

*THE SEVEN
BIGGEST
SECRETS OF
PERSONAL AND
SPIRITUAL
DEVELOPMENT
SUCCESS*

By

DALE MURPHY

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Introduction.

Many words have been written and spoken over the years about personal development. In my capacity as a personal development student, I have over the past 17 years listened to and read many of them. I have studied and digested the insights of many experts and have formed my own opinions based upon that information.

Every author gives his or her own different slant to the story and I am no exception. I feel it is important to read as many different viewpoints as we can. One day, someone's slightly different opinion, may bring us that "insight" that we have been searching for!

During my studies I have felt the need to put pen to paper in order to organise my thoughts. The pages that follow are my own thoughts, impressions and insights into that all pervading question: -

"Why do some people move forward in life, achieving all their dreams, happiness and material wealth, spiritual harmony and inner peace while others perhaps more talented, fall by the wayside?"

The answer is very simple. Too simple for many to comprehend! However, with persistence and a desire to learn, I have found my own answer, part of which I would like to share with you now. Only you will know when you have grasped the great "secret" and you will probably kick yourself for not seeing it sooner! Nature displays the "secret" everywhere and that self-same power can come to your aid in developing the life you have always wanted.

(Before we go on I would like to give you a small clue to the "secret" power: -

"All thought has a tendency to manifest, or transform itself into its physical equivalent!")

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This book is about a voyage of discovery.

It is my own personal journey from ignorance to enlightenment, and tells of the rocky road upon which I made this journey.

The course of my studies have taken me through many adventures, some exciting and successful, others depressing failures. But all the time along the path I held myself to the higher ideal that no matter what was going on in my life, no matter how hard or unfamiliar the territory, I would be able to win out in the end. I had one thing on my side that no one could ever take away from me: persistence!

I have heard it said that failure is merely the habit of not getting up and carrying on after a fall, and that success is just the opposite! I have also heard it said that the definition of insanity is to carry on doing the same old things and expecting different results!

So one of the key skills to learn is to know when to carry on and when to cut your losses!

There is a famous saying in investing that says: “Cut your losses and ride the winners”. The problem with this ambiguous statement, is that it doesn’t tell you how and why you should know where the winners and losers are in you life! That is where experience comes in.

Another great saying I have heard (and I have heard a lot in my time) is that experience is based upon good judgement, good judgement is based upon failures in the past which were in turn based upon bad judgement. So in order to have experience and obtain good judgement, you must first start off in a position of inexperience and bad judgement!

That is okay for those of us who want to analyse where we went wrong and try to learn from our mistakes. But unfortunately, humankind is hampered by laziness. This means that most people go through their

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lives not knowing and not caring how and where they went wrong, just hoping that life will give them a lucky break in the future: "...one day, when my ship comes in! When I win the lottery!!!!" Yeah right!

We live in a culture of victim mentality... someone else is always to blame, it's never our fault.

And of course, if you live your life as a victim, how can you ever be in control?

Most of us live with the philosophy that life happens to us by accident. Instead, why don't *we* happen to life? Why don't *we* happen on purpose, from a position of strength and control rather than being victims all the time?

The answers to these questions lie within this book, within this voyage of discovery.

Along my journey, I have read many books, attended many seminars and listened to many tapes and CDs. Most have had some amazing ideas hidden within the pages... occasionally these ideas have jumped out at me... and occasionally I have read the same thing over and over again before I was ready for the revelation. Sometimes my revelations have come about through meditating upon these ideas! And sometimes they have just popped into my head as I was carrying on with more mundane, day-to-day activities. So hopefully, the insight I have will be different from anyone else you have read. Hopefully it will have a different slant, a new perspective that might just fire up your enthusiasm!

It is my hope to put together a book that will explain, step-by-step how I came to a point in my life where I can honestly say, I know how life works and I know how to get the answer to any question I might want to ask! And I know how to get pretty much anything I desire out of life.

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With that said, it doesn't mean that I always get what I want straight away, and also it isn't always easy... just because I know how the system works doesn't necessarily mean I can tap into it at will for anything and everything I always desired... that would be too easy, and that would defeat the object of learning my lesson in life. Sometimes the journey is more exciting and more rewarding than the destination! It is who you become along the way that counts... not what you achieve!

My journey started as a one of personal development with the classic book by Napoleon Hill "Think and Grow Rich", which I read for the first time in November and December 1991.

This book has set me off on a journey of self discovery that has changed my whole attitude to life. I have read that book more than 2 dozen times over the years, and I still find new pieces of gold dust within its pages every time I pick it up. I have made it my life's work to study this book, and many others like it in my quest for the ultimate answer to the ultimate question of life the universe and everything! *(Thanks to Douglas Adams for giving us that phrase in his Hitch Hikers Guide to The Galaxy.)*

As you can imagine from that last statement, my journey moved on from personal development and became a spiritual journey. I would like to take you step by step through the various stages that I passed through in order to get where I am today.

Okay, are you ready to begin? I ask you to take my hand now as we go through the process together... beyond on the next page lies the magic kingdom of wisdom. Dare you enter? I guarantee one thing... your life will never be the same again. Let's go...

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Big Secret Number 1... *“Thoughts Are Things.”*

The very first chapter in Think and Grow Rich is called: “Thoughts are Things”. This is a simple concept I shall be returning to time and time again on our journey. This is the central point of this whole philosophy.

It may seem like a trite or ambiguous statement, but if you let me expand upon the idea, I hope to show you not only how and why thoughts really are things, but how things are also thoughts.

Confused?

There is no need to be...

Imagine perfect world where everything you ever desired was yours to just dream up and create... out of nothing! Feels pretty good doesn't it?

Well, in the world of the mind, in the realm of thought, this is what happens every day! Your imagination can create anything it desires. There are no boundaries to what you can think up and create in the landscape of your mind.

The power of thought is the only real tangible asset a human being owns, and the power to control our thoughts is the only real power we have. This is the first step in realising that our journey of discovery is a journey of the mind. We are embarking upon a voyage of self-discovery through the thoughts and beliefs we hold within our minds.

The power of thought is the only thing we really have control over in our lives. The material world outside, including our own bodies, is governed by laws of nature and physics, and so our mental landscape also has a set of rules that must be obeyed in order for us to get the best out of our lives!

If the power to think and the power to choose (and control) our

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thoughts is the only thing over which we have total control, then nature has designed it in such a way that it is the only thing we need to get the most out of our lives. Nature makes a point of displaying abundance all around us; in the sky there are countless billions of stars, planets and galaxies; on our world plants, animals, birds and sea creatures abound with plenty! We have nature's own secrets displayed in our faces throughout our lives, yet many of us never take the clues.

We have all heard of the state of mind called "The Millionaire Mentality", or something similar. The idea that rich successful people have a different mind set than the rest of us. They have something special in place that allows them to dream up great money making ideas... they are almost always guaranteed success because of their seemingly magical powers to create and sustain successful businesses or products or ideas!

*(Remember money itself is just an idea, a concept dreamt up by man in order to ease the bartering process that was used before money came along. Money is in effect an I.O.U. Instead of swapping assets and goods, we use the I.O.U as a medium of exchange. As the concept became more widespread, these I.O.U.s were guaranteed by the government and **money** as we know it today was born.)*

If there is a millionaire mentality, then it stands to reason that there must be a poverty mentality as well... every rule has its extremes at both ends of the scale.

I would put it to you that the rich and successful people are not born with the millionaire mentality, they learn to cultivate it through self discipline and control! The rest of us muddle by using bad luck and our present conditions as an excuse for our failure! But the key is that we can ALL learn to cultivate this mind set...

Most of us are however brought up to honour and obey the poverty mentality. You know the way it goes: Go to school, get good grades,

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get a good job and gear yourself up with credit cards and loans until you retire with little or no savings! If you're lucky you'll own your own house, but whether or not you'll be able to afford to carry on living there after retirement is debatable!

Many, many people who have good jobs and are paid well are still trapped in this poverty mentality! They may look affluent, successful and rich, but most of them are just a few months away from financial disaster... let me explain:

Most of us, the seemingly rich included, are broke or near broke. Even apparently successful people are just as broke as the rest of us, they're just broke at a different level. They may have a few pennies put away for a rainy day, but if ill health or redundancy stops their income... most of them are in the same boat as 95% of the population: They only have enough to carry them through a few months of paying the bills before the well runs dry and they have to start selling things to keep going!

We live in a society that that teaches the art of living off credit; the consumer mentality! Damn the future... that's what Social Security is for!!!! We pay our National Insurance all our lives in order to benefit in retirement. But guess what? That huge, supposedly bottomless fund of cash is under greater and greater strain, and within a few years it won't be able to support all the people claiming!!!!

The real rich and successful people have mastered the art of living off income created from assets! They only buy consumer goods from spare cash they have left over after they have paid their bills. And the only debt they allow themselves to get into is what is considered good debt... or debt that someone else pays for. Say in the form of buy to let mortgages that other people (tenants) pay each month! They create assets and use the income from these assets to fund their "jet set lifestyle"!

Okay, back to the idea that thoughts are things.

Well, the last idea I just mentioned in the previous paragraph is just that... an idea. In the same way that credit cards and debt are caused by the “I want it now, keeping up with Joneses” mentality... so the idea of investing and creating assets is also just an idea. A concept. It all boils down to whether or not you have a plan... and whether or not you stick to your plan. And plans are formed where? In the mind! And the only power the mind has is what? The power of thought. So the conditions of our lives can be directly impacted by what? Our thinking and our mentality!!!!

Is wealth a thing? Yes! It is a condition that exists.

Is poverty a thing? Yes! It is also a condition that exists.

If poverty mentality and millionaire mentality can have such an impact on our lives, then doesn't it stand to reason that we should create the right mentality before we start dreaming about what we'd like to do with our lives “... one day”?

Anything that shows up in life has to first be an idea. Ideas are formed where? In the mind!

Let's look at the house where you live.

Think about the process that went on in order for your house to be standing there today.

First, a plan needed to be drawn in the form of blueprints. Sketches were made to show how the house would look, then floor plans were created to tell the builders how and where everything was to be... doors here, windows here, toilet, bathroom etc...

Then the raw materials needed to be brought in, based upon the

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dimensions of the blueprint, the builders have a very accurate idea how much they need, bricks, concrete, timber, etc. Other members of the team were brought in: foundation setters, plumbers, carpenters, brick layers, plasterers etc...

These people are all working from the same basic blueprint.

Weeks and weeks, or months later, your house is built. Years later you still live here. But the whole thing started as an idea in some ones mind! The house you now live in was once only a thought... and now it has been transformed from the ethereal, unreal world of ideas, into a physical reality that will stand for decades if not hundreds of years!!!!

That is how thoughts become things. That is the process we will be working on as we pass through the secrets in this book!

You'll notice that there were a series of stages the house went through in its transformation from an idea to a physical reality!

Thoughts don't just leap out of you head and become reality! If only they would! (We will return to this concept later). You need to do more than just think about things in order to create them! Thoughts are the starting point of creation. You need to take action on your desires if you are to create the things you want from your life!

Action is the second stage of our plan to take thought and turn it into a reality! But before we take action, we need to plan, and before we plan, we need to set ourselves up with the right foundation. A sound foundation will keep our building standing tall through the worst of times, and our foundation will make the building of the walls that much easier! A weak foundation will cause our building to crumble before we even get the roof on!!!

Where is our foundation found?

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In the idea of desire and focus...

[Another way to explain the idea that thoughts are things is to look at the way we observe our world.

What do we actually see when we look around us?

Is this another ambiguous question, or am I leading you to a very important revelation? Well, let me try to explain. (As I mentioned before, the concept of reality will be tackled in full later on. But for now: How do we observe our world?)

Imagine a beam of light that comes down from the sun. This light bounces off surfaces, walls, tables, chairs and even ourselves.

This light then enters the eye and hits the retina at the back of the eye. Now, this light hitting your retina sets off a series of electro-chemical impulses that pass along the optic nerve. These impulses are taken to the rear of the brain, and an interpretation of the message is made.

The brain takes these tiny packets of information and puts them together as an interpretation...

So the actual picture you see through your eyes is merely an interpretation your brain has made about sensory data coming in through the eyes via the optic nerve. You don't actually see the thing you think you see, you only see your interpretation of the data. You see your own picture of what that information means to you.

As you see this image in your brain, it is the thoughts that put the image together, therefore, thoughts are things.

And the same goes for all your senses. You don't feel anything! All you feel are your brains interpretation of sensory data that travels to the brain through your nervous system... pain is only in your mind. Maybe

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the whole universe is only in your mind... a figment of your own imagination!!

If the whole universe is merely your own interpretation of sensory data that comes into your brain through your five senses, it is fair to say that thoughts are indeed things... you only experience them in your mind, and your mind only has one principle to work with: Thought!

*Okay, I'll leave you to **think** about that while we move toward our next big secret... Desire and Focus.]*

Big Secret Number 2... “Desire and Focus.”

Okay, so we know that thought is the tool with which we build our reality. (The concept of reality will be attended to in a later chapter.) And that our interpretation of reality is based upon sensory data, that enters our body through our nervous system and is arranged and given meaning by the brain.

Ideas and concepts are created through the imagination.

Imagination is simply freedom of thought; allowing our thoughts to soar and dream up anything we desire. Imagination is limitless and has no bounds and should be actively and regularly encouraged. Imagination is the springboard from which our desires leap.

Napoleon Hill says that desire is the first step in any process or creation. Ideas, concepts, dreams and flights of fancy are the first fledgling steps of desire. He also said that we can create anything we can imagine *if* we believe we can! Desire leaps forth from the imagination and fuels the later stages of our process of creation!

Desire is the kindling to the spark of imagination that causes a great fire to burst forth!!!

Desire must be constantly and continually fed. Kindling causes the first rush of energy to the fire, but unless stronger fuel is added, it will be a very brief flash in the pan. That is where focus comes in. The act of focusing upon the object of your desire will add more fuel. This will eventually cause the fire to rage uncontrollably! But in the early days it must be tended constantly. An idea is stillborn and must have the breath of life injected into it; it must be looked after and encouraged in the early days.

Many ideas never leave the drawing board because they are not tended in the early days. There is brief flash of enthusiasm, which then dies

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out because we didn't keep adding more fuel. Focus is where this fuel comes from.

The idea of goal setting is merely a way to make us focus upon the object of our desire. Setting the goal gives us the start of a plan. It is the first action we take in the physical realm before we ever start to work upon our plan. Giving the goal a deadline is like a wake-up call to let us know that we are committed to achieving our goal! A goal is something that we've just GOT TO HAVE!!!!

A goal is a physical reminder of what we want, when we want it and how we're going to get it!

Don't get bogged down with the science of goal setting. It's not that complicated. Just write down the things you want to have, then say when you want to have them. A goal is simply something that you've just "gotta have"!!!

Now imagination may be limitless, but desire and focus are not in the early days. Therefore the idea of creating realistic goals is very important.

A goal of having a million (£/\$) may be achievable, but if we want it in one week... I think it's fair to say that for most of us this would not be realistic.

It would be more realistic for most of us to have an extra £100/\$100 in one week. A million might take years, depending on where you start from!

So the dream of being a millionaire might be realistic, but the time limit of one week would probably be unattainable for most of us!
(Leaving The Lottery aside!)

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That is why the goal should be broken down into stages. Remember building our house? Trying to get the whole house built before the foundation was in place would cause the whole thing to come crashing down!!! That is like wishing for a million next week. You won't be very motivated, you won't even believe it's possible (belief is next). *(There is of course always the chance of a lottery win!!!! But you've got more chance of being run over wearing no clothes than you have of winning!)*

Set your goal and break it down into a series of steps that you can take over a period of time. Eventually a ten year goal can be sliced up into tiny chunks, right down to the very first step you can take right now... that first step may not have any connection to the £1million/\$1million ten year goal, but it will start you off in the right direction. *(You start at the bottom of a staircase and take it one stair at a time... not trying to jump up the whole lot in one go!!!!)*

Once you have taken that step, the next step will be easier, then the next, and the next. Eventually you will get so carried away that you won't even realise how much you've achieved until you look back and see how far you've come. But these first few faltering steps, like the spark of desire burning the kindling, will be the hardest! Once you have momentum behind you can ease off the fuel. NOT TURN OFF!!! EASE OFF!

A jet plane uses full throttle to get off the ground, but once it's cruising, the throttle is pulled back. Massive effort is needed to get the plane off the ground, but with airspeed and momentum behind it, the throttle can be eased back and the flight enjoyed.

Your dreams and goals need massive effort in the early days to get them off the ground. But there will come a stage when critical mass is achieved... and you wouldn't be able to stop it if you tried!!!!

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The problem most people have is that they don't have the power or enthusiasm to keep full throttle on long enough... and they crash and burn!!!!

That is where the next secret comes in: Desire and focus can only go so far on their own... you need another powerful tool to keep that throttle on full power... the next tool in your arsenal is BELIEF!

[An interesting aside to this chapter is that a lot of self made millionaires don't actually set off with the goal of being a millionaire!!! It's true... they start off with the desire to do well and make money through their own businesses, but don't actually have the millionaire goal that seems to obsess the rest of us!]

They build their fortunes through tried and tested principles, starting off small and working their way through the various stages of developing and growing their business. Eventually as a result of building a solid foundation, they start to see the possibility of becoming millionaires... they upgrade their thinking based upon the evidence they have of continuing and growing success. Another great saying goes: "you will always make more money selling your business than you will running it"! Most of the business millionaires make their million by building a successful business, then selling in on.

Of course there are far more people who start businesses and fail than those who succeed, and the millionaire successes are even fewer.

We don't want to leave things to chance. One of the principles that can help guarantee success (or failure – depending on how you're programmed) is the beliefs you hold within your mind

Big Secret Number 3... “Belief.”

Okay, so we know that thoughts are things, and that we can form our thoughts into desire and focus them to fuel that desire.

It’s all well and good to have a desire, but if we don’t believe we can make that desire a reality, we will never have a fair chance of achieving it! We just won’t be able to muster the energy needed to keep that throttle on full power when we need it most!

The first question we have to ask is: “What are beliefs?”

The simple answer is that a belief is something that we hold in our mind to be the truth. Something that we think is true.

And there is the secret to controlling your beliefs. It is something that you think is the truth! Not necessarily what is true, but what you think is true right now!!!!

We keep returning to the idea of thinking. That is why thoughts are at the crux of this entire philosophy! Beliefs are simply thoughts you have about what you think the truth to be!

Nothing more.

Remember we have total control over one thing, and that is our thoughts. Therefore, whatever we hold to be the truth at this moment, is merely what we accept to be the truth!

If we have control over our thoughts, then surely with a little effort, we can create whatever truth we want to!!!

There was a famous saying that states: “If you repeat a lie a thousand times, you come to believe it as the truth”!

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So what are we going to do? We must hold our beliefs in line with the object of our desire. If our beliefs are not in line with this desire, we must either change the beliefs to fit, or think about desiring something else. When our desires and beliefs are not in harmony, we will never, NEVER be able to make that desire a reality!

This is a very important part of this philosophy.

Desire and focus can be created aplenty, but they will never amount to anything unless you can actually see the possibility of you achieving your goal. All the goal setting in the world won't help you with this unless you believe you can do it!

This is probably the area where most people fall down. I know that this is the area where I have had issues in the past, and that is why I fell out with the idea of goal setting years ago!

I have set goals, and I have set deadlines, and I have created desire, focussed my full attention upon my desire... and nothing happened!

It wasn't until I realised that my beliefs and self esteem (*self esteem is simply beliefs we have about who we are and what we are capable of*) needed work too, that I started to turn things around!

Low self esteem and lack of self confidence have been my constant enemies during my journey through the ups and downs of life. Now they are my allies. Simply because I have reshaped them (and I continue to do so) to fit with the desires and goals that I have set for myself!

My self esteem and self confidence have been built by the circumstances of my life. The things that have happened to me have shaped my beliefs about what I can and can't do. Every time I failed at a business, I created more evidence that I was a failure. So the next time I tried (even with massive desire and focus) I knew that I would

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fail again, because that's what my experience told me to expect!

Once again, with thoughts being things, what did my thoughts create for me? How can I muster up enthusiasm and energy during the early days of building a foundation if I know I'm going to fail anyway... what's the point in trying? BANG... there goes another failure... yep, well, what did I expect?

You don't get what you want in life, you get what you think about the most! But you only get what you think about with the most passion... Or more importantly, you get what you believe you can get and you are passionate about what you believe in!!!! If you desire something but fear you won't get it... guess what? The fear is more powerful than the desire and... failure once again!!!! Emotions hiding deep within your psyche will overturn your best laid plans, because your sub-conscious mind is driven by emotion! Not words... emotions! The emotion of fear is the most powerful... and it hides unseen within you, fed by your doubts until it leaps up to trip you at every crucial moment!

If I lack self confidence, what do I get? More evidence that I was right, I couldn't do it! If I suffer from low self esteem, what does this failure do for me? It creates more evidence to lower my self esteem even more!!! It becomes a self-fulfilling prophecy as my fears realise themselves and add to the doubt, which adds to the fear, which slowly eats away at my self confidence!!!!

But the process works the other way as well! Success creates healthy self confidence and higher self esteem, which causes me to try harder, which builds more self esteem and creates more evidence to support my beliefs that I CAN do it!!! I have more energy, therefore I work harder at achieving my goals, which in turn creates more success and builds my confidence even more! This is merely the idea of upgrading your thinking based upon the evidence of growing success. I must start off small and work my way up based upon the little successes of the past!

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This is why it is important for you to list all the successes you've achieved. Make yourself aware that no matter how many things have gone wrong, you are not a total failure at everything. There are times when do we get things right, and we should remember these times in order to boost our self confidence!

I know that things can be turned around very quickly once you start to gain self confidence. I have a friend who failed at pretty much every business he tried. There were moments of "flash in the pan" success, but he always ended up worse off then when he started. He was also plagued by £70,000 of debt (about \$125,000)!

It almost came to the point of bankruptcy. It was fair to say that he had reached rock bottom.

A friend called him with a business idea; selling software downloads through the internet. He thought it might give him the chance of earning £200 (about \$350) a week ... not a fortune, but it would save him from bankruptcy.

He made few sales, earned a small commission, and started to get excited. He put more effort into the marketing of his product... based upon the early (small amount) of success, he was enthusiastic. As his sales started to increase and his commissions got bigger, he started to get really serious about promoting his product... his enthusiasm grew with each passing week, until eventually he was spending a small fortune on advertising. However, his earnings were growing too.

In short, within 9 months of starting (from a standing start... with the threat of bankruptcy hovering over him... he was able to pull in a commission cheque for ONE MONTH of over \$90,000 (over £50,500!!!) After he paid his advertising expenses he pocketed over £30,000 (\$53,400) FOR JUST ONE MONTH!!!!!!

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My Friend Martin had his fair share of problems and setbacks during this period. But he always worked through them, he always won out in the end. His early success gave him the power to upgrade his thinking. Where he could only see a reasonable wage at the beginning, he could now see a fortune!

He is still successfully selling his software downloads four years later, and has gone on to become the first genuine “rags to riches” story I have ever personally witnessed. He now lives an amazing lifestyle, holidaying every few months; he drives a very nice Jaguar. He has just got back from a 7 week round the world trip, during which he got married on the Cooke Islands... not bad if you can afford it!!!!!!

During the summer of 2003, he was so broke I had to lend him money to come on my stag weekend!!! Now he’s not only wealthy, he’s financially independent! He’s not a millionaire, but guess where his next goals are heading for?

I include that story here to show how powerful a belief can be in turning our lives around. My friend could have given up. He could have become a victim. He could very easily have been the first bankrupt person I have ever known! But he didn’t. He turned things around simply because he refused to accept that life was going to beat him! He saw an opportunity and dabbled with it. When positive results came through, he upgraded his thinking and started to gain greater results. With each step forward he gained more self confidence, which in turn gave him more energy and enthusiasm.

His self confidence was rock bottom in the summer of 2003... you should see him today!

It’s interesting to note that he accompanied me upon my journey of self discovery and personal development, reading many of the same books and attending many of the same seminars. So it is fair to say that these principles worked for

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him! It's also true that the last book he read before things started to take off for him was "Rich Dad, Poor Dad" by Robert T Kiyosaki.

He said that after reading that book a deep sense of calm descended over him, he just *knew* that things were going to work out for him eventually!

Let's look at how he managed to turn things around when everything seemed to be going against him...

Anthony Robbins says that your beliefs are like the top of a table: the more legs you have to support it, the stronger it will be! If the legs of failure are supporting your belief that you ARE a failure, then you need to knock them out and build a better, stronger, success belief!

Remember, you are not a failure or a success, but the conditions of your life are either good or bad; what you wanted or what you didn't want. You are not the issue! When we fail at anything we take it personally and believe that the world is out to get us! This is NOT true!

Learn to take yourself out of the picture and let the failures of life teach you the lessons you need in order to move forward from a position of strength! Don't wallow in self pity! It has nothing to do with you! You are not the issue, you are just the channel through which life manifests itself... if the energy is channelled the wrong way, don't get caught up in blaming yourself, learn from the mistakes and work towards correcting them! This is the lesson we have to learn... not wallowing in self-pity about how life has been bad to us! But how you can use your experience in the future to your advantage!

For it is true to say that we have to become a person capable of success... and if we are not that person to start with, then why do we think success should come easily to us?

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Success only comes easily to those who are capable of achieving!

How do we become capable?

We gain experience?

How do we gain experience?

We try things and adjust our plans based upon what? Our successes? NO!!! We should never change something that is working for us! NO, we change the things that don't work!

Experience tells us where we are succeeding (where to put more energy and effort – roll out the success) and where we are failing, what not to do! All the things we should stop doing and try something else!

Only when we have the experience to do this successfully will we become the person we need to be in order to succeed!!!!

You see? It's who we become because of the journey that creates our momentum. It's who we become that determines our successes and failures.

And it is true to say that if we have failed in the past, then NOT changing will only bring us more of the same failure!

Of course, trying new things can result in failure too!

But guess what? You need to get up, dust yourself off and try something else!

Keep on keeping on until you gain the results you desire. And low and behold, when you see those results, it's amazing... you have changed too! It was the change in you that created the results.

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So don't focus on what's happening now. Focus on what you want to happen. Focus on who you need to be in order to get the results you desire!

Only that person can gain those results. So if you're not prepared to change, you might as well lie down and give up now because you're setting yourself up for major heartache, pain and failure!

Sure, things still go wrong, even when you're far down the road to success... nothing ever works perfectly, but a higher self esteem gives you more energy to weather the hard times! It gives you defence against failure. Swimming against the tide will make you stronger and healthier, but you need to have times when you're riding the waves as well! Constant effort against the tide will wear you down and will probably even cause you to drown!

So that is why your goals need to be broken down. Making a million is very intimidating and can seem impossible. But making an extra hundred here and there is very possible for most of us, if we just give it a little thought and effort. You may have to change yourself beyond recognition to make that million. But a few hundred or a thousand, that will happen with tiny changes to your self image and your behaviour.

Maybe you need to start at twenty-five, thirty or fifty. Imagine making an extra fifty dollars/pounds a month and investing that carefully, or building it up in a bank account until you have enough to invest. Then upping the stakes and doubling that to a hundred. Well if you found a way to make an extra fifty, surely you could double that, couldn't you?

Keep doing that every few months, and by the miracle of exponential growth you'll be amazed at how much you'll be saving. Suddenly you've grown your investment to a thousand... do that for a few more years, investing wisely, and that million might not be so out of reach after all.

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It's been proven that most people earn enough money over their lifetimes to retire wealthy... if only they started saving and investing early enough! Just putting a few pounds or dollars a month into a mutual fund would be enough, if we started early enough!

It's also been proven that most people can be debt free within 7 years if they put some imagination into saving and spending money responsibly.

But nobody teaches us this in school... we're taught how to pass exams, how to cram our heads with useless knowledge that will never be any good to us in the workplace!

Self esteem can be manipulated to help us in our journey towards making our desires a reality! It needs to be manipulated in order to create the personality that can succeed!

It is not easy though. Your self esteem is the basis of who you are as a person. It will struggle and fight to keep you consistent with the evidence. But you can change your thoughts about what you believe.

Here's an example of how your beliefs change as you grow up. Remember how you used to believe in Santa Clause and the Tooth Fairy? How do you feel about them now? If you have children, the chances are **YOU** are now Santa *and* the Tooth Fairy!!!!

As a six year old though, didn't you **KNOW** they existed!!! It wasn't a belief, it was a knowing!

Okay, what happened? You now have new evidence to support the belief that they are just fairy tale characters that have no bearing in adult life (except when you talk about them to your own children!)

You still have the power to do this with your beliefs. It's not something that becomes permanently wired into your nervous system... although

the connection is strong. But if you create enough new evidence to support a new belief about high self esteem and confidence, you can change limiting beliefs! Remember, if you tell yourself a lie one thousand times you start to believe it to be the truth!

This is where the idea of affirmations come into the picture.

Once again, just like goals, I fell out with the idea of affirmations. I've tried all sorts, but deep down I knew that I was lying to myself and would never really get these things! That was my lack of self esteem trying to trip me up again.

Napoleon Hill has a whole chapter dedicated to autosuggestion (affirmations) in Think And Grow Rich.

So how do we learn to believe what we're telling ourselves? Well persistence is one way. Remember... a lie repeated 1000 times becomes a new truth!

If you repeat you affirmations 10 times a day for 100 days (about 3 months) you will start to believe your new truth!

But how many of us have the strength to keep that up? Three whole months!?!?!?!?!?!?!?!?!?

Okay, repeat it 20 times a day for 6 weeks... better. What about 100 times a day for 10 days? Can you remember to do that?

It's up to you! You and only you can choose how much effort you are willing to put into this!

You have to feel the truth of your affirmations!

You have to know that any truth is only what you believe!

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If you can change yourself in order to change your life, isn't it worth the effort? Imagine how you will feel when you have everything you desire. This is something you can do right now. Just imagine how you would feel. Feels good doesn't it? Well now just repeat your affirmations and keep this feeling in your nervous system while you repeat.

The one key fact is that until you have sorted out your other underlying problems in your self confidence, and self esteem, you might well be creating the circumstances of your next failure! Don't start anything until you at least believe you have some sort of a chance!

Remember, your enthusiasm about making any changes in you life will be fuelled by your beliefs about what you think you're capable of!

That is why breaking your goals up into more realistic chunks is vital. If you can start to take a few smaller steps, creating a little success and momentum, your confidence grows and produces more enthusiasm, which in turn gives you more energy for the next step. Remember how my friend, Martin took small steps in the early days of his journey to wealth...

You may stumble along the way, but so long as you learn from your mistakes, and put your new knowledge into practise, you will be able to weather the storms. Remember that you are not ready to move on to the next step until you have completed this one. Only move forward when you are ready. Take your time, and if deadlines come and go, don't beat yourself up, just revise them.

An overdue deadline means that you were mistaken about how long this part of the plan would take. That's not a crime! It's part of the learning process! Maybe next time you should give yourself twice as long... maybe you will surprise yourself and get it done sooner! Give yourself longer than you think you'll need... This will give you a boost of confidence when you reach your goal sooner. You want to try to

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give yourself the best chance (especially in the early days), and a boost of confidence like this could be just the ticket!

It's all about taking a few small, seemingly ordinary steps, making a little extra effort each day. Within a month you'll be amazed how much progress you've made!

I heard a saying once that went like this: ***“Read for an hour a day on any given subject and within a year you'll be an expert... within 3 to 5 years you'll be a world expert! Do seven hours at the weekend and you'll never get there!!*** You'll give up because seven hours is such a long time to devote to anything! But an hour a day? Yes it might stretch you a little, but one hour compared to seven!!!! Start off with 20 minutes and build up to the hour...

It's the same with *any* changes you want to make in your life.

Maybe you can only afford 5 or 10 minutes a day... well, get to it... it's better than nothing, and will make a difference in the long run!

Keep reminding yourself that thoughts are things, and give yourself a few minutes each day to think about your plans and repeat your affirmations. This isn't a race! It's your life!

Okay, now we need a plan of action to follow. This is your road map to success. Any plan is better than no plan, but you must be prepared to change direction at any time if your plan keeps leading you astray!

Your plan is only as good as you experience, which in the early days will be limited... so revising your plan and re-writing it may be necessary many times along the journey. But that's okay, because that's all part of the game.

Of course, not everybody wants to become a millionaire. But everybody has things that they want to change for the better.

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Maybe the goal of someone wanting to lose weight shouldn't be "I want to be a certain weight by summer"... maybe the goal should be to start to cut down with the unhealthy foods, and start to take a few minutes of exercise each day. A few days of this might encourage them to up the stakes and try to do a bit more.

Losing weight and keeping it off isn't about faddy diets and short term health plans... it's about changing your lifestyle to fit with the goal of being a healthy person and strangely enough, the weight drops off the healthier you become! It's about changing your eating and exercising habits FOREVER!!!! Once you change your lifestyle, the health benefits and weight loss come as part of the deal... and it may take a year or two... but you are not disenchanted because you've already set yourself up for the long haul! This is about reaping the rewards for a lifetime of change, not just a few months of depravation!

The here and now is only important as the moment in which you make the changes... what you do tomorrow and next week and next year will all have a bearing upon the results you get in your life! But each moment will only be another "now" moment, and the longer you wait to make the changes, the less moments of "now" you will have to change!

Your ideas and thoughts give rise to certain actions. These actions plant seeds in the moment of now that will take root and flower in the future. Just because you plant different seeds today doesn't mean the ones you planted yesterday (or last week, or last month) won't flower.

This last statement means that there will always be a delay between changing your thoughts and actions and getting results. Things might even get worse before they get better! You still have to live with the harvest of the thoughts and actions of the past! This will make you doubt your plans. This will make you doubt your goals. This will make you doubt whether or not you have made the right choice!

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Remember: momentum takes time to slow down. If you have been on a downward spiral for some time, it will take time and effort to pull yourself back up again! Just remember that your new thoughts and actions will take root and start to grow and flower in the not too distant future. Your new harvest may not be too far ahead. But you need to keep working and focussing and planning. This brings us nicely to the next step in our journey, where we create a plan of action...

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Big Secret Number 4... “Plan Of Action.”

In order for anyone to reach a destination, they must have a map with which to guide themselves.

Business advisers always tell people to have a business plan before they start a business. But we are never taught how to make a personal plan for our lives. That is why most of us are wandering round with no idea what we’re doing! Just going from day to day, pay cheque to pay cheque! Nothing ever really happening!

Everybody should have a plan for each area of their lives.

You should have a financial plan, a business plan, a holiday plan, a retirement plan, a family/recreation plan, a spiritual plan, a career plan, a health plan... the list is as endless as peoples desires and wants and needs.

For everything you’re trying to achieve in your life, you will need a plan of action.

If you do not have any plans, then life will be happening to you! Whatever happens along will do so at random!

You want to happen to life remember! You don’t want life to happen to you! So you must start to develop plans.

This is one area that needs to be taught in school. Nobody knows how to create a plan of action in order to get what they want out of life.

The goal is the first step, the destination. The smaller goals comprise the milestones along the way. The plan of action is the series of little things that we can do here and now and every day in order to get to those milestones! It’s making that phone call, writing those letters, sending that CV. It’s

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getting out of you're old habits and slowly making progress; Day by day, step by step towards your new life.

You must start to really think about every part of your life and see if there are changes you'd like to make, and then commit to making those changes!

You must sit down and write a list of all the things you want from your life. List these things under the appropriate headings: Money/Finances, Health, Career, Family etc...

This is your own personal list. Everybody's will be different. Write your own list of headings. Put the things you're doing now and the things you'd like to be doing in the future. Don't worry about neatness at this stage; we're only brainstorming at the moment. You can tidy it up later. Just empty your head of all the areas you want to change. What are you prepared to do in order to make these changes? What price are you willing to pay?

A little time and effort in the early days will give you a welcome boost to put in more effort in the future. It does seem like a daunting and impossible task... that is why we need to break it down into bite size chunks that can be easily digested.

Organising your life will seem strange and unnatural in the beginning. But once you have done the ground work and know the score, you'll be able to get that much more done!

Organising your life with a simple time management table will give you a clear understanding of what is necessary. Buy a large diary with a full page for each day, and break that down into chunks of time.

When you're starting out, it's far better to give yourself more time than you originally planned (there will always be intrusions that you weren't expecting to take your focus away). If you get the task done sooner,

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then start the next one... it's always more fun to be ahead of schedule than behind!

Most successful (and busy) people do a list of *“things to do”* every night before bed. Then they are ready to get started first thing in the morning!

Hey, I'm no expert on time management (this is an area I am currently working on in my own life), but it all makes perfect sense. And don't plan your whole life... this can seem rigid and boring (especially for the free spirits who want spontaneity in their lives!!!) There should be some time set aside for *“whatever I feel like doing on the spur of the moment”*!

Life doesn't have to be all work and no play!

Putting aside time to enjoy yourself is a very important part of your plan. What did all work and no play do to Jack?

There has to be balance in your life. And your plan should allow for this balance.

There are more than one or two areas in your life that need sorting out. Whatever you are not happy with in any area of your life, make a decision to create a plan now that will help you change it and make yourself happier.

Take it one step at a time... I know, I know, I keep saying that... but it's important you realise that you don't want to change the world; you don't want to change everything at once. That is impossible. But you can change one thing every day, or every week very easily. Start off with the tiniest little changes to your diet, your spending habits; maybe make a budget for the week and stick to it rigidly... maybe cut down on certain things... drinking, smoking... don't give up... just cut down a little. If you smoke 20 a day, then try smoking 19 a day for a week,

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then 18 a day for the next week, the 17... slowly start to cut down on the things you want to change.

It's not a race, and the easier it is for you to do, the easier it will be to carry on.

Try walking for ten minutes every other day. Then after a month do 15 minutes, then 20... build up slowly so that you can hardly tell you're making a difference. Within a year you'll probably be walking miles every week! If you cut out one candy/chocolate bar or fatty snack and replace it with a healthier alternative at the same time... imagine the difference in a year!

Use your imagination to dream up little ways of cutting back on the bad things and doing more of the good things.

Once you can prove to yourself that you can make little changes in your life, you'll build your self confidence and want to try some harder things. You'll upgrade your thinking. You'll start to enjoy the challenge! Try to do it all at once and you'll probably fail.

Your plan of action will be as unique as you are, and I'm not here to dictate to you what you should and shouldn't include in it! I'm just trying to open your mind to the possibilities. You are free to make whatever you want of your life... but you must change in order to get different results. Remember the definition of insanity is to do the same things and hope for different results! Or worse, expect different results!

Life is pretty predictable, and doing the same things over and over again tends to bring similar results. Now that's fine if you're getting the results you want... but if you're not, then you have to admit: **YOU NEED TO CHANGE!!!** And ALL changes start in the mind!

Whatever it is that you need to change, you first have to change your thoughts about what it is you're trying to achieve!

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My thoughts started to change many years ago, and I am still in the process... it's not something you can do once or twice and reap the rewards for ever! No, no, no, it doesn't work like that at all. Life is a challenge, it can be a struggle, but it is always worth while!

The challenge is to keep your mind focused. Keep your goals in sight, and keep making little changes in order to guide yourself to your destination. (Notice the word destination is very similar to destiny? I wonder if that's a clue...)

Making your plan of action is just one step in the whole process. Remember to keep altering your flight path when you need to. Being flexible in your approach is essential to make sure you don't keep doing the same things and getting the same results.

Even good results can be improved upon. Getting better results isn't any reason to sit back and relax... you might just need to keep the throttle on full power for a bit longer! Getting better results should be your incentive to build even more momentum, and go for even better results! Always keep that throttle on full power for a little longer than you think you need to... you never know when you might need the extra momentum to keep you moving!

Okay, that's pretty much all I can give you about this subject.

The rest is up to you.

You need to decide what you want. Every different desire will require a different plan of action. Each one will be individual to you and your needs.

Hopefully I've given you enough of a spark to help you move forward.

There was once a time when I thought that if I had desire, belief and a plan of action, then nothing could stand in my way! There was once a

time when I would've thought this book was finished at this point! But not now! Now I know that there is more to the story than that.

I'm about to get into the more spiritual aspect of this book now... because understanding how life works was fundamental for me to be able to move forward and enjoy greater wisdom.

I have to say that spirituality wasn't my goal at the outset of my journey... but I upgraded my thinking.

I'm not talking about religion here... and I'm not going to get into the debate about organised religion... that's for a completely different book!!!

I want to talk about the spiritual aspect of this philosophy without bringing the baggage that usually accompanies religious fanatics with their "fire and brimstone" approach to scaring people into being good honest spiritual beings!

For me, I first became aware of the spiritual aspect via "Think and Grow Rich" (once again). Napoleon Hill spoke of an invisible source of knowledge and wisdom that anyone can tap into if they so desired. He called this force "Infinite Intelligence". I have since heard it called "Universal Mind" or "Universal Intelligence", "The Collective Consciousness", "The First Cause"... even the "Akashic Records".

Whatever name you want to give this force is irrelevant. Just be sure that there are stranger things going on in this universe than our little lives on this tiny planet give reason or hope to believe!

Now we can move on the next part of the book... this is where we start to look towards the laws of the universe, and the truth about reality that is stranger than fiction...

Big Secret Number 5... “The Laws of The Universe.”

Okay, this is where our journey starts to get a little “heavy”. This is where we start to stretch our minds around some interesting ideas about what is actually going on in this universe!

As I said at the beginning of this book, my journey started off as a purely selfish desire to find out about the mechanics of success and how I could use these ideas to succeed in my life; mainly in business. As the journey continued, I upgraded my thinking, and started to take in possibilities than only a few years previously I would have considered ridiculous, absurd, unrealistic and just plain CRAZY!!!!

I have been brought up to be a Christian by my mother, but, as I grew older, I fell out with the idea of religion, simply because I saw so much misery and suffering in the world. If this “*all knowing, all powerful, all loving God*” existed, how could he let such horrible things happen in the world... how could he allow evil to exist? As I grew to have my own opinions, I decided that religion and God was all a load of nonsense, simply because this loving God would not tolerate such evil goings on with his children! End of story! That was that as far as I was concerned! I buried it all underneath a façade of atheism!

I went along my merry way thinking that life was just a lucky gamble. There was no destiny, no plan or purpose, you either got lucky or you got shit on! (*Pardon my French.*)

I kind of believed in life after death though, because I was sure of one thing: I knew that I existed, and I knew that I couldn't imagine not existing. I knew that my energy, the essence of my personality couldn't just end. “*I think, therefore I am*”! And I can't imagine me not thinking! So I was willing to believe that I, my soul or spirit or essence or the part of me that thinks, would have to carry on after my body was dead. How I didn't know. However, that didn't matter. I had no

intention of giving up my *“beingness”* just because my physical body was someday going to die! That was never an option for me.

But I didn't want the baggage of God, religion, or any of the nonsense that went along with it!

However, I didn't attempt to find any answers. They came to me as a result of this journey.

The laws of the universe came to me through various books, tapes and seminars, but the start was of course “Think and Grow Rich”. The idea of “Infinite Intelligence” fitted into my philosophy of life, and I was willing to go with Mr Hill simply because he didn't try to force God or religion down my throat. He simply stated that there was this invisible force that existed in the universe for us to tap into if we could just learn how.

It made sense, so I allowed my mind to expand a tiny bit around the idea. And I'm glad I did. I could just as easily scoffed at the notion and thrown the book down never to read it again... but I didn't! I kept reading, I kept learning.

The simple reasoning behind this was: Napoleon Hill dedicated his life to interviewing hundreds of the world's greatest achievers; he spent 25 years in research before his book was ready for printing. A man with that kind of dedication, and that kind of resolve deserves listening to. If he brought the idea of “Infinite Intelligence” from his research, then he had a very good reason for including it in his book... it was important, and I was willing to put my scepticism to one side in order to learn all I could.

He said that if we could learn to elevate our minds though meditation, we could touch this source of energy and wisdom, and draw from it. He even went on to use examples of people who had done this to achieve great things. He said “...I can always learn from a man who has done

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more than I have...”

And so can I!

Therefore I want to tell you about a few of the laws that govern our universe, starting with...

“The Law of Attraction”

Okay, the Law of Attraction... what does this mean? Well it carries on from the idea of “Thoughts are Things”. This universal law states that any thoughts of a certain vibratory rate, tend to attract other thoughts, circumstances and people that are vibrating at the same rate. Like attracts like. Birds of a feather flock together so to speak.

In other words, a person who acts with purpose, with all the principles working in his or her favour, actually attract the luck that they need in order to move to the next level. Sometimes these circumstances appear unexpected, completely out of the blue, and take you on a completely different path than you expected... this is called synchronicity.

Synchronicity is where you find unexpected circumstances that you just weren't looking for, that carry you toward your goal in an unexpected way! They are totally unconnected coincidences that seem to conspire to give you the results that you were after, but in a way that you didn't expect!

The idea about synchronicity is that even though the coincidences appear to be totally unconnected, they are in fact part of a bigger picture of meaningful events that were in some way designed to bring you to your desired outcome!

Another similar idea is serendipity, where totally unexpected results take you in a totally different direction, when you were looking for

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something else!

I know it all sounds a little “pie-in-the-sky”! Nevertheless, let’s see how we can use this law to our advantage:

Okay... if thoughts attract other thoughts in a similar vein, then any idea you hold in your head for long enough will bring more of the same thoughts that agree with you. (Like the table legs supporting the belief) if those thoughts are negative and steeped in the failures of the past, guess what they will attract?

Any idea or purpose that you hold in your mind for long enough (especially if you emotionalise it) will start to attract other thoughts and ideas of the same vein.

These will start to affect your attitude, your demeanour and your actions, which will have a direct effect upon your environment. As your actions change, other people who are of the same mind will be attracted to you. They will gravitate towards you and help you on your path.

This works for both negative and positive outcomes.

You can tell a lot about your own state of mind by simply observing the people around you.

This is why Napoleon Hill made such a big thing about the “Mastermind Group”. He said that you needed an environment of support made up of like minded individuals who would help you towards your goal. In fact he went as far as to say that anyone trying to achieve without the support of the “mastermind” were practically doomed to failure.

The good news is that if you are doing something worthwhile, people who want to achieve the same things will be drawn to you. It’s just a

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matter of you getting out there into the environment best suited for your needs.

In other words, go to the places where you're likely to find people who can help you.

You can't expect to meet different people by going to the same places! (Remember the idea of expecting different results doing the same things? This is the same.) In order to meet different people, you have to make the effort to get out and find them.

If your current group of friends and acquaintances are not in agreement with you, you need to distance yourself from them and find new contacts who do agree with you!!!!

"Here is the basic rule for winning success. Let's mark it in the mind and remember it. The rule is: Success depends on the support of other people. The only hurdle between you and what you want to be is in the support of other people."

~ David Joseph Schwartz

The "Law of Attraction" will guarantee you results. You just need persistence. This law works when your desires and goals are in vibrational alignment with your beliefs!

Once again. It's down to the idea that your thoughts are what create the circumstances of your life.

But remember: just because you are changing your thinking and actions today, you will still have to live through the harvest of your

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thinking and actions of the past! It takes time to change things around, so don't allow the delay to dishearten you!

The newly planted seeds will grow and start to affect you in the future. But you must allow them to grow. Every time you doubt, you take some of their power away. You must keep your attitude in alignment with your desires or you may not give them the sustenance they need.

The law of attraction is dealt with in detail in the book and DVD ***"The Secret"*** by Rhonda Byrne. Just go to www.theseecret.tv to find out more.

"The Laws of Abundance and Growth"

From the beginning of the universe, it has been shown that abundance and growth are the two most natural characteristics that are exhibited everywhere!

Scientists have told us how our universe began with a gigantic explosion of matter, the results of which continue to expand at an ever increasing rate! Imagine that, we consider the universe to be infinite, or without limit, and yet we know that it is expanding; getting bigger by the moment!

Stars, planets and whole galaxies are constantly being born amidst all of this expansion. As old stars die, so their matter is released to the cosmos and re-used to build more! The whole concept of abundance is alive and in constant use by the forces of nature all around us. This abundance and growth can be seen on a smaller scale upon our own world as well, as on the massive galactic scale!

This tells us that the act of creation is not just a one off occurrence, but a continuous stream of growth and more abundance!

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We, and every other plant and animal, are no different. We must constantly grow new cells to replace the old ones; we regenerate our bodies on a daily basis. There is a school of thought that suggests we re-build ourselves anew regularly, the time scale being somewhere between a few months to seven years! Every few years we completely replace all the cells and even the atoms in our bodies! In order to do this we must digest and utilize food and breathe oxygen. We take from around us the things we need to sustain our physical bodies, and we are always moving forward, always growing.

This means that our bodies are constantly renewing themselves.

From the moment of conception in the womb, one cell grows into two, two into four, four into eight, until we have grown into incredibly complex creatures with billions of cells; and this growth continues throughout our lives, as we have already seen. Even in death we must continue to grow! For it is a scientific fact that energy or matter cannot be created or destroyed, they just change form! As the essence of our being (our thoughts) is nothing more than electro-chemical energy, then that energy cannot be destroyed, it must grow into something else! It must move on in accordance with natural laws stating that creation evolves as a continuous happening.

We may help this growth, or hinder it according to our mental attitudes. But it will continue. If we are willing to forgive and forget past failures and limits that hold us back, and move forward through our pain and resentment, then we can help the essence of our spirits to grow quicker! If, however, we hold onto those old disabling habits, we will slow down that growth!

We must be willing to break free from beliefs that do not empower us, remove habits that stifle our natural growth! The pain of past failure must be released, as must our anger, frustration and fears! For we can only control what we think and do in the moment of now! No amount of cursing and wishing: - “if only...” will help. Do not regret your past

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decisions, for you can't change them, ever! But we can change what they mean to us, and in so doing change our future course by learning from our past mistakes and making different, better decisions today and tomorrow. And we can learn from the mistakes so that we are better able to deal with similar circumstances in the future.

If we allow ourselves to grow, to accept more responsibility for our lives, then we can become more and achieve more! The only limits are those that we put upon ourselves. And these are also based upon our thoughts and beliefs, which we now know that we can change! Use your imagination for your own good; create possibilities instead of limits, create growth and abundance instead of stagnation and lack!

In holding on to what we are and have today, we are limiting our future possibilities. If we will not give up the past (that we no longer have need of) we are creating a disharmony, and as such we are building barriers to stop ourselves from having those things that we most desire!

Remember this: -

“When I get into my car and start to drive it, I am beginning again a whole new journey, a whole new set of events to bring me to my destination. The way that I drove yesterday (and the path I took) or the way I will be driving tomorrow, can have no effect upon the way that I am driving now!”

I may still have to live with the consequences of my driving yesterday... speeding tickets etc. But each new journey is starting again from the beginning!

So it is when you start each new day as the “pilot” of your thoughts.

No matter what happened yesterday, how badly or how well that you “drove” the vehicle of your thoughts, it has no bearing upon how you think today!

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In other words: don't get tied up with worrying about the past or the future. You can do nothing about the former but learn from your mistakes (and your successes too!) and the latter hasn't happened yet, so it is still in the realms of pure potentiality.

The best part is, that each day you have the choice of where to direct your thoughts, the only limits being those you choose to accept. That is why it is important to be consistent in your thinking. Because the old bad thought habits are lurking in the background, just waiting for you to put down your guard, when they will slowly creep back into your mind when you least expect them to!

This philosophy is, like creation, not a one off affair, but a continuing process that you must see through to the end, otherwise all the work you have put in will be of no avail. That is why so many people who appear to have reached their goals slip back, and end up losing it all, or even losing their lives, because they got complacent, and didn't realise they needed to continue their journey.

Life (and indeed success, as has been shown many times over in the past) is not a destination, but a journey. And each of your destinations should be merely a stepping stone to the next. And those destinations can be wherever you choose to go!

Nature displays this great truth around you every day; when fruit is growing, it is green, it's only when the fruit ripens that the rot sets in!

Make sure that you stay "green"; constantly growing and learning at every opportunity, continually becoming more. Only then can you guarantee that you are following the laws of nature to the letter, and achieving all that you can in your life!

Whatever you do, don't ever allow yourself the complacency of thinking you know enough... don't let yourself ripen!!! Always stay

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green and growing... unless you want to go rotten that is!

“The Law of Creation”

The law of creation states that thought precedes every act of creation.

If you doubt that, just take a moment to think about everything that we have created as a race over the past few thousand years. When the Egyptians built the pyramids did they simply throw them together and hope they would stand? Did the Wright brothers merely “happen” upon the design for their first powered aeroplane in 1903, or were their efforts intelligently directed by their thoughts? Was Thomas Edison just “lucky” whilst “blindly wandering around”, hoping for the secret to the electric light? Or were his experiments directed by carefully thought out, intelligent ideas?

Anything you have in your life was first preceded by thought. Anything that was ever invented by anybody, was dreamed about first, imagined, designed and finally brought into reality.

The desire to have something is merely a series of thoughts about how nice it would be to own...such and such! If you do not have the capabilities to afford it, then you save up or borrow money to buy it. But first you had to think about owning it before you could ever go out and buy it!

When Henry Ford was building his famous Model T car that made his name during the early years of motoring (and brought the previously expensive, luxury motor car into the realms of the ordinary working classes), was he merely kicking around in the dark hoping for his ideas to take off? Or did he direct every stage of the operation with intelligence, thought and co-operation with immutable laws of nature?

The answer to all of the above questions must be yes! All great acts of

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creation must be intelligently directed, and that intelligence must take its form in the first place as thought. There can be no creation without first the idea. And as ideas are merely thoughts, then it is fair to say that this great truth is the starting point of all creation!

Consider the creation of the universe in all of it's complexity; the laws that direct gravity, nature, science and physics. Surely these things couldn't just have come into being? Doesn't the whole universe work to finely balanced rules and laws that must have originated somewhere? Doesn't the whole concept of nature appear worked out to even the finest detail? Isn't our world, in all it's abundance, a finely tuned act of creation that simply couldn't have appeared from nowhere?

Everything in the universe, from the smallest to the largest, from the organic to the inorganic, everything is like a finely created piece of the puzzle, in it's own place, going about it's own business, according to the laws given to it by the universe; Apparently intelligently directed!

It is not my intention here to put forward a case for or against any particular religion or spiritual leaning. I myself am not very religiously inclined, and get by quite well without the need to worship or pray to any particular God or prophet. However, just because I am not religious doesn't mean I cannot be spiritual!

I do believe that there is something going on in the universe that none of us can fully understand. Some form of intelligence is at work throughout the universe. I do not know what form it may or may not take; that is a subject for a hundred other books!

One thing I know to be an exact truth is this: Every particle of matter, every force of energy, in every corner of the universe behaves with and follows exact laws! Every sub-atomic particle obeys the same law of attraction that holds our planet in orbit around our sun. Every molecule obeys the same laws of quantum physics holding them together. Every

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vibration of energy or matter follows the same law of attraction!

A tiny, microscopic piece of DNA from any cell in your body holds enough information to re-build you from scratch; it controls your hair colour, your height, your sex, eye and skin colour and every other variation of the human form! DNA is called a code by the scientists who study it. But who wrote the code?

Consider this thought for a moment: -

If you were to find a grandfather clock in the middle of a desert, you wouldn't disregard it saying that it had formed itself merely by accident, or chance! You would know that an immense amount of effort had gone into creating the intricate mechanical details allowing it's smooth operation.

A lot of care and precision engineering and planning and thought has gone into every stage of its production! You would know all of this to be the truth! It will have been built with the same measure of thought and care as your house. First there would be sketches, then blueprints, and eventually the individual parts assembled with skill and care.

Now let's examine the human body, or more closely, let's examine the human heart (or any heart for that matter).

Look at the design of it. Look at the detail. This heart was created from a blue print held in the DNA structure of a single cell. That DNA instructed the building, the operating and continuing maintenance of that organ.

Did that heart originally just happen as an accident? Did a few hundred million cells just fall across each other and form together in a haphazard collection? Did this collection of cells just happen to work perfectly for the pumping of blood around the body?

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What about the blood vessels attached to the heart? Did they just happen to grow out of it as a matter of sheer coincidence?

Was there then another coincidence, a matter of luck, that saw blood cells that just happened to work perfectly carrying oxygen from the lungs to be distributed throughout the body; carrying nutrients to all the cells? Was your whole body just blindly and unintelligently bashed together as a matter of sheer chance?

And then who put the code into the DNA that “told” the cells what to do, how to form and how to work?

When you ask questions like that, surely the only answer to them is: - “Don’t be so silly!” Yes I know that these sound like stupid questions, but until you ask them, until you consider the facts, isn’t it easy to take them all for granted?

The fact is that there could not possibly such intricate bioengineering by sheer chance! The truth is that there must be some intelligent force at work within the universe, within our very bodies, that directs and controls everything in nature!

What that force may or may not be I’m sure I have no way of knowing, but of one thing I am absolutely positive; this force exists, and it is intelligent!

Nature displays all around us, at every moment of every day, in every corner of the universe, intelligently directed laws. Intelligently created creatures and plants upon our own world; planets, suns, solar systems, galaxies – all made of intelligently created molecules and atoms!

Let us examine the law that determines gravity. It is definitely not a living, thinking, sentient being. However, the force that it commands acts upon every area of our universe, from the smallest atom to the myriad of huge galaxies and probably beyond! When two bodies move

in a certain way, the law of gravity states that the heavier of the two shall exert gravitational power over the other, and so effect the way that they both behave!

Every other law of Nature behaves in exactly the same fashion, to pre-determined rules. Who put those rules there or what their purpose may be is anybody's guess. But they must have been put in place by some intelligent force that governs the entire universe. And by utilising these laws in harmony with that force, we can all achieve, be, do, and have anything that we desire!

Could the entire universe be just some random, haphazard event? Did all this just happen out of chance? The answer has to be NO! The odds against this happening must be astronomical!

I'm not usually a gambling man, but I'd wager against even a fraction of the universe existing by chance! Whether or not the continuation of this act of creation, and the force by which the laws are governed is done through conscious effort or not I really don't know. But the law itself must have been intelligently designed and put in place to behave in such a way.

There is a school of thought that tells of unlimited universes existing side by side, and that in the realms of these infinite universes, the law of averages says that one of them would eventually, by sheer chance, create everything that exists here, without the need for any Infinite Intelligence to direct it! *(Like the idea of an infinite amount of monkeys with typewriters producing The entire works of Shakespeare...)*

Well my answer to that question is: "That is all well and good, but who put those infinite universes there in the first place? The concept of infinite universes is in itself an idea, and all ideas have to be thought up somewhere, by somebody, in some ones consciousness. Who and where is that consciousness?"

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The whole universe (including infinite universes) displays the signs of intelligent creation, planning, engineering of the most meticulous detail and the execution of exact laws. There can be no doubt at all about this! There must be something directing it all, and that something must have had its birth in thought, for all creation is preceded by thought!

Therefore, the very nature of the power of the creation of the universe is at your control in the thoughts you hold within your mind. The only difference must be in the size, or degree of that power. In the same way in which an entire ocean differs from a single drop of water; they are the same in form, they behave the same, and they are identical in every way except in the proportion. The ocean is just more of the same! Likewise, the thoughts within your mind must be identical to those that created the universe, except in the degree or the amount, with your individual thoughts being part of the whole! *(More about this later.)*

If you have at your command the exact same power that must have created everything within this universe, just think what you could achieve if you harnessed it, and placed it at your command, through natural laws, towards creating the life of your choice!

The law of creation works in every area of your life. If you want to create wealth, then you must first think up a valuable idea. If you want to create harmony and happiness in your life, then you must precede this with happy, harmonious thoughts. Remember the rule that says you must give before you can get? Give out the thought that equals the effect you wish to see manifested in your life, and nature will go about transmuting this thought energy into its physical equivalent.

But beware; the same applies to any negative application of this law. Your subconscious mind (which is the workshop of your imagination, where all of this work is done) cannot tell the difference between what you desire and what you fear, and quite frankly, it doesn't care! It just works with the fuel you give it. If you give out thoughts of confusion, unhappiness, fear or anger... I think you know the rest.

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The negative application of the law of creation is easy; just do nothing, and the negative side of your personality will do the rest for you.

That is why so many of us fail in life, because it is the easiest way out. We don't have to take responsibility for our lives; however we don't get the rewards either!

Those who, through neglect, allow their minds to wallow in the negative, have to wait for what's left after those who control their own minds have taken their rewards; and believe me when I tell you how very little this is!

If you imagine your mind to be like a garden, and you are the gardener. It is your job to make sure that you plant only the things that you want to grow within this garden of your mind, and keep out the weeds.

Planting thoughts in your sub-conscious mind is very much like planting seeds in your garden. You must first decide what you want to grow, plant the correct seeds in fertile ground, and then feed them with all the things they need to flourish. Give them water, sustenance and light, then Nature will take care of the rest.

You must keep a lookout for the weeds of negative thought, however. For those weeds will grow in the undergrowth, and start to choke the life out of the plants you are trying to grow! Leave your garden to itself for just a few months, and all of your hard work will be ruined, you will have to start again from scratch! But beware, once those weeds start to take root, they can be very hard to dislodge, and they will continue to try to take over your garden even when they have been removed!

Keeping the garden of your mind free from the weeds of negative thought is a life-long job. You must constantly be on your guard, and weed your garden regularly. Keep on top of the job and it will be an

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easy task, let the weeds grow for too long and you may not have the energy to get rid of them!

In order to get the best you can from your life, you must replace all of your previous harmful, negative thought habits with new, vibrant, positive thoughts. There can be no vacuum within your brain, once you have removed a negative thought it must be replaced by another one... make sure it is positive. Where positive thoughts exist there can be no negative, and vice versa. But let down your guard and the negative will return.

Once you have achieved your goal, you must set another one of equal or greater importance that you may continue onward towards improving your life. For whilst you have something to work towards you will keep up the good thought habits, and thus the law of creation works for you instead of against you!

The Laws of Energy Flow And Compensation

This law states that: - “The appearance of a given amount of energy anywhere in the universe means the disappearance of the same amount of energy from elsewhere.”

Matter or energy can not be created or destroyed, they can only change form. We know this to be a scientific fact.

Matter is merely made up of pockets of energy that are moving so fast that they are given the illusion of material form. (*More about the nature of reality later.*)

Therefore, for the energy of a particular material object to appear in the physical world, the same amount of energy has to come from somewhere else!

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Where does that energy come from?

The mind of course, as all creation has its origin in thought and the mind is where thoughts and ideas are born!

If I have a desire for something, that desire is made up of thought energy. But that energy is trapped inside my brain. Trapped, that is, until it manifests itself as its physical equivalent in the material world!

The desire to own that object can no longer be present within my mind once I have attained it! I have therefore taken an amount of thought energy, and replaced it with the same amount of energy (the material equivalent) in my own physical environment!

No one knows how this strange phenomenon works. But one thing is for sure; it does work! For it is true to say that all thought energy, which is intensified with strong emotion, will begin instantly to transform itself into its material equivalent. Thus taking energy from the mind, and replacing it with material energy of the same kind in the physical world!

I know that the astute amongst you will be asking the question: “If energy cannot be created, then where did the energy of desire come from in the first place?”

A very good question my friend, which I intend to answer...

Napoleon Hill first came up with the idea of your brain being a receiver over 70 years ago in “Think And Grow Rich”. That idea has been brought into the modern world intact because scientists have done studies to try to find where consciousness exists within our brains. They have never been able to find it. They have no idea where ideas come from. They can see the brain thinking by following the electro-chemical impulses through scanners and heat cameras, but they have

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no idea where consciousness comes from.

The only possible explanation seems to be that consciousness directs and controls the brain and the mind, but where it exists and how it controls it... they haven't got a clue!!!!

This is where we come in and say that consciousness exists somewhere outside of the physical realms of the brain. All ideas and thoughts are transmitted from the subconscious to the brain where they are given physical expression through our actions!

Napoleon Hill also said that our brains can transmit thoughts too! So we are constantly receiving and transmitting thoughts, ideas and concepts like a biological radio station!

My desires must come from somewhere outside of my brain...

But what if I have desire for some material thing that has not yet manifested itself in my physical world?

I am making one (or both) of two mistakes. Either: -

Not tapping into enough mental energy to create the thing in my material environment (i.e. not desiring it enough to create the physical effort to produce the desired result in the material world);

Or: -

Not allowing the energy to flow through myself into the physical world! (allowing my lack of faith or negative beliefs to obstruct the flow.)

In the first case I can easily solve that problem by intensifying my desire, making it more potent, until nothing can stop the thought from becoming a reality. I send out stronger images to my subconscious

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attached to greater emotions.

In the second case, there are two reasons why energy could be stopped from flowing through me, as it naturally should do:

1) By the self-limitations that I put upon myself through my thoughts and beliefs! And: -

2) By not intensifying my desire with enough emotion to get through to my subconscious mind!

We once again return to controlling the thoughts within our minds to get the results we desire from our lives!

We know that our emotions are controlled by our thoughts, and as such we can intensify our desire by applying the same principles for changing our emotional habits, as for our thought habits. They are all part and parcel of the same thing! How do we become happy? Think happy thoughts! Don't wait for happy circumstances... create them!

We all have moments of happiness in our lives that we can recall at will. All we need to do is bring our happy memories into our conscious mind, and relive those moments until we can feel the emotions attached to them. Once we feel the happiness of our memories we can think of the object that we desire, and attach that feeling to the image of our desire!

How do we create desire? We constantly think about the object of our desire until it becomes an obsession! How do we produce more intensity of desire? Attach your happy memories to that desire and never let it out of your mind. Constantly tell yourself that you simply must have this in your life! You will not be complete until this thing is yours! And regularly reinforce that desire with the happy memories from you past.

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An idea to hold onto would be that desire cannot just spring up out of nothing. Desire for anything must be preceded with experience of that thing; otherwise we would not desire it! Think about it, a smoker only desires another cigarette because they have previously experienced smoking. They didn't just wake up with the desire for a cigarette... they have a habit of smoking which creates the desire within their minds!

An alcoholic is the same. Nobody desires an alcoholic drink without first experiencing being drunk. Drugs are the same.

We desire things because we are already aware of them. We know the benefits and want to experience them again!

Another interesting aside is that we are never given a desire for anything that we cannot have... and we never have a desire for anything we haven't already tasted.

So why do we experience lack, limitation, failure and disappointment?

Why do we not free our thought energy to flow properly, as it should do, from our minds into the material world? We impose self made obstacles that block the flow of that energy. And, as those obstacles are all self created anyway, removing them should be just a matter of building belief and faith!

As my mind uses my belief structures to filter information that comes into my brain through my senses, so it uses those same filters to help or hinder the flow of energy as it comes from my sub-conscious mind into the physical environment!

I may believe that I can do something, but still might not achieve it because I don't think I will do it; or worse, I don't think I deserve it! These filters have to be set correctly, so that the flow of energy is not interrupted, and the natural laws are allowed to act as they should do!

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How do we set these filters? I think the answer should be quite clear now! As these filters are simply beliefs about what we think we can or can't do, then we change them by changing our thoughts; by convincing ourselves that we can and will have these things and that we deserve them! Back once again to self-image, self-confidence, and controlling our thoughts!

A belief is only an idea, or a thought, or an interpretation of how something appears to me. I then collect references to support that belief, which is essentially evidence that I have which proves to me that my belief is true. That evidence, as we have seen previously, doesn't need to be grounded in the truth for me to accept it as the truth!

The key to changing a belief is to go about collecting as much evidence as you can, that contradicts your previous interpretation of the "truth", and so replaces the old belief with a new one!

The law of compensation states that you reap what you sow. But you must first learn how to sow the right seeds, attract the necessary energy, then release it with the right state of mind, so that it returns to you in its physical form!

Nature displays the law of compensation every time a farmer sows a crop. He plants the seeds at the right time of year, in the right soil, then gives it the right conditions for it to grow. Nature does the rest, and when the farmer harvests the crop, where he planted one seed, many have grown. The law of compensation is working everywhere! You have heard the old saying: - "What comes around goes around." But what nature does is to compound the returns, so that as we sow the seed, we are compensated many times over for our effort.

Think back to a time when someone showed you kindness. How did that make you feel? Didn't you want to return that kindness? Didn't you feel as though you owed that person for helping you? When

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someone loves you, aren't you more inclined to return their love than if they showed you disrespect? If someone is angry with you, how does that make you feel? Angry?

And the same goes for how you act and interact with others in your life. They will be angry with you if you show them anger. They will feed off whatever you put out, and return it to you. They will return your patience and understanding if that is what you give them. They will be more willing to co-operate and show you love and friendship if that is how you treat them!

It is the same with everything that you think and do in your life: - Whatever you put out into the world, is exactly what you will have returned to you, but compounded; it returns many-fold! That is the law of compensation.

There *will* however be a delay between cause and effect.

There will be a delay between crime and punishment, between good deed and reward! The seed never starts to grow upward straight away. It needs to start growing roots under the surface before it ever manifests above the ground! Only when the roots are in place can the shoots start upward to the surface of the soil.

Be aware however that the returns *are* coming your way, and the longer you have to wait, the more abundant they will be. (*Whether negative or positive... they are coming!!!*) The roots are growing, building the foundation in the early stages... but you do not see this because it is happening under the surface.

So be careful to put out only that which you would like to have returned in abundance in your life. Do not entertain the things you don't want, for that is surely what you will receive... *in abundance!*

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Big Secret Number 6... “What Is Reality?”.

It is the consciousness that we experience through our minds that gives us our own personal, unique perspective of the world, our own perspective of reality. Our consciousness is our individual awareness of our own existence, our sensations, feelings and thoughts and of our own environment!

In consciousness, we have the centre of our being, our soul or spirit.

It is this part of us that directs our thinking and so directs what we experience in our physical environment! It is the consciousness that works in harmony with the immutable laws of nature to bring us all of things we think about!

Surely it must be very narrow minded and conceited of us to believe that this powerful, universal force was designed just for us! As we have seen in the previous chapters; there has to be something greater that is governing this force. There has to be some form of greater consciousness, which exist within the universe, that we are part of!

It has been described as Infinite Intelligence, or Universal Consciousness, along with many religious names. But one thing is for sure, through the power of our own minds, through our own consciousness; we can tap into this universal storehouse of intelligence and wisdom! We can bring under our control the self-same powers of creation that have forged the universe!

We now know that these laws work for us at all times throughout our lives, whether or not we have prepared our minds in the correct way! So, if by our own negligence, we have thought about limitations, worry and poverty, and emotionalised these thoughts with fear, this law of creation will bring more of these things into our lives!

If, however, we have consciously chosen thoughts of health, love,

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wealth, abundance and prosperity, and emotionalised these thoughts with faith and an intense desire; guess what the law of creation brings into our lives?

The Universal Mind doesn't care what you ask for, it merely uses you as a channel to convey the things that you have thought about and emotionalised.

Remember that thought precedes every act of creation, so be very careful about the things you focus upon! This is the reason why all thoughts manifest themselves in their physical equivalent. And it is the intensity of the emotion that you attach to these thoughts that determines how quickly the message gets across.

The emotion of fear is a very powerful force for getting your message across to your sub-conscious mind, which is the link between you and the Universal Mind!

That is why you must remove thoughts of fear, and thoughts of the things you do not want. Fear can be so strong that the message gets across immediately, and the things you fear most usually show up with frightening frequency!

The emotion of desire can be as powerful, if it is directed at the things that you want to show up in your life! When you desire something with enough intensity, your sub-conscious mind will pick up on it and transform that desire into its spiritual equivalent, and then it is returned to you in its physical form!

You now know that the same principle works for success and failure, happiness or depression, love or hate, fear and courage!

Whatever you concentrate your thoughts upon with passionate emotion, will show up in your life! Choose upon which side of the coin you would like to live, and start today to put these principles to work

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for yourself.

Your own piece of individual consciousness is a part of the whole Universal Consciousness, and as such can harness the same powers that the whole commands. Remember that it is the same in form as the whole, and differs only in the same way as a drop of water differs from the entire ocean!

Thinking is a spiritual activity which forms the link between the individual consciousness and the Universal, which then brings the thoughts into the material or physical world.

We know that our thinking is made up of electro-chemical energy that operates through the cells of the brain. These impulses of thought vibrate at a certain frequency, which causes resonance in the brain cells. It is this resonance that the brain cells use to record the thought.

When the thought is repeated, this strengthens the rate of vibration. When the thought is emotionalised, this further strengthens the vibration, and so the resonance!

The law of attraction states that thoughts or energy of a certain vibratory rate will attract others of the same rate of vibration! As this happens within the cells of the brain, more cells are imprinted with the thought vibration, until it forms a belief about that thought. You attract to you the evidence to back up these beliefs.

If you fold a piece of card several times, causing a crease in it, that makes a path along which it folds easily. The cells within your brain do something similar when they are imprinted with thought vibrations.

The more the thought is repeated, the stronger the path through the brain cells becomes. Until, like the crease upon the card, it becomes permanently recorded along that path. This is how your brain records thoughts, memories and beliefs, and the emotionalised thoughts have

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the strongest vibratory rate, which makes the memory stronger.

To quote the Robbie Williams song: “*Your mind gets burned with the habits you’ve learned.*” Emotional habits, thinking habits and behavioural habits are literally burned into your mind by the repeated use of these brain cells.

Once these thoughts become beliefs (*burned or hardwired into the structure of your brain*) they are then part of the personality of the individual, and as such they form filters within the brain that only pick up on the things that are in agreement with that thought, thus strengthening it further! These beliefs then colour the behaviour of the individual, which in turn affect the results of their actions!

Again it is the thoughts that we hold within our consciousness that affects the results that appear in our lives! The mind, the spirit and the consciousness of the individual directs the thoughts, which are responsible for everything that exists within the material environment!

So now let us try to discover the true nature of the physical environment as we delve into the amazing world of reality!

We observe a universe around us and believe that what we see is what we are actually experiencing.

The world in which we live seems to be in control.

Someone else seems to be pushing all the buttons and pulling all the strings. And here we are in the middle of it all, being pushed, pulled, cajoled and bounced backwards and forwards.

The reality of it is though, that we are in fact in control.

I know that this may seem to be trite statement, but I hope to prove to you here that this is in fact the case. How can we be in control when

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the evidence to the contrary is so abundant around us?

Well, the first thing to remember is that if we are in control, then we can do something about our circumstances. If we are a victim of someone (or something) else's control, then what power do we have? As a victim, we can give up, or put up with it in the hope that one day we will be free of the bullying!

If we hold at least part of the control, then we are in a position to correct the injustices in our lives!!!

You have produced whatever results are showing up in your life either through conscious or (more likely) unconscious use of these principles!

I want to take your attention to some very interesting experiments that were done by some very intelligent people. I'm going to keep mentioning the role of quantum physics in these pages, and I want to explain why: I am one of these people who doesn't just believe what I'm told because someone says it's right. I tend to need proof. If someone tells me that the world is a spiritual place, and that God is in control, I say to you "prove it... where's your evidence?"

That is why I have studied not only the pages of wisdom of personal development and spiritual philosophies, but the wisdom of science also... in the area of quantum physics can be found some very strange ideas.

These ideas seem more like science fiction and fantasy rather than science fact, but the people who worked all this stuff out are some of the brainiest that have ever lived. We are talking about Nobel Prize winners, geniuses and mathematical wizards! Most of the mathematics and algebra they use to define their findings are very much lost on me! I just don't understand it.

But what I do understand is the evidence of their experiments.

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In a nutshell, these scientists are telling us that nothing is real until we look at it. And when we stop looking, the thing that we thought was real when we were looking at it, stops being real!!!

We can only be sure of how things are when we are observing them.

As soon as we look away, we have no idea what they are doing!

I know, I know. It sounds ridiculous! Stranger than fiction, but this is science FACT!

Bear with me while I explain what they mean, and remember at all times: These people are geniuses. They are among the most intelligent people that have ever lived. The scientific community are all together on this one.

In the world of the quantum, nothing is as it first appears!

For starters, in the world of the very tiny (molecules, atoms and smaller) things don't behave the same as they do in the "big" world!

There are two different patterns that form in matter and energy. The patterns of waves, and of particles. Energy tends to display the pattern of waves (peaks and troughs like waves on water) and matter tends to display the pattern of particles (like billiard balls on a table.)

However, there are certain times when energy acts like a particle, (for instance when light is described as a photon – a particle of light) and when particles behave like waves (an electron particle in an experiment showing wavelike tendencies.)

These experiments are too complicated to repeat here (and beyond the scope of this book – and my mind - to follow)... so I would suggest a great book by John Gribbin called "In Search of Shrodingers Cat",

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which logically and simply explains the evolution of physics from Newton's classic ideas through Einstein and many more who put together the ideas of quantum physics.

The book does talk a little about maths and algebra, which sometimes loses me... but he does have a simple way of explaining things that bring the ideas to life for those of us not too immersed in science and physics!

What he says is that through the results of these experiments, it became apparent that the world we see around us is nothing more than a potential world (or a host of different potential worlds) that does not become real until we observe it! Only one of these potential "ghost realities", as he calls them, becomes the actual reality we observe.

According to Gribbin, there is nothing that is real unless it is observed, and we only know what's going on with this reality while we are looking at it. As soon as we stop observing it, it changes back into a series of potential "ghost realities"!

We don't actually know what atoms are doing when we're not looking at them! This is simply because in order to observe atoms we have to interact with them, and therefore our observations colour the results of the experiment!

Remember earlier when we stated that we don't actually see things as such, we interpret impulses of energy that light focused into our eyes sets off in the optic nerve. By observing these things we are creating an interpretation of information entering our bodies through our senses. The act of observing it makes it real! When we don't observe it, we are not interacting with it and therefore it returns to its original state of potentiality.

Atoms left to their own devices (un-observed) behave like energy. Those same atoms when observed behave like particles. Looking at an

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atom causes the “collapse of the wave function”, which means the act of looking at the atom changes its behaviour from wave (like energy) to particle.

The idea that we capture one of a host of possible realities is called the “Copenhagen Interpretation” of quantum physics, and has been validated by experiments all over the world with different scientists getting the same results over decades. And the amazing thing is that these results change when the same experiments are observed. This means the consciousness of the observer has control over the result of the experiment!

Science of course does nothing to explain how and why this occurs... it just shows the proof. It is up to the philosophers to try to piece the whys and wherefores together!

What they do tell us is that the reality we observe is picked at random out of the host of potential realities, and that we have no control over which reality becomes the one we observe. We as the observer merely force any one of the “ghost realities” to be come real without having any control over which one. (Like the idea of many different universes existing side by side.)

I would like to introduce the concept of creative imagination here. I’m not trying to be better or cleverer than these scientists, but they are dealing with physical results of scientific experiments. There is no room in their equations for any spiritual interpretation.

I would like to bring into the recipe a simple spiritual interpretation that allows us to see behind the scenes. My view of this is the same as Einstein. When he heard about the Copenhagen Interpretation, he said: “God doesn’t play dice with our lives.” In other words, he was saying the randomness of this interpretation takes all control from our existence. He struggled for years to try to find the answer. He was convinced that something was missing from the equation. But being a

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scientist dealing with pure facts, he couldn't

That is where this book takes over. Now the ideas I have learned from Napoleon Hill become grounded in scientific reality. Now the centuries old ideas of eastern philosophy, Zen and Buddha and the ancient Kabbalah can be seen in new light. For millennia, we have been told by these philosophies that the material world is an illusion, and that reality is created by the mind!

When Napoleon Hill said that "Thoughts are Things", it now actually makes scientific sense.

If we experience the world through our consciousness, and the only attribute consciousness displays is thought, then it becomes apparent that thoughts must be things... and indeed that things must be thoughts!

Let's take a look at the potential world of "ghost realities":

There are certain potential outcomes of any action. These outcomes can be narrowed down by choosing certain actions. In Newton's classic view of physics *"for every action there is an equal and opposite reaction."*

For instance, in a game of billiards I can choose where to position the cue so that when I hit the cue ball I can be fairly sure of its potential direction. I can also choose the force I hit the ball with, so that I have a certain amount of control of its momentum (speed) as well as direction.

If I have practised a lot, and am a competent player, I can be sure of certain results depending on where I hit the cue ball, how hard, at what angle etc...

The more I practise the better I become at creating the outcome I desire. But here's the key: as I approach the table, these outcomes are

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only potentialities. They have not yet been realised. It is only when I hit the cue ball that I set off the chain reaction that creates the reality I see unfolding upon the table! Once the events are set in motion, I then become the observer as the potential reality becomes the actual reality.

But it was the choice of where to hit the ball, how hard and with my intended outcome in mind that actually created the reality I see unfolding before me! If I'm well practised at the game, then I can get results that correlate to my intended desire. If I just go in there "gung-ho" and bash about with no plan, then chaos is the result.

This is a simplistic way of explaining a very complicated subject.

In other words, the things you focus on are the things that become real. And the better your aim is (the more you practise) the better you become at focussing on the things and outcomes that you desire. Like the balls on the billiard table, you approach life with many different potentialities before you. You take action and cause one of these potential realities to become the actual reality. It is your choice of action that causes the series of cause and effect events to play out before you. And you must allow the momentum of the preceding move to play out before you can start to change your actions.

That is why Napoleon Hill said that you must focus your attention on the object of your desire, and you should be specific as to your intended outcome. What we focus on with passion becomes real. Where we direct our attention actually creates the circumstances that play out before us.

But it's never too late to aim at another ball. It's never too late to change the potential outcomes of the game. Moment by moment you are able to redirect your thoughts anywhere you desire!

You don't get what you want out of life; you get what you focus on. You get what you think about and emotionalise about the most.

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If you want wealth and riches but are forever worrying about how you're going to pay the bills... guess what you are focussing on! Bang, you've missed the ball!

If you want health and vitality, but are worried about ill health and how your family will cope... guess what you're focussing on! Bang, you've missed again!

If you want that raise or promotion at work but are worried because there are other people more experienced than you after the same position... guess what you're focussing on! Bang, you're losing the game!

No one said it was going to be easy. But here's the good news: the more you practise the better you become. The more you get into the game and play, the more experience you gain, the better your choices and the better your results!

So the first thing to be aware of is not the reality you see before you (How the balls are lying on the table at the moment). That has manifested because of your previous method of thinking (how you played your last shot). This exists because you were unaware of the rules. The first thing to become aware of is all these "ghost realities" all the potential realities! That is where the future lies. You can change your game plan at anytime. You can alter your perspective and create new realities whenever you desire!

Don't focus on what you don't want.

Don't focus on what you've got.

Focus on what you'd like.

Focus on what you desire.

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It is up to you to choose which of the “ghost realities”, which exist as potential realities, becomes your real reality!

[An interesting aside to this chapter is another version of the Copenhagen Interpretation of Quantum Physics... this states that instead of a host of “ghost realities” existing as potential reality, there is in fact an infinite amount of actual “parallel realities” that exist side by side... or at right angles to each other.

For every choice we make, time and reality splits and creates extra realities for each choice we could make, and that each reality differs according to the possible choices on offer. This is the many universes idea we spoke of earlier.

But the idea is the same, for every reality or potential reality out there, we have choices as to which one to focus on and which one to make our own version of reality.

Stranger than fiction I know, but this is how modern physicists are thinking!!!]

The first step to taking control is to monitor your thoughts and start to change them.

Yes, it takes time. Yes, it will be hard at first. And yes, there will be times when you forget and slip back to your old habits. But as long as you correct yourself along the way, as long as you set yourself back on the right path, as long as you remember to forge ahead (however slowly) you can only make progress. You can only get better. Remember, the more you practise, the better you get! Just like the game of billiards (or any game for that matter) or any skill.

A famous golfer once replied to a reporter who said he was lucky after

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getting a hole in one: "...it's funny, the more I practise, the luckier I get!"

Remember when you first started to learn to drive, or ski, or type, or roller skate or surf? Anything you have ever learned took you through various stages of competence. From outright incompetence at first, through tentative insecurity, to thoughtful competence... eventually you became good. And the harder you worked, the more you practised, the better you became, until eventually, you became unconsciously competent; you don't even have to think about it anymore. It just comes naturally.

That's how this works too!

Eventually you will become so sure of your new skills that you will not even have to think about it... it will become automatic!

The rewards are total control: Total control of your thoughts: Total control of your mind and total control of your life!

Remember the "ghost realities" can become the real realities... but you must focus on them! Make them real!!!!!!

And that takes practise.

Personal and spiritual development goes hand in hand and is not separate. The two are interlinked, intertwined and forever connected.

If we take the personal development books that are in the market place, they focus on manifesting physical results through the power of the mind.

We are now aware that nothing can exist in physical form until it is created as an idea. This idea is created by thought... organising concepts... all of these ideas are born in the potentiality of the mind.

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As thought is the only principle that spirit has to work with, it becomes quite obvious that the power of the mind is the power of the spirit. And when bringing into the realm of the physical, we are calling into our service the exact same power that the original spirit used when creating the universe.

This is not an abstract concept. The idea that our universe is only that (an idea) is quite easy to accept, once you know the logic behind the creation of the universe and the purpose for which it was created... *and* the material from which it was created. (*More on this later.*)

We can break the material universe down into molecules, atoms and then sub-atomic particles.

These particles are tiny and cannot be observed by the human eye. But we know that they are 99.999999999% empty. Or as Einstein's famous equations $E=MC^2$ tells us, atoms are made up mostly of energy.

Sub-atomic particles are like letters in a sentence forming words (atoms), which then flow together to produce sentences (molecules)... then paragraphs, chapters and volumes, these come together to form libraries... like the words in a book, the atoms of the universe only manifest into meaningful reality when they are interacting with consciousness.

The words in the book are only potential knowledge, until someone opens the book and reads the words. Only then do they come to life.

Only then do they fulfil their purpose. When the book is closed and on the shelf, it is only an idea, a concept... when the mind of a person reads and understands the words, they come alive.

It is the same with the universe.

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The atoms are pre-organised into molecules, which gather together to form potential matter. Only when that concept interacts with the mind of a conscious being can the reality of the physical universe manifest. Only then does the collapse of the wave function occur, and atoms manifest the behaviour of particles.

But like the book, the idea is always there... it is already 'created' as an idea. It just needs to be 'read' and understood. When that happens, the whole universe comes alive.

Another way to look at it is to imagine being in a cinema.

The film is placed in the projector, which beams the images through a lens into the darkness. But what if there were no screen to catch the images? What if the beam just carried on travelling through the darkness, not interacting with the reflective screen that brings them to life? This is like the book resting upon a shelf, unopened and unread.

The images only come to life when we place a reflective screen in the path of the beam, and cause the light to bounce off it and into the theatre! The image only comes to life when it interacts with the white screen. Resistance causes the reflection of the light off the screen. This interaction pushes the light beam towards the audience, who can then enjoy the film.

Now imagine that the screen is your consciousness. And the projector is the consciousness of Infinite Intelligence/Universal Mind.

Just as reading the words causes the potentiality of the ideas in the book to spring to life, so the reflective screen causes the potentiality of the images in the cinema to come alive!

Our consciousness causes the potentiality of the universe to come to life in exactly the same way. By placing our consciousness in the way

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of the beam from the projector, we are interacting with it, and causing it to manifest different behaviour (collapsing the wave function of atoms and causing material reality to appear!)

We are all engaging in a constant act of co-creating the universe in every conscious moment we interact with these atoms and molecules!

So your consciousness is in reality bringing the potential of the universe to life.

Napoleon Hill said “Thoughts are Things”.

I would like to elaborate on that and paraphrase Hill by saying: “Things are Thoughts”!!!! Because our thoughts interaction with universal thoughts cause the universal thoughts to become things!!!

We actually create things out of thought by observing them!

This will be elaborated on later as we move on to the next secret.

Reality is only reality because we experience it. And we only experience what we focus on with emotional passion... whether that is passionate desire or fear!

Are you ready to move on to the next step?

The concept that the universe is just a potential universe or an idea waiting to be understood beggars the question: *“If we are reading a book, who is the author? If we are watching a film, who is the director? What is the cause of this potential universe?”*

Let’s take a look now at the most exiting and controversial part of our journey...

Big Secret Number 7... “The Cause.”

Before we go on to examine the cause of everything, let’s have a recap on our journey so far.

We have accepted the fact that thoughts are things, because we now know that nothing can exist without first the idea or concept. Ideas and concepts have their birth in thought.

We have also accepted that the only reality we observe is our interpretation of information that enters our nervous system through the five senses. And we have realised what a false picture of reality that actually gives us.

Thomas Edison is famous for being the inventor of the light bulb, but did he invent it or discover it? It is true to say that if the concept of an electric light was not already possible (*or a potential reality*) then it could not have appeared at all in our physical universe! No amount of wishing and dreaming could have made it possible!

In fact there is a school of thought that states the desire in Edison’s mind would never have been given to him were it not for the fact that the light bulb already existed in the form of a concept! It already existed in Universal Mind, and was one of a host of “ghost realities” that Edison had the power to make into the real reality!

His 10,000 experiments trying to find that reality was his learning curve, as he practised making the incandescent light his own reality. When he said he found 10,000 ways not to do it, what he actually meant was that he had created 10,000 realities out of the potential “ghost realities” that were not in line with the chosen outcome he had decided upon! He knew that if he carried on making each one of these “ghost realities” real, he would eventually stumble upon the reality that coincided with the goal he had set! He would run out of all the potential realities that

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didn't work, and by that process of elimination, would create the only outcome that he desired!

Now see what might happen if you applied this logic to your own life!

The idea that thoughts are things has been repeated so many times over the many pages of this book for a reason... it is the hub of this whole philosophy. Without thought there can be nothing! Thought is the start of every creation, and it is the sustaining power behind the continuation of every creation!

Everything that exists, everything that ever existed and everything that ever will exist came from an idea. Ideas are formed in the mind through the act of thinking. The spirit guides the physical process of the brains function.

Ideas and concepts can only come about through intelligent direction of thought!

Because thinking is an intelligent, conscious process, we have to ask: "Where does consciousness come from?"

In The Beginning...

Let's try to imagine what existed before the physical universe came into being before the Big Bang...

In order to do this we must return to the idea of what our universe is made of.

Atoms and molecules.

Atoms are 99.999999999999999% empty space, and that empty space holds immense energy trapped within it. That's what $E=MC^2$ means.

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The physical universe actually comprises of less than 1% reality!

Matter is made of mostly energy. The quantum physicists tell us that the things we call particles are actually positive and negative electrical charges, only tendencies to exist... only potential particles. So in fact 100% of the universe is made of energy.

Matter is only an idea, a concept. Matter is something that only comes into being when we experience it through our five senses by collapsing the wave function of energy.

If energy is the only reality that actually exists, then why did the concept of matter and a physical universe come into being? Why was it needed?

We know that energy cannot be created or destroyed, it can only change form. If that is true, then that energy **must** have existed in some form **before** the physical universe came into being!

We know that ideas come from thinking, which is the only attribute or ability that mind or spirit has. If that is true, then mind and spirit **must** have existed **before** the Big Bang! Otherwise the idea of the Big Bang and matter and time etc. would never have been brought into existence! Thought brings ideas into existence, and thought exists only in mind. Therefore mind must have existed before the Big Bang!

Now, science tells us that before the Big Bang time, space and matter **did not exist**.

Science also tells us that immense pressure built up to cause an explosion so powerful that we can still see the effects of it today. In fact billions of years later, the universe is still expanding due to the force of that original Big Bang! **That** must have been some explosion!

What science can't tell us is *why* this pressure built up. Science cannot tell us what caused the Big Bang!

The ideas and concepts discussed during the next few pages are drawn heavily from my studies of the writings of Kabbalah.

These ideas go beyond the physical universe, to before the big bang and try to answer the all pervading question:

“Why are we here?”

Let's assume that we have moved back to the moment before the Big Bang. Let's take a look at what reality might be like before the existence of time, space and matter.

We know that energy existed in its raw state before the explosion, and we know that mind existed as intelligent consciousness as well.

Now, consciousness is more than just an idea or concept. Consciousness exists as a state of being. We know this to be a fact because we experience this state of being every moment of our lives. This is something we know to be an absolute truth. We are consciousness! We exist. Our minds exist. We simply are!

Consciousness exists as part of a matrix of intelligently directed thought, which in turn exists within the very energy of which our universe is constructed! Mind changes the patterns of the energy, and that is the act of thinking... re-arranging patterns of energy.

Consciousness *is* energy and energy *is* consciousness!

Spirit *is* energy and energy *is* spirit!

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Intelligent consciousness is also the awareness of consciousness. We are aware of our awareness. If we are aware of our consciousness, then we can delve into it and uncover the power behind it, and forge that power into directed energy... the power of creation. Creation is just the arrangement of ideas (arranging energy into different patterns).

That energy always existed. If consciousness is a state of being then it is fair to say that consciousness and spirit always existed. Consciousness and energy are inextricably linked. They are one and the same! Two sides of the same coin. They exist side by side as equal halves of the unifying field that holds the universe together. Consciousness is intelligently directed energy.

In our everyday lives of struggling to keep up with the bills, problems in relationships, going to work, taking the kids to school, working hard to make the most of our lives, we experience separateness and isolation! But that is not the natural state of our consciousness!

In the period before the Big Bang, the oneness of the energy was complete!

How did we come from the one state of complete oneness to the chaos filled, isolated, fearful world in which we find ourselves today?

The secret lies in the idea of companionship.

Imagine that one huge field of intelligent energy existing in a state of harmony. No time exists, no space. That intelligent energy only had the power of thought. And thinking was what occupied it for the eternity of its existence. Eternity must be a very long time when time does not exist!

Imagine the loneliness, the desire for companionship.

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Imagine the emptiness of existence living for an eternity without a friend to share your thoughts with.

Think also of the attributes of energy.

Energy vibrates.

This energy was vibrating at the highest frequency.

Energy also radiates. It expands. It shares itself with its environment.

If space didn't exist, then there was nowhere for our energy to radiate to. No environment to share itself with!

This energy had a massive desire to share its thoughts, ideas and its power, but it had no way to realise this desire!

If only it could create a companion to share itself with, it would be fulfilling its purpose. If only there were an environment that existed where it could radiate!!!

Eventually the loneliness would become so intense that something would have to give.

Imagine the pressure building up. All that energy wanting, desiring and needing to go somewhere, but being deprived an outlet.

Something would have to give!

According to the Kabbalists a companion was created from a portion of this energy. (*"God made man in his own image!"*)

Think about this:

Energy vibrates at certain frequencies. This spiritual energy was

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vibrating at the highest frequency. If we could take a portion of this energy and change the rate of vibration, slow it down, we could create the illusion of separateness.

If this separate entity was also created with emptiness, a hollow space with the desire to receive energy to fill the space, then we would create a companion with whom we could communicate and share.

Essentially, according to the Kabbalistic writings, this is what happened. We now have two conscious entities, one vibrating at a higher rate than the other to give some companionship to each other.

However, if time and space didn't exist, there had to be the creation of such in order for the two to interact.

So the pressure of frustration caused the energy to implode upon itself until space was created. The explosion of the big bang was all of this pressure releasing in a single rush into the space created by the compression!

The emptiness created by the compression of energy became space, and the illusion of time was needed so that the energy filling the space would happen as a steady flow, instead of filling it instantaneously!

So, the second entity was created with a desire to receive energy from the Creator. An emptiness that needed filling. This emptiness gave the energy somewhere to radiate to. An environment in which to move. Time was created to allow the sharing to unfold rather than just burn out in a flash.

It is essential to note here, that in essence, this was the only true act of creation that ever occurred.

Now we have unity where one being desires to share, and the other desires to receive.

However, if we look back to the way this second entity was created, we can see a problem arise.

Remember that the Companion was created from the same energy of the Creator. So this energy has the same attributes: consciousness, intelligence and the power to organise ideas through thought. The Companion also (being made of the same energy) had the desire to expand and radiate.

If we take a breather for a second and compare our energy fields to something we all know about; water.

Imagine the creative energy to be a massive ocean. Miles upon miles of waving, foaming, living water. Now take a portion of this water and freeze it into an iceberg.

The iceberg has been created in a very similar way to the companion.

Water at the molecular level (as most of us are aware) is two parts hydrogen to one part oxygen, H₂O. When we slow down the rate of vibration of water (by cooling it down) we cause it to display very different characteristics. Where water is fluid, ice is solid. Where water has malleability, ice is firm and unyielding.

However, at the molecular level, the essence of the two substances remains the same; H₂O.

Water freezes into ice and becomes very different on the surface to the original. It may appear different, but is still made of the same building blocks.

What if we were to hollow out our iceberg and fill it with water?

We can all agree that the iceberg would become a vessel for holding

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the water. However the vessel is essentially no different to the substance it holds!

Back to the creative energy and the companion. We have two entities, made from the same energy, interacting with each other. But the desire to expand and share which still exists within the companion is not being fulfilled. (*Ice is unyielding and solid and cannot flow like water can.*)

The problem has been passed from the creative energy, who is now fulfilling its purpose, to the companion, who is fulfilling the purpose for which it was created, but is still in need of passing that energy on in order to feel complete!

According to the ancient Kabbalists, the physical universe was the direct result of the Companion pushing against the energy that the Creator was trying to share with it. The Companion actually resisted the energy it was receiving!

The idea was that in resisting the energy of sharing that the Creator was trying to pass on, the pressure became so immense that an explosion took place that shattered the Companion into infinite, individual and separate souls, who would then move into the physical universe for the sole (*or is it soul?*) purpose of learning how to be the cause of their own fulfilment.

Space and matter came into being as a result of this explosion, in order to give us an environment in which to operate.

Time came into being in order for us to have freedom of choice. Time came into being as the delay between cause and effect. Time was created so that the flow of energy through the universe could unfold steadily, instead of filling the space instantaneously!

Freedom of choice is so important that the creative energy (as part of the deal) withdrew from the physical universe, staying hidden behind a

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curtain, so that it couldn't advise, or guide us. It had to stay out of the game so that we could learn to be totally responsible for our own happiness! So, like a kind and caring parent, the creative energy withdrew from the physical world. It hid itself in the atoms of matter and stayed out of sight!

The energy is there, all around us. It is part of everything, it helps sustain everything, but it is hidden from sight!

You are part of that energy field, as am I, as is the chair you're sitting on, as is the planet Earth, the solar system, the galaxy...every atom has this energy hidden within it! We are all part of this conscious field of energy that created and sustains everything. Even the air we breathe is made of this energy!

("I am in you, as you are in me, as we are in the Father." Jesus.)

Something For Nothing...

The idea of something for nothing is one that most people would not agree with.

Most of us would tend to realise that in order to experience the rewards of life, then some effort has to be made in the first place. You get what you give... remember the "Law of Compensation"?

In physics there is certainly no so thing as something for nothing, because all the energy that is going to exist already does exist, and energy cannot be created out of nothing. Therefore in order for any amount of energy to exist anywhere in the universe, the same amount of energy must be taken from somewhere else! For any type of energy to be present, it has to be changed from one type of energy to another. Change the rate of vibration and the energy will manifest different characteristics (like water, ice and water vapour or steam).

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At the moment before the Big Bang we (as all the souls of mankind were part of the original companion) were receiving in our own eyes “*something for nothing*”. As we had inherited the creative energy’s original purpose of sharing and expanding our energy, we could only be truly happy if we had the opportunity to pass on this energy to someone else.

While we were receiving something for nothing, we could never truly be fulfilled.

Imagine an incredibly wealthy person taking a shine to you and presenting you with an enormous amount of money... say one million (pounds or dollars). You are not required to do anything to earn it; it’s just a gift, made out of sheer love.

Just imagine if every day, your rich benefactor came with more money, another million! Every day they kept trying to force you to take more money... “here, have it, I’ve got more than I need, it’s yours!”

How long would you continue to take the money before you said:

“STOP! Please stop giving me money! You’ve given me more than enough already, and I don’t have enough time to spend what I’ve already got, please don’t give me any more!!!”

Some people might carry on accepting the money longer than others, but for most honest, decent people, there would be a limit to the amount you can take without earning it!

That is exactly the feeling that caused the physical universe to come into being.

Because we had everything in our original spiritual state, except the opportunity to earn what we were given, we had to stop receiving!

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The physical universe is here to give us the space, the time and the opportunity to earn our own rewards. To learn how to accept what is on offer with pride, in the knowledge that we deserve it! And until we learn our lesson, we will be deprived. Not because it is being withheld from us, but because we cannot accept it until we actually believe we have done enough to earn and deserve it!

Our lives may be filled with lack and limitation, frustration and disappointment, yet our infinite universe is filled with abundance and wealth beyond our wildest dreams! Nature displays abundance around us everywhere, and yet we are still stuck in jobs that we hate, in relationships that make us unhappy, in lives that don't fulfil us at all!!!

What is the answer to our problems?

How can we create fulfilment in our lives?

Well, the principles within this book are a starting point.

We have read that thoughts are things, and that we are made of the same "stuff" that creates and sustains our universe. In fact we are co-creators in the everyday unfolding of the creation of the universe!

The only true act of creation was when we were drawn from the essence of our creative energy in order to fulfil its purpose. Do you think that such an abundant, sharing energy would willingly deprive us? Not when in doing so the energy is being deprived of its purpose as well!!! We were created to receive, to fulfil our Creators desire to share, to take away the loneliness and allow fulfilment to take place.

We asked for the opportunity to be the cause of our own happiness...

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What Is Happiness?

Another way to look at it is like this:

Imagine if you were always happy. How would you know what happiness was? Think about it, your natural state is happiness. You have never experienced anything but! So how do you know that you are happy?

Happiness only has meaning when you experience sadness, or have sadness as a gauge to measure your happiness against.

Wealth only has meaning when you know what the opposite is.

And poverty is only demoralising if you know that wealth exists somewhere else!

Up only has meaning when compared to down.

Left only has meaning in relation to right.

Good only has meaning when we know the opposite: Evil!

Think of the small communities that still survive in parts of the world, mostly cut off from modern life, and existing as their ancestors have for hundreds (maybe even thousands) of years. They live happy, content lives, even though they have no electricity, no television or radio, no games consoles to amuse themselves! They don't use money! They exist off the land as nature intended! They don't dream of wealth and success; to them success is living healthy happy lives and feeding themselves and their families.

Anything you find rewarding in any way at all is only rewarding because you can gauge it against it's opposite!!!

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In the original spiritual state, we had no idea whether or not we were happy and fulfilled because we had never experienced anything else!

The creative energy had experienced loneliness and created us in order to alleviate that feeling. We came into being and instantly were given everything we wanted! We neither knew nor cared what the opposite was, because we had never experienced it. All we knew was that we wanted to earn our rewards.

By being cut off from the supply, we are now very much aware of the lack. **And we want it back!!!**

That is where our desire for happiness comes from. We have already experienced it in totality, and now want to return to it! We can only fully appreciate it *now* because we have been removed from it and we experience that lack as a yearning to return!

That is why every single human being agrees that they want to be happy. Of course that happiness means something different to every single one of us. But we want it all the same. And that is why we work, struggle and fight through life; to return to the source! To return to the happiness.

Unfortunately for most of us, we search for happiness in the material things outside of ourselves. We search for happiness in the wrong places.

Happiness exists within all of us. It is merely an unfolding of the truth.

The reason happiness eludes us most of the time is because we look the wrong way... we look outward for it instead of within!

Freedom of choice was given to us so that we could find our own path back to the source.

Think about it; if the creative energy was obviously present in the material world, to help and guide us, where would our choices lead us?

We would always know which path to take because we could see the destination! It would be too easy to get back to our source, and therefore would not truly feel that we'd earned the right to be there!

Back to square one!

Hide that destination and suddenly we are alone and unsure of the right path. Turn off the light and take away our compass and map and we run the risk of turning the wrong way, of following the wrong path. We run the risk of losing our way completely and going in the opposite direction!

But think of the rewards if we do find our way back! Won't we just KNOW that we have done it all off our own backs? Won't we just KNOW that we deserve the reward at the end of the journey? Won't we be able to go back to receiving with no fear of not being worthy?

And the longer the journey takes, the longer we are away from the source of our happiness, the harder it is for us to get back and the harder we have to work to get there, the sweeter those rewards will be when we finally return to them!

THAT is the purpose of life! THAT is the greatest secret that this book can give you! THAT is the journey of life that we are all upon!

We are here to learn how to get back to the source of happiness, and earn that reward!

How do we do that?

We have to strive to become better people. We have to realise that there are no boundaries or differences between us.

We have to learn that war, anger, hatred and greed are all part of our separation. They are all part of humanity searching, going the wrong way, making mistakes, taking the wrong path! All these things are the results of us *not* getting it right! The further we are from our source, the worse these things become.

The Hebrew word for sin can also be expressed as “miss” as in “*hit and miss*”. If that is the case, then the secret of sinning is out at last! As sinners we are not evil, we have just “missed” our way; “missed” our target; “missed” our path, “missed” our purpose!

And who can blame us for getting it so wrong?

We have not been given the rules.

We have been left to fumble around in the dark for ourselves.

But of course, now we know why. Now we know that we have to be left alone to find our own answers; to be the reason for our own happiness and fulfilment; to create our own sense of worthiness.

If the purpose of our lives is to learn how to return to the source of our being, then we should all learn how to become more like the creative energy that started off the whole process!

What attributes does the creative energy display?

Sharing. A desire to expand, to radiate, to share itself with its companion.

Unconditional love. The desire to share once again for the sake of sharing, not for any want or desire of getting anything back!

Forgiveness. The knowledge that when we miss (sin) we are doing so through our efforts to learn, and therefore forgiveness is obligatory... we cannot know which paths will lead to success or failure if we're stumbling in the dark. Therefore forgiveness is the understanding that we're trying our best, and that is good enough... for to keep trying is the way we eventually run out of wrong paths and find the right one: Through our own efforts!

Tolerance. See above, it is our efforts to try that are important, not the results.

Kindness. A genuine desire to see each and every soul return to the source through their own efforts.

Unlimited patience. In the realm of spirit, time does not exist, and therefore patience has no limits.

Abundance. The source of everything is pure abundance.

These are a few of the great attributes our creative energy has to offer, and many, many more besides!

We have to learn how to develop all these attributes and more.

Getting back to the source isn't a physical journey! Although we make the mistake of believing it to be so. It is a state of mind!

We live in a physical universe, and therefore believe that everything revolves around the physical, material side of our being.

The reality of the situation is that our state of mind is the only thing over which we have control! And we control that through the spiritual

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activity of thinking. The Creators state of mind is the ultimate truth:
The ultimate cause.

If we align our own state of mind more closely to that of the Creators, then we are closer to our source! The distance may seem like a vast chasm between us, yet in reality we are still part of the whole! The illusion of separation makes us think we are alone.

If we can latch onto the truth and see that we are all connected, to each other, to our world, to our universe and to our Creator, then we can let all this negative baggage go and start to see life as an amazing gift, instead of a hard battle that we keep losing!

Aligning your consciousness with the Creators gives you a clearer, more balanced view. It allows us to see both sides of the coin. It allows us to choose the right path through knowledge and wisdom, rather than through being “shown” the way! And the path to that wisdom has to be hard and demanding in order for us to appreciate our destination. (Destiny).

Of course, seeing these truths cannot possibly be easy; When the material aspect of our lives are so obvious; when the wars, deaths, diseases, muggings, rapes and robberies are so abundant around us, how can we stay focussed upon the truth? When injustice and unfairness seem to rule our environment, how can we “...forgive those who trespass against us”?

That is the real battle we have to win in life.

That is the real war being fought against us.

That is the truth that we have to struggle against in every waking moment.

Returning to the source is as simple as giving up our selfish desires.

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It is as simple as allowing ourselves to unconditionally love our fellow human beings no matter what “sins” they may have committed, because they were only “missing” the point.

Like most ideas, this is a very simple one, but try practising it for just one day and see how well you do.

For just one day, try to see the world from the other guys perspective. Try to feel what they are feeling. Try to empathise with their troubles, their problems and their fears.

Then try to let go of your own fears, anxieties, worries and problems, and give them over to love, understanding, and comfort. Try to care more about the other guy than you do about yourself.

Most of us can't go for a few minutes without cursing, shouting, getting annoyed at the other guy because he or she wronged us in some way! They didn't do what *we* wanted. They cut in front of us in the traffic. They didn't let us out of the side road, where we've been waiting for ages to get out! They pushed in front of us in the line at the bank or Post Office.

Most of our problems in the world come from our own selfish desire to have things go the way that *we* wanted it to go! *And* when someone else steps on our toes, we shout, we hit out, we retaliate with anger, hatred and abuse!

Try to let go of all that for just a few moments.

Try to let the truth be your guiding light.

Try to feel for you fellow human beings and help them instead of trying to beat them at every opportunity. See how long you can go without getting annoyed, see how long you can focus before the fears

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and anxieties of your life come racing back to the surface. That is the greatest test anyone can come against.

You have to let your energy become creative instead of competitive.

Self control is the hardest task any of us will ever learn.

But it is also the most rewarding, because it aligns us with the Universal Consciousness that created all this in the first place. It allows us to rise above our humble human existence and shine with inner peace, abundance and happiness beyond our wildest dreams!

Now isn't that worth the effort of at least trying?

EPILOGUE: Bringing It All Together...

Whew! What a journey.

But it's not over yet.

No, no, no, it's never that easy!

Life is a continuing journey!

Learning is a continuing journey!

The information condensed into the previous pages is the result of 17 years of study. Along my journey I have fallen many times. I have gone the wrong way many times! I have doubted many times!

My life today is forever changed by the insights I have learned over the years of my study, and through applying the principles I have shared with you in this book!

Is this really the way the universe was created? Are these really the reasons why we are here?

I can only say one thing: Your freedom of choice allows you to doubt *every single thing* I have written here. It is up to you whether or not you want to believe these things.

I can also tell you that these principles make absolute sense to me. When I apply them in my life, they give me results that allow me to make the following statement:

Whether or not *you* feel that this is your truth, it works for me. It is my truth!

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And that is the important thing.

If something works, why doubt it?

If I get results that make sense in my life, why change?

I have used the information in this book to guide myself to a state of calm and poise that I would never have been able to muster previously.

Does that mean I'm calm and happy all the time? No of course not.

Does that mean life always goes my way? No!

Does that mean I always get what I want? No!

And yes, I do get annoyed, angry, hateful, depressed! After all I am only a tiny, flawed, scared, lonely little human being...

However, I now know how to calm myself down when life starts to go against me. And I know how to get the answers I need to move forward. I know that inner peace is simply knowing the truth, and allowing it to pervade my entire consciousness (I am still working hard towards this goal! VERY HARD!!!)

What has this knowledge allowed me to achieve?

Well, I no longer fear death.

I no longer fear ill health and old age.

I am no longer bothered by the thought of lack or limitation, for I know they are only temporary conditions sent to test me.

I am making huge strides in building much greater self-confidence.

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In short, I have given over to a new state of mind, not just positive thinking, but positive knowledge.

When a problem arises in my life, I know that it is temporary. I also know that it comes from some seed planted in the past. If there is ever any evidence in my life of any incompetence on my behalf, I know that it is here because of something I've done in the past. Seeds planted in the past will always flourish and grow much later in my life.

My state of mind right now determines what I will experience tomorrow and in the future. Seeds that I plant today through my thoughts and actions will grow and flower another day.

Therefore, if there are circumstances that show up now, I do not have the luxury of being a victim any more, and therefore I cannot beat myself up about how stupidly I acted in the past!

Why punish myself because of my past ignorance? Especially when that ignorance has been replaced with wisdom and knowledge that will guide me better in the future! In fact, my past ignorance has been responsible for the lessons that brought me that wisdom...

So now I must show gratitude for the lessons I've learned, no matter how much the learning may have hurt; simply because the person I am now, the potential realities I see before me, could only be possible via the path I have taken and the lessons I have learned along the way!

I can only learn from my errors, and determine never to make the same mistakes again. I will of course make new mistakes, that is a given! But my present circumstances have nothing to do with what I am doing now, or how I am thinking now. Therefore I need not use them as evidence to support any bad beliefs about my self or my potential.

It is merely evidence of my previous incompetence!

The fact is, at any given moment, I am (and you are) part of that original field of energy that wanted a companion. We are all part of that same field of energy that created the Companion, and part of the energy that became the Companion. The separation is only an illusory veil or curtain that has been placed before us in order to give us the opportunity to create our own happiness.

So we can all use the power of creative thought to be, do and have anything that we desire. There is no limitation other than those that we accept. And we are to blame for allowing ourselves to accept them.

Remember, the creative energy wants to share everything with us, but we rejected this sharing in order to learn how to earn it. So if you feel as though you deserve it, go out and get it... it's already yours!

PS... One Final Thought.

Okay, this book has taken you on a step by step journey that I made over the past 17 years. It brought you to this destination...

I hope you got as much as I got from these words and pages.

In the re-telling of my story, I have had the opportunity to review again for myself all of the amazing books, tapes and seminar notes that may have otherwise been left gathering dust on my shelves!

I thank you for reading, and also, I thank you for giving me the opportunity to re-learn these concepts.

I have heard it said that the best way to learn a subject is to teach it... so thank you for helping me to gain a better understanding of all these principles.

I would like to draw your attention to one final principle. It should have been included in the main part of the book with the other seven steps, but then it would have been eight steps, and there is something magical about the number “lucky seven”.

So, I am content to leave the magical “lucky seven” as it is, and tag this last thought on at the end.

However, don't be fooled into thinking that this principle has any less impact upon the philosophy than any of the others, just because I've added it to the end. Each part is necessary to make the whole complete.

Each piece of the puzzle needs to be in place in order to make the whole picture make sense.

We have discussed the idea of a Creator.

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We have agreed that we were created in order to alleviate the loneliness of a solitary existence in eternity.

We have also seen how the physical universe came into being in order to give us the time, space and opportunity to create our own fulfilment and happiness.

The physical universe can be described as an illusion. In reality we are held within the thought energy of the Creator. It's almost as if we are living Gods dream!

The separation from the Creators energy can be said to be an illusion also. Because we are still part of the original field of energy. We have merely been down graded through a lowering of the vibratory rate of part of that energy field.

The physical universe exists simply as lowered frequencies of energy.

Matter is the lowest frequency.

Spirit is the highest frequency.

It is still all a mass of vibrating energy.

We could say that the physical universe is a burst of static that gets in the way of seeing the true picture. Like a television or radio that needs tuning. You can hear and see something there... but the images and sounds are fleeting, hidden, unrecognisable.

Your life is constantly interrupted by these streams of static.

Have you ever noticed that just when you thought you'd got something right, just at the moment of victory, something else comes along and upsets the apple cart? Something comes along and takes that happiness away! We can never seem to gain harmony in all areas of our lives!

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There always seems to be a trade off, if we are successful in business, we have to spend more time away from our families, which may affect our relationships with our spouse and children.

That is the burst of static that takes away your vision of the whole picture.

It takes your mind off the truth.

Everything that happens around you in your everyday life is like a burst of static that is designed to take your mind off the truth. It is there to distract you from your true purpose, which is getting back to your source... becoming more like the original energy field that started everything!

The idea of tuning in the television signal is very similar. You have to cut through all the static and get the correct signal to shine through.

Imagine a still pond.

Then throw a boulder into the middle of the pond and watch the ripples circle outward.

As the waves reach the outer reaches of the pond, throw in a smaller stone.

Now watch what happens when the two sets of waves interact.

They create a distorted pattern in the surface of the water. The two distinct patterns become jumbled into a mess of interference.

Now let's say that the first boulder is the consciousness of the original energy field. It pulsates outward, vibrating at its own frequency, sharing itself.

Imagine then the smaller stone that was then thrown into the pond.

That stone is our individual consciousness, vibrating at its own frequency.

Where the two fields meet, the frequencies are disrupted.

That point of disruption is our physical universe.

That is where the physical is given form. It is the two conscious fields interacting... we are observing the energy of the universe and that observation causes the collapse of the wave function, creating physical reality!

The static that is produced by the collapse of the wave function causes resistance within the two frequencies and so gives birth to matter, time and space.

That is the static we have to tune out if we are to get back to the source.

Another idea in the same vein is to imagine life to be a game, a great sporting event.

Any great sports person knows that in order to make the game more entertaining, the opposing sides must be equally matched.

A world champion boxer needs an opponent in the ring to be as good as he is... otherwise the game is over before it began.

In order to make the game interesting, there needs to be the possibility of someone losing!

Imagine your favourite football team winning match after match, week after week, year after year... for decades. How long would you continue going to the matches? Of course it would be thrilling at first,

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but after the initial excitement has worn off, what then? Boredom!

The game can only be rewarding for the winner if there was a challenge. The reward can only come if there was a real effort in order to win! Winning in itself is very unfulfilling if there has been no effort expended in order to get the results!

Remember: There is no such thing as something for nothing!

It has been suggested that we have an opponent in life that continually tests us to the limit of our endurance.

It has been suggested that this opponent will use every trick in its power to try to put us off course.

This static that hides the truth is like an opponent. It continually takes the signal and distorts it, so that we can't see where we were headed. So that we can't remember what we were doing and why we're doing it. We can't see our source. We are cut off from our destination (Destiny).

The physical realm is the realm of this chaos.

The material universe is at the total control of this distorted energy field.

Everything that goes wrong in our lives does so because we let our consciousness move further out of alignment with the First Cause.

It's like swimming against the tide instead of riding the crest of the waves.

The waves will crash over you every time if you resist them! But look at what happens when you are in harmony...

The pond we spoke of earlier is the matrix of energy that we are all part of. The Boulder in the centre of the pond (The Creator) and the stones at the edges (the souls of mankind), send out frequencies. When those frequencies are in harmony (working together, moving in the same direction and frequency) it produces fulfilment, they strengthen each other. When those frequencies hit each other head on... BANG! Chaos reigns supreme!

And that chaos is the enemy we have to overcome.

That chaos is the veil that prevents us from seeing the truth.

Evil doesn't exist as a force in its own right.

In the same way that darkness has no power of its own.

Darkness is merely the absence of light. Light is power, energy and has a force all its own. Darkness is just the emptiness that the absence of light leaves behind!

Evil is the same. It has no power, no substance and no force. Merely the emptiness that is left behind when good is not present.

So we now have a formula for removing evil from the world.

Tune ourselves in to the harmony of the divine spirit, and move with the energy, producing love, harmony and happiness; Or crash headlong against it and reveal darkness, chaos, evil and suffering. The big bang was cause by this resistance against the sharing energy of the Creator.

The further away we get from the energy of the first Cause (the more "out of sync" we become), the more chaos is revealed through the static energy field produced by the distorted pattern. The more distorted the signal becomes, the harder it is to see the truth, the stronger chaos becomes. The closer the waves move together in

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harmony... moving in the same direction, the weaker the distorted signal becomes, and the clearer the truth becomes!

That my friend is the destination I have arrived at through studying this amazing subject.

The closer we come to emulating the virtues of our Creator, the more in harmony with this universe we become. The better our lives can be. We can be in control. We can manifest our dreams. We can live the lives that we choose! If we become the source of everything in our lives, then we are closer to the original source that started off the whole process.

The further away we go, the more selfish we become, the more obsessed by material possessions and physical success... the less control we have. The more chaos is revealed and the harder our lives become. Happiness just gets that fraction further away!

My purpose in life has been rejuvenated.

I am now aware that in order to control my life, I have to give up trying to control my outer environment. I have to stop fighting, and “go with the flow”. And I have to let any bitterness, resentment, hatred, anger and fear slip away; an almost impossible task? No, not if you hold the ultimate truth as your banner, as your guiding light

It is my obsession with myself, my dreams and my wants and desires that has brought me any chaos, lack, bad luck and misery that I have ever experienced!

END OF STORY!!!

In order to control our destinies, we have to shed our human flaws and become more thoughtful, more caring, more concerned for others, more aware of the impact of our negative actions and words.

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In short, we have to try to be more like God...

A massive task for each of us... a very daunting and scary journey.

But it is achievable.

All we have to do is keep the truth in mind.

Keep reminding ourselves that the rewards at the end of the journey are everlasting happiness, fulfilment and joy!

Let me know how you get on...

Thanks for sharing my journey,

Sincerely,

Dale Murphy.

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