

Articles of Success

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Introduction

When Patric Chan asked me to join him in compiling a book of the "Best Success articles" I was delighted.

I knew how successful his earlier venture - "Best articles" had been, and I knew we had a winner.

I have tried to compile a broad selection of articles, all based on self-help and success from a range of practitioners and specialists.

I think it works really well, and I hope you do too ;-)

I welcome feedback, on how you have found the book, just drop me an e-mail at:

<mailto:james@miracleofmeditation.com>

Patric can be reached at: <mailto:patric@makemoremoneylessons.com>

Success seems to distil down to two elements. Right mind/attitude, and right behaviour.

I think both of these elements are offered for you here, in just the right quantities.

If you'd like to be involved in a future venture with either Patric or myself, just drop us a line, we would love to hear from you.

I'd like to give a special thanks to all the contributors of "Success Articles" without whom this book would never have been born.

I'd like to give Patric a mention too, as a friend and colleague who has helped me steer a path to greater success and accomplishment. Steve mentions in his article that a mentor is really helpful if you want to accelerate your success in any field - I'd like to think that Patric is my mentor, colleague, friend and business associate, all rolled into one.

So if you can, hunt out a mentor in your chosen field, and you won't go far wrong, what you will have is an accelerated path to your own particular success.

Long gone are the days when "A stiff upper lip", especially from the British, was the norm for handling problems, or difficulties. Nowadays there is no shame from seeking expert help, whether it's for marketing, self-growth, self-esteem, or success.

The fastest path to success in your chosen field is to seek out a mentor, coach, or "guru" in the area you wish to change/Succeed at. Chances are, your expert will have a plethora of tool, techniques and strategies to propel you forward - faster than you would have believed possible.

So if you want to succeed faster, find yourself a mentor, coach, therapist or expert who can guide you through those stormy waters with alacrity, compassion and skill.

There's not much more to say, except enjoy the articles, and I hope sincerely that they guide you and inspire you to make more of yourself.

Feel free to drop me a line, to let me know what you liked about the book "Success Articles", so that the next one we prepare for you - will be even better ;-)

Warmest regards,

Your friends,

James Middleton

Hypnotherapist and Meditator

P.S. Take note, that the articles are not in any particular order of importance, they are all equally valid, wherever they are in this book.

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Here are all the contributors' website Urls if you would like to visit them:

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How to Access Your Successability Zone

By Steve Brunkhorst

<http://www.AchieveEzine.com>

Human beings are gifted with an extraordinary potential to manifest their personal visions of success. When we think and act in ways that harmonize with those visions, we enter what I describe as our successability zone: a mindset of confidence, faith and action that magnifies our ability to be successful.

Here are seven keys to help you access your successability zone. As you read, jot down ways in which you could apply each one to your objectives. Make a note of actions that could help you move from your current position to where you want to be.

Discover the Natural You

One of the most frequent questions I receive is: "How can I find out what I should really be doing with my life?"

The answer lies in discovering your life purpose and aligning your actions with that purpose. A life purpose statement reminds you why you are living on earth, and what you are naturally inclined to create. When you live in harmony with your purpose, your actions feel satisfying and effortless. Each moment fills you with energy and feelings of success. You don't need to obtain a purpose; you already have one.

You can begin to uncover your purpose by noticing your feelings and inclinations during various activities. Begin by asking yourself: What activities feel the most rewarding? What fills me with unrelenting joy?

Recall hobbies, jobs, and projects that you've enjoyed the most. Note primary interests from your childhood. Which ones made you feel joyful and fulfilled? Look also for recurring interests and ambitions. What do your favorite activities and most memorable experiences have in common?

When you live and act in harmony with your purpose, you will believe in your ability to succeed. You will express your natural talents and deepest values.

Turn on a Laser Light

Your purpose can be expressed through many different missions. So, it is important to decide exactly what you want to accomplish, and write a plan to achieve it. Form the intention to reach your goal. The moment of intention will produce a powerful shift toward manifesting that goal. Focus your mind like a laser on your desired outcome.

Create the feeling that you've already achieved what you want, and feel grateful for those accomplishments. You will attract what you are grateful for.

You will achieve what you accept and believe with feeling. Combine faith-filled thoughts and positive emotions to produce feelings of gratitude for your success. Your thoughts of gratitude will expand in your consciousness and manifest in your life situations. Starting today, shine a laser light of gratitude on the objectives you want to achieve.

Build a Compelling Door

There isn't always a best way to succeed. However, there is a compelling way. You will never be successful by accepting someone else's opinion of what should be important or enjoyable to you. You must define and attract your own vision of success.

Milton Berle said, "If opportunity won't knock, build a door." Build a door that looks so inviting that you would do whatever is necessary to unlock it. The most compelling ventures will be those that you create for yourself. If the door is compelling, the effort needed to unlock it will be rewarding.

Get Your Entry Keys

Preparation, planning, and patience will unlock your compelling door. These keys must be paid for in advance. Worthwhile accomplishment is possible, but it requires sacrifice. It is built from knowledge placed into focused, sustained action. Sustained action provides real-world experience, the most valuable kind of knowledge.

Absorb every thing you can possibly learn about your area of interest. Make a commitment to become highly skillful in your chosen field. Henry John Heinz said, "To do a common thing uncommonly well brings success." Growing in knowledge and skill each day will bring tremendous results over time.

Find Your Way Around the Rocks

Staying in your successability zone requires resolve. It has been observed that in the confrontation between a stream and a rock, the stream always wins through persistence. There will be rocks in your stream of life situations, and your resolve will be tested.

You will create one of two things in your mind: limitations or solutions. People with success-ability create life-enhancing solutions for their customers, clients and themselves. They find their way around temporary obstacles after others have given up. When "rocks" appear, accept them as a challenge, move around them, and continue forward.

Get a Prize Everyday

Great missions are not achieved; they are lived daily. Success is a journey -- a process of self-discovery. Feel the reward of each small achievement. Fulfillment does not arrive in the future; it is a way of being in each moment.

Enjoy today's rewards. If you set your sites only on a future benchmark for success, you might arrive there with the sudden realization that all you've lived for is accomplished. The future will look empty. Keep developing new goals and missions that will express your ultimate purpose throughout life. However, enjoy the present moment completely, because that is where life and success are always experienced.

Leverage Your Successability

Find a mentor who believes in your objectives. A coach or mastermind group can support you for taking the actions needed to reach your goals. When you run out of energy or lose your direction, they can help you get back on track. You'll be pleased with the forward-driving momentum made possible by a co-creative relationship with someone who believes in you!

These keys, when applied, will lead you into your personal successability zone. Look deeply into your heart and mind.

Ask yourself: What will my successability zone look and feel like? What gifts will it bring? What actions could I begin taking now to manifest those gifts?

You can reach your highest potential with the willingness to grow little by little and by taking progressive actions each day. Begin accessing your successability zone now, and enjoy the journey as well as the rewards.

About the Author: © 2004 by Steve Brunkhorst. As a highly successful therapist and consultant, Steve has helped hundreds of individuals to achieve their goals and reach their highest potential. He has led performance and skill-building workshops in both educational and corporate settings. Steve coaches people to help them revitalize their inner spark, access their natural talents, and design strategies to reach their personal and career goals. He is also the editor of **Achieve! 60-Second Nuggets of Inspiration**, a popular mini-zine filled with great stories and inspiring thoughts to brighten your day and help you achieve more in your career and personal life. Subscribe today by visiting <http://www.AchieveEzine.com> .

Brainwave Primer

What are brainwaves?

Every moment of your life your brain is active. It is pulsing with electrical impulses, yes electricity! The electricity or electrical current generated by the brain can be measured with an electroencephalogram (EEG), which measures the frequency of the electrical current. The frequency or speed of the brainwave is measured in Hertz(Hz).

These frequencies can be associated with our state of mind at any particular moment.

This means that your state of mind, for example relaxed, frightened, or sleepy is associated to your brainwave frequencies at that moment. The speed of the frequency allows us to categorize our brainwaves into 4 broad categories.

What are the different Brainwave Patterns?

There are four common brainwave patterns that have been well researched to date.

They are:

Beta Waves - 14Hz to 20Hz. Beta waves are associated with normal waking consciousness. They are present when you are focused on activities in the outside world.

Alpha Waves - 8Hz to 13Hz. Alpha waves are likened to a light meditation. They are prevalent when you daydream. They will become stronger when your eyes are closed.

Theta Waves - 4Hz to 7Hz. Theta waves occur during heightened states of creativity and are found with a deep meditative state.

Delta Waves - .5Hz to 3Hz. Delta waves are found in a deep sleep state or unconsciousness. Also, delta waves are common in very deep meditation.

So, if a technology was developed that would create a brainwave pattern that was associated with a particular state, would that state be created in the brain and hence the individual? Research shows that the answer is yes!

How do I get my brain into these states?

Yogis and Shamans spend years practicing meditation techniques to learn to induce deep states of meditation. These meditative states are usually associated with low Theta Waves. These individuals work diligently quieting their minds and coaxing their brains into the different states. However, with the use of specialized CDs embedded with binaural beat frequencies, you can achieve these same states in a just few sessions.

Binaural Beat Technology

It was found that the brain will resonate with, or match, a given frequency when it was introduced via sound. This is called the follow-response effect. The only problem was

that the frequencies for these brainwave patterns are below our threshold for hearing. Enter binaural beat technology.

It was found that if you presented two different frequencies, one in each ear, the brain interprets the difference in frequencies and "hears" that frequency. For example, if you played 400Hz in the right ear and 410Hz in the left ear, the brain would "hear" a 10Hz frequency. This is exactly what binaural beat technology does. It is usually masked with music or some other soothing background sounds.

Harness the power of brainwaves

Why do you want to guide your brainwaves to a specific state? The answer will vary depending on what you want to accomplish. You could want to enhance your creativity, focus your concentration or go deep inside and find your higher self. All of this can be accomplished without using CDs encoded with brainwave frequencies. But in today's world most of us don't have the time or mentoring available to help us achieve our meditation goals.

Now let's take a look at the brainwave states and the CDs that will entrain your brain.

Focus, Creativity and Concentration – The Alpha connection

A predominance of Alpha waves in the brain is associated with accelerated learning, focus and enhanced creativity. When you are focused on something, you probably have a predominance of Alpha waves. No matter what your profession or hobby, these attributes will increase your productivity and enhance your experience.

You may be thinking that Focus is not the same thing as creativity. That is true. Notice that I said a "predominance" of Alpha waves will put you in the desired state. A CD that helps you focus will not only have Alpha waves, but also some Beta waves to keep you alert. A creativity CD will contain mostly Alpha with some Theta. Luckily for us, talented individuals have created CDs that contain the perfect mix for each state.

Help with your studies (Focus and Concentration):

CDs from Monroe Institute:

Remembrance – Beautiful music will guide you to peak performance.

Einstein's Dream – Mozart's Sonata for 2 piano's with embedded frequencies.

One of my favorites.

Concentration – This is an interesting CD because it doesn't contain any music, just pure sound. But that sound is a binaural pattern that will give you laser-like focus.

CDs from Brain Sync

Deep Learning – Stimulate your memory receptors and neural pathways.

For a light meditative experience to enhance creativity:

Om The Reverbration of Source from Synchronicity – An excellent relaxer!

The Enhancer from Valley of the Sun– Great for creative work. When you use it the hours will melt away.

Finding the Higher Self – The Theta Connection

A deep meditative state is true bliss. Increase your Theta waves and you are on your way to this state. In the Theta state you can lose your attachment to the physical body. You will feel a deep sense of physical relaxation. This disconnect of mind and body allows you to focus on the inner you, the higher self. This is the ideal state to begin your meditation journey.

And please realize that this IS a journey.

These CDs do work and will put you in a trance state, but that is only half the battle. The other half is with you. First, you need to set aside some time each day (okay, how about 4 or 5 days a week) to meditate. It doesn't have to be for an hour; fifteen minutes is better than nothing! The other thing you need to do is really let yourself go. This is your time.

There are many excellent choices that will guide you into this deep contemplative state. Here are a few:

Vantage Quest – Reach the inner depths of your being with pure sound. If you find music distracting then this is for you. There is no music, just sound frequencies. Very soothing!

Brainwave Suite by Dr. Jeffery Thompson – A great set of 4 CDs with meditations ranging from Alpha to Delta and everything in between. One of my favorites and a perfect starter set.

Sacred Ground – Another perfect starter set. 2 CDs from Brain Sync.

Sleep and more – The Delta Connection

A delta state has long been associated with sleep. If you have trouble sleeping, then CDs targeting this range will help immensely. Having a CD that targets the delta brainwaves will allow you to enter a deep sleep state easily. It will be time to say goodbye to insomnia!

Recently there has also been some research that suggests that an even deeper meditative state can occur during predominate delta wave activity. As you gain experience and comfort with meditation, you may want to try reaching a delta state during meditation.

Here are some titles to try:

Delta Sleep System by Dr. Jeffery Thompson – A 2 CD set specifically designed to help you sleep through the night. Highly recommended.

Delta Bliss by Brian Paulson– Generate an ultra-deep unified brain state.

Conclusion

You will be amazed when you realize how you can enrich your life by manipulating your brain states. You will find yourself looking forward to your time spent listening to these CDs and meditating. Just remember, this is a journey. Enjoy it!

Unlock your potential today!

Mark McCoid
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10 UNIVERSAL PRINCIPLES OF SUCCESS

By Dr Kem Thompson

Success is not something that only a chosen few can achieve. Everyone can be successful in every area of his or her life. You just need to know how to do things in such a way as to make sure you succeed every time. Success comes as a result of forming certain habits, and continuing in them.

Consistency is key.

To succeed, you need to be a certain type of person. Don't be discouraged if you are not yet that type of person. With practice, anyone can become a successful person.

The successful person thinks in a certain way, talks in a certain way, and acts in a certain way. The list below briefly outlines 10 of those ways (and a bonus tip!). Anyone who consistently applies these principles to any area of their life **will** experience success in that area.

1. Vision: Have a clear picture of what exactly it is you want to achieve or become. Keep this picture at the top of your mind at all times. Doing something you want to do, because you

want to do it, will motivate you to succeed at it.
Start with the end in mind.

2. Belief: Believe without a shadow of a doubt that you can do it. Believe that you will succeed. Believe in a Higher Power (God), who is helping you get what you want. Stay away from negative influences (people, books/articles, anything negative), which make you doubt your ability to succeed. Surround yourself with things that remind you that you can, and will, succeed.

3. Responsibility: Realize that you alone are responsible for your future. You alone are responsible for the outcome of your efforts. Don't look for anyone to blame. Feel free to ask for help as you need it, but remember the final decision is up to you. It's your life, after all.

4. Affirm: Make a habit of saying out loud what you hope to achieve. Speak of it in the present tense, e.g., 'I am fit and trim', as opposed to 'I will be fit and trim'. If you feel awkward speaking out loud to yourself, write down the affirmation. Then look at it (or better still, rewrite it) several times each day. This helps your mind stay focused on the goal. It also builds your self-belief and confidence.

5. Commitment: Make a firm commitment to take appropriate action. Decide to take whatever steps you need to take to help you achieve your goals. Then honour the commitment you've made. Too often we find it easy to keep our commitments to others while neglecting to keep our commitments to ourselves. This pattern has to change if you're to succeed in life. You do matter, you know:)

6. Set a SMART goal: Now that you know what you want to achieve or become, you need to define it by making it a goal. Your goal has to be Specific, Measurable (you need a standard to help you know when you've achieved it) and Motivational (it's got to inspire you and keep you motivated), Attainable and Attractive, Realistic (no point setting an unrealistic goal such as "I want to be a millionaire this evening") and Timed (State when you hope to achieve it).

7. Plan and Take Action: Work out a plan of action. Break down the plan into baby steps. Take a step or two each day, reminding yourself that each step is bringing you closer to your goal. Perform each act to the best of your ability, filled with faith, determination and purpose to reach your goal. Most importantly, be consistent.

8. Persistence: Do not give up until you have achieved what you desire. In the course of things, be willing to change any part of your plan which turns out not to work, and try something else. Thomas Edison did not give up in his quest to invent the light bulb, even though he'd 'failed' 10,000 times. Now that's persistence! See every failure as a stepping-stone to success and as a temporary set back. Learn from it and push on towards your goal. The only time you really fail is when you give up, so keep at it, you'll eventually get there.

9. Gratitude: Maintain an attitude of gratitude, knowing that your dream is about to become a reality. Refuse to grumble when circumstances look contrary. Refuse to complain. Be grateful for where you are now, and for where you are headed. Look around for things to be grateful for. You'll be surprised to find quite a few. Look for the good in every circumstance and think of what you can learn from adverse ones. Be thankful for the lessons you're learning in life.

10. Become a giver. In your relationships, always think in terms of what you can do for the other person. What goes round comes round. After all, whatever dreams you have most likely involve interacting with other people. Be kind and generous to all; you never know where your breakthrough will come from.

Bonus Principle. Be in the know: Find out everything you can about your situation/goal. Read books, listen to tapes, and talk to experts, whatever it takes. This will help you make wise decisions and keep you confident as you go along.

So there you have it. I have given you a summary of principles which, if you apply consistently, WILL guarantee you success in any endeavour. Don't just take my word for it, though. Prove it yourself by actually applying it to your life situation. Go through the wheel of life, (grab a copy here: www.daysofsuccess.com/wol.pdf , select an area of your life you want to work on, and then begin to apply the above principles diligently to it. You WILL see results, and I'd be happy to hear about them so do email me and share your success stories!

Knowledge is not powerful until you act on what you know.

Think about that. Better yet, act on it! You'll be glad you did.

About the author:

Dr Kem Thompson is a Health, Wellness & Success Coach. She is the author of 'The Days of Success Collection: Articles To Help You Create Success Every Day' which you can get at:

<http://www.daysofsuccess.com/successbk.htm>

Subscribe to her FR*EE newsletter, 'Days of Success!' and receive a thank-you gift by filling in the form here: www.daysofsuccess.com

~*~

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www.daysofsuccess.com

Crystal N Woods

Leaving the Sure Behind

I'm realising more & more these days there is a huge gap (chasm, really) between knowing a thing and living that knowledge. You know how it is - you read heaps of self-improvement books, you go to all the seminars & listen to people saying "look, I did it, ANYBODY can do it", buy the audio courses etc etc, but all that knowledge doesn't make a lot more difference, except to make you feel frustrated that what you know you can accomplish, for some reason isn't happening for you.

Oh, yes, and eventually maybe feel like you should just accept what 'everyone' keeps telling you - that it can't be done - and get on with living like everyone else.

When I focus on a situation like that, and try to get a better understanding of it, usually my mind throws up an image, or allegory. The image that comes to mind, for me in this case is of a ship in harbour. Me. Got the maps, no problem there. Know where I'm heading, no worries. Ready to face the stormy weather when I leave the port behind, because I KNOW you get tested on your resolve with these things. Problem is actually leaving the port. Then it clicked.

All the people around me, still part of my life, who keep telling me not to follow my dreams, keep saying that it can't be done, or that I'm being 'unrealistic' - while I'm attached to them I've got a multitude of hawsers still tied to the shore. The known, the safe, the 'accepted' way of doing things rules there - so it's the 'sure' as well. While I've got those lines tied up, & am letting their thoughts take root in my life (my ship) then I won't be able to leave.

Am I saying that you need to head off alone? No. But choose your crew carefully. You want people around you who want to set sail, because they'll let the hawser's go. You need people who will help you steer the ship, keep her afloat & heading where she's planning to go, not a reluctant crew who'll mutiny & try to turn her around as soon as you manage to make some headway.

There are people in your life who will want to stay on familiar ground, and that's fine. We all know people like that. There are usually many more of them than there are the adventurers like you & I. Just don't let the lines of their convictions take root in your life, and recognise that sooner or later, once you've set sail, you will find them falling away behind you. You've got to be prepared for that, as much as for anything else on this journey of life. Equally, you may decide there's too much holding you to the sure/shore, and you're happy to forget about casting off & going your own way. Whichever way, remember that YOU are the captain of the ship, and it's your decision. Fair winds & good sailing!

Best Wishes,

Crystal

I firmly believe that every one of us has a birthright to be able to believe in ourselves, to believe in the value we each have to offer the world, and in our right to be loved and appreciated.

We deserve this not because of what we own or do, but simply because of who we are.

My website is based around this theme. Along with many other resources, I offer a free monthly ezine with articles on self-esteem and life mastery, plus tips & tricks to stay on top of what's trying to get you down.

Sign up by sending a blank email to 70447-subscribe@zinester.com or visit my website direct: <http://www.self-positivity.com>

Crystal N Woods

Life wasn't meant to be easy - or was it?

Talking with a friend the other day, we were commenting on how easy kids these days seem to do things that us poor adults struggle to even contemplate. If you've been with me a while, you'll remember I talked about something similar in the scooter article a while back, wondering when fear (KIDS on scooters certainly don't seem to have any!) takes such a hold of us that it tenses you up until you almost can't help falling over. It occurred to me that something similar might be going on here - that maybe the need to struggle against circumstances and challenges is just as unnecessary as that fear turned out to be.

We've all been guilty, I think - you see kids who can not only program VCR's these days - they can actually PROGRAM them, along with the computer, the toaster, and everything else electronic that we used to think just needed buttons to operate. Young Australian of the year award was on again over the long weekend - for years now I've almost felt sick at how much some of these kids have accomplished before they even finish high school, and here I labour on just trying to build my own future, let alone change the world! "They make it seem so easy!" was the complaint my friend and I both agreed on. Then, after a night tossing & turning, I started wondering if maybe it wasn't the other way around. Could it be that they DON'T make it look easy - WE make it seem hard?

A belief structure like that's a pretty powerful thing to uncover. No sooner did I start thinking this way than I found millions (OK, I exaggerate) of examples of how even our language fixes this thoughtform into our society. The biggest one is the title of this article. Whoever said "Life wasn't meant to be easy" probably was pretty caught up in struggling against it. Maybe that's why it wasn't easy for him or her. The mind boggles. Listen to your own language for the next week and see how many times YOU affirm the idea that life not only involves struggling, but that nothing good comes without it. (I'd tell you how many times I caught myself, but I lost count!) Then have a read of a few biographies of really successful, "comfortable" people - the ones for whom life IS easy. Most of them talk about how success came easily by simply doing what they loved to do. I.e. they didn't struggle against it, didn't feel the need to struggle against it, and let it happen.

Of course, there's those that argue these aren't the only kind of successful people - some people do claw and scrape their way to the top. Listen to them talk, and you'll hear how life's a battle, you can't give up, and it's only the people who keep on fighting that make it to the top. Does this prove the struggle is a necessary part of making it to the top? No, I don't think so. Maybe it was a necessary part of what they felt they had to overcome to allow themselves to be successful - back to where we started.

Just as a test, I'd like to throw down a challenge. For the next little while, whenever someone tells you "life wasn't meant to be easy," "you can't have it all" or something along those lines - ask them "why not?" If life was meant to be an exercise in adversity, surely someone out there knows why - and I'd seriously LOVE to hear the reason, coz I certainly haven't been able to come up with one!

Best Wishes

Crystal

I firmly believe that every one of us has a birthright to be able to believe in ourselves, to believe in the value we each have to offer the world, and in our right to be loved and appreciated.

We deserve this not because of what we own or do, but simply because of who we are.

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Sign up by sending a blank email to 70447-subscribe@zinester.com or visit my website direct: <http://www.self-positivity.com>

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Your Heart's Desire

By Peter Shepherd

We are each a complex system of ways of being, attachments, habitual behaviors, and decisions we have made. If there is a conflict between what one part of us wants and what another part wants, we pull against ourselves in opposite directions. It is a structural conflict. This is why the long-term use of will power leads to failure. When we stop applying will power to override other parts of us, we naturally go back to the way we were.

Developing the will and concentration are important, but you can't effectively achieve great things through will power alone. If you want one thing and at the same time (consciously or subconsciously) you equally want another that is in conflict with the first, you will end up at square one.

For example, you may be trying to lose weight, so you determine not to eat the foods you have come to like best. You may feel you need to exercise more and so you force yourself to go to the gym, when you'd rather watch TV. You are using will power so that one desire wins over an opposing desire, to suppress that part of you which wants something different.

If you stop applying force and restraints on yourself, you naturally revert back to your original behavior - your goal to lose weight or get fit unfortunately fails. It's like an elastic band: it's stretched by willpower but then pulls back at the first opportunity. The use of will power alone - and positive thinking, affirmations, etc - in the context of structural conflict is why so many people fail to achieve their goals and life carries on the same.

Will power is great and necessary sometimes to push through obstacles. But it isn't the first priority - it doesn't change who we are! If we want to achieve something, we need to become the kind of person who has that in their life. We need to recognize and release the conflicting feelings and beliefs and ways of being that drive us in an opposing direction. When we remain with our true desire, we just naturally begin to achieve.

Often times there are many limiting beliefs, internal conflicts, destructive programming, etc. to sift through in order to change the structure of who we are (not just our behavior). However, it's worth making the effort as the final result reveals us at our purest and most beautiful level.

We adopt identities aligned with the goals we make for our life, the things we want to create and achieve. Some of these goals are original and personal, e.g. to help people through healing or to be a performer or inventor. Others we inherit from our cultural upbringing, e.g. the judgment of success as riches, the fashions of what beauty consists of. Some we bring from the unfinished business of childhood, e.g. to avoid the repetition of what was painful as a child, or to get vengeance. Some are basic human needs, for safety and

survival, belonging and acceptance, self-expression, freedom and control of our lives, knowledge and self-realization. Goals may carry over from past lives, and we may have brought special purposes and talents with us into this life. Still more are part of the genetic, archetypal, mythological and informational collective consciousness of humankind, in which we are affected by each other's thoughts and drives and the collective memories of the past. And then there are astrological and numerological influences. Much of this is blindly followed if we do not live with full consciousness. These goals and influences may be mutually reinforcing or conflicting.

A goal may start as one thing but as unresolvable barriers occur, the goal shifts to a compromised form, what seems to be a safer and more workable solution. For example, we may originate the goal to be an inventor but not being able to obtain the funding we may accept a more run of the mill career as a scientist. This cycle continues, perhaps over lifetimes, and passes through a reversal, so that one ends up with an identity, with respect to a particular original goal, which opposes that which originated the cycle. We may end up defending our interests by opposing innovators in our field of work. The original goal still remains active deep inside however. This causes confusion, indecision, stress and unease, and a sense of not knowing who one is, what one really wants.

These kind of goal conflict structures are at the root of our being, though they are normally largely unconscious, only part of the structure being apparent at any one time. The rest is suppressed but still active behind the scenes, affecting our feelings and behavior profoundly. Normally this sort of structure only becomes unstuck if there is a surprising major success or failure that serves to end the cycle. For most of us, we're stuck with them for life.

Similar structures work within cultures, civilizations and humanity as a whole. We have group goals that become compromised to the extent that we end up pointing in the opposite direction - look what we do to the environment or to our babies with vaccines. Great teachings become distorted through myth and eventually our understanding is the opposite of truth - look at how Jesus' teachings were turned into the Inquisition. Ancient cultures practiced the sacrifice of the ego for achieving enlightenment; this was distorted over time until the Aztecs sacrificed bodies in their millions in their religious quest.

However we can rebuild the structures of our life. We can make every effort to recognize our feelings and to see where they come from, the roots of our identity. To drop the safe solutions of the past which our ways of being represent, to confront our fears and expand our boundaries. Using tools for transformation, conflicting feelings can be released, opposing beliefs can be revised, and we can be the person who is true to our heart's desire.

Peter Shepherd

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Dis-ease Unmasked

by Rino Soriano

So, where does disease come from? How does it get manifested in your body in the first place? Do environment and diet really play key roles in causing disease? Well, the information contained in this chapter will shock you to say the least. For years now health officials have told the public about how diet and environment specifically contribute to most illnesses. Doctors have been preaching to their patients how important it is to eat a healthy balanced diet and to exercise on a regular basis. It is also advised to limit our fat intake because it is unhealthy. Many people believe that by taking vitamin/mineral supplements they will ensure themselves that any deficiency they have will be taken care of. If all the information that has been preached to us about disease is true, then how is it that a person such as myself could become chronically sick? Before I became chronically sick, I worked out four to five days a week and ate very well. I ate a varied and healthy diet and also limited my intake of saturated fats. So, how did I become chronically sick after following such an active and healthy lifestyle?

Well, although dis-ease is a physical manifestation, the root causes of most illnesses are not physical. The true root causes of almost every dis-ease lie deep within every person that is ill. In essence, we create every illness that we experience, be it on a subconscious level or an unconscious level. So, how is that possible? How can we possibly cause ourselves these kinds of circumstances? Well, there are distinct emotional and mental patterns associated with every illness. The way you choose to use your mind and the way you respond to your outer world have more to do with disease than your diet and your environment. We have heard in recent years how stress can kill you. Well, it is really not the stress in and of itself that will kill you, it is the way you choose to process the stress that could hurt you or make you very sick. The body in essence is a mirror of our inner thoughts and beliefs. Every single cell in your body has its own intelligence and is able to listen to what you are thinking. In reality, your cells and your body respond to every thought you think and every word you speak. Repetitive modes of thinking and speaking can and will eventually manifest as dis-ease in the body.

There is a philosophy/science called metaphysics that originated in some of the ancient eastern cultures thousands of years ago. Metaphysics deals with primarily how there are many factors in the universe in which can not be reasoned with the five senses of the human body. In the aspect of disease, metaphysics proposes that there are distinct emotional and mental factors that contribute to the manifestation to each correlating disease. The correlation between patterns of emotions and thought to a specific disease can be so profoundly true. For example, let's take a person with heart disease. Metaphysically speaking, the heart represents love and our blood represents joy. Our hearts pump this joy throughout our bodies. When someone lacks joy and love for their life, the heart shrinks and becomes cold and thus the blood becomes sluggish. At this point, one is subjecting themselves for heart conditions such as angina, arteriosclerosis, and deposits in the arteries. Another metaphysical correlation of illness would be that of

cancer. This disease is typically found in people who carry deep anger for either themselves or resentment for other people and circumstances that occurred in the past. These people were very hurt by the past event and usually carry hatred for a long period of time until it literally starts eating away at the body and manifests as cancer.

I hope by now that you can begin to see a deep correlation between a person's emotional and mental state and the disease they carry. Whenever a person comes down with any disease, they need to look at themselves and see what they have been thinking or what emotions they have been suppressing. Many times though, the triggering emotional and mental factors for a specific disease occurred many months to even years before the manifestation of the illness itself. It is key to discover the true root factors that triggered the manifestation of the illness. Even conditions such as the so-called common cold and the flu may have distinct emotional and mental factors contributing to them. Any time you are sick in general, you need to listen to your body and hear what it is trying to tell you. Instead of always looking for a magic blue pill or a magic supplement, one needs to be more conscious of their bodies. If you are chronically sick then you need to assume full responsibility for your own health. No doctor or drug can cure you of any illness. You have the cure within you to eliminate any disease. God equipped all of us with everything that we will ever need in this world.

True Healing

So, how does one begin to heal the emotional and mental traumas from one's past? The secret to healing yourself on all levels of your being is to learn how to let go and forgive. Learning how to forgive yourself and all the people who you perceived as hurting you is the best remedy for any life issue whether it is a chronic disease or an unhealthy relationship with a family member or past lover. Notice that I said perceived as someone who hurt you. The fact is, no one can ever hurt you in life. You can only allow yourself to be hurt. The mental and emotional grief that you have experienced in life was really due to the perceptions that you had about each life event. The key is to learn how to change your perception in life. No two people will have the same perception about any life event.

I have found through personal experience that forgiveness is absolutely the best remedy for any life issue. I know that as I began to forgive the people that I thought wronged me, my health and my life started to improve dramatically. The question I ask of any person that says they are chronically sick or has any type of health ailment is...Who is the problem? Forgiveness can actually heal you of any disease. I will say that forgiveness is the magic cure that many people in life are looking for. There are many people who carry hatred, resentment, anger and bitterness toward the people they think hurt them. These emotions set in the body and get stored over the years until they manifest as disease and other imbalances. I have heard of people having miraculous cures of their illness once they decided to forgive someone for the past. In fact, there are biochemical changes that happen in a person's body when they are in a state of forgiveness.

So, how do you forgive you might be saying? Forgiveness is not some hard and complex process like many people believe. It does not take extended energy and time and requires no knowledge of how to do it. Here is the secret answer to forgiveness. Forgiveness starts with a thought. The thought of really wanting to forgive the person in question, letting the past event go and releasing the need to be right. The rest GOD will take of as long as you are sincere in wanting to forgive the person. That is it!! Pretty simple huh? It does work! Just do it. The sooner you do, you will feel like a mountain has been lifted off of your shoulders. Not only do you free yourself but you also free the other person. Even if the other person never finds out that you have forgiven them, they will experience a release of some kind on some level.

One bit of advice I can give is that to be able to forgive someone else, you have to forgive yourself first. The same principle applies here where you simply just let go of the past, have the thought of forgiving yourself and release any anger or pain from the past event.

Holistic modalities and true organic supplements can help you to heal on a physical level but only when you assume full responsibility for your health and become conscious of your full being. We are multidimensional beings with a complex psyche. We need to learn how to balance our multidimensionality. The only way one can truly heal from any disease is through healing every level of their being. One needs to look at their mind-body-spirit complex and work to heal those areas that are out of balance. Without such balance, one can never truly heal!

AT THE SOURCE OF EVERY ILLNESS, LIES ITS CURE!!!

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Eight Step Process for Manifesting Goals and Inner Potential

Robert Elias Najemy

<http://www.HolisticHarmony.com>

We all have an inherent need to grow, evolve and manifest ever greater realities. This is basic to our happiness and feelings of self-acceptance and self-contentment. Happiness can be created in two ways.

- a. **By manifesting** what we want – creating the reality we desire.
- b. By learning to be happy **with what we have** – with our present **reality** - until we can **create** an even more positive reality.

We effectively manifest our goals with these 8 steps.

1. **Clarify goals**
2. **Set Intention (consciously and subconsciously)**
3. **Determine Actions and "sacrifices of love"**
4. **Remove inner obstacles**
5. **Employ efforts and program**
6. **Perseverance**
7. **Patience**
8. **Detachment from result**

1. Determining and clarifying our goals

- a. We start by making a list of our goals.

What we would like to accomplish in the near and far future – **before we leave these bodies?**

We might be talking about any goals on any level. Some examples might be:

Health

Lose weight

A harmonious love relationship

Financial security

Abundance on all levels

Professional advancement

Professional satisfaction

Greater effectiveness in dealing with clients

Better relationship with time.

Able to be more assertive with others

Greater Athletic achievement

Greater success with the opposite sex

Dietary discipline

Increased creative ability

Learn to dance (paint, write, act etc.)

Learn a musical instrument

Learn a language

Public speaking ability

To be able to be totally honest with self and others

To be able to be myself in all (specific) situations
Better grades at school
Learn to fly a plane
Travel around the world (or to a specific place)
More effective communication with _____
Be able to Love ____ as he/she is _____
Overcome the pain of the loss of a loved one.
Overcome attachments and or fears.
Greater Concentration
Better Memory
Emotional maturity
Greater Self-acceptance
Greater Self-confidence
Mental development
Thought-free meditation
Happiness in all situations
Inner Peace regardless of external events
Selfless Love for all
Moral contentment

Many other possibilities

Please take time to choose a goal of your own or inner potential that you want to manifest.

Some of my present goals (inner potentials that I would like to manifest) are:

1.

2.

3.

4.

The **first goal** I would like to work on is: _____

b. Then we will want to understand **why we want to manifest these goals or inner potentials**. This helps us clarify why this goal is important.

1. What do we believe we will get or feel when we succeed? (What is the need behind the need?) (Happiness, satisfaction, self-worth, acceptance, recognition, peace, security, money, freedom, satisfy parents) Why do we want, need or desire to do this?

When I have manifested this goal (inner potential) I (believe I) will now have:

c. Greater financial security

d. Higher self-worth

e. More acceptance/recognition from others

- f. Greater freedom
- g. Satisfaction
- h. Inner peace
- i. Long term Happiness
- j. Greater Self-actualization
- k. Moral satisfaction
- l. Inner fulfillment
- m. My parents' recognition
- n. Other _____

The most important of the above for me are:

Sometimes the goal may not be ours – but for our parents or for society – spouse.

2. Is this goal for me or for others? Is it a childhood programming?

3. Is this goal worth pursuing – as a process – even if the results are not what I imagine or would like? Is this ideal important enough for me to make the effort – not matter what happens?

4. Is this goal moving towards something or running **away** from something?

If you have any doubts about this, you may want to answer the following questions.

Deciding on Life Purpose

Questions Which Help us Connect with our Inner Guidance

1. When I was a child the things (activities, hobbies, interests, ideals) which were **most important to me** at various ages were:
 a. before 9 years old b. between 9 and 12 c. 13 to 15 d. 15 to 18 e. 19 to 21 f. 21 to 25

2. If I were told that I would die in 5 years, and that I would be healthy and active until that moment, I would live my life in the following way
 a. family b. work c. personal time

3. If I had to give **three messages** to the people of the world which for me were the most important guidelines for them to live by they would be.

4. If I had **three wishes** from a genie, who could give me special powers, what powers would I ask for:
 a. If they were for my self?
 b. If they were to be used for others?

5. Describe here exactly **how you would like your life to be**, if there were no

limitations whatsoever. Remember to describe all aspects of your life: physical, mental, social, professional, family, personal, spiritual, etc.

6. If your children asked you why we live, why we are on this planet, what is the purpose of life, **what should be their goals in this life**, how would you answer them?

7. What are your **talents**, and **abilities** which come naturally to you, which are inherent in your personality?

8. When are the **moments**, in which **situations**, **have you felt the greatest satisfaction**, fulfillment or sense of comfort with your self and the world around you.

9. What kinds of **activities or situations bring you the greatest joy?**

10. What is it that you think you are **best equipped to offer** to your fellow man?

11. What **talents, abilities or character traits** would you like to **develop** further at this point in your life.

12. If in fact you are an **instrument** of a higher universal power (consciousness) which is governing all activities on the earth, seeking to manifest its latent potential in physical reality, through all beings as physical instruments of its expression, what could be the **roles** which you (as one of those physical instruments) have **incarnated to play** in the cosmic drama?

2. Set Intention (consciously and subconsciously)

Intention and Concentration on our goals means that we focus on them clearly and intensely (**Without anxiety but with confidence that we will manifest them**) and direct our energy, time, money and intelligence towards them.

a. Daily **positive visualization** of ourselves having already achieved the goal will direct our energies in that direction.

b. We can use our goal as a **frame of reference** in order to make decisions as to how to spend our time, money and energy. Every time we need to make a decision, we ask, «will this enhance or inhibit my progress.

3. Determine Actions and "Sacrifices of Love"

Determine the actions needed to take to move towards goal:

a. **Actions** we need to take – **efforts** we will make.

b. What we will need to «**sacrifice with love**».

a. **What actions will I need to take** in order to achieve this goal or manifest

this inner potential?

Consider:

1. Study
 2. Take courses
 3. Develop discipline
 4. Communicate with _____
 5. Come into contact with people or situations that I would prefer not to.
 6. Make an effort
 7. Work hard
 8. Wake up early
 9. Work extra hours
 10. Overcome fears
 11. Overcome attachments
 12. Travel
 13. Forgive
 14. Be honest with self and others
 15. Confront _____
 16. Learn new concepts and techniques
 17. Give much time
 18. Exercise daily
 19. Admit faults - mistakes
- Other _____

b. What might I have to «sacrifice with love?» (Have less of in order to have the time, money and energy to manifest this goal?)

Consider:

1. Less food
 2. Less time for recreation, TV.
 3. Less rest or sleep
 4. Less of some specific activity _____ .
 5. Less money for other needs. _____ .
 6. Less social life
 7. Giving up cigarettes, alcohol - other pleasures
- Other _____

4. Remove inner obstacles

We then need to remove any inner obstacles with Energy Psychology (<http://www.HolisticHarmony.com/eft/index.asp>) or other techniques for **overcoming** all internal and external obstacles.

Our abilities, power, virtues, qualities, talents and inner potentials are all natural inner qualities waiting for manifestation. They are not so much developed as they are **revealed** from within.

An analogy would be an «inner lake» full of various qualities and abilities that are all ready to flow outward and manifest in our daily lives. But there are certain obstacles that prevent this flow. Our job is to remove these obstacles

so that the innate wisdom and power can freely flow.

We then identify the following categories of «obstructing emotions» that can be removed with Energy Psychology or any other means.

a. Feelings about **not having yet succeeded**. We might feel guilt, shame, disappointment, disillusionment, self-rejection or anger at ourselves or others who might be «responsible». Perhaps we feel that it is not worth trying any more. Such feelings can cause so much energy to be lost in negativity that not enough actually moves towards making the necessary changes.

b. Feelings we have **about making the effort**.

1. What do we need to **do?** (Exercising, studying, traveling, speaking to others, classes, seminars, exerting self - as mentioned above). We might feel suppressed, fear that the effort will be too tiring, or that we will lose our freedom or that we might fail.

2. What might need to **give up**, (food, freedom, cigarettes, drinking, rest, vacations, time with friends, Television, sleeping late) We might fear feeling suppressed, unhappy, losing our freedom, tense etc.

c. Feelings about **succeeding** – We may feel that we are not worthy of such success, or that when we actually do achieve that goal, we will have to give up something else important to us.

We might fear that:

- a. I do **not deserve** to have it or fulfill this goal
 - b. I **cannot have** or manifest this goal.
 - c. I am **in some type of danger** if I fulfill this goal.
 - d. I am **not capable** of fulfilling this goal.
 - e. **Others do not** want me to have or fulfill it. I do not want to hurt them or come into conflict with them.
 - f. I will **lose others' love** if I succeed or fulfill this goal.
 - g. I will **not be a spiritual person** if I have this or fulfill this goal.
 - h. I will **feel guilty** if I have this or fulfill this goal.
 - i. I will **harm others** if I fulfill this goal.
 - j. I **am guilty** and not worthy and I should not have or fulfill this goal.
 - k. Since I have **not been able to have it until** now, then I will not be able to fulfill this goal.
 - l. I will **lose my freedom** if I fulfill this goal.
 - m. I might have to sacrifice some source of **security** in order to fulfill this goal.
 - n. I might give **satisfaction to others** - something which I do not want to do.
 - o. The others might **cease feeling guilty** about me.
 - p. I might **lose my control** over others.
 - q. My **other desires will be unfulfilled** if I have or fulfill this goal.
 - r. The effort to achieve this goal will be **painful or unpleasant**.
 - s. I do not have the necessary **discipline** to manifest this goal.
 - t. Other
-

(This subject is discussed in detail **Free to be Happy with Energy Psychology**. <http://HolisticHarmony.com>)

A technique for discovering obstacles

1. A good way to discover our specific obstacles is to do a relaxation technique and:

a. Think about the fact that we have not yet achieved our goal and discover **how we feel about not having done so yet**. If we find that we have negative emotions about not having succeeded yet, we will need to employ EFT or other methods in order to be free from them.

b. Then, we imagine ourselves **making the effort** towards that goal and see how we feel about making that effort. (Do we enjoy it, or do we feel suppressed, fearful or discouraged? Do we feel that it is in vain to make this effort – because we will never succeed?)

If we find we have resistance towards this effort, then we will need to free ourselves from the emotions and beliefs that make the effort itself difficult or unpleasant.

c. Now, **we imagine ourselves having succeeded** in this effort and see how we feel now that this is not an issue any more.

5. Employ Efforts and Program

Now we consciously direct our energy towards our goal. We willingly, intelligently and lovingly sacrifice other possibly conflicting needs in order to achieve our goals.

6. Perseverance –

We persevere in our efforts towards those goals and towards removing all obstacles. We give our energy daily until we are satisfied with the results.

7. Patience

We are patient for the results to come. This is important so as not to give up.

8. Detachment from result – and from identifying self-worth with result –

We detach ourselves from the results of our efforts and have **faith** that the result will be whatever is best for our evolutionary process. Sometimes we need to accept not having and experience self-worth, security and happiness without, before the way is free to manifest what we want. Also anxiety about the results often distracts our focus on our best effort.

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His books **The Psychology of Happiness** and **Remove Pain with Energy Psychology** are available at <http://www.amazon.com>

Success Consciousness - Manifesting Success with Consciousness

By Remez Sasson

For a long time you have longed to own a big, shiny, beautiful red car. Now it is parked in front of your house. It has a lot of space inside, it is comfortable, and it has many gadgets. You immensely enjoy and love driving it. Do you notice the special smell that is inside it, which is unique to new cars? Do you feel the joy that rises in you, while watching the admiring faces of your friends and neighbors?

How do you feel now, after reading the above description? Pay attention to this feeling. For a few seconds you probably felt great, then your mind started to react, and said, "Yes, I like the thought, but these things never happen in real life. It is just a daydream". Now all the magic is gone. Your mind spoiled the magic feeling and the dream.

You can let your daydreams and fantasies go on without destroying them. Do not comment negatively about them or throw them away as useless and groundless. When ending a daydream, move away to other thoughts, without criticism or comments. Must you say some negative words about your daydreams and show your disbelief in their being realized? Go on with your life as it is, but when you daydream or fantasize, do not destroy the dream by denying it the possibility of materializing.

Do not worry that believing in your dreams will turn you into an unpractical, dreamy sort of person. Let them motivate and inspire you, and you will become a more practical and successful person.

How did you feel when you received the key to your new apartment or the key to your new car? How did you feel when you were at the airport, going on your long coveted vacation? What kind of feeling did you experience when you got a promotion at your job or when you succeeded in a project? How did you feel when you recuperated from an illness? Try to recapture the feelings and relive the happy moments, because there is great power in them.

The feelings that accompany success are very important. Remember and relive the feelings that accompanied your past successes, because they are the magic of the future. If evoked intentionally and consciously, they can cause the materialization of your dreams.

Rehearsing in your mind the feelings and emotions that accompany success, move invisible forces to create visible success in your life. These happy and success feelings generate pressure on the mental and astral worlds, causing them to bring the feelings into manifestation. Any thought associated with these feelings is moved into materialization.

Whenever we experience success, we enjoy a great exhilarating feeling. By capturing and reliving this feeling you can turn it into the seed of a new success. If you think about something that you really want to realize, and at the same time you consciously generate this feeling of success in your consciousness, and stay with it, you can achieve wonders. This is the magic wand with which you can do magic and wonders.

The Right Attitude Toward Success

If you examine your ambitions, desires and goals in a very sincere way, you may discover to your amazement that you have some fears of realizing them. You want something, but yet you are afraid to have it. You may wish for a different kind of life, but in your subconscious mind you fear the change. You may desire to get married, but you are afraid of marriage. You want to change your job, but you are afraid to make the change. This is because the familiar gives security. You can find many examples like these.

When you have a goal, and at the same time you experience doubts and fears, you are actually driving away the materialization of your dreams. It is like sailing against the wind and the currents; you are pushed back all the time. These fears hide at the back of the mind and you may not be conscious of them. Analyzing any desire you have, and trying to find out if there is any resistance to bringing it about, will bring the fears into the open, and enable you to throw away your fears and inner brakes.

If I ask you, what will happen if you turn on the faucet in your sink, what will you say? Do you **believe** that water will flow out of it, or are you **certain** that water will flow? Beliefs are usually not based on facts, but on ideas, thoughts, intuition or on what we were taught to believe.

Now you may ask, what has belief to do with the flow of water from the faucet? I am sure that you are **certain**, with no doubts whatsoever, that water is going to flow, if you open the faucet. It is a sure thing. You take it for granted, and never even think about it. You do not **believe**, but are **sure** that water is going to flow out.

The same should happen with respect to your ambitions and desires. You must regard them as feasible. More than that, you

should consider them as real. When you daydream, you have to see and treat the dream as real, without any doubt.

Most people look at the world around them as something real and solid. Their minds are chained to what they see around; their thoughts reflect their life, circumstances and events. Rarely will someone disregard his surroundings and circumstances and create in his mind a different situation. Surroundings and environment influence people's life, and they regard them as something they can do nothing about. When you become able to see in your mind a different kind of life, you stop being enslaved by circumstances and start creating your own life.

Nobody becomes impractical, indifferent or weak, if he holds in his mind thoughts and images that are different and unrelated to his present life situation. It is possible to handle the affairs of life in the best way, and at the same time visualize and expect a different kind of reality. Use your imagination to see and feel in your mind a different situation or environment, and watch what happens.

If you go on thinking the same thought it will materialize, if your mind is not opposing and resisting it with negative thoughts, fears, worries and doubts.

Sometimes the materialization of your thought or desire may be delayed due to the fact that you are not yet ready for it. Maybe you need some more knowledge, training, or a new skill before you get what you want. Sometimes things happen suddenly in an unusual way, but most often they come in a natural, gradual manner.

Consciousness and Success

Your mind and consciousness are the creators of your life. The more conscious you are of yourself, the stronger you become. I do not mean being conscious of your body, ego or who you are as a person. I mean conscious of being conscious, of the feeling of existence, the feeling of being alive, not from the point of view of the physical body. It is the inner feeling and sensation that you exist as a spiritual entity. It is the awareness of your inner essence, as something beyond the body and the ego.

Consciousness is your essence. Without it you are not. It gives your personality and body the power to function. Because of it, you can walk, eat, work, study, talk and understand. It is this something that makes you feel alive. It is intangible, yet very real. It is your awareness of life, of being alive and existing.

When you focus your consciousness on success, and fill it with the feeling of success, things start happening.

When the certainty of success is saturated into the consciousness, you have a great power in your hands. Success consciousness means that you are certain of your success without doubts. Like the story about the faucet, you should have no doubts that you are going to get what you are thinking about.

Do You want a new job? Evoke feelings of certainty without doubts that you have already got it. Do you desire a wife, a husband, a vacation, promotion, a new car, or money? Do not entertain any doubts. Your consciousness should be focused and assured of success.

How can you attain success if your consciousness is focused on failure and doubts? Become aware of your consciousness, of the feeling that you **are**, focus on it, and at the same time think of success and you have a mighty power at your disposal.

An Example of Visualization

You have to watch carefully your thoughts and feelings, otherwise they may materialize, even if you didn't not really meant that. We had at our home a twenty-one inch TV, with which were satisfied. We had seen some large screen television sets at some of our friends', and we liked the idea of owning one. We did not plan to buy one in the near future, but we enjoyed thinking and visualizing such a TV standing in our living room.

Some time later, while on an excursion with the our children, we entered a shopping mall in a different town. In one of the shops we saw a large screen TV at a bargain price. We had no intention of buying a new TV, but the opportunity presented itself.

We did not buy the TV at that moment, because I decided to check first if the same kind of TV set was being sold in my town. The next day I went to an electrical appliances' store, and to my amazement I found there the same TV, selling for a cheaper price from the store we visited the day before. Well, this TV is now standing in our living room.

Instructions on the Use of Feelings and Consciousness for Success

Whatever it is that you desire to bring about, try to feel as if it has already happened. Re-live the happiness you experienced when you realized ambitions in the past, and transfer this happiness and the feeling of achievement into the present moment, and your success is assured. Feelings are very important for success. They are the current of power that brings success. They have to be living, strong, real and sincere feelings, in order to bring results.

Feelings add fire and energy to a thought and make it strong. They are like the electric current, which makes instruments work.

Success consciousness is a state of inner certainty, even if your current reality is far from what you want it to be. It does not cost you money to experience it. Do not let doubts and contrary thoughts and feelings enter your mind, and you are on the way to success in what you do.

Evoke the certain feeling of success. Pour fuel into this feeling, and always keep it alive. Only by trying you will understand what I really mean. It is a state of consciousness, intentionally invoked, even though the outer circumstances are to the contrary. Consciousness has the power to create. What is in the consciousness comes out in the end. There is nothing supernatural here, this is the way nature works.

It may take some time until Consciousness manifests your ambition and desire in the outer world. It should be saturated with the utter certainty of success, not with just a faint belief. There should be complete lack of doubts, and only great certainty. Under these circumstances magic is released into the air.

You may look at this process as if it is a game. Put aside your doubts for a while. Treat these inner actions in a spirit of a game, fun and challenge. This is a serious subject, but by having fun with it, you reduce your tension, and are enabled to put forth more energy in a positive manner. Enjoy this process, and you will be surprised at the outcome.

It is quite possible to put the focus on feelings and not only on thoughts. Feelings, if strong enough, cause things to happen, even if the related thought is only in the background. If the feelings and emotions are strong, and connected to an event or an object, this event or object becomes a fact. Those who have difficulty in visualizing pictures will certainly appreciate this approach.

Think about your life, and you will find out that there were times that you had a certainty about something, without really trying intentionally to bring it about, and that thing happened. It might have been something positive and good or something else that was to your detriment. If you accept and follow what you have read here, you will be able to use this ability consciously.

What you have read so far is actually about the power of creative visualization and thinking, but focusing more on feelings and consciousness, rather than on images and thoughts. Think about what you have read, and try to put it into practice. Let abundance and success enter your life.

Additional articles on the same subject:

Creative Visualization-Part
1

Creative Visualization-Part
2
Positive thinking

Power of Affirmations
Wealth

Visualization and Imagination

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Boost your Life with Subliminal Messages – For Free!

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The U.S. Government banned them on TV and radio in 1974. They were once famously used to boost sales of popcorn by almost 60%. And today, they're the subject of numerous Derren Brown-style "mind" shows airing throughout the globe.

I'm talking, of course, about subliminal messages.

However despite all the media hype, subliminal messages aren't just used by advertising moguls trying to get us to buy another can of coke. They can also be employed to make serious and lasting change in our own lives.

In this short article, I'm going to share a method you can use to get subliminal messages working for you—starting tonight!

But before we begin, let's ask ourselves: what exactly are subliminal messages?

Subliminal is defined as "below the threshold of consciousness". Subliminal messaging refers to the act of sending messages direct to the powerful subconscious mind, the part of your brain that controls everything from memory to body temperature to providing your conscious mind with its core traits.

The most famous experiment in subliminal messaging history was conducted by pioneer Dr James Vicary, who flashed the words "I want popcorn" and "Drink more coke" in front of a movie audience for just 100-milliseconds. Nobody officially "saw" the messages—they were below the threshold of consciousness—yet popcorn sales shot up 57.8% and coke sales increased 18.1%.

The U.S. Government soon outlawed this powerful suggestion technique in advertising, yet its potential as a revolutionary self-help tool was soon realized. The power to send self-improvement commands direct to the subconscious mind was suddenly available to the masses.

But how? There are two primary ways you can actually "send" subliminal messages. Visually, such as using the latest Subliminal Power software program (www.subliminal-power.com) to flash messages around your computer screen as you work. Or, less effectively, using sound, such as with the subliminal CDs you can order online at sites such as Subliminal-Audio (www.subliminal-audio.com).

Yet if your budget is low, there's an even cheaper way to begin putting the power of subliminal messaging to work for you!

Here's how. Begin by identifying a couple of core goals you'd like to concentrate on in your life right now. For example, you may wish to learn faster or quit smoking. Then, write that goal down as a simple, short, positive affirmation.

For example, "I am a quick learner" or "I am ready to quit smoking". Other examples include "I invest wisely", "My reading speed increases every day", or "I am now more confident".

Be careful: do not use negative terms, such as "Not" or "Don't" in your message. The subconscious does not understand such words in context and would read "I don't gain weight" as "I gain weight". You have been warned.

Now write your affirmation, clearly and in thick black marker pen, onto a sheet of white cardboard. Create three-or-so cards, each with affirmations focusing on your core theme, and store them next to your bed with a flashlight.

Next comes the unsociable part!

We're going to catch your mind in a highly receptive state, by waking it up in the middle of the night, when the door to your subconscious is wide open.

Set your alarm clock for 3am, then go to sleep as normal. As soon as you hear the ring, turn off the alarm and—almost instinctively—pick up the affirmation cards and your flashlight. The room should be pitch black.

Next, flick the flashlight on and off very quickly a dozen times over each affirmation card. While doing this, stare at the cards. Do not consciously try to make out the words. These subliminal messages are for the subconscious.

When you're done, simply turn off the flashlight, put down the cards and return to sleep. It will take just two minutes of your time and I guarantee you'll fall straight back into deep and restful slumber.

That's it: you've just "sent" a bundle of subliminal messages straight to your subconscious. What follows is exciting!

After the first few nights of using this technique, most individuals report problem-solving dreams that assist in their goals or influence their decisions. Just a week later and practically all participants note a serious movement toward their core goal. Their leaning speed improves dramatically. Their nicotine addiction is cut in half.

As the change comes from within, it isn't always obvious. Yet a few weeks down the line, most individuals sit back and realize just how far they've progressed without consciously realizing it. Soon, your goals have been achieved... the messages worked. When ready, you can move onto your next set of goals by simply writing out a new set of affirmation cards.

It's a very simple system, yet remains highly powerful and terribly underused.

Most people reading this article won't try this straightforward experiment. Maybe they just don't believe it will work, or maybe they view it as being altogether too much hassle.

It's inconvenient, certainly—perhaps not as user-friendly as a piece of modern subliminal software. But you think it doesn't work? Then try it for a week, and see for yourself. Tiger Woods, Steven Spielberg, New Scientist magazine, even the U.S. Government all know the power behind subliminal messaging.

And if you don't, maybe it's about time you caught up.

Bradley Thompson is a well-known mind guru and commissioner of the critically-acclaimed Subliminal Power software at <http://www.subliminal-power.com/> as used by Olympic athlete winners. Bradley is also president of Subliminal-Audio, Subliminal-Studio, Relaxation-CDs.com, Hypnotizer software, and PhotoReading software.

SuccessMotivator for Wednesday, October 29, 2003

The Bottom Line

Theme: Faith.

Summary: Faith is a “bottom line” resource we turn to in times of need.

Since I am a “recovering” minister, I can’t help but consider a spiritual element in the broader sphere of self-improvement.

I spent 13 years saying about everything I needed to say from a pulpit, but that doesn’t mean I’ve said everything I want to say about the subject.

Especially the part about the offering.

Perhaps you have heard this truism: You can take the minister out of the church, but you can’t take the church out of the minister.

It is so true.

I was talking to someone about a sudden and devastating reversal of fortune. She was, shall we say, in a bad way.

I said wistfully, “I wish you had a religious faith.”

She said, “I do.”

I answered, as gently as I could, “Then where is it?”

One’s faith is nothing to be dusted off and worn along with “going-to-church” clothes on a Sunday morning, but an anchor when the darkest of times roll around as inevitably they will.

One way I think of faith is as a kind of bottom line. Not the kind you find in a financial statement, although a case could be made for that.

Rather, faith is that which sustains us when everything else is swept and/or blasted away. Faith is whatever you turn to when there is nothing left to turn to because there is nothing left.

It is that final resource that you finally turn to when you have either tried everything else and found everything else lacking or there is nothing left but wreckage.

Certainly, turn to faith in those moments when the sky is ominously black.

But practice in the moments when the weather is sunny and the day happy.

Faith is best practiced when it is an invisible substance for all seasons.

Successfully yours,

Tony Papajohn

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SuccessMotivator for Thursday, January 15, 2004

Renew Your Faith in Human Nature

Theme: Faith in human nature.

Summary: When our faith in human nature is shaken, remember the story of the Hassidic Jewish man and Usman Farman on September 11, 2001.

Here is a story to remember the next time something shakes your faith in human nature.

On September 11, 2001, Usman Farman, then 19, a Pakistani by birth and Muslim by faith, was fleeing the collapse of the South Tower.

In the panic-stricken throng, he tripped.

He found himself on his back with a cloud of glass, concrete, and steel bearing down on him.

Recalling the moment, he says, "I'm just petrified. I'm just like, I'm a goner."

A Hasidic Jewish man broke from the frantic mob, read the Muslim prayer engraved in Arabic on a pendant around Farman's neck and extended his hand.

"Brother, if you don't mind, there is a cloud of glass coming at us, grab my hand, let's get the hell out of here," the man said in a thick New York accent.

The Hassidic man helped him up and they both "ran for dear life," as Farman puts it.

In the confusion, they were separated and have never seen each other since.

After seeing how U.S. Muslims were harassed after the attack, Farman wrote an email detailing his experience that was forwarded to thousands through his college.

Here is how it ends:

"I am Pakistani, and I am Muslim, and I too have been victimized by this awful tragedy. The next time you feel angry about this, and perhaps want to retaliate in your own way, please remember these words:

"Brother, if you don't mind, there is a cloud of glass coming at us, grab my hand, let's get the hell out of here."

If this does not renew your faith in human nature, I don't know what will.

NOTE: If you have any information on the Hasidic Jewish man who helped Farman, please e-mail 911heroes@cnn.com.

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SuccessMotivator for Thursday, January 22, 2004

What Forgiveness Is Not

Theme: Forgiveness.

Summary: Forgiveness is not ignoring wrongs, amnesia, reconciliation, or weakness.

Forgiveness is one of those concepts that is sometimes more easily described by what it is not rather than what it is.

Here are some interesting and insightful "non-definitions."

Professor Charlotte vanOyen Wilvliet writes:

"Forgiving doesn't mean ignoring an injustice or letting someone treat you badly. Remember that it's not a wimp's response.

"It takes a strong, courageous effort to make that move. Letting go of your grudges takes a great deal of moral muscle."

Quite the contrary, the weak hold grudges and bear resentments to their graves. Forgiveness is a big issue that only big people do.

We admire one who forgives an egregious wrong because so few of us could do the same.

Forgiveness is not about ignoring wrongs.

Archbishop Desmond Tutu writes:

"Forgiveness is taking seriously the awfulness of what has happened when you are treated unfairly. Forgiveness is not pretending that things are other than the way they are."

Forgiveness is not somehow seeing a wrong as a right.

Forgiveness is not amnesia either.

Professor Ken Hart writes:

"Forgiveness does not equal forgetting. It is about healing the memory of the harm, not erasing it."

We can live life without the offence dominating our thoughts, but it remains a part of our life experience.

Forgiveness is not pardoning, condoning, or excusing. Nor does it remove consequences.

Pope John Paul II forgave his intended assassin, but the man remains in prison.

Forgiveness does not mean reconciliation.

We may forgive a criminal, but never again trust the offender for safety's sake.

"Forgiveness is not a magic trick that allows us to control other people," says Professor Robert Enright.

We may forgive. The offender still has free will.

And finally, my favorite:

Forgiveness is simple, but it's not easy.

Successfully yours,

Tony Papajohn

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SuccessMotivator for Wednesday, February 18, 2004

Changing of the Guard

Theme: Our role as teachers.

Summary: We teach others more than we know. Make your lessons worthwhile.

Whenever life has you down and you think of your existence as meaningless, remember the "The Twilight Zone" episode "Changing of the Guard."

A bookish, aging professor is forced to retire after 51 years of teaching poetry at a boy's school. Despondent, he ruefully muses that he "has done nothing and made no impact."

The distraught professor takes a gun from his desk drawer and goes off to commit suicide. Suddenly, he hears a school bell, goes to his old classroom and, to his amazement, meets the ghosts of his former students, all of whom died in noble causes.

One by one, each ghost tells the professor how some piece of poetry stuck with him and influenced him in some meaningful and lasting way.

Their messages delivered, the ghosts disappear.

The professor, renewed by this ethereal visitation, realizes that, while he did not do great things, he helped others do them.

As the episode concludes, he makes peace with his retirement, saying, "I wouldn't have it any other way."

We all have times when we feel our lives have come to naught. We would hardly be human if we did not have a moment or two like this.

However, if we knew the truth about our influence on others, as did the professor, we would see a different picture.

Often, we never know how much a kind word, a smile, or a friendly gesture resonates with one in need of it.

We don't realize the extent that our example, wanting in our eyes, looms large in the eyes of another.

Even if we are not in the teaching profession, we teach more than we realize.

Make your lessons worth learning and the ghosts that visit you will be grateful that you were their teacher.

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Tony Papajohn

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SuccessMotivator for Friday, January 16, 2004

A Moment of Mystery

Theme: Living with mystery.

Summary: Moments of mystery shape who and what we are. Learn to live with them and take time to experience their awe and wonder.

Learn to live with a certain amount of mystery.

All but the most clueless are at least a little bit aware of the unseen forces that shape our lives and events.

Call them what you will, these forces bring the necessary people and insights into our lives at important and pivotal moments.

If you have lived enough life, you can certainly call to mind instances when an important idea, person, or experience shaped who and what you are today.

And this pivotal moment happened along on its own at just the right time.

Every now and then, cultivate a sense of awe and wonder about this process.

Any achievement has, somewhere within its chronology, a moment or two of mystery. These are the moments when things outside our control happened such that success was possible.

Albert Einstein wrote this:

"The most beautiful and most profound experience is the sensation of the mystical.

"It is the sower of all true science.

"He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead.

"To know that what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most radiant beauty which our dull faculties can comprehend only in their primitive forms-

"This knowledge, this feeling is at the center of true religiousness."

Although Einstein is talking about the connection between science and religion, he could have been talking about the musings of any achiever who stands in awe of the whole process.

So take a moment and look at achievement as Einstein looked at science.

See the mystery of it and bask in that feeling of awe and wonder.

There is another moment of mystery waiting for you somewhere.

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SuccessMotivator for Monday, July 28, 2003

Used Cars On The Moon

Theme: Doing the impossible.

Summary: Find a way to remind yourself that others have done the impossible and you can too.

Next time you think something is impossible, think of used cars on the moon.

At this writing, we are approaching the centenary of the Wright brothers first heavier-than-air flight at Kitty Hawk, North Carolina.

Who could have imagined that, 100 years later, we would not be amazed when huge jets routinely take off and land thousands of times each day all across the globe.

Who would have imagined that we are amazed when the flights are on-time?

Who could have imagined how that first flight would usher in an era of aircraft carriers and airplane food?

Who could have guessed that 2 bicycle mechanics from Ohio set in motion a sequence of events that would lead to used cars on the moon?

Well, someone could have. One with a healthy imagination and an appreciation for the power of an idea might have entertained such a possibility.

One might have imagined such a possibility if he or she understood the difference between the seed of an idea and the technical limitations of the current state of the art.

Sure this might have been quite a stretch, but at least one of such powerful imagination and faith in human potential would not have written these possibilities off as impossible.

So the next time you are faced with what looks like a personal impossibility, think of the moon and the used cars up there.

Or, if that image doesn't do it for you, remember anything that, before its time, seemed impossible, but now we understand as routine.

Whether it is universal suffrage, the fall of the Berlin Wall, or end of polio, find a way to remind yourself that others have done impossible things and so can you.

For me, I like to look at the moon.

Successfully yours,

Tony Papajohn

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Life is Too Short

Theme: Transitory nature of life.

Summary: Life is too short to waste on destructive attitudes.

As I write this, I am preparing to go to the funeral of a young man much too young to have a funeral.

However, life being what it is, these things do happen.

Although this point might not be obvious, a funeral brings home the oft-repeated message, "Life is too short."

Life is too short for resentment. At some point in life, we were all wronged, slighted, rebuffed, rejected, and/or screwed.

Ultimately, we can either get over it or get on with it. Life is too short to stew in those juices.

Life is too short for pettiness. All but saints are immune from the temptation to let disagreements spiral down into personal bickering.

The rest of us will just have to catch ourselves with the statement, "Life is too short."

Life is too short for worry. Most of the things we worry about never come to pass despite our worry sessions.

Most of our worry is just wasted mental energy that translates into stress and all manner of undesirable consequences.

The next time you catch yourself temporarily gripped with worry, do something constructive to change your state of mind.

Life is too short anyway. Worry will only make it shorter.

Life is too short for little thinking. We can arrange our lives so that we play safe, avoid risk, and minimize exertion.

All we have to do is think small and keep thinking that way. And since one small thought attracts another, we will hardly realize that life is too short and the world is too big to think small.

Resolve as many times as necessary to waste as few heartbeats as possible on such destructive matters.

We are only here for so long, so enjoy your stay.

Life is too short to do otherwise.

Successfully yours,

Tony Papajohn

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Follow your Dreams to Success!

By Patrick O'Brian

Success in any business always involves hard work. Most of us can handle that.

There are many other factors too, that can influence whether you will build a successful business. You have probably read about some of them before.

You need to have determination, persistence, a good attitude, communication skills, a realistic cash flow, and a supportive family, and more. You probably know all this.

However, above all else I believe the two most important keys to success are Dreams and Plans.

To succeed, you have to have dreams, and you shouldn't be deterred if your dreams seem hard to achieve. You should actively dream about what you want out of your business, and why are you in business, what your goals are, and what are you working towards.

Many people go into business dreaming of the day that they will have enough money to retire early, and take a long holiday. Good dream, but it's not good enough! What are they going to do when they retire? Sit in the lounge and watch TV? What about lounging about on a tropical island resort? Or living next door to the golf course? Or island hopping on their yacht? Or buying that ranch in the foothills?

Others may just want the prestige of being successful in their chosen field of business, to drive a nice car, and live in a nice house. Whatever your dream, be honest with yourself. Dream your dreams. Dream long, dream hard, and dream well!

Okay, so how do we make those dreams come true? With Planning!

There is an old saying that if you don't plan, you plan to fail. There is another one I like much more. It goes something like this, that if you kick a tiger in the butt, you better have a Plan to deal with the teeth!

Being successful in business means dealing with competition, sometimes aggressive marketing and advertising, and pulling no commercial punches. You have to plan for this.

You actually need two Plans. Even if it is a bit flimsy to begin with, you should first construct a Project Plan to include goals and the steps required for you to accomplish those goals. You need to consider family, business deliverables and outcomes. This Plan will provide you with a visual as to what you are

working for, what milestones you have successfully met, and where you need to do better.

This Project Plan should be developed first. This is a good option to allow you to keep track of everything involving your goal, which of course is to live out your dreams. A Project Plan is best developed sitting around the kitchen table with the family, drinking herbal tea.

Use the KISS principle (Keep It Simple Stupid) and work out what each member of the family will do to facilitate the business. If you will be working from home, plan what will be family time, and work time. Of course, interruptions to schedules will occur, but it's important to keep family time whenever possible.

Be aware that some of your family may not be quite as supportive as you would like them to be. That's quite common actually, as many people get into a comfort zone and resist change. This is where joint planning involving the family, can invoke a feeling of ownership and support in the business. Give everyone a job, no matter how small it is, get everyone doing something, and make them feel responsible for something.

Create a Business Plan as your next step. Whether you will be searching for finance or not, this plan will be the blueprint to your success. The Business Plan will consist of market trends, financial planning, competitive analysis, exit strategies, marketing and promotional options, everything about your business plans. Again use the KISS principle, don't over complicate things!

When going before a financier you will be required to have this Business Plan, and for this reason it is by far the most important document of all.

People wanting to be successful in business often want overnight results. Unfortunately, that is not going to happen. You need be realistic about the amount of time it will take to reach your specific goals, and include it in your Plan. As you work through your Business Plan you may find at times that dates have to adjusted, but even if there are changes to be made, keep it realistic.

I just love it when a good Plan comes together, and never forget that the only difference between your dream and your goal is — a Plan! Have fun, make money ethically, and follow your dreams.

By Patrick O'Brien, HH Dip (M.H.). Patrick is a retired Master Butcher who has also owned restaurants, grown commercial organic vegetables, and owned a herb nursery.

He currently operates a thriving On and Off line herbal health supplement and lifestyle improvement business. <http://www.home-herb-garden.com>

How to stay stuck

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How to stay stuck - or in other words;

"How to remain miserable, unfulfilled, and unhappy for the rest of your life."

Here are the steps -

1. Blame everyone else.

This includes, your spouse, your children, your past, your parents, your education, and even your environment and living situation.

2. If that doesn't work too well for you - then you can start to blame yourself. i.e. I am too stupid, too old, too sick, too poor, too slow and so on.

3. Never ask for any help - in other words, try to do everything by yourself.

This includes, Raising the kids, cleaning the house, planning the holiday, earning most of the income and so on.

4. Make sure you never get enough rest, so that you are tired all the time, and have no energy to do anything else.

5. Make sure you have no plans to make anything of your life – just go from day to day, coping as best as you can.

6. Make sure you can come up with really good excuses as to why you cannot change anything. Some examples here may be;

I can't afford to educate myself further,
I can't afford to move house,
I never get anything done,
My spouse would never agree,
My parents would never agree,
I'm just too lazy,
I'm too sick,
I am too old and so on- ;

7. Make sure you are as stressed as you can be, never practice any relaxation skills, self hypnosis, meditation or similar stress relieving activities - these may include, getting some exercise, following a yoga or meditation class, purchasing some really good relaxation tapes/CD's.

8. Live from day to day, totally unfocused on any great aims or goals.

9. Never read any self help books, or inspirational guidance, from anyone.

10. Watch the news as much as you can, this includes, on the Television, the radio, and the newspapers.

Fill your head with doom and gloom and all the troubles of the world as much as you can.

11. If you should so much as have a good idea for something, here are two things you should do.

A) Put down the idea and yourself.

i.e. It would never work,
I could never do that,
I don't have the skills,
I don't have the knowledge,

B) Never ever at any cost, act on these ideas.

This means, avoiding carrying out any action of any kind. Find plenty of excuses why this should be the case.

i.e. I don't have the time,
I don't have the money,
I am not really that interested,
I don't know enough about it,
I simply couldn't do that.

12. If you do so happen to agree to yourself or someone else that you are going to act on something, whatever you do make sure that you don't do too much of it.

This means only acting on it for a few days or a few weeks. Make sure you don't have enough motivation or enthusiasm to pursue these actions, and that you give up in the same way you always do.

13. Ensure that you never have any high hopes or outrageous dreams of happiness, prosperity, satisfaction, achievement, love and contentment. If they should arise at any time, whatever you do, you MUST quash them as soon as possible.

Don't at any cost - let your mind or imagination follow the natural flow that these dreams and hopes might take you.

14. At all costs remind yourself that you don't deserve a better life. If anyone did, it certainly wouldn't be you!

15. Develop a habit of never following through on anything - that way you will never be disappointed by failing at anything.

16. Always listen to, and carry out to the letter your doctor or physicians advice.

After all they know more about you than you do! Make it a habit never to listen to your own instincts or inner gut feelings.

If the doctor says you need medication for this or that - never challenge them. After all, it's not your fault your miserable depressed or anxious is it? It's life, and the circumstances and background or whatever that makes things the way they are does it not?

17. Make sure you never get any professional guidance or help from a therapist, life coach, counselor or similar.

18. Make sure you stay as miserable and unhappy as you can by never finding time to do anything which you remotely enjoy. This includes watching a good movie, going for a walk in the park, going out for a nice meal, reading a good book, taking up a new and interesting hobby, or simply finding time to be quietly alone.

19. Make sure you are firmly convinced that it would be way too difficult to change anything about yourself.

If you're not completely convinced, then practice on a daily basis, telling yourself that you can't change, this is just the way you are, and always have been.

20 That should do it! You are now well on the way to being able to stay stuck - or in other words;

"How to remain miserable, unfulfilled, and unhappy for the rest of your life."

Well done! But don't congratulate yourself too much, after all you may not be able to keep it up ;)

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James Middleton is author of way too few books to list here, including the soon to be #1 best-selling book "Miracle of Meditation," the best non-selling e-book "Miracles of Words - Inspirational Quotes," and the not even sold, totally unpublished, "Zen and the art of Skydiving." His latest books are only in the pipeline - and totally unwritten. He's being called "The Hypnotherapist and Meditator from Nowhere." Sign up for his regular ezine and see more articles by him at <http://www.miracleofmeditation.com>

The First Law of Economics by Dr. George R. Marshall

and

Accurately Measuring the Value of an Enterprise.*

To preserve the economic viability of the planet must be the first law of economics. To preserve the health of the planet must be the first commitment of the medical profession. To preserve the natural world as the primary revelation of the divine must be the basic concern of religion. To think that the human can benefit by a deleterious exploitation of any phase of the structure or functioning of the Earth is an absurdity. The well-being of the Earth is primary. Human well-being is derivative.

- LARRY L. RASSMUSEN,

EARTH COMMUNITY EARTH ETHICS

Introduction

I have never managed my financial affairs very well. But after reading quite a substantial amount of literature on how the financial affairs of nations are being conducted and where governments are spending their money (sorry, I mean our money!) I am beginning to feel as if I haven't done so badly; in fact, I feel as if I've invested in some pretty good things. It is possible-indeed necessary-that we collectively invest in a better life and a better world. In addition, we need to measure properly so we know where we really are and if we're really making any progress. We need to help everybody, especially those on the lowest rung of the economic ladder. Strong communities based on a good earth are very important for our well being; therefore, our economics must be in the best interest of society, ecology, and nature. If we destroy our forests, streams, lakes, and communities in the name of making a buck or two we are not being smart.

Measuring Progress Accurately

Measurement allows us to evaluate progress. If we are on a journey of several hundred miles, we follow a map or a route and we know when we are getting close to our destination. If we are attending university for a degree, we know how many courses we need for graduation. If we do not use the proper measure, we will not have an accurate picture of our progress. In fact we might be heading in the wrong direction. Are we measuring economic growth accurately and are we heading in the best direction?

Is an Accurate Measure Possible in a Business? The answer is YES; in fact, if we don't use accurate measures we will not only not know if we are succeeding or failing and thus be unable to take corrective measures, but we will also harm our world and the future world we leave our children.

Gross Domestic Product (GDP)

When a politician promises to "keep growth going" he is vowing to increase Gross Domestic Product, or GDP. GDP is the standard measure of the nation's total economic activity, and it is assumed to translate directly into well-being. If GDP rises rapidly (say, 4 percent per year), things are assumed to be getting much better, and if GDP rises slowly (say, 1.5 percent per year), things are not so good. Government officials first began measuring national economic activity this way in 1932; ever since then, the nation's main goal has been to increase GDP. Simply put, GDP is a measure of all market activity, all money that changes hands, in a country during a year. GDP measures total output, the dollar value of all finished goods and services (5.1).

Economists Clifford Cobb, Ted Halstead, and Jonathan Rowe asked whether the GDP is an adequate measure of the nation's well being. They point out, for example, that in the U.S., real wages have declined nearly 14 percent since 1973, while GDP has risen 55 percent during the same period. They write:

How the GDP misleads us:

1. GDP only counts money transactions, so it leaves out many "goods" that people provide for each other free. Major parts of the household economy are ignored. Examples: care for the elderly and for children; home maintenance and cleaning; food preparation; and voluntary service for neighborhood, church and civic groups. GDP assigns all these activities a value of zero. This can lead to distorted public policies. For example, if the Family Leave Act is criticized because it reduces GDP, such a criticism is inaccurate because it fails to reflect the increases in many household economies that the Act initiates.

2. GDP treats all transactions as positive. Crime, divorce, pollution, and depletion of natural resources are all treated as gains. Thus GDP treats the breakdown of the social structure and the natural environment as gains. If someone buys a car, GDP goes up. If the car gets into an accident and

requires major repair, GDP goes up. If the driver is hospitalized, GDP goes up. If a lawsuit follows, GDP goes up again. GDP makes no distinction between activities that contribute to well-being and those that diminish it. It is like keeping accounts using a calculator that has an "add" function but no "subtract" function. As long as money changes hands, GDP increases. Any business that kept its accounts this way would never know where it stood. Such a business would have an exceedingly rosy picture of its condition, but it would be a false picture. So it is with countries that rely on GDP to measure well-being.

3. GDP treats depletion of natural capital (assets) as current income-an obvious violation of good accounting principles. If a forest is converted to lumber, or farmland is turned into parking lots, GDP treats all the money involved as current income and none of it as capital depreciation. Again, any business that kept its accounts this way-treating depletion of assets as current income-would have a very rosy picture of its financial condition, but the picture would be quite wrong. So it is with countries that rely on GDP to measure well-being.

Much of GDP is made up of three things:

1. Fixing mistakes from the Past. Superfund sites are an example. Such cleanups just get us back to where we once were; they are not real progress. The prison system is another example. Prisons are a response to earlier failures to help young people gain a valued place in the economy and society. Superfund sites and prisons are not progress, yet the GDP treats them as if they represented real gains in well-being.

2. Borrowing Resources from the Future. Agricultural output grows each year because of enormous chemical use, but this occurs at the expense of depleted natural capital (fertile soil and clean water). This represents a borrowing from our children. It imposes real costs on future generations. GDP treats these costs as zero or, even worse, as positive contributions to the nation's well being. Obviously, this is an inappropriate accounting practice.

3. Shifting functions from the Traditional Household and Community to the Monetary Economy. Examples:

- a. Baby sitters and nannies substitute for parents.
- b. Psychotherapy, TV sets, and VCRs substitute for close contact between friends, neighbors and family members.

- c. Burglar alarms and police officers substitute for neighbors keeping an eye on things.
- d. Fast food restaurants substitute for the home kitchen.

In each of these cases, free services (free in the sense of not being compensated by money) have disappeared and a monetary relationship established in their place. In many instances, this represents an increase in GDP but a decrease in the strength of the social fabric that holds communities and families together.

A Better Measure of Progress: the Genuine Progress Index, or GPI

A new measure of progress is needed. The GDP is giving us a false sense of well-being. It makes no distinction between the secure, skilled worker in a high-paying job and the recently laid-off worker who is holding down two jobs without benefits just to make ends meet. Clearly their incomes do not represent equivalent levels of well-being. GDP treats pollution as a double positive-it is counted as a gain when it is first created as a by-product of some other activity, and it is counted as a gain again when society pays to clean it up.

A better measure of well-being is called the Genuine Progress Index, or GPI, developed by an organization in San Francisco, called Redefining Progress. The GPI starts with the same data that underlies the GDP, but then it is modified by both additions and subtractions.

1. The GPI is weighted for income distribution. The GPI accounts not only for increasing total income, but also for the way income is distributed within society. The top fifth of American households took 48.2% of the nation's income in 1993; the bottom fifth received just 3.6%-and an historic record for inequitable distribution of income in America. GPI takes into account such inequitable distribution of income.

2. Certain defensive expenditures are subtracted. Defensive expenditures are such things as locks, burglar alarms, and other security devices, which merely help maintain the status quo but don't represent real increases in well-being. Costs of automotive repairs after accidents, and household water filters, fall in this 'defensive' category as well.

3. The depreciation of natural capital (environmental assets and natural resources) is subtracted. The following items are subtracted: costs of air, water, and noise pollution; loss of wetlands, farmlands, and old growth forests; depletion of earth's ozone layer; and so on.

The GPI is "conservative" in the sense that it does not go as far as it could in subtracting negative factors. For example, loss of species is omitted entirely because the authors couldn't put a dollar value on species lost. Likewise, many Americans regret much of their consumption and this could be subtracted from GDP because it represents a "negative" in many peoples' lives. For example, half of all Americans believe they are overweight from eating too much, and 70% of cigarette smokers wish they could quit. Clearly, such "addictive consumption" could be subtracted from GDP, but GPI does not go this far.

In sum, GPI is an important and reasonable new attempt to measure well-being. It tries to take into account real factors that GDP ignores—real positives (such as household work) and real negatives (such as time spent commuting to work)—to give a better overall measure of the economy as people actually experience it.

When social and environmental costs are taken into account, the overall health of the U.S. economy has steadily declined since the mid-1970s.

The following from *Upside Down: A Primer for the Looking Glass World* by Eduardo Galeano gives credence to the old saw: liars figure and figures lie.

In the British Isles, one out of every four jobs is part-time. And many are so part-time that it's hard to say why they're called jobs. To massage the numbers, as the English say, the authorities changed the statistical criteria for unemployment thirty-two times between 1979 and 1997 until they hit on the perfect formula: anyone who worked more than one hour a week was not unemployed. Not to boast, but that's the way we've measured unemployment in Uruguay for as long as I can remember.

Measuring What We Value

Dr. Ronald Colman, Director of GPI Atlantic, is fond of saying, "We measure what we value." One of GPI Atlantic's reports, is entitled *The Cost of Tobacco in Nova Scotia*. Here is an excerpt from that report:

Our traditional economic measures such as GDP are misleading. Conventionally, smoking is counted as a benefit to the economy. Canadians spend nearly \$10 billion a year on tobacco products, smoking 45 billion cigarettes a year. Nova Scotians smoke 1.5 billion cigarettes a year, contributing \$295 million to the province's annual GDP.

Smoking continues to make the economy grow with spending on nicotine replacement therapy and doctor, hospital and drug bills to pay for smoking-related illnesses.

Because current measures of progress based on economic growth statistics make no distinction between economic activities that create benefit and those that cause harm, smoking (like crime, pollution and car accidents) is conventionally counted as a sign of economic growth, prosperity and well-being.

We obviously need better evaluators of what we are doing if we are to measure well being. That is the aim of all Genuine Progress Index (GPI) initiatives. If we use better measures, we can hold government, corporations, institutions-all of us-more accountable.

I asked Dr. Colman whether it was possible to develop a GPI for a business such as a bank. He replied in the affirmative. If businesses had a GPI to follow, they would be able to evaluate how well their policies and actions met broad and important criteria reflected in the GPI, for example, using dollars that would normally be assigned for employee parking as a small reward to employees for walking, cycling, or using public transportation to work. This type of policy would raise the corporation's GPI index. The corporate GPI could be used very effectively in public relations to help differentiate the company from its competitors. Customers might be strongly inclined to patronize a bank with a high GPI.

Footnote

* This article is based on Chapter 5: Humanistic Economics in From a World of Madness to a World of Sanity: Guides for Action, Trafford Publishing, Victoria, B.C. ISBN 1-55369-452-X, 2002, pp.193 by George R. Marshall. This book is available at a discount at <http://www.freewebs.com/ezinexplosion/weeklyezine6.htm>

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The One Important Secret of Making More Money Easily. **By Patric Chan Copyright 2004**

If you're reading this article, it means you are a person who wants to make more money in life. :)

Who doesn't? Money is not everything in life, but it sure helps to decrease problems if it is used correctly.

Some people think that they don't deserve to make more money in life. But you are different. You put effort in to change your life for a wealthier lifestyle.

If I say to you that it's easy to make money instantly, that would be a lie right?

It's not easy to make money immediately, but it's worth the effort to put in to ensure that you will have more money to spend in future.

Contradictory to that, it's easy to make money when you know the correct tools and strategies to apply for achieving it.

You may not be able to make more money instantly, but you can definitely make more money over a certain period of time with the proven strategies that I've used over and over again.

Here's the one secret of making more money easily. Use other people's time, skill, talent, networks or money.

Don't waste your time trying to figure out a solution if someone else already has the key to solve the problem.

In another word, don't try to be smart and re-invent the wheel. :)

Is it ethical to 'use' other people's resources?

Of course it is! As long as you are creating a win/win offer to that person and not exploiting them, I can't see any reason why you should not be 'using' the resources that is available in front of you.

The rich call this LEVERAGING.

I call this a darn smart rich idea.

Most of the rich people use this secret in their life to make more money.

Some of rich are consciously using it, some are using leverage unconsciously.

Let's look at multi level marketing leaders. They 'leverage' on their downlines to make them more money and work less themselves. Of course, you can debate all you want about mlm industry but the power behind a successful mlm company and it's distributors/business owners is by leveraging on the strength of duplication.

How about Fortune 500 companies? Do they use leverage?

You bet.

Nike, Dell, StarBucks and all those companies leverage on their staff to make more money.

One of the best example of leverage is in the franchising business. Imagine, Ray Kroc the owner of McDonald's franchise business.

He don't has to 'work' because he has hundreds (or thousands!) of franchised McDonald's restaurant across the globe that is paying him franchise fees annually.

Here's another example.

I use the internet as leverage for getting my product to sell to a mass market overseas.

The tip here to make more money is to understand and learn how to use leverage so that it creates a win/win situation for everyone.

If you don't leverage, you'll be trading your time for money.

This way, you'll be worn out fast and your output is equivalent to your input. That's not really impressive if you want to make more money easily.

Look around you. See what you can leverage on in your business or job.

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Patric Chan is an infopreneur that helps to motivate thousands of his subscribers to achieve success quicker and easier.

Receive free success resources at:

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