

MIKE PETTIGREW

UNLOCK
GRATITUDE
NOW!



**YOUR 7 KEYS TO A HAPPIER
AND MORE SUCCESSFUL LIFE**

Book 1 in the "UNLOCK IT NOW!" Series

Unlock Gratitude Now!

Your 7 Keys to a Happier and More Successful Life

Book 1 in the “Unlock It Now!” Series

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The Keys to Empowerment Success and Happiness

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Dedicated to Mum, Dad, Helen, Luke and Alannah. Thank you for giving me more than I could ever have hoped for.

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Your Free Gift

As a way of saying thank you for purchasing this book, I'm offering a free 4 part video training program.

In *The Keys to Empowerment Success and Happiness* you will find your roadmap to success, empowerment and happiness. Discover how to quickly and easily change negative thoughts and emotions. Finally learn how to reprogram your mind for success and happiness.

This High Content FREE Video Course reveals the exact steps that will lead you to a life of happiness, success and fulfilment and it acts as your companion to this book.

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INTRODUCTION

This is a practical book designed to give accurate, simple instructions that will enable you to become happier and more empowered and to achieve all the things that you yearn for in your life.

If you have ever tried and failed, or experienced significant loss then this book can help you to become empowered and achieve your goals.

If you find it difficult to overcome negative thoughts, or if life has become stale and lost its vigour, then this book can help you to become more positive and bring back the sparkle into your life.

If you have tried all sorts of things to get your life moving in the right direction and have become disillusioned because they didn't work, then this book can show you the simplest and most effective route to empowerment and success.

Hi, my name is Mike Pettigrew and I've gone from rags to riches twice during my life, and I have discovered that our dominant thoughts and emotions always lead us to our successes and failures. I have also learned exactly what to do to ensure that we can become successful, happy and empowered instead of being dominated by loss, disempowerment and fear.

This book will help you no matter what religion, belief system or philosophy you may practice. Whether you are religious, spiritual, or just don't know the difference; providing you follow the simple instructions given in this book, you will discover an immense creative power within you that may have been lying dormant until now.

When you learn how to activate this great power, and use it in very definite ways you may be astounded at how your life can start to unfold. You will discover that success and fulfilment is created by your mind and you will find out exactly how you can use your mind to create all that you desire.

You Can Change Any Situation

Have you ever reached a point in your life where you no longer felt empowered? Where each day feels like it's just more of the same? Or where you just don't seem to be making any progress towards your dreams, or even where all your hopes for the future have been completely dashed?

If so, then you are definitely not alone. Most people feel this way at some point in their lives. Life can be very hard, and it's so easy to lose our sense of purpose and to feel powerless to be able to change our circumstances.

However, I'm happy to say there is good news. It really is possible for you to change what happens to you and to carve out a wonderful new direction for your life, when you learn how to do things in a certain way. You see, no matter what may be happening in your life right now, and no matter how deflated you may feel, it really is possible to propel yourself forwards with renewed vigour, purpose and excitement for the future.

Often it can take a personal crisis before we start making really big changes in our life. This is because it can seem easier to just keep on going from day to day accepting what happens to us, without really becoming the captain of our own life. Unless of course, something really big happens to us that forces us to change.

How many times have you sacrificed what you really wanted from life just to keep everything easier and more predictable? Bringing back the power and enthusiasm into your life does take effort, but you really can do this and it's a lot easier than you may think.

In this book you will discover lots of important yet easy to use tools that will help you to get your life moving forwards again with renewed purpose, enthusiasm and power.

For me it took a personal crisis before I really understood the extent to which our dominant thoughts and emotions shape our lives. After many successful years in business, I sold my business to a multi-national and at that point I was a millionaire. Little did I know that a few short years later I would lose every cent of that fortune, or that I would be struggling to survive and that my life would be dominated and paralysed by fear.

By trusting the wrong people and by making the wrong investments, I even reached the point where our son was born and I had no money to feed him or my wife. It was an incredibly frightening experience and one that I will never forget. When it comes down to a threat to the basic survival of your loved ones; there truly can be nothing more frightening.

The Chinese word for crisis is made up of two characters and these represent both danger and opportunity. This means that even in the direst situation, there is still possibility for transformation and something valuable to be gained.

I will never forget the point where everything started changing for us. It began when I read a book that was written over 100 years ago. What I learned in that small book enabled me to totally change the way I was thinking and feeling and it was instrumental in enabling me to transform the terrible situation we found ourselves in.

Gratitude Holds The Key

Most people simply don't understand the key principles that lead to success and happiness, nor do they use them consistently enough to bring about life changing results.

Many sincerely believe that they are unworthy and this may be the major reason why nothing really changes for them. However, nothing could be further from the truth. It's what we think and what we do and how we do it that matters most. Amazingly, for the most part it's gratitude that determines whether or not we can achieve our heart's desire.

Every culture and every philosophy in the world recognises the importance of gratitude. However, few tell us exactly what we need to do in order to use this incredible powerhouse that lies within us. This may be one of the greatest failings of religion, and why our world is beset by so many problems.

As you will soon discover, gratitude together with an “invisible ingredient” will always manifest very tangible results in your daily life. On a larger scale, this “invisible ingredient” has an even more profound effect on our planet and is without doubt the very thing that moulds and creates human history.

Learning about the power of your mind and how it affects your life and those around you is one of the most important things that you can learn during your lifetime. By learning to use your mind in a certain way, you can have a massive effect on what happens to you each day, and also your environment.

Keep reading, and you will discover exactly how you can use the power of gratitude to transform your life. You will also find out exactly what state of mind you need to adopt in order to create all that you desire.

Right now, you have within you everything that you could possibly need in order to live the happiest and most fulfilling life that you are capable of living.

Our eyebrows are so close that we cannot see them. Likewise, even though we may not be aware of it, we all possess infinite ability to create the life of our dreams; happy, dynamic lives of creativity and fulfilment.

My greatest desire is that by the time you have finished reading this book, you will have started to unlock this great potential within you, and that you will already be starting to see direct evidence of the power of gratitude in your own life.

Hold onto your seat, because you are about to embark on a journey that can change your life!

Mike Pettigrew

CHAPTER 1 – The Power of Gratitude

Your Master Key to Self-Transformation

“Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation”

Brian Tracy

Every religion and philosophy tells us that gratitude is important but they do not tell us how to use it effectively so that we can get powerful results and become all that we are capable of becoming.

Whether we are religious, spiritual or not, does not really matter, the fact is we can all use the power of gratitude to achieve our heart's desire.

Likewise, we are also told that prayer is important, but none of the established religions or philosophies have ever taught us how to pray effectively. This is such a shame. If you are not religious, or have had a bad experience with organised religions then you may be starting to get worried that this book might be about religion. However, I can assure you that it is not!

The fact is that we all pray. We pray all day long and every day, even if we are not aware of doing so. This may sound like complete garbage and you may even think that I am delusional in saying this, but I assure you that I am not. I have made this statement based on many personal experiences, and from the experiences of millions of people around the world. In a nutshell, I understand prayer to be nothing more than repeated thought, with emotion. It sounds simplistic, but it is true.

Whenever we are thinking about something, and feeling any strong emotion, our thoughts and feelings are transmitted out into the universe and will have some sort of effect on the environment and ourselves. The magnitude of the effects we experience will always be dependent on how often we repeat those thoughts, and how much emotion we put into them.

Complaint Destroys Good Fortune

We truly do create the circumstances of our own lives and there is never anyone else to blame but ourselves. This may sound harsh, especially if your nature is to dwell negatively on things. It may also be quite difficult to break such internal habits, but I assure you that it can be done and potently when you know how.

We often hear about “the power of positive thinking”. But consider for a moment that there might also be “a power of negative thinking”. We have complete free will and choice over how we feel about anything that we experience. We all experience pain and suffering when times are difficult, but we do have a great ability to control *how much* suffering we experience during such circumstances.

For example, when we lose a loved one, understandably we may be devastated. Later though we do have the choice of whether we pick up our lives, or let everything fall apart, sinking into long-term despair. Each one of us has the innate ability to choose how we feel.

We are never a victim, even though on the surface it may appear so. True success and true happiness only comes to those who take full responsibility for their lives. This may appear incredibly difficult for many, but for others it is the road to freedom and happiness.

It's so easy to complain when life is tough, yet we all do it to varying extents. After all, as the saying goes “we are only human”. However, this can become a very serious problem that can affect what happens to us and the things that we experience, if we *allow that complaint to pervade our life*.

A great person once said that “*complaint erases good fortune*”.

He also asked this question: “*Is one's moment to moment basis the mind of joy or the mind of complaint? The distinction may at first seem to be a slight one, but, just as dust particles accumulate to form mountains, a great difference will appear over the course of time*”

So, over time which of our “minds” we allow to dominate will determine whether we live a happy and fulfilled life or one of complaint, deep suffering and misfortune. Old habits that have become ingrained through repetition can be very hard to break, although it is possible to counteract old habits by introducing new ones as we shall soon discover.

But for now lets me just repeat what I said earlier. You have within you a powerful creative force and every moment of every day you are literally in a perpetual state of creation or prayer. Prayer is nothing more than repeated

thought with emotion and when you learn how to gain control over your thoughts and emotions you can achieve all that you desire.

Gratitude Saves Lives

I believe that gratitude is the most powerful creative force in the universe and you can learn how to use it in order to live a far happier life and to achieve everything that you truly yearn for.

I once heard a story about a young man from Japan. He had suffered deeply, and things just seem to get worse for him each day until his life became so painful that he decided to end it permanently. Fortunately, he told a close friend about his plan to end his own life and she gave him some wonderful advice that saved him. She suggested to him, that since he had definitely decided to end his life, she would like him to do one thing for her before he committed suicide. She asked him to write thank you letters to all those people who had helped him significantly during his life.

He agreed that many people had helped him along his path, and that he indeed owed them at least a short letter of thanks. As he started to write his thank you letters to each one of these people, gratitude gradually started to well up powerfully within his life. The more he wrote the more gratitude he felt, which quickly led to a renewed determination to go on living.

Very quickly, this unhappy young man was able to completely turn his life around, and move from despair to gratitude and onwards to determination to transform his life.

It's incredible just how powerful such a seemingly insignificant thing as gratitude can transform lives so potently.

My own experiences of gratitude are also significant and have proved to me beyond any doubt that gratitude enables us to become unstuck. Simply by bringing up feelings of gratitude you can shift your internal state, and draw forth wisdom from within your life.

Sometimes, we can get stuck in a negative emotional state, and for some people this may continue on for several days or even weeks. However, the fact remains that as human beings we have significant ability to shift our emotional state, if we choose to do so. This may sound simplistic, but my experience is that it is very achievable, and it is a lot easier to do than you may at first think.

There are times in life when we may experience great suffering, and it may not be possible to eliminate suffering completely. But, suffering can also be transformed into a valuable experience as it can enable us to grow in compassion and wisdom. However, there always comes a point in time when we have grown enough from our suffering and we always have the choice of allowing it to perpetuate, or to move on by choosing to do so.

When things are painful and difficult it may seem impossible to bring up feelings of gratitude, but this is not the case as you will soon discover.

Circular Rainbows In Peru

Several years ago I had the great privilege to visit Peru with author Dannion Brinkley. It was a wonderful adventure and as part of our trip we visited the ancient city of Machu Picchu high up in the Andes Mountains.

Waking up each morning and looking out over the valley below us we were actually above the clouds! At Machu Picchu you can see lots of mountains all around you, and below there is a deep valley. And as I say each morning the clouds were swirling below us and it was an incredible sight and one that I will never forget.

Now, there is a part of Machu Picchu that is above most of the ancient city and in this area there is a large carved rock which is known as the hitching post of the sun. It is a large flat rock with a carved vertical prong sticking up at one end.

One morning while walking in this area I noticed something very unusual. It was certainly something I'd never witnessed before, and have never seen since. Below me was a beautiful rainbow, but it wasn't just any ordinary rainbow. This was a completely circular rainbow in the mists below me. It was very bright and intense and it covered almost the full 360° of a circle.

But right at the bottom of the circle I could clearly see the silhouette of the vertical stone prong of the hitching post of the sun. It was stunningly beautiful. And as time went by the rainbow became brighter and brighter. Then I noticed something really unusual. Whenever I lifted my arm and waved, I could see a silhouette of my own arm waving back from the middle of the rainbow!

Now to be perfectly honest I don't understand how light can refract in ways as to create such a circular rainbow. I do know that it's a rare event and I was

delighted to be able to witness something so remarkable. Every time I waved my hand, I could see a silhouette of my own hand waving back.

This is a bit like how our mind and emotions are reflected back to us by the rainbow of life itself. Whatever our dominant thoughts and emotions are, they are always reflected back to us in the circumstances and events of our lives. If you want to change what happens to you, then you must always start by making a change inside you.

Most people spend huge amounts of time and effort trying to change everything around themselves, but truly big changes can only come about when you decided to change the way that you think and feel.

Keep reading and you will learn how to ensure that your dominant thoughts and emotions create what you yearn for, instead of events and circumstances that you would rather avoid like the plague. Your exciting journey is just about to begin!

CHAPTER 2 – Remembering What It Feels Like

The 1st Key - How to Change Your Inner State

“Progress is impossible without change, and those who cannot change their minds cannot change anything”

George Bernard Shaw

Many years ago well-known author Bruce Moen told me something that I will never forget. It was something that has helped me and many others in very significant ways. We were privileged to share some days with Bruce in our home after he had given one of his amazing workshops. During our time together we were discussing the power of the mind and ways to access different states of consciousness, which he teaches.

Our conversation went a little like this:

Bruce: *“If you ever want to return to any state of consciousness you have ever experienced in the past, all you need to do is remember what it felt like.”*

Mike: *“Sorry? What you mean?”*

Bruce: *“Well, are you feeling angry right now?”*

Mike: *“No of course not, I feel great!”*

Bruce: *“Well, in just a couple of minutes from now you can be feeling genuine anger. All you need to do is remember a time when you were extremely upset and angry about something that had just happened to you. Try this right now and you'll see exactly what I'm talking about.”*

I did exactly as Bruce had suggested and within a couple of minutes I was sincerely feeling the full force of anger which was not there at all before I started this experiment.

Bruce: *“Now, let's replace your anger with a completely different emotion.... let's say love. Now just think about a time when you felt deep love, and remember the feeling of that love. Strengthen it more and more.”*

I did this and within a very short time my anger was completely replaced with deep radiant love.

You Can Change – If You Choose

This simple experiment taught me something profound that I have shared with many people over the years. It is this; human beings have an amazing capacity to change their inner emotional state whenever they wish, providing they choose to do so.

Unfortunately, many of us stay stuck in an emotion which may last hours or even days. As a song by the Irish rock group U2 goes “*Stuck in a Moment You Can't Get Out Of*”. This is so true. How often do we hold on to an emotion, often just feeding it rather than replacing it with a totally new one that makes us feel so much better and far more empowered?

It's important to understand that by doing this we are not suppressing an emotion or a feeling, which is never healthy to do. What I am saying here is that we always have a choice of what feelings and thoughts that we carry, and if we choose to do so we can change them in an instant, or at least very quickly.

We are the master of our own destiny and everything that happens to us. And what happens to us is totally dependent on the repeated thoughts and feelings that we carry within us. We can also become the victims of our own negative thoughts and feelings. However, we have the great freedom to be able to choose how we react to things and also how we think and feel.

Understanding this and making full use of these principles enables us to live a life of creation and abundance.

Positive And Negative

Some years ago after doing very well in business for many years, I was beset by a series of misfortunes which resulted in us losing every cent we ever possessed. It got so bad that when our son was born I had no money to feed him or my wife. Having been a self-made millionaire this was a huge shock, as I'm sure you can imagine.

Over a relatively short period of time we lost all our savings and had no income at all, and this was without doubt the most painful time in my entire life. Over a period of months I went from being positive and optimistic to gradually becoming pessimistic and expecting more misfortune. For a period of time I had to experience the power of negative thinking. I had to discover what many people experience on a day-to-day basis.

Before this experience I had spent many years with a very positive and empowered outlook on life and this viewpoint and repeated positive thoughts and feelings created wonderful circumstances and experiences in my life.

I have not always been this way, as growing up I was always the last to be picked for a football or rugby team. People would argue over not having me on their team! When you constantly hear that you are useless, then you can really start to believe it. So during my teens and early adulthood I had low self-esteem as I truly believed I was useless at everything. And what you believe then becomes your reality, so I ended up being pretty much useless at many things.

However, this self-limiting mind state gradually changed over the coming years as I started to discover within me qualities that I never knew I possessed. Discovering the treasures within our lives can be incredibly exciting and empowering and can have huge effects on what we experience and achieve during our lifetime.

So, from my late 20s right through until around the age of 40 I went through a period of creation and self-discovery. I built a very successful business and truly believed that I could achieve anything that I put my heart to. The result was that in most cases I did! As I say this lasted for many years, so when things began to go pear shaped it was quite a shock. Within a couple of years we went from being wealthy to losing every cent we possessed.

As I mentioned before, this was a time where my positivity started to slide and gradually and slowly my self-esteem and power began to ebb as I expected more negative experiences to occur, which they inevitably did. This continued on to the point where I read an amazing book that was written in 1910 by Wallace D Wattles. The name of the book is *The Science of Getting Rich*, but I think a more apt name might be something like “How to transform all areas of your life through the power of gratitude”. Reading this amazing book and remembering what Bruce Moen had told me some years previously was my turning point. I decided to try what I later referred to as “my crazy gratitude experiment” which I will explain in another chapter. However, our circumstances began to change when I started to change my own inner state.

You too can transform any situation you experience in life when you test what I am about to share with you in these pages.

CHAPTER 3 – From Rags to Riches

And Back Again!

“Learn to get in touch with the silence within yourself, and know that everything in life has purpose. There are no mistakes, no coincidences, all events are blessings given to us to learn from”

Elisabeth Kubler-Ross

I was born on 1st October 1962 and I was very fortunate to have a really happy childhood and upbringing. My father was a clergyman and landscape painter (and still is at age 87) and my mother was a writer of children’s books. Both my parents had a passion for animals and nature and this was passed on to my brother, my sister and myself.

I was the youngest in the family and even though I grew up in what might be described as a religious household, my experience of religion was gentle, and never forced. Even though my father was a clergyman, I believe he has always been more spiritual than religious. My parents never taught us religion in a way that was fearful or seeped in guilt. My understanding is that guilt can warp the human spirit and disempower people to an incredible extent. Instilling guilt and fear and unworthiness through religion is truly sad because it stunts spiritual growth. It keeps people cut off from their spiritual power. I believe that we are all in this world to grow spiritually and help others to do the same and the only way we can do this potently is to become as empowered as we possibly can.

I am deeply grateful to both my parents for giving me a wonderful outlook on life. Growing up in such an environment where people were constantly calling my Dad for all sorts of help, my brother, sister and myself all became proficient at speaking with people on the phone and we all developed a good understanding of the importance of helping others.

I was slightly above average at school, but was completely useless at sports. This was mainly due to my developing asthma at 4 years of age. Fortunately I grew out of this by the time I was 13, but I was always the last to be picked for a football or rugby team. In fact the team would argue over not having me saying such things as *“No way! We had Pettigrew last week and he’s useless”*, and they were right! Since I suffered from asthma I couldn’t really run very

far, and if I over exerted myself I'd end up wheezing and coughing and fighting for breath.

Even after overcoming my asthma, I still wasn't great at sports and when you are constantly reminded that you are useless at things you generally start believing it.

Life After Death Research

When I was 15 my cousin to whom I had been very close died when a car crashed into him while cycling into Dublin from his university. Peter was only 19 years old at the time and he was my hero. However, strangely his death had a hugely positive impact on my life. It led me to start questioning the purpose of life itself and why we are here and what we should be doing while we are here.

For many years I spent a lot of time studying the evidence for life after death and to my amazement much of it was scientifically based. Being both scientifically minded and a true sceptic I liked to dig very deep and in doing so discovered a huge amount of garbage in what I was studying. However, to my surprise I also discovered a considerable amount of rock solid scientific evidence for life after physical death.

Those that simply laugh at such a statement without taking the time and energy to study it deeply as I have done, would be extremely surprised to find much irrefutable evidence that life does indeed continue after physical death. I have also been fortunate to have known several world-famous authors who have experienced and written about life after death. Among these are Dannion Brinkley and Bruce Moen whose books are available in almost every bookstore on the planet.

When you study the evidence for life after death very seriously and study it more deeply than most, you may also find the answer to life's most important questions like why are we born and what is the true purpose of our lives. From my own research into the evidence for life after death, I am convinced that we are all born with a very similar mission. I now understand that the purpose of physical life is to grow spiritually and to help others to do the same.

True spirituality has absolutely nothing to do with religion. In fact many organised religions can effectively cut us off from our spirituality by instilling in us such terrible things as fear and guilt. They even go as far as arguing as to why such things are necessary and that they are to be cherished! Fortunately,

large numbers of people throughout the world are now starting to discover the same universal spiritual truths for themselves. That, how we live our lives and what we do for others as well as ourselves is what really matters.

The greatest thing that we can do for our own life is to become an empowered, compassionate and capable person. The result is that we can start to make a true difference in the world in which we live. We are only in this world for a relatively short time, and instead of wasting it on idle pleasures, doesn't it make sense that we become deeply happy and fulfilled, and make a difference in the lives of others? I believe that these are the only things that are truly important. The mission of every single human being on this planet is to grow spiritually and help others to do the same. However, it is also a truth that in order to grow spiritually most quickly requires a certain degree of hardship.

Challenges Create Growth

In the Far East the Lotus flower is used as a symbol of several important spiritual principles such as cause-and-effect and spiritual growth. The Lotus flower blooms most beautifully by growing in a muddy swamp. In fact, the muddier the swamp is, the more beautiful the flower will be. Likewise, our own difficulties and challenges during our life can enable us to grow spiritual strengths that we can use to deepen our own happiness as well as enabling us to help others more fully.

The fact is that it's not really possible to become truly happy and fulfilled without plenty of challenges. Challenges are necessary for our growth and they enable us to become all that we are capable of becoming. Rather than running away from difficult situations, when we meet them head-on and use them for our growth in developing such qualities as wisdom, compassion and courage, we can gradually become a beacon of hope for others.

Nothing is ever wasted in life. Even if we take the hard road, we can still share this with others and help them to avoid similar hardship and pain. It's very difficult to see why hardship may be necessary in the short term. This is also why we should never judge others simply on appearances alone. For example, a hardened criminal or drug addict may in time transform their life in such a way where they can help others to overcome similar lifestyles. I have witnessed this time and again and it amazes me to see how no experiences are ever truly wasted.

Again, I want to repeat what I said earlier; it is my understanding that as human beings we come into this world to grow spiritually, and help others to

do the same. We can only do this by becoming empowered, caring, potent, happy individuals who in turn act as catalysts for positive change in the lives of others. If we are not already doing this on some level, then it's important that we start doing so as soon as possible. However, we don't need to start changing our entire personality or doing things that are impressive in anyway. It's usually the small things that are truly important. How we treat our families, friends and environment is what really matters.

Life Is Precious

In the past I have worked as a hospice volunteer and have seen miracles occur in the last few weeks of a person's life. Painful relationships can be completely transformed when a person knows they have little time left. However, the truth is that most of us believe that we will be here a long time and that we can make some needed changes in due course. The reality is that life can end in a moment, and at any time.

We have all heard the wisdom of "living today as though it were the last day of one's life". When we live each day with dynamism and vigour, as though it were indeed the last day of our life, then we can achieve remarkable things because everything becomes possible for us. On the other hand, I believe that many people live in a perpetual daze, just trundling from one day to the next without any concrete goals, desires or belief in their own abilities. So many people are living their lives on autopilot and reacting to what happens to them, instead of taking firm hold of the rudder of their life and steering their life in the direction that they yearn for. Life is precious!

We must take this opportunity to live our lives in a way where we experience more life. We owe it to ourselves to become deeply empowered and truly happy. We never need to short change ourselves or settle for second best. Everything is up to us, and what we DECIDE to do! You see, we have complete choice in everything we set out to accomplish, and we can only blame ourselves if we do not set concrete goals, and summon up deep determination to achieve them, and take actions to ensure that we do achieve those goals.

As I explained a little earlier, my cousin's death when I was only 15 years old was the main impetus in leading me to try to find out how everything worked, including life itself.

In school I became the type of kid who wanted to know the answers to everything, and I often asked questions that my teachers simply could not answer. In fact some of my teachers were really interested in the sort of things

I was exploring and were intrigued by what I was sharing with them. This led me to understand that if I really wanted to discover the answers to life's major questions, I had to find them out for myself and that I really could not rely on anyone in my immediate environment to teach me such things.

This love of discovery also led me to a deep interest in electronics as well as more esoteric subjects as I have already mentioned. This in turn led me to study electronic engineering at college for several years from the age of 19. I loved college life and it was a very happy time for me and it presented me with all sorts of new discoveries.

Growth Pains

Shortly after graduating I started my first full-time job. Although I could never envisage going into the world of business, this was exactly what I did. In fact while commuting by train to college each day I had sometimes teased one of my friends who was studying business at college. I honestly thought he was mad and that business was boring, but how wrong I was!

I started working for a telephone company as a sales rep. All was well for the first year, but then I went through a very painful experience which affected my sales performance, which resulted in me losing my job. Sadly the company also had its own challenges and went bankrupt a few months later. My girlfriend, who I had lived with for a couple of years, ended our relationship, and I was totally devastated. This in turn affected my sales, and as I say it resulted in my being fired.

It's amazing how life can change in an instant and also how potently things can change for the better (even though it may appear to be the opposite) and in a relatively short period of time. This painful period in my life was the fertile ground that allowed me to gradually discover my own self-worth. Over time it also allowed me to become empowered enough to start making a significant difference in the lives of others.

Exactly one year later, through a set of incredible coincidences, I set up my own business in an area in which I had absolutely no experience. In November 1987 I started an office plant rental service which I built up for the next 14 years to become one of the most successful of its kind in Ireland. I grew that business from nothing into something very substantial and eventually sold it a multinational in 2001 for a very nice sum.

Making A Difference

I sold my business in order to be able to start sharing with the world the strong evidence for life after death in the form of radio and TV programmes and workshops. In fact, 2002 was one of the most wonderful years of my life. It was a year where I felt honoured to be able to share something of true value to society. I started an organisation called the Institute for Afterlife Research and I did around 75 radio and TV interviews during that year. I made appearances on radio and TV shows in Ireland, as well as in Canada, the US and Australia.

During this time I was privileged to be able to make a big difference in the lives of many people. I was inundated with letters, emails and faxes from some of those whose lives I had managed to touch with my message. My purpose in doing all of this in a very public way was to help people to overcome their fear of physical death, and to help them to find their true purpose in life. When you understand something that can benefit a huge number of people I believe that it is your duty to share such understanding. I think it is a crime to store up knowledge and understanding and not use it to help other people. This is why I founded the Institute for Afterlife Research and shared publicly the scientific evidence for life after death. I knew it would be of enormous benefit to people, and it was. I honestly believed that I would be doing this for many years to come and that we would have the financial resources to be able to do so, through the sale of my business. But, it's incredible how life often has things in store for us that we could have scarcely imagined!

Later that year, I was driving home with my wife. We were returning from a memorial service for her late grandfather. I remember the precise point on the road where I realised that the way the sale of my business had been structured; we would have no way of avoiding paying a huge six figure sum in taxes, despite what our account had told us. Worse still was that this massive sum would have to be paid in only a couple of months' time.

Let me share one word of advice with you; please be very careful about taking action when that action is based on fear! It's because I did this that we lost everything over the next few years and went from millionaires to totally broke.

CHAPTER 4 – Actions Based on Fear

What You Should Never Do

“I’ve come to believe that all my past failure and frustration were actually laying the foundation for the understandings that have created the new level of living I now enjoy”

Tony Robbins

As soon as I discovered that we would have a six-figure tax bill to pay I hired the best experts in the country to look at our case and see if there was anything that we could do to eliminate or reduce our tax bill. I even had meetings with people who drafted tax laws in Ireland, and they confirmed that my suspicion had been correct. That there was no way we could overcome this tax issue, and the money would have to be paid. It was exactly what I had feared and it was the opposite of what our accountant had originally told me. Actually, we went ahead with the sale of the business because we had been told that the tax bill could be eliminated quite easily.

As you can imagine, I was deeply shocked and very fearful. This was because we now had far less money than we had believed. It meant that I would need to go back into business in order to earn a living for ourselves. It also meant that I would have to put the Institute for Afterlife Research on hold for the next few years. I was still getting lots of calls for interviews, and had even appeared on some of the biggest radio and TV shows here in Ireland and overseas. Sadly, I had to put all of this aside, at least for the immediate future.

So realising that I had to go back into business, I quickly started to rack my brains to find an idea for a new business venture; one that would have a lot of potential. As I mentioned at the end of the last chapter we need to be very careful when taking action based on fear. When we take action based on fear, it can often end with disastrous results. This is exactly what happened to me.

In a nutshell, I trusted the wrong person and moved into the wrong type of business with that person. The original idea that I had was great and would have worked really well. But I approached the wrong person with the plan I had created for this new venture. Some of my close friends even told me that this person could not be trusted and that I needed to be very, very careful.

However, as I say I was doing everything based on fear and did not heed their warnings.

It turns out that my original plan was side-tracked by this guy and he was very convincing. My original plans morphed into something completely different, and I invested a huge amount of money and time in a business I knew nothing about. What I certainly did not know was that this guy had huge financial issues himself. He saw me as being rich and someone who could save him from his own impending bankruptcy.

Losing Everything

Just over a year later we had lost another Euro 250,000 and things were getting worse each week. It got so bad that when our son was born in 2004, we had lost every single cent in the entire world. I could not even feed my own wife or our new baby boy who had just been born. It was the most frightening experience of my entire life. When you cannot support your own loved ones and you cannot even feed them, it can be incredibly frightening. For a long time I would waken up every morning wanting to vomit with the fear. My first thought on awakening was always *“Oh no, not another day”*.

Fortunately, my parents helped us to survive those terrible times. Now it's important to understand that my Dad has never been wealthy. In fact, as an adult I always had far more money than he. So you can imagine how humiliating it is to have to ask your parents to lend you money in order to eat, when you are 42 years of age. It was a truly horrendous experience, and one that I will never forget. I'm deeply grateful to my parents for helping us survive this period, but it was still extremely painful and very frightening.

Anyway, as I was saying every morning on awakening I wanted to vomit with the fear. The fear was that deep simply because nothing was changing for the better. Also as I just mentioned we lost a quarter of a million in a single year. So when you're losing Euro 5000 each and every week and you can't get out of the business that you're in, it's incredibly frightening.

Fortunately, most mornings I was eventually able to break through and overcome my negative thoughts and feelings through a powerful form of Buddhist meditation that I have been doing for many years.

Also, for many years I had been a very positive thinker and had achieved all sorts of amazing things through great self-confidence, positivity and empowerment. So, it was quite a shock to experience the opposite. It's almost

as though I had to experience what many people go through on a daily basis. I got to experience first-hand the power of negative thinking. As I say I'd experienced the power of positive thinking for many, many years and it had served me very well. It was now time for me to learn the opposite!

Fear Is The Mind-Killer

As a teenager I really loved the novel Dune by Frank Herbert. It's a sci-fi novel and it had a big impact on me when I was young. Now there is one saying in that book that rings so true and that is "Fear is the mind-killer". There is such truth in these words, because fear really is the mind-killer. When our lives are steeped in fear it is very hard to see solutions to our predicament or to see any real possibilities of a way forwards. It's almost like fear has the effect of clouding our perceptions, and reducing our intellectual capacity and the power of our mind. So long as we are deeply fearful we are effectively cut off from our inner wisdom. And when we are undergoing a very frightening experience it is at such times that we desperately need to tap into that very wisdom in order to find solutions and a clearer way forward.

As we will discover shortly, it is possible to draw forth gratitude from within your life no matter what state you may be in. When you do this you reconnect with your source of inner wisdom, and start to see more clearly and you will gradually find solutions to your difficulties.

Even though this awful situation was extremely frightening and went on for a very long time, it has taught me so much about life and human nature. Even though I would never wish to go through such an ordeal ever again, I have benefited from it enormously.

Fortunately, in late 2004 I picked up a book that was instrumental in changing our situation for the better. Now it is important to understand that our circumstances took a long time to truly change for the better, but change did start from the very moment I decided to do something totally new, which we will discover in the next chapter.

CHAPTER 5 – My Crazy Gratitude Experiment

The 2nd Key – Opening Your Door to Rapid Change

“Gratitude is riches. Complaint is poverty”

Doris Day

As I just mentioned, at the very worst point of this personal crisis I picked up a book that changed everything for us. As a result of reading this wonderful book which was written over 100 years ago, I decided to do an experiment. It’s an experiment that I today call my “crazy gratitude experiment”.

If you find yourself in difficult circumstances and need an immediate change for the better, then I urge you to try this “crazy gratitude experiment” for yourself. What I decided to do was; every 30 minutes of the day I would ask myself what had been my dominant thought and emotion during the previous 30 minutes. Now, as I say by continually experiencing so much loss over a series of years you can imagine how negative my dominant thoughts and emotions had become.

So every 30 minutes of the day I replaced negative thoughts and emotions with gratitude. I did this every 30 minutes of the day. Having studied the human mind for most of my life, and having created great success as a result of my understanding, I knew I urgently needed to change my thoughts and emotions. You see, our dominant thoughts and emotions create the circumstances of our lives. If we need to change what happens to us, then we absolutely must change our dominant thoughts and emotions in order to do so.

It’s a fact that when we repeat a thought several times or feel an emotion frequently it has the effect of programming our subconscious mind. And how we program our subconscious mind will have a massive effect on what happens to us and whether or not we succeed or fail in all we set out to do. Later we will look at the nature of our subconscious mind in more detail and discover how much it affects what happens to us and how we can get it to work for us instead of against us.

Becoming Positive Quickly

So as I was saying, it was urgent that I ensure that my dominant thoughts and emotions were positive, rather than negative. I clearly understood that this would really be the only way to change the terrible situation that we found ourselves in. So, by bringing up gratitude every 30 minutes of the day and by doing this every single day of the week – this was the key that allowed me to change our desperate circumstances.

Within only a few days, synchronicities started appearing again. Let me assure you, I had not experienced any positive coincidences for quite a long time! Even though I had been a very positive thinker for many, many years; because we had experienced so much loss over a relatively short period of time that positivity had gradually become eroded until I reached the point where it was almost completely gone.

Amazingly, by doing my crazy gratitude experiment every 30 minutes of the day, things started to change within only a few days. This was wonderful to see and a great encouragement. Everything started to change as soon as I created this experiment and really tested it. After all, I'd almost nothing else to lose since we were already broke. So I invented this experiment and tested it and the results were truly incredible.

Now it's important to understand that everything did not magically transform in an instant. It took an enormous amount of effort, working 16 hour days to change the situation completely. But the fact remains, everything did start changing for us as soon as I myself started changing inside.

Gratitude Changes Everything

No matter how difficult a situation you may ever find yourself in may be, it is possible to change that situation and start seeing evidence of those changes very quickly.

I am truly grateful to author Bruce Moen who I had met several years before. Bruce had spent some time with us in our home and as I mentioned earlier one morning he told me something incredibly important and very illuminating. Bruce told me that, if I ever wanted to return to any state of consciousness I had ever experienced in the past then all I needed to do was remember what it felt like. Herein lies the key that will allow you to transform any situation in your life. In order to succeed with my crazy gratitude

experiment, all you need do is remember a time in the past where you felt deep gratitude.

Now, the circumstances in your life may currently be so difficult, that you may think that this would be impossible. But the fact remains, that as human beings we have incredible power over how we think and feel. We have an amazing ability to choose how we wish to think and feel if we remember and DECIDE to do so. So simply by remembering a time in the past where you felt sincere gratitude, it is possible for you to bring up gratitude right now. At first it may be quite difficult, and you may need to think about that event of the past for several minutes, before anything really starts to happen. However, if you keep focusing on that event for several minutes until you start to feel the same gratitude that you did during the original experience, then everything will change and you will shift your internal state very powerfully.

The amazing thing is that when you draw forth this gratitude from within your life, you will start to see things in a very different way. Gratitude has the power to overcome fear, anger, resentment and every negative emotion. It is simply not possible to feel negative when experiencing the power of gratitude. Positive and negative cannot occupy the same space at the same time. It's simply not possible!

Now at this point, you may feel that doing this crazy gratitude experiment is just a way of fooling yourself into feeling something that is not genuine. And in some ways, you would be right. However, it's also a potent way of reprogramming your thoughts and feelings based on your experience of gratitude in the past. The most important thing though is that it really works and the more you do it the more sincere your gratitude will become. The more you live your life with gratitude the more you draw into your life positive happy experiences.

Try This Yourself!

However, do not just take my word for this. Please test this for yourself! It can be one of the most powerful tools that you can ever use in your life for self-transformation and for changing your circumstances. It allows you to propel yourself forwards in a powerful new direction. Gratitude acts like a battering ram, blasting away anything that may be in your way and everything that is holding you back. Gratitude is your complete tool for self-transformation and achievement. Please use it constantly from this point forwards!

As I mentioned earlier, in order to bring up gratitude from within our life all we need do is remember what it feels like. If we are suffering intensely, this may appear totally impossible, but the fact remains we really can do so if we choose. One useful technique is to remember a time when we felt deep gratitude. We all have at least several experiences of this during our lifetime. When we remember such an experience, and focus on it for some time we cannot help but to start to feel a glimmer of gratitude emerging. It's a feeling in the solar plexus area of our body. The more we focus on it the stronger it will get.

This may seem like artificially induced gratitude, and it is. But it really works. There is a saying "right thought follows right action". This means that when we make some effort in thought word or deed (even if it is not completely sincere) in time the sincerity will come. I have experienced the reality of this statement at various painful times in my own life, and can say with certainty that it is true. In effect, what this means is that by bringing up gratitude artificially, again and again, we can reach the point where we can spontaneously bring up true and sincere gratitude whenever we wish, no matter what is happening to us. The effects of pulling gratitude out of our lives like this can be extraordinary.

Opening The Door

When we are suffering it can be a bit like being in a dark room. Even though there may be a brilliant light on the other side of the door, we cannot see it because the door is closed and the room is dark. When we intentionally draw gratitude out of our life, even if it is artificial, then it is like opening the door a crack. When the door opens only a tiny bit, the light can flood into the room and illuminate everything.

Gratitude is the most wondrous tool for allowing you to become unstuck from whatever emotional state you may be in. When the light floods into the room, you can start to see things as they truly are, instead of the distorted view you may have previously held. All you need to do is open the door a crack for this to happen. Even bringing up gratitude for a few seconds can have this incredible effect. You don't even need to feel gratitude with great potency. Only a little bit is enough to change everything.

It's a bit like pulling the corner of a spider's web. When you pull the corner of a spider's web, the entire web changes shape. Likewise, when you intentionally draw forth gratitude, it will change every area of your life in a very powerful way. It will allow you to see things as they truly are. It will also allow you to

see potential for change that you may have been unable to see only a moment before.

Gratitude also acts like a magnet, drawing into your environment beneficial events and experiences that before you may not have been able to imagine. Gratitude also kick-starts synchronicities! It also increases your ability to make potent determinations. Gratitude will empower you, and it is your key to all achievement.

Do This Right Now!

Gratitude Experiences

Find at least 5 experiences in your life that you are deeply grateful for and which you can remember at will.

Gratitude Journal

Start keeping a gratitude journal and write in it 3 or 4 times each week. This is better than daily journaling, which could lapse into habit without emotion.

Try My Crazy Gratitude Experiment

If urgent change is needed try my crazy gratitude experiment every day for at least a week.

Gratitude Letters

Write a letter to 5 people to whom you are grateful. You can send the letter if you wish and if you feel it's appropriate. Gratitude letter writing can still be very effective even if the recipient is no longer alive.

See The Good In Everyone You Meet

Look for the good points in each person in your environment and praise each one of them.

CHAPTER 6 – Ramping It Up

Powerful Tools for Instant Gratitude on Tap

“At the age of 18, I made up my mind to never have another bad day in my life. I dove into an endless sea of gratitude from which I've never emerged”

Patch Adams

Over 100 years ago a Russian scientist by the name of Ivan Pavlov noticed a rather interesting phenomenon.

He was conducting research with dogs and he was able to get the dogs to associate the ringing of a bell with feeding time. Whenever it was feeding time he would ring a bell, and after a short time he noticed that even if he just rang the bell, the dogs would start salivating as they believed they were going to be fed. This simple experiment demonstrated that an external stimulus can be associated in the brain and create a very specific internal response. The bell was acting as a trigger or anchor, which made the dogs believe that they were just about to receive food.

It turns out that humans are quite similar to dogs in this way, and we too respond to such anchors!

The Power Of Anchors

Anchors have been used in advertising for many years, because they are a very effective way of influencing people. This is because it's very easy to program a person's mind in such a way that whenever that person sees or hear something they immediately think in a certain way. In advertising; logos, taglines and images are used together in a powerful way that make people instantly recognise a brand and feel a certain way towards that brand.

However, it is possible to create our own anchors that can help us in very powerful ways. For example, it is possible for you to create your own gratitude anchor, which you can use to automatically bring up powerful feelings of gratitude, whenever you wish.

So, if you are finding it difficult to spontaneously bring up gratitude whenever you want then the following technique can help you enormously.

Create Your Gratitude Anchor

To create your own powerful gratitude anchor you need to remember a time in the past where you felt sincere deep gratitude. Do your very best to engage fully with that memory. Engage fully with the sights, sounds, smells and feelings you experienced at that time. Really immerse yourself in the experience and relive it as vividly as you can, and allow the feeling of gratitude to build very strongly. Now, when you are the point where you are literally overflowing with gratitude, this is the exact moment you can use to set your gratitude anchor. To set your gratitude anchor, all you need do is touch the thumb and first finger of your right hand together and squeeze them together gently. If you prefer to do this with your left hand, then that's absolutely fine.

Now that you have set your gratitude anchor, you can trigger it whenever you wish simply by squeezing your thumb and first finger together. It really is that effective! The most important thing here is how you create your gratitude anchor. As I mentioned it's really important to totally immerse yourself in the experience of deep gratitude. It is important to let that feeling build and build, until the point where you are overflowing with gratitude. It is at that very moment that you squeeze your thumb and first finger together. It's this intensity of feeling that we are looking for, and which will allow you to successfully create this anchor.

The crazy gratitude experiment that I shared with you earlier is also very effective and can work miracles in your life. But sometimes, you may need to intensify the experience even further, and using a gratitude anchor like I have just explained can help you enormously.

Gratitude Journaling

Another great way to develop deeper sustained levels of gratitude is to start keeping a Gratitude Journal. A Gratitude Journal is a journal or diary where you write down all the things that you are grateful for at the end of each day.

Many people recommend doing this last thing each night before going to sleep. However, research has found that gratitude journaling is a lot more effective if done less frequently, say for example three or four times each week.

You see, it's very easy for your gratitude journal to simply become a daily ritual that becomes devoid of feeling, which totally defeats its purpose. This is why it is important not to do this every day. You don't just want it to become a habit you are obliged to do. By doing your gratitude journaling only three or four times each week the process remains fresh, and research has found that long-term effectiveness is greater than daily journaling.

So what should you write in your gratitude journal? The answer is literally everything you can think of that you are grateful for. This could include your health, your possessions, your abilities, the weather, your loved ones, things that have happened during the day and everything else that you can think of. You can magnify the benefits of this experience if you also include being grateful for the difficulties that you experience in your life. Now, I do realise that this may appear to be quite challenging, but it is true to say that your challenges in life are what enable you to grow the most, and become a better, kinder and wiser human being.

Changing Painful Relationships

It can often be hard to feel gratitude towards someone who is causing you upset, but research has found that great transformation can take place within you when you make the effort to do this.

I had a rather dramatic experience many years ago that taught me the effectiveness of this. It was very early on in my career in business and at the time I was working as a sales representative. There was a person in the company I was working for who would bully me each time we met. The situation became so painful that I was even considering leaving the business. Every Thursday we worked together for a full day, as he was training me as a sales person, and each time he would review my performance for the previous week. He found endless fault in everything that I was doing, even though I believed I was carrying out all his instructions exactly as he had requested of me.

Anyway, one Thursday morning I started to panic, as I knew that in a couple of hours' time I would have to meet with him again and drive him around for the day in my car. Now, while meditating early that morning I suddenly realised that he himself must be suffering greatly, and it seemed like he was taking out all of his problems on me. So, that morning during meditation I visualised him as being really happy, and I also sent him gratitude for everything that he was teaching me, even though the lessons were very

painful! I kept this up for about an hour, to the point where I felt very confident, really compassionate, and truly grateful.

An Internal Change Creates An External Change

At this point you may think I was fooling myself into thinking and feeling something that was not genuine. But the reality is that we have choice in how we think and feel about what happens to us, and the people around us. It is a fact that when we change inside, the world around us also reflects that change. We may run around trying to change everything in our environment but unless we are also changing ourselves, then very little shifts around us.

So, as I was saying I reached the point where I was very strong, very compassionate, and also concerned for his happiness. A couple of hours later a complete miracle occurred. I met him in the usual car park at the usual time, and the moment he got into my car he started stuttering and stammering. He apologised to me from the bottom of his heart, for giving me such a rough time, and he then explained to me that he was having some very serious personal problems, and that he was suffering greatly. He told me that he was taking out his own problems and difficulties on me, and that he was truly sorry for causing me such pain.

From that moment on there was a huge change in our relationship. I started to really respect him, and I was no longer afraid of him. In fact, just a few months later when I was going through my own deeply painful relationship breakup, he was very supportive.

Ok, now that we are at the end of this chapter please do remember to create your own gratitude anchor. As I explained earlier it's really easy to do, and it can automate the process of bringing up gratitude whenever you need. Also, consider keeping your own Gratitude Journal and write in it three to four times each week. Remember to write in it all the things that you are grateful for and also try to include some things that are quite challenging for you. Because by adding these to your list you can make great transformations within yourself, and consequently in your environment.

CHAPTER 7 - Mind Over Matter

The 3rd Key - Your Thoughts and Emotions Create Your Reality

“What the mind of man can conceive and believe, it can achieve”

Napoleon Hill

I will never forget the day many years ago when I had a most dramatic demonstration of mind over matter.

I had just met a very gifted healer and diviner from Wales. I collected him from a friend's house and I was driving him to my own house having decided it would be nice to drive home over the Wicklow Mountains. It was a beautiful sunny summer's day with a blue sky and several large fluffy white clouds. We were just driving down from the Wicklow Mountains into the Glencree Valley when he asked me what plans I had for that evening. I explained that I would be attending a Buddhist meeting and that the subject of the meeting would be how our mind can affect our environment.

My new friend started to smile, and asked me if I would like a small demonstration of exactly how powerfully the mind can affect our environment. Having already heard some rather interesting stories about this gentleman and his abilities, I of course said yes. He asked me to pull my car over to the side of the road, which I did. The next thing he pointed at a large white cloud in the sky and simply said *"Watch carefully"*. To my amazement, within 15 to 20 seconds the cloud simply dissolved before my very eyes! Having been witness to several extraordinary similar demonstrations during my life, this did not shock me, but rather I just started to laugh.

I congratulated him saying that it was an excellent demonstration of the power of the human mind over its environment. We then started driving down the road again and after a while he asked me to pull over once more, which I did. This time he asked me to pick a cloud, and that is exactly what I did. I purposely chose a large elongated cloud that was quite dense and both grey and white in colour. Once I pointed out the cloud to him, he told me that he was going to bore a hole near the front of the cloud, then he was also going to break the cloud into three parts, and finally mould the back of the cloud into a hook shape. As you can imagine, I was very sceptical that he would be able to

mould a cloud in such a very specific way. However, in less than a minute he had done exactly that.

Later that night, at the meeting which was about the human mind affecting the environment, you can only imagine what an incredible experience I had to share. Although, I'm not sure exactly how many people in the room believed what I was saying. They probably thought I imagined the whole episode, or that I was in a state of hypnosis or that I simply believed that I had witnessed something that was clearly impossible. It is important to explain at this point, that I am very familiar with hypnosis and at no point during this episode was I in a hypnotic state, or in a state of heightened suggestibility. On the contrary, I was in a state of scepticism and disbelief that he would be able to do exactly what he said he was going to do.

It turns out that cloud busting (as it is sometimes known) is actually very easy when you know exactly how to do it. It is simply a projection of energy and is not a difficult thing to do, when you know how.

Energy Fields

At around the same point in my life I was training as a bioenergy healing therapist. Bioenergy therapy is a way of diagnosing energy blockages in the human energy field as well as techniques that can help to unblock the energy, thus allowing the body to heal itself.

The course was a year-long and it was an amazing experience in which I learnt many wonderful new skills and techniques. I also made some great friendships with a number of very interesting people. One of these friends was instrumental in introducing me to my new friend from Wales who I just mentioned and I went on to help him in his healing work on a voluntary basis for several years.

During the bioenergy healing course I discovered that there were many people in the class who even after six months claimed they were not sensing the energy field around the human body. These people were amazed at what bioenergy therapy could do, but they themselves felt like frauds. This is because they were unable to detect any sensations in their hands when scanning the energy field around their patients. As you can imagine although friends and relatives were seeing some benefits from the treatments they were giving them, they themselves were quite despondent because they were unable to actually sense anything while performing the therapy.

When conducting a bioenergy treatment the practitioner normally feels a tingling sensation in their hands when scanning or sweeping their hands through the energy field. Energy blockages and disturbances can be felt as heat, or as cold, or as different type of tingling sensations in the hands. The therapist through scanning the energy field is able to detect all sorts of problems which they then can go on to treat using various techniques. The effects of bioenergy therapy on a patient can be quite dramatic and in many cases long, extended illnesses and problems can be overcome quite quickly.

Although I myself was a student, I really wanted to help these people to start sensing the energy field and to start seeing the effects of the way they were focusing their minds on their patients. So, I started making a number of psychotronic devices known as energy spinners. An energy spinner is a very simple machine which moves when the mind is focused on it in a certain way.

How To Make An Energy Spinner

Energy Spinners are very easy to make and all you need is some heavy duty aluminium foil, like the type you use when freezing food. You need to draw a cross shape onto the aluminium foil. Each leg of the cross needs to be around an inch long and about a quarter of an inch wide. You then need to cut out the shape using scissors or a sharp knife. Once you've completed the cutting you need to use a pencil to make an indentation right at the centre of the cross shape. You need to be careful not to press the pencil point too hard otherwise you will end up cutting through the foil, which you definitely do not want to do. Next, each leg of the cross needs to be bent at an approximate 45 degree angle. Finally, you balance the centre of the cross on the head of a pin. The base of the pin needs to be embedded in a supporting base of some sort. The base can be made of any material such as a pencil eraser, which is perfect for the job.

To make the spinner rotate clockwise or anticlockwise all you need do is place your cupped hands either side of the device. With a little practice and a basic understanding of how to transfer energy from the hands it's quite easy to make the spinner rotate clockwise, or anticlockwise or even get it to stop spinning completely. You can control the direction of the spin simply by focussing your mind and emotions in certain ways. This gives the experimenter direct feedback and immediately shows them the effects of focusing their mind in different ways. It is a perfect way to demonstrate the effects of mind over matter and is a basic tool that shows how the mind can affect physical objects. This simple tool when used correctly and practised often can unlock all sorts of abilities in the user. Over time it is possible to

become very proficient in focusing your mind in various ways and in affecting your environment potently.

As I say, many of the people who were doing the course were having difficulty in sensing the human energy field and because they believed that others were able to do it, but not they themselves, the results they were having with their patients were not so dramatic. I made many of these energy spinners and gave them to those people who were having difficulties, and quite quickly each of them was able to gain control over its direction of rotation. This was very exciting for them, because it proved to them that the healing therapy that they were practising on others was indeed having some effect. This was also evidenced by the even greater positive beneficial effects it started having on their patients.

They also discovered very quickly which types of thoughts and feelings worked most potently to allow the transference of energy. The result was that they were able to quickly develop their abilities which had been deadlocked due to their own disbelief.

Beliefs And Doubts

Belief, as we will discover later has a massive impact on your ability to effect what happens to you. Belief, or its opposite - doubt is the activating force that determines whether or not your goals and focused intentions will have any effect whatsoever. This was proved to me in yet another rather dramatic experience of mind over matter.

Just shortly after I met my friend from Wales he also showed me a more close-up demonstration of mind over matter – another way to move small light physical objects using the power of the mind. One morning he asked me to find him a small piece of paper which I did. The piece of paper was around 4 inches high and about an inch and a half wide. He asked me to fold over the piece of paper at a 45 degree angle vertically, which I did. Next, at his request I put the piece of paper (which was now able to stand up by itself) onto the table.

Next, he said “*Watch*”. A moment later, he slowly passed his hand over his face and pointed at the piece of paper, and to my amazement it went flying across the table. Again, this was pretty impressive and an amazing demonstration of how the mind can influence physical substance. He then explained that I could also easily do the same, if I knew how to do so. He explained that since I had been training in several forms of healing I should

already know how to transfer energy to another person. Then, he said “*Now you do it*”.

I did exactly what I had seen him do and to my amazement the piece of paper moved and fell down. Then he asked me to try again which I did, but this time the paper only wavered but did not fall. I tried it once again and yet again the paper only wavered back and forth but did not fall or move significantly. I tried it again, expecting that because it didn't move the last time, it wouldn't move this time, and I was quite correct. I had formed a very effective mental block that was preventing me from moving the paper.

I expected that it would not move, therefore it did not. This mental block lasted for at least a year and a half, because whenever I tried this experiment it just would not work. Then, around 18 months later I awoke one morning and absolutely knew that I could do it. I found a piece of paper folded it vertically and propped it up on the table and did the experiment again. To my delight, it went flying across the table and it has done so ever since, whenever I try this experiment. The only exception is when I'm very tired or when I do not bring up the necessary internal feelings or emotions that make this experiment work properly.

A little later on we will look at what your mind state needs to be, and what internal feelings you need to evoke in order to draw into your life the things that you yearn for.

What I learnt very clearly from these experiences is that our beliefs and our disbeliefs about anything will have a direct and potent effect on what happens to us. Belief or disbelief is what determines whether or not you will achieve your goals or how easily or difficult achieving them will be.

CHAPTER 8 – Science and the Power of Thought

Your Mind CAN Affect Physical Experiments

"By thought, the thing you want is brought to you. By action, you receive it"

Wallace D Wattles

I do realise that the experiences I have just shared with you may seem a little far-fetched, and that the sceptic in you may think that all of this is just pure garbage.

However, it is important to understand that for several years scientists have noticed that in sensitive scientific experiments, it is possible for the observer to actually influence the outcome of the experiment. I realise this sounds incredible, but this is a recognised scientific fact and there are many scientists around the world who have been investigating the effects of the human mind and emotions on physical matter.

For example, Dr Masaru Emoto a scientist from Japan discovered that thoughts and feelings really do affect physical reality and quite potently. He developed a technique using a powerful microscope which was placed in a very cold room along with the use of high-speed photography. His equipment allowed him to photograph the formation of ice crystals in water samples. Amazingly, Dr Emoto discovered that crystals forming in frozen water reveal very definite changes when very specific concentrated thoughts or emotions were directed toward them.

If you are interested in looking into this scientific research then you might consider Dr Masaru Emoto's own book named "The Hidden Messages in Water".

Emotions Affect Plant Growth

In fact, this phenomenon is not just restricted to the study of water crystals. For many years scientists have conducted experiments into the effects of thoughts and emotions on the growth of plants. These experiments have been

repeated many times and in numerous laboratories around the world with identical results.

What happens in these experiments is that the growth of two identical plants is carefully observed. One of these two plants which is known as the control plant is allowed to grow as normal. However, the other plant which is identical to it in every way is focused on remotely by a person who sends the plant feelings like love, compassion or gratitude. In these experiments, the control plant always continues growing at the same rate. However, the plant that is sent positive feelings, always grows more quickly and more strongly than the control plant. Also, it often becomes healthier than the control plant. This remote influencing on the plant has been conducted over very long distances with identical results. It's an experiment you can actually do for yourself, if you need any proof of this fact!

Now at this point it is important to understand that both plants are identical in every way when the experiment commences. They are also given exactly the same amount of nutrients, heat and light, yet the plant that is focussed on with positive emotions grows stronger and faster.

Dr Harry Oldfield

I have also conducted some of my own experiments in how the mind effects its environment and I am truly thankful to the research of Dr Harry Oldfield for making this possible.

Harry Oldfield is from the UK, and I have been very fortunate to have trained with him in the past. Harry is a highly regarded scientist and his ground-breaking work has been featured several times on the Discovery Channel.

Several years ago I started experimenting with a device which Harry Oldfield invented. It's known as the PIP scanner (recently renamed NEV). PIP stands for Polycontrast Interference Photography, and it is a way of viewing the energy field around living organisms in real time on a computer screen.

Harry is a traditional scientist but he also has experience in scientific concepts from the Far East such as Chinese medicine and acupuncture. In most countries throughout Asia it is understood and accepted by the medical profession that energy travels around the human body along pathways known as meridians and that this energy can be manipulated in order to bring about healing of the physical body.

In Asia it is also understood and accepted that human beings have an energy field around their physical body and that due to accidents, negative thinking or a poor lifestyle this energy field can be adversely affected. It is understood that when this energy field is out of balance it can result in physical illness or even problems in the mind itself. Therefore in order to bring about healing of the physical body, it is possible to transfer this universal energy known as chi from one person to another or to manipulate their chi in order to bring about balance and healing. As I say, this is completely understood and accepted by the scientific profession in the Far East. It really is only in the West where such concepts are looked upon with scepticism. It's also important to understand that Western medicine has only existed for a relatively short time, whereas Chinese medicine and science from the East has existed for thousands of years. Oriental medicine can be very effective, and this is why Chinese medicine and acupuncture are now covered by most medical insurance policies.

Anyway, as I was saying Dr Harry Oldfield had a hypothesis that if human beings really do have an energy field then there must be some substance to that energy field. His understanding was that if an energy field exists around human beings, then surely photons of light should bounce off that energy field, as well as off the human body.

A Very Special Computer Program

Harry and a programmer together developed a computer program that would analyse the minute reflections of light from the energy field and also the human body and map those subtle reflection patterns on a computer monitor in real time.

The PIP Scanner uses a regular video camera connected to an ordinary PC running this special software. Now, I am very fortunate to own a PIP scanner and it is an absolutely incredible device. You can actually see the energy flowing around the body along these acupuncture meridians that I just mentioned. You can also see congestion of energy pooling around certain parts of the body where it should not be, as well as depletions in energy in other areas. The PIP scanner shows up things that would not be visible to the naked eye. It's possible to use it to quickly see the overall health of the person standing in front of the camera, by observing the flow of energy around their body.

It's also possible to show a patient their energy field before and after a healing treatment. This treatment could be acupuncture or other disciplines where the

practitioner manipulates the patient's energy through their hands. There are many possible methods of influencing the energy field.

The person who is being treated can see very clear differences in their energy field before and after they have been treated energetically. When the energy field is balanced then the physical body starts to repair itself. Whenever you give the body whatever it needs, it can then heal itself. You can also affect a person's energy field profoundly simply just by sending them positive thoughts like gratitude, compassion or love. I have conducted several experiments myself where I have sent energy to a person just using my mind and seen its effects on the PIP scanner over a period of minutes.

The PIP scanner is one of many devices that exist today that prove that the human mind can affect its environment in subtle yet dramatic ways.

Do This Right Now!

Make An Energy Spinner

Make your own energy spinner and experiment with it until you can make it rotate clockwise, anticlockwise and even make it stop. This will allow you to prove to yourself just how powerful your thoughts and emotions can be. To get yourself started, try bringing up a feeling of gratitude and see how the quickly energy spinner speeds up!

Experiment With Plants

Try your own experiment with the growth of plants. It's best to work with a seedling, or a young rapidly growing plant. You could even send one plant positive thoughts and feelings and the other negative thoughts and feeling and observe the difference over a few weeks. Remember to give both plants identical conditions, apart from the thoughts and feeling you are projecting to each of them.

Water Crystal Formation

You could have some difficulty in replicating Dr Masaru Emoto's experiments with the formation of water crystals, unless of course you have your own laboratory equipped for the purpose!

Dr Harry Oldfield

Find out more about the PIP Scanner and Dr Harry Oldfield's work.

CHAPTER 9 – Your Subconscious Mind

The 4th Key – The Inner Genius that Controls Your Life

“Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality”

Earl Nightingale

Within us lies an incredible powerhouse that magnetically draws into our lives the things that we yearn for, as well as those things that we do not wish to happen.

As I mentioned earlier I am convinced that our dominant thoughts and emotions create the circumstances and events of our lives. But how exactly does this work? How can our dominant thoughts and emotions affect physical reality and what we experience in life?

Science tells us that our thinking mind, the part of us that we believe to be “me” is only a very small part of our consciousness. But below this level of thinking consciousness lies a vast ocean of consciousness that dictates almost everything that happens to us. This infinite ocean of consciousness appears to be connected to everything in the universe and it is known as the subconscious mind. Although, many people refer to this part of ourselves as the unconscious mind, throughout this book I will be referring to it as the subconscious mind.

Our subconscious mind is responsible for all our bodily processes such as the beating of our heart and the breathing of our lungs. We don't have to consciously will our heart to beat or our lungs to breathe. They happen automatically and are controlled by our subconscious mind.

However, our subconscious mind is not just responsible for controlling the automatic systems of our physical body, it affects every single aspect of our lives and in far more ways than we may possibly imagine. Our subconscious mind records every single thought, emotion, event and experience that we have during our lifetime. But it is not simply a recording device. It is also responsible for drawing into our lives, events and experiences according to our dominating thoughts and emotions.

When a child is very young they normally have total trust in the world around them and they believe that anything is possible. However, as the child grows and experiences lots of setbacks and difficulties, their belief about what is possible can start to shrink. Every difficult experience that we go through in life and how we feel about and react to those events is stored in our subconscious mind. As we grow older we slowly and surely form a lot of beliefs about life and what is possible for us and many of these beliefs can be very restrictive.

Your Subconscious Beliefs Always Win Out

Our subconscious beliefs about things can be far more powerful than our conscious thoughts about the same things. It is possible to convince ourselves that we can achieve something wonderful for our life, but if subconsciously we believe we are unworthy or not capable of achieving such a thing, then our deep subconscious beliefs always win. This is why many people cannot achieve their personal goals in life. The more we try and fail, the worse the problem can become. Our subconscious negative beliefs can become even more reinforced, and we can appear to be trapped with no way of moving forwards.

Napoleon Hill, the author of the classic *Think and Grow Rich* described the subconscious mind as:

“A field of consciousness, in which every impulse of thought that reaches the objective mind through any of the five senses, is classified and recorded, and from which thoughts may be recalled or withdrawn as letters may be taken from a filing cabinet. It receives, and files, sense impressions or thoughts, regardless of their nature. You may VOLUNTARILY plant in your subconscious mind any plan, thought, or purpose which you desire to translate into its physical or monetary equivalent. The subconscious acts first on the dominating desires which have been mixed with emotional feeling, such as faith. “

I think this is a wonderfully clear description of how the subconscious mind works. It also explains that we can reprogram our subconscious beliefs, so that we can start achieving our dreams, instead of being a victim of our own self-imposed limitations.

Influencing Your Subconscious Mind

So how do we influence our subconscious mind in a way that is constructive rather than destructive? Herein lies the secret to living a happy, successful, and deeply fulfilling life. Sadly it is something that few people ever discover during their lifetime.

Our subconscious mind can be powerfully influenced through repetition. If we hear something once, we may often forget it later. However if we hear the same thing twice our subconscious mind starts to take notice. If we hear the same thing three or more times, our subconscious mind starts to take action on it as though it were a command. This is why I often repeat myself several times whenever I feel something is really important and needs to be remembered.

Is important to understand here that the subconscious mind is not just responsive to what we hear. We can also implant into our subconscious mind specific instructions that we wish it to work upon.

Your Limitless Source Of Wisdom

It is also possible to use our subconscious mind to draw upon inner wisdom and find the solution to our problems.

Thomas Edison, inventor of the incandescence lightbulb was very aware of the power of the subconscious mind and how it could provide him with the answers to problems that he could not figure out in this conscious mind. Edison would often handed over to his subconscious mind problems to which he was unable to find an answer. He did this by dwelling on the problem from all angles and then asking his inner wisdom for a solution. He would then take a cat nap for 30 minutes or an hour, and often on awakening the answer would be right there in front of him. While he was sleeping, his subconscious would go to work on the problem and on awakening would provide him with the solution he was looking for.

Many inventors and scientists have used their subconscious mind in exactly the same way. Our subconscious mind really is an unlimited powerhouse of creativity. It is our creative reservoir that is never exhausted and to which we can tap into whenever we wish.

I had a rather striking experience of this quite recently. I was trying to find a solution to a potentially very serious business problem. It was a problem that could cost us a huge amount of money each year and which would dramatically reduce our business profits. I discussed this problem with

accountants and other experts, and none of them had a clear workable solution. So since it was a serious issue and it would not be going away any time soon, it was playing heavily on my mind.

So, having tried to find solutions from every direction imaginable, one night I decided to hand it over to my subconscious mind to find a solution. I stated the problem very clearly and asked my subconscious mind to provide me with a complete solution before the end of the week. Shortly after this I fell asleep, but awoke only 30 minutes later. To my utter amazement on awakening I had the complete solution to the problem. It honestly was not something I could have figured out with my conscious mind alone, and as I say the experts I consulted were not able to give me a clear way forwards, certainly not one this wonderful!

On awakening I knew exactly how to structure what needed to be done and exactly how to do it. I was utterly stunned at how powerful the subconscious mind can be in providing solutions to very complex problems. However, what was even more amazing was that this solution also enabled me to overcome a separate and apparently unrelated business problem that also existed! The single solution killed two birds with one stone and I'm deeply grateful and humbled by such a dramatic experience.

The Devil Of Forgetfulness

Now, you may ask why I didn't hand this problem over to my subconscious to work upon a lot sooner. Well, there are two main reasons for this as I will explain.

Firstly, I have a strong feeling that one of our greatest impediments as human beings is forgetfulness. If we always remembered every difficulty from our past and how we managed to overcome those problems, then we would never fear anything and we would have unwavering confidence all of the time. We would also feel constant gratitude all of the time. But the reality is that we are all very forgetful. We all have within us both positive and negative. A voice that constantly tells us that we are useless and that we can't do anything right. A voice that tells us not to bother or that it will be too difficult.

We also have a voice of wisdom that tries to move us forwards and achieve all that we yearn for, and that helps us become a better human being. However, the reality is our negative inner voice is very loud, and the voice of our wisdom can be subtle and quiet. There is both light and dark within all of us, and it is the struggle between positive and negative that actually gives rise to life itself

and to spiritual growth. Great growth always entails difficulty and suffering to some extent. It is not possible to have one without the other. Positive and negative are both essential forces of life. However, that does not mean we should allow ourselves to give in to that negative part of ourselves.

I believe it is vital that we constantly make effort to overcome this inner negativity that tries to do everything in its power to keep our lives small and powerless. We will look at this in a lot more detail in a later chapter, because whether or not we manage to overcome this inner negativity will determine what we can achieve in our lifetime and how much of a difference we can make in the lives of others.

We can be an ordinary person or an extraordinary person and which we become is dependent on whether or not we can overcome this inner negativity each and every day. Anyway, as I was saying I believe that forgetfulness is one aspect of our life that can hold us back greatly and it tries to keep our lives small. So basically I forgot to use my subconscious in this way!

When The Time Is Right

There's also another reason why I didn't receive this solution any earlier. It was vital that I undergo some other experiences first before the solution would be able to work effectively.

The complete solution my subconscious mind provided me with, would not have worked unless I had made these other changes first. It's amazing how things usually happen at exactly the right time and in the right order and this is one of the wonderful ways in which our subconscious mind works for us. As I mentioned earlier, our subconscious mind determines everything that happens to us and what is possible for our life. It is also the doorway to unlimited wisdom and the solution to all our problems.

But most importantly, we can program our subconscious mind in several different ways that are very effective. Most highly successful people are very aware of the power of the subconscious mind and use several different ways of influencing it in a powerful way to bring all of their goals to fruition.

In the next chapter we will look at some of the more effective ways that you can use to reprogram your mind for success, and fulfilment rather than experiencing failure and disillusionment.

CHAPTER 10 – Reprogram Your Mind for Success

Your Quickest Route to Success and Happiness

“It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen”

Muhammad Ali

Our subconscious mind can be quite childlike in nature. For example, have you ever tried to get your children to clean up the bedrooms? I know I have, on innumerable occasions.

The first time you asked if they could clean up their room, the response is normally something like “Aaaaaaw, do I really have to?” Then inevitably 30 minutes later you discover that they haven't yet started and you give them a gentle reminder. They often say something like “Okay, I'll do it now”. But in all likelihood just like your subconscious mind they get distracted and you find that another 30 minutes has passed and still nothing has started happening. At this point you might start to get exasperated and insist that they start cleaning their room immediately. It's usually this third attempt that motivates them into immediate action.

Our subconscious mind can be rather like this. As I mentioned in the last chapter in order to influence our subconscious mind into action we need to repeat instructions to it several times.

It's this repetition, particularly when strong emotions are present that results in the sort of changes that we want to experience.

Goal Setting

If you want to achieve anything really worthwhile in life, then it is vital that you start by writing down your goals.

It's important to spend plenty of time asking yourself what it is that you really want. And once you are clear about exactly what it is that you want, it's important to write down your goal in a concise way. When each of our goals is

long and wordy it's almost like the power that we can put into them is diluted. But when you reduce your goals to very short statements, it is far easier to emotionalise them and they can be a lot more powerful.

So, as I say the very first step is becoming clear about what it is that you really desire. Then you need to write down your goal in a crystal clear concise statement. But that's not all. You also need to include a reason why you wish to achieve that goal and preferably a date by which you will achieve it. When you have a strong reason why, then it gives your goals a lot more power and energy and your subconscious mind can really go to work on creating the circumstances that will enable you to achieve your goals. Also when you give yourself a deadline it keeps you accountable and it can speed up the process dramatically.

So, once you have a clear concise statement for each of your goals including a reason why you will achieve it and preferably a date by which you will achieve it you then need to rewrite your goal in the form of an affirmation.

What Are Affirmations?

Every thought that you think and every word that you say is an affirmation. Your internal dialogue is literally a continuous flow of affirmations and has dramatic impact on your life!

What you repeatedly say and think (especially when strong emotions are present) creates your life experience in every moment. Many of your beliefs may simply be learned thought patterns that you have developed since childhood. Some of these beliefs may work well for you, while others may be working against you. Negative thoughts and beliefs can be very destructive if not changed - they can literally sabotage you from achieving what you want and soon we will look at this in more detail.

How To Create Positive Affirmations

Affirmations are an excellent and easy way to powerfully influence your subconscious mind and they are also very simple to create and use. An affirmation is a carefully formatted statement that you need to repeat to yourself (preferably aloud) and which you should also write down frequently.

To ensure that your affirmations are really effective, you need to write them in the present tense. They also need to be positive, personal and specific.

Affirmations need to be:

- Present Tense
- Positive
- Personal
- Specific

Please read your affirmations when you wake up in the morning and also before going to sleep at night. You can also repeat them during the day or whenever you wish. When you are reading your affirmations (preferably aloud) try to put as much emotional energy as you can into them. When you do this it powerfully affects your subconscious mind and motivates it in all the ways that you need.

So what is the best sort of emotion that you should put into your affirmations? Well, I think you may have probably guessed it already! Infusing your affirmations with deep gratitude as though you had already achieved them can truly work miracles in your life. Gratitude acts just like a magnet by drawing into your life what it is that you visualise and yearn for, and it does this by literally synchronising your mind with the mind of the universe itself.

Or as Wallace D Wattles author of the classic *The Science of Getting Rich* puts it: *“The more gratefully we fix our minds on the Supreme when good things come to us, the more good things we will receive, and the more rapidly they will come; and the reason simply is that the mental attitude of gratitude draws the mind into closer touch with the source from which the blessings come.”*

This is a really important statement and I wholeheartedly agree with what he says. When you bring up a feeling of deep gratitude as though you had already achieved your goals, then you literally synchronise yourself with the life force of the universe. Herein lies your key to creating a wonderfully happy and successful future!

Creative Visualisation

It's also important to visualise as clearly as you can, what you will see and hear and feel when you have reached your goal. This day dreaming about what it will be like when you have achieved your goal is really important. Carrying out creative visualisation in this way will inject raw power into your goals and it will dramatically speed up the process of reaching your objectives.

Vision Boards

Many people find it is also very helpful to create a vision board which includes pictures and photographs and statements that support the goals you have set. These may include photographs of the things that you wish to achieve, and everything you can imagine that should be included that will support you in achieving your goal.

For example, if your goal is to be a bestselling author, you might create a picture that shows your book in the bestseller section of Amazon. You might write a cheque to yourself for the royalties that you will expect to receive. You might also include photos of famous radio and TV hosts with your own photo pasted beside them as though they were interviewing you. Looking at and adding to your vision board frequently can help you to visualise really clearly what will happen when you achieve your goal. This in turn powerfully influences your subconscious mind and will be enormously helpful to you in speeding up the process of achieving your goals.

So let's look at the best ways you can use to create powerful affirmations from your list of goals.

Effective Affirmation Construction

Your affirmations always need you include the word "I" in order to be most effective.

Also, you must always use some form of time reference in your affirmations. It's usually most beneficial to refer to the present. "I Am" is a great way to start an affirmation. For example: *"I am happy and successful"*

You need to phrase each affirmation in the present tense, as though it has already happened.

Example 1:

In this example we will create an affirmation to assist in finding a new job that is more fulfilling than your present one. Also, we will add that your new employment will pay you a higher wage than you currently receive.

“I am deeply grateful for my new job as _____ [which I begin by _____ (date) and] which is enormously fulfilling and which enables me to earn a wonderful wage of _____ (amount) each week”

The text above that is in the square brackets [] need not be included unless you are giving yourself a specific deadline for achieving your goal. However, it's always very helpful to include a deadline where possible.

Example 2:

In this example we are going to create an affirmation that will help to develop greater self-confidence when speaking publically.

“I am a confident and relaxed public speaker”

Example 3:

Here are some affirmations that can help to overcome the tendency to constantly worry about the future.

“I am confident that I can overcome every challenge”

“I understand that the only constant in life is change and I welcome it”

“My mind is relaxed and I am thinking clearly”

Example 4:

Here is an affirmation to help overcome negative thinking so that you can start creating what you want, instead of what you don't want.

“My thoughts create my reality so I always enjoy choosing positive constructive thoughts”

So as you can see affirmations are very easy to create. And providing you use these guidelines when creating your own, you can experience incredible success through using them consistently and frequently. Also, you might like to consider combining some of your goals into a single affirmation. This way you can have as few as 4 or 5 affirmations to repeat each day. And, you will find this a lot easier than reciting around 20 individual affirmations each day. For example you may be able to combine all your long-term goals into only 1 or 2 affirmations, yet have exactly the same effect as repeating each individual one.

You don't need to memorise your affirmations, even though this will probably start to happen naturally the more you read them aloud each day. There is massive benefit to actually reading your affirmations aloud each day and you really don't need to try to memorise them at all. That's not the object here. But please do remember that you need to visualise and emotionalise your affirmations for them to be most effective.

You need to feel as though you had already achieved your goals. Really work up the feeling of achievement and deep gratitude that you have already achieved them. Do your very best to actually visualise in your mind, the sort of things that you will be doing when you have achieved your goals. Really feel the sense of joy, fulfilment and empowerment that you will experience when you have achieved them. Work yourself into a state where you can almost reach out and touch these things as though you had already achieved them. The more clearly you can see and feel your success, the better.

Now, at this point you may believe that we are just tricking ourselves into seeing and feeling something that is not based on our current reality at all and in a sense you would be correct. However, it's important to remember here, that by doing this we are actually speaking the language that our subconscious mind understands and that by doing this we are impelling it to create the things that we most desire. Now, compare this to feeling negative and pessimistic about your life and your future. If you choose to do that, then you will truly reap what you sow with your thoughts and your feelings.

The fact is that doing affirmations correctly is extremely effective! So, doing your affirmations properly like this each and every day, can have huge effects on your future and even how you feel in the present. And, the more impressions you make on your sub-conscious mind, the quicker the results will materialize for you.

Start Small – Build Gradually

Now at this point it's important to mention that if you're not familiar with this process, or if you have not set big goals in the past which you have already achieved then it is wise to start small.

For example, if you currently have low self-worth and very little self-confidence, then you need to gradually transform your subconscious beliefs about yourself, before setting really big goals. You see, it's really important to gradually stretch your realm of possibility, especially if you have a lot of negative beliefs about yourself and what is actually possible for you. By setting small short term goals for yourself and achieving those goals, slowly and gradually your belief in your ability will start to increase. As this happens you can go on to create even bigger goals for yourself. It's really important that you get direct feedback that the process works before creating goals that are truly outrageous.

It really is possible for you to achieve all that you desire in life, but there is work involved and as I say you must first stretch your realm of possibility.

The Importance Of Organised Planning

For each of your goals it's also important to start writing down a step by step action plan that you will put into practice in order to achieve each of them.

Organised planning is a vital key component in achieving your goals and it will help you to achieve them far more quickly and easily than had you not made adequate plans. So please, gradually over the next few weeks look at each one of your goals and figure out the steps that you will need to take in order to bring them to fruition.

For example, if you are planning to start a new career as a writer, then there may be several things you may need to include as part of your plan. In order to become an accomplished writer you may need to study how other writers became successful. You could also do a course that will help you to improve your writing skills so that you can learn more effective ways of writing. You also might like to start researching the writing style of other successful authors who write similar books to the type you are planning to write, by reading their books. You might include in your plan, that you should learn more about the publishing industry in general, so that you know exactly what publishers want and so that you know exactly how to communicate with them most effectively. Your plan might also include committing to yourself to

writing for 1 hour each morning at a specific time and in such a way where you are assured that you will not be interrupted.

So you see, achieving any sort of worthwhile and meaningful goal entails plenty of careful planning. And when you do this planning and pay attention to the small details you can be assured of far greater successes.

Your planning should include all the major steps that will lead you to your success in whatever you are trying to set out to achieve. Now, it is possible that you may not yet know what all these steps need to be, and that's absolutely fine. But, even making a preliminary list of steps can still work wonders, and later on as your plans progress you can fill in the blanks by adding any new steps that you discover may be necessary.

On the other hand if you ignore this very important step in achieving your goals, then your results may be a lot less than you would wish for. And as the saying goes "Failing to plan is planning to fail". So over the next few weeks please take the time to look at each of your goals and start creating an action plan for each one of them. I assure you that you will be very glad that you did!

Putting It All Together

It's very important to create your short-term, medium-term and your long-term goals correctly. It's also important to convert those goals into concise affirmations so that they are most effective.

So now let's recap all of this to that each step is totally clear. This will allow you to put this all together in a way that brings you the very best results.

Short Term Goals – Next 3 Months

So the very first exercise is to write down a list of the specific things you would like to achieve within the next 3 months. Around 5 goals should be sufficient. With this list you need to be realistic. The goals on your list need to be achievable although not necessarily easy to achieve. For your 3 month list you should choose things that will stretch yourself a bit. In other words, goals that would show you clearly when you achieve them, that the principles I have shared with you are valid and that they have worked for you.

This will give you a lot of confidence to go on to achieve far bigger things. As I mentioned earlier, it's necessary to first take baby steps, get validation that the process works and then go on to make even bigger goals, having developed the confidence that the process actually works. Please don't set a crazy unrealistic short term goal at the outset, like launching a new business that will make you a million in the next 3 months. That would be completely realistic, unless of course you are already very successful in business and you know exactly what you are doing. Slowly and surely building great confidence and power is what always works best.

Medium Term Goals – Next 1 Year

For this list you can include between 5 and 10 goals that are even bigger than your short term goals, although you can add more to this list if you wish.

Long Term Goals – Next 5 Years

For your long term goals you can include anywhere between 5 and 10 goals and these can be even bigger goals than your short and medium term goals.

Convert Your Goals Into Affirmations

Once you have completed your three lists of goals, you need to start creating affirmations that you will read aloud with emotion each day, visualising what it will be like and what it will feel like when you have achieved them. As I mentioned earlier, it's possible that you may be able to combine some of your goals into a single affirmation.

Plan Properly

Finally, create a list of action steps that you need to take in order to accomplish each of your goals and start taking daily action towards achieving your goals. Small consistent daily actions over time mount up to huge results!

Inject Power Into Your Affirmations

Please read your affirmations aloud when you get up each morning and last thing at night before going to bed. Remember to infuse your affirmations with gratitude as though you had already achieved your goals. Also imagine how it will be when you have achieved each goal.

Really immerse yourself in this experience, imagining what you will hear, see and feel once you have achieved your goal. When you do this correctly it will have a huge effect on your subconscious mind and it will set to work immediately on creating the circumstances you need to accomplish your objectives.

Create A Vision Board

Creating a vision board can help you to make even more powerful impressions on your subconscious mind, because it will allow you to see and feel your future success more vividly.

CHAPTER 11 - The Hawk and the Field Mouse

How to Aim and Hit Bulls Eye Every Time

“That's been one of my mantras - focus and simplicity. Simple can be harder than complex: You have to work hard to get your thinking clean to make it simple. But it's worth it in the end because once you get there, you can move mountains”

Steve Jobs

A few years ago I was driving over to Galway on the west coast of Ireland. I was to give a lecture that was mostly about intention and the power of our mind to bring us what we desire in life.

It was a beautiful sunny morning – one of those mornings where it's great to be alive. I love driving long distance as its always an opportunity to think about things and by the time I arrive home again I almost always have several important new ideas. For me, driving for a few hours is a very creative experience and many of my best ideas come from such journeys. That's why I'm always excited about a long road trip, as I know that by the time I get back home I will have several new ideas worth pursuing. Anyway, as I was saying; it was a beautiful sunny morning and the mist was rising off the fields on either side of the motorway.

When talking with a group of people, I sometimes repeat myself. I usually do this intentionally in order to reinforce an important point. However, there are also times when I'm talking with a group of people where I realise that I have already shared the same analogy with them before! But this time, I wanted a fresh new analogy as I was aware that I was going to be speaking with a group of people who had heard some of my major experiences before and I really wanted to inspire them instead of boring them! I wanted to avoid the “Heard that one before” scenario. As I just mentioned, I intentionally repeat myself more than once because I always like to use concrete, tangible experiences that have strong impact rather than using examples that are less clear and less potent. I feel that this helps everyone a lot more, because we all need clarity and something concrete and substantial if we are to benefit fully.

Also, psychology tells us that if something is repeated three or more times, then it lodges in the subconscious mind and it is far more likely to be

remembered and used. That's why I believe it's most beneficial to use powerful examples and to repeat them several times.

Anyway, let me get back to the story. It suddenly occurred to me that it would be better if I could give everyone in this particular group a new analogy and one that none of them had ever heard before. I needed something completely fresh and new about how to get the best results from our determinations, affirmations, prayers and creative visualisation. In other words how to use our mind and emotions most effectively in order to draw into our life the things that we yearn for.

The Mind Of A Hawk

I put out this intention to find a new example of "how to pray for potent results" very strongly and I expected to get a response from the universe before arriving at my destination. I did this around 30 minutes into the 2 hour journey to Galway and only a few minutes later my "prayer" was already being answered.

I suddenly noticed a hawk hovering above a field to my left. I noticed it immediately but at first didn't relate it at all to the intention I made a few minutes before. Then an amazing thing happened. A few miles further down the road I saw another hawk hovering above a field to the right of the motorway! At this point I started to think that this was quite a coincidence and that it's rare to see hovering hawks so close together. Now, it was definitely not the same hawk, or if it was it was a damn fast flyer....more like a jet aeroplane! Then after another few miles I saw yet another hawk hovering above a field to my left. In total I saw 4 hawks hovering above fields on my 2 hour journey to Galway. By the time I saw the third hawk, I was starting to see the relevance of the experience and understood very clearly that my intention for a new analogy was being answered in a rather unique way.

You see, hawks are a perfect example of how to launch an intention, prayer or affirmation out into the universe; in a powerful way that will definitely bring a potent response and in a very tangible form.

Clear Intention + Strong Purpose = Powerful Response

If we place ourselves momentarily into the mind of a hawk, we can discover the most potent way to set an intention. It is the perfect way to practice

creative visualisation and benefit from the law of attraction. The hawk only has one single intention when hovering over a field. It is patiently waiting for a field mouse to scuttle out of its hiding place. All it is thinking about is “field mouse” and “dinner”! The hawk is not fretting or worrying about whether or not she will see the mouse, or whether or not she will be fast enough to catch it. Likewise the hawk isn't worried about missing its target or ending up with its beak slammed into the hard earth. None of these thoughts even enter into the hawk's mind. Its purpose and intention are both crystal clear and there is no room for doubt or worry. All it is thinking about is: “mouse dinner”.

How often do we fret and worry over whether or not we will be able to achieve our goals? Do we stress over our ability to manifest our prayers? Do we feel we are unworthy? Do we believe that we are wasting our time and that it probably won't work anyway? The hawk on the other hand doesn't go through any of this brainless internal negative dialogue. It is crystal clear about what it wants and needs and it is totally confident in its ability to catch its prey. For the hawk there are no such thoughts about failure or lack of ability. It is totally focussed, fully confident and extremely patient. There is absolute certainty in its mind that it will be successful, so much so that it is already salivating and can already taste “delicious field mouse”!

This is the way we need to set our intentions in order to get truly powerful results. We need crystal clear clarity about what it is that we want to happen. Razor sharp focus on the outcome we wish to experience, 100% trust that we will achieve our goal. And patience; lots and lots of patience. When the field mouse eventually appears, the hawk puts its entire being into its downward flight straight at the mouse. It is an arrow focussed on its target with total commitment and focus and it always hits bull's eye. Likewise when we are doing our affirmations, we need to energise or emotionalise each of them with all the raw power we can muster, and then immediately let go of it so that it can go and do its job.

There is a lot that we can learn from hawks and field mice!

CHAPTER 12 – Feel the Force

The 5th Key - What You Need to Win Every Time

“By prevailing over all obstacles and distractions, one may unfailingly arrive at his chosen goal or destination”

Christopher Columbus

When you start to create clear concise goals and transform them into affirmations which you read aloud with emotion each day, then you may quickly notice certain things starting to change in your immediate environment.

You may start to experience what appear to be all sorts of beneficial coincidences as well as challenges which you must overcome. These are all the natural outcome of the changes that are starting to take place deep within your life. You see, every change you wish to see, every goal you set and every destination you wish to reach can only be achieved when you yourself change inside. Or to put it another way, the only thing that is currently separating you from achieving your goals is some degree of inner change. This is the reality of our life and if we set big goals for ourselves then we need to be willing to make changes within ourselves in order to achieve them.

On The Right Track

So, if you set big goals for yourself and you are committed to achieving them and when you start taking action towards their achievement then immediately you will invoke from your environment certain types of challenges that you must go through.

It's simply not possible for you to achieve really big goals unless you go through these challenges. Now, please do not be overly concerned by this! These challenges are the very things that you really must experience in order to achieve your goals. They are a clear sign that you are going in the right direction. If you do not experience any real challenges on the way to achieving your goals then your goals may not be very big, or they may not be the sort of

goals that are truly beneficial for your own development or the happiness of others.

There is a positive force in life and there is a negative force and as I mentioned earlier, both of these are important because they enable us to grow as human beings. It is a fact that without any challenges our lives can become very stale. Challenges force us to stretch our life and develop new abilities that we did not possess before.

In a sense it's a bit like a ship in a harbour. The ship may be moored in tranquil sheltered waters. But when the captain sets a destination (or goal), the ship leaves the harbour and moves out into the stormy seas. Only by moving forwards, despite the waves crashing against his ship, can the captain and crew reach their intended destination. It's the same with an aircraft taking off. As the airplane hurtles down the runway, the air resistance that pushes against the wings of the aircraft is what gives the plane lift. Without a clear direction and without sufficient air resistance, the airplane would never be able to leave the ground. Just like a ship or airplane, every clear destination we set for ourselves will only be achieved when we encounter and overcome resistance within ourselves and in our environment.

So, as soon as you set a big goal for yourself, especially if it's one that is truly beneficial for you and possibly others, then you will definitely encounter challenges that will make you grow. Without growing as a result of these challenges then you will not be able to achieve your goals, unless as I just mentioned they are rather small goals.

True Success Is Achieved Through Failure

If you look out into the world and study the lives of great people who have achieved amazing things in their lives and in society, then in every case they were people who encountered all sorts of big challenges.

Instead of giving up at the first hurdle, they picked themselves up, dusted themselves down and tried again. And in most cases they failed several times before succeeding in a truly big way. That's the sad reality; most people give up at the first or second hurdle. But there is a common trait in all successful people. In every case highly successful people have refused to give up. Truly successful people are people who have failed far more times than ordinary people, but they have not given up. True success only comes to those who are persistent and refuse to give in to temporary challenges. If you want to

become outrageously successful then you must refuse to give up and you must keep trying until you succeed!

So please, if you do set big goals for yourself, expect to experience lots of challenges, but please never give up! Giving up only leads to disempowerment and creates the cause to give up again in the future. After all, it took Thomas Edison 10,000 attempts to invent the incandescent light bulb that has lit our homes and industries for more than a century.

Your Challenges Are Vital To Your Success

Several months ago I created a very serious goal for myself. A goal that could have a very big effect on the long term success of one of my businesses, as well as allowing me to affect the lives of many people in a significant way. Very quickly after making this goal, I experienced a series of really big challenges, some of which were quite disturbing. However, these events forced me to start thinking in new ways and to rapidly learn several new skills and to deepen my understanding in a number of important ways. Even though my immediate reaction was of deep concern and even some fear, I refused to give up and worked very hard to find solutions to each one of these problems.

Now, the outcome of all of this was that my business could become far more stable and secure long term. This was vital in order for me to be able to develop the business in the ways I had determined to. You see, when you are building a castle that can withstand anything and that can endure for many years, then you must build that castle on very secure foundations. If there are any parts of those foundations that are not very strong then the castle could come crashing down.

So when we set really meaningful goals for ourselves, we must expect challenges. And we also need to understand that those challenges are actually tailor made for us, so that we can develop in all sorts of ways allowing us to reach our destination. So, as I mentioned earlier, please realise that when you start encountering challenges after making a significant goal, this is a direct response to how seriously committed you are to achieving it. It is a wonderful sign and one that you are on the correct path. When you change as a result of these challenges then you automatically achieve your goal. There is no achievement of significant goals without a corresponding internal change.

So, feel the force and be exhilarated by it!

Do This Right Now!

Make A Commitment To Yourself

Write out a commitment to yourself that whenever you experience challenges and setbacks, you will not give up and that you will continue with even greater determination until you reach your goal.

Convert It Into An Affirmation

Convert your commitment into the form of an affirmation and add it to your daily affirmations list. Something like this may help: *“I find the gift in every experience and I easily overcome all obstacles”*.

CHAPTER 13 – The Power of Belief

Overcome Self-Limiting Beliefs that Hold You Back

“Whether you think you can, or you think you can't - you're right”

Henry Ford

What we believe will determine everything that happens to us and what we can achieve throughout our lifetime. Not only that, our belief has a profound effect on our surroundings and even the experiences and events that we draw into our life.

Our Thoughts Affect Our Environment

Ancient eastern texts tell us that our thoughts profoundly affect our environment in 3000 different ways at every moment of our lives.

These texts tell us that what we think and believe actually moulds our reality and what we experience. We are told that whatever state we are in at any moment is transmitted out into our environment and affects it in 3000 different ways! In other words if we are very angry then our anger does not just affect how we look and sound to others. Rather the power of our anger is transmitted out into our environment in all sorts of ways we may not even understand or be aware of.

Many people have experienced the truth of this when they have entered a room where two people have just had a heated argument. Even though those who have had the argument may no longer be present in the room, sensitive people can often feel the anger and tension remaining in the room.

If we really do affect our environment in so many different ways, then what our society collectively believes can have very serious consequences for the welfare of our entire planet. All of the world's major problems are created by large numbers of people thinking and believing things that are harmful to humanity and the environment.

It is my understanding that this works on two levels - our thoughts and beliefs create our actions and our actions create effects in our environment.

However, our beliefs in and of themselves are also potent and if they are fuelled by emotion they actually create physical events and experiences in our world. I am certain that our beliefs really do affect our environment and what happens to us, so I believe that it is vital that we start to take greater care of the thoughts and emotions that we allow to dominate in our lives. We need to check to see if what we currently believe about ourselves and life itself is accurate or needs to be modified. We truly limit ourselves or empower ourselves according to our beliefs.

Negative Beliefs and Self-Hypnosis

As I explained earlier our subconscious mind is influenced very effectively through repetition and this is why affirmations can work really effectively for most people.

Now, there are many cases where a person's beliefs about themselves and about life may have become so negative that they may need something even more powerful in order to create a lasting change. In such cases affirmations can still be very effective, but adding to it the power of self-hypnosis can truly work miracles. Hypnosis is one of the very best ways to influence your subconscious and it can help you to overcome any conscious or subconscious limiting beliefs that you may have about yourself and what is possible for you. It's easy to use hypnosis to overcome all sorts of problems and difficulties that could normally take years of psychotherapy to unravel. And this can often be achieved in only a few sessions.

Since most people have all sorts of negative beliefs about themselves and there can be a huge amount of self-sabotage going on, it's no wonder why many people cannot achieve their goals in life and remain stuck for many years. Now, here's an interesting fact that should make you sit up and take notice. Most highly successful people use self-hypnosis on a regular basis to reprogram themselves for success. Most successful people know about and use self-hypnosis as the most direct route to success....simply because they know how effective it is at reprogramming negative restricting beliefs.

Self-Hypnosis Is Easy And Safe

So what exactly is hypnosis and how does it work?

Hypnosis is simply a way of guiding you into a very relaxed yet suggestible state. The hypnotist or hypnotherapist often starts by asking you to imagine each part of your body relaxing deeply. Starting with the toes and gradually working your way up to the top of your head. By asking you to imagine each part of your body relaxing the hypnotherapist can gradually help you to enter a very relaxed state, which is very pleasant and refreshing. And in this very relaxed state the hypnotist can suggest to you various positive affirming statements that can be implanted into your mind.

You see, in this very relaxed state your subconscious mind can be influenced very easily and the suggestions you introduce can bring about very positive and lasting change. And as I explained a moment ago, self-hypnosis is so powerful that it is possible to transform deep-seated problems in only a few hypnosis sessions that could otherwise take years of therapy to change. Hypnosis really is an incredibly fast and effective way to bring about major changes within yourself. It can help you to remove restrictive limiting beliefs very quickly. As I mentioned earlier, our subconscious beliefs are what dictate what we can achieve in life. Hypnosis will allow you to overcome restrictive limiting beliefs that hold you back, and that try to sabotage any goals you may set for yourself.

You Are Always In Control

Now, it's important to understand that when you are in a state of hypnosis you are NOT relinquishing any control and handing it over to another person. That not at all what happens, because you can bring yourself out of this state whenever you wish. You have full control at all times. Also, it's not necessary to visit a hypnotherapist to achieve such amazing transformation. There are many excellent self-hypnosis recordings that are available on CD or which you can download as an app onto your mobile device.

In my 6 CD audio training programme; The 30 Day Success Formula I have included an excellent self-hypnosis CD by an award-winning hypnotherapist. This hypnosis session will help you to overcome any restrictive, limiting beliefs which you may have, enabling you to achieve your goals far more easily. I have included more details about The 30 Day Success Formula at the end of this book. You can also access it here: bit.ly/t3odsf

There are also several other effective ways at influencing your subconscious mind and rewriting outdated restrictive beliefs and these include such things as meditation and creative visualisation, as well as several types of cutting edge technologies.

Meditation

Learning how to meditate could be one of the most important things that you learn during your lifetime and it can have dramatically beneficial effects on all areas of your life.

There have been many scientific studies into the benefits of meditation and these have found that meditation can lower blood pressure and well as decrease anxiety. Some of the additional benefits of meditation are that it can balance you mentally, emotionally and even physically and allow you to find solutions to problems in your daily life.

Those who perform meditation generally have less stress, depression, anxiety, and also fewer mood-swings. Meditation can also increase mental stamina allowing you to focus better and recall events from the past more easily. More importantly, meditation can also enable you to reach and influence your subconscious mind. As a result, it can also allow you to become aware of blocks that are holding you back, so that you can replace these blocks with positive affirming thoughts that will help to move forwards more quickly.

Many people also believe that meditation allows them to connect with their true source and fountain of inner wisdom. It would appear that your subconscious mind is actually connected to everything in the universe and that it is your gateway to connecting with the source of everything.

Light And Sound Machines

Light and Sound Machines are a relatively new type of technology that can help you to change your internal state whenever we wish and help you to overcome restrictive ways of thinking. And I got my first taste of the way this technology works many years ago when I was commuting each day by train to college.

I was studying electronic engineering and I used to commute by train between my parents' home in Wicklow and Dublin each morning and evening. The journey was about an hour and a half each way and I noticed a very interesting phenomenon whenever the sun was shining. What I noticed on bright sunny days was that the sunlight flickering through the trees had a very strong effect on me. As soon as the train was moving at a steady pace the sunlight would flash through the trees and bushes at the side of the train track, and I would

become extremely drowsy. In fact the effect was so strong I had to really struggle to stay awake. The flickering sunlight had a powerful hypnotic effect that I found very difficult to resist. Almost every time it would force me into sleep!

Well it turns out that I'm not so unique and that this is something that affects everybody to at least some extent. You see, flickering lights at certain rates or pulsing sounds at certain frequencies can have a profound effect on our brain. By pulsing lights or sounds at certain rates we can create all sorts of changes in the brain. Now, the fact is that lights and sounds (either on their own or together) can put you to sleep, wake you up, enhance your creativity, help you to focus, or put your brain into virtually any state. And depending on the RATE of the pulses of light and sound you can literally create any mind state you desire using a Light and Sound machine.

These wonderful machines can enable you to experience peak performance states, deeply meditative states, states of accelerated learning as well as deep relaxation or states where you feel highly energised. They have been used with enormous success in treating and helping people to overcome all sorts of conditions and they are incredibly good for your brain. They have even been shown to help people increase their intelligence!

There are lots of different types of light and sound machines available through Amazon and other online stores and most of them cost in the region of \$150-\$300. You can get really amazing results from even the most basic light and sound machine.

One of the really great things about light and sound machines is that the effects are cumulative and they can act like training wheels on a bicycle. After a while you may find it quite easy to bring yourself into whatever state you wish, simply by remembering what it felt like. They are a wonderful tool that can teach you how to reach higher states of consciousness easily and repeatedly.

Even if you have never meditated before, by using a light and sound machine it is possible for you to reach deep states of meditation that would normally take years of practice to achieve.

Biofeedback

Biofeedback is a process where you are connected up to a machine with electrodes resting against your skin. The machine senses your level of relaxation and displays this to you with lights or sounds or both.

Since you are seeing instantaneous feedback of your relaxation level in real-time, you can quickly learn how to deepen your levels of relaxation and bring yourself into a meditative state very quickly.

Brainwave Sensing Technology

There are also several new devices on the market that can sense your brainwaves and display your level of relaxation to you in real time on a computer screen.

You can quickly learn how to make different types of events happen on the screen using your thoughts and emotions in certain ways. Again, these are devices that can teach you how to reach deep levels of relaxation very easily, thereby bringing you into a state where your mind becomes highly suggestible to reprogramming.

So, as you can see there are many ways that will help you to of change your inner state whenever you want and none of these are in any way difficult to use.

Some of the techniques I shared with you earlier use your mind and your ability to focus, while others make use of modern technology. As I mentioned a moment ago, those that use technology are really like training wheels on a child's bicycle. After a while and as you become proficient at shifting your internal state, you may not need to use them as frequently as you did when you began.

CHAPTER 14 – Outwitting the Devil Within

The 6th Key – Battling Inner Negativity Leads to Massive Results

“Willpower is the key to success. Successful people strive no matter what they feel by applying their will to overcome apathy, doubt or fear”

Dan Millman

No matter what you set out to achieve during your life there is an easy way to achieve it and a very difficult way.

We normally describe something as being easy if it takes less effort and less pain. However, if we are brutally honest with ourselves and look at this more closely we will discover that the easy way is actually the hard way and the hard way is the easy way! Let me explain this apparently contradictory statement a little more clearly.

For many years I always wanted to take the fastest, quickest and easiest route in everything. In other words, the way that got the fastest results and involved the least pain. Who doesn't?! However, what I discovered could be viewed by some as the "depressing truth". It could also be viewed as the "empowering and liberating key"!

I discovered that whenever I wanted to achieve something that would require a lot of effort; I would often procrastinate by putting it off until tomorrow or when things were more favourable, or even when I felt better. Anything but right now! What I gradually discovered over several years was that when I wanted to achieve something really worthwhile that would require a lot of hard work; I would do anything to put it off until a more favourable time. A part of me would do anything and everything to distract myself from getting started right away. This procrastination led to frustration and to feelings of disempowerment and what was very achievable always seemed to become a massive and almost impossible task.

I believe we all sabotage ourselves like this to a greater or lesser extent.

Internal Resistance

It is a universal truth that whenever any undertaking is really worthwhile for our life and/or the lives of others then there will always be internal resistance that will push against our determination to succeed.

This negativity will do everything in its power to stop up and keep us disempowered and it will do this in every way imaginable. It's almost an invisible force that shackles us to inaction. So much so, that it often goes completely unnoticed by us. It goes unnoticed simply because it always works through our Achilles heel. In other words, it works through our weaknesses and distracts us in every way possible from achieving our goals.

This negative force, although appearing quite subtle is actually powerful in keeping otherwise potent individuals from achieving remarkable things during their lives. This troublesome negative force works against us with even greater vigour if what we are doing has the potential to also benefit others in a powerfully way.

The Nature Of Negativity

Now, before we go running off in our mind worrying that we may be the victim of some "demonic" force that keeps us small and powerless, I think that we should look more closely at the nature of negativity and its purpose, and I assure you that there is a very good purpose to it.

Let me repeat the example that I mentioned earlier of an airplane rolling faster and faster along a runway. At some point depending on the speed of the aircraft, and other factors like its aerodynamic shape, the aeroplane will lift off the runway into the air, but only PROVIDING there is enough air resistance pushing against it. The airplane cannot rise into the air without air resistance pushing against it. It simply cannot do it without it.

Likewise, we too need some resistance in order to achieve anything worthwhile in life, and it's simply not possible to achieve anything substantial for ourselves or others without experiencing some resistance which we must first overcome. In science, there is a law that states "for every action there is an equal and opposite reaction". What this means is that if I push against the wall, then the wall pushes against me. Likewise, whenever we set any worthwhile goal that has the strong potential to benefit ourselves and/or others, then we will encounter resistance from within ourselves which will always manifest through our areas of weakness.

If this negativity is not attacked head on, then it is possible that we may not be able to achieve our goals.

The Secret To Becoming A Great Person

Let's look at an example of exactly how this works so that you can see the reality of this in your own life.

We have all seen the positive accomplishments of many great people throughout history. In almost every case, each of these individuals was very ordinary in most ways, but they ALL successfully overcame the internal and external negative resistance. The difference between someone who achieves nothing remarkable in life and someone who is instrumental in making a massively positive change in society often boils down to whether or not they are successful in actively overcoming or giving in to negativity within themselves and their environment.

For example, early in his life Mahatma Gandhi was a very shy man. Shyness can often keep us small and powerless, unless we are determined enough or have a big enough vision for the future, which enables us to overcome this impediment instead of giving into it. After attending university in South Africa, Gandhi graduated as a lawyer. His friends decided to throw a graduation party for him in order to celebrate his success. However, Gandhi was so shy that he did not turn up at his own graduation party. He knew that if he had attended, he would have been expected to give a speech and he was far too shy to do that! Now, as I say he could have allowed his shyness to hold his life back dramatically, and had he done so then most likely we would not know the name Gandhi today and it's quite possible that the world would be rather different than it is today.

Fortunately for the world, Gandhi developed a great vision which no amount of shyness could stop. His clear vision together with his dogged determination allowed him to make the impossible become possible.

Overcoming Negativity

Clear vision, determination and action are some of the very best ingredients that can enable you to overcome your own negativity and achieve really worthwhile things in your life, while at the same time allowing you to become deeply happy and fulfilled.

As I said at the beginning of this chapter there is an easy way to accomplish anything and there is also a hard way - a very hard way.

As a result of many personal experiences and through studying the lives of many truly great human beings, I have come to the definite conclusion that the easy way to achieve anything is to apply ourselves 100% to whatever we are doing. To get started right away, and to expect resistance and be determined enough to overcome it whenever it arises. On the contrary, the difficult way is to keep putting off “until tomorrow” things that may seem boring, or things that are difficult, or things we really don’t want to do right now. This can only lead one way and means we will continue to give in to our negativity. As a result we will actively keep our own life small and disempowered. This in turn prevents us from achieving anything really worthwhile and can lead to disappointment, bitterness and resentment.

This is truly the difficult way, and if you allow yourself to take this path then you can only expect to experience anger, frustration, disappointment, disillusionment, and disempowerment and ultimately defeat. On the other hand, if you wish to change anything significant in your environment, then you can really only expect to do so by making changes within yourself. You must expect and overcome negativity and you must make regular consistent efforts to do so. When you do this your environment will always reflect back to you based on your degree of inner change.

Change Yourself – Transform Your Life

We change our own lives and in turn we change the world around us. As we discovered earlier, our mind always creates our environment and also our experiences, but only in direct proportion to the degree of change we make within ourselves.

The only thing that is separating you right now from the things that you desire to achieve is simply a degree of inner change. Once you make those inner changes you will achieve your goals. Developing gratitude is one of the most powerful ways you can use to change yourself in a positive, lasting way, and it is a way of attracting into your life the very things that will enable you to become happy and fulfilled.

Now, as I mentioned a little earlier procrastination is one way that the negative part of ourselves tries to prevent us from achieving our goals. But there is another aspect of our life that tries its utmost to sabotage everything we set out to do. It constantly tries to distract us from what is truly important

and this also happens in a very subtle way, until we gain some mastery over our own mind. In order to overcome this constant distraction which assails you each day, you need to totally commit yourself to achieving your goals. A half-hearted attitude will just end in disappointment and it's a complete waste of your valuable time.

The Importance Of Commitment

We all want the easy way, the direct way, the quickest way, and the way that is the least painful and is the most effective.

However, there is only one true way to making a big difference in our own lives and in society. And that is to apply ourselves 100% right here and right now to achieving our goals and determinations. For example, if you want to have a beautiful oak tree growing in your garden there are only two times when the tree should be planted. Ideally, that would have been 50 years ago, but it's already too late for that. The only other perfect time is today, right now.

The painful way to transforming our lives, is when we are not determined, when we are not fully committed, when we procrastinate and put off until tomorrow what we can easily do today. If this is the way we operate then it's very easy to see what lies ahead for us. Dissatisfaction, disillusionment and powerlessness.

On the other hand, when we completely commit ourselves right here and right now to achieving something wonderful for our lives, then we immediately empower ourselves to do so. Everything depends on this moment, right now. At this very moment you have the choice of creating a future that is dazzlingly rich and beautiful or of just creating more of the same. When you align your life in a very specific direction, while summoning up deep determination to achieve your goal, then the universe will empower you. Being very specific, and determined will dictate whether you will succeed or not. You must summon up this determination yourself, as no one else can give it to you.

You Are 100% Responsible For Your Own Life

You have complete and 100% responsibility for achieving your own happiness, success and fulfilment. If you wait for someone else to do it for you or to

encourage you or to inspire you then I'm sorry to say this will be a long and painful and disillusioning path.

I will repeated this again, because it's so important; there is only one true way to making a big difference in your own life and in society. This is to apply yourself 100% right here and right now to achieving your goals and determinations.

Dream big, be persistent, and never give in to obstacles on your path!

Blocking Out Time

We all have very busy lives and there really are only so many things that we can give our attention to at any one time. This means that we very easily become distracted and we often forget to pay enough attention to the things that are most important for our lives.

Therefore, I would like to suggest to you that you start blocking out time in your daily schedule. Time that you will spend to work towards achieving your goals. For many people it's simply not enough just to be clear about their goals, and have a list of action steps towards achieving them. For most people is also necessary to allocate a specific amount of time each and every day that is specifically set aside towards reaching their goals. The fact is that we are all so busy that unless we start to create a very clear schedule for each week it is unlikely that we will truly succeed.

Now, I do realise that a certain amount of flexibility is needed. However, unless you commit yourself to spending a certain amount of time at a specific time each day towards achieving your goals, it's very likely that you will become distracted. And the more you give in to this distraction the more it will happen again! Being distracted is a very subtle yet powerful way that our mind uses to try and move us away from achieving our goals. It is a function of our inner darkness which tries to sabotage everything worthwhile that we set out to achieve.

At this point I really want to ask you to make a promise to yourself. A promise that you will create a daily schedule for your week. The important thing here is to do a little and often rather than doing a lot but infrequently. You really can make huge progress when you stick to a daily routine. So please start budgeting your time wisely by setting aside time at a specific point of each day to do your affirmations, to plan your way forwards and to take actions towards achieving your goals.

You may be amazed by the miracles that you will experience by sticking to your schedule!

Do This Right Now!

Create A Schedule

Create a daily schedule for each day of your week, beginning with the time you wake up and ending at the time you go to bed.

On the surface this may appear to be restrictive, but it will actually give you far more time for all the most important things in life. Those things that truly matter to you and your loved ones. When you become more aware of how you use your time and add to your schedule important things that must be done, your life will become far more productive and a lot more enjoyable.

By creating daily and weekly schedules for yourself and specifically blocking out specific times that you use exclusively for moving your life in the direction that you wish, you are assured of making consistent, measurable progress.

Compare this to allowing distractions to constantly take you in all sorts of other directions. Over time, whether you block out time or allow yourself to be distracted could determine all your major successes and failures in life.

Please do give yourself a valuable gift by making a schedule for yourself and by keeping to it as closely as you can!

CHAPTER 15 – Unlock Your Inner Creative Genius

How to Become a Great Ideas Machine

“Creative thinking - in terms of idea creativity - is not a mystical talent. It is a skill that can be practised and nurtured”

Edward de Bono

Did you know that you can easily tap into your creativity and source of wonderful new ideas whenever you wish? You have an amazing creative genius inside your own mind and you can use it to improve every area of your life whenever you wish.

At least once a month I go on a long drive across Ireland. I have a responsibility for encouraging people in certain parts of the country and I always look forward to the long drive ahead. Apart from the benefits of doing my best to encourage and inspire people, there is always an added bonus that gets me excited before each journey. I know that by the time I get back home late at night, I will have several new ideas that can help my life in various different ways. I find driving a wonderful time to tap into my inner creativity and thereby find solutions to existing problems and also ideas for new projects.

You Don't Have To Wait For Inspiration

Often people believe that they have to wait for inspiration to arrive before they can create something really outstanding. However, this is simply not true and it is possible to get your creative juices flowing at will, whenever you wish.

I learnt this myself many years ago when I started composing music. I did everything with a keyboard connected to a computer and even though my piano skills were (and still are) pretty abysmal, I was able to produce some pretty good music. However to do this, I would play something really badly on the keyboard and then spend ages getting it right on the computer screen; moving around notes and getting the timing just right. It took a long time, but was great fun and I loved producing music. Often I would be driving along the road and music would come to my mind, and I would immediately sing the

notes into a recording device. Then later on when in front of my computer, I would start creating the music that had come to my mind while driving.

How To Kick-Start Your Creativity

Here's something interesting that I discovered. Often I would sit down in front of my keyboard and computer and there would be no music in my mind. I wouldn't feel inspired or creative at all. But just by fooling around on the keyboard, my creativity started to be stimulated and I created some of my best compositions at times when I didn't feel inspired or creative at all. Now, this was back in the early 1990s, and it taught me a really important lesson. That lesson is that we can intentionally kick-start our creativity whenever we wish, and that our best ideas, solutions to problems and new creations don't always come spontaneously in blinding flashes of inspiration.

But this doesn't just apply to music, this process holds true no matter what we are hoping to create or change in our life. If we are a writer, we really don't need to give in to such things as writer's block. If we take the right actions, and do the right things then it is possible to kick-start creativity and move forwards very quickly, and start creating great material without any difficulty. One thing I noticed back then, when I was composing a lot of music, was that we all possess a creativity muscle that we must exercise, in order to be able to tap into our creativity quickly and easily, whenever we wish.

However, just like when exercising the physical body, it can take time and effort before the process becomes really easy. But, with regular effort the process absolutely will become easy for you.

Everything Starts With An Idea

There is a very simple exercise you can do that should illustrate very clearly what I'm saying.

When you put your mind to task, then your mind starts working for you. If you do not regularly put your mind to task, then very little changes from day to day, and things just go on the way they have always gone on. What I'm about to describe may at first appear challenging, but if you do these exercises you will be astounded by all the amazing ideas that you will develop. You really can become an ideas machine!

You see, every goal that you set, and every aspect of your life that you wish to change always starts with an idea. So doesn't it make sense that you learn how to tap into wonderful ideas that can enable you to transform your life and achieve all of your dreams? I certainly believe so. Wouldn't it be amazing if you could tap into your mind and come up with all sorts of really useful ideas whenever you want? Well this really is possible and is far easier than you may think. When you come up with great ideas, you can take action on those ideas, and gradually you will start to see results in the world around you. It is true to say that we can work very hard and still not see great results. However, when you have amazing ideas that are backed with excitement and determination, all sorts of wonderful things will become possible for you.

To get your creative mind operating efficiently like a well-oiled machine; you need to start by squeezing out of your mind ideas that can improve your life in various different ways. In the beginning this may seem quite difficult, but if you are persistent in this then you will quickly become very proficient at tapping into your creativity whenever you wish and creating all sorts of amazing possibilities for yourself.

It would be best to do one of these creativity exercises each day for at least a week. That way you will start to see the amazing unlimited creative power that lies within you, and which you can tap into at will.

Creativity Exercises

DAY 1 - On day 1 write out a list of between 7 and 10 things that you could do to express your gratitude to others. These should be things you can easily do that will show your appreciation of those who have helped you in some way.

DAY 2 - On day two write out a list of between 7 and 10 things that you could do to improve your physical health. These can be anything that you could do in order to become healthier.

DAY 3 - On the third day write down 7 to 10 ways in which you could improve your emotional health. These will be things that could contribute to your overall well-being and happiness. It's also important to include some ideas that could help other people in meaningful ways too. This is because our happiness is always directly connected to the efforts we make towards the happiness of those around us.

DAY 4 - We have all used apps on our smartphones and most of us have a good idea of what sort of apps are available in the app stores. So, your next

exercise is to come up with between 7 and 10 ideas for smart phone apps. Write down 10 ideas for apps. It doesn't matter if you later find that some of these apps already exist, but just start writing and see what happens. Some of your ideas may not be great at all, while others may surprise you! An app is something that simply makes people's lives better or easier or helps them in some way. So, go and look at the App Store on your phone to see what sort of apps people are creating. Then come up with 7 to 10 of your own ideas.

DAY 5 - On day five come up with between 7 and 10 things you could do to add more fun and enjoyment in your life. These should be things that you can start doing easily and which you could put into practice right away. Many of us move through life each day on autopilot, simply reacting to what happens to us. But, when we take stock of what we are currently doing, and what we could be doing, it allows us to bring a lot more excitement and variety into our lives. Think up different ways in which you could reward yourself for all your efforts to improve your life!

DAY 6 - On day six, write out a list of 7 to 10 things that you could do to simplify your life. Life can get very busy and we can be constantly running around trying to get everything done, instead of looking for new ways that save us time and energy. There are always ways to make life simpler without having to sacrifice on happiness or our commitments to others. Think "minimum effort - maximum result". When you save time and energy, the quality of your life improves, and you can have an even greater impact on the lives of others.

DAY 7 - On day seven of this exercise, write down a list of the three biggest problems in your life right now. Once you've done this, write down at least 3 things that you could do to overcome each of these problems.

In these exercises you don't have to stop at 10 ideas. If ideas are starting to come tumbling out of you then please do keep going! 15 or 20 ideas is a lot better than just 7 to 10 and the more you do these exercises the more you exercise your creativity muscles and it becomes a powerful resource you can tap into whenever you need.

You May Surprise Yourself!

Now at the end of just one week you will probably be very surprised by your ability to come up with creative ideas whenever you wish. By writing down your ideas like this and by doing this frequently you will keep your creativity muscles exercised and in great shape. This will allow you to tap into your

creativity whenever you wish and use it to create all sorts of wonderful things for your life. So remember to keep a special notebook for all your creative ideas and don't worry if some of them are nuts! Because when you do this you will definitely have plenty of really good ideas too.

Also, please don't allow your internal editor to stop you – just keep the process flowing. What I mean by your internal editor is that part of you that tells you to delete the last sentence or the last idea because it isn't good enough. Simply, let all your ideas flow without any restraint and then after the process has completed you can start editing if really necessary. Whatever it is that you wish to change or create in your life, everything starts with an idea. And the more great ideas you have, then the more you can transform your own life and your environment.

Here is a final thought about this, for you to consider. If every person in the world were to spend just 1 hour each week coming up with ideas to improve their lives, then the world would be a very different place than it is right now.

Do This Right Now!

Weekly Creativity Sessions

Make a commitment to yourself right now, to set aside just one hour each week to come up with ideas that could improve your life.

You will be amazed at how quickly your life can transform!

CHAPTER 16 – Dealing with Setbacks

Life Doesn't Always Go to Plan – But That's Okay!

“Within every setback or obstacle or disadvantage there is the seed of an equal or opposite or greater advantage or benefit”

Napoleon Hill

Back in the early 1990s I visited India for the first time. It was a rather dangerous time to be travelling and embassies all around the world were warning travellers to stay away.

Just a few weeks before I was due to depart, an ancient religious site had been destroyed and India had become a place where religious groups were battling each other day and night. The week before I was due to travel there were news reports that the police in Mumbai had shot 1200 people in a single day. However, despite all these warnings I decided to go. Unfortunately, when I arrived I also discovered that Indian airlines were on strike. This meant that my Discover India air pass which allowed unlimited travel within India for one month would be greatly restricted. As a result, there were some parts of India that I could not visit, because there were no flights to those regions. Fortunately, I was still able to plan a really great trip and visit most of the places I was hoping to visit. In fact I visited far too many places because I was on more than 30 flights in a single month! It was a wonderful journey but it nearly put me off flying for forever!

Now at one point I had to fly from Goa to Mumbai, but when I arrived in the airport all flights had been cancelled and there was complete pandemonium. I really had to get to Mumbai as quickly as possible for a connecting flight. If I missed that connection than it would mean that I would also probably miss my next two flights. Anyway, I discovered that the only alternative way to get to Mumbai was to take a bus and that the journey would be 16 hours long. This would still allow me to catch my connecting flight as scheduled. However, in the middle of the night the bus broke down and all the passengers had to get off and stay at the side of the road for several hours until a spare part arrived so the bus could be repaired.

Delhi Belly

Now, because of the flight cancellations and having to find a bus that would take me to Mumbai, I hadn't had any opportunity to eat since breakfast and I was ravenously hungry. So a couple of hours before the bus broke down, as we were travelling through a small village, young kids came onto the bus selling samosas. Of course, with my stomach rumbling for food I bought several and this was my only meal of the day. Little did I know very soon I would have awful food poisoning, and that after the bus had broken down I would be sitting at the side of the road vomiting all night long! It was a horrible experience but some of the passengers were incredibly kind to me. One held me gently while another bathed my forehead with cool water and helped me through the whole ordeal. I was deeply moved by their deep care and consideration.

Military Curfew

Anyway, the bus was finally repaired and after 24 hours we eventually arrived on the outskirts of Mumbai only to discover that there was a curfew in place! Armed soldiers were blocking the main roads into Mumbai and they were not allowing any cars, buses or any other types of vehicles to enter the city. This was really the last straw after 24 hours of a nightmare bus journey and I was still feeling very weak after being ill. Anyway, the bus driver was amazingly determined and he was not going to allow anything to stop him from completing his mission to deliver all his passengers safely to Mumbai. He drove us down back roads and side streets and eventually we all arrived safely at the bus station. However there were many houses on fire and smoke rose from several places throughout the city. It really was like a battle zone, and all my fellow passengers felt very unsafe.

Of course, I did miss my connecting flight to Jaipur but did manage to get to the hotel which I had book for the previous night. The hotel was under renovation, and there was no hot water. When coming out my room, if I were to take a right and keep walking I would have fallen 20 floors to the ground below, because there was no window at the end of the corridor - just a huge floor to ceiling hole in the wall!

Cats Not Rats!

After the very challenging bus journey and illness I eventually got to have a proper meal and started to finally relax. Then I started to notice rats running around in the restaurant! Now, I really don't like to complain but I really felt I

had to bring this to the attention of the waiter. The moment I mentioned the word “rat” the colour drained out of his face and he nearly passed out. He insisted that there were no rats, but they were really just cats! Then a few minutes later, I saw more rats running around and I mentioned it again and suggested that they might hire a rat catcher. Again he insisted that they were not rats - just cats! I think he was petrified that the restaurant and hotel might be closed down!

Anyway, eventually the next day I flew to the beautiful city of Udaipur where I was to catch a connecting flight to Jaipur, which was my next destination. My plane was late and it arrived at the exact moment when my connecting flight to Jaipur was due to leave. The moment I arrived, and collected my baggage I asked one of the airport officials about the flight to Jaipur. He immediately pointed at the runaway and said *"That's your plane there - run!!!"* So I ran as fast as I could with my backpack out onto the runway and started waving at the pilot in the cockpit.

But they were already rolling away the boarding staircase. The pilot waved back at me clearly saying that it was too late to get on the plane.

Heaven On Earth

So, I took a taxi to the hotel where I was supposed to stay at the previous night and fortunately a room was still available. The hotel was absolutely stunningly beautiful. It was formerly a palace and it was incredibly luxurious.

The next morning I opened the curtains of my room and I thought I had died and gone to heaven. I was looking down on a beautiful lake with a palace floating out on that lake. There were rows and rows of mountains shrouded in mist stretching into the far distance. This was truly one of the most stunning vistas I have ever experienced. I'm so glad that I missed my flight to Jaipur. Had the pilot allowed me onto the plane then I would never have witnessed such an incredible sight or had such an amazing experience. Udaipur was without doubt the most wonderful part of my travels in India.

Someday I hope to visit Udaipur again and spend more time there, as it is a stunningly beautiful part of the world.

Setbacks Can Be Beneficial

Isn't it amazing how setbacks can often take us in a wonderful new direction? Even though the experiences that I've just related were not exactly pleasant at the time, I am deeply grateful each one of these experiences. They are now golden memories etched into my mind, which I will never forget.

As Napoleon Hill says in his classic *Think and Grow Rich* "*Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.*"

Often when we have a difficult experience we do not immediately see the benefits of what we are going through. However there is always something to be gained from every experience that we go through in life. We always have a choice over how we respond to the events in our lives. The trouble starts when we either label something as good or bad. But it is a fact that the events that we experience in our life and our response to those events will always determine the outcome. Taken over a long period of our life, how we respond to everything we experience will determine the direction that our lives will take. Life rarely goes smoothly and if it did we would not grow much as human beings and we would take a lot for granted.

As I mentioned earlier whenever you set a big goal for yourself, and really start making repeated efforts towards its realisation then you will definitely invoke from your environment various different challenges. You absolutely must undergo these challenges in order that your life is stretched enough so that you can achieve your goals. The only thing stopping you from achieving your goals right now is a certain amount of inner growth.

Now, I do realise that most people want to find the easy way and want to avoid as much pain and hardship as possible. It's completely natural to feel this way, and I agree that we should try to minimise as much as possible how much we suffer from any difficulty we may experience. But the fact remains, that people who make big differences in the world always encounter lots of challenges. Without those challenges there would have been little that they could have really achieved. So whenever you experience a setback, or a problem that seems insurmountable right now, please do not be discouraged. Most people fall at the first hurdle, and very few go on to the second or third. Please build up great resilience within yourself, face your challenges head-on and never be defeated! Then you will truly win in everything that you do.

Don't Just Go With The Flow!

We often hear the term “just go with the flow”, but in many cases just going with the flow means that we just give in to our own current limitations. The negative inner voice that we all possess constantly tries to do everything it can to keep us disempowered and it tries to sabotage everything meaningful and worthwhile that we wish to create for ourselves and others. As you discovered earlier, this negative voice always works through your Achilles heel. It is subtle yet it can be very effective in keeping you small and powerless! Just going with the flow is the easy way and the one that takes very little effort. Therefore, if we always go with the flow is not much that we can really achieve in our lives.

Those who break new ground, set big goals for themselves and continually take on challenges and overcome them, certainly never go with the flow. If we look back through history and examine the lives of people who have made huge contributions to society, we will discover that in every case they were people who did not go with the flow. They were very ordinary people except that that they possessed some very specific characteristics that allowed them to transform society. In virtually every case they were people who had not given in to internal or external resistance. They were people with a huge vision, a huge goal for society and by infusing that vision with emotion and making every effort that they could possibly make, they were able to achieve their destination. By every single day working towards their goal and not giving in to difficulties when they arose - this is what makes an ordinary human being an extraordinary human being.

You too can become an extraordinary person by creating amazing goals for your life, making consistent efforts towards their achievement and squarely facing all the challenges that you experience.

CHAPTER 17 – Turbo Boost Your Inner Wisdom

The 7th Key - Helping Others Unlocks Your Own Wisdom

“I find that if I am thinking too much of my own problems and the fact that at times things are not just like I want them to be, I do not make any progress at all. But if I look around and see what I can do, and then do it, I move on”

Rosa Parks

Did you know that when you go out of your way to help those around you by encouraging them and helping them with their problems, that you start operating on a much higher level of consciousness? It sounds incredible but it really is true.

If you want more wisdom in your life and greater access to increased consciousness then all you need to do is work in some way for the happiness of those around you. When we are going through big problems ourselves, and experiencing hardship, that is the very time that we need to support those around us even more. Also, remember what I said earlier about being in a dark room with the door closed? Even if there is a brilliant light on the other side of the door, we cannot see anything in the room. However, if we open the door only a crack then light floods into the room and we can see everything around us. Bringing up gratitude has this effect of illuminating our current problems and difficulties. However, the same can be said of trying to encourage and empower those around you. When you do this your wisdom is activated to a far higher degree.

If we are experiencing deep fear, then our consciousness is effectively reduced, and we are prevented from seeing things as they really are. Just like gratitude, making efforts to help those around you will increase your level of wisdom and awareness. However, this does not just affect the other person, it will also help you to see your own problems and difficulties a lot more clearly. You see, everything in the universe happens through cause and effect and when we make positive causes for the happiness of other people we in effect actually plant seeds of benefit in our own lives. And those seeds always bear fruit and often very quickly!

How To Quickly Activate Your Wisdom

Back in 1986 had a very painful experience that showed me exactly how this works. I was deeply in love with my girlfriend at the time and we had lived together for a couple of years, and we were even discussing marriage together.

I honestly believed that everything was going very well for us, and there didn't seem to be any outward signs that showed otherwise. However, she had to go abroad for a week to attend a course. And I remember very clearly the day before she returned home. Normally I would have been very excited that she was to arrive home the next day, but it's like a black cloud had come down over me. Suddenly I had this overwhelming feeling that something was very, very wrong. I became very worried, and my friends who I was with were quite surprised by the way I was looking. In hindsight, I'd had a very strong and clear intuition of what was about to take place, even though everything appeared fine on the surface. The moment I picked her up from the airport the next morning, I could see that something was not at all right. And as soon as we got home to our apartment I asked her to tell me what was happening. She told me that she could not marry me, and that our relationship was now over. I later discovered that she had met someone else while away.

As you can imagine I was utterly devastated, and I cried like a baby non-stop for six hours. I even remember at one point ringing out my handkerchief, because it was totally waterlogged with tears. It was just like ringing out a sponge and I probably cried more in those six hours than I had during my entire life. It was like my whole world had just ended and that my future had been swept away in a single moment. Later that day I left our apartment and drove to my parents' home, who live around an hour away.

I took the next few days off work and spent the time at their house. My parents were wonderfully supportive, but I was suffering deeply. The next day I went to visit a friend to tell him what had just happened to me. I just needed to talk with a friend and badly needed his support. However, as soon as I got to his home I was very concerned by what I saw. He opened the door and we went into his living room. The moment I saw him I couldn't believe the change I was seeing in him. He was pacing up and down the room with his head in his hands saying "*I don't want to die, I don't want to die*".

He had just been to his doctor, because he had been feeling extremely tired over the past few months, and his energy was just not picking up. Without giving him any tests, his doctor had very stupidly told him that it was possible that he might have AIDS. Now this was at a time when people who had AIDS were being treated by doctors in rubber suits, and there was a huge amount of fear over this new disease. My friend, understandably felt that this was what

awaited him. The doctor was truly negligent by planting such huge fears in his life, without first giving him any tests. It turns out, that what he was suffering from was chronic fatigue syndrome, which was also a very newly classified condition. In fact, at that time the medical profession for the most part seem to believe it was an imaginary condition.

Anyway, as I say my friend was absolutely petrified and I spent several hours trying to encourage him as best as I possibly could. I explained to him that there could be several different reasons why he was feeling so exhausted all the time, and that he should immediately make an appointment to see a different doctor.

I did my utmost to empower him and help him to overcome his fears, and to realise that they were based on no real evidence. A few hours later I left his home and he looks completely different. He was buoyant, and relaxed and we had lots of laughs together. It was only at the very end that I told him what had just happened to me. But the amazing thing was that when I left his home, I too was feeling buoyant and happy and my wisdom was operating at a far higher level than when I had arrived at his home.

In the coming days I started seeing my own problems in a very different way. I was still suffering greatly, but where before there was doubt and fear and pain, there was now deep gratitude and a lot more trust. This was an amazing experience, and it taught me that when we encourage those around us who are suffering, we effectively kick start our own inner wisdom, intuition and life force.

Giving All Is Gaining All

Your own happiness is deeply connected to the happiness of those around you. If those around you are suffering, and if you're not helping them in some way then it is difficult for you to be truly happy and maintain that level of happiness. The happiest people are always those who work for the happiness of those around them, and who do so continually.

This works on a couple of levels. Firstly, when we try to encourage those around us who are suffering, we give ourselves an immediate break from our own problems which may have been weighing us down. But that's not all. When we try to encourage those around us who are having a rough time, we activate our own wisdom on their behalf. On many occasions I've experienced something quite remarkable that happens when I am encouraging those who are suffering. When I'm really committed to helping to encourage and

empower them, I sometimes hear analogies coming out of my own mouth that I'd never even heard before!

When we try to help those around us, immediately our mind starts operating at a higher level, and we connect with a part of ourselves that is very wise and compassionate. When this occurs, it does not just help the other person, as I mentioned a moment ago. It also will enable us to have a bird's eye view on our own immediate problems and difficulties, and it can instil trust in us that everything will work out okay for us.

Many years ago I heard the term "giving all is gaining all". If we really do give our time and energy to those around us, in any way that we can then we become happier, wiser, more empowered and compassionate.

Your time is the most precious commodity that you possess. How you use your time and energy is really important. At the end of your life do you want to look back and say to yourself that you gave it your all, and that you regret nothing, or will you leave this life wishing that you had done more for those around you. To truly live a life of no regrets, you need to apply yourself with passion to all that you do. Working towards your dreams continuously, while at the same time encouraging and empowering people to the best of your ability.

We can all become beacons of light for others, and this is the noblest way we can possibly live our life. When we live this way we are connected more powerfully to our inner wisdom, our source of empowerment and life force.

Activate your own wisdom by becoming a beacon of hope for others!

CHAPTER 18 – Becoming a High Performer

Quality Food for Your Body and Mind

“One who refuses to seek the advice of others will eventually be led to a path of ruin. A mentor helps you to perceive your own weaknesses and confront them with courage. The bond between mentor and protégé enables us to stay true to our chosen path until the very end”

Daisaku Ikeda

Whatever we set out to achieve during our life it's important to be as efficient as possible. Doesn't it make sense to invest the minimum amount of time and energy to get the best results possible? I certainly believe that it does!

After all, we only get 24 hours in each day and it makes a lot of sense that we do things in such a way where we are making good progress toward achieving our goals, while ensuring that we not exhausted at the end of each day. It's so important to live a balanced life and one where we feel as much exhilaration and joy as we can. Happiness is so important and if we become burnt out at the end of each day then certain areas of our life will definitely suffer.

On the other hand, when we become more efficient, so that we use our time much more effectively, then so much more becomes possible for us. It really is important to become a high performer; a person who makes the best use of their time, energy and resources to get the maximum results possible. This way, we can achieve our goals a lot more quickly while enjoying our life a lot more fully. In order to become a high performer that can consistently get great results each day, there are some areas of your life that you may need to pay more attention to.

From the beginning of this book I have talked consistently about your mind and how it works and how to influence it in such a way where you can achieve all your dreams, become happy and empowered.

However, I've left a very important element to the end. This is the importance of maintaining good health. You see, your mind and body are inextricably linked. What you think and feel have direct and powerful effects on your health, energy, vitality and well-being. However, this also works in reverse. The state of your body also has a huge effect on how your mind operates, how

much energy you have, and even how you think. If you are eating junk food a lot of the time, then this will have massive negative effects on your energy, your feelings of well-being, and even how your brain operates.

Throughout this book, I have shared with you some of the most effective ways to transform your life and achieve your dreams. All the tools and techniques that I have shared in this book work really effectively, and can bring you enormous results. However, if you are neglecting your own health, and have got into bad habits or have become lazy, then everything you do towards fulfilling your dreams will have reduced effects.

We need time, energy and a clear mind to totally transform our life and achieve our heart's desire. But, if we are poisoning our body with poor quality food and if we are not taking any exercise, then everything we try to achieve will be held back from us. Now, I am not an expert on nutrition or exercise, but I have discovered through my own experiences that if we are to achieve something remarkable for our life, then we also need to pay attention to our physical body.

A long time ago a gentleman by the name of Edgar Cayce summed up the conditions required for optimal health in the acronym C.A.R.E. and I have described these below.

C – Circulation

If we are not taking adequate exercise then even if we are eating great quality food, the nutrients in that food may not be reaching the cells of the body where they are transformed into energy. Likewise, our brain may not be receiving adequate nutrients and blood flow for optimal performance. Also, without proper circulation, the body's ability to heal itself is severely impaired. Ensuring that our circulatory system is operating effectively is extremely important for optimal health, energy and ensuring that our brain operates at a higher level.

A – Assimilation

Assimilation is the body's ability to digest and distribute food. Even if we are eating high quality natural unprocessed foods, there may be conditions existing in our body where the food is not being properly assimilated. Cayce suggested that our diet consist of 20% acid-producing to 80% alkaline-

producing foods, as well as eight glasses of water daily. Just like I mentioned above, if our body is not getting the nutrients effectively from our food, then we will not have as much energy and vitality as we could have.

R – Relaxation

Research has found that we all need between seven and nine hours sleep each night. This is especially true if we wish to perform at a high level. If you look at the lives of most high-performers, you will find that they always get adequate sleep. Now I do realise that you may feel that you are different and that you only need five or six hours before you are fully refreshed and recharged. But over a long period of time, denying yourself adequate sleep can have significant and negative consequences.

In Edgar Cayce's system for health the letter R for relaxation also means to have enough time for recreation in such a way where the mind and body are both allowed to relax adequately. If we work in a stressful environment, even though we may get enough sleep, we may not be experiencing adequate relaxation. Therefore, it's important to give ourselves the opportunity to de-stress and relax through whatever recreational activities we enjoy and that allow us to do so.

E – Elimination

Edgar Cayce explained that if our body is not eliminating the toxins that build up in it, then our health and our brain will not operate at optimum efficiency. As I mentioned earlier, it's important that all the cells of the body are receiving nutrients that can be converted into energy. But it is also equally important that the cells are able to eliminate toxic wastes so that can be carried away from the cells effectively. If toxins are building up in the cells and are not being eliminated, then this can lead to all sorts of chronic conditions.

So Edgar Cayce's system of health asks us to look at these four key areas and take action to ensure that we are paying attention to each one of them. Only when we are making efforts to take regular exercise will our circulatory system operate effectively. We also need to make efforts to ensure that we eat good quality food and drink plenty of water so that our body can operate optimally, and that we have enough energy to work at a high level of efficiency. Then we also need to give ourselves the gift of adequate recreational time and sleep, as well as ensuring that our body can eliminate the toxins that build-up in it. All

of these four elements are mutually interactive in that if one area is neglected then it affects all the others.

If for any reason you are suffering from a medical condition which does not allow you to take as much exercise as you would wish, or eat the types of foods that could help, then please do not be overly concerned. Even small changes over a period of time can add up to very significant improvements in overall health and well-being.

You must always consult a medical practitioner when considering making changes to your diet or taking on a new exercise regimen.

The Importance Of Mentors

Now, it's not just our physical body that we need to feed with high quality food. We also need to feed our mind with inspiring, motivating, practical, and useful material if we are to achieve all of our dreams.

You see, there is only so much that you can learn during your lifetime through your own direct experiences. So, if you want to become very happy and achieve something really great and worthwhile then it's vital that you learn from other people who have already travelled the road on which you are journeying.

When you seek out and learn from truly great mentors, then you can go a lot further and a far more quickly than if you did everything by trial and error. By learning from others who are already very successful there is so much hardship and pain that you can avoid.

For many years I did not truly appreciate the importance of mentors and it took a massive personal crisis to wake me up to the fact that mentors are vital to our success and happiness, unless of course we prefer the hard way! Or if just want to live a life of mediocrity and dissatisfaction. In fact, during my first business which became very successful and which made me a millionaire, I hardly read any books about business, mistakenly thinking that they were boring. Even so, through a lot of hard work and through trial and error I still managed to make that business a great success. However, I often wonder how much more I could have done and achieved back then had I sought out and learned from mentors.

It wasn't until we lost all our savings and we were without any source of income that I truly discovered the important of mentors. I read the classic

Think and Grow Rich by Napoleon Hill, and it was there that I learned all about the importance of mentors and it made a lot of sense to me.

After all, if you are learning to be a master craftsman, then there is very little you can achieve without a skilled teacher who can pass on to you all that they have learned.

Going Further Than You Ever Thought Possible

Every master craftsman has had an outstanding teacher or mentor. It's just not possible to become highly skilled at something unless we learn from a master who can teach us all that they have learned. Also, if we look at the lives of highly successful people, we will find that in every case they have had an outstanding teacher; someone who has helped them to go far beyond what would originally have been possible for them.

I'm so very grateful to have discovered this important principle and to have used it in my own life. It was one of the most important aspects of changing our tragic situation several years ago. Had I not taken on new mentors and learned new skills very quickly, then I really don't see how I could have changed the situation in the way that I did.

I now have several mentors and for various areas of my life. In most cases I will never meet these extraordinary people, but I have learnt so much from them through their books, products and seminars. That's one of the great things about the exciting age in which we now live. There are so many experts whose knowledge and understanding we can make our own and that can enable us to progress at incredible speed.

Every week I am learning new skills and deepening my understanding in all sorts of areas from marketing, to video production, to motivation, to app development. And all of this is possible through the internet. There are now websites like Udemy.com where you can learn all sorts of new skills very quickly. These are delivered in the form of online training using such modalities as videos, webinars, podcasts and eBooks. Looking though some of these online learning websites, there really is very little that cannot be learned, both quickly and easily.

Please start updating you skills if you are not already doing so. But do it in such a way where you are not clogging your mind with unnecessary information that you won't be using in the immediate future. There is a term "just-in-time-learning" and it means learning something only at the time that

you actually need it. When you learn in this way you become far more proficient in what you are learning, putting it to immediate use and benefiting from it quickly.

There is also another reason why you need to find and learn from mentors. It expands your mind. It enables you to see life in a far broader way and to deepen your understanding of life and what's actually possible for you. Without a mentor, you are just left to your own devices and that usually means being restricted by your conditioning and painful experiences of the past. Mentors will expand your mind, make you smarter, allow you to connect the dots more easily and show you through their own example what's actually possible for you. They can inspire and motivate you to win in each area of your life and stretch any current restrictive beliefs that you may have.

As the 13th Century Buddhist Sage Nichiren once said:

“A blue fly, if it clings to the tail of a thoroughbred horse, can travel ten thousand miles, and the green ivy that twines around the tall pine can grow to a thousand feet”

Mentors can take you very far, and far further than you may have ever dreamed possible, and a lot more quickly too!

You Are Already In The Top 10%

Many years ago I discovered a very worrying statistic. It was back in the 1990s when I heard that in the United States 90% of kids who leave school, never read another book for the rest of their lives. This really is quite shocking, because it means that 90% of people become stuck and never really achieve their true potential. By making learning a lifelong experience you are actually in the top 10% who have the ability to transform their lives and become truly successful and fulfilled.

By continuing to learn throughout your life you also remain youthful and invigorated. My Dad is a great example of this. He is in his late 80s and he is full of energy and vitality. I honestly believe that this is because he is a lifelong learner. He is always reading, increasing his understanding and making lots of effort in his daily life. He engages with life, he reads constantly, he takes plenty of exercise, and he paints beautiful pictures. He is also a well-known artist and you can see his paintings at www.StanleyPettigrew.com

The Secret To Staying Young

When we stop learning, we stop growing. When we avoid life, then life avoids us. When we are not moving forwards, then we are regressing.

Youthfulness and vitality are dependent on how much effort we make each day, what we eat and what we learn. I have met many people in their 20s, 30s and 40s who are already old. They have stopped growing because life has been painful and they have become disillusioned and ultimately disempowered.

On the other hand when you seek out and constantly learn from outstanding mentors you will remain youthful well into old age, but even more importantly you will be inspired and empowered and you can achieve your goals and become deeply happy and fulfilled. Now, go find a mentor for each major area of your life!

Do This Right Now!

Improve Your Health

Make a commitment to yourself to improve your health by taking more exercise, improving your diet and getting adequate relaxation and sleep. Covert this commitment into an affirmation and add it to your daily list of affirmations.

Become A Lifelong Learner

Commit to yourself to becoming a life-long learner and covert that commitment into an affirmation and add it to your daily list of affirmations.

Find Outstanding Mentors

Seek out and find mentors for each area of your life that you wish to improve.

CHAPTER 19 – It’s Your Time!

What You Must Do Right Now...

“Now this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning”

Winston Churchill

Well done on making it this far! Many people start a new book or a new program and end up not completing it. The fact that you have made it this far proves that you are a winner and that you have the determination and commitment to transform your life and succeed in achieving your goals. Again, a big congratulations!

At this point you will already know how much gratitude can transform your life and how you can use it to change your internal state whenever you need. And providing you have carried out the exercises I have shared with you, then you already have a powerful gratitude toolkit at your disposal. One that will allow you to transform every situation that you encounter in life.

I hope that as you have been reading this book, you have also become more aware of how your own mind operates, and how much it tries to sabotage all that you set out to achieve. It’s this constant barrage of negativity from within our own life that prevents ordinary people from becoming extraordinary.

Becoming aware of this negativity in your own life and learning how to overcome it will take you very, very far on the path to achieving all your goals and achieving your life’s deepest desires. It is also the master key to your long-term happiness and fulfilment.

By making crystal clear goals and converting your goals into affirmations, and by taking daily actions while overcoming internal and external resistance, amazing achievements will become possible for you. Everything comes down to this. I know it sounds simplistic, but it’s true. It takes plenty of sustained effort, but it really is this straight forwards.

As I mentioned earlier, it is my understanding that we are all in this world to grow and to help others in any way that we can. Therefore, when you create

goals for your life that also benefit others in a significant way, then the whole process is magnified and reaching your destination becomes far more certain.

Rest assured, you will definitely experience challenges, but please don't be frightened by them or allow yourself to fall at the first, second or even the third hurdle. Those who triumph in life always have plenty of challenges, but they refuse to give up until they succeed. After all it took Thomas Edison 10,000 attempts to invent the incandescent light bulb, but his invention changed the world. The universe always supports and rewards such resilience and such a determined spirit.

It is only when we challenge ourselves that we feel truly alive, energised and engaged with life. When we push ourselves towards a brighter, happier future it lights up our heart and our soul and imbues us with energy and vitality.

We always have the choice of achieving a life of happiness and success or one of frustration and disillusionment. Everything comes down to what you decide to do right now. Will you put into practice everything you have learned in these pages or will you put off until tomorrow what could change your life today and forever? If you do decide to put it off then one thing is certain, you will be holding back your own deepest desires and the possibility for a wonderful invigorating and happy future.

On the other hand, when you set big goals, and every day make some small efforts towards their achievement, then you will totally transform your life and each day will become infused with meaning and purpose. Compare this to just experiencing more of the same or a life without direction. A life without direction is a sad one, but for a life with purpose and meaning everything becomes possible. The journey is every bit as thrilling as the destination. As you take your first steps towards a better, richer and more fulfilling life you will become energised and start to experience what it truly means to be alive.

You have within you right now, all that you need to be wildly successful and deeply happy on a long-term basis. If you haven't already been taking lots of notes, then please do read this book again so that you firmly embed in your mind the keys to your long term happiness and success.

A journey of 1,000 miles begins with a single step. Will you take this first step?! I certainly hope so, because it will be the greatest gift you can ever give to yourself and to those whom you love.

In order to help you to take this even further, and so that you can transform your life and reach your goals more quickly, you might like to consider my 6 CD audio training program; [The 30 Day Success Formula](#). With this 6 CD

program you will learn the exact formula that enables you to create a life of happiness and success. A life where you feel empowered most of the time and where you experience success after success for the rest of your life. You can find out more here: bit.ly/t3odsf

Alternatively, you can get my free 4 part video course named [The Keys to Empowerment, Success and Happiness](http://bit.ly/mpkeys) which is available here: bit.ly/mpkeys

Finally, please do let me know how you have used this book in your own life and your successes with it. You can reach me at: website@mikepettigrew.com

Also, if you have found this book helpful then please do leave a short review on Amazon. By leaving a positive review you can also help many other people to become happier and more successful.

I wish you every success and a deeply happy and invigorating life!

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Very best wishes,

Mike Pettigrew