



"What the mind of man can conceive and believe, it can achieve." - Napoleon Hill

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Welcome...and congratulations. You are meant to receive this report. **There are NO coincidences.**

With this report, you can become one of a very select group of people armed with the most powerful information imaginable for ensuring success in any aspect of your life.

By the time you finish reading, you'll discover that putting your nose to the grindstone and your shoulder to the wheel which is great for moving rocks at Stonehenge, is only part of the equation for achieving your dreams.

There's more to success than hard work...much more...and you're about to master the "missing link."

More than Hard Work

Your hard work can accomplish many things in the physical world. But your **thoughts** can help you move the mountains your muscles can't budge. But what do you do when your thoughts *become* those mountains...huge obstacles that stand in the way of everything you want to achieve in business?

You've undoubtedly heard dozens of stories of "mind over matter"...the tale of a mother who was able to lift a car off of her child, for example...but your "mind" doesn't really identify the true source of power. Although your mind is stronger than your body,

**Your SPIRIT is the mightiest, most powerful,
most unstoppable thing about you.**

Once you learn to identify with your source of spiritual energy, you can access an inner security that **lifts you above the struggle**. Suddenly your options are unlimited, and your business thrives. When you make choices and decisions that honor your spirit, your business will be your passion. And when you're passionate about what you're doing and *spiritual* about your success, nothing can stand between you and your goals.

Richard Thieme, author of *The Spirit of Success* says, "Spirituality is the way we **respond to the bullets of real life** fired at us at point blank range." He feels that a practical, down-to-earth spirituality that creates an environment in which you **treat others -- as well as yourself-- with dignity and respect** is the best way to breed success in any arena.

We have come to realize that

Inner wisdom is the only source that will sustain our adaptation and stability in the long run.

According to Ricardo Levy, chairman of Catalytica Energy Systems, there is a tremendous need for **spiritual guidance in successful business decision-making.....** When he needs to answer questions regarding the future of people he cares about, Levy doesn't pick up a human resources handbook; he turns to spirituality for guidance.

Levy says when he's faced with a tough decision, his guidelines are:

- 1 Quiet the mind.
- 2 Reach deep inside.
- 3 Go beyond the ego to hear the inner voice.
- 4 Don't fear ambiguity; rest in the unknown.
- 5 Stay humble in the face of temptation and power.

Asked for his definition of success as a business professional, Levy says he's more interested in fulfillment. "Success is a metric," he explains. "You never have enough. But (we can each define our own) fulfillment." He notes that a sense of success is externally focused, while a sense of fulfillment reflects an internal barometer.

When it comes to online business the practices and principles are no different. Working on your inner beliefs should come first. The most successful on and offline already know this.

This FACT is no big secret; most people just aren't ready to accept it.

What Does Spirituality Mean to You?

The word 'spirituality' has a different meaning for different people. I believe that spirituality is something we **carry within ourselves**. It is expressed, or "outwardly manifested," by our **sense of self** and our **sense of respect** for others.

There is nothing inherently special in *being* spiritual, being in touch with that higher or inner self. I am not referring to the outward displays of "Spirituality" or the "look at how spiritual I am I can rest in the lotus position for 3 days" brigade. A true connection to the higher being within us IS our natural state.

Objectively, spirituality embraces the theories, practices and social structures that answer the existential questions that arise out of **the nature of being human** "Who am I?" "What are I?" and "What is my purpose?"

In this report, spirituality is not about converting you to a specific way of thinking. It is about your **personal insights and experience**, associated with your personal quest to discover your essence or "true identify" and subsequently reach the pinnacle of your being and achieve everything you want from life.

You Gotta Have Heart...and Faith

As a success seeker in the business world, the single most important thing you can do -- more important than developing a unique positioning statement, more important than doing market research, more important than creating the better mousetrap -- is to **'program' your mind for success**. Without this critical mindset, it doesn't matter what else you're doing...you're doomed to failure.

You must create "fertile soil" where your success can take root. How? By filling your mind with **positive reasons that you will achieve your goals**. Once they're planted, you need to tend your garden and pull out any weeds (negative thoughts) that spring up and threaten to choke the life out of you.

Spirituality is the key to defining and achieving the highest levels of success

(The previous paragraph is a perfect example of mind programming, by the way. I've highlighted the words 'positive reasons' and downplayed the words 'negative reasons' because I want you to focus on the good, not the bad.)

When your **spirit is engaged**, it fills you with uplifting positive energy. If your inner being is not fulfilled by your activities, the negative energy caused by this disconnection makes you feel unmotivated, tired, slow, depressed, etc. Plus **negative energy feeds on itself**, growing big, strong, and so powerful that it can begin to overwhelm even the strongest spirit to keep you stuck and immobilized.

In order to get out from under the yoke of all that negativity, you need to free your spirit, 'reverse the process', and start coming up with heaps of reasons why **you will succeed!**

Learning Curve

I admit that this can be very difficult at first. When you are feeling negative and down on yourself...

- 1 I'm not smart enough to succeed
- 2 I don't have enough experience to succeed
- 3 I don't have enough money to succeed
- 4 I never did this before

...it's easy to forget all the positive reasons **you WILL succeed**:

- 1 The world is filled with **everything I need** to help me achieve my goal if I'm ready to open myself up to it
- 2 People who have succeeded before me are available to **show me the way**
- 3 I have had **success in the past**
- 4 There is **infinite money** in the world
- 5 I can **learn anything**

As soon as you can think of more reasons why **you will succeed** than reasons why you might fail, reaching your goal is guaranteed. The reasons you've come up with will spike your **motivation** and provide a clear picture of what you will achieve. These mental images provide the 'transportation' to take you wherever you want to go.

When your mind and spirit are aligned this way, you are **programming your inner computer** for success. Your brain works just like a little PC (or MAC), and archives all the data you put into it -- consciously AND unconsciously -- making it available when you need it.

Warning: Sometimes you can "see" it operating...and sometimes it's at work in the background, out of sight...and frequently throwing up **roadblocks** to your goals.

Why would your mind be working against you? Don't forget that like any computer - your mind can only give back the data that YOU put into it. Garbage in, garbage out.

If you constantly paint your future in negative, pessimistic, self-limiting images, the mental picture you see is going to be so dark and dismal that you **won't be motivated to pursue it** in reality. Why would you? You've already convinced yourself that you're going to fail. [The mind altering program can literally change the way you think.](#)

"Enter every activity without giving mental recognition to the possibility of defeat. Concentrate on your strengths, instead of your weaknesses...on your powers, instead of your problems." -- Paul J. Meyer

Instead of feeding your mind a diet of trash that brings you down, this report will offer you a menu of "brain food" and inner "nourishment" aimed at helping you discover ways to bring out the best in yourself.

Inner Belief is the key. (Yes, I've written that before...and this won't be the last time you read it, either!)

"There are some people who have the quality of richness and joy in them and they communicate it to everything they touch. It is first of all a physical quality; then it is a quality of the spirit." -- Thomas Wolfe

Happiness Leads to Success, Not the Other Way Around.

One of the best pieces of advice you'll ever get about business is this: "Do what you enjoy and you'll succeed." If you feed your spirit by pursuing a business that you're truly passionate about, you'll be able to stay focused, dedicated, and determined to make the business succeed even when you're navigating your way through rough seas.

How much money the business will make is important yes, but imagine choosing a career solely on the amount of money it may make, and then having to deal with the operations of that business for the 3-5 years it will take to start turning a profit.

*Success without honor is an unseasoned dish; it will satisfy your hunger, but it won't taste good." -- Joe **Paterno***

The truth of the matter is simple: **If you really don't like what you're doing, the money is not likely to follow.** This is especially important for small business start-ups. The smaller the business, the larger the amount of time you (as the owner) will need to devote to it. If you don't like the business you're in, how will you be able to 'tough it out' during the early years before the Gravy Train starts making a regular stop at your bank?

"There is no easy formula for determining right and wrong livelihood, but it is essential to keep the question alive. To return the sense of dignity and honor to manhood, we have to stop pretending that we can make a living at something that is trivial or destructive and still have sense of legitimate self-worth. A society in which vocation and job are separated for most people gradually creates an economy that is often devoid of spirit, one that frequently fills our pocketbooks at the cost of emptying our souls." -- Sam Keen

If you're not nourishing your spirit by doing something that satisfies you, are you willing to force yourself to go to work every morning? Can you work 12-15 hours straight doing something you loathe? Probably not. And without your commitment -- mind, body and spirit -- success is just that much harder...if not impossible to achieve.

But let's think positively for a minute. Let's say that by some miracle you DO succeed. Will that success be enjoyable? I doubt it. Despite whatever financial rewards you may reap, something else...something far more important than a few pieces of gold...will be missing.

That something is satisfaction -- **spiritual satisfaction** -- the feeling you get when you've accomplished **something that you consider meaningful, not just lucrative.**

A Track Record of Success for Thousands of Years

The relationship between faith and success is an ageless concept. Once offered by sandal-ed prophets speaking to a handful of interested spectators, today

messages of spirituality are heard by millions of followers of the religious broadcasters, motivational speakers, and success coaches who share their message with disciples throughout the world.

Despite the differences in subject matter and presentation style -- an evangelical preacher vs. Tony Robbins -- a single basic truth resonates through the messages: that **tapping into a spiritual power source** -- faith -- is the way to move mountains...and yourself!

But just what is faith? Most commonly faith is expressed as a **belief in a power outside of yourself**. But here's what so exciting and why pursuing your personal spirituality is so rewarding: The power that exists outside yourself also **exists within you** and it is

Bottomless source of everything you need to succeed.

You have been gifted with all this power. Now let's talk about unleashing it.

[Before we move on have a look here and I'm sure you will agree that this IS a fast track approach.](#)

Remember, this report isn't an academic discussion of the theories of success. It's a "straight from the front lines" exploration of the minds of men and women who have mastered the secrets of working "in harmony" with mind, body, and spirit.

Their integrated approach to life helps them achieve bigger and better things with less effort and more success. Spirituality is the life-blood of success. Discover yours, allow yourself to know yourself from the inside out, and the transformation you'll experience will be like nothing you've ever know.

Talk about being "born again"!

How are we to find these inner riches? You go inside. Yes it IS an inside job!

There Oughta Be a Law

Almost everywhere, suicide is illegal. Human life is precious and we work hard to preserve it. But I don't know of one piece of legislation anywhere that prevents people from committing "spiritual suicide".

***Defining terms:** Motivational speaker Les Brown says that **spiritual suicide is killing the real meaning or significance in your life** by cutting yourself off from your feelings and your mind.*

You'd be surprised how many people are "spiritual suicides". They sleepwalk through their lives, ghosts of what they once were and mere shadows of what

they could be. Resigned to the way things are and hopeless about the way things could be, they may be alive...but just barely.

Are YOU in danger of becoming one of the walking dead? Take this quick test and see:

- 1 Do you **hate getting out of bed** each morning?
- 2 Are you a **clock-watcher** at work, desperate for 5PM to come so you can go home?
- 3 Do you suffer through the daily grind, **living for the weekend** and your annual vacation?
- 4 Have you fallen into any of these self-**destructive behaviors** as a way of escaping from reality or numbing yourself to whatever "pain" you feel:
 - o Excessive TV watching
 - o Overeating
 - o Alcoholism
 - o Drug addiction
 - o Sexual addiction
 - o Excessive spending
 - o Suicidal thoughts

All of the above are symptoms of a deeper malady that is affecting your very being. How can one expect to reach any sort of success unless they get to the crux of the issue, the place from where success arises?

I hope through the rest of this report I can at least give you some ideas for getting there.

**HELP IS ON THE WAY!
IT WILL COME FROM WITHIN YOURSELF THOUGH!**

The first thing you need to do is admit that you are not happy. That's the easy part. Then, start planning a strategy to help you become the person you were. However, with the help of this book and the wealth of information it contains, I hope to take some of the stress and strain out of the "difficult part." Simply put, being **true to yourself** and your spirit will fire you up for success.

Instead of having to drown all the bad feelings, you'll be celebrating all the good ones. It is my hope that you will ultimately find your passion in something that is truly meaningful to you...because that's living...**REALLY living!**

Don't Rely on Luck

When you look around and see someone who constantly succeeds while you're struggling to get by...someone who always seem to be in just the right place at just the right time...someone with the "Midas Touch"...do you assume that it's

pure chance that's responsible?

Or when you try and figure out why you haven't achieved more, do you blame bad luck, bad timing...or someone else? (Many people blame their lack of success on others. Our parents serve as the first scapegoats, followed by our siblings and then in later years by hostile employers and rejecting lovers.)

If you want to stay a child, you can continue to blame mom and dad. If you want to stay a subordinate, you can continue to blame your supervisor. What we get out of life is usually in direct proportion to the **choices we make** and the **actions we take**. So you need to **assume responsibility** for knowing who you are, imagining a path that feels right, and then making the choices that moves you in the right direction.

As adults, we are all responsible for our own **choices, feelings, and self-esteem**. Like it or not, we are the only ones in charge of our actions and reactions. It may be very comforting to see others as the "puppet masters" pulling the strings of our behavior and causing all our woes, but it's a real time waster, and it's wrong -- dead wrong.

The day that you discover that **you are in charge** -- of your good luck AND your bad luck -- is the day you'll begin to turn your life around. Knowing that you have the power to create your destiny may seem like a burden at first, but think about it...and you'll see that just the opposite is true. Instead of being victimized by things beyond your control,

**You're in the driver's seat.
(Gassed up and ready to go!)**

Reality is What You Make of It

I'd like you to meet some workers in the imaginary "Widget World" customer service department and take a moment to compare their on-the-job self-talk:

Worker A says, "I've got sixteen idiots to deal with today"

Worker B says: "I've got sixteen opportunities to transform people's lives"

Worker C says: "I'm going to spend the day shuffling papers"

Worker D says, "I'll be spending eight hours as an indispensable part of a terrific team that makes people happier, healthier, or more prosperous and the world a better place"

When Workers A and C go home at the end of the day, they're unhappy and dispirited. When Workers B and D go home, they're filled with positive energy. Buoyed by a **spiritual sense of accomplishment** -- helping others -- they see their lives through a completely different prism than their co-workers.

Because Workers B and D find **personal satisfaction** in what they do, they're

more valuable to their company and to themselves. B and D want that to continue to enjoy the good feelings that come with personal satisfaction, so they'll always been ready and willing to work hard.

Except to them...it won't feel quite as much like work as like **passion**.

Just because you're working for yourself, it doesn't mean that you'll be motivated to succeed. You may get caught up in working around the clock, but you won't be able to keep up the pace and truly reach your goal if you're not getting some kind of pleasure along the way.

Knowing, respecting, and **expressing your true self** is probably the single most important factor in attaining satisfaction with life, whether it's home life or office life. Sadly, most of us tend towards a "herd mentality," and get trapped in the habit of doing what others expect instead of taking charge and doing what's meaningful to us.

Day after day we get up, head out, and just keep running until we drop...often without any sense of satisfaction. We don't know what we want or we don't make the choices that will move us forward. Instead, we **follow a path out of habit**. Stuck in a rut of passive responding, we often feel exhausted... frustrated... "running on empty." The worst part is that sense we have that there's more to life than scratching out a day to day existence, if only we could figure out where to get it.

People with passion have developed self-mastery. They don't blame others for their decisions or their problems and they don't look to others for their fulfillment either.

Mastery is about **taking charge of your own emotions** and controlling knee-jerk reactions that you might later regret. It is about taking responsibility for all of your actions and deliberately deciding to behave as the kind of person you aspire to be.

So, if you want more zest for life, pursue success from the inside out. Find a clear focus by tuning in to **what's best for you**. Then stop blocking your own success with negative thinking and limited solutions, and surround yourself with the inspiration to do different.

A great life is born in the soul, grown in the mind, and lived from the heart.

[Discover How You CAN Program Your Mind to Attain Greater And More Wonderful Things](#)

Rely on You

The awareness that **your thoughts influence your actions and your actions influence your outcome** is critical to taking charge of your life. This is no time to be passive...or even passive-aggressive! The worst mistake you can make is being **reactive**, letting events and circumstances dictate your life. Nothing saps energy like a feeling of helplessness.

Instead of being the victim, you need to be **pro-active**, an involved participant in your own life. You need to be **spiritually flexible** and armed with enough faith in yourself to withstand the inevitable changes that will pop up and threaten to throw you off course.

If you're strong, but resilient -- like a palm tree -- you'll always be in the right place at the right time. You'll never have to worry about which way the wind is blowing because you'll be able to easily change and adapt to the conditions around you.

That's not luck -- that's your spirit standing tall!

You see, "dear reader," failure won't keep you from ultimate success **unless you become its co-conspirator**. How do I know? Because people who are successful in love have failed, people who are successful in business have failed, and people who have been successful in life have failed...BEFORE they achieved their dreams of love, wealth, and happiness.

Failed Success Stories

If you follow the global real estate market, you know that Donald Trump is one of the world's most successful entrepreneurs...and one who has experienced the low end of the "high life" more than once. Rob Lowe, the actor whose career was sidetracked by a video sex scandal, came back strong to win awards and recognition on the popular television series "The West Wing."

These men may have failed to achieve a small (or enormous) short-term goal or ambition, but they didn't fail to keep their "eye on the prize." Regardless of the circumstances that delayed their progress, they **refused to be detoured** from their long-term goals. Personal spirituality provides a **faith in their future** so Donald Trump, Rob Lowe, and others who have been "comeback kids" to stay in the game.

Their unshakeable "sense of self" allowed them to experience failure for what it is -- a transition...a temporary state...and an opportunity!

"Failure is the opportunity to begin again more intelligently."
-- Henry Ford

"Failure is only postponed success as long as courage "coaches" ambition.
-- Herbert Kaufman

"The men who try to do something and fail are infinitely better than
those who try to do nothing and succeed."
-- Lloyd Jones

I personally struggled with an online business for five years before I made a breakthrough, because I kept my eye on the goal and REFUSED to give in. If you don't surmount the problems that will undoubtedly come your way on the journey to success then you won't prove yourself ready for success.

There's an old saying that "calm seas never made skilled mariners."

The Science of Failure

Glen Seaborg, a world-renowned nuclear chemist, educator, and scientific advisor to ten American presidents was part of the team that in 1941 accomplished the first chemical separation and positive identification of plutonium. Like many scientists, he was confronted by the failure of theories and practices constantly during his career. But unlike his less successful peers, Seaborg accepted them as part of the course of science...and actually embraced them as simply another step towards success.

"I believe that one of the characteristics of the human race, possibly the one that is primarily responsible for its course of evolution, is that it has grown by **creatively responding to failure**," Seaborg said. His view is shared by many achievers and super-achievers who have **learned from their mistakes** and leveraged that knowledge into ultimate success.

"Science is not only compatible with spirituality; it is a profound source of spirituality."
-- Carl Sagan

Nurture Not Nature

If you're thinking that you weren't "born" to be a spiritual captain of industry, that you're not "hotwired" to make lemons out of lemonade, or that you aren't naturally inclined towards harnessing the power of your being to guarantee that you'll snatch victory out of the jaws of defeat, I want you to **seriously think again!**

You DO have what it takes -- **desire!** (The fact that you signed up for or downloaded this report is proof positive!) The **passion of your desire**, coupled with the unstoppable power of a "**Yes I Can**" mindset will take you where you need to go -- and beyond! -- despite the pesky failures, troublesome obstacles, or short-term resistance you encounter.

You can **learn what you think you weren't born with**...and you can un-

learn some of the negative, self-defeating information you've been carrying around for years. You might also want to "86" some of the misinformation about business success that you've picked up along the way, too.

Teaching Tools for Business -- The Wrong Lesson

The world is filled, quite literally, with systems, techniques, and approaches to **achieving professional success**. A simple search for "business success" at Amazon.com will return more than 10 pages of "information products," nearly 7,000 different books, CD's, and audiotapes with everything under the sun from guerilla marketing techniques, to tricks for winning at office politics, and forbidden psychological tactics that hypnotize consumers.

These books have lots of valuable information, but they're focused on the success of a business, not the success of a **person in business**. They call for an investment of **time, effort, blood, sweat, and tears**, but they fail to provide the inspiration and motivation that will enable you to do what it takes to get the job done.

Again...**Inner Belief is the answer**. When your chosen path offers spiritual fulfillment every step along the way, your ability to commit and your desire to succeed is bolstered with every forward movement.

A Mind Is a Terrible Thing to Waste

Many people have written about the "power" of positive thinking. It seems to me that "super-power" would be more accurate. Reality is the mirror of your thoughts so your mind creates your reality...and I can't imagine what in the world is more powerful than that!

Here's something to think about: The difference between "can" and "cannot" is three letters...and those three letters determine your life's direction. Positive and negative represent two opposite directions. Which direction do you choose?

Positive thinking is

**Expecting, talking and visualizing what you want to achieve,
with the certainty that it will come to pass.**

Riches and success begin in the mind. Mediocrity and poverty begin there, too, if you let them. A positive attitude gives you internal **determination, energy and initiative** to get the job done.

A negative attitude is an **energy-sapping sponge** that soaks up your enthusiasm and **robs you of your focus**.

Don't Let That Negativity Ruin Your Life

Can Do Attitude

Positive thinking and negative thinking are points of view that influence the way we approach life. So it's only natural that if you have control over your thoughts, you have control over your life. That's why it's so important to train your mind to automatically think in terms of 'can do' and 'possible.'

When you **change your habitual thoughts**, it is like changing the direction of a train. Positive thoughts **attract positive people into your life**. Positive thoughts of success **bring success into your life**. Instead of "awful-izing" what might be...make it wonderful, incredible, as good as it can be, and you'll be amazed at how reality will change and get "in sync" with your "happy thoughts."

It's important that you **don't let circumstances influence your thoughts** or **affect your mood**. The worse things may be, the better your need to visualize. If you keep a positive attitude, if you stay convinced (through **visualization, supportive self-talk, etc.**), you will remain focused on success and eventually overcome the obstacles that are keeping you from your goal.

If, on the other hand, you let the inevitable downs in your business and in your life shake your core and undercut your confidence, your negative "forecast" will become a blizzard of failure and misery.

Much as a mirror has no choice but to reflect back your own image to you (assuming, of course, that you don't know that weird, possessed mirror that drove Snow White bonkers), the universe has no choice but to incarnate, or manifest, the mental pictures and thoughts you transmit out into the yet-to-be-created energy field.

Instead of simply being familiar with the term "cosmic energy," you can become part of it and let it fuel your success?

Meditate on Your Success

Meditation is one way to tap into that infinite source within you. At its most basic meditation is simply focusing within and becoming still. It is from this state that intuition and all creativity come. Scientists agree that meditation has many benefits, both to your health and well being.

Meditation rooms at work may soon replace the coffee machine as the **preferred source of energy** on the job. Steve Pollack, a consultant for Seattle-based Polaris Business who performs what he calls "meditation makeovers" says companies want their employees to learn how to meditate because it's good for

both the individual and the employer.

The spiritual aspect of meditation is translated into work output and an increased quality of output because "the concentration of focus is there and it becomes much stronger after meditation especially if meditation is presented in the workplace," says Pollack.

We all have the inherent power to meditate. There are no special tools required to **turn your attention inward** and **still your mind** in meditation.

During meditation, the mind can **shrug off "earthly"** concerns to help you feel relaxed and expansive and capable of anything. Afterwards, refreshed and renewed, those "**super-power" feelings will linger**, and problems that were looming large will take on more normal...more manageable...dimensions.

"Meditation is the life of the soul, action, the soul of meditation, and honor the reward of action." -- Francis Quarles

Afterwards, refreshed and renewed, those "**super-power" feelings will linger**, and problems that were looming large will take on more normal...more manageable...dimensions.

And as you begin to connect with your **creative intelligence**, the choices you need to make will be obvious to you, because you will be directly linked to a **higher source of knowledge**.

Affirmations

Did you know that you talk to yourself all day long? Maybe not out loud (at least I hope not!)...but you're chattering away, even when you're asleep. Most of us experience ongoing "mind chatter" at the astonishing rate of about **200 words per minute**.

What we say to ourselves is what shapes the world around us. And although mind-chatter is generated unconsciously, we have the power to consciously program the chatter that we hear -- with **affirmations**.

"It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen." -- Muhammed Ali

What is an affirmation? It's just **positive self-talk**. It serves as your baseline, providing an uplifting message of inspiration and motivation to keep you supported in your activities. If you wanted to achieve more success in financial matters, an appropriate affirmation could be "I am good with money, I make good decisions, I am a successful investor."

Affirmations are about shaping your present, rather than your future, to help you

feel good about who and where you are right this minute. Therefore, to be effective, they are phrased in the **present tense** ("I am," not "I will be") and with a **positive, rather than negative spin** ("I am calm" vs. "I'm not nervous").

Beginning at the Happy Ending

To create affirmations, the first thing you need to do **is convert your goals into positive, present tense statements**. Then affirm those goals daily until they become part of your **subconscious mechanism**.

Affirmations are about **shaping your present**, rather than your future. The whole purpose is to help you be happy with who and where you are right this minute. The positive feelings that you experience in the present, rather than positive feelings that you *may* experience in the future are the strongest motivators.

Therefore, to be effective, your affirmations should be phrased in the **present tense** ("I am," not "I will be"). Each should have a **positive, rather than negative spin** ("I am calm" vs. "I'm not nervous").

"Make of your life an affirmation, defined by your ideals, not the negation of others. Dare to the level of your capability then go beyond to a higher level." -- Alexander Haig

Breathing Exercises

Your success will be a function of the **spiritual peace and inner harmony** you are able to achieve. Fortunately, there are as many different approaches to spirituality as there are people on the road to enlightenment. To increase your awareness of your inner wisdom, regularly **reflect in silence**. **Communing with nature** can be helpful and so is **breathing deeply** to quiet your distracted mind.

The more focused your mind, the faster your outward desires will be realized. To help you focus, develop a habit of sitting in silence every day for 15 to 30 minutes. Relax with a few deep breaths and when your mind is free of distraction, ask this question aloud:

"What is your will for me?"

You can direct your question to God, the universe, or to whatever you recognize as **the source of energy and wisdom**...and that source can be you and your inner desires. Don't be concerned if you don't have an epiphany and immediately "hear" the direction of your purpose.

Be patient. Do nothing...just pose your question and listen. The answer is out there...or inside you. Either way it will come.

What is often referred to as "conscious breath" gives you **access to the**

subconscious and higher dimensions of your being...the best place to begin when it comes to **creating positive changes**. The first change you will notice is **immediate relief from stress, fear, anxiety and depression** that may be part of your life now.

[For Further Information on These Types of Techniques](#)

As you get further into the practice you will notice that your everyday life **mysteriously gravitates towards helpful, fortunate "coincidences"** that you could not have planned or anticipated. Yet although they seem like coincidences, the truth is that they are the **manifestations of your personal energy** -- focused, powerful, and quite unstoppable

Experiments in Intuition and Spirituality

You could take my word for it that getting in touch with your spirit and channeling its messages to your conscious mind -- what I call "intuition" -- is an amazing way to unleash your inner thoughts and strengths. But I have a feeling that you're really rather conduct your own experiment.

Am I right? I thought so!

Okay, let's turn on the flame under the ol' Bunsen burner and let you see for yourself. To fully understand your connection to your spirit and to your intuition, you'll need to do a little **"spirituality" training**. Don't worry -- no aerobics required! Instead, you'll just do exercises to sensitize yourself to your feelings and thoughts.

Sensitivity is the first step in connecting with spirituality

Try This - The Tide Flows Images to You

Sit or stand, but make yourself really comfortable. Imagine that you're facing the ocean. Bring the ocean fully into your senses. What does the ocean **smell** like? Does a breeze **feel** tingly on your skin? Is the **sound** of the ocean loud or soft?

The tides are high, rushing to shore and spreading all over the sandy beach. The ocean leaves its wet brush strokes for you to observe. Look and **see** the soggy brush strokes on the sand. Stare at them until the next tide breaks and changes the landscape. What do you see? Stay and observe as long as you can.

Next, focus on the waves themselves. Watch how the tide rolls in and out. **Feel** the rhythm of the tide within yourself. **Breathe** and open your abdomen fully. Feel the imaginary water moving in and out of you.

Do you feel pulled in and out like the wave? Ask the waves, "Waves, what

images you have for me?”

Try This - Lightning Strikes for You

If you've ever watched a storm when bright flashes sizzle the sky, then you know the power of the energetic activity in a bolt of electricity. You can access that energy for yourself, using lightning as a doorway.

Imagine that you are comfortably seated in an inviting chair that gives you a good view of the sky. Stare out of an imaginary window, and gaze at the sky as the thunderclouds roll before you. Lightning flashes, leaving its footprint - its light reflection - against the dark, heavy clouds.

Stare into that space and the lightning flashes again. Hold the image of the lightning blaze in your mind and breathe the intensity and power of the lightning into you. Imagine the power in your gut, your nervous system. Imagine the energy the lightning activates in you!

Now that you feel and focus on the lightning flashes, ask for the images you need according to your intention.

Let Nature Teach You

You'll get a tremendous benefit if you can **take a walk** or a special afternoon or weekend of retreat into nature itself to learn to soften and focus your vision as a gateway to deeper awareness and intuition.

Nature imagery exercises are a good way to access intuition and to help you relax if you work long hours. Natural images are familiar and most people find them comforting.

Try This – Remembering Your Past Ah-Ha Moments

An Ah-Ha Moment is your natural intuition at work and at its best.

- 1 In a moment of flight over enemy lines, a World War Two pilot had a flash of insight – an “Ah-ha!” moment -- about what he would do if he lived through that moment. He lived and now owns a large business conglomerate.
- 2 While vomiting in the alley behind the local neighborhood pub, an alcoholic wondered -- “Ah-ha!” -- what could he do to help himself. He saw his answer as a vision in his mind. The next morning he quit drinking and rehabilitated himself.
- 3 On the way to her office one morning, a real estate developer wondered

what it would take to close a big deal. The answer -- "Ah-Ha!" -- arrived in her daydreaming while driving.

If you would like to foster *your* intuition, take a trip down memory lane to an Ah-Ha Moment you've already experienced. Write in as much detail as possible what you remember—images, feelings, sensory awareness, and all the emotions that the moment stimulated.

When you've completed these exercises, review you the images, thoughts, and insights that came to you. In reviewing, you'll find clues to **how your intuition works** in those crucial moments when you need it most. Understanding your intuition, and (more importantly) **having faith in your decision-making abilities** because you are in touch with the powerful forces within yourself will help you rely on your "inner voice" to make good decisions under even the most challenging situations.

This report is of course only a pointer, the scope of meditation, visualization and other practices are too wide to cover in these pages.

I recommend that you search for a related book on Amazon.com or better still have a look at the courses I recommend below which will achieve the same result. YOU will know what to do.

I hope these practices can at least point you in the right direction. You have all the answers within you. Don't forget to look :-)

Final Thoughts

Your **success** will be a function of the **spiritual peace and inner harmony** you are able to achieve. Fortunately, there are as many different approaches to spirituality as there are people on the road to enlightenment.

And though different in many ways, **all exercises and techniques for increasing spirituality** are like the simple ones described above: designed to help focus the **mind on creating what it desires**.

See it...believe it...achieve it!

I honestly believe that you were meant to **live joyfully** -- we all were. Since making a living is such an important element of our lives, I believe that our life's joy should be expressed there, too.

Some think business is all about **greed** and **dog eat dog**. Others see business as only about the bottom line (the end) regardless of methods (the means). It's easy to understand why so many people hold these views. Observe how business is all too often practiced -- **without integrity, joy or excellence**.

Consequently the word business has become charged with negative connotations.

We need to understand the **higher spiritual value of business**. Business isn't a war to the death between buyer and seller with each jockeying for position and ultimate supremacy. Business is simply the means by which we engage in **exchange of service**. I

People are on the planet to **engage in relationships** and **discover our unity** with one another. We are here to **discover our own talents** and abilities and then **contribute by utilizing them**. Business is an integral part of that, not the antithesis.

We're on a journey in life and **enjoying each step** as we go is far more important than you may realize:

"As far as we can discern, the sole purpose of human existence is to kindle a light of meaning in the darkness of mere being."
-- **Carl Gustav Jung**

When you include spiritual expression in your business goals, you'll move towards success in a totally new and different way. Instead of discord, everything you do and think will be **in harmony with your inner goals** and **resonant with universal principles**.

Instead of struggling on a rocky road, you'll enjoy smooth sailing on calm waters...even during a typhoon...because you'll be tapping into the limitless power of your inner self. Success is GUARANTEED when you put your focus firstly on the inside.

And there's no better recipe for success than that!

**From the state of a man's heart
proceed the conditions of his life;
his thoughts blossom into deeds,
and his deeds bear the fruitage
of character and destiny
-- James Allen, "As a Man Thinketh"**