bed. Or, every day you can point to an item there at random and express your thanks for it.

During the day, you can also look for something to be grateful for, however small or big it is. It could be a call from a friend, a compliment from an officemate, a hug from a loved one and so on.

2. Refresh yourself in your sanctuary. Close your eyes, breathe deeply and relax. Picture your ideal place, a beautiful place where you feel safe, calm and relaxed. See the sights, hear the sounds, feel the feelings of actually being there.

It can be by the beach, with sparkling blue waves and pristine white powdery sand, with a fresh breeze blowing through your hair and the waves crashing against your feet. Or it can be in a meadow full of flowers bursting abloom in different colors, with brilliant butterflies and dragonflies flying from flower to flower.

Whatever that place is, it should be a place of rest for you. Stay in that place for a while until you feel light and energized. Visit that place regularly, especially when you feel stressed.

3. Affirm daily. The affirmation may not be specifically related to your goal, but a declaration of the good things in life in general like “Life is beautiful” or “Everyday is wonderful and full of surprises.” You can also boost your mind power and state of mind by affirming: “I can get everything I want if I ask” or “I am building the life I want.”

4. Look for the positive in every situation. Good or bad, know that there is always something good – and maybe even a golden opportunity – in every situation. Again, remember that there are no coincidences. Remember that everything happens for a good reason. So when your plans are cancelled or have to be changed at the last minute, don’t fret. There might be something else meant for you to do that day. Pay attention to the signs the universe will give you.

Should you have a hard time finding anything good in a bad situation, let go of the negative feelings you have as soon as you can. Remember that negative creates more negative, so do not dwell on it. Instead, focus all your energy on the positive.

5. Read motivational articles or books daily. Make this a habit, even if only for a few minutes everyday. The advice in these articles and books will not only give you ideas on how to reach your goal, it will also put you in a positive state of mind. And reading them every day will give you that positive feeling every day too.

However, if positive media can have a powerful impact, negative media can also do the same. This is particularly damaging if it lingers in your mind even after you have been exposed to it. And even if it does not, it can reach your subconscious. So if you keep watching a soap opera depicting poverty, for example, how do you think it will affect your mind power? Or your belief in the abundance of the universe?

So choose the shows you watch, the books and magazines you read, the websites you visit and any other media, more carefully. In case you still absorb a negative message – for example, you read about an accident in the newspaper – make sure it is *not* the first thing you see in the morning or the last thing you see at night. What begins and what ends your day should always be positive.

Music is also very powerful, arguably more so than words. Though you may like sentimental music, be sure that you also include happy, lively tunes for your ears regularly.

6. Lift others up. If you give energy, you get more energy. (Giving is discussed in detail in the next magical tip). Pay someone a compliment, listen to a friend in need, comfort a loved one, or simply smile.

Do you know that you can bless another person? Yes, not only when you say “Bless you” to a person when they sneeze. When you wish another person well, especially if you are saying it to that person directly, you are sending them positive energy.

Making others feel good can automatically make you feel good.

These tips may be hard to apply at first, but once you get used to doing them for some time, you will be surprised at how they will eventually become second nature to you. Aim to be positive daily for 21 days, and it will be easier for you afterwards. Doing something 21 times makes it a habit.

And once being positive is second nature to you, so will the manifestation of your dreams.

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Chapter 11

Magical Tip #9: Give

"In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us." - Flora Edwards

Some sorcerers and people practicing magic give offerings to nature. This is their way of thanking the universe, or a way of requesting support.

Remember that the universe is power, energy. When you give, you send out energy and the empty space in you where the energy had been will be replaced by the same - or even greater - energy. This space keeps you open for receiving from the universe. The nature of energy - and consequently, power from energy - is to flow. So letting energy flow from you will leave space for energy to flow *into* you. But if you refuse to give and hoard all the good things that come your way, the energy will get stuck in you and there will be no room for you to receive more!

So, whenever something good comes to your life, give back to the universe, particularly to other people - to loved ones, to other people you know, to strangers.... It does not have to be material things but it can be appreciation or support or simply your time.

Giving also keeps you in a positive frame of mind and can give you a sudden burst of energy - who does not feel good after giving willingly? This positive state will enable more good things to come to you. Again, remember that positive thoughts and feelings are good, so through your mind power, you will experience more good.

Here are some ways you can give:

1. Give appreciation. Find a way to thank and show your appreciation to the people you encounter everyday - your family, friends, co-workers and even strangers. Acknowledge the good they give or do for you. Sometimes just a simple but sincere "thank you" is enough, especially to the security guard opening doors for you or the salesperson standing on their feet all day. Make it a point to thank and show appreciation to every person who does something for you. You might just be the only person to thank them during that whole day. Not only will you give them a lift, you will get one as well.

Even when there is no occasion, you can show your appreciation to your family and friends by writing them a note or giving them a small gift. For your family, especially, you can show more affection through your words - or simply give more hugs than usual! Be creative! Find more ways to show them how much you appreciate them.

2. Give your time. Time is arguably the most valuable commodity and some say time is *money*. To some, giving time is even more difficult than giving money. So to give someone your time *freely*, without expecting anything in return, is a generous gift.

Spend more time with your family and friends. If you are a parent, take more time to listen to your child. Take more time to listen to your friends. Avoid looking unapproachable and being in a hurry all the time. Give ample time to the people you love.

Give time even to strangers. If your work is involved in sales or client servicing, take time answering questions from customers and clients until they are satisfied. Take time building relationships with them and showing them your appreciation.

Volunteer for a cause or join an organization that you feel would let you contribute to your community, to your country, or to the world at large. Make it a point to be active by committing regular hours to that cause or organization.

3. Give money. Or more appropriately - tithe your income. Each time you earn from your job or business, automatically set aside a portion for tithing - to your church, spiritual organization, and/or charity.

Should you be experiencing financial difficulties, keep tithing. Your trust in your mind power and the power of the universe will provide for your needs. There are inspiring stories of people who tithe even while under financial hardships and miraculously find themselves receiving money or help from unexpected sources that allow them to pull through.

4. Give to yourself. Yes, giving to yourself is still an outward flow of energy and will thus enable energy to flow back into you. While you are generously giving to others, don't deprive yourself. Treat yourself from time to time. Buy an item you like, get a massage, or eat in your favorite restaurant. If you are used to buying items on sale or looking for bargains, buy something at a premium price for a change. Doing this shows that you are open to receiving good and better things. It is also a manifestation of your belief that the universe will give you more even while you spend a little more.

Give more to yourself and to others and see how more good things come to you.

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Chapter 12

Hold On To Your Thoughts, But Not Too Tightly

"Be infinitely flexible and constantly amazed." - Jason Kravitz

There is a story of a boy who took care of pigeons. The first time he took care of a pigeon, he cared about it so much and was afraid that it would escape so he always kept it in a cage. When it was not in its cage, the boy was holding it and stroking its feathers. Though the pigeon was properly fed and looked after by the boy, it died. Aggrieved, the boy gave much freedom to his second pigeon, barely touching it and always allowing it to fly. The pigeon escaped. Aggrieved again and wondering what he did wrong with his first two pigeons, it took some time before he tried again. The boy kept this pigeon in a cage at first, feeding it regularly and stroking it from time to time. After some time, the boy allowed the pigeon to fly. And day after day, as the pigeon flew, it always came back to the boy. The boy was very happy that he finally found the right way of caring for pigeons.

The same principle applies to your thoughts. Hold them close to you, but not so tightly that they are "suffocated" and are never realized. Give them enough freedom to "fly" out to the universe. Holding on to your thoughts and dreams too tightly might be a sign of doubt or fear on your part. As mentioned in one of the magical tips, you have to believe - *really* believe - that your thoughts will materialize. Having this attitude will help you take a relaxed attitude towards your dreams - after all, you *know* they will come true!

Another reason why you should not be too fixated on your thoughts is that there might be something better the universe can give you. As mentioned in one of the magical tips, the universe has its own power. And it can actually give you something *even better* than what you originally asked for. So, when phrasing affirmations, always give room for something better (e.g. I am now happily earning a [amount] salary or even higher.). Be open to receiving more than what you asked for.

Consciousness teacher and writer Shakti Gawain, in her book "Creative Visualization," aptly describes the feeling of letting go and yet taking control at the same time:

Let us imagine that life is a river. Most people are clinging to the bank, afraid to let go and risk being carried along by the current of the river. At a certain point, each person must be willing to simply let go, and trust the river to carry him or her along safely. At this point he learns to "go with the flow" and it feels wonderful.

Once he has gotten used to being in the flow of the river, he can begin to look ahead and guide his own course onward, deciding where the course looks best, steering his way around boulders and snags, and choosing which of the many channels and branches of the river he prefers to follow, all the while still "going with the flow."

So hold on to your goals but not too tightly. Keep your desired outcome very clear in your mind but be open to a different one. The universe may just give you a very pleasant surprise.

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Chapter 13

Go For It!

“You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. You are the guy who'll decide where to go.” - Dr. Seuss

So now that you know what you should do, what are you waiting for? Go use that mind power you are now aware of and make your dreams come true! Apply the magical tips you learned!

If you are not that confident yet or if you would like to put the magical tips here to the test first, you can start small. For example, you may visualize seeing and talking with a particular person. Or eating a particular food. Or hailing a cab, especially in areas with many people waiting for one. Put the magic to the test – and marvel at the results.

For as long as you are clear and specific with an image in your mind and with all the faith in your heart, you will get what you asked for.

And in case you do not get it the first time you asked, do not be discouraged. Try and try again! Mind power can be compared with a special skill like playing an instrument or taking up a course in college. You *learn* it. And you need to practice it as often as you can to really get it.

In case what you want does not materialize, you can ask yourself, based on the earlier magical tips, what exactly is stopping you from achieving your goal. Review your thoughts and feelings at the time you set your goal and visualized it. Did you have any doubts, even the slightest, that it will happen? Did you fear that you were not going to get it? Or even – are you afraid of possible negative consequences once you achieve your goal? Concentrate and try to get to the root.

Be sensitive to your feelings. If you feel anything negative after setting a goal, ask yourself why. If you identify the reason, you can face it head-on. If it is just doubt, guilt or any of the blocks mentioned previously, just review your affirmations and do the exercises in the magical tips.

To help you master your mind power, keep a notebook where you write each time you succeed in applying it. No matter how big or small, record each success you have in your notebook. It will give you assurance that indeed your mind power does work especially when you feel low in energy or are suddenly doubtful.

And remember, the universe is a very huge, very potent and very *giving* source of power. Trust that even the smallest effort on your part can generate massive results because you are riding on the power of the universe.

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Chapter 14

A Blessing

You are special, a masterpiece born with a power beyond your imagination. Whatever you think of yourself, you are much, much more than that.

You have the power to do what you want. To be anything. To have your heart's deepest desires.

I believe in you. I believe in your mind power. I believe in the universe that will give you everything.

Whatever it is you ask for, you will have it.

End

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