

# **Control Your Mind For Success!**

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## **Conscious Mind Control 101.**

That lump of wetware you have in your skull, your brain, like everything else that comprises your physical body, is one of the most plastic pieces of equipment to have been formed from the primordial soup of life.

Whether or not you believe in the existence of the soul or the independence of the mind from the wetware of the brain as an intangible substance 'floating' about your head, much of what you think, feel, emote, perceive or do is pretty much connected to the internal structures of your brain as well as its related chemical processes.

Yes, your life has been pretty much determined by the very physical structure or wiring of your brain. However, this does not mean that you are 'doomed' to carry out certain behavioural patterns throughout your entire life.

Although most people do not know how to break their conditioned mental and behavioural patterns let alone the fact that they actually can do so, it is absolutely possible to both learn and unlearn new patterns no matter how old (or young) you are, or how long you've been stuck in a detrimental and unhelpful mental, physical or emotional state throughout your life.

This truth has been the crux of all personal development. It provides the basis for every hope for positive self growth.

The tragedy is not that we are doomed to obey the physical patterns of our brain, but that most of us don't know the above truth or choose to remain in our built-up comfort zones of perpetual self-destructive behaviours.

If our brain can be likened to a supercomputer, and our mind to its operating system, then the very source code that make up our system will be our beliefs...

## **The Simple Science Of Beliefs.**

Belief is a strange thing indeed. It can make a millionaire out of a former drug-dealing gang member, and fail millions of students at the same time. It is responsible for the airplanes that fly above your head plus numerous other inventions, but at the same time the mastermind behind mass genocides and relentless insurgent attacks around the globe. It has been expounded upon countless times, with its effects evident wherever you see; but people still ignore its presence and how it can build, or destroy us.

The millionaire mentioned above is Stephen Pierce. He was a gang member whose brush with death and his violent past did not prevent him from achieving roaring success with his online business. The Wright brothers who invented airplanes were just bicycle repairmen, but they had created the flying machine despite negative feedback and setbacks. Your beliefs will always exert an effect on you, whether you believe it or not.

So what then are beliefs? Beliefs are the perceptions you create about yourself, the people in your environment and how you expect things to run and work. In addition, beliefs are basically a set of rules that govern the way you think and act.

What can beliefs do for you or how do beliefs affect you? Beliefs:

- 1) enable you to distinguish & differentiate right from wrong from your point of view. What may seem right to you may not seem right to others. For example, non-vegetarians believe that consuming meat is perfectly fine but vegetarians may think otherwise as they believe that it is cruel to slaughter any life being for its meat.
- 2) motivate and steer you towards a certain course of action or actions that can eventually lead to you achieving your goals, desires, aspirations and ultimately your success.

3) alters your body chemistry. Have you heard of the placebo effect? Your beliefs can actually cause chemical changes in your body, regardless of prior drug consumption! This means that you can control your body immunity system to a certain extent, simply by making a conscious effort to live healthily and maintaining the beliefs that “I am in control of my own health”.

There has also been numerous proven cases of terminally ill patients who can't seem to get any better despite taking the best treatment and medicine until they start generating an intense desire in their minds to be cured and consequently cured themselves either medically or by way of their internal immune system.

### **How You Have Your Own B.M.W. (Beliefs And Mind That Work Together).**

Now that you have a clearer understanding of the mind and beliefs, it is prudent to understand the relationship between your mind and your beliefs before you can control your mind for success.

Everything that you are experiencing now is your mind's perceptions of them, it may not be real. That is why hallucination is pretty much “visible” to only that one guy. However, the hallucination or actual happenings have the same effect on your mind. In other words, your mind cannot tell the difference between something that had really happened and something that is make-believe.

You can fool the mind by vividly imagining scenarios and the mind will believe it is true. This is also known as creative visualization. It is a vital step in the formation of our beliefs (I will touch more on this later, so just hold that thought!).

Your beliefs are never absolutely true; they are merely generalizations and ill-conceived notions. Your beliefs are a combination of feedback and generalizations from your mind and your interaction with your environment – the things you saw, heard or were taught from your parents, family, friends and people around you from the point you were born to your current state.

Your beliefs and mind constantly work closely hand in hand together to help you in the best possible way. However, due to your limiting beliefs and your negative subconscious programming, you are constantly hindered from your path to success.

Therefore, it is crucial that you understand what are limiting beliefs and why clearing them is of utmost significance to enable you to control your mind for success.

### **Empowering Beliefs VS Limiting Beliefs.**

There are basically two major types of beliefs that will determine whether you succeed or fail miserably in life. They are empowering beliefs and limiting beliefs. As you have probably figured out from their names, empowering beliefs is the positive one while limiting beliefs is the negative one. Now then, what exactly are these two types of beliefs?

Empowering beliefs are beliefs that push you forward, open your perspective and determine greatly how far you can go. When you have a certain empowering belief, nothing can stop you from committing yourself to it. Your mind will tap into its potential to prove that you're right and it will lead you to utilise every resources available to help you achieve your goals.

Sadly though, most people are hindered from successfully achieving their goals because of self-limiting beliefs. What are self-limiting beliefs and what effects do they have on you?

Self-limiting beliefs are mental blocks and negative beliefs stored in your mind that tend to have negative effects on you, greatly limits your ability and sways your mind to shut off all possibilities of ever achieving your goals.

In addition, they can:

- 1) lead to procrastination and laziness,
- 2) destroy and dampen your hopes and aspirations,
- 3) bring down your morale
- 4) make you lose complete focus of you goals, dreams and aspiration
- 5) deviate you from your intended successful path and goal.

Some of the most detrimental self-limiting beliefs include:

- 1) believing that certain tasks are too difficult or impossible to achieve
- 2) fearing that you are not good enough and do not have greatness
- 3) afraid of rejection
- 4) believing that you are destined for failure
- 5) and most importantly believing that you cannot succeed in a certain field or area in your life although numerous people have already succeeded in that field.

Hence, it is critically important that you conquer your self-limiting beliefs if you ever want to be successful.

### **Why Must You Reboot Your “Super Computer”?**

Imagine you bought the latest “super computer” a few months ago with the fastest processor and memory. It initially ran at optimal speed and made your work easier for you.

However, after prolonged use, installation of numerous programs and software and poor maintenance, it became sluggish and slow. What’s more, it is now filled with corrupted programs, Trojans and viruses due to exposure to malicious external programs.

Now, let’s say you have a new and revolutionary speed enhancement program that will enhance your computer’s operating speed system if you install it on your computer.

Would you immediately install that program and risk making it corrupted as well, or would you first clear all the problems in your computer before installing the program?

The obvious answer will be to first clear the problems in your computer, then install the new program.

This analogy can be likened to that of a person seeking to control her mind for success.

She may have initially been a very positive person but due to years of negative subconscious programming, she is now filled with tons of self-limiting, destructive beliefs and thoughts and inner monsters.

Simply teaching her the positive methods to control her mind will not do her any good until she first clears her self-limiting beliefs.

And this why it is prudent that you tackle your self-limiting beliefs and negative subconscious programming first before you can fully control your mind for success.

## **Top 5 Ways To Control Your Mind.**

Now that you fully understand why you must clear your self-limiting beliefs and negative subconscious programming, you are ready to learn how to go about doing so and regain full control of your mind. The simplest first step you can take is to simply decide to do so. Here are just 5 (in order of my preference, the first being the most important) out of the many ways:

**1) Overcome self-limiting, negative and destructive thoughts, beliefs and limits you may have or may meet along the way by a simple process.**

This is the single most important thing you must do if you have to choose between the various methods mentioned in this section. This method is free, can be implemented without hassle and in as little as 30-60 seconds once you have mastered it and reaps numerous benefits for you.

The simple process is a hybrid of 2 powerful and simple techniques – the Emotional Freedom Technique (EFT) and the Sedona method. I have explained in detail about each individual technique, this simple hybrid process, its benefits and how to apply it effectively in my other free report, “Break Free Now!”.

***(Note: I highly recommend you check out the simple process mentioned in “Break Free Now!” first before reading further so as not to feel lost or confused)***

Simply put, this simple process is a method of dealing and treating mental distress by tapping on the energy meridians of the body while identifying and releasing your self-limiting beliefs through self-talk and self-inquiry.

In this report, I will run through the simple process briefly but efficiently and touch on the most effective phrases and questions you can use as you go about performing the hybrid process to clear your limiting beliefs and your negative subconscious programming.

### **The Simple Process Revealed Once More:**

a) As I have mentioned in my ***Break Free Now!*** report, there are mainly two parts to this simple process:

- i) Identifying the problem
- ii) Releasing the problem

b) **Identifying the problem** means clearly and accurately defining the limiting belief or problem. You should not just have a general sentence that describes the limiting belief; rather you should have more specific limiting sub-beliefs that describe the overall limiting belief.

c) Next, use the following statement to capture the fundamentals of your limiting belief (you will go through each sub-limiting belief that makes up the main limiting belief one by one):

“Even though I {state your limiting sub-belief here}, I truly, deeply and absolutely forgive, accept and love myself”

Then, using 2 – 3 fingers of one of your hands, gently tap on the 5 meridian points on your other hand while saying out loud 3 times the above statement as you tap on each point.

d) Now, insert the phrase that describes your limiting sub-belief into the following 3 questions. Get a feel for the following 3 questions and you might find it easier to remember them:

- i. Could I let this {limiting sub-belief} go?

- ii. Would I let this {limiting sub-belief} go?
- iii. When (will I let this {limiting sub-belief} go)?

e) Using 2 – 3 fingers of one of your hands, gently tap on the 7 meridian points on your body while asking out loud (or quietly to yourself) the above 3 questions as you tap on each point.

***(You can refer to my [Break Free Now!](#) report for detailed explanation and illustration of the 7 meridian points on your body and exactly how to perform the tapping)***

f) Repeat steps 1 to 5 of the Simple Process to work on the same limiting sub-belief until you feel you have adequately cleared or released that negative self-limiting belief, emotion, problem or issue.

g) Steps 1 to 6 of the Simple Process form only one cycle. It might take more than 1 cycle to clear a particularly tricky issue you are facing.

There you have it, the simplified version of my hybrid EFT and Sedona technique. As promised, I will now reveal additional self-talk phrases and self-inquiry questions as well as some useful tips you can utilise in the hybrid technique described above.

And since I mentioned earlier that believing you cannot succeed in a particular area was the most detrimental self-limiting belief, I shall use a specific example based on this self-limiting belief to explain my further tips and guides.

### **Additional Tips, Phrases & Questions To Utilise**

#### **b) On clearly identifying the problem.**

e.g. Instead of simply “I do not believe I can succeed in my business”, break it down in your mind into smaller limiting sub-beliefs that may be related to the main problem like:

- “I do not know the steps to succeed in my business”,
- “I find the steps and process troublesome and time consuming”,
- “I don’t see the profits and benefits coming from my business”,
- “I have never been successful in making money so I don’t think my business will help me accomplish that”.

An additional useful tip to note is that you should treat this process naturally and come up with whatever your mind can conceive so as long as it related to your main self-limiting belief.

**c) On using a statement to capture the fundamentals of each of your limiting sub-belief.**

In addition to the statement given above in this step, you can also try one of the following statements instead according to your preference:

- “Even though I {state your limiting sub-belief here}, I choose to imagine it and appreciate who I am right now”
- “Even though I {state your limiting sub-belief here}, I feel eager to start doing so now”
- “Even though {state your limiting sub-belief here}, I am willing to consider changing this belief.”

Specific E.g.:

- “Even though I {do not know the steps to succeed in my business}, I choose to imagine it and appreciate who I am right now”
- “Even though I {do not know the steps to succeed in my business}, I feel eager to start doing so now”

- iii) “Even though {do not know the steps to succeed in my business}, I am willing to consider changing this belief.”

**d) On inserting the phrase that describes your limiting sub-belief into the 3 questions.**

You can actually expand the 3 questions as follows:

- i) Could I let this {limiting sub-belief} go? Could I allow this {limiting sub-belief} to be here? Could I welcome this {limiting sub-belief}?
- ii) Would I let this {limiting sub-belief} go? Would I be willing to let this {limiting sub-belief} go?
- iii) When (will I let this {limiting sub-belief} go)?

Specific E.g.:

- i) Could I let this {problem of not knowing the steps to succeed in my business} go? Could I allow this {problem of not knowing the steps to succeed in my business} to be here? Could I welcome this {problem of not knowing the steps to succeed in my business}?
- ii) Would I let this {problem of not knowing the steps to succeed in my business} go? Would I be willing to let this {problem of not knowing the steps to succeed in my business} go?
- iii) When (will I let this {problem of not knowing the steps to succeed in my business} go)?

**Steps e) - g) On tapping and repeating the process.**

Here are some general guidelines and tips you can take note of when performing the tapping and repeating the process:

- i. Tap as gently as possible but do not merely 'touch' those points. If you feel discomfort or pain when tapping, reduce the force and pressure of your tapping sufficiently until you feel comfortable.
- ii. To tap, use as many number of fingers that is comfortable for you – only your index finger, your index and middle fingers or your index, middle and ring fingers altogether.
- iii. You don't have to get the exact tapping spots 100% correct. Usually tapping about the areas around the prescribed tapping points will achieve the same results. Intuitively 'get' which are the best tapping spots for you as go along practising with the process.
- iv. The best way when performing the overall method, is to let go of your initial disbelief in the Process (or quit trying to 'figure it out' at all) and go through several cycles of the Process working on a problem that you are having.

This concludes my explanation on clearing your self-limiting beliefs. The next method will explain how to empower your beliefs to perform at your highest peak.

## **2) Manipulate your beliefs to achieve peak performance, by using creative visualization techniques.**

Well, here is where I will explain in detail about empowering your beliefs now that you have cleared your self-limiting beliefs.

But first, I want you to imagine a truck cruising down the highway. Then ask yourself what gives the truck the pushing force? The obvious answer is the engine. But the engine alone does not make up the truck. It also requires the wheels, the chassis, fuels and other parts to move the vehicle.

A belief works exactly the same way! If a belief is likened to a truck, the engine will be the thought, and the other parts of the vehicle are evidences that support the thought and help to run your belief. To complicate matters, all these apparels, including the engine, are provided other people or events. As long as it is compatible with the engine, you will take it and never consider other options.

So how do you change the faulty engine and customize every part of the car?

In the simplest term, you must choose which truck parts to go with your ideal engine and optimise the truck's functioning. You can construct your own belief and either let it work for you or hold you back. So how do you change or modify an existing belief?

a) Firstly, you must find enough reasons to change your current beliefs. This first step helps to build a strong emotional reason for change.

b) Secondly, you have to challenge every piece of evidence that had supported the faulty idea, by proposing counter-evidence. Now that the truck is bare, you can easily replace the faulty engine with a new one.

c) Thirdly, replace the old idea with a new and better one.

d) Fourthly, support this new idea with evidence. You are now integrating the new and better truck apparels with the engine. However, the work is not done yet.

e) Fifthly, you must write this new belief down. Remember that no beliefs are completely true. Writing it down helps you to review your beliefs and facilitate future changes.

Always remember that your beliefs are reliant on your perceptions and they can be fooled. Use this fact to your advantage and create better and more empowering beliefs. If you realise that a current belief no longer serves you well, you can always change it simply by

- (i) finding enough reasons to change,
- (ii) disproving the evidence supporting your old beliefs,
- (iii) putting forth a new idea,
- (iv) supporting it with relevant evidence and then
- (v) writing it down.

### **3) Generate an influx of ideas in your mind to boost your creativity.**

After clearing your self-limiting beliefs and filling your mind with empowering beliefs, you are now ready to generate an influx of ideas to turbo charge your creativity.

You must first understand that ideas are the building blocks of any creative thinking process. Without ideas, you cannot go very far when trying to create something unique, inspirational, imaginative and magnificent. But how then do you get an influx of ideas?

Frankly speaking, ideas are actually everywhere and all around you. They are in fact waiting in anticipation and begging for you to discover and utilise them. The onus lies on you to wisely and efficiently seek them out and use them to your best advantage.

Enough said, now let's get into various ways you can get abundant ideas into your mind:

a) Get inspiration from your surroundings, by utilising all your five, correction SIX senses namely - sight, sound, taste, smell, touch and intuition. Observe, listen, taste, smell, feel and think closely about the people, things, animals, plants, etc in your

environment and absorb them in your mind. Create a mental picture in your mind to further enhance the ideas that are already flowing in your mind.

b) Read books, newspapers and magazines that you have never read or were bored to death by before on topics like science, arts, technology, self-improvement, fiction, non-fiction or even romance. Pretend that you are actually enjoying these reading materials even if you are still bored by their topics while at the same time try to identify and pick out crucial ideas that can be stored in your mind.

c) Surf the Internet (this is apparently a no-brainer method) on websites like YouTube, StumbleUpon, etc to get innovative, inspirational and invaluable information, content and videos to boost your creativity. Or meet and mingle to share ideas with individuals who have similar interest and goals as you on forums or social networking sites like MySpace, Friendster, Zaadz and Facebook.

The above are only a few ways you can get ideas. To find out more about getting ideas, putting them into proper and effective use as well as increasing your creativity and intelligence, check out my e-book, "Unleash Your Guru Within".

Anyway, it's not so important as to how many methods you try. Rather, what's important is that you benefit fully from them (even if it's just one or two methods) and constantly build up your flow of mind-blowing ideas and think of ways you can put them to practical use.

#### **4) Program Your Mind To Set Goals**

You have already cleansed and nourished your mind to prepare your path to success. Now you must use it to lead you to take the journey towards your success. And the next best possible way is to program your mind to set goals.

Your mind is the single most effective and essential tool to craft and program your thoughts, aspirations and goals. Consequently, when your goals are properly planned out, it will be very much easier to shape and design the life you want and ultimately the success you strive to attain. Yet, many people still do not even use their minds to set goals, let alone take effective actions to achieve their goals.

I am focusing more on the mistakes of not programming your mind to set goals because your mind triggers and identifies better when you are alerted to the detrimental effects of not doing something useful and essential. For example, when a person is warned that she will be fined heavily if she does not keep a place clean, she will take the necessary steps to ensure that she does not litter and dirty it.

The same concept applies here: when your mind is exposed to the negative effects of not setting goals, you will be alerted to the importance of setting goals. Therefore, it is very important to know the worst mistakes you will make if you choose to ignore the significance of programming your brain to set goals and why these mistakes can be very costly to your quest for wealth and success.

When you do not set goals, you are clearly not identifying the purpose or reasons why you do certain tasks or things. You will probably just do those things for the sake of getting the job done and not take pride and enjoyment in doing them. You will have no sense of fulfillment and everything you do will seem like a hectic chore or burden.

This will in turn blur your mental vision and cause you to have no proper direction to steer towards your path to success. You will not know exactly where you intend to head, which proper ways you should take to reach there or how you can remain in the proper path.

Having no purpose or no proper direction is just the start of the horrendous journey to failure when you do not set goals. When you have no purpose or proper direction, this will lead your mind to be unfocused. An unfocused mind will move in too many directions, cause you to do too many things without actually completing all of them and steer you away from your intended purpose. You will then end up choosing and taking the hardest paths and performing the most ineffective actions that will in turn churn out the most undesirable results.

Now that you realise the importance of programming your mind to set goals, here is a simple but effective 3-Step method you can utilise to program your mind to set goals:

**a) Decide precisely and exactly what you truly, deeply want in your mind.** It's not simply just knowing what you want but also why you truly, deeply want it. Ask yourself what do you want that you don't have right now and why do you want it? If you have what you want right now, what would that give you? This is the essence of programming your mind to first and foremost identify your core desires.

**b) Write or type down your goal clearly and specifically on a piece of paper, notebook or your computer or typewriter (if you still have one).** This will lead you to have a clearer and brighter picture in your mind of what you truly, deeply want. It has been proven that individuals with written goals are more likely to achieve them and be successful.

**c) Repeat this goal continuously or continually to yourself several times a day or whenever you feel you are losing track of it.** This will further instil the importance and purpose of your goal in your mind and will generate a clearer direction for you to take to achieve that goal. You may simply say the following phrases out loud to yourself or even incorporate them into my

simple hybrid process of EFT and Sedona that was mentioned in Step 1:

i) “I am now attracting {add your goal here} and I will aim high and I will hit my mark of {add your goal here} ”

ii) “I am blessed with {add your goal here} and I will choose the direction of my life and I will inevitably reach {add your goal here}.”

Of course, the next obvious part is to take effective actions into pursuing your goal. Programming your mind to achieve your goals is integral to your success only if you eventually set out to take the necessary effective steps and look for the relevant resources, people and knowledge to achieve your goal.

You may also like to check out my free report “Break Free Now” and my e-book “How to Create a Life of Wealth, Success and Happiness by Simply Asking!” which had been acclaimed by Dr Joe Vitale as “Thought provoking and soul inspiring!” on setting and taking effective actions toward your goals if you haven’t already done so.

## **5) Remain focused in whatever you do.**

You now have a clearer mind and a clearer path to take towards achieving your success. However, there is one more crucial step that you must master before you cruise your way to success.

Before that, let me ask you this. How many times do you find yourself in situations where you are overloaded with ideas, goals and aspirations in your mind? And how many times do you find yourself being unsure of what to do with those ideas, goals or aspirations?

The key is not to discard those ideas, goals or aspirations in your mind, rather to consolidate them and then focus your mind on just one or a few of the ideas, goals or aspirations.

Once you have focused your mind on an idea, goal or aspiration, you must next train your mind to remain completely focused to resist making too many changes. A few changes here and there is all right but making too much will only slow down your rate of success.

Always remember that being focused means you must know the exact path or direction you want to and will be taking once you decide on an idea, goal or aspiration or a few ideas, goals or aspirations and not deviate away from it.

Once your mind is clear of the exact path or direction to take, it will definitely steer you towards taking the right and effective actions towards transforming those ideas, goals or aspirations into a successful reality.

## **Keep In Mind...**

Always keep in mind that you are the ultimate commander in chief, the captain in charge, you are truly in control of everything that occurs in your mind and it is up to you to tap on this rightful ability of yours to achieve better degrees of success.

## **Recommended Resources.**

1) My Content Rich Ultimate Secrets Of Success Blog

<http://www.UltimateSecretsOfSuccess.com/success>

2) Break Free Now Report – Discover How To Break Free Of All Your Limits & Achieve Wealth, Success & Happiness!

<http://www.UltimateSecretsOfSuccess.com/>

3) Incredibly Simple 10-Minute Exercises Designed To Release Your Inherent Brilliant Potential Within & Become a 'Guru'!

<http://UltimateSecretsofSuccess.com/unleash.php>

4) How to Finally Create Your Life by Design, through Asking Simple, Honest Questions. Imagine Wealth, Success, Happiness, Anything You Desire – Yours if You Just ASK!

<http://UltimateSecretsofSuccess.com/effequest.php>

## About the Authors.



I, Mohamad Latiff, am the Webmaster and Founder of UltimateSecretsofSuccess.com, the one resource where I reveal personal development and business success secrets for achievers, internet marketers and aspiring entrepreneurs.

I have been investing thousands of dollars and over 7 years (as of this writing in the year 2007) into researching the numerous and various fields and technologies of personal development and human potential maximization.

Mohammad Shafi'e and Yeo Kun Song are my Co-Webmasters, Apprentices, Chiefs of Operations and Partners in my businesses. I have known Shafi'e for 10 years and Kun Song for 3 years.

To contact us for anything (meet up, mastermind, coffee, movie, mentoring, get our autographs, stalk us), use the form here:

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