

HOW TO CREATE YOUR FUTURE

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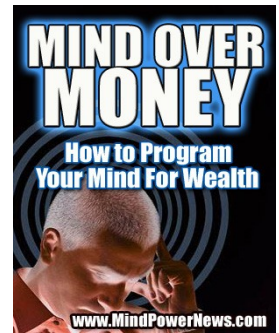
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How to Create Your Future

By Ilya Alex, Author of [How to Program Your Mind For Wealth](#)

Would you like to learn an absolutely free method for reaching your next goal in only five minutes a day?

You don't need to buy anything, you don't need to own anything, you don't need to go anywhere and you don't need to have any previous experience to make this method work for you.

You already have everything you need. Just one brain, that's all you need. Let me show you one way to program your mind so that your goals come to you effortlessly.

Here is a simple technique which always works for me.

Step 1: The Magic of Thinking Small

First, pick a goal that is just beyond your comfort level. Many motivational teachers will urge you to shoot for the stars, think incredibly big, and go for goals which are ten times as large as anything you've ever accomplished. This may work well for people who are already confident in their power to manifest, but for the beginner, or for the person who has not had much success using mind power, the idea of thinking outrageously big is a disaster.

For example, if you haven't had a date in three years you don't want to visualize yourself scoring with bunnies at the Playboy mansion. In theory all goals are definitely achievable, but in your reality you probably don't really believe it's possible, so it won't happen. Instead, pick a goal which is reasonable and can be accomplished within a few months. In this example, you might want to have just one date in the next three months. Not nearly as thrilling of a goal, but a fantastic step towards a better life.

Or you probably want more money in your life. Instead of visualizing yourself suddenly earning \$250,000 a year, start with a goal of increasing your wage or your sales by 10 per cent. Again, not exactly thrilling, but the point is you start small and build upon your success, instead of going for the home run and missing every time.

You see, after you reach that first goal you will have some confidence, and you can use that

confidence to step up to the next goal, slowly but surely building a better life in the process.

Step 2: Create a Declaration of Intent

Once a day, every morning, write down the goal you've picked. Whatever it is you want to experience, just write it down once a day. A good format to use is a short sentence which begins with "I am now attracting...", "I am now creating...", "I will now..." or "I now intend..."

For example:

"I AM NOW ATTRACTING A LOVING RELATIONSHIP INTO MY LIFE."

"I WILL NOW SELL 10 PER CENT MORE PRODUCTS EACH MONTH."

"I AM NOW CREATING HIGHER SELF-ESTEEM AND CONFIDENCE."

"I NOW INTEND TO EAT THOUGHTFULLY AND BEGIN LOSING WEIGHT."

Of course, create your own wording for your own goal. The vitally important thing is that when you say it your emotional state agrees with the statement. For example, the reason an affirmation such as "I am now exercising every day" doesn't work is because if you are not exercising every day you immediately feel it when you say it. If you say "I am now with my ideal partner" you will immediately feel the lie even before you finish saying it.

However, a statement which begins "I am now attracting..." or "I now intend..." is true (at least while you are saying it) and holds no contradiction in your emotions. Of course, this is different for everyone, so find a wording that works for you.

Step 3: Celebrate Your Future Success

After writing down your goal, mentally place yourself in the future, to a day where your goal has been accomplished, and feel the happiness and excitement you would be feeling, knowing that you have accomplished your goal.

Just pretend it is, for example, three months from today, and on that day you have reached your goal. Let's say that this future day is the day you start the new job you have been working towards, or on that day you weigh yourself and you are 10 pounds lighter, or on that day you leave for the vacation you've been dreaming about.

Whatever it is, just move forward in your mind to that day, and PRETEND that your goal has been reached, and FEEL the emotions which you would feel if you had actually reached your goal.

Feel the happiness, feel the success, feel the proud accomplishment of knowing that you can use your own inner power to change your life. Imagine what next goal you'll now go for since you've reached this first one. Plan a celebration for yourself, and imagine how great you will feel when you celebrate your accomplishment.

Just generate that positive emotion for a minute or two, and just bask in it for a few moments.

Step 4: Ask For Help From Your Future Self

Now, while you are enjoying that feeling, looking back to today from that future moment, ask yourself what single action you can take, today, to bring your goal to you faster.

The future you which has accomplished your goal knows what steps need to be taken. From this vantage point, you can ask yourself what is the next most practical action you can take.

When you get the answer, write it down, and take that action at some point during the day. Taking action, no matter how small, is the fastest and surest way of convincing your subconscious mind that you are serious, and will do wonders for the quick manifestation of your goals.

Step 5: Choose the Same Thing Every Day

Do this daily, until you are done. Work on only one goal at a time, and don't change goals unless you decide you no longer want the one you started working on. If you no longer want the goal, choose a new one and start again. But if you do want your original, don't stop until you have it.

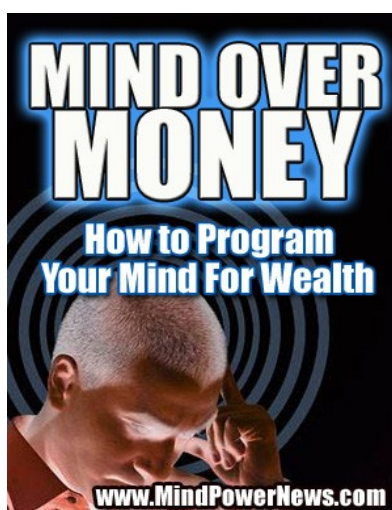
WARNING: LACK OF PERSISTENCE IS THE NUMBER ONE REASON WHY PEOPLE DO NOT REACH THEIR GOALS.

If you give up before you reach your goal, you obviously don't want it very much, do you?

Pick a goal that you cannot live without, and start again...

This technique only takes about 5 or 10 minutes with your morning coffee and works flawlessly. If you do it.

Ilya Alexi is the author of Mind Over Money: How to Program Your Mind for Wealth. This simple 30-day training manual will teach you the little-known secrets of thinking rich in order to finally created financial freedom in your life and avoid the critical mistakes that keep most people trapped in a cycle of money problems.



7 Destructive Habits of Incompetent People

By Michael Lee, Author of [How to Be An Expert Persuader](#)

WARNING! If you want to have a fantastic life, never engage yourself in these 7 deadly habits that incompetent people do.

Number 1 - They Think, Say, & Do Negative Things.

Yup. They see problems in every opportunity. They complain that the sun is too hot. They cursed the rain for ruining their plans for the day. They blame the wind for ruining their hair.

They think that everyone is against them. They see the problems but never the solutions.

Every little bit of difficulty is exaggerated to the point of tragedy. They regard failures as catastrophes. They become discouraged easily instead of learning from their mistakes.

They never seem to move forward because they're always afraid to come out of their comfort zones.

Number 2 - They Act Before They Think.

They move based on instinct or impulse. If they see something they like, they buy at once without any second thought.

Then they see something better. They regret & curse for not able to take advantage of the bargain.

Then they spend & spend again until nothing's left. They don't think about the future. What they're after is the pleasure they will experience at present.

They don't think about the consequences. Those who engage in unsafe sex, criminality, and the like are included in this group.

Number 3 - They Talk Much More Than They Listen

They want to be the star of the show. So they always engage in talks that would make them heroes, even to the point of lying.

Oftentimes they are not aware that what they're saying is not sensible anymore.

When other people advise them, they close their ears because they're too proud to admit their mistakes.

In their mind they're always correct. They reject suggestions because that will make them feel inferior.

Number 4 - They Give Up Easily

Successful people treat failures as stepping stones to success.

Incompetent ones call it quits upon recognizing the first signs of failure.

At first, they may be excited to start an endeavor. But then they lose interest fairly quickly, especially when they encounter errors.

Then they go & search for a new one. Same story & same results. Incompetent people don't have the persistence to go on and fulfill their dreams.

Number 5 - They Try to Bring Others Down To Their Level

Incompetent people envy other successful individuals. Instead of working hard to be like them, these incompetent ones spread rumors and try every dirty trick to bring them down.

They could've asked these successful ones nicely. But no, they're too proud. They don't want to ask advise. Moreover, they're too negative to accomplish anything.

Number 6 - They Waste Their Time

They don't know what to do next. They may just be contented on eating, getting drunk, watching TV, or worse, staring at the blank wall with no thoughts whatsoever to improve their lives.

It's perfectly fine to enjoy once in a while. But time should be managed efficiently in order to succeed. There should be a proper balance between work & pleasure.

Number 7 - They Take the Easy Way Out

If there are two roads to choose from, incompetent people would choose the wider road with less rewards than the narrower road with much better rewards at the end.

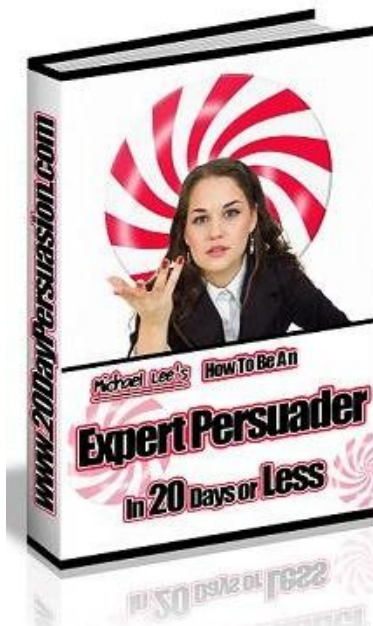
They don't want any suffering or hardship. They want a good life.

What these people don't know is that what you reap is what you sow. Efforts & action will not go unnoticed.

If only they would be willing to sacrifice a little, they would be much better off.

Successful people made it through trials & error. They never give up. They are willing to do everything necessary to achieve what they aspire for in life.

Michael Lee is the author of the highly acclaimed How To Be An Expert Persuader... In 20 Days or Less. It reveals mind-altering persuasion secrets to greatly enhance your relationships, boost your career and business, and persuade anyone to willingly and eagerly do what you want... without them knowing it.



How to Cheat at Meditation

By Lee Benson, co-creator of the [Brain Evolution System](#)

Everybody in the world of self-development agrees on one simple thing: Meditation is good!

The benefits are truly enormous: improved mind power, increased IQ levels, greater energy, self-enlightenment, less required sleep, and more.

But how many of us really indulge in a strict meditation schedule? And remember, you're talking hours each day if you want the greatest benefit. Let's be honest: in the modern world, people just don't have time. Until now, that is.

We've all heard about brainwave meditation CDs before. Brainwave meditation CDs contain specially-created sounds. When listened to with headphones, these sounds help to influence your brainwaves - a process known as "brainwave entrainment." These sounds take your brainwaves down to a low frequency state - similar to that achieved after years of meditation practice.

By listening to these CDs each day, you can begin enjoying the many great benefits of meditation - yet without the need for endless years of strict practice.

Meditation for cheats?

The problem, however, is that most brainwave meditation CDs simply don't work.

I've tried Holosync, Optimindzation, Hemi-Sync, and many others. Yes, the science behind the technology is infallible. However, each of these uses boring-sounding audio recordings, and require at least one hour listening a day. Many, especially Holosync, also cost thousands to complete the course, and require many years of practice.

Technically, they also only employ one mode of brainwave entrainment - a fatal error in the world of brainwave technology.

But among the rubble, there's one diamond that stands out - at least for me - above the crowd. It's called the Brain Evolution System - or "BrainEv" - and it's been causing waves in the industry since its launch back in 2006. It brings about all the benefits of true meditation - greater energy, increased IQ, emotional mastery, sharper thinking, heightened creativity, better relationships, improved memory, less required sleep, greater relaxation levels. And it does it without the shortcomings of its competitors.

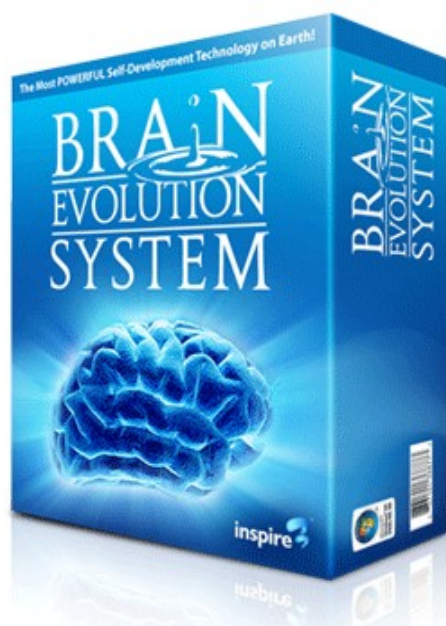
BrainEv is a 6-CD system that contains perhaps the most beautiful audio recordings the self-development world has ever heard. It only requires 30 minutes of listening each day, which you can do as you fall asleep, or by waking up 30 minutes earlier than normal - meaning it doesn't impact on your schedule. You also only need to listen 6 times a week. The entire program also costs just a fraction of its competitors.

Most importantly however, BrainEv has proven itself the most technically superior product on the market. It employs something known as "3P DEAP" technology, intertwining three different methods of brainwave entrainment together - to produce truly industry-pioneering results. That essentially guarantees you'll experience the most profound benefits around - such as a boost in your mind power, full body relaxation, enhanced creativity, and greater energy levels.

In short, my experience has found only one true leader in the world of brainwave Cds. It is - quite simply - the Brain Evolution System. It stands head and shoulders above the rest - and truly delivers the most powerful benefits of meditation, usually within days of starting the program. It'll revolutionize your life - and help you enjoy the advantages of what would usually take years of strict, regimented practice to achieve.

Is BrainEv cheating? Possibly. But this is one sneaky little shortcut I'm sticking with!

By Lee Benson, co-creator of the Brain Evolution System. Enjoy Limitless Energy... Rocket Your IQ... Master Emotions... Think Faster... Improve Relationships... Sleep Less... Release Stress...



How A Secret Word Changed My Life

By Chris Cains, Creator of [The Miracle Mind Method](#)

What I'm about to share with you took me YEARS to figure out. Several agonizing, gruelling years that I'll never get back! What I discovered has changed my life (and hundreds of others' lives) around.

Here's my story: Just 3 years ago, I owed over 50k in debt after my business venture failed. I was in a very dark place. I was absolute miserable. I had no money, no friends to turn to for support. I'm not kidding when I say suicidal thoughts were crossing my mind.

Fast forward to today, I made over 500k in the last 2 years but I don't even have a job (and it all began with a seed I planted in my mind!)

So, how did I finally do it? My formula is simple, I call it the Miracle Mind Method. First, I tapped into the power of my subconscious for an idea to make money.

Let me explain. You see, I struggled for years trying to make money in my business. Nothing seemed to work but I was working 12, sometimes 14 hours a day! I wasn't looking to get rich quick... I was willing to work and do whatever it took. Yet I failed miserably. Why? Because I did not have the right idea!

So I gave my subconscious mind a crystal clear target to hit by constantly repeating a "secret word" out loud and silently to myself.

This is the absolute truth: I cannot account for any other thing that I may have done to change what I thought except for one thing: I constantly repeated the "secret word" day and night, silently and out loud for several days.

On or about the 3rd day after repeating the "secret word" non-stop, I had an idea that catapulted my business from doing \$1,000 a month or less to \$10,000 the first month I put the idea into action! Since then I have never made less than \$10,000 a month in my business!

Now even though this course is not about making money, I cannot attribute the change that occurred INSIDE ME to anything else except the constant repetition of the "secret word." I had plenty of desire to succeed before I started using this technique, and I had more than enough motivation - I was heavily in debt and had a family to care for!

I didn't change my diet... I didn't do anything different for those 3 days than I normally did. But what I did not have was any idea how I was going to make more money...
... until I used the "secret word".

Now, if you're skeptical let me say this:

I think that the key to why this worked was because it focused my mind on what I wanted so intensely that it forced me to come up with an innovative idea. It really worked like nothing else I have ever tried.

And even if you don't believe my explanation why it worked, it will still work for you! That's the great thing - you don't even have to believe it will work!

Why? Because it's just like turning on the engine in a car - you don't need to see or understand the miracle of automotive engineering or know how it works in order to drive it! You just put the key in, turn it and start moving!

It's the same thing with the Miracle Mind Method - there's a lot under the hood going on but you don't need to know how it works to take it for a test drive and experience the benefits and results!

It has made a tremendous difference in my life, and I hope it does the same for you. Are you ready to make a change in your life? Are you ready to get that right idea?

If you have NOT read my program "Miracle Mind Method" - The One Secret Method to Living a Good Life that School, Friends and Everyone Else... Failed To Tell You About! Then you need to go and watch this FREE video training now.



40 Ways to Increase Your Brain Power

By Steve Gillman, Author of [A Book of Secrets](#)

You Want More Brainpower - Not Higher IQ Scores!

Okay, maybe you want higher IQ scores too. The American Heritage Dictionary defines Intelligence Quotient as "The ratio of tested mental age to chronological age, usually expressed as a quotient multiplied by 100."

Basically, it's a test of intelligence, with 100 as the average score. There are some problems with IQ tests however.

A recent IQ test asked which of four fruits was different. It was the one with more than one seed; but what if you were not familiar with these fruits? Obviously this test is culturally biased. You are assumed to have certain knowledge, yet you are being tested for intelligence, not knowledge.

Now look at these letters: "ANLDEGN." Rearrange them and you'll have the name of a(n): Ocean, Country, State, City or Animal. This is from an IQ test I took. Hmm... There are very few oceans, so I could eliminate those - but wait a second! That's a test taking technique. An intelligence test shouldn't be testing your test-taking ability. I'm bound to score higher than a person of equal intelligence who hasn't learned simple techniques for scoring higher on multiple - choice tests.

Real Life Results Versus Scores

Now let me ask you a question. What was Henry Fords IQ? Who cares! The man was one of the most innovative people of the last century, and he did what he did by surrounding himself with intelligent people. That practice alone has to be worth more than 20 IQ points in terms of real life results.

Real life results are what you want, right? So if you want to be more creative, learn to use creative problem solving techniques. If you want to concentrate better, there are techniques for that. Learn to speed-read and you'll have double the knowledge in the same time. After you paint your first Mona Lisa, build your first skyscraper or make your first million, what will your IQ score be? Who cares!?

Okay, an imperfect test is better than no test at all, and it is entertaining. I just took an IQ test, and although I don't think my IQ is really the 138 it showed, it was fun. If you really want to, you can try a free IQ test on my website <http://www.IncreaseBrainPower.com>. Of course you'll score higher on a good day than a bad day, so try these tips to make it a good IQ test day:

40 Ways to Power Up Your Brain

1. Breath deep. More air in means more oxygen in the blood and therefore in the brain. Breath through your nose and you'll notice that you use your diaphragm more, drawing air deeper into your lungs. Several deep breaths can also help to relax you, which is conducive to clearer thinking.

2. Meditate. A simple meditation you can do right now is just closing your eyes and paying attention to your breath. Tensing up your muscles and then relaxing them to start may help. When your mind wanders, just bring your attention back to your breath. Five or ten minutes of this will usually relax you, clear your mind, and leave you more ready for any mental task.

3. Sit up straight. Posture affects your thinking process. Prove it to yourself by doing math in your head while slouching, looking at the floor and letting your mouth hang open. Then do the mental math while sitting up straight, keeping your mouth closed and looking forward or slightly upwards. You'll notice that it's easier to think with the latter posture.

4. Gingko Biloba. The leaves of this tree have been proven to increase blood flow to the brain. The trees are often planted in parks. My friends and I used to eat a few leaves when we wanted a brain boost. It is also inexpensive, if you buy the capsules or tea at any health food store.

5. Saint John's Wort. This is a common weed that may be growing in your yard. Although it's brain enhancing qualities are less documented (studies do show it's usefulness for treating long-term depression), many people swear by it's temporary mood-elevating effect, and our brains tend to function better when we are happy. It is inexpensive, but I used to just collect it in the yard and make tea of it. (Hypericum Perforatum, if you want to look it up by it's botanical name.)

6. Good thinking habits. Just use a problem solving technique for several weeks and it will become a habit. Redesign everything you see for a while, and that will become a habit. You can develop many good thinking habits with some effort, and then be more resourceful

effortlessly from that point on. Use the power of habit.

7. Use dead time. This is time that is otherwise wasted or just under-utilized. Driving time, time spent in waiting rooms, or even time spent raking your yard can be included in this. With a tape player and a trip to a public library, you can start to use this time to listen to books-on-tape. You may spend 200 hours a year in your car. What could you learn in that time?

8. Learn a language. Learning a new language has been shown to halt the age-related decline in brain function. It also introduces your mind to new concepts and new ways of looking at things (in English we are afraid, whereas in Spanish we have fear). It is one of the best brain exercises.

9. Mindfulness exercises. Concentration and clear thinking are more or less automatic once you remove distractions. Learn to stop and watch your busy mind. As you notice things that are subtly bothering you, deal with them. This might mean making a phone call you need to make, or putting things on a list so you can forget them for now. With practice, this becomes easier, and your thinking becomes more powerful.

10. Write. Writing is good for your mind in a number of ways. It is a way to tell your memory what is important, so you'll recall things more easily in the future. It is a way to clarify your thinking. It is a way to exercise your creativity and analytical ability. Diaries, idea-journals, poetry, note-taking and story-writing are all ways to use writing to boost your brain power.

11. Listen to Mozart. In a study at the University of California, researchers found that children who studied piano and sang daily in chorus, were much better at solving puzzles, and when tested, scored 80% higher in spatial intelligence than the non-musical group. In another study, 36 students were given three spatial reasoning tests on a standard IQ test. Just before the first test, they listened to Mozart's sonata for Two Pianos in D Major, K. 448 for ten minutes. Before the second test, they listened to a relaxation tape. Before the third, they sat in silence. The average scores for all 36 students: 1st test: 119. 2nd test: 111. 3rd test: 110. A nine-point boost from Mozart!

12. Develop your intuition. Intuition can be an important part of brainpower. Einstein and others have relied heavily on their intuitive hunches. See Chapter 25 for tips on how to develop your intuition.

13. Sleep better. As long as you get a certain amount of sleep - probably a minimum of five

hours - the quality seems to be more important than the quantity. Also, short naps in the afternoon seem to work well to recharge the brain for some people.

14. Caffeine. The research shows higher test scores for students who drink coffee before major exams. My chess game gets better. In other studies, it has been shown that too much caffeine leads to poorer quality decisions. Caffeine affects individuals differently, and has some nasty long-term side effects for some of us, but short-term - it works!

15. Avoid sugar. Any simple carbohydrates can give you "brain fog." Sometimes called the "sugar blues" as well, this sluggish feeling makes it hard to think clearly. It results from the insulin rushing into the bloodstream to counteract the sugar rush. Avoid pasta, sugars, white bread and potato chips before any important mental tasks.

16. Hypnosis audios. The power of suggestion is real, and one way to use it is with hypnosis CDs or MP3s. This type of brain "programming" has more evidence for it than subliminals.

17. Speed reading. Contrary to what many believe, your comprehension of material often goes up when you learn to speed-read. You get to learn a lot more in less time, and it is definitely a good brain exercise.

18. Exercise. Long term exercise can boost brainpower, which isn't surprising. Anything that affects physical health in a positive way probably helps the brain too. Recent research, though, shows that cognitive function is improved immediately after just ten minutes of aerobic exercise. If you need a brain recharge, you might want to walk up and down the stairs a few times.

19. Imaginary friends. Talking to and getting advice from characters in your mind can be a great way to access the information in your subconscious mind. Imagine a conversation with a person who has a lot of knowledge in the area you want advice in.

20. Learn more efficiently. When you decide to learn something, take notes from the start. Leave each "learning session" with a question or two in mind, to create anticipation and curiosity. Take short breaks, so there will be more beginnings and endings to your studies (Things learned at the beginning or ending of a session are remembered better).

21. Brain wave entrainment. The newest brain wave entrainment products are powerful tools for altering your brain function. Some will almost immediately relax you, while others will put your brain waves in a pattern that is most conducive to analytical thinking.

22. Do something you enjoy. This is a way to both lower stress and rev up your brain. The key is to do something active. Watching TV doesn't count. Whether it is playing Scrabble or building birdhouses, when you are actively engaged in an activity that you enjoy, you worry less about things and you start to think better.

23. Adjust your beliefs. Believe you are smarter, and you'll become smarter. For this, affirmations may work, but even better is evidence. Make a note of your successes. Tell yourself, "Hey, that was really creative," when you do something creative. When you have a good idea, make a note of it. Gather the evidence for your own intelligence and you'll start to experience more of it.

24. Brain exercises. Do math in your mind while driving. Think of a new use for everything you see. Regular use of the brain has been shown to generate new neuronal growth, and even halt the decline of mental function that often comes with age.

25. Learn new things. This is another way to exercise the brain. It can also be done with little time investment if you use books-on-tapes while driving.

26. Walk. Exercise has been shown to benefit the brain, and walking is one of the best exercises for many. It is low impact, and the rhythmic nature of it seems to put you in a state that is very conducive to clear thinking. In fact, carry a tape recorder with you to take notes, and a twenty minute walk can be a great way to solve problems.

27. Model others. Find others that are creative, intelligent, or very productive. Do what they do, and think what they think. This is a key principle of neuro-linguistic programming. Be careful about taking their advice, though. Successful people often don't really understand why they are successful. Do what they do, not what they say.

28. Laugh. The release of endorphins caused by laughter lowers stress levels, which is good for long term brain health. Laughter also leaves you more open to new ideas and thoughts.

29. Play. Stimulating the brain causes measurable changes in the structure of the brain. New connections are made and new brain cells are grown. Intellectual play, as well as any playing that involves hand-eye coordination stimulates the brain.

30. Do puzzles. Crossword puzzles, lateral thinking puzzles, and even good riddles are a great way to get brain exercise. You can work on them while waiting for a dentist appointment, or on the bus, if you are short on time.

31. Sing. When you are alone in your car, try singing about something you are working on. This taps into and exercises your right brain. Have you ever noticed how it is easier to rhyme when you sing than when you just speak or write? This is because the right brain is better at pattern recognition. By doing this brain exercise regularly you can train yourself to tap into the power of the right brain. This will make you a more effective problem-solver. If you doubt the distinction between the hemispheres of the brain, look at how stutterers can stop stuttering as soon as they start singing. Try it.

32. Self awareness. This may not seem important to brain power, but it is. When you know yourself better, you can avoid the usual effects of ego and emotion in your seemingly "rational" thinking. Or you can at least take it into account. Watch yourself, especially as you explain things or argue.

33. Avoid too much stress. Neuropsychiatrist Richard Restak, M.D., from the George Washington University School of Medicine and Health Services, sums up the research thus: "Stress causes brain damage." Long term stress has repeatedly been shown to hurt the brain, not to mention the rest of the body. Learn a few stress reduction techniques if you get stressed out often.

34. Eat less. Overeating has the immediate effect of redirecting more blood to the digestive process, leaving less for the brain. Long term, it can cause arterial obstructions that reduce blood flow to the brain permanently. In at least one study, rats on a restricted-calorie diet had more brainpower.

35. Eat breakfast. When kids who didn't eat breakfast started to eat it, researchers found that their math scores went up a whole grade on average.

36. Drink wine. In moderation, red wine can be good for the brain, it seems. It is rich in antioxidants, which protect brain cells. One glass per day for women and two for men is usually considered a safe and moderate amount.

37. Use alcohol in moderation. In a study at the University of Indiana School of Medicine, elderly light drinkers (fewer than 4 drinks per week) scored higher on tests of thinking abilities than non-drinkers. Those who drank 10 or more drinks per week scored lower. It is known that alcohol can kill brain cells, so moderation seems to be the key.

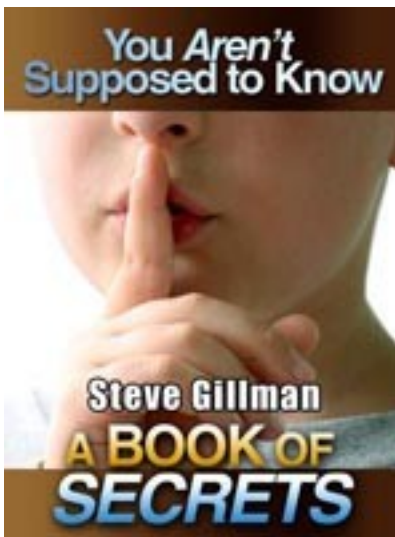
38. Eat brain foods. Foods that may be good for your brain include: Avocados, bananas, lean beef, brewer's yeast, broccoli, brown rice, brussel sprouts, cantaloupe, cheese, chicken, collard greens, eggs, flaxseed oil, legumes, oatmeal, oranges, peanut butter, peas,

potatoes, romaine lettuce, salmon, soybeans, spinach, tuna, turkey, and yogurt.

39. Ask questions. This is a great way to keep your brain in shape. Just get in the habit of asking questions often, even if it is only in your own mind. Why are taller buildings better? what is the purpose of curbs? Ask anything that comes to mind, and ponder the possible answers.

40. Make a brainpower plan. It takes about twenty to thirty days of repetition to establish new habits. This means that when you create your plan for better brainpower, be sure you plan to use that new problem solving technique, or eat those new brain foods for at least three weeks. You can use many of the brain boosters here and get immediate results, but it is creating new habits that will give you the most brainpower.

By Steve Gillman, author of A Book of Secrets: How To Read Minds, Save Money, Boost Brainpower, Get Lucky, See The Real News, Find Treasure, Persuade People, Buy Real Estate With No Money Down - And That's Just The Beginning!



Being Enlightened Gets You Everything In Life

By Enoch Tan, Creator of [Secrets of Mind and Reality](#)

Enlightenment is about seeing through the illusions of life and knowing what reality really is. When you are enlightened, you can have everything you want. Because you'll know the truth about what everything is, and what does it really mean to have something.

It is an irony of the world that the people who seek material things and desire to have them before thinking about enlightenment, tend to attain neither, but those that acquire enlightenment first are the ones who do. The desireless attain all their desires.

Being desireless is not about having no desire, but it is about having no attachment to desire. Attachment is the cause of all suffering. Suffering is burning emotional energy on the uncontrollable. The more you suffer, the more suffering you attract.

Letting go of all attachments is the way to end all suffering.

When you are attached, you are in a state of wanting or lacking. When you are detached, you are in a state of being desireless. Enlightenment is about knowing why detachment gets you your desire.

Physical reality is an illusion created by consciousness to rediscover itself. It is an illusion that you do not have what you already want, because you already have all that you desire in spiritual reality. Physical reality is a place for you to manifest anything that you are resonating with from spiritual reality. When you are attached, you are resonating with the spiritual untruth that you do not have your desire.

When you are detached, you are resonating with the spiritual truth that you already have your desire. You free yourself by being emotionally detached from choices. Many people fail to get what they want because they do not free themselves to have it.

You trap yourself when you are attached to choices. You think that it has to work a particular way rather than allowing yourself to go another way. Detachment from choices is what gives you true freedom of choice. You are able to choose again in every moment and are free to make a different choice if you will.

Detachment from choice is secret of flexibility.

Stock market trading success comes to those who trade in an enlightened way. The masses are emotionally attached to choices and that is why they lose money when they hold on to failing stocks instead of selling them. They also fail to sell when the stock has reached a substantial level of growth because they are attached to seeing it grow forever.

The elite traders are not attached to choices but they buy and sell freely in a way that makes them more money than losing it. To be unattached is to be free.

Having the relationships you want also comes from being enlightened. What a woman really wants is an enlightened man. He is a man who realizes his true being as a free spirit. He is free to express himself to her and he is free from being affected by her.

Being detached is the attractive quality that makes a man uncontrollable by a lady. Being undefined by external factors is what makes him self assured. He is capable of loving fearlessly and loving without attachment. Enlightened loving is loving like a god.

Those who are enlightened get what they want by benefiting from movement and changes, whether positive or negative. It no longer matters to them whether the stock goes up or down. They have strategies to make money either way. It no longer matters to them whether which person likes or don't like them, or when their partner is happy or unhappy with them. They simply allow themselves to enjoy all the happiness and positive energy they experience from whoever, whenever and however it comes.

Enlightened manifestation of your desires is about getting the essence of what you want and not being attached to the form or channel. Those who are attached to form or channel will suffer more and more, and have less and less self esteem. Whereas those who are not attached will be able to enjoy more and more of the things they like in life, and have more and more self esteem.

Those who have more self esteem are more capable of having the success and relationships they want compared to the others.

Freedom from attachment is also the reason why the rich get richer and the happy get happier, while the poor get poorer and the unhappy get unhappier. Having comes from being. When you are being detached, you are resonating with having. When you are being

attached, you are resonating with not having.

That is why it has always been said that you will finally be able to have what you want when you no longer want it. It does not mean you do not want it, but you are no longer in a state of wanting it.

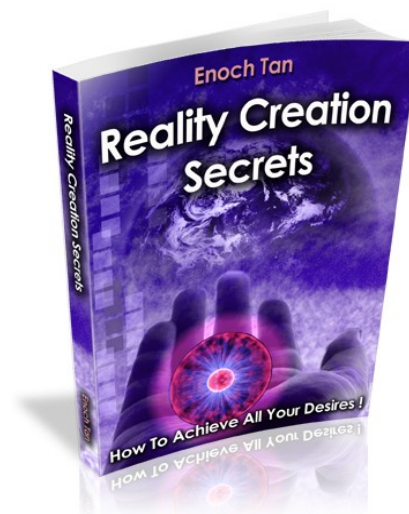
All that we want is peace and bliss. We think that when we have all the material things we want, we will have peace and bliss. But that is because we don't really know what peace and bliss are. It is peace and bliss that bring us everything else in life.

Peace is total transcendence. Bliss is an untouchable happiness. When we transcend all illusions of the material world, we are in a state of peace where we can manifest anything we want. When we have no attachments, we have a happiness that cannot go.

Enlightenment is the key to everything. The unenlightened may ask what enlightenment has got to do with making the money or getting the girl that you want. The answer is everything. When you are enlightened, you realize that it is not about getting this or that, but it is all about knowing what reality is, and who you really are. Then from that space of knowingness and beingness, you are free to create whatever you wish.

You're free to play with illusions without being trapped by any, as it is all just a game.

Enoch Tan is the creator of Secrets of Mind Reality. "Discover The Greatest Secrets Of The Mind And Reality That Will Get You Anything You Desire, Almost Like Magic!"



Two Magic Words

By Jason Mangrum, Co-author of [Uberman! Almost Super Human](#)

Spiritual masters say that enlightenment can happen in an instant or like the blooming of a lotus flower. The same can be said of realizations, and learning.

As you read a book on any subject you will have moments that you stop reading just long enough to say "Ah ha!" or "Wow, that's how that works" or "that's why that happens!"

When you first look at a new math equation and it makes no sense, then later after you learn the process, you can look at the same equation again and you not only understand it you can solve it.

The point I am trying to make is this: There is a point where something is gained from any knowledge. First you are ignorant, and then you inquire, next you realize, now you have the power of that knowledge and can apply it to your world.

People will sell you courses and charge you thousands of dollars to beat around the bush and flush out the truth I am about to tell you.

I have used this method that consists of only 2 words to create anything I want usually within 24 hours if not instantly.

I have told these words to very few close friends, accompanied with the warning "Be careful what you wish for..."

There is only one guideline when using these key words and I will get to that immediately after I tell you what these words are.

All you have to do is know what you want to make this work.

I Command!

Then put it in this sentence: I Command - (Then just state whatever you want).

I know it sounds too simple. Your disbelief in this might actually aid in its power.

You remain detached from the outcome because it just sounds too easy "This couldn't possibly work, I've tried everything" - your mind will say.

Good. What can it hurt to seriously give this a try?

"I Command" all day, everyday and I have come to realize the power I have over the outcome of my life. So have those I have told these words to through their own experiences with it.

Of course your mind may just dismiss the acquisition of your desires as coincidental. But does it really matter? After all you got what you wanted and never worried about how. If you honestly begin to use this take into consideration that this command once made is not concerned about the how it will happen. The power will just take the shortest possible path to accomplishment.

All things great and small are possible when you use the words "I Command", but whatever they are be prepared. Of course you can always change what you want if you realize it's not what you thought it would be. It is never too late in this world and nothing is final.

The only thing constant in this world is change. You can either be conscious of your creating or dragged along oblivious to it.

There is only one rule.

One limitation and this is important if you truly want to apply this knowledge. "You cannot command something for or concerning someone else."

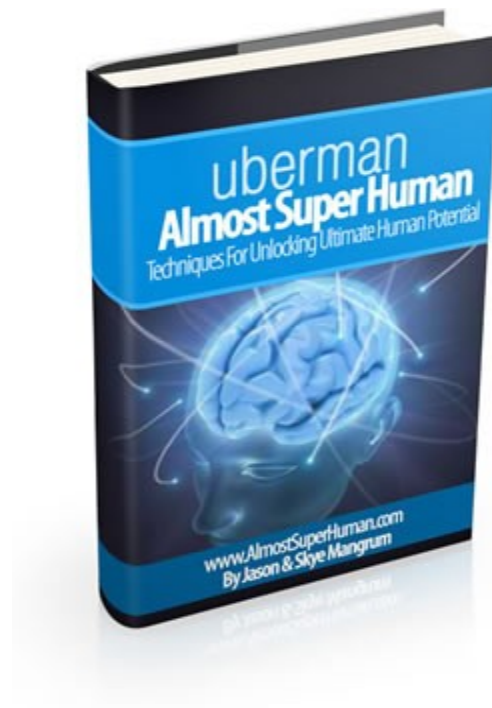
Such as: "I command so-and-so to fall in love with me" instead use- "I command my true love to make himself known to me"

That's it. These words are yet to fail and you can command anything within the realm of your imagination - nothing is impossible. All you have to do is command, and then look for the command to be fulfilled.

Now with everything I have noticed there is an evolution that happens after the "I Command" has proven itself to you. More and more all you have to do is clearly know what

you want. Soon the verbal commands aren't even necessary. I hope you have read something here that helps you. If you apply it be prepared to get what you want. Just be ready for the change.

Jason & Skye Mangrum are authors of the new book "Uberman: Almost Super Human". Learn powerful techniques for unlocking your ultimate human potential for more wealth, better health, peace, freedom and so much more! Get 2 free chapters here...



How to Transcend the Roller Coaster of Life

By Jafree Oswald and Margot Zaher, Creators of [Super Manifestor](#)

“The illiterate of the 21st century will not be those who can not read or write, but those who cannot learn, unlearn and relearn.” --Alvin Toffler

You are an eternal being who has come here to experience the ride of your life! You’ve signed up to attend this roller coaster ride called life so that you could learn some amazing things and grow immensely. Being the infinite soul that you truly are, you cannot die, so there is nothing really here to fear.

To resist any experience you are given is just saying “NO” to this divine growth and forgetting you are an infinite being. Saying NO to any experience is simply a misunderstanding of the infinite Self, and you end up defining yourself as small, helpless and finite.

This is not the reason WHY you are here. You are here to say YES to each experience that arises, no matter what is given.

Saying YES to every experience may sound even more tortuous, yet when you are willing to explore all the feelings and thoughts you have each moment of the day, you reap the massive benefits from the highs and lows of your roller coaster ride. For each high and low contains a powerful gift for you, and this great gift is found when you are thrown back inside to find your infinite self and experience who you truly are.

And who exactly is that?

You are an eternal being that cannot be threatened, attacked or damaged. You are not this smaller ego self who has many opinions, needs, desires and struggles with mini-sufferings throughout your day.

This Bigger YOU is the one who sees and welcomes the greater life lessons found in each experience. Discovering this Infinite Self is the only thing that can truly welcome your entire life as one great beloved roller coaster ride.

“The soul is the innermost being of man himself. The soul is contacted when one learns “to be still.” If one will use his power of thought to become tranquil, he will begin to be instructed by God.” --Anna Lee Skarin

When you accept this roller coaster that you're on today, an overflowing abundance of peace, love and prosperity consciousness will eventually find you. You want to say YES to the highs and lows of life because you don't want life to be flat, stagnant with the same repetition of experiences. That would only bore you and become a redundant life with no deep growth and truly unworthy of living.

Just remember that you are an eternal being, a soul, who cannot die! There is nothing to risk! You have come here to experience all the experiences you can on Earth. Knowing this, whatever your mind is worried about, stuck thinking about, investigating, and pondering over and over is simply not worth getting caught up in.

This eternity inside you is much bigger and better than any thought or experience you will ever have.

Whatever we attain in this physical world will come and go in time, yet nothing can measure up to the immensity of this divine energy found within you now. Discovering this infinite source inside you is the ultimate freedom, and it is available for you to experience right now!

There is no need to look outside your body for it. Just stop whatever you're doing and look inside. Look beneath your socialized conditioning and the mental chatter that the mind gets wrapped up in.

Don't resist anything, welcome it all! In this you will unravel yourself and get to know that ever-flowing current of peace which is beneath your drama, tears and fears. Only if you truly stop and dive into your core will you find it. It has always been here now... always. This is the "goodness" that we are, and total freedom is your natural response to it.

"You are not inferior Beings in need of enlightenment. You are not insignificant particles in a vast, unending Universe. You are not misguided or forgotten children trying to find your way home...

You are powerful Leading-Edge creators riding the most significant wave of expansion that has ever occurred. And it is our desire that you return to you conscious awareness of this so that your time in this physical body can be one of deliberate, conscious joy!" --Abraham-Hicks

The greatest news of all is that you don't have to do a thing to find peace on this wild magical ride. You can simply relax into who you are right now. The roller coaster of life will still take you up and down, yet being relaxed, you will remain calm, joyful and centered.

When you are centered you naturally release any addictions to unsatisfying repetitive negative thoughts and behaviors.

To find peace, simply stop striving to get somewhere better than here, now. Stop trying to become someone super special. You already are that which you seek. You can just relax into this experience and let life guide you home. When you relax into yourself, the abundance of love that you are naturally flows out into the world.

We invite you to spend a few minutes today to meditate on welcoming the roller coaster ride of life. This will support your mind in remembering the truth of who you are, and allow it to rest deeper inside. Even just 5 minutes will help you calm the crazy wild horses of the mind so that you truly enjoy this ridiculously wild ride.

When you do relax and trust the process, you'll manifest higher highs and more enjoyable lows.

Since life can only mirror back to you what is happening inside you, as you shift your focus onto the divine eternal being you truly are that is what you will find in everyone you meet.

The power of meditating is something that you'll hear us talk about a lot. It is quite simple, and only requires you to become calm and centered, with a quiet mind, open heart and relaxed being. If you have challenges with achieving this state, we'll be letting you know soon about some powerful technology we've developed to help you get there. But in the meantime, just breathe, focus, relax... and enjoy!

[*Jafree and Margot are the creators of the 90-Day Manifesting Program. Learn the World's Greatest Secrets to Manifesting Anything Your Heart Desires here...*](#)



The Greatest Obstacle to Happiness

By Dr. Robert Anthony, Creator of [The Secret of Deliberate Creation](#)

Think of your present moment as your Point of Power, because it is the only point where you can exercise your full power. For most of us the present moment exists only as mental concept. If there is such a place where all the creative forces of the universe come together, how do we know it is the present moment? What evidence is there that this is true?

Consider this; all your hopes for the future and even your memories of the past can happen only in the present moment. The present moment is that one point where everything comes together.

We have been taught that those moments are separate from each other, but in truth, they all take place in the now. No matter what happens in life, it is always now, then now, then now - always in the present moment.

Nothing exist outside of the NOW. Nothing ever happened in the past. - It happened in the Now. Nothing will ever happen in the future - It will happen in the Now. When you think of the past it is stored in the mind as a former now. And, when you think about the past, when do you do it? - You do it now! When the futures comes - it comes in the now. And, when you think about the future, when do you do it? - You do it now!

The past and the future have no realities of their own. Their realities are "borrowed" from the now.

All unhappiness is caused by denial of the present. We think problems are caused by our situations in life, but attachment to the past and future and denial of the now is the real problem. Ultimately then, there is only one problem in life - not living in the now.

You cannot be unhappy and fully present now. It is impossible to have a problem when your attention is in the now. When you live in the now, a situation is either dealt with or accepted now. A problem means you are dwelling on a situation mentally without having a true intention or possibility of taking action now.

Answers Come In The Now

Perhaps you are seeking answers to your questions or problems. Notice that sometimes you receive your answer, but most of the time you don't. Why? Because you are not in the

present moment when the answer arrives! Anytime your mind is out of the present moment you cannot receive the answer you need from Higher Intelligence.

The answer can come in many ways and at any time, but it will always come in the present moment. If we spend most of our time regretting and living in the past or worrying about the future we place ourselves out of the present moment where all creativity and answers take place.

Our Point of Power can only exist in the present moment. We create from this moment whether the materialization appears instantly or later as a complex event. However, all creation takes place in the now. If we really understand this truth, we will have an inexhaustible supply of usable energy at our command.

Understand that in every moment you are sending out a vibrational energy through your thoughts. This vibrational energy is magnetizing and attracting everything to you. If you send out a vibrational energy that you don't have what you want, you will end up with more of the same - having what you don't want.

If this is true, (and it is) then what could be more advantageous than using this moment to send out a vibrational energy or thought that is in alignment with what you want in your life? The answer is nothing is more important!

I am talking about the power of FOCUS. Ask yourself, "Am I activating what I want in this moment or am I focusing on something that doesn't allow me to have what I want?" Energy is tied into DESIRE. Anything that feels opposite to that energy or desire creates a situation that prevents us from having what we desire.

Why We Have Trouble Living In The Now

Why does the mind habitually resist the now? It is because the mind cannot function and remain in control in the present moment. It only knows about your past personal history and the cumulative mind-set you inherited. In order for the mind to remain in control, it must continuously seek to cover up the present moment with the only thing it knows - the past.

Let me ask you a question - can you be free of your mind whenever you want to? Have you found the "off" button? If you are constantly focusing on the past or future, you are not using your mind; your mind is using you. You don't even know that you are its slave. It is almost like being possessed without knowing it.

If you find it difficult to live in the NOW, try this: Stand back and just observe the habitual tendency of your mind wanting to escape the now. You will observe that the future is usually better or worse than the present. If the imagined future is better, it gives you hope, pleasure and anticipation. If it is worse, it creates anxiety. Both are illusions.

Don't judge or analyze what you observe. Watch the thought - feel the emotion, observe the reaction - become the silent watcher. This will help you to focus on the moment, because the moment you realize you are not present, you ARE present.

Freedom From Unhappiness

Your journey has an outer purpose and an inner purpose. The outer purpose is to arrive at your goal destination - to accomplish what you desire, to achieve what you want, which of course, implies the future.

But if your destination or the steps you are going to take in the future take up so much of your attention that they become more important than the steps you are taking now, then you completely miss the inner journey's purpose. Your inner journey's purpose has nothing to do with WHERE you are going or WHAT you are doing, but everything to do with the now. It has nothing to do with the future.

If you don't understand your inner purpose you will fail at your outer purpose. Keep in mind that the outer purpose is just a game that you may continue to play because you enjoy it. And often you may fail, but so what.

Ultimately EVERY outer purpose is doomed to "fail" sooner or later because it is subject to the law of impermanence of all things.

The sooner you realize your outer purpose cannot give you lasting fulfillment the better. When you have seen the limitations of your outer purpose you can give up the unrealistic expectation that it can make you happy. More importantly, you make it subservient to your inner purpose.

Have your dwelling place in the NOW and pay brief visits to your past and future when required. Always say "yes" to the present moment. Surrender to what is and see how life suddenly starts working for you instead against you.

The key is to LIVE in the present moment, but know that you are creating your future in this moment. What you are looking for is balance in your thinking. In other words, living in the present moment while giving thought to something you desire and expecting it.

A Step At A Time

Following our joy is not one large step, like quitting our job and spending our days sitting under a tree. That is not following our joy - that is escaping. There is a big difference between following the things that truly excite us and doing things to escape from a life that does not bring us joy.

The trick is to find, in the present moment, the things that would bring us the most excitement, and then do whatever we can to follow that excitement, even in the smallest way. This causes a chain reaction that brings us more opportunities to do what we love to do.

I think that the hardest time people have with following their joy is trying to make a living and at the same time trying to follow their joy. I have noticed that one of the very first things we fear is our financial concerns. That's why we start off slowly following the path little by little and letting things build upon themselves slowly.

However, I will tell you this, whenever I followed my joy it always turned out to be the most financial rewarding thing at the end. When you follow your true joy, wherever that leads you, and even if it changes from time to time, then the details will work themselves out on their own. If you try to work out all the details and debate them to death, you will go insane before you find the right answer. But if you just follow your joy and what brings you excitement then you will end up doing what is best for you and everyone.

Whatever we desire is waiting for us to claim it. You have already learned you do not have to know the details or how to do anything. All you have to do is focus on what you want. I can't take away your fears and doubts no matter how many pages I write. You will just need to trust yourself and the Power within you that you can truly follow your joy and do things in a way that bring you joy and have it all work out.

The greatest obstacle to happiness is not living in the present moment and not following your joy. The solution is to do just the opposite. If you find yourself focusing on the past or the future, remind yourself that the present moment is all there is, and then surrender to what is and see how life suddenly starts working for you.

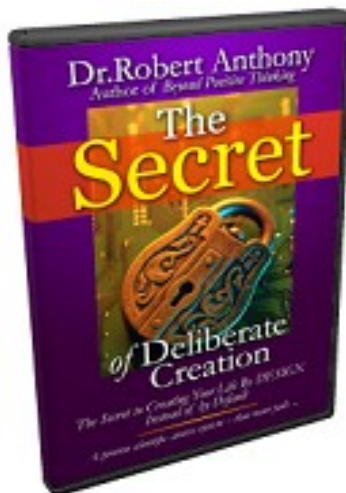
If you put the same amount of effort into finding what gives you joy as you put into going to work at a job you dislike, you will end up with results that will make you think, "Why did I wait so long to do this?"

Your Connection to the Infinite Power of the Universe

I have come to understand that when we enter this world we all do so with two wings. One is the Wing of Infinite Power. This is your connection with the Universe. And whether you know it or not, that wing is flapping by your side supporting you twenty-four hours a day 365 days a year from now to eternity. The other wing is that which you have consciously activated. This is the Wing of Self-Effort. This wing has to fly equally as hard as the Wing of Infinite Power. When it does you will have flight into the world of unlimited possibilities where anything and everything is possible for you. Then and only then will you understand how truly powerful you are and that you have all it takes within you to create what you desire.

So follow your joy whatever it may be; in whatever form it may come; let it come forth as it may; to be as it may. Let your joy, excitement and uncensored creativity carve you into the image of the Creator. For the crevasses and lines on our faces show not our age but how much we have dared to be true to ourselves.

There is a secret to an endless source of money, power, and love in your life... HERE IS THE SECRET: You will experience in your life what you cause yourself, or others, to experience. Not only that, but whatever you cause yourself or others to experience will come back to you multiplied and increased. That is all you need to know! Understand this simple concept and you will be richly rewarded with a satisfying life. How is this done? Learn more at [The Secret of Deliberate Creation...](#)



How to Become a Money Magnet

By Valerie Dawson, Creator of [The Hidden Secret Guided Visualizations](#)

Like most people, you have probably been taught to see money as a tangible resource that resides in your wallet and bank account until you need to spend it. You use it to pay bills, buy products and services, and support worthwhile causes.

When you need more money, you probably do what most people would do: take physical action that will bring in more money, such as working extra hours, asking your boss for a raise, or even selling a few of your material possessions.

What you may not realize is that you can attract money into your life in much easier ways; simply by changing the way you think about money and abundance. It's called the Law of Attraction, and getting it to work effectively for you can make the difference between a lifetime of lack and struggle, or abundance and ease.

This report is going to share 7 of the biggest mistakes that people make when attempting to use the Law of Attraction to attract more money into their lives; and offer helpful suggestions on how to turn them around if you find that you may be doing the same.

Mistake #1 - Holding a Mind-Set of Lack and Struggle

Based on your own life experiences, would you say that obtaining money on a regular basis is easy or difficult? In other words, do you have to work very hard to receive enough money to cover your monthly expenses, or does money seem to come to you effortlessly?

Take some time to think carefully about these questions because they reveal something very important: your overall mind-set regarding money and wealth. You can tell immediately whether you have a wealth mind-set or lack mind-set by looking at your life experiences.

Lesson #1 - Your Mind-Set Creates Your Experiences

The Law of Attraction is activated by your mind-set - in other words, the things you think, believe and feel on a regular basis. Here's how it works: Your thoughts trigger your emotions. Your emotional state emits a specific frequency of energy to the universe, and

the universe returns events and experiences into your life, that correspond with your emotional frequency.

When you think and feel positively on a regular basis, everything in your life seems to flow more easily, including money. When your thoughts and emotions lean more toward the negative side on a regular basis, you experience more problems, setbacks and financial lack in your life. Also important are your beliefs. Your beliefs form the structure of what is possible for you. If you believe you have to work hard to have a lot of money, you'll create exactly that experience for yourself. If you don't believe you deserve more than a certain amount of money, you'll block more from arriving. Whatever your beliefs are, they are your TRUTH, and you will subconsciously create evidence that supports that truth over and over again until you learn to do things differently.

Mistake #2 - Focusing on What You Don't Have

Have you ever agonized over a shortage of money? Have you worried obsessively about not being able to pay your bills or buy something you wanted? Believe it or not, you were probably making the situation worse by doing so.

We know that lack is the condition of not having something you want - in other words, the absence of something. But the absence of exactly what may surprise you. Lack is not the absence of money, or health, or love. Those are just the symptoms of lack. At its core, lack is simply the blockage of ENERGY. When it comes right down to it, everything is energy. When you experience lack of any kind, it's a sure sign that you are cutting off the natural flow of energy through your life.

Every time you worry about your financial situation, agonize over a shortage of money, or feel stressed about your bills, you attract more of the experience of lack into your life.

Lesson #2 - Focus on What You DO Have and DO Want

It may sound incredibly difficult to focus on the positive when your life doesn't look so rosy, but it is vital to find a way to do it. When you focus on the good things you already have and think about the things you want from an optimistic and hopeful state of mind, you cannot help but attract more of them into your life.

There are endless ways to begin focusing your thoughts on the things you do have and do

want. Start a gratitude journal and jot down a few things each day that you are grateful for. (Hint: even if these things are not related to money, they can still get that positive energy flowing and attract more good things into your life; including more money.) You can also visualize having more money and imagine being able to pay your bills easily. The more you focus on things like this, the more they will begin to show up in your physical reality.

Mistake #3 - Attracting Lack with Negative Emotions

Focusing on lack and struggle is destructive enough, but it's possible to make it even worse by infusing this focus with strong, negative emotions. Think of your emotions as the fuel that lends power to everything that manifests in your life. When it comes to money, do you often find yourself locked into negative emotions like these? Fear Anxiety Helplessness Hopelessness Pessimism Doubt Frustration Worry Jealousy Resentment

Every time you experience emotions like these, you are creating more lack. In order to turn lack into abundance, you have to avoid investing in these negative emotions.

Lesson #3 - How to Prevent Negative Emotions from Creating More Lack

There are two things you can do to prevent these emotions from creating more lack in your life:

1) First, avoiding sinking into feelings like those described above is crucial. As soon as you notice yourself starting to feel stressed or worried about money, immediately shift your focus to something else. You can engage in a bit of self-talk if it helps; say something like, "There's no point worrying about something I can't control, so I'm going to focus on something that makes me feel good." Then spend time on unrelated activities, or find a way to feel better about your financial situation.

2) Secondly, begin directing more positive emotions toward your financial situation. Even if you have to engage in a bit of fantasizing in order to do so, you need to get some positive emotions flowing to attract more abundance. There are many ways to do this, but one that works well is to keep affirming, "I always have more than enough money for everything I need." Just keep saying it over and over again, allowing yourself to feel confident and happy that your financial needs are being met.

This is also a good thing to do when you notice you're starting to feel worried or frightened

about not having enough money. Immediately turn the focus around and say, "I ALWAYS have more than enough money for EVERYTHING I need." (Say it with power and conviction in your voice, and really believe that it is so.) As you begin shifting your focus from negative emotions to positive emotions every day, you should start to notice your financial situation shifting to a better place also.

You might receive an unexpected check in the mail, you might get a bonus or pay raise at work, or you may even notice you're starting to receive unexpected gifts or discounts. These are great signs that it's working! Keep replacing negative emotions with positive as often as possible and you'll keep the good energy flowing - which will keep inspiring greater and greater change in your life.

[Valerie Dawson is a board certified counsellor and hypnotherapist with over 18 years experience. Click here to grab the full report with all 7 lessons to turn your mind into a money magnet!](#)

Instantly Attract Wealth



How to See Yourself 10 Years in the Future

By Christopher Westra, Creator of [I Create Reality](#)

Objective: See in your mind's eye where you really want to be in ten years time. Choose your own values, activities, and relationships rather than copying others.

Complete this exercise that I've done with thousands of people to learn what you really want in life. This is your chance to dream and create in your imagination anything you want to do or be!

My Own Experience with the Ten Years Exercise

While working with troubled teens, I used to have them do a Ten Years in the Future exercise. I asked them to write a letter to a friend as if it was ten years in the future. Most of these boys and girls didn't think about the next week, much less ten years to come. Like the Cheshire cat says in Alice in Wonderland, "If you don't know where you want to go, then it doesn't really matter what road you take!"

Of course, this lack of "foresight" was a major reason their lives were pretty messed up. We had some great conversations as they really thought about what they wanted. For most of them, this was the first time they had ever thought this way!

But the real story is what happened to me. I did the exercise right along with them on many occasions, writing my dreams and visions in detail. In my letter to a friend, I had moved to the country, built my own home, become a black belt in the martial arts, authored a book, and started my own business working from home.

Over the next ten years, something magic happened. All my dreams and visions became a reality, almost as if orchestrated by an unseen hand. I realized that something very powerful was happening, more powerful than I realized initially. I did write books and start my business. We did move to the country and I did build my own home.

How to Write Your Letter

This letter to a friend will become a magnetic factor in your life, even if you write it once and then file it away. Your vision will guide you in your yearly goals, your monthly goals,

and your daily activities.

You must write your letter as if it has already happened. For example:

"Dear Bob, so much has happened in the last ten years. Rachel and I have moved to Australia and live on a 2000 acre ranch."

"Leslie, I just wanted to make contact again and tell you about my life. I started my own gardening business in 2012 and it's really taken off."

"Dear Harold, I met the love of my life in 2016 and we moved to Hawaii where Frank works in a bookstore and I give surfing lessons everyday. We love it."

Remember, describe all the details as if they have already happened.

What to Include in Your Ten Years Letter

Include where in the world you live, how you earn your living, and your primary relationships. Add lots of names and details. Get creative.

Write about your hobbies and your real passions and interests. How do you give back to the community and the world? What do you read? What do you drive and where do you travel on your vacations?

You can write about your daily schedule and activities, your gardens, your office, or whatever is really important to you.

Make your letter at least one page long and write it to a real person who you think you may still know in ten years. This will help make it more real for you.

After I learned the power of this exercise, I wrote up an 11 page document that has guided my life in the past few years. One page is good, unless you really want to expand and write more.

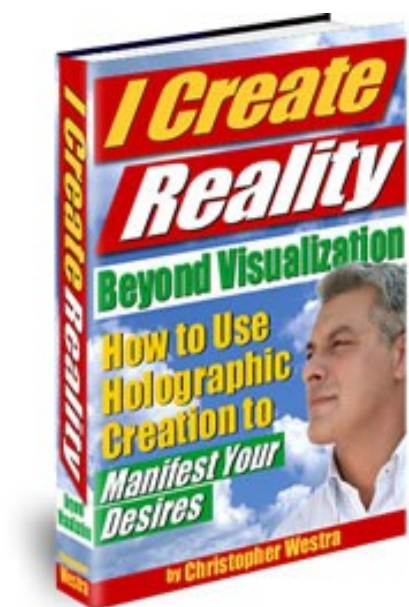
Just for Fun

To get your creative mind flowing, include some future inventions or world changes in your

letter. I had the teens do this also and we had fun with it. You can include possible political changes, new technology, social changes, and much more.

Sit down and write (or type) your Ten Years in the Future letter today.

[Christopher Westra is the author of "I Create Millions" and the creator of the "I Create Power" Holographic Creation Program. Learn more about the Holographic Creation Program here...](#)



How to Develop a Magnetic Mind

By Hamilton Miller, Author of [Elite Social Control](#)

The most important step in dominating others mentally is developing your magnetic mind. It is paramount that you follow everything in this section closely.

In order to acquire the magnetic mind, you must eliminate, with prejudice:

- Doubt and fear of your ability to please others
- All antagonisms towards other people
- Your eagerness to get the best of others
- Feelings of superiority over anyone
- Thoughts of yourself as the only person that matters
- Desire to rule or oppress others
- All urges to impress others

Of course, the rules above do not mean that you should act like some nobody that is merely being tolerated by others. Envy no one anything he has, but don't agonize over the fact that you have no more yourself. If Bob or Amy is taller or better looking than you, rid your mind of those comparisons.

Hostile thoughts that you secretly hold against others will show on your face no matter how hard you attempt to hide them. Even if you manage to hide them from your face they will creep into your voice and your general demeanor. Bob or Amy will feel a strange, unexplainable vibe in the atmosphere around you and will be repelled by it.

Another important step in the development of the Magnetic Mind is freeing you from worry. If you are you will be affected by the unfriendly thoughts and actions of those who dislike you... and a major portion of what you perceive to be unfriendly will be a misperception on your part.

None of us has the time to spend the better part of our lives dealing with these psychological issues in the standard way, so we have to develop a way to block them immediately. Don't wait until you are constantly worrying about a negative influence to put an end to it.

Block it out of your mind the minute you sense it disturbing you. Don't dodge the issue by thinking about something else, because that can push the already existing "mind poison" deeper into your brain. When you feel the "gnawing" feeling oppressing you following a misunderstanding with someone, stop all introspective thoughts in your mind at once before the "mind poison" buries itself in your brain.

Con Artistry

You can still dislike a person and fool them about your feelings towards them. The con artist does this all the time. He does it by maintaining a conversation with the victim that prevents the victim from listening to warnings from his subconscious. In this way, the con artist prevents the victim from responding to his "hunches".

Think of your hunches as impressions from your subconscious, warning you about people and situations. When the con artist leaves he takes his aura with him, the victim loses contact with him and does not smarten up even though his natural feelings are telling him to.

The victim's mind, in addition, is left with swirling thoughts of the false visual and auditory impressions it received from the con artist and is now shut tightly against all logic concerning the matter. His imagination builds up the crook as a demigod.

The con artist, to summarize, concealed his true opinion of the victim through a running commentary of words and an endless barrage of wit and clever flattery.

Aside from the darker aspects of this "art", the con artist's strategy requires an extraordinary amount of quick, natural wit. Any error on his part will cause the whole thing to be exposed, or at least arouse too much suspicion for the con artist to overcome. This strategy is hardly worth the risk involved.

The Proper Way to Ignore Fools

With the Magnetic Mind, you have nothing to fear from other people, and no need to conceal anything from them. If the other person is in a bad mood and dislikes you for whatever reason, even after you have tried to win them over, stop wasting your time.

An astounding number of people respond to the Magnetic Mind. Ignore the small amount

that either can't be or are too difficult to be influenced. But don't waste your energy angering them so you have to avoid them in the future. Don't waste your mental power regularly in situations like that.

If you are ever ignored after attempting to use the Magnetic Mind, when you see the person in the future ignore them as you would a piece of debris in the street.

Don't drain yourself of mental vitality as you approach him and end up regretting the encounter for the rest of the day. These types of people are hopeless. They antagonize others and receive their negative thoughts in return. If you adopt a bitter attitude towards him, it will subconsciously creep into your dealings with others, and you will lose your magnetism with them.

The Magnetic Mind and Self-Consciousness

The Magnetic Mind destroys self-consciousness. You are self-conscious when you doubt your ability to please or control others. You are not self-conscious when you are alone with a pet that you don't worry about pleasing.

When self-conscious, you not only waste your mind power in needless worry about your ability to please others, but you also can't put your best foot forward with them. There are understanding people who can still like you if you are self-conscious once they know you well, but if you associate with them only now and then, they could misinterpret your self-consciousness and regard you as selfish and arrogant.

The Magnetic Mind and Nervousness

The Magnetic Mind will also bring you another important blessing. It relieves you of the tension of trying to give yourself courage, confidence, and other positive traits.

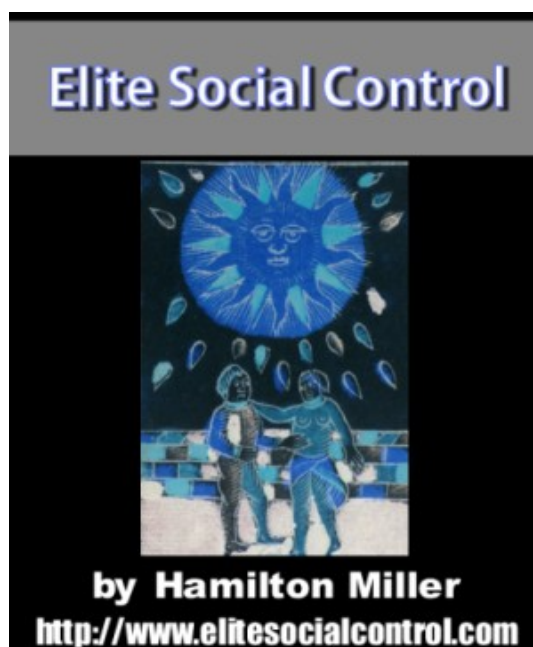
Adopting any new trait builds up tension, especially if it is based upon nothing specific. This is the reason so many people read self-help books, listen to self-help audio, and never achieve any real improvement. You cannot acquire confidence in being charming, for example, merely by assuming a confident manner.

Confidence is the end product of a mastered skill. Blind confidence is of little value because sooner or later you are jolted out of it by failure in performance. The same is true of courage and other positive mental attitudes. It is no different with negative mental

traits like general lack of confidence or courage. These evolve from the failures that abound when you try to learn a new skill.

Never assume hastily that you cannot do something right just because you did it wrong before. But neither should you assume a “can do it” attitude about any skill unless you can do it right.

[Hamilton Miller is the Author of Elite Social Control: The Brutal Science of Mind Manipulation Revealed Learn more here...](http://www.elitesocialcontrol.com)



15 Reasons to Learn Astral Projection

By Abhishek Agarwal, Creator of [Astral Project Now](#)

People often wonder as to what possible benefits one can get through Astral Projection or Out-of-body-experiences. Let us look at some of them:

1. Fly and have fun!

In the Astral world even the sky is NOT the limit. You can fly way beyond the blue skies. Or glide through the air or float like a balloon. Want to have a bird's eye view of our city? No problem! Or maybe jump off mountains and somersault in mid-air! Imagine being able to glide over the ocean like a seagull, or dive inside and swim like a fish!

If you want you can even propel out into the infinite space and explore the planets, heavenly bodies and other distant galaxies. We can visit any city on this planet and other planets as well. We can go and check out friends in another corner of the world!

2. Confirmed belief in life after death

A fully conscious Astral Projection gives us the ability to obtain firsthand knowledge that we can exist outside our bodies. It provides us irrefutable personal evidence that we are immortal.

If it is possible for our consciousness to exist outside our body, then it is also possible that our consciousness survives physical death. This belief removes fear of death completely. It reassures us that there is life after death and you absolutely know that you continue after kicking the bucket!

3. Get glimpses of your past life and know your purpose of existence

As we experience more and more Projections, we start getting glimpses of our past lives. These memories aid in finding our purpose of existence.

The information gained can help us know ourselves better. We can overcome certain traumas and cure certain illnesses. We get a sense of universalism, the feeling of which is ecstatic.

We expand self-awareness, increase our level of maturity, and also accelerate our spiritual evolution.

4. Meeting Guides

Through Astral Projection you can meet your Spiritual Guide who can be a source of inspiration and also help you evolve spiritually.

5. Learning

All sorts of hidden knowledge can be acquired through Astral Projection; knowledge that cannot be acquired in every day life. You can learn about ourselves, about our Earth, the Universe, or about anything else. You can meet advanced enlightened beings, even from distant ancient traditions, and learn from them. You can even attend esoteric schools and temples and learn about the mysteries of life and death...

6. Increase Psychic Abilities

Regular Out of body experiences enhances your paranormal and psychic abilities such as clairvoyance, ESP, precognition, telepathy, premonitions, prophecy, the ability to see auras and many other psychic abilities. This is a natural result because we become more in tune with our internal energy systems and also become sensitive to universal energies.

7. Personal development and well-being

Through Astral Projection we become better in all spheres of life. We have a sense of overall well-being, increase in self-confidence, control of stress, emotional balance, heightening of intellectual capacities, and expansion of self-knowledge. Out-of-body experiences help us to break free from old mental ruts and habits. We get a more enlightened perspective of our current existence and this expansive vision is instrumental in awakening new levels of personal growth and understanding.

The recognition that we are more than just physical beings, gives us firm belief that we are capable of much more than previously imagined. Once we consciously control our non-physical self, we can unlock the unlimited knowledge of our subconscious and harness our ability to explore the universe.

8. A reduction in hostility and increased respect for life

Those who have experienced an OOB, realize that they continue after death. They also become aware that along with their consciousness, their personal responsibility also continues. Hence many feel that harboring hostility towards other fellow souls can be very self-destructive.

Due to the personal knowledge obtained concerning our spiritual interconnection, Astral Projectors seem to start detesting violence and killing.

9. Experience tranquility

Many Astral Projectors report feeling at peace with themselves and others. They develop an inner tranquility that is hard to describe.

10. An increased desire for answers

Astral Projection often sets people on a personal spiritual quest to solve the mysteries they have held since childhood. Questions like - What are we? What is our purpose? Do we continue? These questions and many more can be answered only through personal experience. Out-of-body exploration helps us to obtain the answers we seek.

11. Meet deceased loved ones

We can meet our loved ones who have left the physical plane. These meetings are very helpful because we can request for their guidance and healing.

12. An increased zest for life

There is a certain excitement inherent in Out-Of-Body exploration because by exploring the non-physical realms, we become the ultimate explorers. Life itself becomes an adventure, an exciting journey of discovery. Every Projection is an opportunity to experience a new adventure. This inner excitement also stems from the fact that we are blazing a path much ahead of our time.

13. Increased knowledge, wisdom and intelligence

Only experience creates wisdom. Out-of-body experiences provide knowledge and wisdom far beyond the limits of our physical perceptions. This knowledge is first hand and is not imposed by other teachings and beliefs.

Many people also report that their out-of-body experiences have enhanced their awareness and intelligence.

14. Increased Spirituality

Many Astral Projectors report meaningful insights into their spiritual nature. Instead of viewing themselves as Physical beings possessing a soul, many start to recognize themselves as soul temporarily possessing a Physical body. There is a feeling of connection to something far greater than them.

15. Healing

With the knowledge and control acquired through Out-of-Body experiences, we learn to utilize our own energies in favor of other beings. We can heal others, and ourselves mentally and physically.

By Abhishek Agarwal, creator of Astral Project Now. [Click here to learn how to Astral Project...](#)



The Greatest Advice of All Time

By Henk J.M. Shram, Creator of [The Great Revolution](#)

So why are you interested in the 'Law of Attraction' anyway? Obviously, it's about doing what you really want to do with your life.

We've said it repeatedly, quoting the wise man's adage: Money and fame do not happiness make.

Of course, they may help in being happy. For example, it's pretty nice not having to worry about money. Let's face it... Most people like money. And others like fame, and many like both.

The thing is... money and fame are usually merely external confirmations of the fact that you're being happy and doing what you want with your life already.

If you are, money and fame are usually no issues anymore. You either don't care about them because you're being happy anyway. Or (many times) they may come as side-effects, or symptoms caused by the fact that you're already being happy with yourself and your life. That's where the principle of being happy and grateful for what happens to you and the situation you're in is relevant.

Clearly, money and fame are really different things compared to the desire for money and fame. The desire for implies that you're not being happy and grateful right now, thinking you need money and/or fame in order to be happy and do what you want with your life. This underlying feeling of needing (and thus the deeply-engrained feeling of lack) determines what you send out... the frequency you broadcast if you will. And this frequency 'attracts' a like frequency, and this is the mechanism through which needing pushes things away in a very small nutshell.

Anyway, this is something we've talked about more at length in other articles, so we're not going to repeat this anymore.

In this article we want to get into something a bit more concrete... something more practical to use in your life. This might sound simple, but upon deeper thought it may just be the greatest word of advice of all time...

Who Are the People Who Can Teach Us How to Live?

You know, according to the American physicist, philosopher and management expert Danah Zohar, doing what you really want with your life requires what she calls 'Spiritual Intelligence'. It's about your own, personal, deeper actuating motives.

Zohar says that self-development and purpose/meaning are principles that are central to spiritual intelligence. When you're in touch with your own 'inner universe', you can develop your talents and give full scope to your natural gifts.

As such, you'll live the life that fully matches who you are (which is not necessarily the life that others think you're supposed to live). Within yourself, you'll discover your own actuating motives and what really inspires and animates you.

Zohar says that when you manage to live your life from that inspiration, you're quite a happy person. This pretty much connects to what the American psychologist Abraham Maslow (who came up with the so-called 'hierarchy of needs' aiming to explain human motivation) called 'self actualization'.

According to Maslow, self-actualization is the ultimate state of human development, a spiritual condition in which people are creative, 'playful', and tolerant. And if you've read our books and articles, you know that these are the very conditions that facilitate the extent to which you can 'work' the 'laws of the universe' (if you want to call them that). And you know what? There's actually a specific group of people who can teach us a lot about this state of 'creativity', 'playfulness' and 'tolerance', or rather 'spiritual intelligence'...

These people are children. Kids are almost the very paragon of spiritual intelligence. Of course, this doesn't mean we should all start behaving in infantile ways. However, we can start to look at the world more like children do. We could start to re-invent and re-discover the qualities that we so often lose in the process of what's called 'growing up' and 'becoming adults'.

Those qualities are: Being open, Trust, Sincerity, Being genuine, Curiosity, Eager to learn, Generosity, Feeling adventurous, Wonder and astonishment on the least things... And not to forget: unconditional love.

Let's face it... People who are living life like this are pleasant company, both to themselves and to others.

Spiritual intelligence has got nothing to do with religion or faith. Of course, both are fine if pursuing them makes you feel good inside, if pursuing them is your own choice if it's not imposed on you by others.

No, spiritual intelligence is about self-reflection and intuition. There's a difference between what many consider 'being spiritual' and 'spiritual intelligence'.

You can do reiki, qigong, meditation, burn incense, do rain dances in wildlife outfits all day and read books about 'spirituality'. And of course that's all fine if that makes you feel good.

However, 'spiritual intelligence' rather refers to making the choices that suit you and actually consciously experiencing and feeling the satisfaction and feeling of fulfillment and self-realization that come with that.

That's what'll make you happy.

So what's potentially the greatest advice of all time?

Remain Child-like...

Be open. Be adventurous. Be curious. Be eager to learn. Be genuine, not least to yourself. Don't judge. Acknowledge the wonder of life and the amazing experience it brings. After all, it seems so real, doesn't it?

In the words of the late comedian Bill Hicks:

The world is like a ride in an amusement park. And when you choose to go on it, you think it's real because that's how powerful our minds are. And the ride goes up and down and round and round. It has thrills and chills and it's very brightly coloured and it's very loud and it's fun, for a while.

Some people have been on the ride for a long time and they begin to question, is this real, or is this just a ride? And other people have remembered, and they come back to us, they say, "Hey - don't worry, don't be afraid, ever, because, this is just a ride..."

And we kill those people.

We have a lot invested in this ride. Shut him up. Look at my furrows of worry. Look at my big bank account and my family. This just has to be real."

Just a ride... But we always kill those good guys who try and tell us that, you ever notice that? And let the demons run amok.

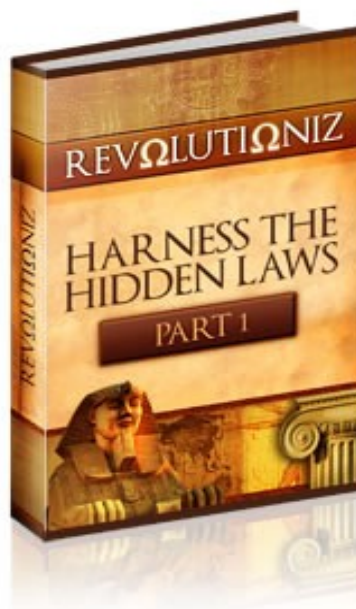
But it doesn't matter, because it's just a ride. And we can change it anytime we want. It's only a choice. No effort, no work, no job, no savings and money.

A choice, right now, between fear and love."

So what's your choice?

Remain childlike. And enjoy the ride!

Henk J.M. Schram is the author of "[Revolutioniz: Harness the Hidden Laws of the Universe](#)". Discover how to align yourself with the universal principles of life, and finally begin to experience total abundance and flow in any area of your life! [Let's get started right now...](#)



The Question No One Asks - Are You Willing?

By Kristen Howe, Creator of [Unlock the Power of Now](#)

I am going to be bold and ask you a question that never gets asked - and yet, your answer is the absolute key to your success.

Are You WILLING to Change?

We all know that if you want to get something different from your life you have to be different and to be different. And to be different, it isn't enough to act differently; you have to create different beliefs.

Willingness is a BIG missing step, and it is time we address it...

Willingness needs to be your first step in creating your future and here's why...

I know you are excited about transforming your life. I know you want it more than anything...

But are you willing - I mean REALLY willing - to be different? I want to help you understand the difference between desire and willingness and in this article so that you can transform your desire into willingness.

When I ask someone if they are willing to be different, they usually laugh, look at me like I'm crazy and answer "Yes" without giving it a second thought.

Listen, here's the truth - to have a different life, you have to be different than you have ever been before. You have to be the person that has the life you want, and I can pretty much guarantee that is going to seriously push your comfort zone.

Life transformation doesn't come from finding the right business opportunity or falling in love or losing 20 pounds - life transformation comes in the person that we become as we create the life we desire.

So don't be like most people. Give this question a second thought and ask yourself honestly... "Am I willing to be different?"

To help you really get a handle on this, I want to talk about what willingness really is. As I said before, willingness isn't the same as desire and that is where most of the confusion comes in.

When you look up 'willing' in the dictionary this is what you find - Willing: inclined or favorably disposed in mind; prompt to act or respond; done, borne, or accepted by choice or without reluctance; of or relating to the will or power of choosing.

Notice the key words here - Ready, Prompt to Act, Without Reluctance and Power of Choosing.

For our purposes, let's come up with a more specific definition of 'Willing':

Willing (the NEW definition): Ready to use the power of choice to think, believe and act differently, quickly and without reluctance.

With our new definition, can you see how being ready is different than being willing?

So, are you willing to be different? Are you really willing to let go of the attachment to the thoughts, situations, people, actions and more that are keeping you where you are?

When you know you desire something, you are ready, but change doesn't happen until we become willing. I know this goes against every instinct. I know how easy and common it is to feel that if you just knew what to do to change your life and live the life of your dreams then you would do it.

I know that because that used to be what I said - I said things like...

If I just knew the right people

If I just knew what action to take

If I had more money

If I had the right connections

Then I would do whatever it took to make it happen!

The reasons why you can't do what it takes will always be there - that's the truth, so here are 4 steps you can take to help you starting right now!

4 Steps to a Different Future

Use Your History: To help me on my journey, I looked for a period of time when things had gone right and asked myself what I did differently and the answer was that I said “Yes” not yes to everything that someone asked me to do, but yes to opportunity, even when I didn’t know exactly what the opportunity was.

Stop looking at everything that is wrong: There were a lot of things in my life that were wrong but constantly looking at them and saying, “See, it’s all wrong and no matter what I do or how much time I spend it stays wrong” - wasn’t working.

Ask yourself 1 question over and over again until you have successfully started to transform: Here’s the question I would ask: “What would I normally do in this situation?” and then I did the opposite to make myself act differently and focus differently.

Give up trying to figure out how something is going to work and only focus on WHY you desire it. Once you open up your willingness to see and believe and act differently, your whole world will change. And if you are wondering where you need to be willing, you only need to look as far as where something isn’t working. Start there and willingness will become your way of being and so will abundance and prosperity and joy!

How to Discover What is Blocking You

Let’s talk about some ways that you can discover what is blocking you - I want you to look at where you are in your life right now.

If you are willing to take responsibility (which is different than blame) for everything in your life right now, then what does where you are and what you are experiencing in your life right now reveal to you about what you truly, deep down in your subconscious, believe?

Now, look at what you want and ask if there people you respect who have the things you want? (Respecting the people you use as reference is important, because if you choose people you don’t respect, you will never do what it takes to get what you desire.)

Now, think of one of your references and ask yourself questions like this...

What are they like? What do they believe? What do they focus on? How do they handle success and failure? What kind of people do they surround themselves with? How do they spend their time? How do they handle their relationships? What are their ethics like? How do they communicate?

What you are really asking yourself with all these questions is “who do you have to be to get what you want to have?”

This is a powerful exercise - I can't wait for you to use it!

Kristen Howe is the creator of [The New Secret of a Master](#) and [Unlock the Power of Now -- An Easy Way to Live In The Moment, Tap Into Your Infinite Source of Creation Without Meditation, Hypnosis, Aligning Your Brain Waves or Traveling to the Far East in Search of Enlightenment](#)



Getting Unstuck and Into Momentum

By Thea Westra, Creator of [Time For My Life: 365 Stepping Stones](#)

I pat YOU on the back, for being right here and for living your life beyond what's right in front. You wouldn't be reading this book if it weren't so. You're looking for what else is possible and asking yourself the "What if?" questions. Congratulations!

This book is about creating your future, yet you really only ever have the one moment. That is this moment, right now! If you have decided on something that you want for yourself, your life or the lives of those for whom you care, then NOW is the time to begin.

Are things not happening that you want to see happen? Do you live "in waiting" for something external? Then ...it is time to get truthful. Have you honestly decided on what you want? Do you truly know what you want? I can tell you that, once you have a vision, when you can clearly see it and you fully desire it, there is nothing that will stop you. Nothing will get in the way of you reaching that target.

In the following paragraphs, I'll share a couple of personally empowering exercises that you can use, to get you unstuck and in momentum, when things are not quite looking the way that you would like. Many of these will help get you connected to your true desires. I've selected self reflection exercises which are most in tune with the topic of this book.

Exercise 1

Each of us has a higher consciousness, an intuition, that is connected directly to the energy of the universe and provides us with the absolute truth and inspiration for our existence. If you're trying to decide between two specific options, you can do an interesting variant on the coin flip to help get in touch with your intuition. Decide that if the coin lands on "heads" you'll go with option one; if it lands on "tails", you'll go with option two. Now here's the key: After you flip and get the result, see how you FEEL. Were you disappointed and said, "Oh heck!?" Or, were you pleased and said, "That's great!" or "Whew!?" Based on your response, you will know the right answer for you.

Exercise 2

When you are complete with your environment, well-being, money and relationships, you will have more natural energy . The Clean Sweep Program consists of 100 items which give you greater vitality and strength. The program can be completed in less than one year. Just

Google "Clean Sweep Program Forward Steps" and download a free copy for yourself.

Exercise 3

This is a ridiculously simple exercise in framing and instructing your subconscious. 1. Each day, take a clean piece of paper, divide it into two columns, write "successes" at the top of the left hand column and "failures" at the top of the right hand one. Then date the page. Under "successes", briefly note each of your successes that day, one per line. Include both the little and big ones. 2. Similarly, under "failures", list each of what you perceive to be the day's failures. 3. Then read through your success list. After reading each success, remember the experience it refers to and say to yourself, "That's a success. I'll have more of those!" 4. Next read through your "failure" list. After each failure, remember the experience and say to yourself, "That's a failure. I'll have less of those!" If you do this every day, you will soon see that the daily list of successes increases and the list of failures decreases simply because you consciously framed the experiences that you consider successes and the ones that you consider failures and told your unconscious to focus on generating the former and reducing the latter.

Exercise 4

When you or someone else is faced with making a decision, check out the effects, consequences and outcomes, while exploring the overall. Ask the following questions in the order presented and after asking each one, ask "...and what else?" - a few times over. Here are those very useful questions. What will happen if you do 'X'? What won't happen if you do 'X'? What will happen if you don't do 'X'? What won't happen if you don't do 'X'?

Exercise 5

Imagine that you are at your own funeral. You're listening to what your loved ones are saying about you: the good stuff, the dreams, the aspirations, the things that you were connected to, the things that meant a lot to you. Perhaps they mention the things that you didn't get to do, or opportunities lost. Take 15 minutes to write your eulogy. What are the core values and the achievements for which you would like to be remembered?

Exercise 6

Revisit your current goals and make sure to ask yourself, am I moving towards something that inspires me or am I pursuing this goal to move away from an undesired situation? One of these two choices brings with it much more power and fun for accomplishing what it is that you're actually seeking to achieve, from your heart. As expressed by Abraham-Hicks, "Get so fixated on what you want, that you drown out any vibration or reverberation that

has anything to do with what you do not want". I have a 50 Life Power Questions exercise which is an excellent tool for getting "clear of trees", giving you a magnificent view of the "woods"! Just Google search "50 Life Power Questions" and you'll find it. It is very much worth spending the time to get clear about what you truly want to accomplish in life.

Exercise 7

What do you see around you, and what do you take on board emotionally, when you say to yourself: I have no money? Try this at home! Look around your home and say those words several times over. Do you notice what your mind is picking up and tuning in to? Now, try the flip side of that exercise, allowing at least five minutes to just be with it. This time, walk around your home saying: I am so wealthy. What did you notice? You can use that very simple exercise with anything you like. Walk around for an afternoon, with the words: I am so alone. Then try it differently, and this time repeating the words: I have so many wonderful people sharing in my life. Consider then how else you use language to interpret the things surrounding you each day. How do you think the cells of your body might logically respond to the words: I am starving? What image does that conjure? Would it cause a shift in the cellular and chemical response of your body if instead, you were to tone that down, and use the words: I am hungry? New words, new pictures, evoking empowering emotions.

Exercise 8

Write down the problem you want to solve or the question you want answered. Be very specific. Close your eyes and grab a book from your bookshelf. Any book whatsoever. (Don't despair if it is completely unrelated to your question – that is often better.) Randomly open the book to any page. Let your finger run down the page to stop wherever you'd like. Read the section your finger is pointing to. Make this answer the answer to your question. Figure out how IT is the answer.

Exercise 9

Write a letter with your questions to the "guru" of your issue. That is, if you're grappling with a business problem, write to a business expert, or if it is relationship related, write to a relationship guru. Once the letter is written, send it to your own address. Put the issue aside and out of your mind until you receive that letter a few days later in your mailbox. Receive the letter and open it as though you are the expert who has just opened their mail. Pretend that you receive mail like this every day from hundreds of people around the world. You 'are' the expert and you 'have' a history of experience in dealing with these issues because you have helped thousands of people who have the very same questions and concerns. Write a response to the letter from that perspective and objectively. Remain

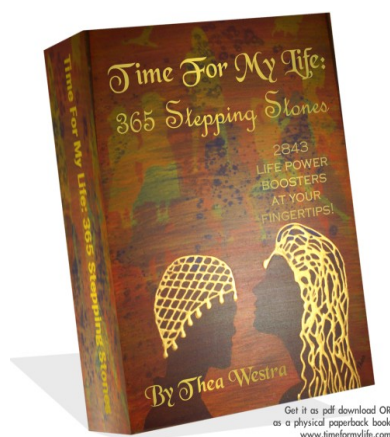
detached from the fact that this is your personal issue – remember, a perfect stranger has just mailed this letter to you. Once you (the guru/expert) has replied fully to the letter, send it in the mail. Once more, to your own address. Again, disregard the issue and allow your subconscious to do with it what it will. Upon receipt of the expert's reply back in your own mail box, either completely take action on the advice given in the letter or finally decide that it's all too hard and choose to not take action in this area of your life at all.

We have more objectivity available to us than we know when it comes to decision making. Often it's purely a matter of asking the right questions to gain access to the right answers. Whenever you're stuck with, "I don't know", ask the question, "What would you do if you did know?" That almost always works to provide a solution. Another one of those powerful questions is "What would you do if you knew that you could not fail?" It takes away those doubts that creep in when we come up with a vision for a successful future.

Exercises like the ones above, and particular questioning techniques, can support us by removing us from the issue at hand and give an ability to look at it from a distance so that we can relate to it more objectively and in a detached manner.

Most times we are too close to something and cannot see wood for trees or we have past-based thoughts tied in with a current scenario. Find any way that you can to take yourself away from that kind of mind-play and allow yourself to be ruthlessly honest about what your next step needs to be.

Thea Westra is the author of "[Time For Your Life: 365 Stepping Stones](#)". Make the decision to change! We often achieve our goals by taking small steps and practicing every day. That principle applies to achieving your dreams for the future too. Take more baby steps and more often. In our fast-paced lives small, achievable steps in your desired direction will get you there!



How to Order From the Universe

By Steve Pavlina

The universe you live in works very much like a popular restaurant. You go in, you decide what you want, you order it, you receive it, and you digest it.

Unfortunately, a lot of people don't seem to know how to order. Some are downright inept at it. They walk into this restaurant, behave like complete idiots, and they end up hungry and disappointed. Then they complain about the restaurant and post negative reviews online, despite the fact that the restaurant has received rave reviews from the most experienced food critics.

The Universal Restaurant

I can't tell you how many times I encounter people who set goals like, "I want a romantic partner," or "I want a stable job that pays more money," or "I want to lose weight." I've heard enough of this drivel to last a lifetime. It's reached the point where I may start carrying around a squirt gun and shoot people in the eye when they say stuff like this.

Those are crap goals. Don't waste your time on them. And definitely don't say them within earshot of me. Setting such goals is the equivalent of walking into a restaurant and proclaiming, "I'm hungry. I want some food."

First, people will look at you like you're an idiot. They're only doing that because you are. Second, you won't get fed.

If you're lucky, someone might hand you a menu and ask you what you'd like to order. You can order off the menu, or you can concoct something creative, but either way you have to be specific. If you stand there asking for food, you'll remain hungry.

Is this happening in your life right now? Are you standing at the Universal Restaurant, waiting for your desires to manifest, and receiving only static in response? Might the reason be that the wait staff can't figure out what the heck you're actually trying to order?

The Universe is extremely adept at fulfilling your desires – but only if you have the wherewithal to decide and order what you want. If you can't do that – and it matters not what excuses you have – you will remain hungry.

Sometimes the universe will take a stab at bringing you what you ask for. Then you reject

it because, although it's what you asked for (such as a generic "romantic partner"), it isn't what you actually want. Then maybe the universe tries a few more times, and you continue to send back whatever it brings you. So eventually it gives up, concluding that you're an unreasonable customer and that it's better off spending its time and energy serving the patrons who know how to place an order properly. It says, "Ok, we're done for now. Call me back to your table when you've figured out what you actually want."

How to Order

When you set goals and intentions, place an order. Don't ask, "Please can I...?" Simply order, much like you would in a restaurant. Say, "I'll have the ...". Then expect to receive what you order.

Don't be timid or cowardly or uncertain. Just state your order, and expect to get it. If you screw this up, no soup for you.

Take as much time as you want to decide what to order, but when you place your order, accept what you ordered, and know that you're going to receive it. You may have some buyer's remorse if it's not as good as you hoped, but that's okay. Receive it anyway. There will always be other meals, other orders. Not everything you receive will taste like ambrosia.

Be specific in asking for what you want. Don't ask for more money. If you want \$50K cash, then order \$50K cash. Don't ask for it. Order it.

Don't ask for a better job. If you want to be a fashion blogger who travels around the world and gets free invites to major fashion shows and has 500,000 monthly readers, then order that.

Don't ask for a romantic partner. If you want a geeky, vegan, bisexual, happily jobless girlfriend who loves to travel, then order that. Order it loudly enough so your waiter can hear you, and people at nearby tables will say, "I didn't know that was on the menu. I'll have one of those too... with a twist of lemon."

One of the best ways to get what you actually want is to take your best guess, and order it. When you get what you ask for, it may not turn out quite right. That contrast between what you received and how you feel about it will give you a better sense of what you actually do want. Then you can make a better guess and take another stab at placing an order.

As you repeat this process, you'll gradually hone in on what you actually desire most at a

very deep level. And then you'll get a chance to receive and experience it fully.

Realize that this is an iterative process. Don't be a perfectionist. That's like sitting in a restaurant for hours, trying to decide what you want, while impatient waiters periodically refill your water glass and pressure you to order something. It's just a meal, so make a decision, get fed, and get out. Even if it turns out to be less than you hoped for, there will be plenty of other meals. The occasional bad meal is inevitable.

How to Be an Idiot Who Can't Order at a Restaurant

What happens if you change your order before you receive it? Same thing that happens in a real restaurant. What would happen if you grabbed the waiter and changed your order before it arrived? No problem, but you'll have to wait even longer because the waiter has to cancel the original order and then submit the new one. And if you keep doing that over and over, you'll piss off the waiter and will never receive a meal. Have you been doing something like that in real life? Blue... no red... no blue! Ahhhh!

What happens if you order something, and then when you get it, you don't like it? You can eat it anyway, or you can send it back. Either way, there will be other meals. You can always order again. Learn from the experience, and do your best to make a more intelligent choice next time. You may need to sample a few items from the menu to figure out what you like and don't like. Your first order at any new restaurant may very well be your worst experience there.

What happens if you complain about the way the system works? It's not fair! I can't figure out what I want! I keep going back and forth between two possibilities! Stop pressuring me! You're free to do that, but the system will process you like an idiot. Again, that's only because you are.

If you rail against the system, it's not going to work for you. If you can't follow the simple rules, the system will process you like an idiot customer till you figure it out.

Here are the rules: Decide what you want, order it, receive it, and digest it. It's not rocket science. Don't make it complicated. It's easier to follow the rules than it is to break them. Even a child can do it.

Despite the obvious drawbacks, you're still free to behave like an idiot customer whenever you choose. You're free to make a vague request. You're free to change your mind every 5 minutes. You're free to reject your order after it arrives. But of course all of those actions have consequences. If you behave stupidly, you'll get stupid results.

Technically speaking, this isn't a problem. The Universal Restaurant is robust enough to handle people like you. It will process you without prejudice. However, you won't have a very good experience, and in the end you'll be disappointed with the food and/or service. Other members of your party will also be disappointed, either with the restaurant or with you personally. No one at your table will seem to be having a good time unless you order properly. If you screw it up, you'll ruin everyone's evening.

This restaurant, however, is perfectly capable of preparing the most amazing gourmet meals you could ever fancy. You just have to order properly. Be specific. Be clear, direct, and confident. Be audible. And don't keep changing your mind after you've placed your order.

When you receive your order, accept it with gratitude. Smell it. Taste it. Savor each delicious bite. Share it with others at your table if they'd like a taste, and taste some of their food too. It won't be perfect, but it's better than going hungry. Learn from the experience, and allow it to inform your future ordering decisions. Eventually you'll become a master connoisseur of the Universal Restaurant.

Work with the rules of the Universal Restaurant to enjoy the best meals of your life. Don't rail against the system. Don't be a clueless customer. And don't post negative reviews about it online.

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