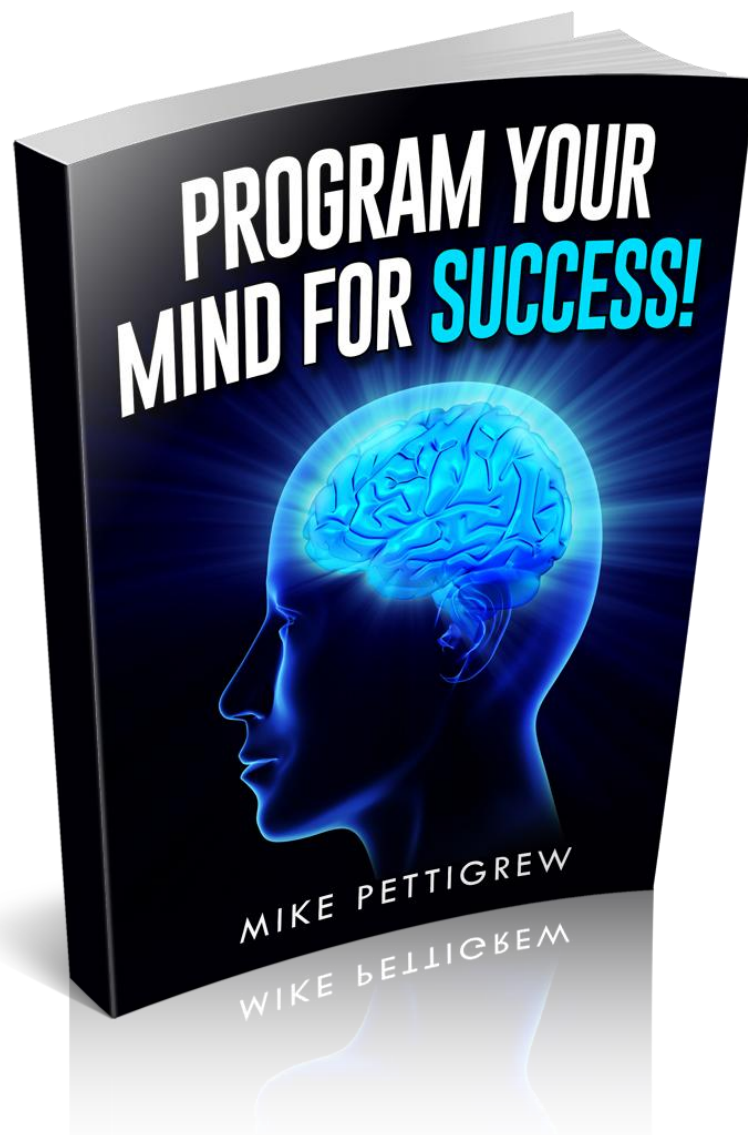


# PROGRAM YOUR MIND FOR **SUCCESS!**



MIKE PETTIGREW



## **Program Your Mind for Success!**

*Change Your Thoughts and Emotions – Transform Your Life*

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## **How Are You Programmed?**

Is your mind programmed for success or for failure?

This may sound like a rather unusual question, but it is a fact that our dominant thoughts and emotions actually create the circumstances of our lives. And to understand this more clearly we need to look at the subconscious mind.

The subconscious mind is a much greater part of us than our normal thinking mind. Our thinking mind - the part of us that we believe to be me makes up only a small percentage of our entire consciousness.

On the other hand, our subconscious mind is that part of us that keeps our heart beating, our lungs breathing and our body functioning correctly – all on autopilot. We do not have to consciously think about any of these things – they just happen and are controlled by our subconscious mind.

Our subconscious mind controls almost everything that happens to us - not just our physical bodies, but actually what happens to us in our life. It affects the circumstances in our life; it molds the experience of day to day life and draws into our environment the things that we dwell upon most in our thoughts and our emotions.

## **How to Think Our Way to Success**

We really can think our way to success and we can also think our way to failure.

Now, knowing that our subconscious creates the circumstances in our lives and our success and failures, doesn't it make sense to learn how to influence the subconscious mind so that we can direct it in achieving the things that we want rather than experiencing the things that we do not want?

I think learning how to affect the subconscious mind is incredibly important for every human being alive today.

However, unless we direct our subconscious mind in specific ways we can literally be the victim of our own thoughts, beliefs and emotions.

It is really important that we sit in the driving seat of our lives and create the life of our dreams.

As I have already explained in several of my videos, ebooks and courses - our dominant thoughts and emotions create what happens to us.

You see our subconscious minds are receptive to our thoughts and emotions. In fact if we learn how to direct our thoughts in specific ways and put emotion into those thoughts, then those thoughts or commands or instructions are lodged in our subconscious and there will always be strong effects.

## **We Can Recreate Our Lives**

This means that no matter how many times we have tried and failed in the past, we absolutely we CAN recreate our lives, right here, right now from this moment forwards.

There is no point on focusing or dwelling on failures in the past - the difficulties we have had. These do not determine what we can do and have in the future.

We can recreate ourselves every single day of the year. Every single day! Every day you can start afresh and create incredible things in your life.

Unfortunately, many of us allow ourselves to be caught up in the past and be restricted by what we have experienced in the past and our thoughts about those experiences.

## **Planting Seeds**

We can voluntarily plant in our subconscious mind the very things that we want to achieve. You can liken them to seeds that will in time, blossom into wonderful plants.

When we plant these seeds correctly and nurture them, then over time the effects in our lives can be absolutely extraordinary. We can draw into our lives the very things and circumstances that we ask our subconscious to work upon.

## **Thoughts Are Things**

My understanding is that every thought we have is transmitted out into the universe to varying extents. I honestly believe that thought plus emotions together is the most constructive creative force that we have as human beings.

Or it can be the most destructive, depending on whatever we allow to dominate in our thoughts and emotions. Our thoughts and emotions do manifest in our environment and circumstances and this is an absolute categorical fact.

## **When I Lost Everything**

Several years ago I had to experience this to quite a deep extent. I had built up a very successful business over many years, which I finally sold to a multi-national.

I had also achieved substantial wealth, but due to trusting the wrong people and not trusting myself and going into the wrong business ventures, within a short period of time I lost every single cent that I had created over many years.

It is a terrible shock when you have a wife and a little baby boy who had just been born, and you cannot even feed them.

So, I know for a fact from that experience that I had gradually changed from being a very positive person to becoming quite pessimistic.

You see, when you experience huge loss every day and for a number of years in a row, it is very hard to remain optimistic.

For example, when you look at the past month and you see all the awful things that have happened and how big the mounting losses are, then it's very difficult to be optimistic.

What you believe especially; if emotions are behind it - creates. And we can create awful things for ourselves or we can create wonderful lives.

I had experienced firsthand; the power of positive thinking for many years and then I had to experience the power of negative thinking for a couple of years.

I am absolutely convinced that the thought and emotions we plant repeatedly in our sub-conscious always bear fruit. The question is, do we want our subconscious to bear fruit that is delicious or do we bear fruit that is that is the opposite?

## **Learn to Program Your Subconscious**

So learning how to program the subconscious is incredible important. There are many ways of doing this, but it's mostly comes down to repeating the same thoughts, beliefs and emotions in a powerful new way.

We can do this through hypnosis and affirmations. There are also other ways of doing this and I think it's also important to start learning to become the master of our mind rather than allowing our mind to master us.

I really think that for the most part many of us allow our mind to run rampant and dwell constantly on negative things and what might happen and we even focus on our fears.

Now I do realize that we are not super human, and we all have fears - but we do have great ability to change our point of focus whenever we CHOOSE to do so.

## **Overcoming Inner Negativity**

We can constantly worry and worry and that is our choice or we can choose to start “obsessing” positively instead.

As human beings we have a huge capacity to influence what we allow to dominate in our thoughts and emotions. We are not victims! We all have great ability to carve out a wonderful future for ourselves - if we decide to.

Everything is just a matter of choice; we really can choose what we think and what we feel. I learnt this strongly through dire circumstances, and I can honestly say, looking back I am so grateful for that experience.

I am so glad I learnt something about the power of negative thinking. I had already been very proficient in the power of positive thinking but gradually through those horrible circumstances my positive thinking did slide.

I really got to learn what most people feel on a daily basis. I honestly feel that if we get inside the mind of most people there is so much self-slander, and self-doubt.

I think we can degrade ourselves terribly. I think that we keep our lives so small - but we are all capable of incredible things.

But it can take time and lots of experiences to gain more and more confidences to grow our beliefs, our dreams and our goals.

If we have spent many years belittling ourselves and believe we are not worthy or that we are worth very little, and we can never really achieve much; then it can take time to really transform those negative thought patterns.

You see, we all form patterns of thought when we repeat the same thought more than twice and we make the choice to repeat that thought pattern again.

It's easy to get locked into thought patterns that can be quite hard to break. However, it is often a lot easier to introduce new habits than to try and break bad habits.

Bad habits and old habits are very difficult to break using the conscious will power alone, but if we introduce new habits that counteract that old bad habit it is a lot easier!

So learning how to program our self-conscious is terribly important.

## **Affirmations**

Using affirmation is a wonderful way to change our thoughts and beliefs and to stretch our realm of possibility.

Simply by just writing down very, very clearly what you want to achieve. You need to be crystal clear about this. Every morning and several times during the day, you need to read your affirmations and putting into them the emotions of desire and determinations.

This can have the effect of counteracting the negative chatter of our minds – the chatter that tells us repeatedly we cannot do things.

We really can tip the balance and I honestly feel that if we make strong determinations and read our affirmations each day on a regular basis it will be a lot more potent.

It becomes far more powerful than the negative chatter that goes on inside us all of the time.

If we use affirmations and do this regularly, then life will definitely change for the better.



# Hypnosis

It may be necessary in many cases to use self-hypnosis. I know that a lot of people are fearful when they hear the word hypnosis.

But, hypnosis is really simple. Self-hypnosis is no more than putting ourselves into a very relaxed, receptive state.

That is all that hypnosis is, putting ourselves into a relaxed state where we are very receptive to suggestions.

Why would you want to use hypnosis? The simple reason is that it is an incredibly effective way of reaching and reprogramming your sub-conscious mind.

When you are in the state of hypnosis (the hypnotic state), you are not in any weird altered state, not at all. We you are simply in a relaxed, receptive state where you can then pass commands or request into your sub-conscious where they will take effect.

It is amazing how our sub-conscious directs our lives. It is our sub-conscious that puts us in certain positions and places at the right time or the wrong time depending on our programming.

Our sub-conscious affects everything around us, it does not just affect our own personal mind.

And when we start to program our subconscious, it is pulling the corner of a spider's web; every area of our life can change and is influenced by this.

I really hope that you would look more into the sub-conscious mind and learn how to program it, because it is fundamental to your long term success and happiness.

## **Gratitude – the Key to Change**

Finally, I would like to remind you what I have mentioned in many of my videos about bringing up gratitude. Gratitude melts any emotion you may currently be carrying.

Bringing up gratitude can unlock you and propel you forward into a new way of creating for your life.

Gratitude is incredible important - even just remembering times when we felt sincere gratitude in the past, works great.

Remember a time in the past when you felt sincere gratitude and let that feeling gradually build.

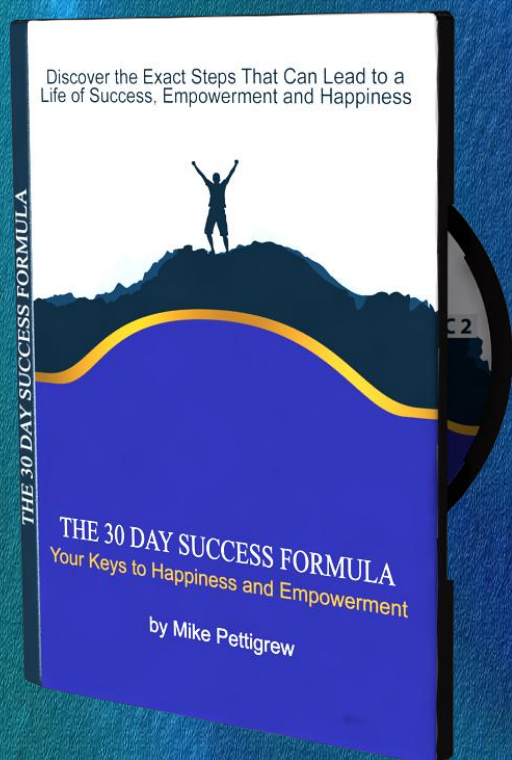
You see, when you do this it can end any negativity that you may currently be experiencing. This is because; you cannot feel gratitude and fear at the same time. We cannot feel angry and feel gratitude at the same time.

By intentional drawing up gratitude from within your life you can shift whatever state you may be currently stuck in.

Please try it, because it **WORKS!**



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- Develop Greater Confidence
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*"I highly recommend the 30 Day Success Formula if you are at that stage in your life where you know you have it in you, but don't know which way to go."*

**Pauline McCarthy**, Akranes, Iceland

*"I never thought I could change but it's been a huge help to me both personally and professionally."*

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to Change Your Life*

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