

YOUR WISH IS YOUR COMMAND

HOW TO MANIFEST YOUR DESIRES

GUIDEBOOK



FIRST EDITION

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INTRODUCTION

Welcome to *Your Wish Is Your Command!*

You are about to embark on a remarkable journey where you will learn how to be, do and have all that you desire in your life. *Your Wish Is Your Command* will provide you with practical tools, applications, and simple to follow exercises that will assist you on your journey toward achieving your greatest goals.

The host of *Your Wish Is Your Command* is multi-millionaire Kevin Trudeau. He is the foremost expert on Thought Vibration and the Law of Attraction. He will show you how to use them to attract everything you desire — just as he has done for himself. Kevin has successfully used the skills taught in *Your Wish Is Your Command* to build a \$2,000,000,000 global business empire, as well as become a bestselling author of the Natural Cures book series. Kevin also hosts “The Kevin Trudeau Show” radio show at www.KTRADIONETWORK.com.

To achieve the maximum benefits from the CDs and guidebook, we have some recommendations...

First, listen to each audio session at least twice, ideally three times. (Listening to the audio session several times allows the information to sink into your subconscious mind. Each time you listen, you will discover new information.) **Next, do the exercises in each chapter in this guidebook.**

Be sure to keep white paper and a blue pen in hand as you listen to the program. When you hear an idea or technique that resonates with you, pause the CD and write it down. Think about that idea and how it connects with your situation, your work, and your lifestyle. And finally, prepare an action plan to act on it in the days ahead.

Let's get started!

**THE FOUR
BASIC CONCEPTS TO
ACHIEVING SUCCESS
(1)**

CD 1



CD #1 (The Four Basic Concepts to Achieving Success)

This session opens with an overview of what will be covered in the two-day seminar, followed by an introduction to the Four Basic Concepts to Achieving Success...

1. **Who Do You Listen To?**
2. **The Teachability Index**
3. **The Training/Balance Scale**
4. **The Four Steps to Processing New Information**

A myriad of information is shared on how you can begin to integrate the lifestyle you desire in your life. It's time to dream BIG.

This session opens with an encouraging message. We can all have our own Aladdin's Lamp and we can summon our own genie to grant us our every wish.

Take a few moments to imagine that you literally have a genie at your disposal. In vivid detail, write a list of everything you wish for in your life.

Financial Wishes:

Relationship Wishes:

Emotional Wishes:

Physical Wishes:

Spiritual Wishes:

Other Wishes:

Concept #1: Who Do You Listen To?

1. Who do you listen to? To date, write a list of the authors, gurus, mentors, business colleagues, or others that you have listened to so far.

2. How has your life changed?

3. Many so-called “experts” are not “living” in the abundance that they teach about. Investigate at least three of the “experts” that you admire. How successful have they been in their lives? Does their success match the success that you wish for?

4. In most cases, super wealthy people do not want their success secrets known by the masses. Andrew Carnegie was the exception. Are you familiar with Andrew Carnegie’s philosophies? If not, research them, and write about your findings.

5. Many secret societies have shared success secrets among their members. Among those listed were the *Freemasons*, *Yale Skull and Bones*, *Illuminati*, *Bilderburg Group*, and *The Brotherhood*. Research each of these secret societies, and write about your findings.

6. How driven are you to learn these life-transforming secrets?

Rate yourself on the scale below (circle one):

Interest Levels for Learning About Life-Transforming Secrets:

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

(Not very interested)

(Extremely interested)

7. It's important that you learn from people who have what you want. Is there anyone acting as your personal mentor right now, who truly has what you want? If so, list them (along with what they have). If not, write a list of at least three individuals that have what you want.

8. The information in *Your Wish Is Your Command* is mind-blowing and ridiculously simplistic. Are you open to simplicity? (Circle one)

YES NO

9. There's a quote saying, "Leaders are always readers." List three world leaders that you respect. Investigate them. Did they recommend any books? What books changed their lives? Write them down.

10. Mentor/apprentice relationships are the key to becoming and staying successful. Are you currently involved in a mentor/apprentice relationship? If so, describe it and how it has changed your life. If not, describe how such a relationship could benefit your life.

11. It is crucial to your success that you are teachable and coachable. At the same time, do not blindly follow people. You need to question things until you know what is true. You also need the humility and insight to realize that you need to learn even more in your life.

Do you have such humility? List the areas in your life in which you believe you have a great deal left to learn.

12. List those areas in your life that you believe you have mastered.

13. "You don't know what you don't know." What does this statement mean to you, and how does it relate to your life?

Concept #2: The Teachability Index (Willingness to Learn/Willingness to Accept Change)

14. There are two variables to assist you in finding out just how teachable you are. They are both elements of the Teachability Index. The first variable is: What is your willingness to learn? Rate yourself on the scale below (circle one):

Willingness to Learn:

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

(Very little interest)

(Extremely interested)

15. What are you willing to invest in, in order to manifest your dreams in your life?

16. What are you willing to *give up* to learn the lessons required to acquire your life dreams?

17. What are you willing *to do* to make your dreams a reality?

18. The second variable in the Teachability Index is your willingness to accept change. You have to be willing to accept change with open arms. How willing are you to accept change? Rate yourself on the scale below (circle one):

Willingness to Accept Change:

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

(Very little)

(Very much)

19. Are you willing to change the way you think about things? (Circle one)

YES

NO

20. Are you willing to change the way you feel about things? (Circle one)

YES

NO

21. "If you want things in your life to change, you're going to have to change things in your life!" Take a moment and think about this quote. What does it mean to you? Write about it in your own words.

22. How have you avoided integrating the wisdom of this quote into your life?

23. What excuses have you used to avoid making changes in your life? List as many as you can. Be open and honest with yourself.

**THE FOUR
BASIC CONCEPTS TO
ACHIEVING SUCCESS
(2)**

CD 2



CD #2 (The Four Basic Concepts to Achieving Success)

You are encouraged to follow real life examples of success and do whatever it takes to learn the lessons in *Your Wish Is Your Command*.

In this session you learned the “Four Basic Concepts to Achieving Success” and how to enhance your ability to learn by using the Teachability Index. And finally, you learned Step #3 (The Training Balance Scale) and Step #4 (The Four Steps to Processing New Information).

Here are some key questions to think through...

1. *The Celestine Prophecy* is an example of a book that is a myth or fable about manifesting your dreams. While it is entertaining, it is not necessarily written from real-life experience. Did you read this book, or similar books about mysticism? What was your experience? Did you assimilate any of the information into your own life?

2. You may justify not wanting something, because in reality you don't believe you can get it. For example, you may say, “I don't want a large house.” Or, “I don't want a new car because it is too expensive.” List some examples of how you settled for things in your life because you didn't believe you could get what you REALLY wanted.

3. There is power in real stories about real people. Do you read biographies and autobiographies? If so, which impacted your life and why?

4. What are your hobbies? Golfing? Dining out? Watching TV? Make a list of the things that you enjoy most.

5. Are you willing to give up your hobbies to get what you want? Are you willing to do whatever it takes and delay gratification? How does this make you feel?

6. Do you have a high willingness to learn? Do you have the willpower to give things up in return for learning new things? You need to be a "10" on the Teachability Index. How teachable are you?

7. What is the first step you need to take to open yourself up to further learning? What do you need to give up?

8. In order to raise your Teachability Index, you need to attend workshops/lectures and read books. And, you must get into a mentor/apprentice relationship with someone credible. List the ones you will get started with.

Workshops/Lectures I Will Attend:

Books I Will Read:

Mentor/Apprentice Relationships I Will Form:

9. In order to increase your desire to learn, you need to start where you are in the learning process. You need to be inspired to increase your willingness to learn. Repetition is the key. Listen to each CD in *Your Wish Is Your Command* several times. Listen to each CD in 20-minute intervals and then take a break. This will help you absorb what you learned. Do this for 21 straight days. Write about your insights and experiences as you complete this 21-day process.

10. Introduce yourself to individuals that have what you want. Your desire and willingness to learn will be increased. Meet with them regularly. For the next 30 days, write down how this is impacting you.

11. Play Baroque classical music in the background while you listen to the CDs. This allows for maximum absorption of the information. If you do this, consider the following questions. Is listening making it easier for you to learn information? Do you find yourself remembering more of what you learned?

Concept #3: The Training Balance Scale

12. One side of the Training Balance Scale deals with your mind. The following words are associated with this side: Thoughts, thinking, desires, dreams, goals, attitude, mental processes, objectives, vibration, intention, energy, motivation, and emotions. The second side of the Training Balance Scale involves physical acting out; actions that you do. Words associated with it are: Actions, physical movements, what you do, techniques, strategies, action steps, plans, and activities. The thought is the “why,” and the action part of the scale is the “how.” One side is simply your thoughts, and the other side consists of the actions that are put into place. In theory, there should be a balance between the two sides. As you reflect on your life, rate your balance between the two sides on the scale below (circle one):

Training Balance Scale:

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

(Very little)

(Very much)

13. There are two elite classes: One benefits society and the other side is parasitical. It lives off of the labors of society. Unfortunately most are parasites. 97% of Americans die in poverty, and supplement the pocketbooks of the wealthy. They die with most of their desires unfulfilled. Make a list of the desires you fulfilled in your life.

14. The thinking part of the scale is 99% more important than the action part. Do an honest personal reflection. Do you tend to lean more toward the "thoughts" side of the scale or the "action" side?

15. Aristotle Onassis realized that shipping was a post-war opportunity that needed to be monopolized. He saw the opening, took the necessary action to make it happen, and became the richest man in the world. He was able to discern fact from opinion. List examples of when you were discerning and moving on a great opportunity when you saw one.

16. Focus all your attention on your thoughts. Work on the "why" not the "how." Choose something that you are currently trying to manifest in your life. How much energy do you put into the "how" of it happening, compared to the "why?" Is it working? What will you do to shift the energy?

Concept #4: The Four Steps to Processing New Information

17. Here are the four steps that you go through when processing new information:

- 1) **Unconscious incompetence** (you don't know that you don't know)
- 2) **Conscious incompetence** (you know that you don't know)
- 3) **Conscious competence** (you know that you know)
- 4) **Unconscious competence** (you know and it happens automatically)

Go through the list above and list examples of each in your own life.

1) I am unconsciously incompetent at:

2) I am consciously incompetent at:

3) I am consciously competent at:

4) I am unconsciously competent at:

**THE POWER OF
REPETITION, STUDY
AND DISCIPLINE**

CD 3



CD #3 (The Power of Repetition, Study and Discipline)

In this session, you learned the importance of repetition, constant study, and then applying the lessons you've learned in your life. You learned each of the Four Basic Concepts and how important it is to know and live each of them intimately.

1. Repetition at the conscious competence level will ultimately route you to the point of unconscious competence. Do you have the discipline and stamina to replay this program at least six times? Track how many times you listen to this program, and write about your experiences each time you complete it.

I completed *Your Wish Is Your Command* (the first time) on: _____

I experienced the following:

I completed *Your Wish Is Your Command* (the second time) on: _____

I experienced the following:

I completed *Your Wish Is Your Command* (the third time) on: _____

I experienced the following:

I completed *Your Wish Is Your Command* (the fourth time) on: _____

I experienced the following:

I completed *Your Wish Is Your Command* (the fifth time) on: _____

I experienced the following:

I completed *Your Wish Is Your Command* (the sixth time) on: _____

I experienced the following:

2. Being around and observing people who are successful also assists you on your journey towards manifesting your desires. Have you ever been mentored by an “expert” in a field that you wanted to excel at? What was your experience? If not, how do you think a mentor could benefit you and your goals?

3. There are many reasons why people fail when they attempt to pursue something. One of the reasons is that they focus too much of their energy on the "how." Write about a situation in your life where you found yourself more or less paralyzed because you focused too much energy on the "how" when pursuing something.

4. Write about something you became very proficient at. How were repetition and reading/research an integral part of the process?

5. It is important to build on the foundation of learning. The Four Basic Concepts are that foundation. Review the Four Basic Concepts. Write them out:

- 1) Concept #1:
- 2) Concept #2:
- 3) Concept #3:
- 4) Concept #4:

6. Leo Buscaglia said, "To know and not to do, is not to know." What does this mean to you? How does it apply to your life?

7. List three people that you respect and would want to “be” like. Explain why you want to “be” like them, and what traits they have that you would like to take on.

8. Research the lives of three individuals that you admire. Read biographies and autobiographies about them. Write about what you learned and how it has affected your life.

9. Kevin spoke of his experience with a Shaolin monk. One of the many wise teachings that he shared was, “I am not afraid of the 10,000 strikes that you practiced once, but I am deathly afraid of the one strike that you have practiced 10,000 times.” What did this lesson mean to you?

10. Kevin asked one of his mentors, “At what point can you stop learning about the basics?” The mentor’s response was, “When you want to learn just a little more and you love the idea of learning and being educated on the basics, then you don’t have to learn any more.” Have you ever experienced this much passion for learning? So much so, that your drive to learn never ceases. Write about your experience.

**HOW TO
BE, DO AND HAVE
ANYTHING YOU
WANT**

CD 4



CD #4 (How to Be, Do and Have Anything You Want)

In this session, you learned some of the history behind the first publications that outlined the secrets to manifesting abundance. You also learned the Fifth Basic Concept and the importance of getting out and practicing the theories.

Consider the following:

1. One should really master a skill before they teach it. Most people get information that's been filtered through other people. By the time it reaches you, it can be "wrong." Reflect on your past. Who was the best teacher you ever had? Why?

2. Dale Carnegie's book *How to Win Friends and Influence People* is considered a classic self-help resource; one you may have read or listened to once, many years ago. If you go back through it, you will discover that it seems to have changed. It hasn't. You've changed! You cannot go through the classics too often. It's important to consistently read, and re-read, study and continue to study. Have you read this book? If not, get a copy and read it. How could you apply it to your life?

3. Do not get snagged in the "I'm still learning" trap. It's imperative that you take the lessons into action, and apply the principles to your life. Have you taken any action steps since listening to this program? If so, describe them. If not, make a step towards your desire and write about your experience.

4. The Fifth Basic Concept is to master the first four Basics. Focusing on the fundamentals will create a solid base for you to elevate yourself. Spend at least one hour each day on the Four Basic Steps so that you are completely familiar with them. Write down every new insight you gain.

5. *Perfect practice makes perfect.* What does this statement mean to you?

6. Earl Nightingale said, "You become what you think about most of the time" in his recording of *The Strangest Secret*. What is your interpretation of this statement? How has it manifested to date in your life?

7. In 1926 Napoleon Hill wrote the book, *The Laws of Success in 16 Lessons*. He later wrote an abridged version entitled, *Think and Grow Rich*. Have you read any of Napoleon Hill's books? If so, write down what you learned. If not, read at least one of them and write down any insights you gained.

8. Napoleon Hill stated, "Whatever the mind of man can conceive and bring itself to believe, it can achieve." How has this truth manifested in your life?

9. *The Secret* was the first book to make the Law of Attraction popular. The public began to question its legitimacy, similar to how the public ultimately responded to Napoleon Hill's book. This is because some of the key elements had been taken out. What were these key elements?

10. Whatever you desire in your life (as long as you believe it) will happen. Do you believe this? If not, what beliefs or messages do you hear within your mind? How are they getting in the way of manifesting your dreams?

11. Thomas Edison noted that "The human brain emits frequencies, which when focused, are picked up by other human brains, and pass through the ether to affect other physical matter." What does this quote mean to you? Apply it to your life. What are some examples?

12. Your brain is the most powerful transmitter and receiver of information. What do you want to transmit to the world? Write down the transmissions that you wish to emit into the universe.

13. Whatever frequency you emit — that exact same frequency is drawn to you magnetically. This is a law of the universe. What thoughts have you sent out to the universe that resulted in your goal?

14. Are there things you would like to change in your life? List them all.

15. Are you ready for change in your life? Write about any fears or trepidations you have towards "change."

16. Are you experiencing anything in your life that you do not feel you deserve? Most often this is something that does not seem "fair." Look deep within yourself and commit to seeing what part you have played in attracting it to you. Be honest with yourself, and be careful not to see yourself as a victim. Write down your thoughts.

**THE FOUR
CONCEPTS OF
ENERGY FREQUENCY
REVEALED**

CD 5



CD #5 (The Four Concepts of Energy Frequency Revealed)

The Energy Transmission Concepts:

- ✓ Everything is vibrating at different frequencies.
- ✓ Your brain is a transmitter and receiver of energy.
- ✓ You have the ability to transmit anything you choose, at a frequency level you choose.
- ✓ The Law of Attraction.

1. Throughout history, the elite class was defined as royalty and rulers, or those who control business monopolies. They believed that they were genetically programmed to be superior. They did not engage with the working or lower class, thus they believed that their DNA vibrated at a higher energy frequency than the masses. Are you familiar with this phenomenon? List some examples that you have observed or read about.

2. Have you ever visited an opulent location? If so, describe it. Then describe how it made you feel to be there.

3. If you haven't been to an opulent destination, find them in photographs, and imagine *yourself* being there. What thoughts and feelings arise? Do you believe this is attainable in your life? Do you have any blocks when you do this exercise?

4. The techniques and skills required to achieve what you want are not as important as your thoughts. In regard to relationships, what do you believe about having and maintaining a joyful, meaningful relationship?

5. The First Concept on Energy Transmission is the following: Everything is vibrating at a different frequency. Everything is simply energy.

At one time it was believed that everything on earth is made of atoms. These were seen as the smallest particles on the planet. Later, it was determined that electrons rotate around the center of the atom. So what holds the electron around the nucleus of an atom? It was discovered that energy or frequency vibration does. In fact, everything on the planet is all made up of the same atoms. The combination of frequencies that things are composed of is what differentiates one thing from another. What does this realization mean to you? Write about your thoughts and feelings on this fact.

6. The Second Concept is that your brain is a transmitter and receiver of frequency. Your brain has the power and ability to create and transmit any frequency you want. List some examples of instances when things seemingly fell into place right after you clearly thought about what you wanted.

7. The Third Concept is that you have the ability to transmit anything you choose to at whatever frequency level you choose. For example, you can send the frequency gently (with small amounts of power), or powerfully (with large amounts of power). The frequency levels that your brain is putting out are far more powerful than cell phones and other technologies. Reflecting on the desires that you have been trying to manifest in your life, ask yourself how strong the signal is that you have been sending out. What might you do to strengthen that signal?

8. The frequency you transmit goes out instantly with consistent power all over the world. It does not matter if you want to affect something two feet in front of you, or across the globe. How does knowing this change your perspective about the power of your thoughts and feelings?

9. Watch the movie, *What the Bleep Do We Know?* to learn more about energy frequency. Write down any new insights you have after watching the movie.

10. Human subjects were studied as they emitted vibrations while they were looking at gold. In response, the vibration of the gold bar and other items changed. Knowing that your brain has this magnitude of power, how might this knowledge affect how you look at things?

11. The Fourth Concept is the Law of Attraction. This law supersedes all other laws. It says that whatever vibration you put out, will attract other like vibrations. Read the books *Ask and It Is Given* and *The Secret*. What additional steps will you take to learn more about the Law of Attraction?

12. What transmissions have you put out into the universe that worked for you? Make a list.

13. What transmissions have you put out into the universe that did not work for you? Make a list.

14. The intensity or power of your transmission's frequency is key. If you want to manifest something in your life, you must powerfully and consistently transmit it out to the world. Think of something that you want to manifest in your life. Rate the intensity with which you are you transmitting that desire into the world on the scale below (circle one):

How Intensely Are You Transmitting?:

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

(Very little)

(A great deal)

15. Rate yourself on the scale below (circle one):

How Often Are You Transmitting?:

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

(Very little)

(A great deal)

**FEEL GOOD
RIGHT NOW!**

CD 6



CD #6 (Feel Good Right Now!)

In this session, you learned several of the key secrets for manifesting your desires into reality. It's very important that you feel good no matter what circumstances come your way. There are three things you need to always consider: 1. Have a *burning desire* to achieve something. 2. Put strong feelings into your desire. 3. Always be in the sweet spot.

1. "What you want, wants you. All you need to do is to activate it, and it will come rushing to you." When you read this quote from Kevin, what thoughts and feelings come to you? Write about them in detail.

2. Napoleon Hill said, "You need to define your dream and then get a burning desire for its achievement." The first thing you need to do is feel good right now. Take a moment and assess yourself. On a scale from 1-10 (1 being "very little" and 10 being a "great deal") --- how good do you feel right now? (Circle one)

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

(Very little)

(Great deal)

3. Read through each of the following ways you can feel right now:

- ✓ Being happy
- ✓ Being settled
- ✓ Feeling secure
- ✓ Being confident
- ✓ Feeling grateful
- ✓ Feeling blessed
- ✓ Feeling bliss
- ✓ Feeling joy
- ✓ Feeling exhilaration
- ✓ Feeling exuberance

Do any of these feelings describe how you feel right now? If so, which? If not, how do you feel?

4. Your goal should be to feel as good as you can right now and then keep feeling better. Do you believe you can do this?

5. You have three options when defining your dream. The first option is to be specific. The second is to be general. And the third is to not define anything specifically or generally. Define "feeling good" as your goal and objective. Which option "feels good" to you?

6. Napoleon Hill said to "Define your dream and get a burning desire for its achievement." He also said, "Whatever the mind of man can conceive and bring itself to believe, it can achieve." What do these quotes mean to you, and how have these philosophies impacted your life?

7. When you think of a black Mercedes, your brain is transmitting the frequency of a black Mercedes. So if you only "want" a black Mercedes, you will emit a low level of intensity when you broadcast that frequency. The key is to have a deep burning desire for it. Put into your words the difference between "wanting" and "having" a burning desire for something.

8. You may have thought, "What if I can't afford a black Mercedes?" If you have this thought, you are on the wrong side of the Training Balance Scale. You are focusing on the "how," which takes your energy away from your focused burning desire. For the next week, note how many times you say to yourself, "I can't afford _____." How frequently do these types of thoughts come into your head? Write down any new discoveries about yourself?

9. People fail because they base their decisions and beliefs only on what they see on their immediate radar screen. If, for example, you constantly say, "There's no way that I can pay off my credit card bills," then you are focusing your energy on only what appears on your immediate radar screen. There is so much opportunity beyond your radar screen. How open are you to welcoming the unexpected into your life?

10. When you have negative blocks, you broadcast counterintentions. This is a mental impasse. Describe a negative block or counterintention that you are experiencing.

11. You need to have a high level of desire and belief. The first step is to feel good right now. You must use your feelings as your guide. On a scale from 1 to 10 (1 being "very little" and 10 being a "great deal") how in touch with your feelings are you? (Circle one)

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

12. Write a list of all the things you would buy if money was no object.

- Wealth:

- Home:

- Lifestyle:

- Health:

- Physical Body:

- Recreation:

- Free Time:

- Support:

- Spirituality:

- Travel:

- Career:

- Other:

13. Reflect on each of the things you listed. You may currently believe that you can only get a few of them. On a scale from 1 to 10, list what level of belief you have that you will ever get these things. (1 being “no chance” and 10 being “absolutely”). (Circle one)

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

14. How many are at a level 1? How many are at a level 10?

15. Do not focus on your level 1 intensity dreams. Focus on the level 10s. Avoid focusing on “how” they will come to you. You may have no clue how they will happen. You just know they will. Do you think you have the faith to let go of the “how” when it comes to your desires? Do you trust you will attract these things? Write about your willingness to trust and let go.

16. You know you're in the "Sweet Spot" when you focus on your dreams and you feel good. This is when you feel a burning desire and believe you will get them. Go through the list that you created in question #12. Ask yourself, "Do I really believe that this will happen?" Put an (*) by each "yes" answer.

17. "Ask and you shall receive" and "You get not because you ask not." These quotes are very profound. How much time do you spend asking for what you desire?

18. Create a "Dream Book." This is basically a bound journal filled with white pages. Anytime you think of something you want, enter it in your new Dream Book. Make sure you use blue ink to make entries. This is very important. Then routinely scan the list and decide which ones are giving you a burning desire, and then determine your belief level. Then focus on what you want, believing you will receive it. Write down the date you started your Dream Book.

19. Pick out one item that you have a high burning desire for. One that you have a belief that you will receive. Picture it in your mind in color. Listen to the sounds. Feel the emotions. Then add yourself to the picture. Do you feel good? Write down your feelings.

**THE IMMENSE
POWER IN LETTING
GO OF THE “HOW”**

CD 7



CD #7 (The Immense Power in Letting Go of the “How”)

It's important to stop worrying about “how” your desires will manifest in your life. This requires an element of trust and confidence.

1. Once you align your thoughts and feelings with your desires — you will attract what you want. Do not worry about “how.” Just commit 100% to what you “want.” What step can you take to align your thoughts and feelings with your desires?

2. You have learned three techniques for focusing on your desires. The best technique to focus on your desires is not to have any specific thing that you want. Let the universe give you what feels best to you. The second most powerful technique is to focus “generally,” and the third is to focus “specifically.” Which technique are you most drawn to and why?

3. You may think a particular house is the “one.” There may be an even better house that would be better for you — which is off your radar screen. The Universe has gifts for you that are outside of your radar screen. Write about an experience where you really wanted something to manifest in your life and it did not manifest exactly as you intended.

4. Let's say you want to pay off all your debts within a month. You don't know how. All you have to do is trust that it will happen. Take one of your desires, and write a declaration below. Surrender your control over "how" it will be accomplished. Then, trust that it will happen at the right time.

5. Have you ever experienced something that did not appear to work — but ended up being for the greater good? Something that appeared to be a negative that ended up a positive. Maybe a job loss that ended up a blessing? Write about it.

6. Do not worry about the time that your desires will manifest. Time limits create pressure and stress. What do you need to do to make time a non-factor when pursuing your dreams?

7. "Success in life is nothing more than a decision away; it's a decision you make." What thoughts and feelings do you have when you think about this statement?

8. You have created everything in your life. Think about that. Then in your mind's eye, go through your life history. List any incident or situation that you struggle to believe you created.

9. Think of a negative experience. What feelings do you have? Reflect on the weeks before the incident, and uncover your thoughts and feelings. Were they similar? Write down any discoveries that come to mind.

10. If you focus on bad feelings; you will attract negativity. This is inevitable. For the next 24 hours, write down any negative feelings or thoughts that you have.

11. If you focus on great feelings; you will attract positive, uplifting things in your life. For the next 24 hours, write down any positive feelings or thoughts that you have.

12. How many negative thoughts did you have? How many were positive? Do you tend to focus more on the positive or negative? Write about your findings and insights.

13. "You get what you think about most of the time." If you're thinking about what you don't want, you will attract it to you. What do you NOT want in your life?

14. How strongly do you NOT want it? Do you believe you could be attracting it to you by thinking about it? Is it manifesting in your life?

15. You have been taught that you're not personally responsible for your life. Elite people encourage you to blame your challenges on the government, banks, big business, the economy, your family, and a host of others. This makes you feel like a victim. You feel powerless and out of control, with no energy to rise up. Write a list of the things you have blamed for how your life has turned out...

- Government:

- Banks:

- Big Business:

- The Economy:

- Family:

- Other:

16. Once you realize that you've created everything in your life (positive or negative); you can shift your destiny. For example, if you have created disaster, you can just as easily emit different frequencies from your brain that counteract the negative experience. Write about a situation in which you were able to shift a negative experience into a positive one.

17. The easiest way to create a burning desire is to reduce (or eliminate) the doubt that you have about getting what you want. By increasing your level of belief, you automatically decrease doubt. Your positive energy frequency will rise quickly. List a situation that you're struggling with. Now, shift your thoughts and feelings from doubt to belief. Chart your progress and record your findings.

18. Everything ultimately works to your advantage. You just have to look at it from the right perspective. Write about a situation that seemed like a disaster and got resolved to your advantage.

19. You must always focus on how you are feeling. If you ask yourself how you are feeling, and find yourself feeling any of the following:

- ✓ Frustrated
- ✓ Angry
- ✓ Depressed
- ✓ Unstable
- ✓ Unsure
- ✓ Confused
- ✓ Fatigued
- ✓ Drained
- ✓ Exhausted
- ✓ Grieving
- ✓ Emotional Pain

THEN – you are thinking about what you don't want. Are you struggling with any of these feelings? If so, list the feeling and the likely cause.

20. As you continue to think positive thoughts, that ball of energy grows, as the negative ones shrink. You will eventually become a positive thinker. On a scale of 1 to 10, how large is your negative ball? (1 is very small and 10 is very large) – (Circle one)

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

21. On a scale of 1 to 10, how large is your positive ball?

(1 is very small and 10 is very large) – (Circle one)

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

**TOOLS AND
TECHNIQUES TO
RAISE YOUR ENERGY
FREQUENCY**

CD 8



CD #8 (Tools and Techniques to Raise Your Energy Frequency)

In this session you learned how to feel good now. You were given lists of techniques that you can use to improve every area of your life. Practicing these techniques will raise your energy frequency so that you will experience a greater abundance of joy and appreciation.

1. You should always work on shrinking the negative ball of energy that has accumulated throughout your life. One of the best ways to do this, is to shift your focus. When a lot of emotion is attached to a thought, the power and intensity of the thought increases. You should always listen to more positive messages through audio programs. You should be reading uplifting books. And you should surround yourself with positive & uplifting people. Which of these three techniques are you using?

2. Your goal is to always feel better. Once you define and think about what you want, you eventually will get what you want. An example is Christmas Eve. You know the gifts are under the tree. You have complete trust and feel the joy of knowing what's coming to you. Have you had an expectation that manifested in your life? Write about this experience. Was it a positive or negative experience?

3. Things that you can do to feel good now are:

- ✓ Eat food that is as close to nature's growth cycle as possible.
- ✓ Eat organically grown produce.
- ✓ Eat fresh organic vegetables.
- ✓ Eat organically grown grains such as rice, barley, and buckwheat.
- ✓ Eat organically grown beef, chicken, lamb, and veal.
- ✓ Eat three meals a day.
- ✓ Eat fresh fruits and vegetables every day.
- ✓ Stay away from artificial sweeteners, high fructose corn syrup, mono sodium glutamate (MSG), and other harmful chemicals and additives.
- ✓ Counter balance nutritional deficiencies.
- ✓ Take whole food supplements.

- Remove toxins in the body including:
 - ✓ Mercury Fillings
 - ✓ Candida
 - ✓ Chlorine
 - ✓ Fluoride
 - ✓ Drugs (pharmaceutical and over-the-counter)

- Do the following cleanses to remove these toxins:
 - ✓ Colon
 - ✓ Liver/gallbladder
 - ✓ Kidney
 - ✓ Parasite
 - ✓ Candida
 - ✓ Fat Cell
 - ✓ Heavy Metal
 - ✓ Fasting
 - ✓ Colonics

- Protect yourself from the electromagnetic frequencies of satellites, cell phones, cell towers, laptop computers, radio transmissions, and electric wires. Neutralize them with electromagnetic chaos eliminators.

- Exercise:
 - ✓ Go outside and take a walk in the sunshine for an hour.
 - ✓ Look at things that are at a distance, and you will feel better.
 - ✓ Spend five minutes jumping on a rebounder.
 - ✓ Stand on a vibration plate.
 - ✓ Lie on an inversion table.

- Read positive, inspiring books every day (at least one page a day).
- Listen to motivational CDs.
- Join a supportive group like the *Global Information Network*.
- Go to live seminars.
- Listen to your favorite music or sing.
- Hug somebody.
- Laugh and find humor to uplift you.
- Smile.
- Get a massage.
- Relax in a sauna.
- Get a pet.
- Paint or do arts and crafts.
- Dance.
- Cook.
- Play a musical instrument.
- Plant a garden.

Choose at least three of these suggestions. Incorporate them into your life immediately. List the three things that you will start with. Then record any new insights or ideas that come to you.

The three items that I choose to incorporate into my life immediately are:

1. _____
2. _____
3. _____

I have experienced the following ideas and insights:

4. Dr. Roger Callahan and Gary Craig created a technique known as *Thought Field Therapy*. This tool is very important to have in your arsenal. When you are feeling bad, you transmit what you do not want.

This technique involves the following: When you are feeling bad, you tap on some acupressure meridian points on the body. This will break up the blockages in the physical body and make that vibration dissipate or leave you. Research this technique online. Write about your findings and how you have incorporated them into your life.

5. Dream-building is very important. Look at pictures of things you want and put yourself in the picture. You can look at the *Robb Report*, *DuPont Registry* or other periodicals that display luxury cars, homes, jewelry or anything else you want. Go to the library or bookstore and spend at least 30 minutes practicing this technique. How does it feel to look at things you want? How does it feel to see yourself in the pictures?

6. The closer you get to what you desire, the better. Test drive the car you want. Attend an open house for a luxury home you would like to buy. Go to a jewelry store and try on the diamond watch you want. Experience what you desire. Try one of these techniques and write about your experience.

7. You may have found yourself starting to get depressed. It could be that you feel deep down that you cannot have something. If this is the case, do not worry. As you continue to surround yourself with positive images, people, and experiences, the negative ball will shrink and the positive ball will grow.

Next, apply a technique called "Appreciation." Every morning when you get up, and right before you go to bed, ask yourself, "What am I thankful for?" Focus on everything you think of for about 1-2 minutes. Try this technique today. Write down all the things you appreciate.

8. The most important thing you can do is feel good now. Use all the techniques you learned in this session to continue feeling good. Commit to following this regimen for the next 21 days. Track your progress, feelings and insights for 21 straight days.

(DAY #1) Today I did the following:

I experienced the following:

(DAY #2) Today I did the following:

I experienced the following:

(DAY #3) Today I did the following:

I experienced the following:

(DAY #4) Today I did the following:

I experienced the following:

(DAY #5) Today I did the following:

I experienced the following:

(DAY #6) Today I did the following:

I experienced the following:

(DAY #7) Today I did the following:

I experienced the following:

(DAY #8) Today I did the following:

I experienced the following:

(DAY #9) Today I did the following:

I experienced the following:

(DAY #10) Today I did the following:

I experienced the following:

(DAY #11) Today I did the following:

I experienced the following:

(DAY #12) Today I did the following:

I experienced the following:

(DAY #13) Today I did the following:

I experienced the following:

(DAY #14) Today I did the following:

I experienced the following:

(DAY #15) Today I did the following:

I experienced the following:

(DAY #16) Today I did the following:

I experienced the following:

(DAY #17) Today I did the following:

I experienced the following:

(DAY #18) Today I did the following:

I experienced the following:

(DAY #19) Today I did the following:

I experienced the following:

(DAY #20) Today I did the following:

I experienced the following:

(DAY #21) Today I did the following:

I experienced the following:

9. Create a Dream Journal. In this journal write about anything you want in your life.

I purchased my Dream Journal on this date: _____

I began to add entries to my Dream Journal on this date: _____

10. Create a Dream Board in your office or house. Put pictures of the things you want on your Dream Board (yacht, car, tropical island, dream home, intimate family ties, serenity, other). Add yourself and your family into the pictures to make this exercise even more effective.

I started creating my Dream Board on: _____

I completed my first Dream Board on: _____

When I look at the Dream Board I feel:

11. Put photos or key phrases in places you see everyday like your car visor, key chain, office wall, or somewhere else highly visible. You must look at them as frequently as possible. Where will you place your photos and affirmations? Make a list.

12. Sometimes things in your life have to be cleaned up, or destroyed before something better can be manifested. Have you ever been through an apparent tragedy or disaster, and discovered that in the end, it was for the best? Write about it.

**YOUR BELIEFS
BECOME
YOUR REALITY**

CD 9



CD #9 (Your Beliefs Become Your Reality)

This session discusses the power of your thoughts and feelings. One key point you should have learned is that when you impose time restraints on when your desires “should” manifest, you are engaging in lack thinking. This is counterproductive.

1. In the movie, *Star Wars*, Luke Skywalker witnesses as Yoda draws a jet plane out of a bed of water, and exclaims, “I don’t believe it.” Yoda’s response was, “That is why you fail.”

If you are using these techniques effectively, things will begin to manifest in your life. They will manifest because you believe they will. What is your level of belief? On a scale from 1 to 10 (1 being “very little” and 10 being a “great deal”), how much belief do you have that using these techniques will make things manifest in your life? (Circle one)

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

2. How much do you have to do in order to make your desires manifest? This is an important question to ponder. When you apply these techniques, you will want to act. If you do not enjoy taking certain actions, they will be fruitless. If this is the case with you, take a break from your actions so that you can begin to feel good again. Take action on this idea for the next week. Assess yourself each day. If you feel bad about your actions, take a break (listen to music that makes you feel good, envision and feel yourself living your desires, or do something else that brings positive energy into your life). Write down all your experiences as you practice this technique.

3. Pay attention to everything you say today. Are your words negative or positive? Write down any insights you gained about yourself while doing this exercise.

4. Here are some phrases you should consider using:

- “Everything always works out for me.”
- “I’m lucky.”
- “I’m blessed.”
- “This appears to be negative for me, but it will all work out just fine.”
- “I expect miracles, and I get miracles.”
- “Everything works out to my advantage in the end.”
- This will ultimately work out to my advantage.”

Catch yourself using negative statements. If you find yourself making a negative statement, end it by stating something positive and uplifting. Write about your experiences as you utilize this technique.

5. Trust that the universe orchestrates things in your life for a good reason. What timeframes have you placed on yourself to manifest your desires? List them all.

6. Allow everything you want to come into your life — when and how it should. For each item in question #5, make a commitment to surrender your timeframe. How does this make you feel?

7. When you think things are bad, it forces you to really clearly define and focus on what you want. Have you ever done this before? How did it help you?

8. You will know this technique works, when you experience something that you do not want in your life, and can honestly say to yourself, "I don't know why, but this is going to work to my advantage." Ultimately experiencing what you do not want in your life, allows you to dial in and transmit a more effective image of what you do want. Have you ever utilized this technique? How did it make you feel?

9. If you find yourself constantly feeling depressed and thinking about negative things all the time, you have a habitual pattern of negative thinking. You will not be able to focus on something that you really want. You will be vibrating, "I don't have it." What step can you take right now to lift yourself out of your depression?

10. Worry is negative goal setting. When you worry, you are thinking about what you hope will not happen.

Make a list of all the things that you find yourself constantly worrying about.

11. Follow all negative statements with hopeful, positive statements. For example, if you are in debt you can state, "Right now I'm massively in debt, and don't have much money." Next, this statement should follow with, "I have no idea how I'm going to get out of debt or get more money, but I know something will present itself. I don't know how, but I have faith that it will." Go through your list of worries from question #10. Re-write each of them with a positive, affirmative ending statement.

12. Choose your words wisely. Use them to instantly change your thoughts. When someone asks you how you feel, say something that makes you feel better. For example, "I'm really feeling terrible, but I'm working through it and I'm feeling better."

Note how you respond when you are greeted. Is your response a mechanical, "Fine thanks. And you?" Is it authentic or habitual? Please write down any discoveries.

13. State a specific wish. Ask yourself why you think you want it. For example, you may say, "I think I want this watch because it looks gorgeous." If you delve into your desire further, you may state, "I see that this watch is totally unique and I think people will react positively to me when I wear it." Delve further. Now you may say, "It'll make me feel good when people look at me as unique, special, and wealthy."

Ultimately, you want to feel unique, powerful and successful. You may not even need a specific watch. You may find there's something out there that serves your desire better. So, you may say, "I want to feel unique, powerful and successful. I don't know how this will manifest in my life, but I know that it will." Choose a very specific desire. Then re-write it; basing it on the core desire lying beneath your original statement.

14. If you lighten up and allow the universe to provide for you, life is much, much, much easier. What you think is the best, most often is not. When you start wanting things and getting them, you may realize that it's not what you thought it would be." When you let the universe provide for you, you will feel better about the outcome. Have you ever surrendered your own specific agenda, and found that the outcome was so much better than you could have imagined? If so, write about it. If not, find a situation in which this occurred for someone else, and write about it.

15. When you type your dreams and desires into a computer, you miss out on creative opportunities. By utilizing the physical kinetics of writing, you grow more neuro-pathways, feel better, remember the information better, and have greater focus. Take out some white paper and a blue pen. Write down all your dreams and goals. Did you notice that what you wrote down was absorbed in your mind at a much deeper level?

16. When you successfully apply these principles and processes to your life, you are better able to predict the future. You know what will happen because you are creating it. Have you ever predicted that something was going to happen, and it did? Do you see how you played a role in that creation?

17. Remember the old adage stating that "When the student is ready, the teacher will appear." When has a teacher appeared in your life at just the right time?

18. Think about a time that you tried to manifest something, and felt rushed, and stressed about time. What was the outcome?

19. Here's a recap of the steps to manifesting what you want:

- ✓ You must define exactly what you want. (Specific, general or feeling good.)
- ✓ Know your core desire.
- ✓ Feel good when you define what you want.
- ✓ Do not put a timeline on it.
- ✓ Feel anticipation, as if you have already achieved it and it is already here right now.
- ✓ Monitor your feelings.

Have you been applying these steps? If not, where are you getting held up?

What are you going to do to get past it?

20. None of the "stuff" you accumulate in your life matters. Life is all about how you feel. Focus on the blessings and "good feelings" that you currently have in your life. Write a gratitude affirmation below.

**HAVING A
CHIEF AIM AND
DEPTH OF VISION**

CD 10



CD #10 (Having a Chief Aim and Depth of Vision)

This session focuses on money. There are various techniques to assist you in bringing money into your life.

1. You must want money in your life. The amount of money you want has to make you feel good. How much money do you desire to have and why?

2. State your wants, goals, dreams and desires in the affirmative. Review your response to question #1. Did you write your financial goal in the positive? If not, revise it here.

3. You must have a "chief aim" with money. You must be obsessed with what you want. This adds power and intensity to your thoughts. Then the money can manifest in your life. Do you currently have a chief aim when it comes to money? What is it? How much focus and energy do you put toward getting it?

4. Andrew Carnegie did not put a great deal of physical effort into his business, yet he was one of the richest men in the world. He worked a regular business day, and took three months of vacation every summer. How hard do you believe you have to work in order to achieve wealth?

5. In this session, you learned about “Secrets of the Super Rich.” These secrets came from a collector’s edition of the *US News and World Report*.

Here are the seven secrets:

- ✓ **Secret #1:** Perseverance beats education. It doesn’t take super-human intelligence to become super-rich.
- ✓ **Secret #2:** Make your own luck.
- ✓ **Secret #3:** Gamble, but wisely.
- ✓ **Secret #4:** Know your market intimately.
- ✓ **Secret #5:** Focus obsessively and work, work, work.
- ✓ **Secret #6:** Timing is everything.
- ✓ **Secret #7:** It’s not just or even mostly about the money. It’s about the feeling.

Write your views on each of these seven secrets, relating them specifically to your beliefs and experiences.

Secret #1: Perseverance beats education. It doesn’t take super-human intelligence to become super-rich.

Secret #2: Make your own luck.

Secret #3: Gamble, but wisely.

Secret #4: Know your market intimately.

Secret #5: Focus obsessively and work, work, and work.

Secret #6: Timing is everything.

Secret #7: It's not just or even mostly about the money. It's about the feeling.

6. Bill Gates lists depth of vision as one of the key components to his success. Depth of vision involves not looking at what exists, but on potentiality. For example, when you see an acorn, you could simply see an acorn. If you have depth of vision, you would see a tree. If you had great depth of vision, you would see a forest OR better yet, a city filled with houses and buildings that have been made with the root acorn.

What is your depth of vision? Focus on one of your goals. What is its potential? Write down everything that comes to mind.

7. Bill Gates also listed timing and luck as key contributors toward his success. He took action when opportunities were presented. Reflect on your life. Has there ever been an opportunity that you did not act on and later regretted? Describe it below.

8. When you focus your attention on receiving the money you desire, the universe will provide you with the circumstances, events and people that will give you what you want. To facilitate this, there are other things you need to consider:

- If you are employed by somebody, you are limited on the amount of money that you can make. Your job is not the place that you need to focus in order to make real money. It will come from a business of your own, or your own company.
- There are two ways to make money:
 - 1) You are working for money.
 - 2) Your money is working for you.
- Get out of debt. You are in debt when you owe money that was borrowed for depreciating assets – OR assets with no value at all. Credit cards and car loans are debt you need to eliminate.

- Save 10% of what you earn and put it away in a savings account or other investment vehicle.
- Reduce the amount of taxes you pay.
- Reduce your insurance premiums.
- Use corporations for credit lines and OPM (other people's money).
- Work on character traits of people who have money:
 - ✓ Develop a pleasing personality.
 - ✓ Improve your communication, persuasion, sales, and negotiation skills.
 - ✓ Talk less, and listen more.
 - ✓ When asking questions, use the six honest serving men, and use them until you die. They are what, when, where, who, how and why.
 - ✓ Manage your priorities.
 - ✓ Read books everyday.
 - ✓ Listen to CDs everyday.
 - ✓ Attend live seminar events.
 - ✓ Associate with like-minded people who have what you want.

Which of these initiatives have you utilized? What were the results?

9. Five years from now, your income will be the average of your five best friends. Always associate with people that have the income level that you want (and beyond). Listen to what they say. Learn from them. Mimic them.

Describe the kind of friends you will have over the next five years.

HOW TO PLANT AND NURTURE THE SEEDS TO SUCCESS

CD 11



CD #11 (How to Plant and Nurture the Seeds to Success)

One key point from this session is that success is just a decision away.

You also learned that focus is central to reaching your financial goals. Setting a goal is like planting a seed. You need to plant it, water it, fertilize it and care for it. All your goals should feel attainable.

1. As you surround yourself with positive vibrations, you will find that circumstances, events, opportunities, and people will begin to appear in your life.
2. When you are feeling bad, instantaneously change your physiology. You might throw your shoulders back, put a smile on your face, hum, sing, or even dance.
3. Only think about what you desire. This is your chief aim. How does that make you feel? If you feel good, describe your feelings below. If you don't feel good, ask yourself, "What am I focusing on that is causing me to feel bad?"

4. Thomas Edison did not describe the 10,000 attempts he made at creating the incandescent light bulb as "failures," but as successfully finding 10,000 ways that it would not work. How can you apply this optimistic perspective to your life?

5. Think of a time when you felt disappointed. Ask yourself, "Why did I feel bad?" Was it because you were focusing on it not happening? Did any benefits ultimately come from this "apparent" failure?

6. When somebody criticizes you, use the Callahan or Craig technique. This will blow out any negative vibrations. Do this repetitively. How do you respond to criticism? Are you open to it or do you take it personally?

7. "At what point should I quit something and focus on something else?"

If at some point the enjoyment goes away and it is no longer fun, you should consider quitting. You should first consider if you have gone off track on your thought patterns. Did you allow fear and doubt to take over your thoughts? If you truly are not feeling good, stop the activity and focus on something that is giving you pleasure.

8. If you are struggling to stay motivated, you need to get a chief aim that you have a burning desire to achieve. You can fuel the fire by listening to audios, reading books, and focusing on your Dream Journal and Dream Board. Are you still struggling? If yes, list your struggles. Then list what tools you are using to conquer your struggles.

9. If you always follow what gives you bliss, you will live an extraordinary life. See that extraordinary life in your mind's eye. Then write about what you see and feel in as much detail as possible.

10. Many people find network marketing enjoyable and rewarding. The *Global Information Network* is one example of an organization with a network marketing element to it. If you are interested in network marketing, you may be interested in pursuing one of the many opportunities out there. How do you think network marketing could benefit your life?

11. Review your response to question #10. Do you have any negative thoughts or blocks about network marketing? If so, follow your block to its core belief. What is this core belief? How can you change it? Please write out your insights.

12. There are many courses available on how to make money in real estate, buying and selling on e-Bay, the stock market, and other moneymaking ideas. List out any courses you are interested in taking. Then sign up for one today.

13. List out exactly how you would like to experience wealth in your life. What type of business would you be in? How involved would you be? Write everything out in detail.

14. One thing that keeps you from achieving your dreams is self-imposed blocks. As you focus on your goals, often all of the patterns, neuro-pathways and habits that you have established, keep pulling you back. You start doubting yourself and putting limitations on what you can accomplish. You have learned a vast number of ways to get around these blocks. What techniques will you utilize the next time a block shows up?

15. Think of the elephant story you learned in this session. It could not mentally break free from its chain and escape. What chain do you have holding you back when it comes to manifesting your chief aim?

16. How are you breaking free from this chain?

17. Do you know what you want? Can you describe it? How does it feel when you think of having it? Write out your deepest desire in as much detail as possible.

18. Every time you catch yourself thinking about what you don't want, immediately make a statement about what you do want. Say it with commitment and feeling. How does this make you feel?

When it comes to making all of your dreams come true, the cavalry is not coming over the hill to help you. The reason you don't have things is not because of the economy, politicians, your parents, or bad luck. It's because you created it. You have to take 100% responsibility for your life. You can be, do or have anything you want in your life. If you want it, and believe you can have it, you already have it. If not, you have to set realistic goals that are in the sweet spot.

ADDITIONAL TOOLS TO ADD TO YOUR SUCCESS SYSTEM

CD 12



CD #12 (Additional Tools to Add to Your Success System)

In this session, you learned about additional books, training programs, and audio materials to educate yourself, and help you manifest your desires.

Your journey is just beginning.

1. What is the most valuable lesson that you have learned so far?

2. Do you feel as if you have the power to transform your life? Describe your feelings.

3. What thoughts and feelings do you have about your future?

4. Go through the recommended books listed below. Read each book and note the date you completed it. Then write down any new discoveries you made from each book.

Title	Author	Completed
<i>The Magic of Thinking Big</i>	David Schwartz	
<i>See You at the Top</i>	Zig Ziglar	
<i>Ask and It Is Given</i>	Jerry and Esther Hicks	
<i>The Secret</i>	Rhonda Byrne	
<i>The New Psycho-Cybernetics</i>	Dr. Maxwell Maltz	
<i>The Law of Success</i>	Napoleon Hill	

Title	Author	Completed
<i>Think and Grow Rich</i>	Napoleon Hill	
<i>The Magic of Believing</i>	Claude M. Bristol	
<i>How to Win Friends and Influence People</i>	Dale Carnegie	
<i>The Go-Getter</i>	Peter B. Kyne	
<i>The Power of Positive Thinking</i>	Norman Vincent Peale	
<i>The Game of Work</i>	Charles Coonradt	
<i>Rich Dad, Poor Dad</i>	Robert Kiyosaki	
<i>Hung by the Tongue</i>	Francis P. Martin	
<i>The Tongue: A Creative Force</i>	Charles Capps	
<i>What You Say Is What You Get</i>	Don Gossett	

Notes on *the Magic of Thinking Big*

Notes on *See You at the Top*

Notes on *Ask and It Is Given*

Notes on *The Secret*

Notes on *The New Psycho-Cybernetics*

Notes on *The Law of Success*

Notes on *Think and Grow Rich*

Notes on *The Magic of Believing*

Notes on *How to Win Friends and Influence People*

Notes on *The Go-Getter*

Notes on *The Power of Positive Thinking*

Notes on *The Game of Work*

Notes on *Rich Dad, Poor Dad*

Notes on *Hung by the Tongue*

Notes on *The Tongue: A Creative Force*

Notes on *What You Say Is What You Get*

5. Track your business using graphs and statistics. This is called "Knowing the Score." You should create a graph tracking Gross Income (money, and cash deposited in your account). You need to have both a weekly and cumulative graph. Putting each of these graphs on your wall, and consistently studying them, causes you to focus on improving them.

Create these graphs and hang them up in a visible place in your home or office. Set a date to have them completed. Note how they make you feel every time you see them.

I created my graphs and mounted them on the following date: _____

I have noted the following in response to the graphs:

6. If you could do something once, and get paid for it forever, what would it be?

7. Once you have the income you desire, what else would you spend your time doing?

8. This is only the beginning of the learning process. You need to learn by doing things; taking action. What is the first “doing” or “action” step you are going to take once you’ve completed this program?

9. How do you want to contribute to society?

10. It’s not what you have, but who you become that’s important. Integrity, honesty, character, love, forgiveness, giving, appreciation, and gratefulness are really what life is all about. Which of these character traits would you like to develop and why?

11. What is the first step you can take toward developing the character traits you desire?

**EXPLORING
SOCIETIES, FEELINGS
AND VIBRATIONS**

CD 13



CD #13 (Exploring Societies, Feelings and Vibrations)

In this session, Kevin Trudeau responds to questions, comments and observations. Here are some key points and questions from this session.

1. Kevin refers to an organization known as the *Young President's Organization* (YPO). He cites this as a great place to get information. Investigate this organization, and write about what you learn.

2. Do you know of anyone who does not consciously follow these principles, but is very successful? If so, investigate them further. Find out what their mental mindset and strategies have been. Write about your findings.

3. Often when someone unconsciously attracts what they want into their lives, they start to change their thoughts from expanding their income to protecting what they have. This vibrates fear. Investigate someone who made a fortune and then lost it. What did you learn?

4. The moment you change your vibration, everything starts reversing. The changes may take time to manifest, but the energy immediately changes. Take a moment and change your mind about something. Write about the new choice you made, and how you felt once you made it.

5. Write about a situation where someone turned his or her illness around in an instant.

6. In the New Testament, Christ says, "Bless those who have not seen, and still believe. Faith is the substance of things hoped for; the evidence of things not seen." Apply this quote to your life, and write about how evidence of it can be found in your experiences.

7. When you vibrate at a certain level, the whole universe is conspiring and creating virtually tens of thousands of events that work perfectly to create particular situations in your life. Reflect on an experience in your life that you absolutely deny having any conscious, committed part of. Describe the situation. Then describe the circumstances and feelings you were having prior to the experience. In retrospect, did the event somehow serve you? How?

8. Next time you find yourself feeling like the victim of someone else's anger, stop and look at the role you played. Then choose to release your anger. Make a choice to feel better. How did this serve you? How did it make you feel?

9. When you feel grateful, you vibrate at a very high frequency. For the next 24 hours, take one minute from each hour and take a "Gratitude Break." How did this make you feel?

10. All events are neutral. They are not positive or negative. They are simply indicators of what you are vibrating. If you do not like what is happening, change your vibration. What are you vibrating? Think about how can you vibrate at a better frequency and do it now.

11. Everything evolves perfectly. You may not understand why apparently "negative" situations are really perfect. For now, next time you find yourself in a so-called negative experience, stop and take a breath. See if you can find any gifts within the experience. While this may appear difficult to do, it will eventually shift the energy in a positive way.

12. Use these techniques on something you believe in. Often people have a great deal of baggage. They think they want something, but that "something" is beyond their reach. The tipping point occurs when the positive ball of energy becomes larger than the negative ball. On a scale from 1 to 10 (1 being "very small" and 10 being "very large"), rate how large your ball of negativity was when you started listening to this program. (Circle one)

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

13. Rate where your negative ball of energy is now (1 being "very small" and 10 being "very large"). (Circle one)

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

14. One disease of humankind is “mysticism” (defined as a person looking outward for a cause in their life, like the government, the boss, religion, or their parents). This creates a sense of being at the “effect” of what is going on around them. This is in direct opposition to them being responsible for their lives. Now that you’ve been through this program, reflect on whom, or what, you blame for your life’s challenges. Make a list of everyone and everything.

15. Of all of these techniques and principles, your one senior desire should be to feel good right now. Do you feel good now? Describe your feelings.

16. The next time you catch yourself doing something to mask pain, stop and think about something you can do to feel better. Write about how you did this. How did it instantly make you feel?

17. One positive thought is more potent than 10,000 negative ones. Your positive energy can transform an entire group of negative people. Be positive, change your vibration, and you will transform the world around you.

18. Despite economic or personal downturns, right now is the best time to do anything you desire. Do you choose to let outer circumstances affect what you think and do?

19. When confronted with feelings you don't want, you should look at them for a moment, and then say to yourself, "I know I don't want this. Now what do I want?" Every negative experience is primarily there to help you clarify what you want. Write about a so-called negative experience in your life that helped your clarify what you want.

20. Think of someone in your life who really agitates you. What "gift" are they bringing you? What have you learned about yourself by being in their presence?

21. Start small! When you start applying these principles and techniques; your whole way of thinking will shift. Keep a "Shifts Journal." List each shift that you make.

Congratulations!

You now have the skills to be, do or have anything and everything you desire.

We encourage you to always listen to audios, read books, and attend live seminars. Become a lifelong learner!

Remember — “The Journey of a Thousand Miles Begins With One Small Step!”

NOTES

