



FIX YOUR LIFE **in 5 minutes or less**

Simple Strategies ... Powerful Results

by Kris Kemp

BicycleDays.com

KrisKemp.com

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About the Author

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Websites

Click the links below to find out more about my creative projects.

Ebooks

KrisKemp.com

change your life, in 5 minutes or less

KrisKemp.com/TheOneThing

the one thing (you can do to change your life

KrisKemp.com/FixYourLife

fix your life, in 5 minutes or less

KrisKemp.com/The3Secrets

discover the 3 secrets of happiness that can change your life

30DaysToSuperPowers.com

unleash your superpowers using these ancient technologies

The3SecretsofHappiness.com

discover the 3 secrets of happiness that can change your life

TravelCheapBluePrint.com

travel Europe like we did, for \$5 a day or less

HowToTravelEuropeCheap.com

travel Europe like we did, for \$5 a day or less

FlipFloridaLand.com

learn how to flip properties for fun and profit

TheShiftDiet.com

weight loss in 30 days, guaranteed

Main websites

BicycleDays.com

inspiring travel photos

KrisKemp.com

change your life, in 5 minutes or less

KrisKempCreative.com

build an audience & grow your profits

MakeBigProfits.com

escape the 9-to-5

Music

DumpsterDiverMusical.com

finally, a musical about dumpster diving

OutoftheWildernessMusic.com

raising a voice for the persecuted church

ThatBugDeservesToLive.com

a fun dance song

Film

TheLostOrange.com

a chance encounter in the subway leads to unexpected results

Novel

TheRailsNYC.com

Every City has its secrets. Even New York City. Discover the secret that will change everything. (A novel by Kris Kemp)

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Preface

Feeling stuck in life?

You're not alone.

I've been there. I got out of it. And I'm going to show you how to get out of it, too.

Who am I? My name's Kris Kemp. I'm a writer, musician, photographer, traveler, creative entrepreneur. I have a variety of interests that share the common theme of freedom—time freedom, financial freedom, location/travel freedom, health freedom, emotional freedom.

Over the last couple of years, I've discovered some amazing people, learned some amazing theories, and even developed some of my own theories. I'll be sharing them with you in this ebook.

Real quick. I think 2 of the things that keep my so happy and positive are this ...

1. I have something to look forward to.

I enjoy writing, playing keyboard, building out websites, fun dance parties, movies, traveling, and this gives me something to look forward to doing.

2. I'm not concerned about what other people think.

I realize that most people are thinking about themselves, so I don't waste time trying to impress them. It doesn't mean they are selfish. They're probably self-preservationists trying to find their way in this world, discover their identity, their passion, their purpose, find someone to love, someone who loves them. Because they are thinking about themselves, I don't have to waste energy concerned if they are thinking about me, because they are probably not thinking about me.

You can use this, too. When you have something to look forward to, this changes your perspective and your mood. When you lose the burden of worrying about others judging you, your life becomes lightweight. These

You're Not Alone

Feeling lost? Uninspired? Unmotivated? Unappreciated?

I want you to know something.



You're not alone.

There's thousands, probably millions of people who feel the same way as you do, and some of them are earning 6-figures, even 7-figures a year or more.

I felt the same as you do now ... lost, uninspired, unmotivated, unappreciated.

I got out of it. And I'm going to show you how to get out of it, too.

You can rise above the noise, the chaos, the drama, and discover who you really are ...

I share content that will motivate, inspire, challenge you ...

motivate you to ...
 discover who you are (self-identity)
 discover what you're capable of (skills)
 discover what your purpose is (passion/mission)

inspire you to ...
 jettison the things/people that are weighing you down
 to move in the direction of your dreams

challenge you to ...
 take action by creating a mission statement that ignites your soul

I'm here to help you understand ...

what it is you want
 (ask yourself: what do you really want? does it align with your values?)

what is your capable of
 (you are capable of whatever it is you think and feel you are capable of)

how to create a mission statement
 (write down what it is you want and when it will arrive in your life)

how to begin taking action
 (by moving in the direction of your goal, with daily tasks to get there)

What you're about to read, if you put it into practice, will change your life for the better. Most of these chapters can be read in 10 minutes or less.

This is life changing stuff and when you apply it, you're world will change in noticeable ways. You will get results that are specific and measurable.

You can apply these techniques and get some amazing results and benefits.
Onward!

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Free Ebook

Think and Grow Rich

<https://www.law-of-attraction-haven.com/support-files/think-and-grow-rich-napoleon-hill.pdf>



How to Find your Purpose



Feeling lost? Uninspired? Unmotivated? Unappreciated?

I want you to know something.

You're not alone.

There's thousands, probably millions of people who feel the same way as you do, and some of them are earning 6-figures, even 7-figures a year or more.

I felt the same as you do now ... lost, uninspired, unmotivated, unappreciated.

I got out of it. And I'm going to show you how to get out of it, too.

You can rise above the noise, the chaos, the drama, and discover who you really are ...

I wrote this ebook to motivate, inspire, challenge you ...

**Motivate you to ...
discover who you are (self-identity)**

Action: Do this by stating your name—speak forth your name, and stating your passion. Identify and acknowledge what you are capable of (skills). Speak forth your future outcome—the result of pursuing your passion. Identify what your purpose is (passion/mission). Speak forth your passion, mission, intention. Get a notebook and a good pen and write all this down. Look at it every morning and every evening.

**Inspire you to ...
jettison the things/people that are weighing you down**

Action: Drop the excess baggage, people, situations, places that are not adding value to your life; if it is not adding value or helping you reach your goals, discard it. Lose the baggage. Become lightweight. This will allow you to move that much faster toward your vision of the future. At the same time, becoming lightweight leaves empty spaces for the universe to fill with your vision of the future, allowing you to inhabit that vision that much quicker, that much more effortlessly. Get a notebook and a good pen and write all this down. Look at it every morning and every evening.

**Challenge you to ...
take action by creating a mission statement that ignites your soul**

Action: Ask yourself: What gives me joy? What can I do that will bring me to Identify that “thing”, that mission/purpose/goal. Get a notebook and a good pen and write all this down. Write down that mission/purpose/goal as a statement. Look at it every morning and every evening. Within the act of writing down your mission statement, putting it onto paper, you are taking your thoughts and making them real by transferring a

mental spark into a physical action—writing. This is the first step of manifestation.

Feel free to add to your mission statement or further clarify it.

Ideally, your mission statement will reflect the intersection of your Mind, Body, Emotions, Spirit. This is congruency—when your inner self matches your outer self.

The amplification of this intersection (congruency) creates a field of energy. This field of energy acts like a magnet, attracting situations, people, places, things, toward it and into your field of view—your vision. These situations, people, places, things already exist in the multiverse.

Clarify, Amplify, Congruency

Once you clarify (become really clear about what it is you want) and amplify (by aligning your mind, body, emotions, spirit in congruency with one another) your intention (the future vision of what you want), and once you give yourself permission to accept and become comfortable inhabiting the reality of already-having-the-future-vision-of-what-you-want), then your universe (“one song” - You-Ni-Verse) will merge with the multiverse (“many songs”). The result of this merge is your intention becoming your reality.

The Discovery of your Mission

The discovery of your mission + the clarification and amplification of your intention = a revived state of being.

Summary

When you 1) Discover who you are 2) Lose the baggage (emotional & physical) 3) Create a mission statement, and take action, immediately, toward making that mission statement real, your entire life will change.

Free ebook: Eating for Success

<https://www.law-of-attraction-haven.com/support-files/eating-success-wdb.pdf>

Mission Control

I'm here to help you understand ...

what it is you want

Ask yourself ...

What is your goal?

Identify it.

Discover it.

Specify it.



Your capability to do anything is in direct proportion to your belief, or faith, that you can do anything.

Create a mission statement

Write down what it is you want, and when you will get it.

Take action, begin doing things to move in the direction of your dream/purpose/goal/mission.

Action eliminates fear

Move in the direction of your dreams and the entire universe will shift in order to help you manifest that reality.

As you move in the direction of your intention, you will see signatures from the quantum field, a wink or nod, to remind you of the intention of your purpose.

Once your intention is amplified by the congruency between your thoughts (mind) and feelings (body), reality will bend in your direction.

It is not your job to worry about the how. If the “why” (you are doing it) is big enough, then the “how” (it will happen) will take care of itself. If the “why” (you are doing it) is big enough, your actions will be a natural manifestation toward the realization of your mission.

In the next chapter, I’ll be showing you a 5-minute technique that will change your life. I call this the Zero Point Effect.

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Free ebook: How to Get from Fat to Flat

<https://www.law-of-attraction-haven.com/support-files/fat-to-flat-wdb.pdf>

The Zero Point Effect



"I always do the best in any situation."

©+ Law of Attraction Plus
www.lawofattractionplus.com

If you want to soar

Surrender your expectations.

Let go of any baggage (physical, mental, emotional).

Set your intention. Then, move in that direction.

Overwhelmed (by emotional clutter)?
 Unhappy (with life and relationships)?
 Uncertain (about what to do next)?

You're about to learn a
 simple, but powerful, technique
 that will allow you to ...

Handle the overwhelm (shedding emotional clutter)
 Find happiness (in life and relationships)
 Become certain (about what to do next)

I call this simple, but powerful, technique the Zero Point Effect.

Let's get started.

I am looking at you.

From across the flat earth, I can see you.

+++++

The earth is flat.

https://www.youtube.com/watch?v=-Ax_YpQsy88

+++++

I'm going to tell you something, that, deep down inside, you already know.

You are reaching a stage in your life where you need to free yourself from
 the burden of emotional baggage.

Some of this emotional baggage is attached to an object. If this is the case
 (suitcase), it is time for you to let go of that object.

It is time for you to strip down to the essence.

Let go of the baggage.

Holding on to baggage only serves to hold you down.



When you hold on to baggage in your life, you carry “conditions” and in order for you to recognize, enter, and inhabit a new reality, you need to let go of any conditions.

Surrender your expectations.

“Expectations are premeditated resentments.”

Alex Wells

Having conditions for a new reality will prevent you from seeing that new reality.

Holding on to emotional acquisitions only cloud your point of view.

Let go of the baggage. Drop the emotional baggage. Where it lands does not matter.

Strip yourself down to the essence, the invisible core.

This is the Zero Point.



At the Zero Point, you become a magnet in the universe that will attract the epiphanies that open the door to new possibilities ...

This is the Zero Point Effect, wherein you step into your new circle of power, one that's been previously undiscovered, one that's stripped away of any emotional acquisitions that's preventing you from seeing the future, your future ...

If you're anything like me, it took you a few years to reach this point.

This isn't for everyone. But, I suspect that if you're still with me, you're not everyone.

This is the Zero Point Effect.

Re-read this and even write it down.

Understanding this will enable and empower you to see things from a new perspective.

This new perspective allows you to see beyond your current universe and in to the multiverse.

At first, this may feel uncomfortable, even daunting at times.

If so, please keep in mind that an uncomfortable places is a place where you are growing.

On the molecular level, new circuits are wiring and firing in the brain. New connections are being made. As new circuitry is being connected, a virtual lightning storm is happening within different regions of your brain.

Your brain is connecting with new territories in the quantum field.

The neural pathways that connect both hemispheres of the brain are now connecting with additional pathways that stretch out into the quantum field, from your current universe into the multiverse. Think of it like a railroad track that attaches to another railroad track with a switch. These switches and connecting tracks have always been there, but now that they are connected.

Like a pioneer in the Old West, you are laying down the tracks of a railroad toward a new territory, a new dimension, a new reality.

Your mental capacity is expanding. As your read this, your thoughts are wiring and firing, producing images and movies in your mind, and your body is responding accordingly.



As your thoughts (mind) and feelings (body) are amplified, your state of being (which lies at the intersection between mind and body) generates a greater vibrational field.

As the feedback loop between thoughts (mind) and feelings (body) increases, your state of being (which lies at the intersection of mind and body) is amplified.

You are, literally, changing yourself at the molecular level.

The expansion of your State of Being combined with your continual amplification of your intention opens the door to the multiverse, where anything is possible.

Let go of any preconceived notions, conditions, and expectations of how your life has to be.

Sometimes, additional help is needed in order to open the space for the frequencies to amplify, accelerate and expand. Click the link below for a free ebook on Emotional Freedom Technique (EFT).

Exploring Emotional Freedom Technique (EFT)

<https://www.law-of-attraction-haven.com/support-files/exploring-eft-wdb.pdf>

If you are carrying expectations, drop them.

Become lightweight.

Become fluid.

If you are carrying conditions, of “how things should be” and “how things ought to be”, drop them.

Becoming lightweight and becoming fluid allows you to move from the universe (one song) to the multiverse (many songs).

Give yourself permission to discard any thoughts and habits that are not serving you or adding value to your life.

Release old Operating System (old way of thinking).

Rise Above the Waves of Mediocrity



You're about to learn a simple technique that will enable and empower you to rise above your current circumstances.

At first glance, this technique will appear to be so simple that you are likely to dismiss it.

Despite its simplicity, this technique, if used wisely, can change your life for the better.

If you're like me, you've had your share of ups-and-downs. I'm going to let you in on something: You're not alone.

I know. I've been there.

After studying NLP (Neuro-Linguistic Programming), I discovered a simple technique that allowed me to see the world in a new way ...

+ + + + + + +

Crash Course in NLP

<http://www.nlpinfocentre.com/nlpebooks/Crash%20Course%20in%20NLP.pdf>

Neuro-Linguistic Programming (NLP) Workbook

[http://www.nlpinfocentre.com/nlpebooks/\(EBook%20-%20%20NLP\)%20Neuro%20Linguistic%20Programming%20WorkBook%20-%20Excellent!.pdf](http://www.nlpinfocentre.com/nlpebooks/(EBook%20-%20%20NLP)%20Neuro%20Linguistic%20Programming%20WorkBook%20-%20Excellent!.pdf)

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And that—seeing the world in a new way—is the missing ingredient that I'm going to share with you ...

The ingredient is perspective

Perspective - a particular attitude or way of regarding something; a point of view

If you are feel overwhelmed, unhappy, or uncertain, the root cause of these feelings is this: a lack of perspective.

Perspective is (almost) everything.

Perspective enables you to see beyond your current circumstances.



Perspective empowers you to ...

- 1. Get clear** (about your direction in life) and creating momentum (towards your destination)
- 2. Identify a goal** (something to work towards)
- 3. Take immediate action** in order to make that goal a reality (with measurable results)

At one point, you had perspective on a goal ahead of you, but somewhere along the way, something happened.

You got distracted and you lost perspective.

It happens.

Losing perspective is something that most of us experience at one point or another



Your perspective, how you see the world, is shaped by a variety of influences.

Over time, these influences accumulate to the point that our perspective, for the future goal, is unclear.

Let's use a metaphor to illustrate this concept.

Think of your perspective an important ingredient in a recipe.

Think of your influences as additional ingredients in the recipe

Combined into a casserole that's baking in the oven of your mind.

If you're feeling overwhelmed, there's a reason for it ...

The key ingredient, that you're currently missing, is perspective.



It's your perspective that's keeping you in the pothole.

It's not your fault ...

That you've fallen into the San Andreas Fault ...

It's your perspective that's gotten you to this place.

Because you've lost perspective, you've lost sight of your ...

Goals

And because you've forgotten your goals, you've lost your perspective.

Get it?

And because you've lost sight of your goals, your perspective is clouded by the minutia that surrounds you.



Causing you to “major in the minors”, to focus on the inconsequential people, places, things, situations ...

There is a way out ...

Here's what you need to know.

Your perspective isn't you.

It's merely a state you are in ...

which can be easily changed ...

That pothole you are in is just that ... a pothole ...

The potholes/problems/circumstances/challenges are only as big as you want them to be.

Seeing your current situation for what it is — a temporary pothole — will allow you to gain perspective



Your current situation is a temporary state ...

You find yourself in this “pothole” is because ...

You lack a ...

clear, specific, measurable goal ...

the action of moving toward that goal ...

the adventure and challenges that you will encounter in pursuing that goal.

That’s why you’re getting overwhelmed by the minutia around you.

Because you have forgotten your mission ...

You’ve lost your way ...

You've forgotten who you are ...

what you are capable of ...

what your mission is ...

Somewhere along the way, you've gotten sidetracked ...

Your office job has turned your muscles into jello ...

Binge watching videos has rusted the gears of your imagination ...

Eating pints of ice cream, while binging on videos, has put your body into a food coma ...

But in the final stage of your standard sleep cycle, which usually happens after you've been asleep for 90 minutes, at the stage where Rapid Eye Movement (REM) occurs, the deepest stage of sleep where powerful dreams usually happen ...

There's a soft bell ringing faintly in the distance, reminding you ...

This isn't what you signed up for ...

This isn't how your life was supposed to be ...

You know that deep down inside ...

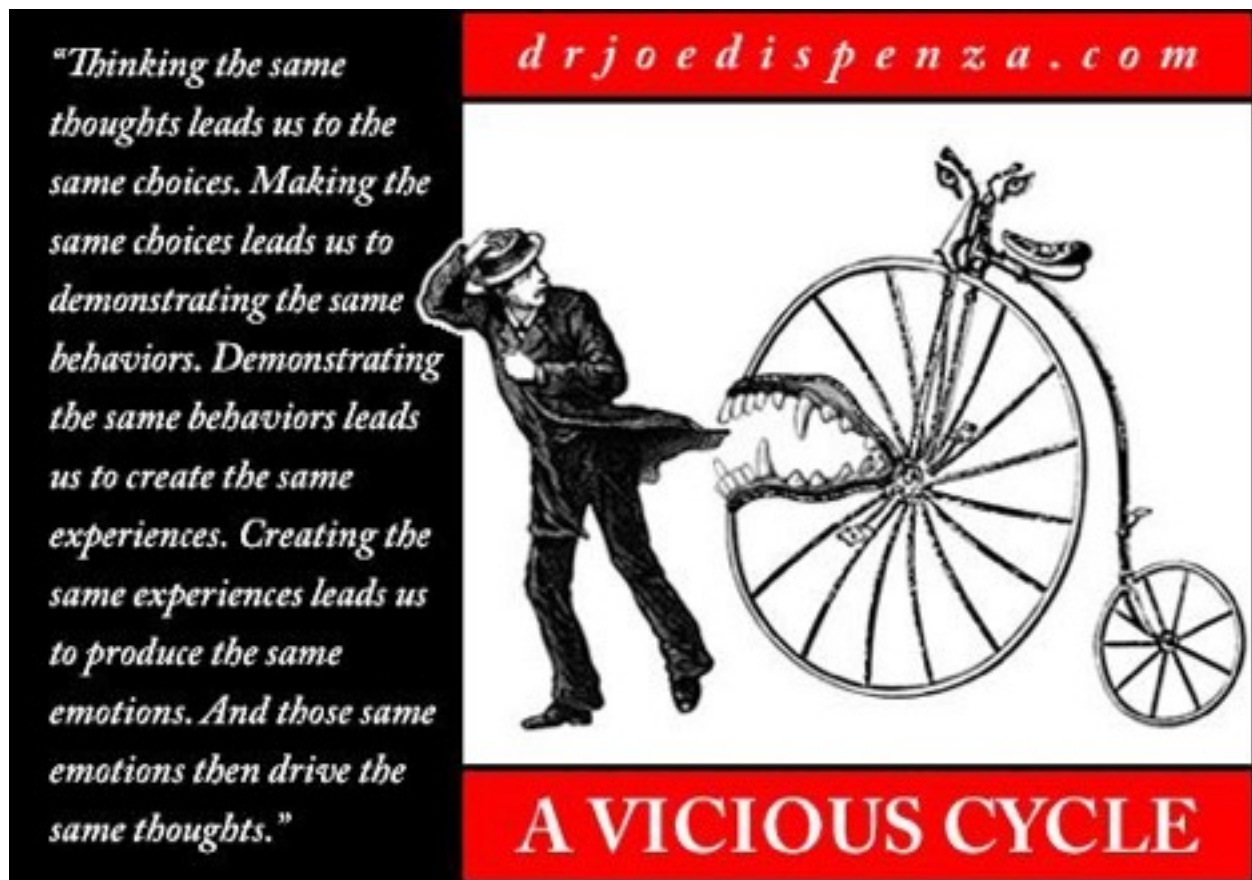
You are bigger than the reality you inhabit.

You're far greater than your current circumstances

You are bigger than your current group of friends

You are greater than a 9-to-5

You are meant for something greater



The current world you inhabit is too small to hold you

You have dreams and ambitions that don't fit

This world—your current circumstances, your living situation, the job that's siphoning your creative energy, the relationship that's draining your self worth—is too small for you.

What years earlier had looked to be a beautiful destination now feels like a holding cell ...

What happened?

I'll tell you what happened ...

You lost perspective

You are majoring in the minors

Now is the time for you to gain perspective on your current situation — to see it for what it really is ... a minor pothole on the road of life

Perspective is everything

Perspective is reality

Because you lack perspective, you lack inspiration

Perspective, and the goal that lies ahead of you, allows you and enables you to see past your current circumstances

Perspective is one aspect that will enable you to turn a problem into a challenge, and then confront that challenge, using your mental and emotional skills, to rise above that challenge ... to see the opportunities that lies on the other side ...

And the the possibilities are almost endless ...

“If you’re not being defined by a vision of the future, then you’re left with the old memories of the past, and you will be predictable in your life.”

Dr. Joe Dispenza

neuroscientist, author (You Are The Placebo), speaker

+++++

How to Manifest Your Desires

<https://www.law-of-attraction-haven.com/support-files/how-to-manifest-your-desires-neville-goddard.pdf>

The Power of Perspective



Perspective is, almost, everything.

Rory Sutherland: Perspective is Everything

<https://www.youtube.com/watch?v=iueVZJVEms>

The potholes are only as big as you want them to be.

Find your purpose and passion and move in that direction.

If you fail to set a goal with a vision of your future, you're likely to get caught up in the minutia of life. Being distracted can lead you to complain about the non-essentials. Complaining helps prevent boredom and add drama to your life.



When you're moving in the direction of your dreams, there will be drama that inevitably comes your way, and managing and overcoming such drama will provide resolve and strength and sharpening of your senses and building of your muscles.

If you have not discovered your passion you may end up getting caught up in drama of small things that, in the long run, prove unfulfilling.

Identify your passion. Then, take action and move in the direction of your dreams.

Doing so, you will find focus and clarity and amplify the energy of your intention, so much so that you will attract the people, places, things, and situations to enable and empower your dreams to become a reality.

You can do it. The world is waiting for you to use your God-given gift, to unwrap the present that God has given you and to share it with the world. Your presence is their present.

That gift, when unwrapped by that perfect stranger might be the one gift that enables them to realize they have options in life, that they are loved, that they are understood, that they are less alone.

The world is waiting for you.

“Unless you know what you're hungry for, you'll inevitably get caught up in the machinery of some thing, some place, or some one.”

Darell Higgins

Action Eliminates Fear



Action eliminates fear.

Perspective + Action will change your life.

Perspective allows you to see your current situation for what it is.

Action enables you to find out what you're hungry for, and move in that direction.

The adventure and challenges that you will encounter in moving toward that goal will command your full attention

And if you do happen to glance back at the pothole that you're currently sitting in, or perhaps, pitched a tent in, you'll see it for what it is: a pothole littered with minutia.

+++++

How perspective affects our willpower
<http://www.willpowered.co/learn/perspective>

+++++

How Perspective + Action Changed My Life

Years ago, I was in a relationship with a girl that I really cared about and, 2 weeks before Christmas, I found out she liked a guy at her work. We broke up. I moped my way through the holiday. Everyplace I went I would notice a place that me-and-the-girl had been to and this would conjure up a memory that was once happy, but now brought sadness.

So, I talked with Terri, a family counselor and NLP-certified counsellor. I told her that everything reminded me of my former girlfriend. I told her that I wanted to move.

"Am I running away?" I asked her.

Terri said that my feelings were valid. Terri said that my feelings were like having a fan on my back, that propelled me away from my current situation and geographical location, and a fan that was pulling me toward a new situation and new geographical location.

"That's a very powerful thing," Terri said. "It's an unstoppable force."

"People are the same everywhere."

I heard this more than once from well-meaning relatives and friends, after they heard I was moving to New York City.

“People are the same everywhere.”

After moving to New York City, I learned that that is simply untrue.

People, typically, want the same things—someone to love, something to do, a place to live (shelter), food, etc. But they express this in different ways and a place like New York City is like a giant magnet that attracts creatives from all over the world.

I moved to New York City and that changed everything.

The first night of my arrival, I met a beautiful Italian girl. I asked her if she knew of a dance club nearby and she said she was going to “Beauty Bar” and she invited me to go along with her. I did. We sat at the bar and had a drink. Then, we danced. People were giving us compliments and asking how long “we’d been together”. We looked that cool!

We made out. She was beautiful and cool. We saw each other over the next few weeks and ended up going on some dates.

Moving to New York City changed everything.

Taking action to move to a new place and meet new people changed everything.

If you’re not growing where you’re planted, plant yourself where you will grow.

Ignore the people who tell you that “people are the same everywhere”. That is simply not true. Also, people find evidence for what-they-want-to-believe. Still, that doesn’t necessarily make it true.

Moving to NYC propelled me to pursue my creative aspirations, to the point that I wrote my first novel and even produced an original musical. You can find out more about these projects at www.TheRailsNYC.com and www.DumpsterDiverMusical.com

Your sense will become that much more acute. Your physique will become that much more strong.

You can do it!

But what if I'm stuck?

Take your foot off the brake!

How?

In the next chapter, I'll show you how to get unstuck.

Thanks for joining me in this journey.

Here's an easy-to-read ebook for you, free ...

How to Stay Young

<https://www.law-of-attraction-haven.com/support-files/stay-young-wdb.pdf>

How to Get Unstuck in your Life



If you feel stuck, take your foot off the brake.

“Wait a second!” You’re saying. “I don’t have my foot on the brake.”

Yes you do. You just don’t realize it.

Don’t feel bad. It’s not your fault.

It is, however, your responsibility.

It is your responsibility to stop sabotaging yourself

This is how you get your foot off the brake

It’s really simple

Give yourself permission

Give your yourself permission to

be loved

be financially successful

be successful

to be happy

Give yourself permission.

If you don’t have these things now, it’s because, subconsciously, you feel you don’t deserve those things.

Subconsciously comes from subconsciousness

What is subconsciousness

Sub - below

Consciousness - the state of being awake and aware of one’s surroundings

Subconsciousness - below the state of being awake and aware of one’s surroundings

+++++

Subconscious Magic - Using your Magical Mind Powers
to Get Lasting Health, Wealth, and Love
<http://www.psitek.net/books/Subconscious%20Magic.pdf>

+++++

According to the majority of neuroscientists, the subconscious is 90% and the conscious is 10%.

Imagine your mind as an iceberg.

The subconscious is the biggest portion of the iceberg, some 90% that floats beneath the surface of the water.

And the conscious is the small portion of the iceberg, the 10% that appears above the surface of the water.

It's your subconsciousness that's running the show, that's controlling your thoughts, your behavior, your patterns.

The subconscious is the engine under the hood.

And this is the area that needs to be "tinkered with" in order to change your conscious behavior ...

Somewhere along the line, you may have been taught and conditioned to believe erroneous and false notions of reality.

Some beliefs like ...

you are unlovable

that people with money are a@@holes

that success is only for people with money who are a@@holes

happiness is a symptom of delusional people

(fill in the blank) is a emotional/financial/physical condition that is unattainable

In order for you to get what-you-want in life, you must first give yourself permission to receive what-you-want-in-life.

Because you have not given yourself permission to receive-what-you-want-in-life, you are not in synchronicity with the frequency and vibration that will allow you to receive these things.

Think about it.

You have become comfortable with attracting things you-don't-want because ...

You feel you only deserve the things-you-don't-want.

Spend time contemplating
who you want to be.

The mere process of contemplating
who you want to be, begins to
change your brain!

- Joe Dispenza -

You attract what you become comfortable with.

In order to attract the things you say you want in life, you must first become comfortable with receiving those things.

How do you do this?

Become comfortable with what you want to attract.

It's simple.

How do I become comfortable with what I want to attract?

By using The Law of Attraction in Action

Arriving in the next chapter ...

The Law of Attraction in Action

+ +

Free Ebook

Success Through a Positive Mental Attitude

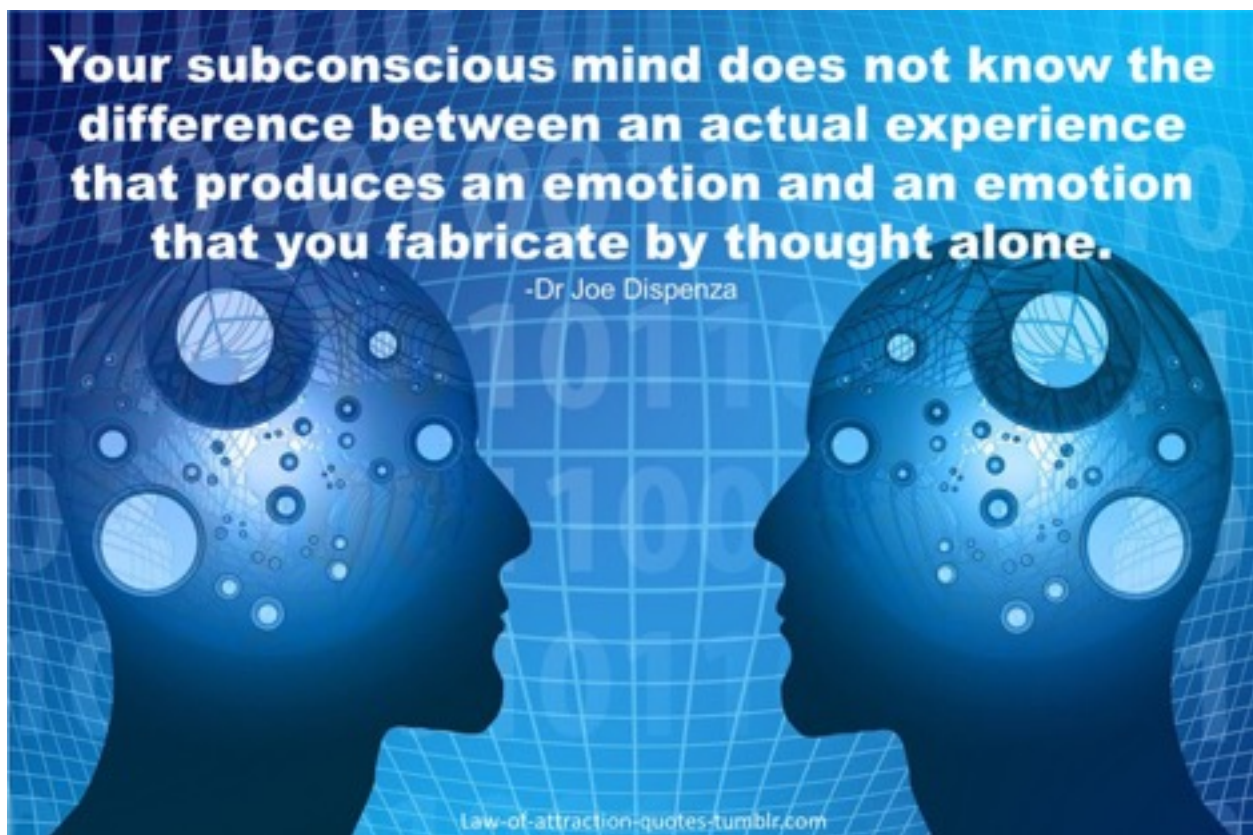
<https://www.law-of-attraction-haven.com/support-files/success-positive-mental-attitude.pdf>

Law of Attraction in Action

Hey, I'm really excited about sharing this with you ... The Law of Attraction in action ...

How to Attract Abundance with Positive Thoughts and Abilities

<https://www.law-of-attraction-haven.com/support-files/how-to-attract-abundance.pdf>



Some years ago, I was living in South Florida, renting a spare room at my sister's place.

At the time, I was traveling to North Florida and attending tax deed sales in several counties northwest of Gainesville. As this was my first time doing this, I got a little excited. And I bought too many properties.

I had some 50' x 100' land lots that weren't moving (selling). One night while eating takeout, and watching TV with my sister, I expressed my frustration of "not being able to sell the lots".

My sister had recently finished reading "The Secret" and she had also read a book about "The Law of Attraction". I had heard a little about both of these books, but, for the most part, I was unfamiliar with them.

"You've read 'The Secret', so do you have any ideas of what I could do to sell these properties?"

"What would you do if you sold them?" She asked. "I know you haven't sold them. But what would you do if you had sold them."

"I would draw up the deed and get the paperwork ready to be mailed out," I explained. "Buy some 8 and half by eleven envelopes, stamp them, put the addresses on them."

"With the Law of Attraction, it states that you have to act as if your desired outcome already happened," Kim explained. "You have to get comfortable with it as already having happened, whatever your desired result or outcome is. So, with your real estate, you would prepare the paperwork as if you've sold it. And you can just leave the name and address of the buyer blank."

I followed Kim's advice. I purchased the envelopes, the stamps. I filled out the deed paperwork. I put the paperwork in the envelopes ready to go, and placed them on top of the dresser.

The properties, which I had been sitting on for months, sold within the next two weeks.

How to Apply Law of Attraction

1. Determine what it is you want.

Identify the desired results. Be specific. If you want a beautiful house, go online and find that beautiful house and download the picture to your desktop.

You can take a screenshot of it. Place the picture somewhere you will see it every day. On your desktop. On your phone. On your bathroom mirror. On your whiteboard.

When you look at the picture, feel the happiness and joy of already having that desired outcome or result. Get comfortable with it. You can only attract what you become comfortable with. Once you become comfortable with something or someone, you are more likely to attract that something or someone, because you are resonating on the same frequency. Essentially, you are connecting on the molecular level.

2. Enjoy life.

Get in the best relationship with yourself. Soon, you will be moving through life with ease and delight. This is your birthright. You deserve happiness. Give yourself permission to succeed. Give yourself permission to be rich. Give yourself permission to be loved and to love. Give yourself permission for beautiful experiences that enable you to feel fulfilled, overflowing with gratitude and excitement, wonder, and curiosity.

3. Give Yourself Permission

Give yourself permission to receive good things. You can do this by getting in the best relationship with yourself. Treat yourself well. Until you treat yourself well, no one else will. It doesn't matter what you say. It matters what you do, how you behave, how you treat yourself.

When you treat yourself well, others will treat you well. When you expect others to treat you well, they will treat you well. This germinates from the seed, the seed of "giving yourself permission" (to succeed) that you drop into your subconscious mind.

Activate the Law of Attraction

Use the 3 steps above to put the Law of Attraction (LOA) into motion for your best interest. You can harness the LOA and steer it toward your dreams. Failing to do so will leave you a mere cog in the machinery of someone else's dreams. This is one of the reasons why so many people are unhappy, because they're caught up in the dreams of someone else who doesn't have their best interest in mind. Their dream has become your slow-motion nightmare, a fixed conveyor belt of mediocrity, melancholia,

Mindset: A Mountain Climber Story

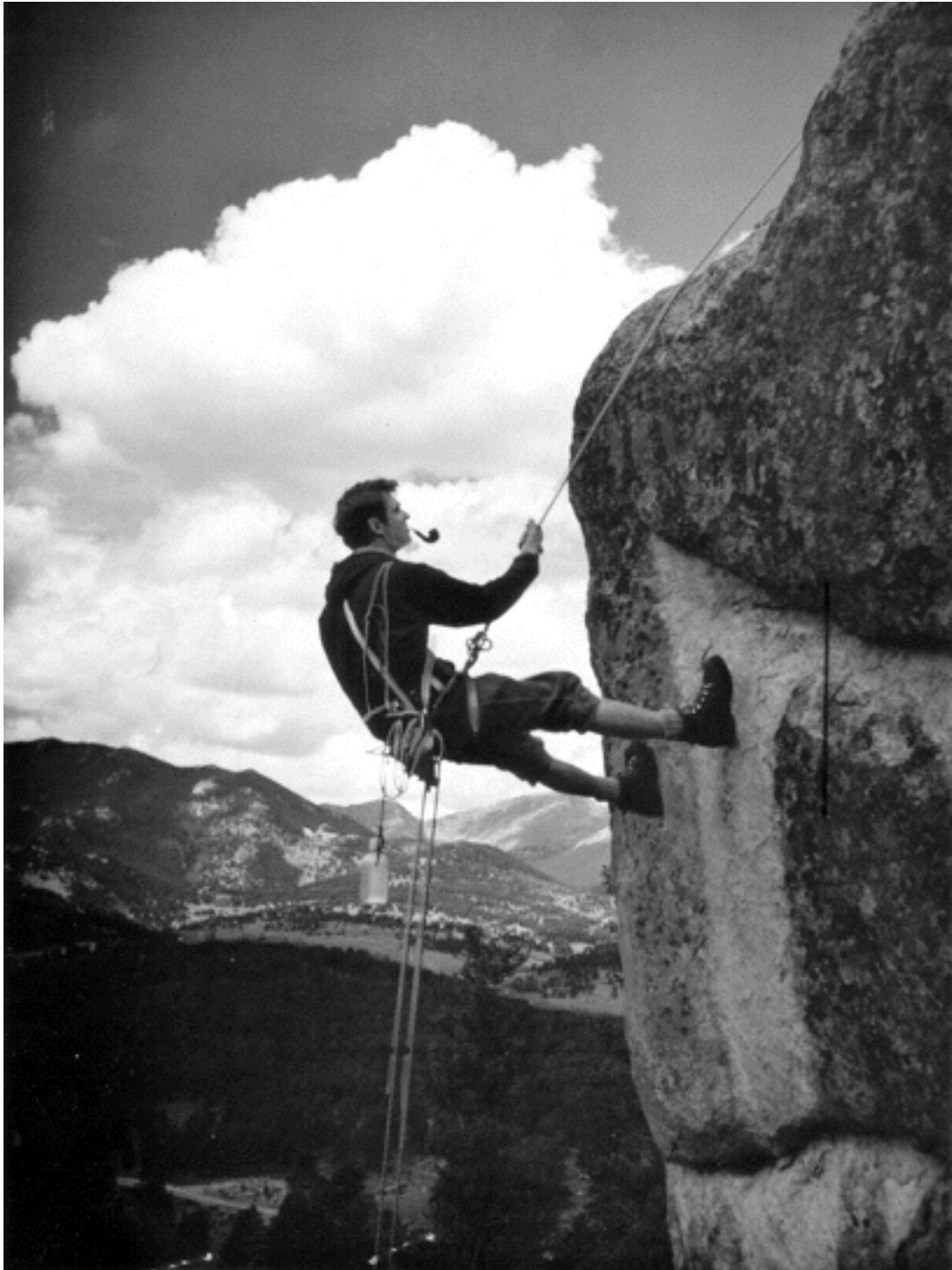
Let's talk about mindset.

Mindset - a fixed mental attitude or disposition that predetermines a persons responses to and interpretations of situations

In the early 1940's, a middle-aged traveling salesman who was also an amateur hiker and beginner mountaineer, took a two week adventure trip to Peru. His name was Jack.

He spent the first few days rough camping and hiking, while ascending a small mountain in the southwest region of Peru.





Then, he began his descent.

During his descent, the weather took a turn for the worst. The winds picked up, storm clouds gathered overhead, lightning zig-zagged the sky. A torrential downpour fell, causing Jack to lose his grip and slide down the side of mountain, scraping his arms and bumping his forehead. He landed on on a narrow outlying rocky ledge.

By now, it was dark. There wasn't enough light to see where he was going. Jack surveyed the ledge with his hand and knew there was not enough room for him to sleep there for the night. He decided to slide his way down to the bottom of the mountain cliff.

On his way down, he began sliding.

Suddenly, he was airborne.

Waving his arms wildly, his hand caught a branch. But his feet were in mid-air.

He looked down. He couldn't see anything. He felt the vertical wall of rock and stone in front of him.

He pulled himself up, with both arms over the branch.

Mountain Climbers - vintage footage

<https://www.youtube.com/watch?v=iaGIWJQLyNA>

“God, please help me.” He cried out. “Please. God. Help me.”

Let go.

I must be delirious, Jack thought.

Battered, bruised, cut, and bloody, Jack adjusted his arms once more. He was too exhausted to even speak.

God, he thought to himself. Please help me.

Let go.

This time, the voice seemed more audible.

Jack looked down and saw darkness. He felt the sheer wall in front of him. It began to rain once more. The air temperature was dropping fast. His entire body shivered involuntarily. Coldness crept in.

He swung his feet toward the rock wall and found a tiny edge that allowed him to take some weight off of his feet, and he felt relieved. Exhaustion swept over his entire body. The energy seemed to leave him.

Let go.

I must be hearing things, Jack thought to himself, as he rested his head against his right shoulder, that was cradled tightly over the branch. I must be hearing things ...



2 days later, a hiker was walking along a ravine when they noticed a man clinging to a branch, his feet against a thin ledge, hanging some fifteen feet above a thick patch of soft clover.

He called out to him, but there was no answer. By the time he managed to reach him and check his pulse, he discovered the man, a middle aged American man named Jack, was dead, probably from hypothermia from the cold weather from 2 nights earlier.

If Jack had listened to that still, small voice and “let go”, Jack would have lived through this ordeal.

Instead, Jack hesitated. In doing so, doubts crept in. The still, small voice, saying “let go” was soon drowned out by the wave of doubt and the subsequent ocean of fear.

Learning to let go is a simple action that results in a powerful outcome.

Learning to let go is one critical component of your mindset.

Letting go is like the spark that fires the spark plug, in order to get the engine started, enabling you to drive to your destination.

The lessons from this story are significant and worth remembering.

Sometimes, you have to let go of the the safe things in your life.

Let go.

Of all the garbage (emotional, mental) that you’ve unknowingly collected over the years. Travel with less. Travel light. This enables you to move faster, to make quick decisions, without having to take into consideration all the accumulations that you’ve surrounded yourself with.

Let go.

Follow your intuition.

Let go.

Trust God. Understand that He has a plan for you.



Let go.

Something greater awaits.

Let go.

Of our past hurts, your past heartaches, your past regrets.

Let go.

Of your assumptions about who you are, what your capable of.

Let go.

Of those negative words,
those wounds that you've
been carrying around
with you all these years.

Let go.

Of the negative
influences, the bad
people, the bad
relationships that you're
currently surrounded by.

Let go.

You're so close to
landing in the right
place. You're almost
there. Don't give up.

Let go.

Don't assume you know
all the answers. There
are greater forces at
work.

Let go.



Is this story true? Possibly. I heard this story years ago, once in church,
and another time from a motivational speaker.

Video links:

3 Ways to Let Go and Surrender to the Universal Law of Attraction
(Without Meditation)

<https://www.youtube.com/watch?v=BOLJ4P5pPXo>

Let Go and Move On with Your Life

<https://www.youtube.com/watch?v=8Jd5GboQu-8>

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Free Ebook

How the Mind Works

<https://www.law-of-attraction-haven.com/support-files/how-the-mind-works-christian-larson.pdf>

3 Inspiring Lessons I Learned from Watching The Rocky Story

It is time to get excited ...

You're about to watch a video that is inspiring ...

The story of "Rocky", the blockbuster movie, and how it came to be made ...

Tony Robbins tells the Rocky story:

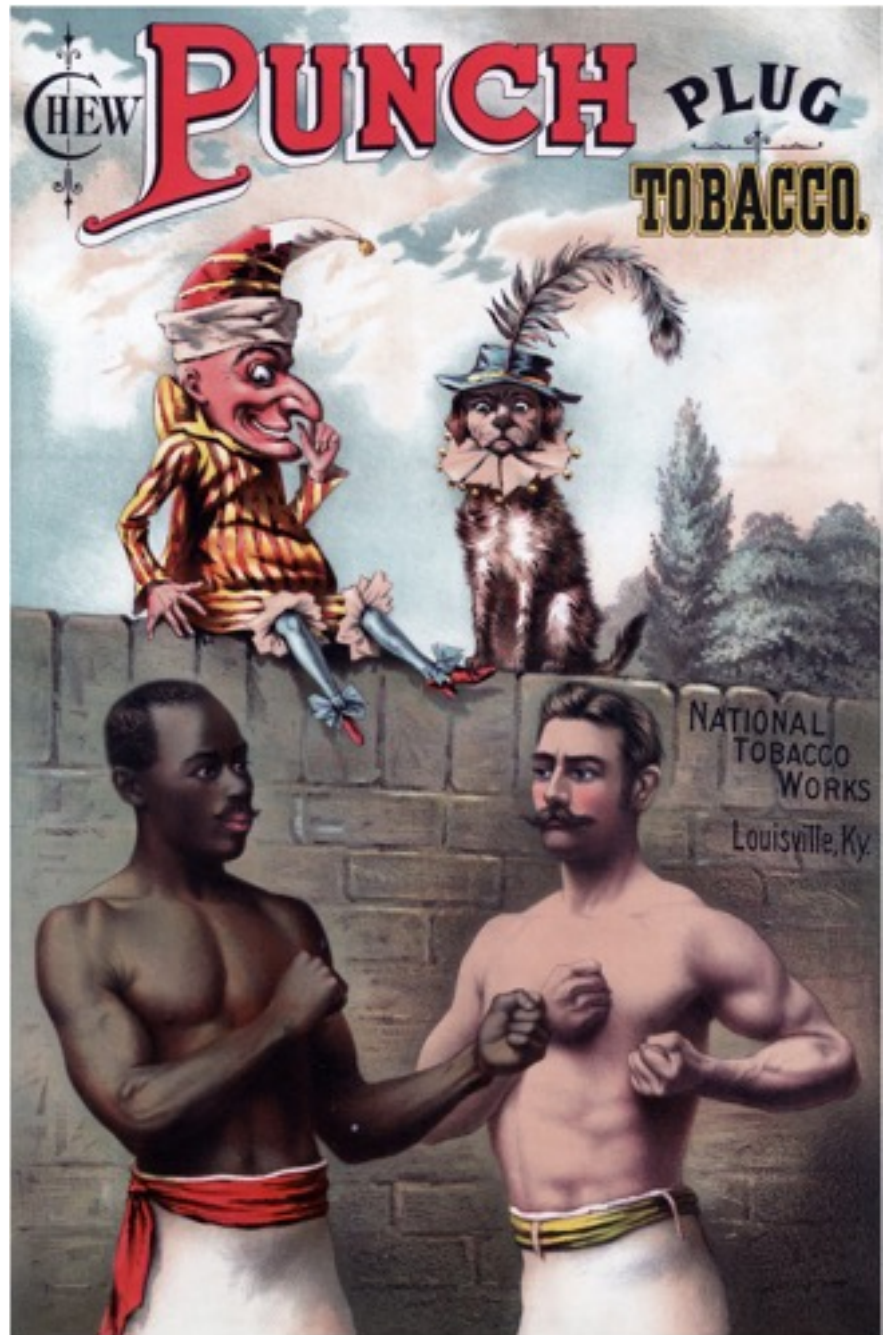
<https://www.youtube.com/watch?v=ywuse55qU2A>

Click the link above to watch this video.

3 Lessons I learned from watching "Tony Robbins tells the Rocky story"

1. The power of persistence is paramount

The power of persistence (continued action) and perspective (seeing where you are headed) empowers you and enables you to make your goals a reality (desired result, outcome).



2. If someone says no, go to someone else

A testament to this is Colonel Harland David Sanders. He is known as Colonel Sanders, the guy who came up with the recipe for “Kentucky Fried Chicken”. He peddled his recipe for Kentucky Fried Chicken to hundreds of people before he finally got a buyer. You can read more about Colonel Sanders at this link:

https://en.wikipedia.org/wiki/Colonel_Sanders

3. With passion and perspective, your dreams can come true

Passion ignites the fire. Passion is the spark that fires, that brings the engine to life. Perspective allows you to see things with the future in mind, holding the vision of the end result, inspiring you to continually take action in order to reach that end result—the visualization manifested into reality.

Amazing, right? Sylvester Stallone’s persistence and passion helped him push through the difficult circumstances and rise above the rejection in order to see his screenplay brought to life. What an inspirational story!

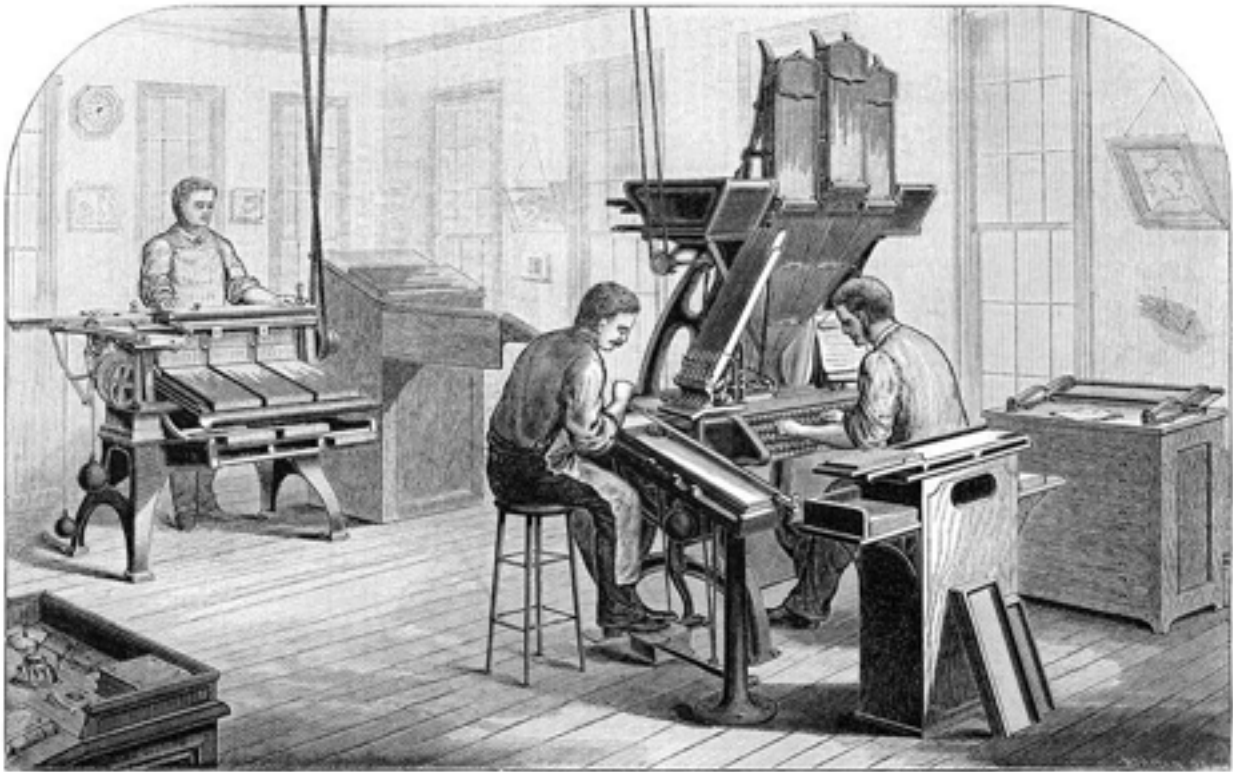


In the next chapter, I’ll be sharing a video link - 50 Universal Laws that Affect Reality [The Law of Attraction]

Free Ebook

As A Man Thinketh by James Allen

<https://www.law-of-attraction-haven.com/support-files/as-a-man-thinketh-james-allen.pdf>



Think of yourself as the contractor, who reads the blueprint, and who sets things into motion by instructing the construction workers into action.

You are the contractor.

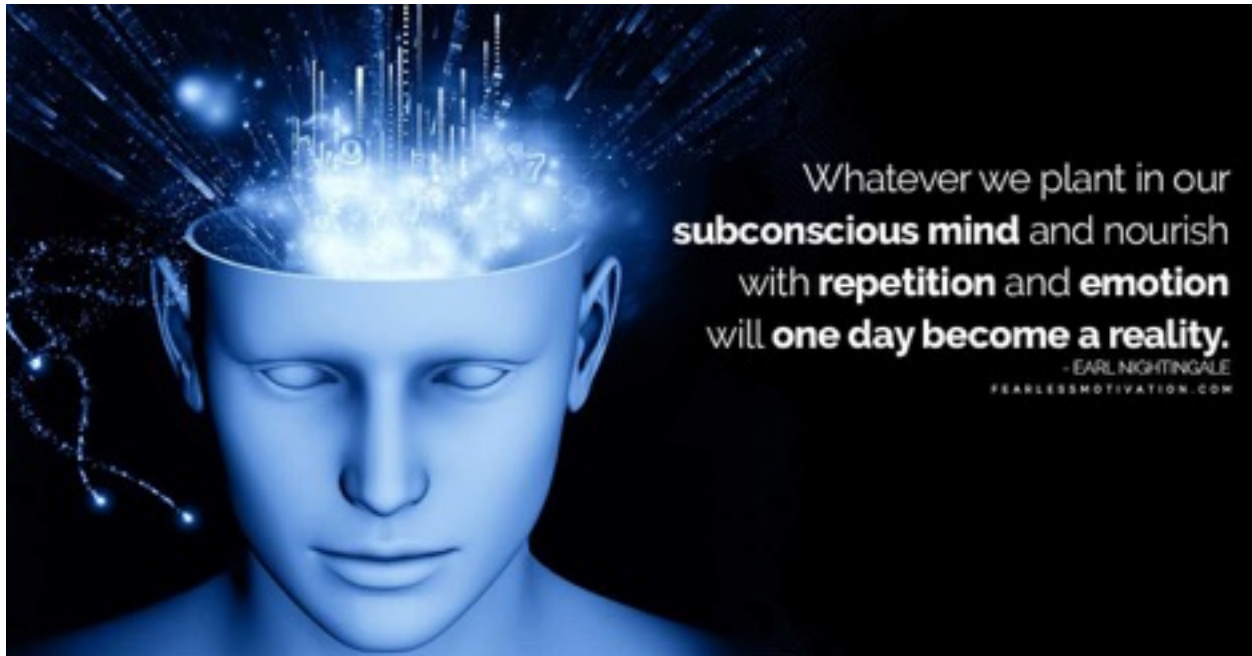
The construction workers are individual actions that you are setting into motion.

Let's take a look at the blueprint.

50 Universal Laws that Affect Reality

<https://www.youtube.com/watch?v=yU2TythwzLI>

If you're with me so far, I'm guessing you've watched videos about "The Secret" and "The Law of Attraction".



Are you still in the same place, same situation, that you were when you started this journey of self-discovery and awareness of the consciousness and the quantum field?

If so, you might be missing one simple ingredient ...

Arriving in the next chapter ...

I'll be sharing the one simple ingredient, the secret sauce of The Secret and The Law of Attraction, that will enable and empower you to harness the power of intention to manifest your dream life!

Free Ebook

Attracting Money

<https://www.law-of-attraction-haven.com/support-files/attracting-money.pdf>

One Simple Ingredient



You're about to discover how to attract everything you want in life.

The theory I'm presenting to you isn't new.

It's a medley of principles, ideas, and theories that I've put into a simple concept that I call "Comfort Magnets".

I believe that anyone can use the concept of Comfort Magnets to attract whatever-it-is they want in life.

Here's the simple premise behind Comfort Magnets ...

Comfort - You become comfortable with the feelings of already having whatever it is you want

Magnets - As you become comfortable and familiar with that feeling, you will attract whatever it is you want



Let's take a more indepth look



How to Use Comfort Magnets to Manifest Your Dream Life

1. Determine what it is you want in life.

Generally speaking, people want ... Fame, Fortune, Freedom, Friends, Faith. They, sometimes, want all of these but typically want one of these the most, with the others ranging less in importance of priority.

Determine what it is you want in life.

Become clear about what you really want in life.

“The best way to predict the future is to create it.”

Dr. Joe Dispenza

neuroscientist, author (You Are The Placebo), speaker

You Are The Placebo

<https://www.youtube.com/watch?v=OUwOhJxy7Y>

Joe Dispenza YouTube Page

https://www.youtube.com/channel/UCi5_jmhcvmj3cyo9JHh6UnA

Defining Intention - Dr. Joe Dispenza

https://www.youtube.com/watch?v=WP1yPCLJ6_s



2. Ask yourself: “If I already had what it is I want in life, how would I ...” act, dress, carry myself, walk, talk, eat, sleep, live.

How would you act if you already had what it is you want in life?

Think about it. Feel it.

Become comfortable with the feeling of already having what it is you want.

Once you become comfortable and “act as if” you already have “what it is” you want in life, then you will be resonate on the same frequency and

wavelength of "already having those things". At the moment the frequency is matched on a vibrational level, you will be able to attract that thing, that situation, that event, that person into your life.

Once you get clear about what you really want, and you act "as if" you already have it, then inhabit that reality.





3. Inhabit the reality of “already having” what you want.

If you want to be rich, hang out where the rich people are hanging out--the clubs, cafes, restaurants, hotel lobbies, luxury car dealerships, the golf course. Dress well. Smell well. Behave well. Act rich. (If you're unable to afford a drink, buy a water.) As you continue to inhabit the places and situations of the wealthy, you will become more comfortable with being wealthy. As you become more comfortable with being wealthy, opportunities will open for you to get wealth, and increase your fortune.

Once you become comfortable with what it is you want in life, you will begin to attract that situation (what it is you want) in your life.

This is a blend of quantum physics, the law of attraction, and Neuro-Linguistic Programming.

Quantum Physics - our thoughts affect our reality

The Law of Attraction - when I act “as if” I already have something, then I will attract that “something”

Neuro-Linguistic Programming - identifying your sorting style in order to quickly make changes, known as adapting modalities in order to make immediate changes that produce beneficial results.



To sum up the “comfort magnets” formula / recipe ...

1. Identify what it is you want
2. Feel the feelings of “already having” what it is you want. Inhabit the reality of “already having” what it is you want.
3. Become comfortable with those feelings, so much so, that you act in accordance with “already having” what it is you want. In how you dress, how you carry yourself, how you talk, how you feel emotionally, how you eat and what you eat, how you sleep, how you enjoy your leisure time, how you move through the material and immaterial universe and multi-verse.

4. Once you step into the “ease and delight” of becoming comfortable with “already having” what it is you want, you will begin to attract “what it is you want”.



The Universe to the Multiverse

Learning the process of comfort magnets, you will realize that the universe (one dimension) becomes the multiverse (many dimensions) and that your thoughts are the key to unlocking the doors to other dimensions. The possibilities are endless.

I hope you read this again and put the techniques into motion by taking action. You can, quite literally, change your life, when you change your thoughts, change your actions, change your habits. The trifecta of changing your thoughts, actions, habits will result in a completely new life, one that's greater than anything you can imagine.

Becoming Lightweight



Are you overwhelmed by emotional clutter and physical clutter?

Overwhelmed by emotional clutter?

Exhausted by the nagging emotional baggage that's weighing you down?

Overwhelmed by physical clutter—the stuff you own?

Surrounded by a mountain of things?

Feeling trapped?

I'm going to show you how to handle the overwhelm and shed the physical clutter.

How to handle the overwhelm - How to get rid of stuff by letting things go

Imagine that house / apartment / room is gonna explode. Whatever you can't take with you, whatever you can't take outside the house / apartment / room is going to be destroyed in the explosion.

You have ten minutes to take whatever you need with you.

Whatever you end up with after ten minutes, you keep.

Donate, sell, or give away the remaining stuff.

If you're still having difficulty making a decision about what to keep, go deeper inside yourself.

Let's take a swim in your mind,
from the conscious level to the
unconscious / subconscious
level.

Come with me ...

To the diving board.

You walk to the edge of the
diving board ...

You jump into the air, bounce
off the diving board of your
dreams ...

Ascending upward and forward,
propelled into the air ...

You ascend upward a few feet ...

Then, density takes effect ...

Your body descends toward the
water.

You are descending, in slow



motion, toward the pool of your imagination ...

Your feet hit the water and quickly, your body follows suit ...

Plunging into the cool water, descending toward the bottom of the pool.

You look around.

You're in the deep end.



You're in the subconscious (below conscious) level of the pool.

This is the root drive of your Operating System (OS).

This is the essence of who you are.

Here, under the water, is where you can ask your real self, why you do what you do.

Why do you own all these material possessions?

Why are you afraid to get rid of all this stuff you own?

Because you are assigning "meaning" (significance, importance) to it.

And, in doing so, you are finding an identity.

Without planning to, you've inadvertently gotten into a relationship with your things.

So much so, that the the stuff that you think you own now owns you.

How do you change this?

By giving yourself a new identity.

Choose who you want to be, and then step into that "circle of power".

Do you want to be a writer? An actor? A traveler? A photographer? An artist? A traveling chef? A wandering vagabond? A life coach? A consultant? A creative entrepreneur? A combination of these?

Imagine a circle in front of you. Imagine that, when you step into that circle, you have the qualities/habits/traits/skills of that profession.

Then, step into that circle.

Now that you are in the "circle of power" of that profession, look at your former "circle of power", and see all the stuff that's sitting in that circle of power, that's attached to your old identity.



Is there anything you need in there? If so, reach out and take it. If not, let it go.

The new you has what you need.

The things you have no use for, let go of, give away to someone else, leave them on the curb.

When you become lightweight, you're able to navigate new territories, slip into new situations, climb trees, scale buildings, squeeze through narrow spaces to find opportunities on the other side.

You'll learn the beauty of accumulating experiences, not things.

How to shed emotional clutter



1. Raise your standards. If someone does not meet your standards, drop them, immediately, from your life.
2. Be assertive. Say what you mean and mean what you say. When your thoughts (brain/mental) match/align with your feelings (body/actions), you are in congruency. I call this congruency the “state of being”, which situates itself at the intersection of your thoughts (brain) and feelings (body).
3. Say no to gossip. Gossip is an energy-drain. If you’re going to talk about someone, speak positive about them. If someone comes to you with gossip about someone else, politely excuse yourself. If they ask you why, tell them the truth.

The 3 Secrets of Happiness



Anyone can find happiness in life and relationships.

I'm going to share with you The 3 Secrets of Happiness, and a bonus action that you can put into motion immediately, that will enable and empower you to find happiness in life and relationships.

Let's start.

The 3 Secrets of Happiness

1. Always have something in life to look forward to.

Think of something that you like to do and then plan to do it. Throughout the day, think of that “fun thing”. Think of the delicious meal you're planning to have with a good friend after work. Imagine how fun it will be

to go dancing. If you're feeling unhappy, remember that fun thing that you are looking forward to doing. Always have something in life to look forward to.

2. Don't expect the sun to rise and set on anyone else's shoulders.

If you expect this person, this guy, this girl to make you happy, you are placing an unrealistic expectation on them. At the same time, you are being irresponsible with your own happiness. If you constantly expect other people to make yourself happy, you're likely to find yourself sometimes disappointed.

"Expectations are premeditated resentments."

Alex Wells

Don't expect the sun to rise and set on anyone else's shoulders, except your own.

3. Understand that everyone is chasing a feeling.

When people say they "want something", they actually want "the feeling" that's attached to that "something". I visit Palm Beach, Florida, usually during the holiday season, and enjoy walking along Worth Avenue. I look at the luxury cars, classic architecture, the mansions, the polished people, beautiful beaches, quaint shops. Admiring these beautiful things and well-dressed people, I get "a feeling" that I'm attaching to them. It's actually not the car or house I want, it's the-feeling-that-I'm-attaching-to-it that I want. Then again, the car or house will do. :)

This happens in relationships. You see a beautiful boy or girl, man or woman, and you get a feeling. You attach a feeling to them, a feeling to "being with them". Maybe you date them. Maybe the relationship goes south. Then, you miss "the feeling" that you had when you were with them. Maybe the relationship blossoms and that feeling grows.

Everyone is chasing a feeling.



Here's a bonus action that you can put into motion immediately to find happiness in life and relationships.

Identify your passion, what it is you want to do, and move (take action) in that direction to accomplish that goal.

Progress = happiness.

It's that simple.

Here's an amazing video that will motivate, challenge, and inspire you to find your purpose and your passion.

Tony Robbins: Find your Passion

<https://www.youtube.com/watch?v=F3jGGaHOHoo>

How to Move from Uncertainty to Certainty



Uncertain about what to do next?

Click the link below and watch the video.

Tony Robbins - How to Generate Certainty from Within and Win

<https://www.youtube.com/watch?v=XzFNY-DzaGU>

Curing Loneliness

Feeling lonely?

I want you to know something.

Loneliness is a choice.

If you feel lonely, know this: You're not alone. There's other people who feel lonely, too.

You can get out of this slump by doing one simple thing

Find your tribe.



Start doing what you like to do and find your tribe (people who enjoy doing the same or similar thing) and hang out with them. If they are in a different city or country, move there.

Find a tribe that you can learn from, that can encourage you, you can share with

Dr. Matthew Stevenson - Finding your People
<https://www.youtube.com/watch?v=EksGqDnnlPg>

Identify what-it-is you like to do, then find a group of people or a community who meetup to do that activity.

Actually go outside and meet them in person.

Participating in a shared activity with a group of complete strangers is one of the quickest ways to forge friendships.

And I'm telling you ... someone is waiting to meet someone just like you, so quit making excuses and start taking action. Now.

Stop making excuses and start making a difference. In your life and in the lives of others.

Be open.

Be grateful.

Be humble.

Go forth.

How to Find Motivation that Lasts



Looking to find motivation that lasts?

Find a mission, a purpose that ignites your soul.

Find a mission that aligns with your values (thoughts/beliefs/mind and feelings/body).

This 3-strand cord of thoughts/mind/beliefs creates a strong bond.

The Mind - Motivational Video

<https://www.youtube.com/watch?v=z1PSbDmV8Gw>

3 Ways to Get Inspired - a daily practice

You might be motivated but are you inspired?

Here's 3 ways to get inspired, that you can use as a daily practice, to motivate you to make your dreams a reality.



1. Patch your holes

Observe your environment and situation in order to find any energy siphons or energy vampires.



2. Identify your purpose

Identify the “thing” that gets you excited. Then, take action toward the progression of a worthy goal.



3. Do the work

Start physically moving and then set a plan, set a schedule, and take action. Do something to make progress toward you goal.

3 Ways to Get Inspired

<https://www.success.com/3-ways-to-get-inspired/>

How to Find Your Passion



source: <https://www.youtube.com/watch?v=F3jGGaHOHoo>

It can be so frustrating when people advise you, “Just follow your passion!” Yeah, sure, you’d love to—if only you knew what your passion was.

You’re probably the kind of person who works hard, with commitment and persistence. When you know what you’re doing, nothing will stop you. But before you can become unstoppable, you need to know what you’re starting. Before you can follow your passion, you have to find it.

If you’re feeling stuck, here are five fresh ways to discover what you really want to do with your life. Take time to work through the process and know that, no matter what, you’ll be getting closer to where you want to be.

1. Start With the Right Perspective

If you went into a restaurant with the strong opinion—“I’m not hungry. There’ll be nothing here I want to eat. I don’t want to be here”—the menu isn’t going to look appealing. You won’t explore it with due time or attention, and it’s unlikely you’ll find food you’ll enjoy eating.

The same principle applies to passion-seeking. If you’re convinced that finding your passion is hard, or that it’s not going to happen for you, you’ll remain closed to possibilities. You’ll block the little nudges, pulls, and signals that guide us all. After all, how can you expect to find fulfilling work if you don’t believe it exists?

Choose to adopt the perspective that you can do what you love with your life. One of the best ways to strengthen this point of view is to surround yourself with people who are living examples.

How many of your friends and family are following their passions? If it’s not many, it might be time to expand your circle; associate with—and be inspired by—men and women who are inspired by their work.

2. Get Out Your Metal Detector

Once you’ve decided that your passion is findable, it’s time to look for evidence of what you already love to do.

If you scan the landscape of your life, you’ll notice certain experiences peak up. It’s so valuable to delve into these “peak moments” and extract the key ingredients.

Consider yourself a beach-trawler, discerning between the gold and the cheap metal. For example, one of my favorite summer jobs involved teaching English to teenagers.

I might assume the key ingredient was the English language, or young people. But when I paid attention to my metaphorical metal detector, it became clear that the bleep went off when I was being a leader within a

community, and teaching that community something of great value to them.

That's exactly what I do now in my work—but without the teenagers, present perfect tense, or vocabulary tests!

Make a list of the ingredients that truly mattered in your peak moments; don't be distracted by the counterfeits.

3. Look for the Umbrella

When you look at all the ingredients that matter to you, they might at first seem entirely disconnected.

Let's say you love French, drinking coffee, playing with words, analyzing and categorizing, and being a leader within a community.

How could you construct a career from these?

It'd be like peering into your cupboard and seeing cocoa powder, tofu, and carrots and wondering: How could I possibly make something delicious that includes all of these?

This is the time to look beyond the ingredients and seek an umbrella; something that all of these ingredients can fit beneath.

For example, my colleague Abby—whose diverse passions are described above—helps business owners to find the right words to fit their brand.

She analyzes and categorizes copy into what she calls “voice values.”

She draws wisdom from previously running a funky French lifestyle boutique. She's become known as a leader for those who want to communicate effectively with their potential clients. Oh—and she's built a recognizable Pinterest profile showcasing her favorite coffee houses. All of these passions fit under the overarching umbrella of her business; they've all found a home there, and the variety actually helps her to stand out and attract her perfect clients.

Your thoughts
are the architects
of your destiny.

~David O. McKay

"THE SECRET OF
CHANGE IS TO FOCUS
ALL OF YOUR ENERGY,
NOT ON FIGHTING THE
OLD, BUT ON BUILDING
THE NEW."

— SOCRATES

Keep your thoughts positive, because
your thoughts become your words.
Keep your words positive, because your
words become your behaviours.
Keep your behaviours positive, because
your behaviours become your habits.
Keep your habits positive, because your
habits become your values.
Keep your values positive, because your
values become your destiny

— Gandhi

www.EpicFreedomSolution.com

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Find happiness
Become certain

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“lightning strike powerful” – M.K. (NLP Therapist)
“insightful, simple, profound” – B. Hulce (consultant)
“like an oil change for the brain” – Jeff Reeve (writer)

The Best Methods to Build Rapport

You ever feel disconnected with people?

One way to connect with people is on the emotional level.

Building Rapport is the process of establishing an emotional connection.

This is a useful skill to develop for friendships and relationships, both on the romantic level and on the business level.

A strong emotional bond allows you to quickly establish trust with another person.



6 ways you can build rapport with another person

1. Mirror their body language (mimic their physical actions)
2. Mimic their tonality (tone of speech, cadence of speaking)
3. During the conversation, breathe like they breathe
4. Match their rate of speech
5. Repeat and approve
6. Assume you already have rapport

Motivational coach and bestselling author Tony Robbins shares some insightful concepts on rapport.

The Best Methods to Build Rapport - Anthony Robbins

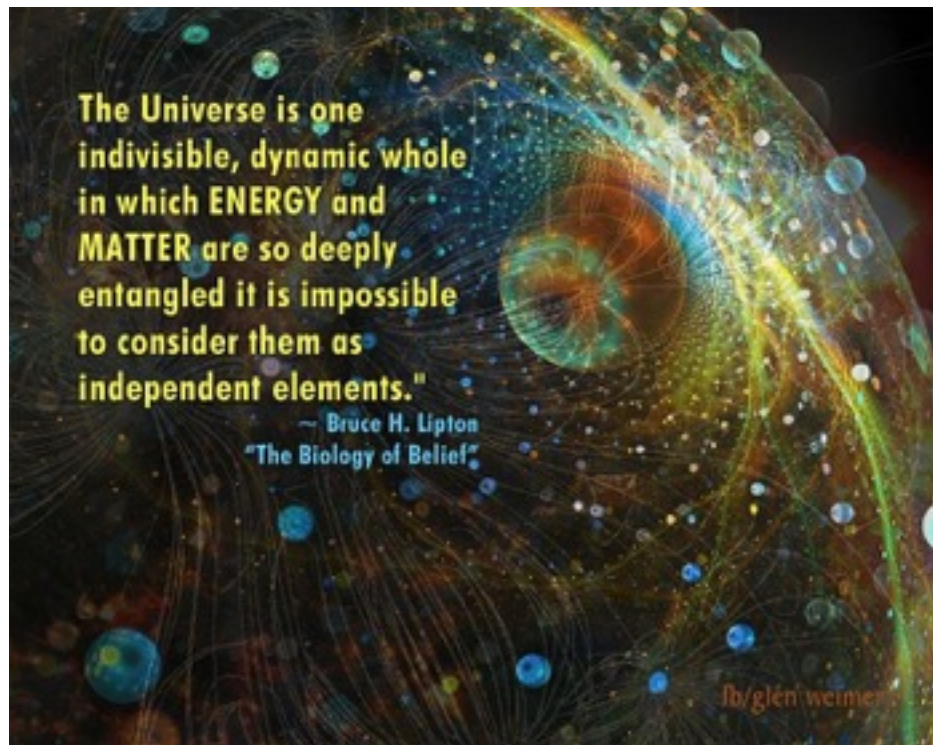
<https://www.youtube.com/watch?v=dENi7K2lX4U>

How Beliefs Determine your Biological Realities

Is it true that beliefs can determine your biological and behavioral realities?

According to neuroscientist, author, and speaker Dr. Bruce Lipton, yes, your thoughts can effect your biology.

For an overview about this man and the videos about his discoveries in the arena of neuroscience and biology, click the links below:



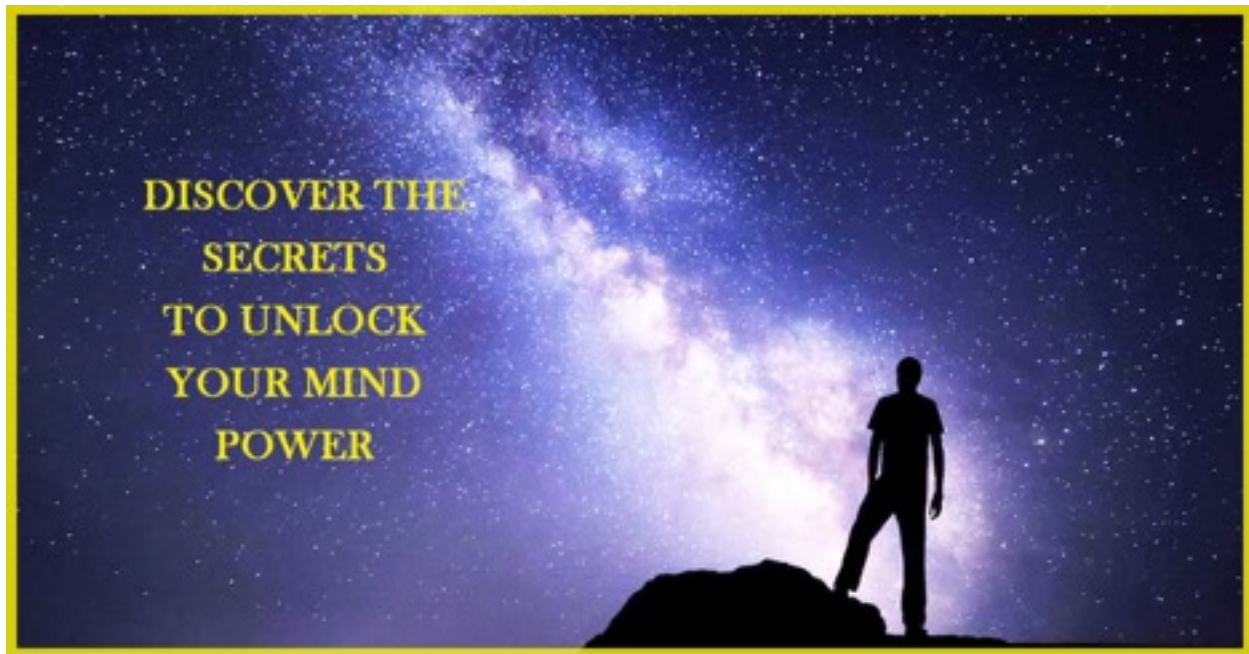
Dr. Bruce Lipton - The Biology of Belief - Where Mind and Matter Meet
<http://www.social-consciousness.com/2010/06/dr-bruce-lipton-biology-of-perception.html>

The first chapter of The Biology of Belief
https://www.brucelipton.com/sites/default/files/biology_of_belief_cover_1st_chap.pdf

Dr. Bruce Lipton
<https://www.brucelipton.com/books/biology-of-belief>

The Biology of Belief with Dr. Bruce Lipton”
<https://www.youtube.com/watch?v=jjjOxVM4x1I>

Dr. Joe Dispenza - How to Unlock the Full Potential of Your Mind



Is it possible to unlock the full potential of your mind?

Click the link below to find out!

How to Unlock the Full Potential of Your Mind

<https://www.youtube.com/watch?v=La9oLLoI5Rc>

The possibilities are unlimited.

The Strangest Secret



Ready for a video that might change your life?

The Strangest Secret

<https://www.youtube.com/watch?v=IeaBfM3TdHQ>

Here's a similar video link that has an outline so you can click to find the immediate topic ...

Earl Nightingale - The Dean of Personal Development

<https://www.youtube.com/watch?v=Bp8aP6pJB1Y>

Top 30 YouTube Channels for Self-Development



Here's a collection of the top 30 YouTube channels for self-improvement.

1. Dr. Joe Dispenza

https://www.youtube.com/channel/UCi5_jmhcvmj3cyo9JHh6UnA/featured

2. Dr. Bruce Lipton

<https://www.youtube.com/user/biologyofbelief>

3. Tony Robbins

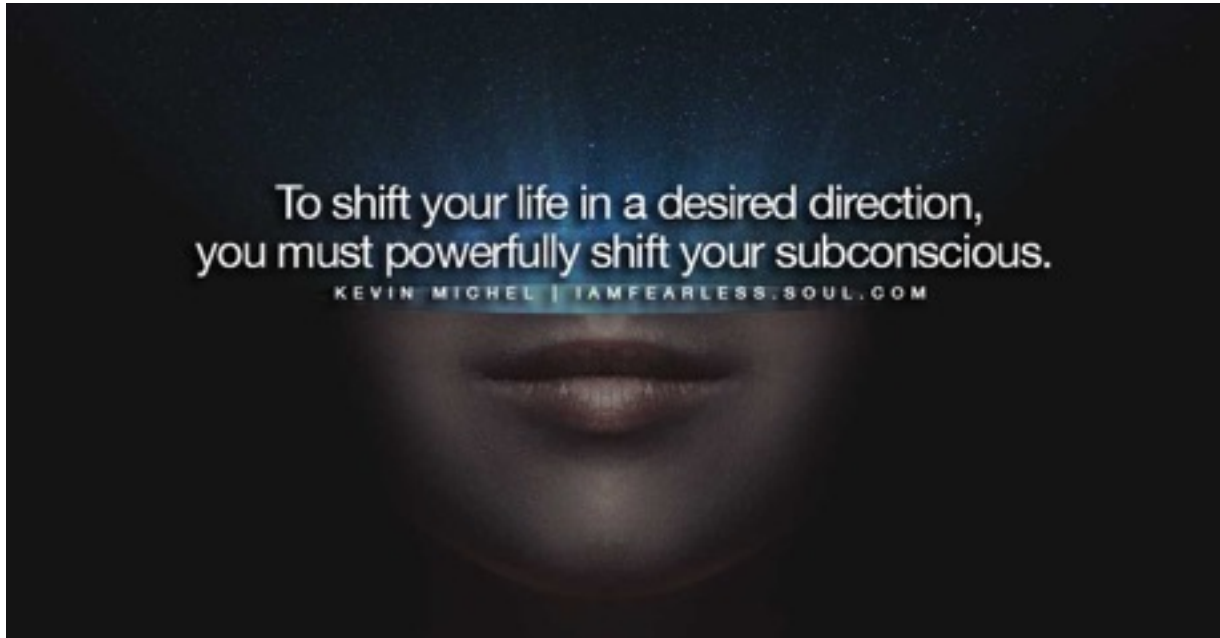
<https://www.youtube.com/user/TonyRobbinsLive>

4. Your Youniverse

<https://www.youtube.com/channel/UC-WM2mvTh283oHL8Vpgk7mA>

5. You Are Creators

<https://www.youtube.com/user/YouAreCreators>



6. Impact Theory - Tom Bilyeu

<https://www.youtube.com/channel/UCnYMOamNKLGVlJgRUbamveA>

7. Improvement Pill

<https://www.youtube.com/channel/UCBIIt1VN5j37PVM8LLSuTTlw>

8. Leader's Basement

<https://www.youtube.com/user/LeadersBasment>

9. Michael Sealey

<https://www.youtube.com/channel/UC9GoqHypa-SDrGPMYeBkjKw>

10. Fearless Soul

<https://www.youtube.com/channel/UConOQ1R3Z-vRO7K6g-W7Jkg>

11. Cartoon Studio

<https://www.youtube.com/user/CartooningGenius/featured>

12. Motiversity

https://www.youtube.com/channel/UCAPByrKU5-R1emswVlyH_-g

13. Abraham-Hicks Publications

<https://www.youtube.com/user/AbrahamHicks>



14. Expand your Awareness

https://www.youtube.com/channel/UC48MclMZIY_EaOQwatzCpww

15. Infinite Waters

<https://www.youtube.com/user/Kemetprince1>

16. ZenLifeRelax

<https://www.youtube.com/channel/UCcqmIur-b51hdIByTPIfifw>

17. Ed Mylett

<https://www.youtube.com/channel/UCIprGZAdzn3ZqgLmDuibYcw>

18. Dr. Wayne Dyer

https://www.youtube.com/results?search_query=dr.+Wayne+Dyer

<https://www.drwaynedyer.com>

19. Be Inspired

https://www.youtube.com/channel/UCaKZDEMDdQc8t6GzFj1_TDw

20. Law of Attraction Coaching

<https://www.youtube.com/channel/UCsNlfrFsaRoovlnjFLzlGIQ>

21. Steve Pavlina

www.StevePavlina.com

<https://www.youtube.com/c/stevepavlinadotcom>

22. Mel Robbins

<http://melrobbins.com>

<https://www.youtube.com/channel/UCk2U-Oqn7RXf-ydPqfSxG5g>

23. Practical Psychology

https://www.youtube.com/channel/UCir93b_ftqInEaDpsWYbo_g

24. Motivation Hub

https://www.youtube.com/channel/UCR54lF_dD3f-8srmRqnTwgQ/videos

25. Be Inspired

https://www.youtube.com/channel/UCaKZDEMDdQc8t6GzFj1_TDw/videos

26. You Are Creators 2

<https://www.youtube.com/channel/UCIhjNQgYHjxT2XW28frlGsg>

27. Law of Attraction Coaching

<https://www.youtube.com/channel/UCsNlfrFsaRoovlnjFLzlGIQ/videos>

28. Video Advice

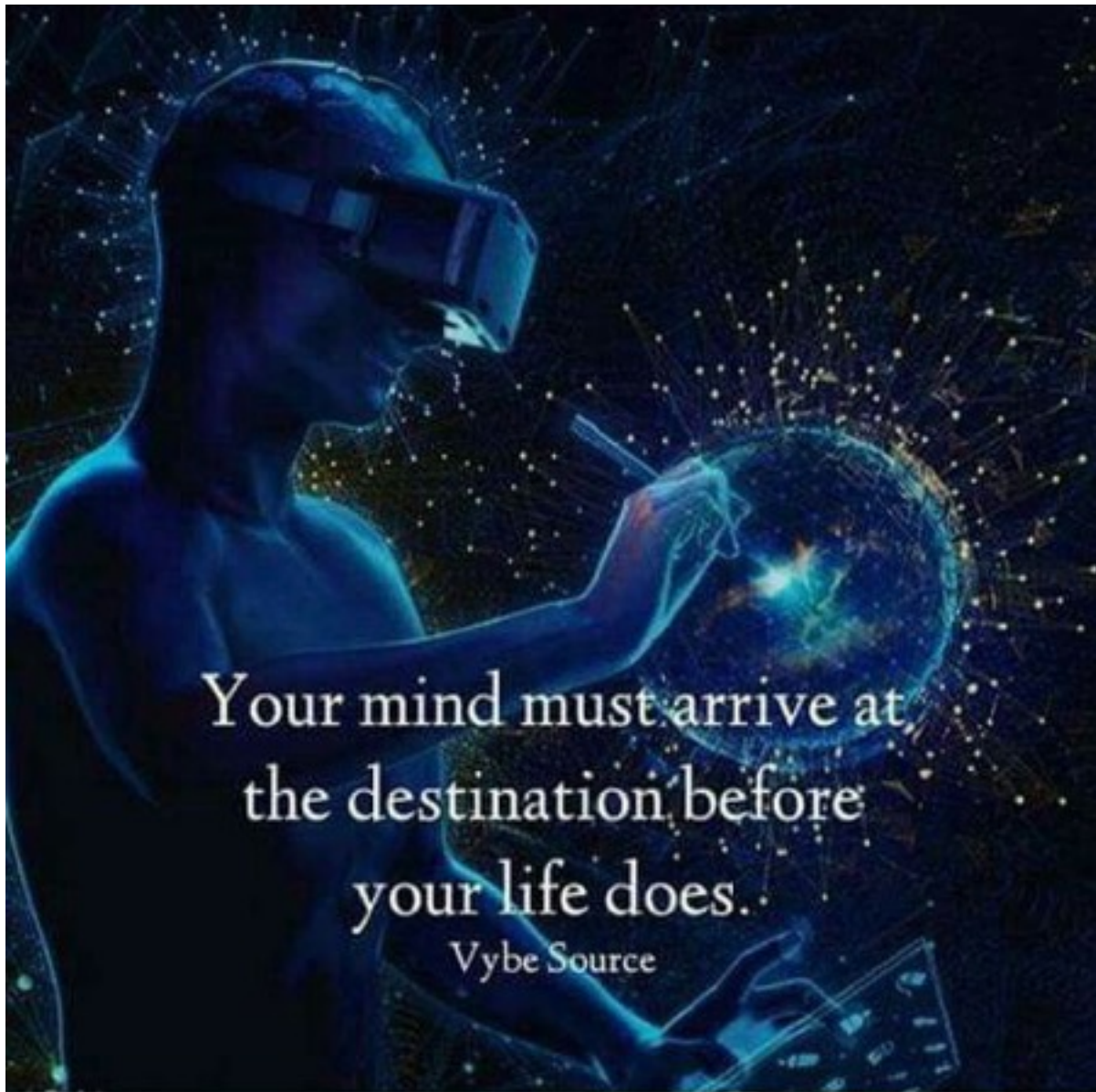
https://www.youtube.com/results?search_query=video+advice

29. One Percent Better

https://www.youtube.com/channel/UCRI6to5DNVlVoXhdI7hx_iw

30. Fight Mediocrity

<https://www.youtube.com/user/phuckmediocrity/featured>



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the destination before
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Click the link below now

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The Secret Sauce in the Law of Attraction



What is the secret sauce in the Law of Attraction?

Get in the best relationship with yourself.

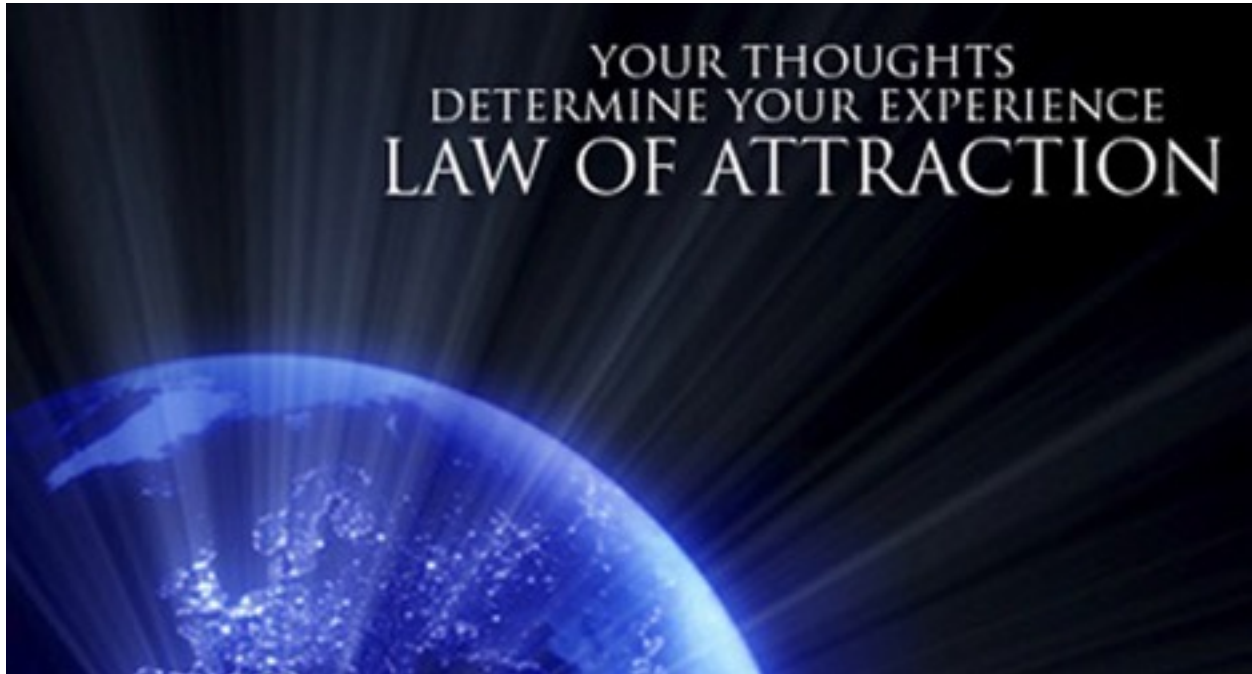
If you're not in the healthy relationship with yourself, how can you be in healthy relationship with anyone else.

Take your foot off the brake.

What are you afraid of? Success? Love? Attention?

Identify anything that you might be afraid of.

Give yourself permission to accept success, love, attention, or anything else you desire.



When you give yourself permission to accept these things, you will be able to let go of what you're afraid of, which has been preventing from you from attracting these things.

Ask yourself: What would my life look like if I have abundant success, love, attention?

Ask yourself: How do I feel now that I have abundant success, love, attention (or anything else you desire)?

Become familiar and comfortable with those feelings.

Then, you will be ready to receive the abundance.

Once you become comfortable with what you want to attract, then you can more easily attract it.

Once you become comfortable with the feelings of what you want to attract, then you can more easily attract it.

I call this principle Comfort Magnets.

Learn more about Comfort Magnets at www.ComfortMagnets.com

When you understand how to use Comfort Magnets, you'll understand how to manifest your desires.

Understanding Comfort Magnets, you'll discover how to harness the secret Law of Attraction to manifest your dream life.

Using the Comfort Magnets principle, you will learn how to attract whatever it is you desire.

I'm excited to hear about your journey.

Attract. Don't chase. Visit: www.ComfortMagnets.com

Root Problems and Surface Problems

If you have a problem with anything in your life, the first thing you need to do is this: look under the hood.

Root Problems and Surface Problems (Consequences)

With problem areas, there are surface problems and there are root problems. If you have a problem, or a challenge in some area, identify the root problems and then you'll be easily able to identify the surface problem—the consequences.

If you're fat and having a tough time losing the weight, identify the real issue.

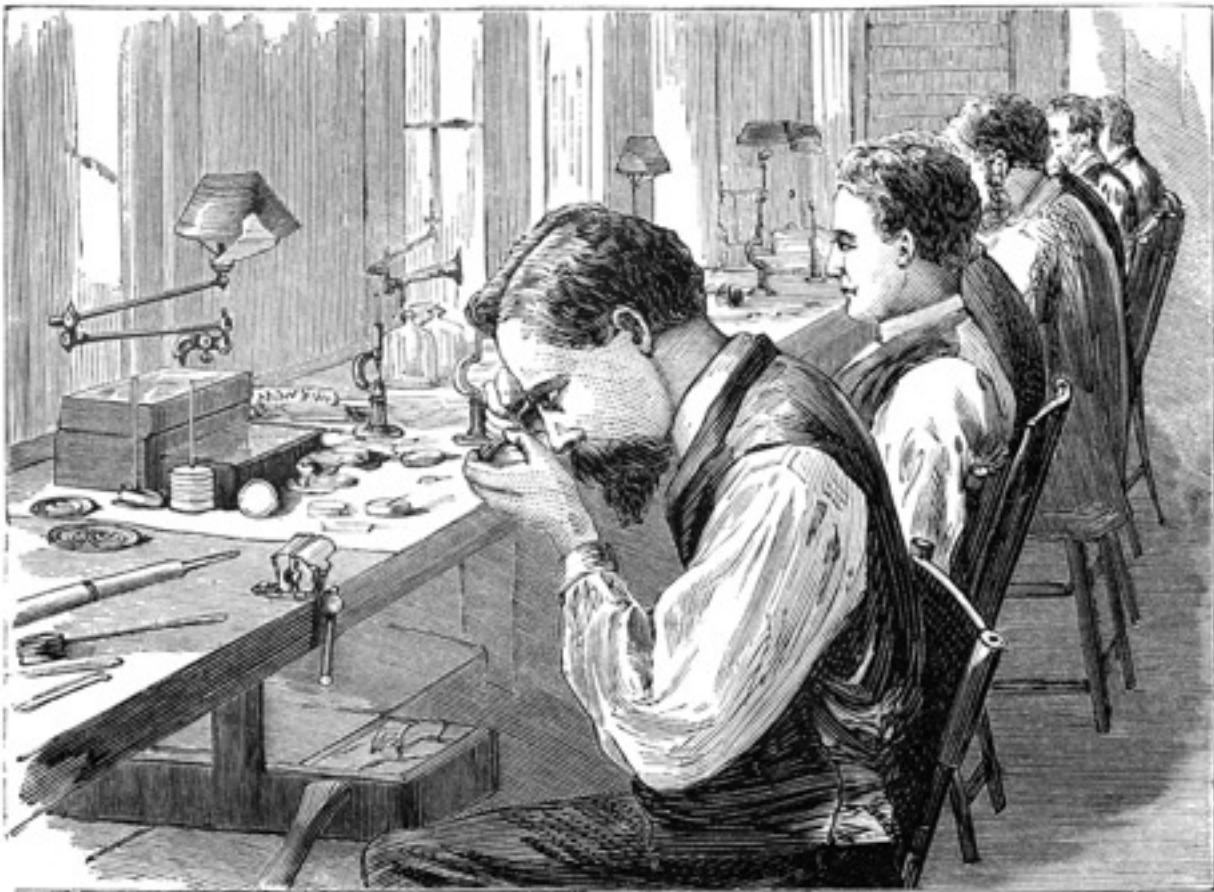
I have a friend who's been struggling to lose weight. When I talked to her about it, she admitted that in high school, when she started developing, she got a lot of attention from guys.

"I've always been shy," she admitted. "I didn't know how to handle it. It's almost like gaining weight was insulation, a way to not get so much attention. I think I just couldn't handle it."

We surmised that her "gaining weight" was her protecting herself from the attention of classmates, because, for her, the attention was stressful. Her picture from high school and also, pictures from her early college years, proved her point: she was stunning. Although she is still attractive, her losing the fat would be her in the stunning category once more.

The takeaway is this: If you have a problem, an issue, a challenge, in your life that seems too difficult to overcome, identify the root cause. Address the real issue of the root problem. Make changes. And then, you'll be easily able to fix the surface problem.

Fix the engine. Then, paint the car.



Stepping into Your Circle of Power



Tired of feeling powerless?

You can get your power back.

You can feel powerful almost any time you want.

Step into your circle of power and get comfortable with what you want to attract.

Circles of Power

Step into your circle of power.

Own the frame.

Become co-dependent with yourself.

Get in the best relationship with yourself. Then, others will be attracted to you.

In the spaces where the circles of power intersect, a congruency is formed.

Becoming congruent?

What does that mean?

I'll explain the act of "becoming congruent" in the next chapter.

Congruency is paramount. In fact, it's a critical component in "streamlining" your life, enabling you to move toward your goals in an efficient manner.

Becoming congruent allows you to amplify and accelerate the laws of attraction, in order to manifest your desires quickly, sometimes immediately.

Become congruent.

How do you become congruent?

Your beliefs and thoughts match your actions.

Thoughts - the language of the mind

Feelings - the language of the body

The thoughts trigger a feeling in the body.

The feeling triggers a thought in the mind.

The connection between these two is the "state of being" that is amplified by the feedback loop of the "thoughts" and "feelings".

As the "state of being" continues to be amplified, by the firing and wiring of the neural circuitry that connects the brain with the body, the energy field expands and this acts like a gravity field, attracting situations into this reality, adding layers on the foundation of the old reality, until the old reality is unseen and the new reality is seen and comes into existence.

Congruency = Thoughts (Mind) aligning with Feelings (Body)

When you are congruent, your inner beliefs match your feelings.

As both the inner belief / thoughts (brain) match with your feelings (body), the State of Being is amplified.

Little to no room is left for doubt.

When you make a decision and take action, you are doing so from a point of strength, both mentally and physically.

Being congruent leaves little room to “care about what other people think”.

Being congruent enables and empowers you to set your intention and manifest your desires by harnessing the powers of the law of attraction.

In order to accelerate and amplify congruency and the ability to manifest, adopt a daily practice of gratitude, and anchor your visualizations with laughter.

“Frame things in a positive way that radiates gratitude. When you are grateful, you are tuned in to the frequency of the universe.”

Kris Kemp

Being Defined by a Vision of the Future



Thanks for your company!

Are you working a job you hate?

Are you in a relationship that's gone south?

Are you poor? Do you want to get rich?

Are you overweight or carrying a pot-belly that you'd like to switch for six pack abs?

If you're not where you want to be, it's time for you to start being defined by a vision of the future.



When you are defined by a vision of the future, you have the ability to create some amazing things ...

Perhaps the best way to test the boundaries of reality is to think outside the boundaries of reality.

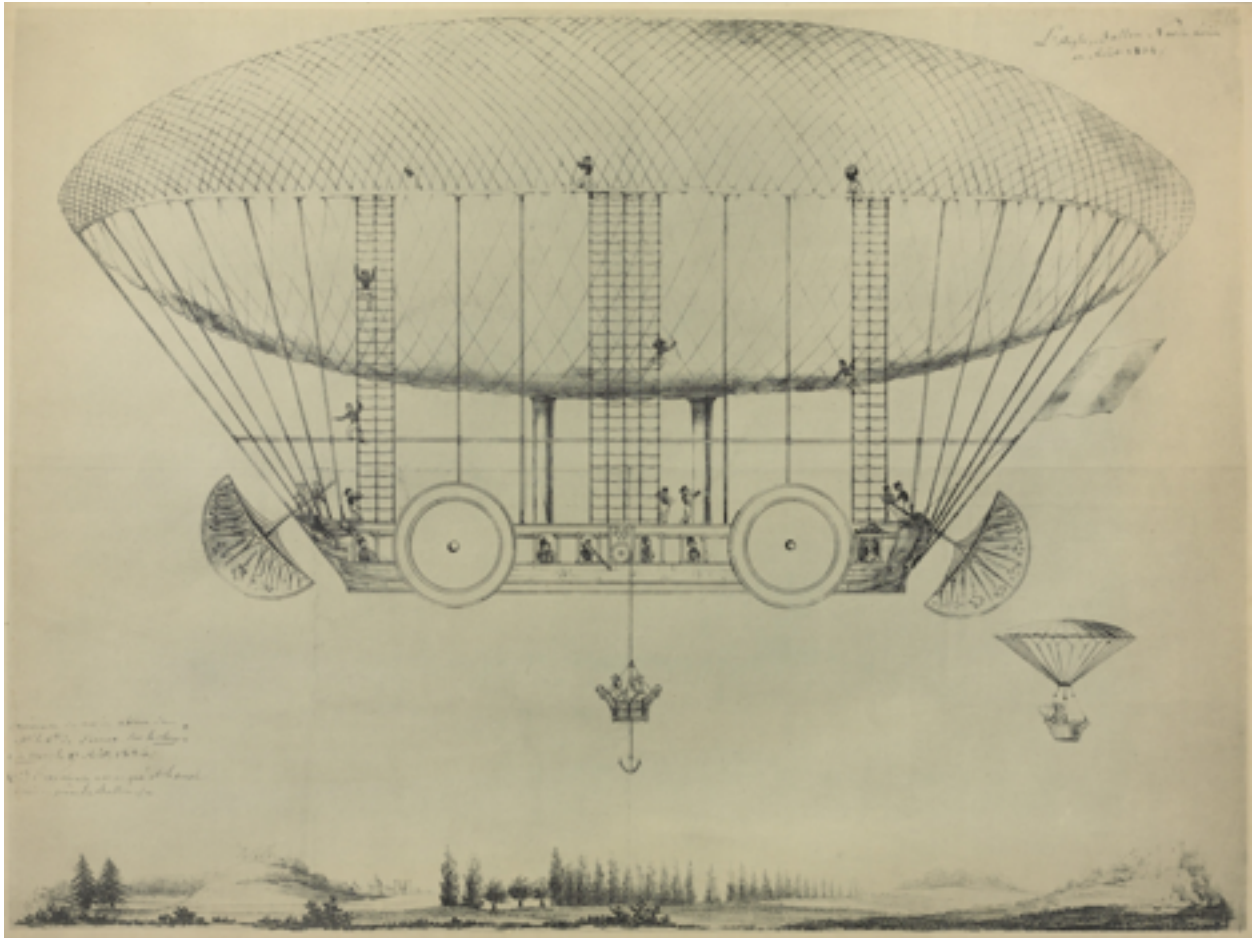
Once you are defined by a vision of the future, and once you become comfortable with already having the feeling of having reached that vision of the future, you can let go of the familiar past that may be holding you back.

Set a visualization of the future.

Become comfortable and familiar with the feelings of already-having-received the vision of the future.

Act as if you already living within the vision of the future.

Give yourself permission to inhabit the “vision of the future”.



Surrender any conditions.

Allow yourself to be carried from the universe (one song) to the multiverse (many songs).

Adopt a practice of gratitude.

Anchor positive feelings with laughter and gratitude.

Being defined by a vision of the future is the first step in becoming a better version of yourself.

Put these suggestions into motion, every day, and you will see results.

Manipulation is a Comfortable Chair



Manipulation is a comfortable chair.

Book of Quotes:

<http://www.bicycledays.com/wp-content/uploads/2017/04/bookofquotes.pdf>

Why is manipulation a comfortable chair?

Manipulation is a comfortable chair because some people, subconsciously, enjoy being manipulated.

Despite their complaints, there is a payoff for the person being manipulated.

Manipulation is a comfortable chair.

People who get in bad situations over and over again get a payoff for doing it. Otherwise, they would stop doing it.

They might be addicted to the identity of being a victim.

They might be addicted to the unpredictability of the person who is manipulating them.

People tend to do things based on feelings, then justify their behaviors with logic.

A lot of people follow their heart instead of follow their mind.

If they're constantly listening to love songs that celebrate the idea of "following your heart", they've programmed themselves and hypnotized themselves into believing it's true.

Does the body rule the mind or does the mind rule the body?

Answer this question for yourself.

Let's break down the process of manipulation.

The process of being manipulated, of being "taken for a ride" allows for the "manipulatee" (the person being manipulated) to surrender their responsibility in the situation.

The drama of being "taken for a ride", of being manipulated, adds excitement to their life. And, when the ride ends, even if they are left

emotionally empty or financially ruined, they—the manipulatee—have someone else to blame. Even if it is someone else's fault, it is the manipulatee's responsibility.

This is one of the reasons why people get into bad relationships.

Chasing the Bad Boy

The scenario of the girl falling for the bad boy has been played out so many times as to now be a trope.

Why the “bad boy”?

He adds excitement and drama to their life.

The girl never knows what's going to happen next.

The fact that the guy is unpredictable becomes addictive to the girl as she tries to guess his next move.

In doing so, she gets addicted to the dopamine hints of uncertainty, of “never knowing what's going to happen next”.

Ironically, or perhaps expectantly, when you talk to these girls (and they are usually girls who fall for the “bad boy” since girls tend to be more emotional than guys), the girl complains about the bad boy.

But her expression as she is talking—her eyes twinkling with fond memories, like a child who's just opened her favorite gift on Christmas morning, a mischievous, almost slight smile escaping her lips—belies the truth, that she is fond of the “bad boy”.

Girls become addicted to the “feeling” of uncertainty, unpredictability, and excitement of the “bad boy”.

Feelings are the language of the body.

The feeling, in turn, triggers a “thought” of the “bad boy”.

Thoughts are the language of the mind.

As the feedback loop—feelings to thoughts, and thoughts to feeling—continues in its cycle, the intersection of the body and mind—the state of being—is amplified.

As “amplification” grows and expands, this develops a field of energy, an hypnotic state and, if left unchecked, or unrecognized, which it often is as it comes from the subconscious level, it can take control of the person, so they are, literally, living in a state of hypnosis.

How can someone “break free” from being manipulated?

Find out in the next chapter ...

How to Break Free from a Manipulative Relationship



People get caught up in manipulative relationships because of the payoff. They are getting something out of it.

Sometimes, we become addicted to the “feeling” of uncertainty, unpredictability, and excitement of the manipulative relationship.

Often, we feel we do not deserve anything better, so we accept bad behavior from a person who, eventually, begins to manipulate us.

There are a number of reasons why we can end up in a manipulative relationship.

Let's discuss how to break free from a manipulative relationship.

Feelings are the language of the body. The feeling, in turn, triggers a “thought” of the “bad boy”.

Thoughts are the language of the mind. As the feedback loop—feelings to thoughts, and thoughts to feeling—continues in it’s cycle, the intersection of the body and mind—the state of being—is amplified. As “amplification” grows and expands, this develops a field of energy, an hypnotic state and, if left unchecked, or unrecognized, which it often is as it comes from the subconscious level, it can take control of the person, so they are, literally, living in a state of hypnosis.

At this point, in order to break out of, break free from a state of hypnosis, something radical must occur.

Here are 4 ways to break free from a state of hypnosis

1. repetition - introducing the pattern of a new habit
2. hypnosis - creating options in the subconscious mind
3. meditation - going within yourself, establishing mindful awareness within a specific frequency
4. prayer - going outside yourself, connecting with a greater power or force outside of yourself

Employ the strategies above in order to break free from the hypnotic state. Then, identify a new mission (purpose) for yourself, and take action, immediately, to begin making that purpose a reality.

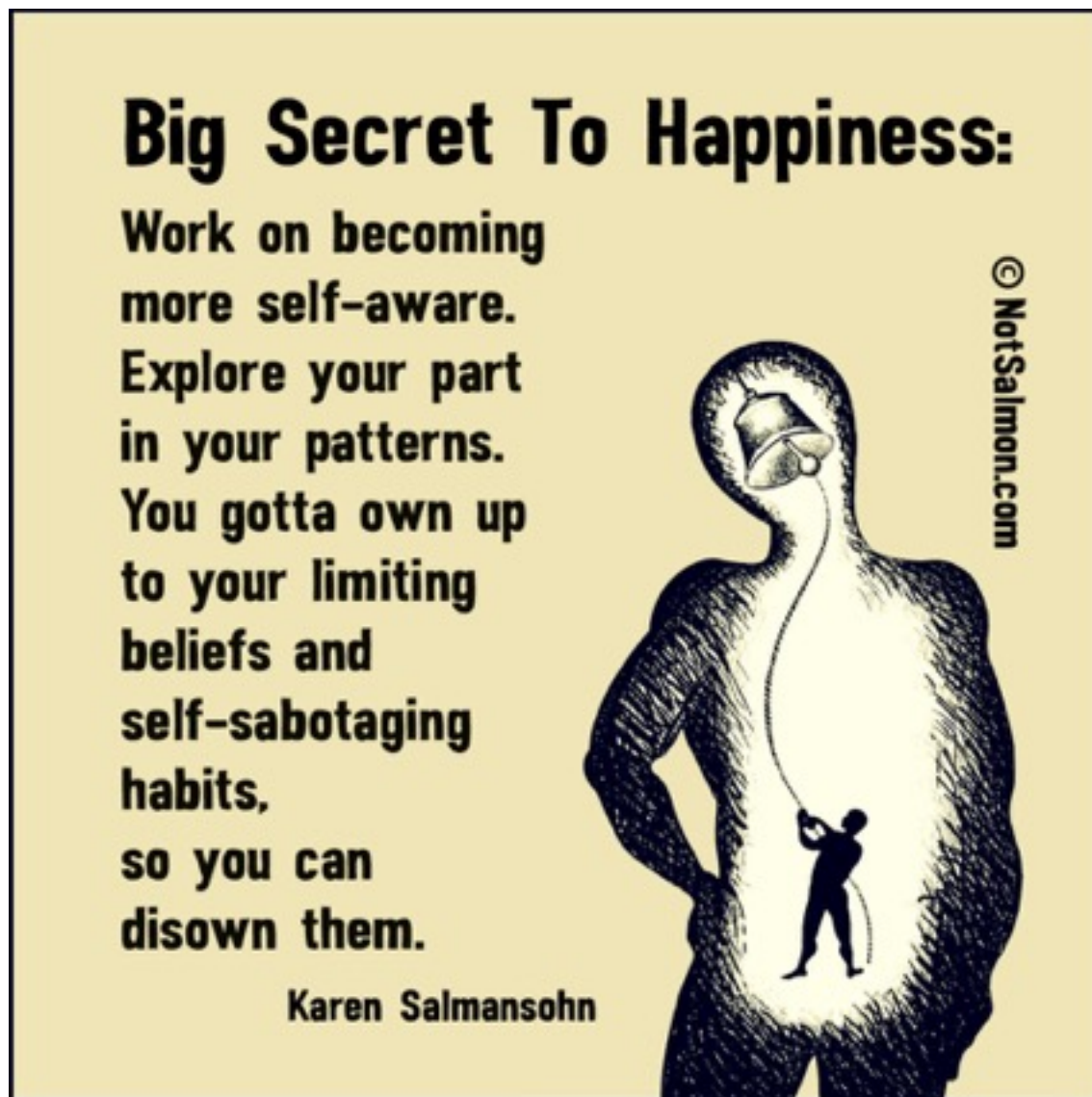


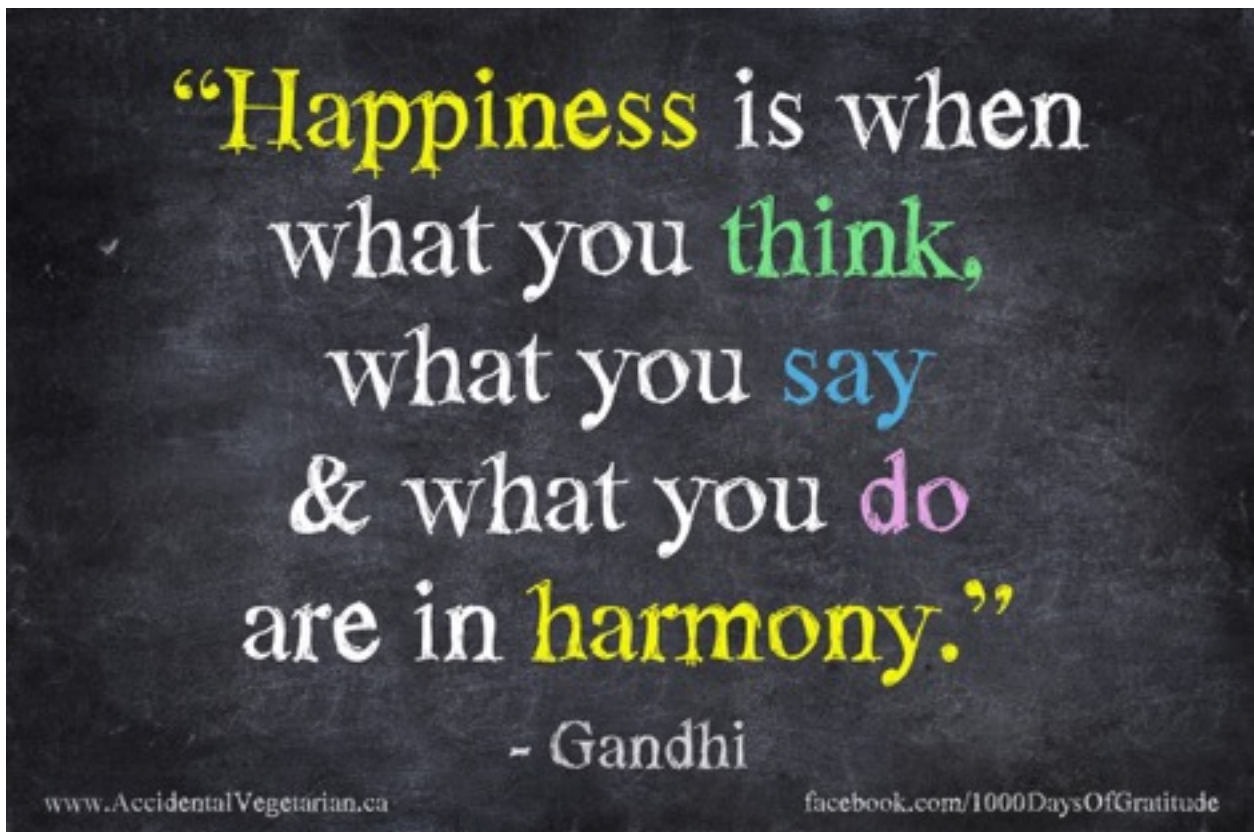
The 3 Secrets of Happiness

The 3 Secrets of Happiness

1. Always have something in life to look forward to.
2. Don't expect the sun to rise and set on anyone else's shoulders.
3. Understand that everyone is chasing a feeling.

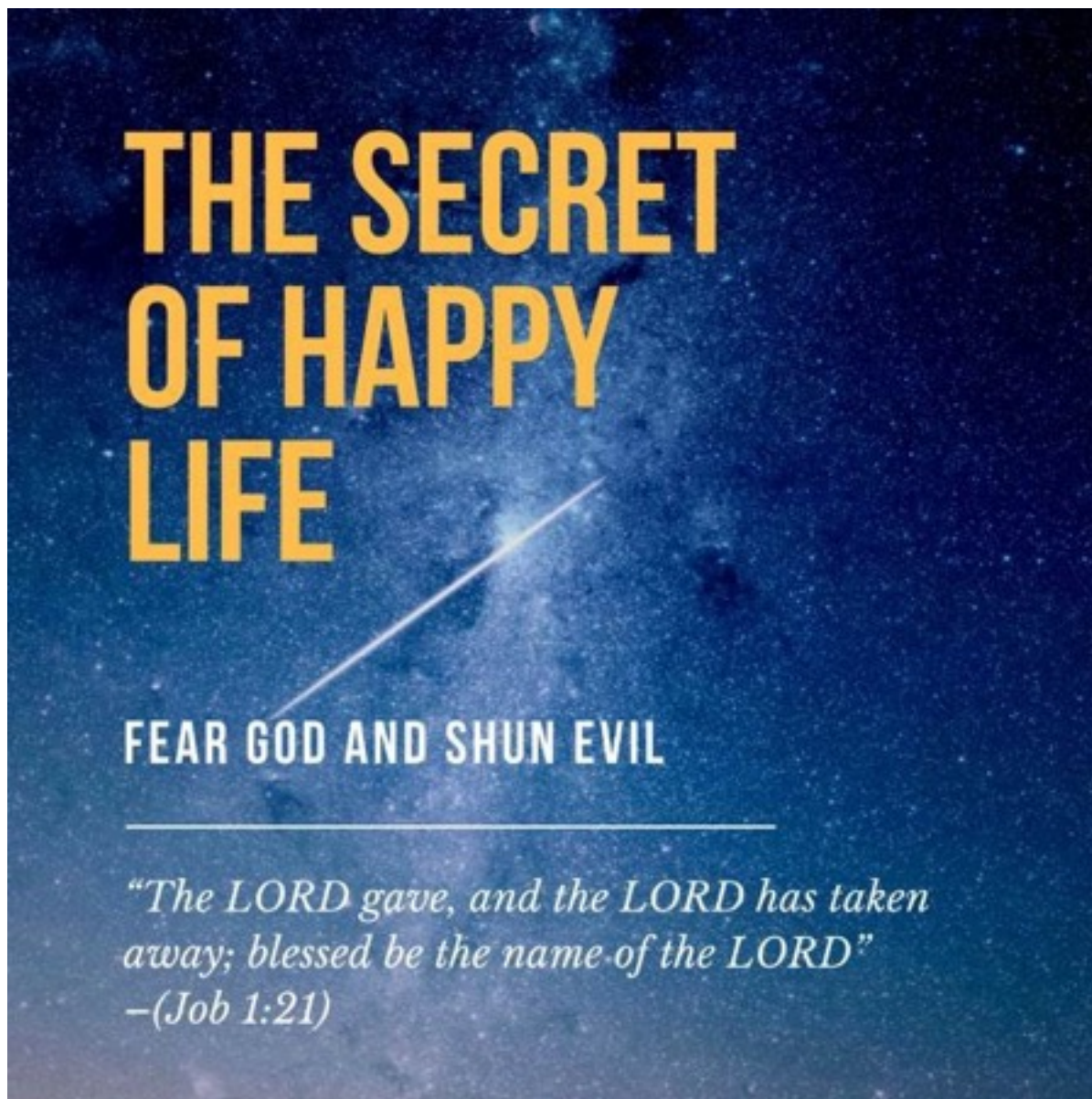
To read the full ebook, visit www.The3SecretsOfHappiness.com











If you are unhappy, you need to read this



You are the accumulation of your choices and experiences.

If you are unhappy, and you are continuing to be unhappy, you are getting a “payoff” for being unhappy.

That “payoff” is some type of result that, to you, is a positive one.

Perhaps being unhappy allows you to have excuses for failure.

Perhaps you confuse being unhappy with being highly intelligent, a person who knows so much as to be “burdened by knowledge” and the current state of affairs in the modern world.

There could be a number of payoffs, or benefits, real or imagined, that you get from being unhappy.

Somewhere along the way, you've decided to be unhappy and gotten a benefit as a result.

Perhaps you feel guilty if you are happy. So, you've decided, on the subconscious level, to be unhappy.

If that's the case, then you need to give yourself permission to feel happy in such a way that you can, eventually, inhabit that new reality.

Do you really want to be happy?

Ask yourself: What would I do if I wasn't unhappy?

You might be left without the excuses that come from being unhappy.

The excuses that you've become comfortable living with and comfortable wearing.

Ask yourself: What would I do if I wasn't unhappy?

I bet the thought makes you feel "uncomfortable".

Why?

Because you've been unhappy for so long that, to you, it has become a comfortable state. A state that you are familiar with.

If you're not happy in your current state, and you want to be happy, I suggest you do this: become uncomfortable.

How?

By doing something you have never done before. By doing something that you rarely do.

This "uncomfortable" action creates a "pattern break", interrupting the pattern of familiarity and certainty, which, in turn, changes your state of being, by amplifying your state of consciousness.

Do some action that leaves you physically exhausted.

Run, as fast as you can, until you cannot run anymore.

Take a cold shower.

Go to a place that you have never been to before and talk to a complete stranger.

Push the boundaries of your comfortable life.

In doing this, you'll "fire and wire" new circuits in your brain

How can you be happy?

Being happy is a choice.

Decide to be happy.

Make a decision to be happy.

Speak forth the decision to be happy.

Say: I am going to be happy right now.

Say: I am happy right now.

Say: I am happy for (this, this, this, this, this, this, this) right now.

Say: I am thankful for (this, this, this, this, this, this, this) right now.

Your choice to be happy and your decision to be happy will lead you to take action that will lead to a new experience.

As this is a "new" experience, it may be uncomfortable, but those "uncomfortable" moments will prepare your mind, spirit, and emotions to endure and embrace the new territory of this new universe as it unfolds before you.



“Until you love someone,
you’ll never know what you’re capable of.”

www.TheRailsNYC.com



BicycleDays.com

KrisKemp.com

Speak your World

Speak your World

God spoke the world into existence.

We are made in the image of God.

Therefore, we speak our world into existence.

Change your words, and you will change your life.

Change the way you speak to yourself, and you will change your world.

You can make excuses, or you can make a difference.

Make a difference, in your life, and in the lives of others.

Stop waiting for other people to rescue you.

Start, immediately, changing your behavior, becoming more self-disciplined, in order to rescue yourself, by becoming the best version of yourself that you can be.

Lead by example, to the point that your character, your behavior, your life, is a testimony.

The Power of Words



Replace negative words with positive words

Change your words you use to speak to yourself, and you will change your life.

“Frame things in a positive way that radiates gratitude. When you are grateful and thankful, you are tuned in to the frequency of the universe.”

Kris Kemp

Changing a “negative” verb or phrase into a “positive” expands the opportunities for serendipity (good chance) to take effect.



This happens on the subatomic level. Although we cannot see this occur with the naked eye, we can witness the results.

“Lack of evidence isn’t evidence of lack.”

Dr. Joe Dispenza

Replace negative words and statements with positive words and statements.

Replace “try” with “will”.

Instead will saying “I will try to make a million dollars this year”, say “I will make a million dollars this year.”

Replace “I have to” with “I get to”.

I have to is an obligation. I get to is an opportunity.

Instead of saying “I have to go to work today”, say “I get to go to work today.”

Replace “want” with “intend”.

Instead of saying “I want to make a million dollars this year,” say “I intend to make a million dollars this year.”

If the change in words sounds too subtle to make a noticeable difference, keep in mind that it’s the smallest things that oftentimes make the biggest difference.

In comparison with the ship, the rudder is small, yet it controls the direction of the ship.

What controls the direction of a horse?

The bit, a small item within the horse’s mouth.

Words have the ability to change your future.

Select your words with great care and respect.

Replace “mistake” with “lesson”.

Instead of saying “I made a mistake”, say “I learned a lesson”.

Replace “problem” with “challenge”.

A challenge is something you overcome or rise above.

Replace negative words with positive words.

Get ready for something great to happen.



If you're not reaching your dreams, do this



Here are 3 simple, and effective ways to reach your dreams.

1. Raise your standards.

If people, places, situations, do not meet your standards, drop them. Immediately. Do so without any ill-intent, anger, or malice. Wish them well.

2. Curate your influences

Carefully select your influences. Prune the tree.

If the people, places, situations around you do not add value to your life or do not help you fulfill your mission, your dream, to do (action) to get this (result) by this (date), then drop them from your life. Abandon them.

Only allow influences into your life that help you to fulfill your mission, to accomplish your dream.

3. Identify your values and create a mission statement.

Identify your values.

Determine if your values are congruent.

Congruent - when your inner thoughts/beliefs match your outer actions

Do your mental, emotional, and spiritual values align with your actions?

Do your thoughts match your actions?

If so, you are congruent.

When you identify your values, create your mission, set an intention, and take action to move toward the accomplishment of a worthy goal, you begin to value your time and energy. As a result of this progression, you are likely to “raise your standards” and “curate your influences” in order to become lightweight and fluid.

If you feel lost and confused, identify your values and determine a mission.

Then, set a goal, an intention, to get a result by a certain date. Between now and that date, schedule a set of actions to do to reach that goal.

quotes

ManiPulation is
A ComforTabLE Chair.

Everyone is
Chasing a Feeling.

Action eliminates fear.

Every decision you make leads to another life.
DumpsterDiverMusical.com

Conformity bears its claws,
But you don't bow to the world's applause,
The rat race, never captured you,
I'm tired of running, I'm looking for a clue,
Can you tell me what to do?
DumpsterDiverMusical.com

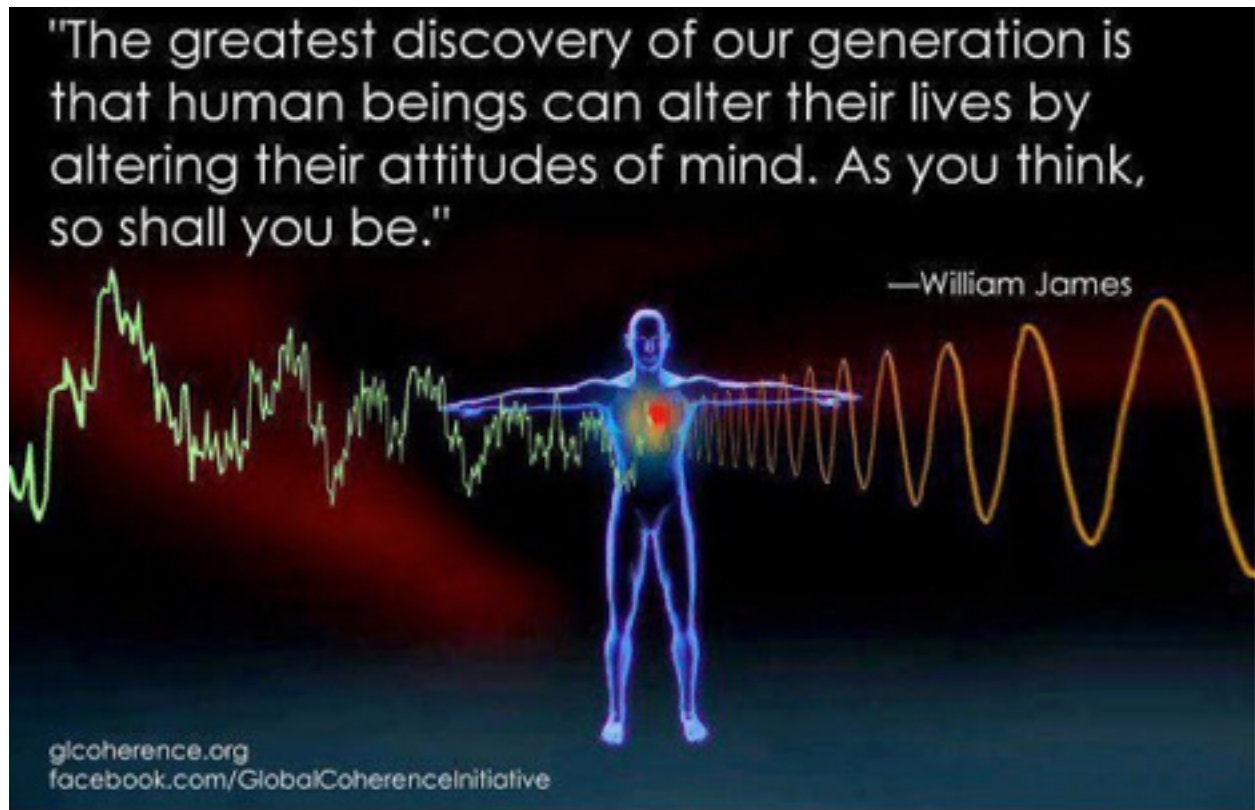
Until you love someone,
you'll never know what you're capable of.
TheRailsNYC.com







Harness Frequencies for a Specific Effect



Frequency is a tool.

Either we are using frequency, toward a specific outcome, or frequency is using us/directing us.

Once we understand frequency and learn to resonate with a frequency that aligns with a specific outcome, we can amplify that frequency to bring about that specific outcome.

The feedback amplifies the state of being.

According to the studies of Dr. Joe Dispenza, thoughts are the language of the brain and feelings are the language of the body.

My theory about the intersection of the brain and the body is this ...

At the intersection of the brain (thinking) and the body (feeling) is “the state of being”.

As the thoughts (brain) trigger a feeling (body), and as the feeling (body) triggers a thought (brain), a feedback loop is created. This feedback loop, consisting of subatomic particles that are bio-electrically charged, amplifies the “state of being”.

If left uninterrupted, the continuation of the feedback loop, as it makes its course, strengthens the “state of being” to the point that the “state of being” becomes a comfortable familiarity. A residual effect is that the body becomes stronger than the mind.

The introduction of repetition, hypnosis, mediation, and prayer are 4 catalysts that can change the “state of being”.

You can use the techniques of repetition, hypnosis, meditation, and prayer, to change.

Real change begins in the area of thoughts.

Replace negative thoughts with positive thoughts.

As you change your thoughts and words, you will, inevitably, change your actions.

Your actions reflect the accumulation of your thoughts.

As your thoughts become positive, your actions will become positive and beneficial as well.

Change your thoughts to positive thoughts.

This will change your actions to positive, beneficial actions.

This will amplify your state of being.



Create a vision of the future



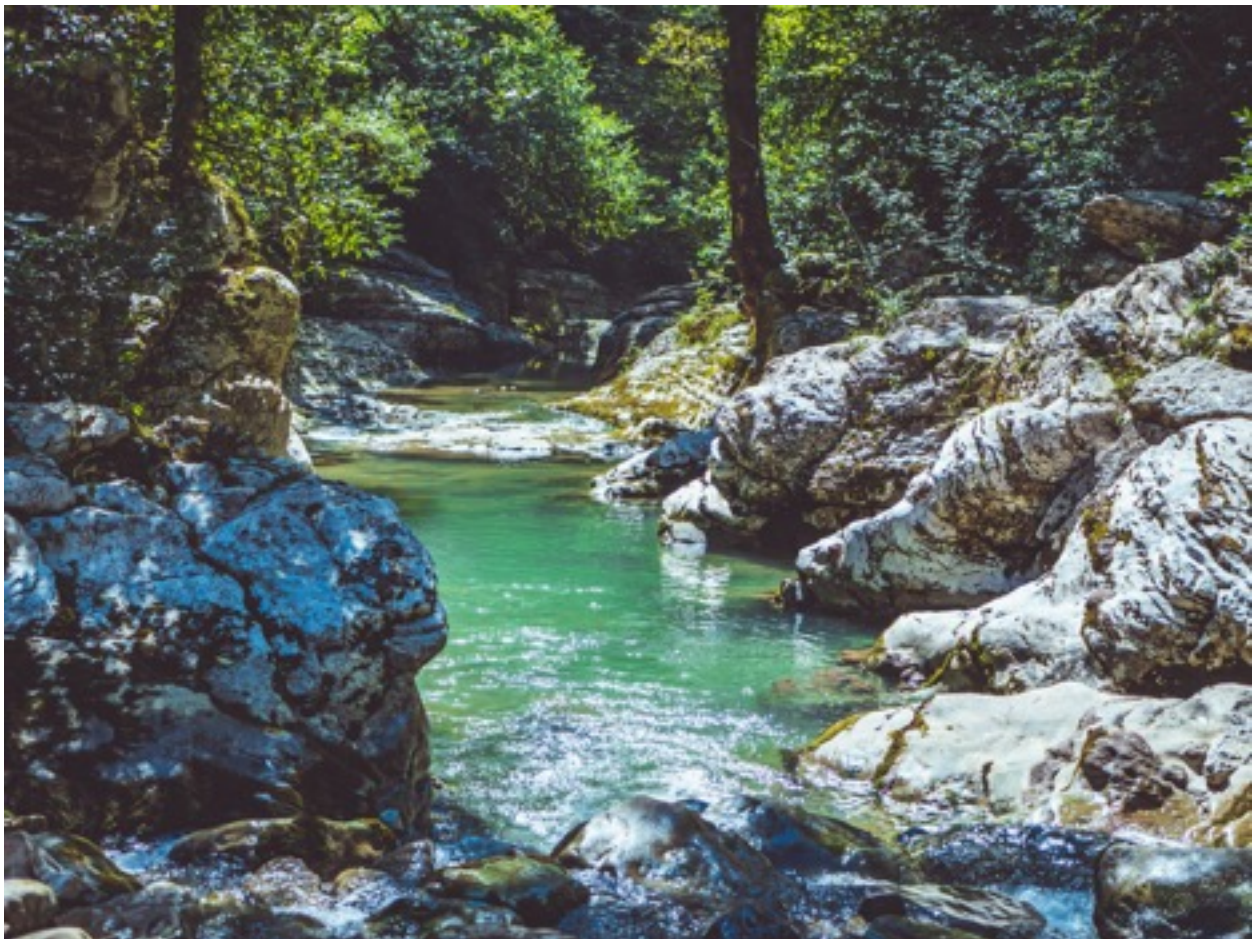
by Dr. Joe Dispenza
neuroscientist, author (You Are the Placebo), speaker
<http://www.youaretheplacebo.com/>

“If you’re able to harness a greater ability of mindfulness, you should be able to exert greater effects on your world.”

“If you can begin to observe a vision that represents a future, and you can hold steadfast to that vision, and you can see that vision clearly in your mind, in every day, you understand where you place your attention is where you place your energy, then you would be investing your energy into the future.”

Find your passion
Fulfill your purpose

Step into the
Streams of desire



Dive into the
River of consciousness



Swim in the
Sea of potential



Explore the
Ocean of possibilities



Discover the Real Secret to Manifesting Whatever You Want



Is it possible to create the life of your dreams?

There are a variety of ways manifest whatever you want.

However, in order to “attract” whatever it is you want in life, you must first become “comfortable” with already having it.

I call this technique “Comfort Magnets”.

This principle has been discussed in The Secret and The Law of Attraction, and I believe that it is the shortcut, that amplifies and accelerates the ability to manifest whatever-it-is you want in life.

Here is an overview ...

Comfort Magnets
discover the real secret to manifesting anything you want

1. Identify, specifically, what it is, and who it is—the situation, people, places, things, you would like in your life.
2. Become comfortable with the feeling of already having these things in your life.

If you already have what you want, how would you feel?

How would you dress?

How would you behave?

How would you talk?

How /what would you eat?

How would you act?

Act as if you already have what-it-is you want in life, and act accordingly.

Feel the feelings of already having what-it-is you want in life, and feel accordingly.

If you already had the life of your dreams, how would you feel?

If you already had the life of your dreams, how would you act?

Act as if you already have the life of your dreams.

Act as though it will be impossible to fail.

Dorothy Brand

Continue to act as if you already have the life of your dreams.

Continue “acting as if” and, eventually, you will become so comfortable with this new reality that your current familiar state of being will fall away, like the shedding of snake skin.

3. Surrender and let go of your current circumstances and everything attached to those current circumstances.
4. Do not place any conditions or restrictions on your future ideal life. Don’t say “but it will never happen” or “but I don’t have enough money”, etc.
5. Continue to inhabit the thoughts and feelings of your ideal life, your new reality.
6. At some point, your thoughts (brain) and feelings (body) will supercharge and amplify your state of being to such a degree that the frequency of your intention will expand beyond its current wavelength, and increase in vibration to match a signal within the multiverse. As these signals connect (the signal is the key, the amplification is the hand that turns the key), the matching vibration of your ideal future will present itself in such a way that all you will have to do is step into it.

The idea of comfort magnets is the theory that in order to attract something or someone, one must first become comfortable with having the feeling of already having that something or someone.

note: Employing the above strategies will amplify your state of being, allowing your current universe (one song) to merge with the multiverse (many songs). The priming of your thoughts (mind) and body (feeling) will prepare the state of being for the introduction and installation of a new operating system in order to navigate the multiverse.

Thoughts are **magnetic**,
and thoughts have a *frequency*.
As you think thoughts,
they are sent out into the Universe,
and they
magnetically attract
all like things
that are on the same frequency.
Everything sent out **returns to the source**

YOU

~ Rhonda Byrne

melwells.net

Celebrate Yourself

Celebrate yourself.

Get in the best relationship with yourself.

In order for you to get into a healthy relationship with someone else, you must first get into a healthy relationship with yourself.

Give yourself permission to succeed.

Give yourself permission to feel love.

Give yourself permission to become the best version of yourself.

An easy way to do this is to become familiar and comfortable with “ends values” in order to accelerate and amplify “means values”.

Means Values and Ends Values

“means values” is what you want

“ends values” is how getting-what-you-want will make you feel

Once you become comfortable with how you feel already having what you want, then anchor that feeling with laughter.

“When you laugh, you are remembering everything good and forgetting everything bad. At the same time, laughter creates an empty space in which a new intention can be laid and which the outcome of this intention can be manifested.”

Kris Kemp

“Laughter is the highest kinesthetic state.
Terry Gamble (NLP-certified counsellor)



The Real Secret to Getting Whatever it is you Want in Life

“The movie The Matrix is not science fiction. It’s a documentary.”

Dr. Bruce Lipton

author - The Biology of Belief

The following is an excerpt from my ebook, Comfort Magnets. Visit www.ComfortMagnets.com to get the full version.



Tired of being poor and alone?

Discover the simple, powerful techniques you can put into motion, immediately, to attract wealth and love.

I’m going to share simple techniques with you that will enable and empower you to attract whatever and whoever you want in life.

Comfort Magnets - The Six Steps

1. Identify, specifically, what is is, who it is, and the people, places, things, situations, you would like to attract in your life.
2. Become comfortable with the feeling of already having these things in your life. How would you feel? Dress? Behave? Talk? Eat? Act.

Act as if, and the world will treat you accordingly.

“Act as though it will be impossible to fail.”

Dorothy Brand

Act as if you already have the life of your dreams. Do this until you become so comfortable with this new reality that your current familiar state of being feels uncomfortable and unfamiliar to you.

3. Surrender of your current circumstances and everything attached to those circumstances.

4. Let go of any conditions you are attaching to your whatever-it-is-you-want-in-life.

 “Surrender. Trust the process. If you want to truly manifest, let go of any conditions.”

Kris Kemp

When you visualize your dream life, let go of any conditions that you are attaching to it.

Here’s a few examples. The conditions are marked by the bold text.

I’d love to be rich but all rich people are jerks.

I’d love to be in a relationship but I don’t want to date a fat guy.

I wanna start my own business but I don’t want to deal with people.

I need to lose weight but I don’t wanna be looked at by all those self-absorbed people at the gym.

5. Continue to inhabit the thoughts and feelings of your ideal life, you new reality.

6. As you continue to inhabit the thoughts and feelings of your ideal life, and you become comfortable with, and give yourself permission to accept, your ideal life as your current reality, you will be ready to fully inhabit your ideal life.

Spend time contemplating
who you want to be.

The mere process of contemplating
who you want to be, begins to
change your brain!

- Joe Dispenza -

outofstress.com

This happens when the feedback loop between your thoughts (brain) and feelings (body) amplify your state of being to such a degree that the frequency of your intention expands beyond your universe (one song) and in to the multiverse (many songs).

At this moment, the door to the multiverse (many songs) is opened. The signal is the key; the amplification is the hand that turns the key. The matching vibration of your ideal future will present itself in such a spectacular way that all you have to do is accept it.

Summary

The idea of Comfort Magnets is the theory that in order to attract something or someone, one must first become comfortable with having the feeling of already having that something or someone.

Visit www.ComfortMagnets.com to get your copy

Nothing and Everything

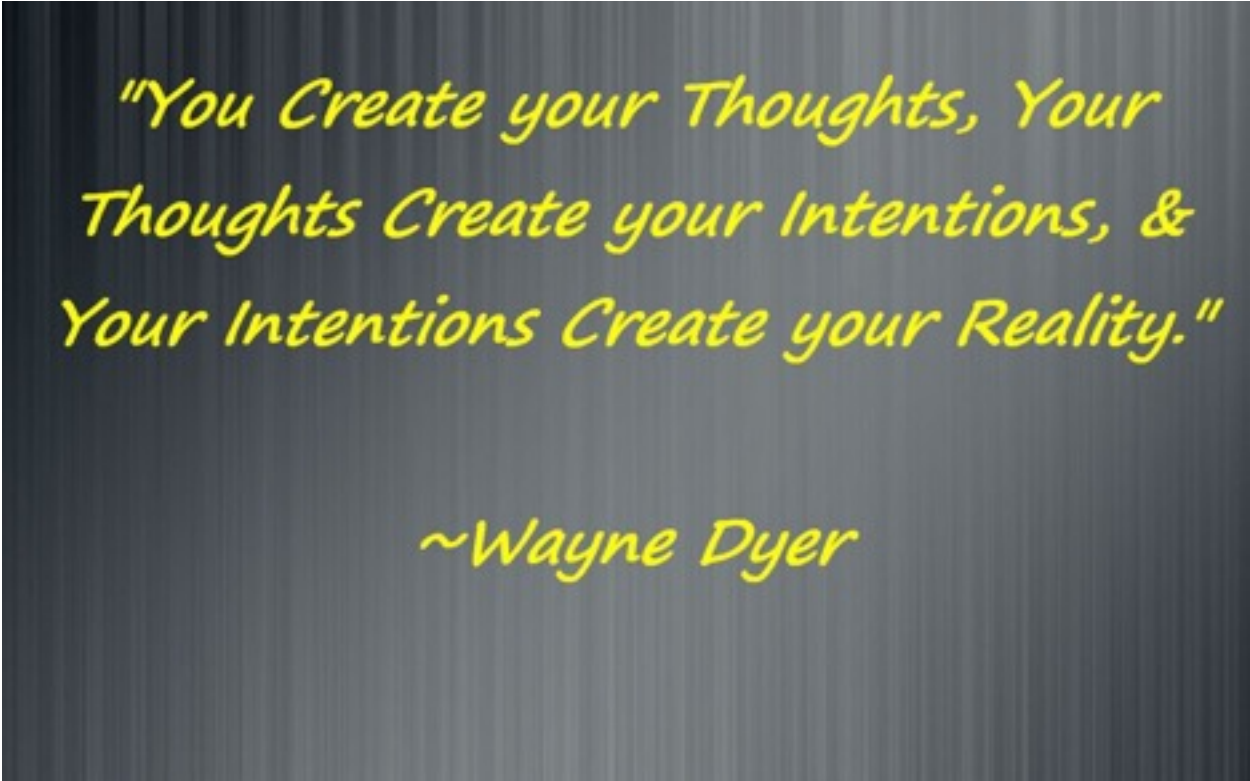
“When you are nothing and everything at the same time, you immerse yourself into the pool of infinity, the ocean of acceptance.

Kris Kemp

Streams of Desire

“Streams of desire. Rivers of consciousness. Sea of potential. Ocean of possibilities.”

Kris Kemp



*"You Create your Thoughts, Your
Thoughts Create your Intentions, &
Your Intentions Create your Reality."*

~Wayne Dyer

The Signature of Synchronicity

Manifest the life you want by recognizing and harnessing the power of deliberate creation.

The ability to manifest is a muscle. The more you develop it, the stronger it becomes.

You can manifest anything you want when your intention is in synchronicity, and in alignment, with your thoughts (mind) and feelings (body), and as you condition (exercise/strength training) your thoughts (mind) and feelings (body), elevating your state of being beyond your current reality.



Living in a state of gratefulness, and being grateful, helps accelerate the process of manifestation.

When you are grateful, you are tuned in to the frequency signal of the universe.

As you experience and expand your thoughts of gratefulness, through spoken words, prayer, and meditation, you amplify that signal. Once the power of amplification reaches the subconscious level, you begin to move from the universe (one song) in the multiverse (many songs).

The Manifestation Formula



Manifestation = Goal + Intention + Visualization

The breakdown of the manifestation formula

Goal - a desired result
+ Intention - determination to act in a certain way
+ Visualization - formation of mental visual images
= Manifestation - perceptible outward or visible expression

Manifestation (a perceptible outward or visible expression) = Goal (an idea of the future, a desired result that a person envisions) + Intention (a determination to act in a certain way) + Visualization (formation of mental visual images)

Create the Life of your Dreams

Manifestation is the bringing forth of a visible reality.

This starts in the mind.

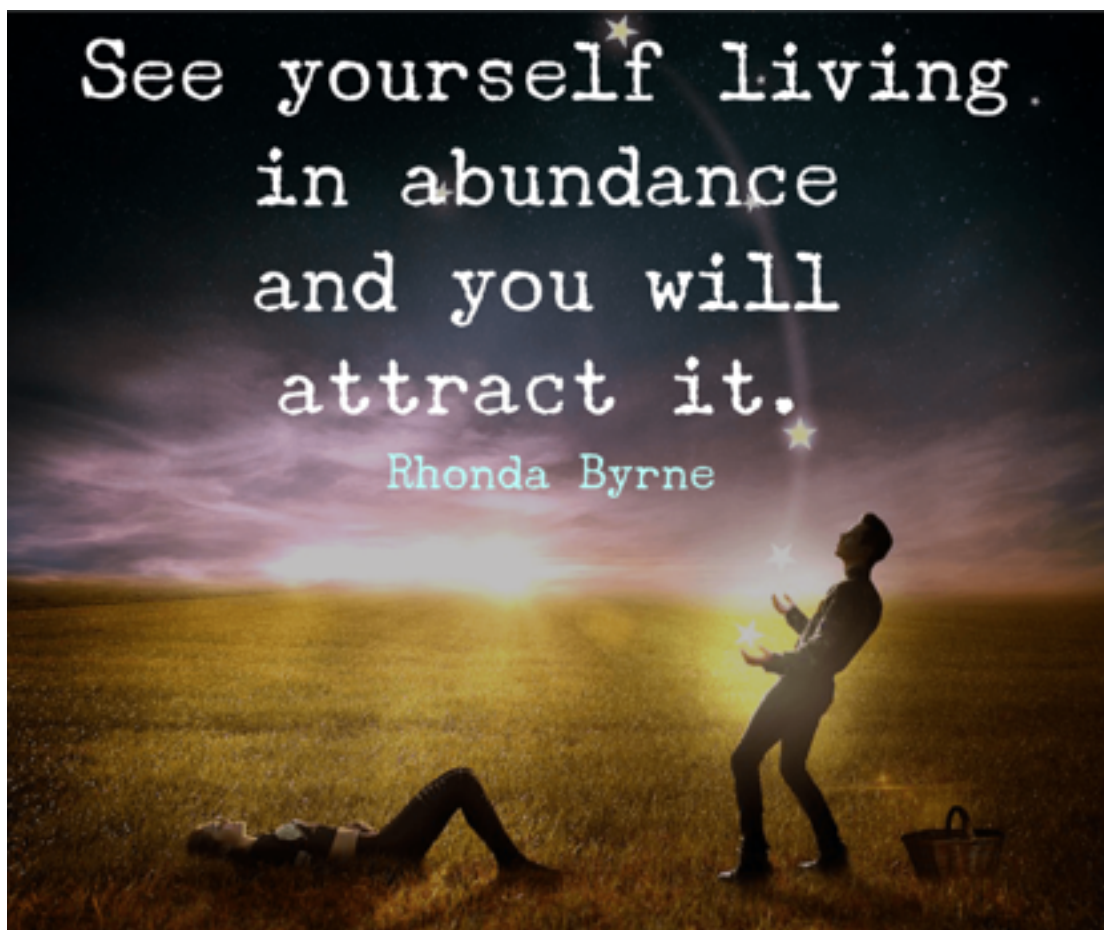
Imagine how you want your life to be.

What would it look like? What would it feel like?

Inhabit that reality and become comfortable with it.

Give yourself permission to succeed and to become comfortable with the reality you want to inhabit.

Trust the process that is necessary to make that happen.



How to Manifest your Dream Life, Step by Step



1. Create a goal

Identify where you want to be. Determine what you will have and by what date this will manifest in to your life.

2. Add intention

Intention is a mental state that represents a commitment to carrying out an action.

3. Make a Commitment

Commit yourself to carrying out an action.

4. Set a schedule

Set reminders of daily activities necessary to reach mini-goals that move you toward accomplishing the major goal.



5. Visualize

Visualize the outcome, the result, of your goals and your intention.

6. Inhabit

Inhabit the reality of that visualization and become comfortable with it.

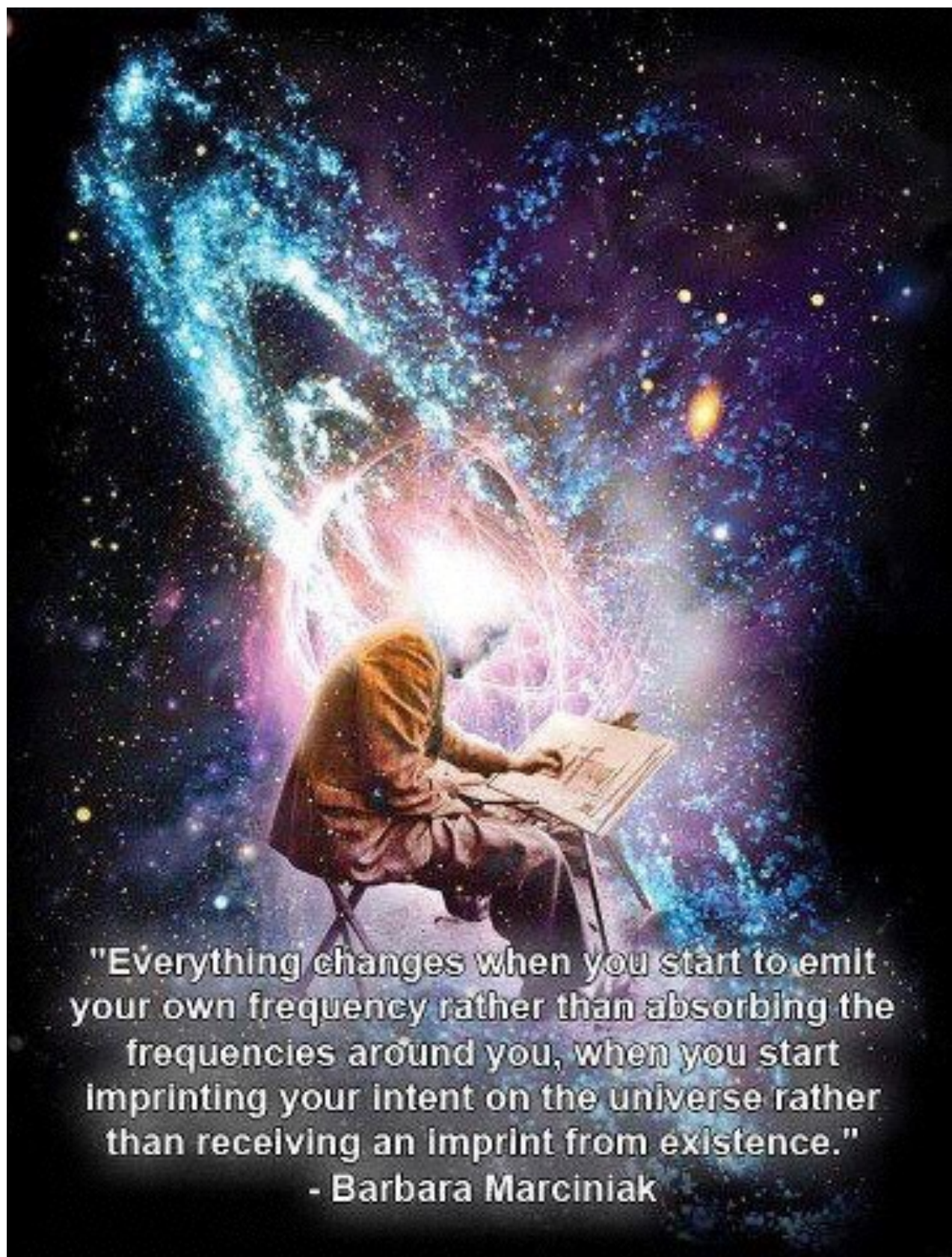
7. Anchor

One way to accelerate the manifestation process is by anchoring it, by employing the following strategies.

Accelerate the Ability to Manifest Using these 3 Techniques

1. Be radically grateful of everything and everyone in your life. If the things and people in your life do not serve you, ask yourself: What can I learn from this person or this situation? Sometimes, people and situations can teach us “what not to do”. As soon as you wake up, thank God with your thoughts and spoken words. Thank God for your life as it is and your life as it will become.
2. Forgive anyone who has hurt you. If necessary, call them, text them, write them an email or a letter and forgive that person. Doing so allows you to let go of any burden of hurt or anger.
3. Anchor the visualization with humor. Watching something funny and as you are laughing, think of the visualization that you intend to manifest. According to NLP-certified counselor, Terri Gamble, “Laughter is the highest kinesthetic state.”





"Everything changes when you start to emit your own frequency rather than absorbing the frequencies around you, when you start imprinting your intent on the universe rather than receiving an imprint from existence."
- Barbara Marciniak

How to Have a Radical Life

Radical Forgiveness + Radical Gratitude = Radical Possibilities

Radical Forgiveness + Radical Gratitude = Radical Clarity

Radical Clarity is an Amplified State of Awareness that allows you to identify and remove “energy blocks.”

This “pruning” results in a heightened energy state of perpetual expansion.

This perpetual expansion creates “circles of power” radiating outward from your state of being, connecting with other circles of power, waves growing in size and velocity moving toward the shores of intention.

Radical Clarity + Radical Possibilities = Radical Life





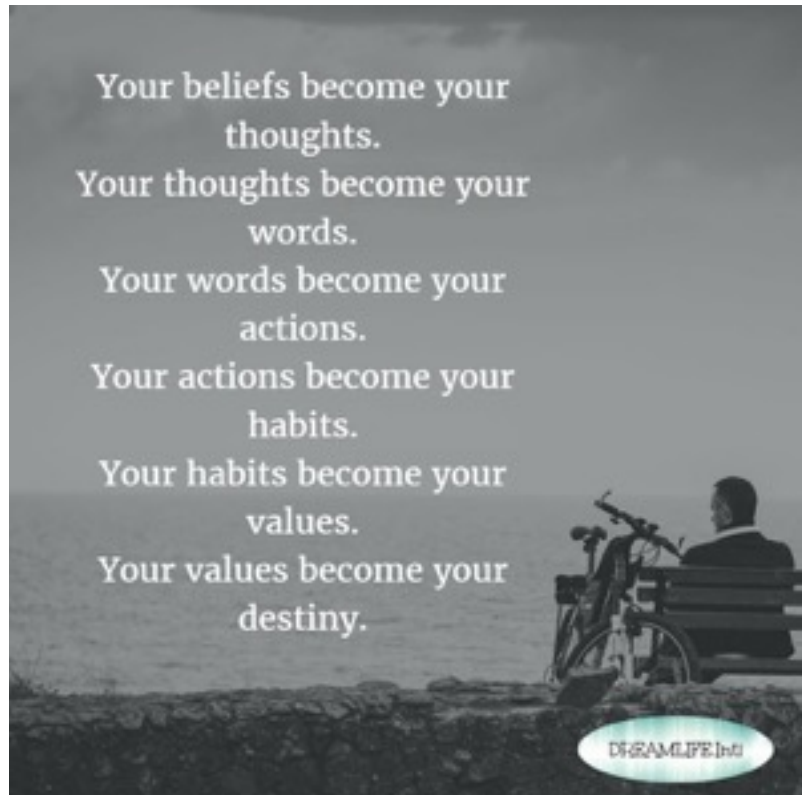
The Importance of Valuing Your Thoughts

Every time you think a thought, you are laying down a circuit in your brain.

As your thoughts accumulate and collect, they form a pattern.

As the minutes, and the hours, pass, the pattern becomes a record.

As the records are created and accumulated, they are stored in the Random Access Memories (RAM) of the brain.



From the records that are layered and stacked, an Operating System (OS) is formed, one that allows us to retrieve an experience in order to make a decision.

If you change your thoughts, you will, quite literally, change your life.

Thoughts lead to decisions.
 Decisions lead to choices
 Choices lead to actions.
 Actions lead to results.
 Results lead to thoughts.

Every decision you make leads to another life.

Thoughts trigger a feeling.

Feelings trigger a thought.

This creates a feedback loop that, when amplified, creates a state of being.

The state of being expands as the feedback loop continues in its cycle.

4. You Are What You Vibrate

- As previously stated, energy attracts a similar energy.
- And all energy including yours is transmitted out into the Universe and begins to attract similar energies - via vibrational frequencies.
- Express more of who you are and what you're about.
- Follow your heart. Explore all your passions. Say yes to your thoughts more often.

The Power of Mentally Rehearsing

“When you mentally rehearse something, your body doesn’t know the difference. In doing such a visualization, you are priming the brain. The act of mentally rehearsing something when you are truly present, your

brain does not know the difference between what's going on out there and what's going on in here. In fact, your brain will begin to look like you're doing it. So now, your brain is no longer a record of the past, now it's a map to the future."

Dr. Joe Dispenza

neuroscientist, author (You Are The Placebo), speaker

Define a Vision of the Future

"If you are not being defined by a vision of the future, then you are left with the old memories of the past and you will be predictable in your life."

Dr. Joe Dispenza

neuroscientist, author (You Are The Placebo), speaker

Test the bounds of the possible by going beyond them.



Photo: Alok Saini

How to Manifest Effortlessly



Inhabit the Reality and the Feeling of Already Having what you want

Inhabit the reality and the corresponding feeling of already having what you want.

Immerse yourself in this reality and feeling until it becomes indistinguishable from your current reality.

Now, you are on the same frequency of this reality.

Now, you are on the same vibrational match of this reality.

Now, you are inhabiting the same field of energy of this reality.

Everything you have ever wanted has been here all along. However, up until this point, you have been unable to recognize this because you were not in a vibrational match.

Matching the vibration, at the subatomic level, gives you the power to accept the ability to harness a new reality.

“Accept the ability to harness a new reality. It’s been there all along. Step into it with ease and delight.”

Kris Kemp



How to Manifest Really Fast

1. Step into your Circle of Power
2. Speak forth your narrative (story).
3. Declare your intention.
4. Attach an elevated emotion.
5. Become comfortable with already having-the-feeling of the result you want.
6. Continue to inhabit the feeling of already-having-what—it-is-you-want.
7. Adopt an attitude of gratitude. When you are grateful, you are tuned in to the frequency of the universe.
8. Give yourself permission to receive the good things, good situations, good people to appear in your life. Giving yourself permission (to manifest your dream life) leaves space for serendipity.

Once you leave room in your life for good things to happen, once you give yourself permission for good things to happen, and once you trust the process that good things will happen, good things will happen.

Read and re-read these 8 steps until you know them well enough to adopt them as daily practice. Once you change your thoughts, and you change your actions, it is inevitable that your life will change as a result.

State your Life into Existence using the Circles of Power Method



The Circles of Power Method™ and Circle of Power Method™ is a technique that I recently developed that can be used to accelerate change, growth, and progress toward the realization of a specific goal
Kris Kemp

State the following commands out loud.

Write the following commands into a notebook.

Fill in the blanks with the suggested words or with your own goal or outcome or desire. Be specific with your goals. Vague goals are rarely reached. Specific, measurable goals are often reached. Match the goal with a specific date and time.

Circles of Power™ Statements

I am _____ (powerful, invincible, a genius, handsome, beautiful, etc; an actor, writer, musical, doctor, etc; skilled, accomplished, charming, attractive, a money magnet, a chick magnet, a guy magnet, etc)

I will _____ (earn a million dollars this year, finish my novel, compose a song, make a movie, find love that lasts, etc)

I intend _____ (to write a novel that inspires millions and earns a million dollars in net profit, etc)

In order to amplify the state of being and accelerate the intention towards manifestation ...

4 Step Process to Use with the Circles of Power™ Method

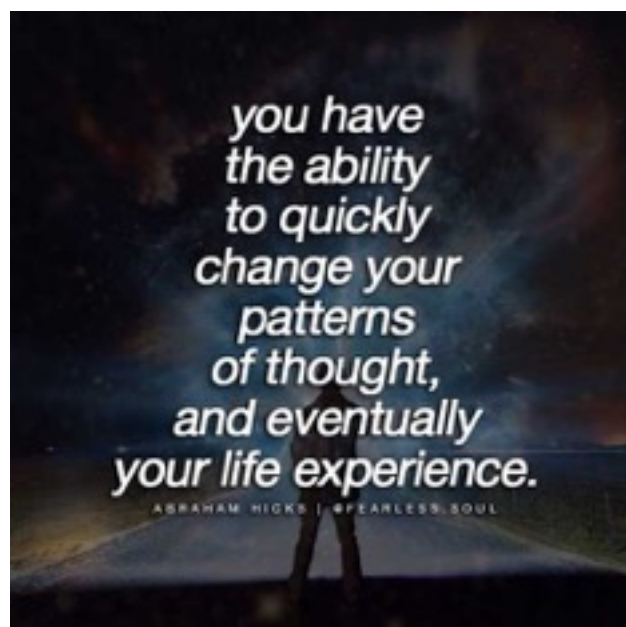
1. Anchor the feeling of having-what-you-want with laughter
2. Activate an attitude of gratitude (Gratitude is the ultimate state of receiving. - Dr. Joe Dispenza)
3. Employ clarity by fasting (withholding food) 1 - 2 days a week
4. Before you go to sleep, visualize your ideal life

State your life into existence

I am _____
(what it is you want to be)

I will _____
(what it is you want to do)

I intend _____
(what you do & outcome)



Intention



Intention (visualization of a goal)
 + Elevated Emotion (amplified feeling)
 = Change of State (mode of being, intersection of brain and body)

Amplify the state of being by introducing a pattern break in the feedback loop between the brain (thoughts) and body (feelings).

The pattern break allows space to replace the “old feedback loop” with the “new feedback loop”.

Anchor the new feedback loop with Laughter (highest kinesthetic state) and Gratitude (the frequency of the universe).

This will strengthen and accelerate the new feedback loop.

As the feedback loop continues its cycle, a new state of being is formed.

The new state of being is equipped to recognize and receive the infinite ocean of possibilities that expand beyond the dimensional levels, allowing you to move from the universe (one song) to the multiverse (many songs).





The story you tell yourself



What is your story, that you tell yourself?

About yourself?

What character are you playing in this story?

Let's look at this from a broader perspective.

People live their lives within the context of a story.

Typically, people inhabit the narrative (story) they tell themselves.

Then, they look for evidence and clues, even to the point of manufacturing both of these, in order to support that narrative.

If a person tells himself that they are a victim, they will find evidence and situations to support that narrative (story).

The person will do this even if it's not beneficial to them.

Why?

Because the narrative (story) they tell themselves gives them an identity.

And, over time, that identity becomes familiar and comfortable.

If you want to change your life, change your story (narrative).

This can be done instantly by deciding—making a choice, then taking action based on that choice.

Sometimes, the narrative (story) is so embedded into the framework of who we are, that it's moved from our conscious level to the subconscious level.

At this point, changing the narrative, the story, requires a reboot by employing strategies of meditation (inward), prayer (outward), and hypnosis (inward and outward, reaching the subconscious level).

A predictable narrative (story) brings expected patterns that are comfortable and familiar. However, being comfortable and familiar leaves little room for growth or expansion.

Allowing oneself to continue in a predictable narrative offers a predictable story with predictable characters and a predictable outcome.

“The best way to predict the future is to create it.”

Dr. Joe Dispenza



Create your Future: Change your Story

If you don't want to live a predictable life, then change your story, by making a choice and taking action based on that choice.

Doing this, your entire movie of your life will change depending on the story you create and the character you inhabit in order to bring about (manifest) your new story.

“The narrative that you tell yourself, about yourself, is the most important thing you have.”

Tom Bileyu (Impact Theory)

Your Self-Narrative Determines your Reality

Your self-narrative, self-story, determines your reality. Your self-narrative is how you see yourself, how you define yourself, within the framework of reality.

Defining yourself allows you to create an identity through which you see the world.

The identity carries with it a set of rules and standards, based on collected memories, experiences, and DNA inherited from our parents, which we use in order to make decisions.

The decisions lead to actions and the actions lead to consequences.

As a result, your self-narrative determines your reality and can, if left unattended and unmanaged, can determine your future.

If you want to change your future, change your self-narrative. If you want to change your future, change your self-story.

Anyone can do this.

Reinvent your story by assigning a different meaning to it.

The meaning is attached to a thought (mind) which triggers a feeling (body).

As the feedback loop is amplified by the thoughts and feelings signaling each other, a belief is being constructed within the state of being. This may result in an entirely new belief, or an adjustment of an existing belief.

More often than not, it's a patch that's attached to a current belief. Think of it as a modification in the engine of your mind.

One way to do this is by defining who you are.

Define who you are.

Then, you will find evidence to support that.

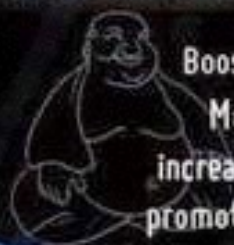
Declare your intention.

Move in the direction of that intention, and reality will bend in your direction to bring forth that intention into reality.

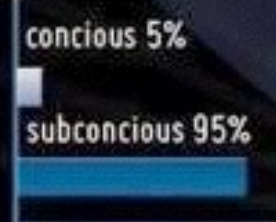
THE POWER OF YOUR AMAZING BRAIN

The conscious mind controls our brain only 5% of the day, whereas the subconscious mind has a hold of our thoughts 95% of the time!

You have 70,000 thoughts per day



Boost your brain power with Meditation, it's proven to increase IQ, relieve stress, and promote higher learning levels.



Listen to Music
Studies have proven that listening to music strengthens the brain and literally changes the structure.



66.66667% FAT

Your brain is two-thirds fat. Myelin, the protective sheath covering your neurons is 70% fat. Eating fatty fish, green leafy vegetables, olive oil, avocados, chia seeds, flax seeds, and nuts, replenish your neurons and brain cells.

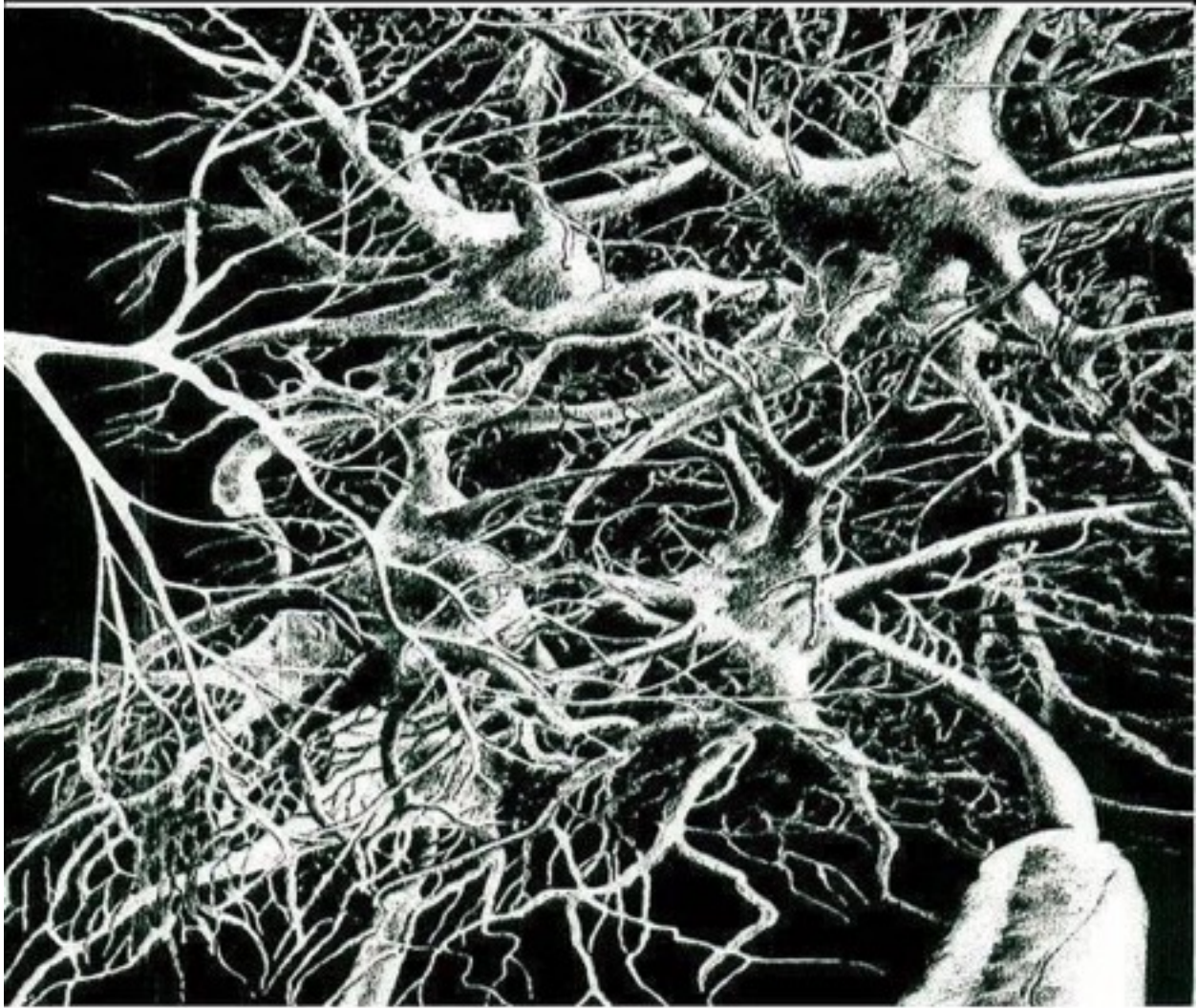


Loss of fatty acids EPA and DHA are linked to depression, Parkinson's and Alzheimer's

Thoughts Are Real

Your thoughts cause biological and physiological effect - Your body responds to mental input as if it were physically real.

Potential



Our brain contains over 100 billion neurons each may have the ability to connect with 5,000 to 20,000 other neurons. The possibilities are endless.....

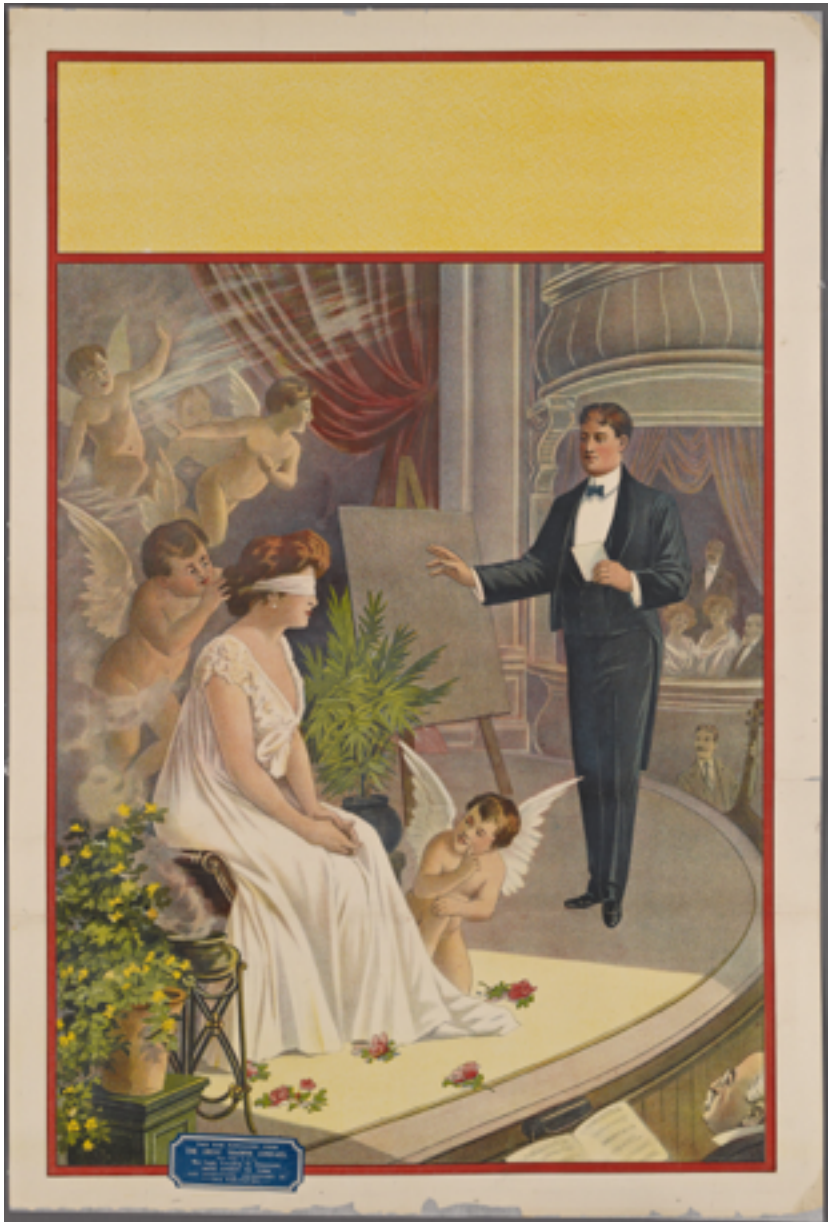
The Unexpected Way to Tell Someone What to Do

The unexpected way to tell someone what to do: reframing the command as a question

Most of the following was taught to me by Terry Gamble, an NLP-certified counselor.

People want to feel significant. People want to feel needed. Some people want to feel superior to others, even if they don't know it. In some, if not all of these cases, the subconscious mind is operating the gears and putting things into motion for the conscious mind to follow.

Imagine, if you will, that the subconscious mind is handing a blueprint to your conscious mind, and your conscious mind is reading the blueprint and determining what to do, in what steps, in order to accomplish the task (outcome of the blueprint).



Let's begin.

Start with a question.

Can you help me?

Let's break this question into parts.

“Can you” is a question.

“Help me” is a command.

Can you help me? reframes the command as a question and, therefore, lowers the guard of the person on the receiving end.



You've probably asked this question hundreds of times.

Let's go into more detail.

“Can you” is a question. This lowers the defenses of the person, and provides an opening, an opportunity, for the person to respond in any number of ways—opening up, acting indifferent, shutting down, etc.

“Can you” (question) incites curiosity and, in doing so, creates an opportunity for the person to respond, to engage in some way, as it is open ended.

“Can you” = question + curiosity

So, “can you” is a question which incites curiosity and creates an opportunity for the person to respond.

Let's move on ...



“Help me”

“Help me” is an embedded command, as it tells the other person what to do while at the same time giving him a feeling of significance, of being needed, of being an authority in some way, of superiority.

Can you help me?

Can you (question) help me (command)?

The “Can you help me” presents a kind-of occupational therapy or the person being questioned.

Use it to get what you want while, at the same time, enabling and empowering someone else to feel significant, needed, superior, etc, in some way.

How you can use the “Can you help me?” question/embedded command as a practical application in a real life situation.

Call, text, or email one, or both, of your parents and ask them: Can you help me?

You: Can you help me with something?

Mom: Sure, what is it?

You: I have a decision to make regarding (relationship, product purchase, work issue, financial decision, etc) and I’m not sure what to do.

Mom: I’m listening.

Doing this simple technique brings amazing results.

Asking the question (while simultaneously giving an embedded command) presents an opportunity for the receiver to be the superior, the hero, the authority figure, the parent, etc. And the question can be framed in such a way as to “cubbyhole” the receiver. By “cubbyhole” this is what I mean — remind the other person what their perceived value is.

Example of using “cubbyhole” technique within the question.

You: You’re so good at shopping. You have good eyes for style. Can you help me choose a nice summer look?

(The “cubbyhole” would be “good at shopping”, “good eyes for style”.)

Friend: I’d love to.

The “Can you help me?” question is the unexpected way you can tell someone what to do.



Ask yourself: What Makes Me Come Alive?



Ask yourself: What makes me come alive?

Ask yourself: What do I like doing that makes me come alive?

Ask yourself: What gets me excited to wake up in the morning?

Ask yourself: Is there a way I can do that (what gets me excited) and get paid for doing that?

Determine what it is you want to do.

This is a 2 step process:

1. Focus your energy by getting clear (clarity) about what you want (intention) and you inhabit the reality of the feeling of already having what you want.
2. Amplify that state of being (condition), which lies at the intersection between the brain (thoughts) and body (feelings), you will begin to harness the ability and the power to deliberately manifest reality.

The universe (one song) will open up to the multiverse (many songs).

What was once a thought will become a reality.



Dreams are the flashlight ...



Dreams are the flashlight; time is the battery.
Kris Kemp

Dreams are the flashlight; time is the battery.

Dreams are the flashlight. Dreams enable you to see “in the dark”.

Time is the battery.

Time creates a framework within reality for our dreams to manifest themselves.

What you focus on (intention) is what you will see (what will manifest).

Clarity + Intention = Manifestation

Clarity (getting really clear about what you want)
+ Visualization (formation of mental images)
+ Intention (determination to act in a certain way)
= Manifestation (perceptible outward or visible expression)

Live within the elevated states by inhabiting the reality of your intention.

How to Bend Reality to your Will and Become Unstoppable

<https://www.youtube.com/watch?v=PEoTedFPgH8>



If you want a better life ...

Want a better life?

If you want a better life, make a better choice.

How to Make Better Decisions & Get Better Results
<https://www.youtube.com/watch?v=mTqjnBkhTq8>



The Power of Choice



If you want to change your life, change your choices. Anyone can change their choices and, therefore, anyone can change their life.

This video by Dr. Joe Dispenza, neuroscientist, author (You Are The Placebo), speaker, is inspiring me to change for the better, and I know it will inspire you to change for the better, too.

Dr. Joe Dispenza - Evolve your brain - click the link below to watch it
<https://www.youtube.com/watch?v=I99giEepUs4&feature=youtu.be>

FREEDOM OF CHOICE

God gave the man moral freedom.

Freedom involves making right or wrong decisions.

Every right decision we make increases our freedom.

Every wrong decision we make reduces our freedom (sin rules our lives)



*«Don't let others say
"That road is better"
or "That route is
easier." The greatest
gift God gave us is
the power to make
decisions.»*

Manuscript Found in Accra
PAULO COELHO

**Everything in your life
is a reflection
of a choice you have made.**

**If you want a
different result,
make a different choice**



www.nomadsoulzz.com

Change your Frame for \$1 Dollar - LOL

If you want to know how to change your frame for one dollar, this is what I did, and it worked for me.

I think it will work for you, too.

Years ago, I used to go to this night club / dance hall in downtown West Palm Beach, Florida, called Respectable Street Cafe.

Typically, I would go on my own and then dance, on my own. Sometimes, I'd see friends or meet new friends. Usually, I'd invite cute girls to dance with me and usually they would dance with me. Sometimes, they would decline. Either way, I had a good time dancing.

Sometimes, though, I felt shy and bit awkward dancing on the dance floor by myself.

I did something to get over this feeling.

I visited a nearby "Dollar Tree" store, which sells items for a buck or a few bucks, and purchased a few pairs of sunglasses for a dollar each.

Then, I went to the club.

I danced. I felt weird. I put on the sunglasses.

With the sunglasses on, I felt completely different. I felt as if I was stepping into another character.

As a result, people treated me differently. People started dancing nearby. Some people danced with me. It got to the point that I would offer the other person a pair of the sunglasses. (I kept the additional pairs in my back pocket.) They would gladly put them on and dance with me. By accepting the glasses, they were, essentially, "stepping into my frame" (joining my world).

Sometimes, I would even hold out the glasses toward their head, until they leaned in and I would put the sunglasses on them. They loved it!

People of all ages are just kids. The age is merely a number made up by someone who wants to sell them something.

Me? I wasn't selling them anything. I was just inviting them to have fun!

I met a number of acquaintances that way, even some who became friends.

One night, my friend David was there. I offered him a pair of sunglasses. He put them on and started dancing with me.

"You put on these sunglasses and you feel like a totally different person," David remarked. "Like your invincible."

Here's the takeaway.

If you want to change up your life, do "one small thing".

Buy a few pairs of "Dollar Tree" or "Dollar Store" sunglasses and do what I did.

You can do this by doing "one small thing" with your wardrobe or with your hairstyle.

Change your hairstyle.

Start wearing a scarf.

Start wearing a hat.

Do something different.

As a result, you will feel different, you will act different, you will be treated differently, and the people and situations will appear in your life that otherwise would have been unnoticed or unrecognized.

When this happens, talk to the person.

Offer them one of your extra pairs of sunglasses.

Have fun. Without any expectation.

If the person walks away with your sunglasses, try to, playfully, get them back. If they refuse, don't worry about it. It's just a buck. No big deal.

I'm not into drinking alcohol and I used the sunglasses as a way to connect with other people. A one-dollar pair of sunglasses proved to be a more effective way to connect, turning perfect strangers into friendly acquaintances, sometimes more. And it's cheaper, healthier, and more memorable than buying someone a drink. LOL.

Feel free to use my sunglasses technique at your next party wherever it may be. Then, email me the story of your results Send an email to:
bicycledays@yahoo.com

“Expectations are just premeditated resentments.”
Alex Wells

Your entire life can change simply by doing one small thing, even as small as buying a few pairs of dollar sunglasses.

Go forth my friend and inhabit the new reality that awaits for you.

Be sure to visit the “Dollar Store” or “Dollar Tree” or “Dollar General” first.

See you on the dance floor!

You might find me at LeBain (MeatPacking District, NYC), Beauty Bar (NYC), The Pyramid Club (East Village, NYC), House of Yes (Bushwick, Brooklyn, NYC), Brooklyn Mirage (Bushwick, Brooklyn, NYC), Respectable Street (WPB, FL), Camelot (WPB, FL)

When you're going through difficult circumstances ...

“When you're going through difficult circumstances, look for the corners to find the edge of beauty.”

Kris Kemp



Find your Focus



Find your focus.

Let anything and anyone who does not add value to your focus fall away.

State your intention. Speaking it. Writing it.

Inhabit the reality of embodying the desired result.

Practice gratitude.

Give yourself permission to succeed.

Trust the process.

Let go of any conditions (attached to the outcome).

Trust the process.

As the intention moves from thought to reality, step into that reality.

Everything you want and everything you desire already exists.

Give yourself permission to accept it and receive it.



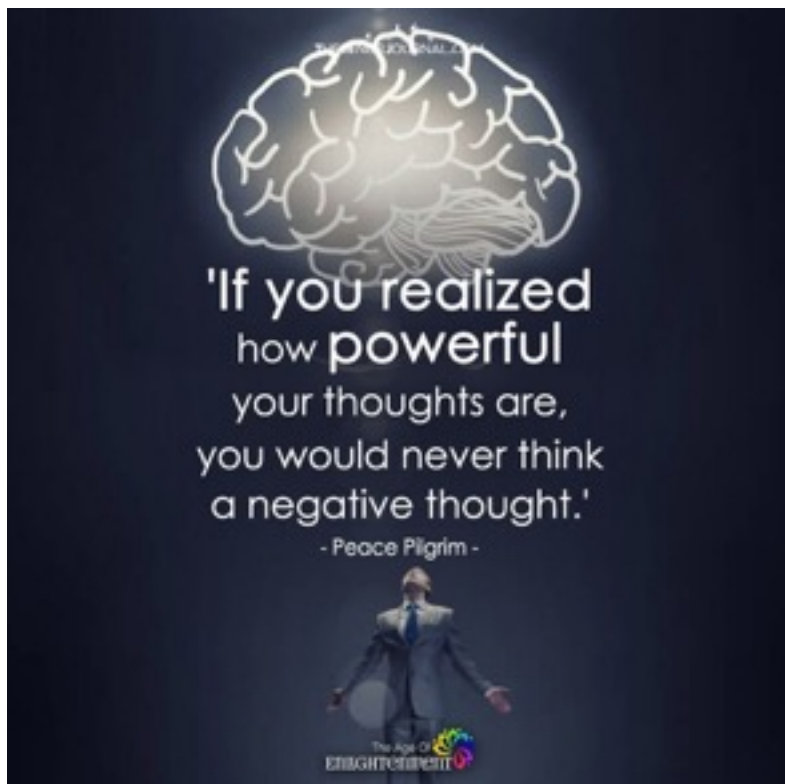
Your thoughts are your currency

What are thoughts?

Your thoughts are your currency (instrument of value).

Your focus is your merchandise (the product which you purchase with your currency).

Your universe is your store in which you are placing orders with your currency (thoughts).



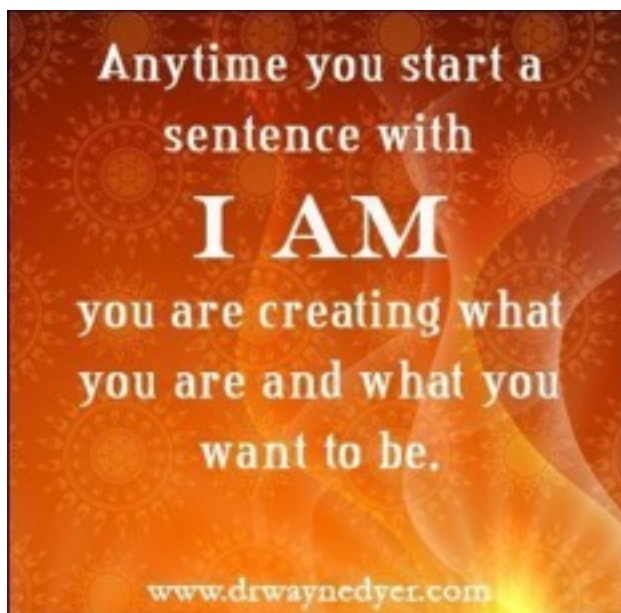
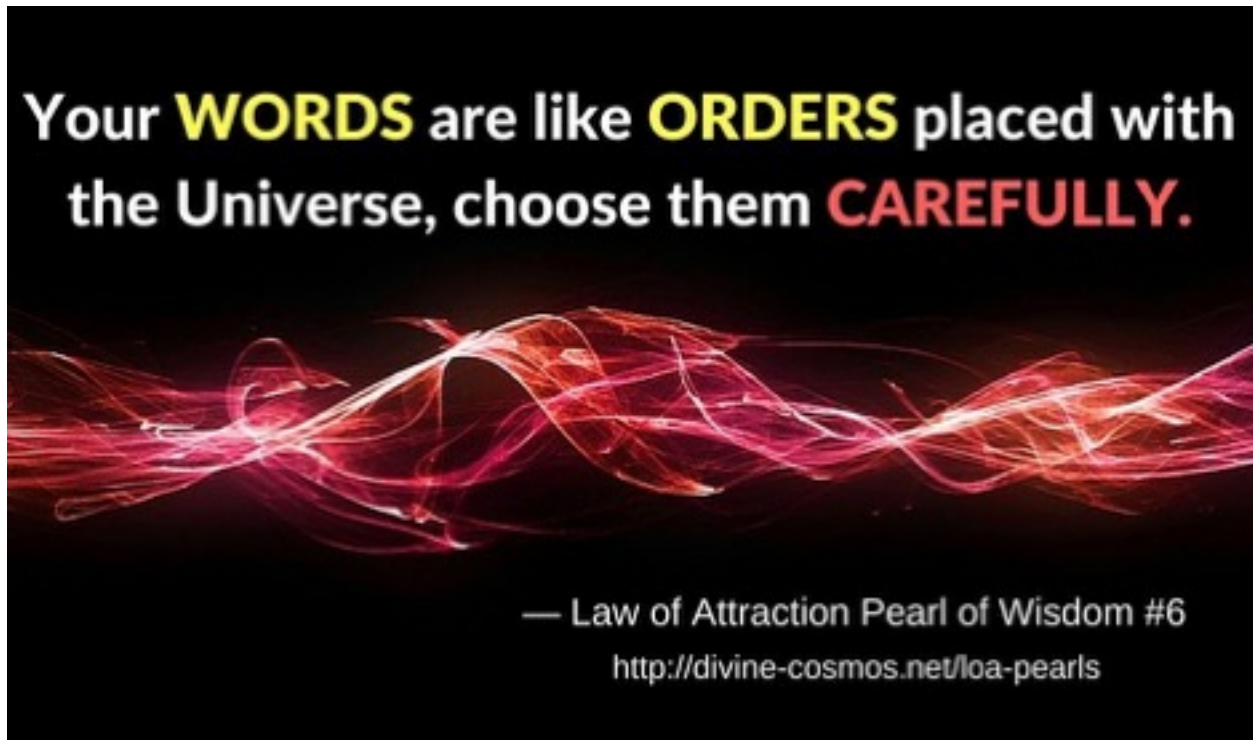
How to place an order in the “store” of the universe:

- thoughts (currency)
- + focus (selection and concentrated thought toward a specific outcome)
- + intention (statement - “I am becoming _____”)
- + gratitude (statement - “I am grateful for _____”)
- = manifestation (perceptible outward or visible expression)

The power of the spoken word

“If God spoke the world into existence, and we are made in the image of God, then, in a way, we speak our world into existence.”

Kris Kemp



How to generate synchronicity ...

If you want to generate synchronicity, set your intention to an outcome that seems impossible.

Test the bounds of deliberate manifestation by setting your intention to an outcome that seems impossible.

YouTube: Teach your Brain to Manifest your Dreams / Dr. Joe Dispenza
<https://www.youtube.com/watch?v=2CnN-3rG1vU>



Discovering your destiny

Discovering your destiny and

Taking action to make your
destiny real(ity)

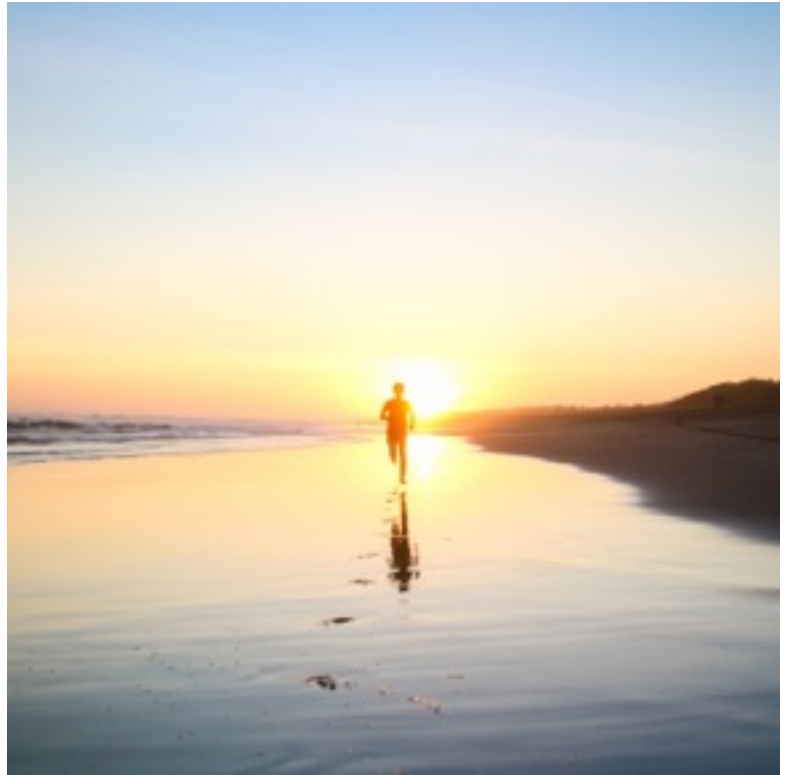
will bring ...

Joy and Purpose and
Happiness in to your life

As you move in the direction
of your dreams ...

You will harness the power of
the universe to bend reality
in your direction

Toward manifesting your
intention ...



And preparing you to move from the universe (one song) into the
multiverse (many songs) ...

To recognize that reality and step into it with ease and delight.

If you're feeling unhappiness or some sort of a struggle, find out what
you're hungry for.

What are you hungry for?

What excites you?

“Unless you know what you’re hungry for, you’ll inevitably get caught up in
the machinery of something, someplace, or someone.”

Darrell Higgins

Find out what you're hungry for.

Identify what gets you excited.

If you fail to do this, you may get caught up in the machinery of someone else's dreams.

Identify your dream.

Move in that direction.

Doing this, you'll set into motion circumstances, situations, people, and things that will move in your direction, attracted to the gravity field of your amplified state of being.

+++++

"Some people live in an assumption because it's more comfortable there."
Kris Kemp

"Give yourself permission to become the best version of yourself."
Kris Kemp

+++++

Feeling tired?

Here's a way to boost your energy. No exercise or pills required.

Identify any "energy siphons" and "energy vampires" in your life.

"energy siphons" - unproductive activities like checking Facebook or Instagram

"energy vampires" - people that suck your energy and waste your time and attention

Remove the "energy siphons" and "energy vampires" from your life.

Ignore them. Avoid them.

Eventually, they will find themselves “starving” and “dehydrated” and will move on to find another host.

Value your time and energy. If you do not value your time and energy, neither will other people.

This means setting standards for yourself, putting yourself on a schedule with measurable results.

Then do the following ...

Identify your passion

Set your intention

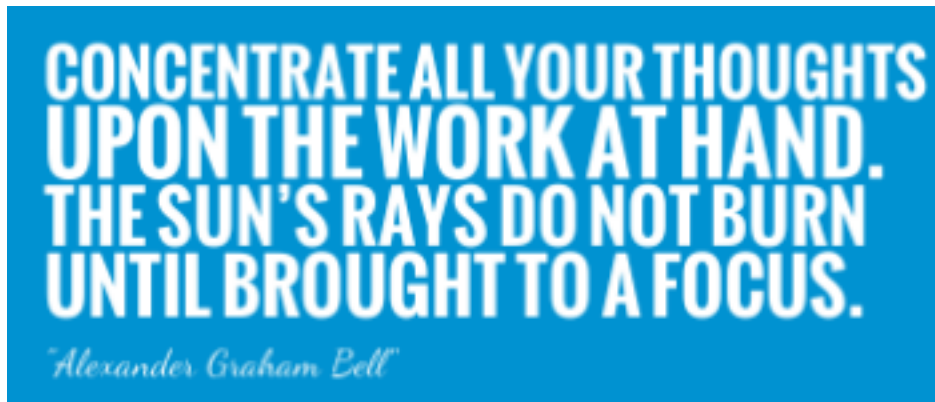
Decide to take action

Activate your body and mind to move toward your intention

Focus your energy toward the manifestation of your intention



The Power of Focused Thoughts



Focused thoughts have power.

Activate this method for quick results.

Focus.

Focus = 1 inch wide, 3 miles deep

Un-focus = 3 miles wide, 1 inch deep



Being Focused enables you to drill to the deep levels.

Think of a powerful drill reaching miles deep into the earth and extracting valuable elements, like oil.

Being focused enables you to penetrate the deep levels of the subconscious.

And this is where real change begins, at the subconscious level.

Let's put this into an easy-to-use formula.

Focus on your intention
 + Holding the focus with gratitude
 + Synchronize your intention by being congruent
 + Amplify the focus with maintained congruency
 = Your Ideal Reality

If you truly desire to manifest, focus on your intention.

Hold the focus with gratitude.

“Gratitude is the ultimate state of receiving.”

Dr. Joe Dispenza
 neuroscientist, author (You Are The Placebo), speaker

“When you are grateful, you are tuned in to the frequency of the universe”

Kris Kemp



Synchronize your intention by becoming congruent.

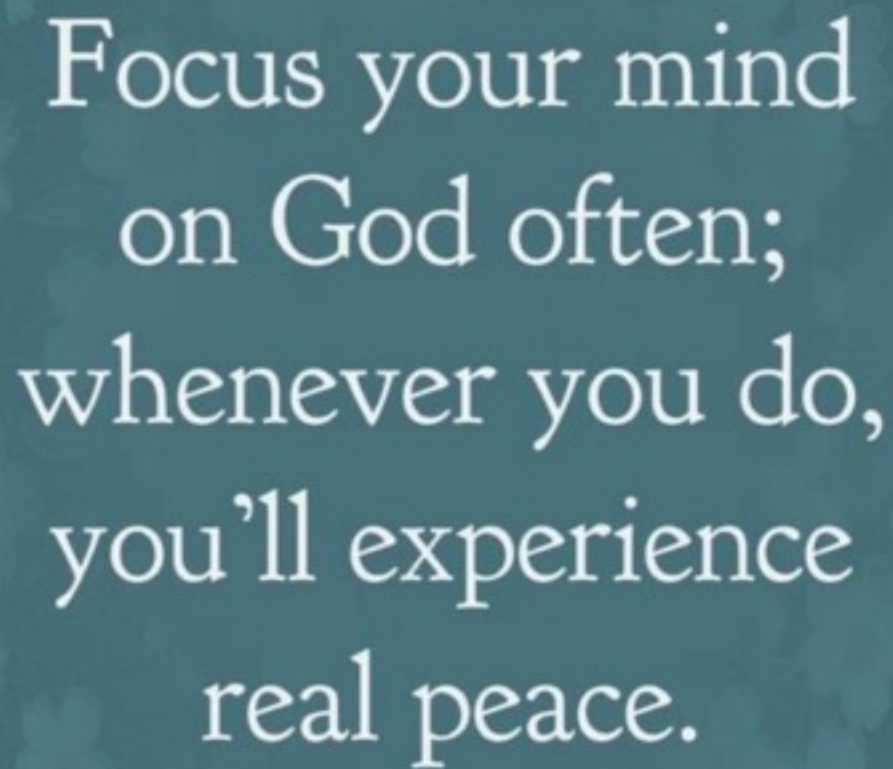
Congruent = when your thoughts (brain) match with your feelings (body).

Hold the focus with gratitude.

Amplify the focus by maintaining congruency.

Focus on the future.

As you focus on your ideal future, you will bring it into reality.



Focus your mind
on God often;
whenever you do,
you'll experience
real peace.

- Hayley DiMarco

Time and the Future



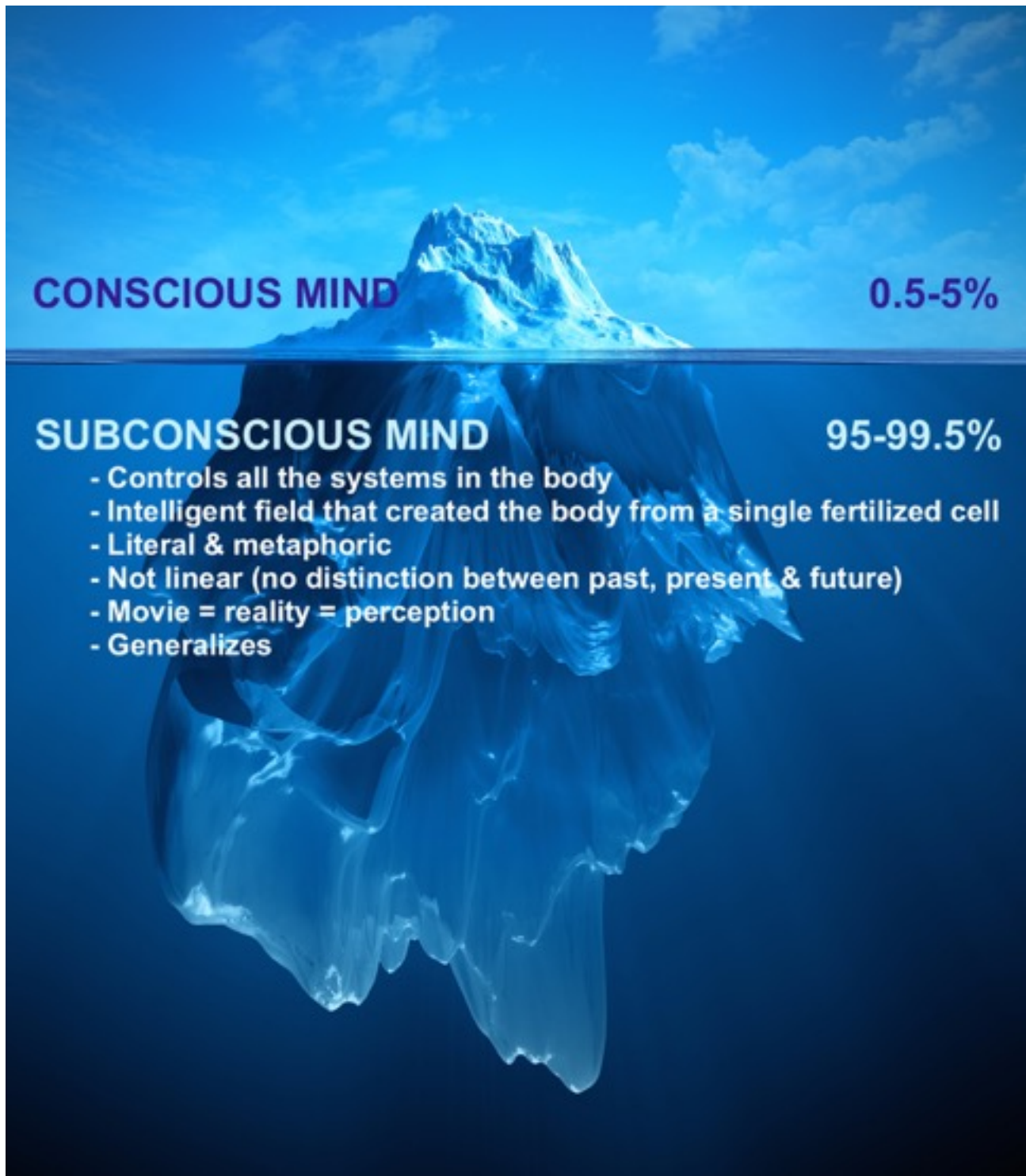
If the only thing between you and your future is time, then it stands to reason that, at this present moment, your future exists on another dimension or dimensional level within the quantum field.

Is it possible to identify the frequency and match, on the vibrational level, your future, allowing you to enter your future reality?

If there are colors that exist in the color spectrum that lie outside our ability to perceive and recognize them, and if there are sounds that exist outside the noise spectrum outside our ability to hear them, is it possible to align with that frequency, on a subatomic level, in order to see those colors and hear those sounds?

This is something to ruminate on before you sleep. Allow your subconscious mind to answer this question for you.

What Percentage of our Brain is Conscious compared to Subconscious?



What Percentage of our Brain is Conscious compared to Subconscious?

According to neuroscientists, 98% of our brain is subconscious.

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Free ebook: The Power of Your Subconscious Mind

<https://www.law-of-attraction-haven.com/support-files/power-subconscious-mind.pdf>

+++++

Nothing reaches the conscious, without first being processed by the subconscious.

According to the majority of neuroscientists, the subconscious generates all new thoughts, decisions, and everything ever imagined.

The conscious is in constant feedback, with the subconscious, in order to direct our senses, and to respond to them. Being able to remember the exact sequence of events, cause and effect, is vital to survival.

In theory, every bit of long term memory has a sequence code (or something that performs the same function).

If you are not consciously aware of something, then it cannot have a sequence code, and cannot be stored long term. That includes our response to the data, coming from our senses (thoughts, and decisions).

Subliminal data is handled by a separate section of the subconscious, and can be transmitted to the conscious, by gut instinct, impressions, or “feelings”. If we’re too busy, or too focused, for an extended period of time, then the subliminal data is lost forever.

+++++

source: Doug Hilton (Quora)

<https://www.quora.com/What-percentage-of-our-brain-is-conscious-as-opposed-to-unconscious-subconscious>

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95 percent of brain activity is beyond our conscious awareness. Numerous cognitive neuroscientists have conducted studies that have revealed that only 5% of our cognitive activities (decisions, emotions, actions, behavior) is conscious whereas the remaining 95% is generated in a non-conscious manner.

“An enormous portion of cognitive activity is non-conscious, figuratively speaking, it could be 99 percent; we probably will never know precisely how much is outside awareness.”

Dr. Emmanuel Donchin, director of the Laboratory for Cognitive Psychophysiology at the University of Illinois)

“Some neuroscientists, such as Michael Gazzaniga, estimate that as much as 98 percent or more of all brain activity is completely unconscious.” Perhaps there is no solid answer to this question because we are yet to find a accurate way to quantify the conscious and unconscious.

Why We Do What We Do - Tony Robbins Explains the 6 Human Needs



Why We Do What We Do | Tony explains the 6 Human Needs – an update of his famous 2006 TED talk

Tony explains the invisible forces that shape our every thought, behavior and action.

Why We Do What We Do - Tony Robbins

<https://www.youtube.com/watch?v=NNnEAQo1dBQ>

Whatever emotion you're after, whatever vehicle you pursue — whether it's building a business, getting married, raising a family or traveling the world — there are six basic, universal needs that make us tick and drive all human behavior.

Every single person in this world has these same six needs, but each of us value these needs in different ways, and each of us have varied beliefs about what it means to satisfy those needs. And this is what becomes the driving force behind everything we do, and determines the direction of our lives.

The 6 Human Needs

1. Certainty
2. Uncertainty
3. Significance
4. Love and Connection
5. Growth
6. Contribution



These 6 human needs, especially the top 2 human needs, determine your direction in life.

If you know what someone's needs are, and how they value these needs, you can understand why they are doing what they are doing.

You can also determine if you are a match for that person, as a friend or something more.

Tony Robbins introduced the 6 human needs over 10 years ago, in 2006, at the famous TED conference in Monterey, California. That talk, which was called "Why we do the things we do," was one of the first 6 TED talks ever, and is now the #6 most viewed TED talk of all time.

Watch/listen to the video here:

<https://www.youtube.com/watch?v=NNnEAQo1dBQ>

In this episode of the Tony Robbins Podcast, you will hear Tony delve deeper into the 6 human needs – certainty, significance, variety, love/connection, growth and contribution – and how each influences our thoughts, feelings, behaviors and actions.

It's a taste of what you will experience at his signature event, Unleash the Power Within.

And it's one of the most important skills that you ever acquire.

Because by understanding the needs that shape your behavior, you will be able to take back control over your life, and even learn how to create new patterns that lead to lasting fulfillment.

Watch/listen to the video here:

<https://www.youtube.com/watch?v=NNnEAQo1dBQ>

An Easy Way to Make a Decision



Confused about making a decision?

Here's an easy way to make a decision.

Years ago, I had a serious decision to make and when I talked to my friend Carrie about it, she said: "Throw the hat over the fence."

"What do you mean?" I asked.

"When you throw the hat over the fence, then you have to go over the fence to get it. So, if you make a decision, make a commitment to it, then you'll have to stick to it. If you're going to New York, buy a ticket and set a date, then you'll have a commitment to go."

“Ahhh, I see,” I told her. “Okay. Good idea. Thanks.”

Throw the hat over the fence.

Make an investment on the decision by “throwing the hat over the fence”.

In this case, the investment is the hat.

The decision is “climbing over the fence to get the hat”.

If you’re having difficulty making a decision, throw the hat over the fence.

Then, you’ll have to climb over the fence, or push up the fence at the bottom to go through it, to get the hat.

This is what I did when I was considering moving to New York City.

At that moment, I was a bit indecisive, so I “threw the hat over the fence” by buying a train ticket.

The ticket had the date and time of departure, so now, I was committed to going.

If you want do do something, and are on the fence about it, throw the hat over the fence.

Then, you’ll be committed to doing it.

Indecisive about traveling to Italy to work on that farm harvesting grapes for a month? Buy the ticket.

+++++

You can do this—travel to Italy and work on a farm for a few weeks—getting free room and board (meals).

How?

Visit the website below:

<http://wwwoof.net>

The WWOOF (Willing Workers On Organic Farms) website allows you to connect with local farmers who will provide you room and board in exchange for working on their farms, usually a few hours a day.

Sign up for an account. Find the country you want to visit. You'll see a list of cities, towns, villages. Select the city, town, village you want to visit.

Then, contact the farm owner to see if they are in need of a WWOOF'er.

I did it. You can do it, too.

I did this in France and Germany and I even wrote an ebook that explains exactly how to do it, how to travel Europe like we did, for \$5 a day or less.

Click the link below to find out more:

www.HowToTravelEuropeCheap.com

Click the link below to find out more:

www.TravelCheapBluePrint.com

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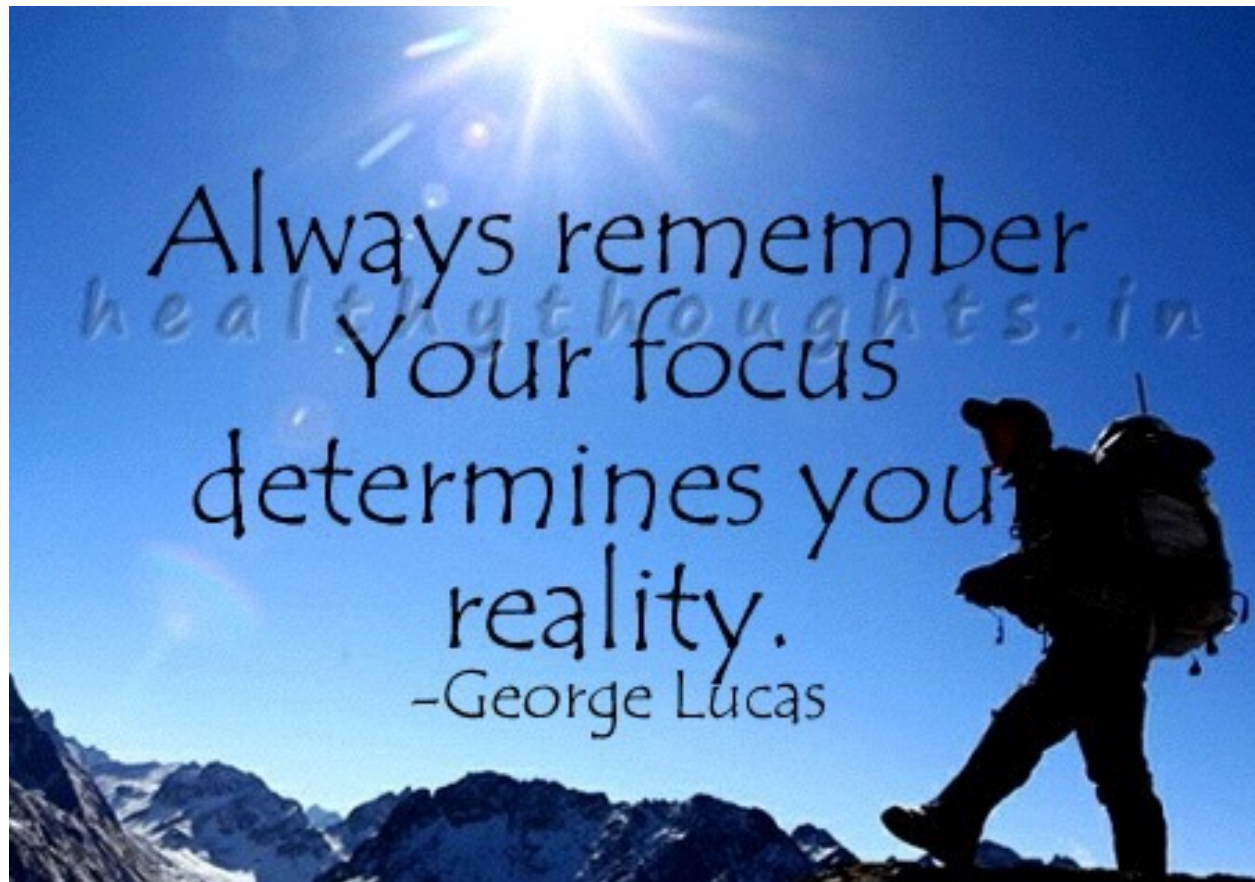
Waffling about whether to sell the house? List it with a realtor.

Unsure about dyeing your hair? Buy the dye and dye it. Or, go to a reputable hair salon and have them dye it. No going back. Well, actually, you can go back as it will grow back. Consider that it will take a few weeks or months.

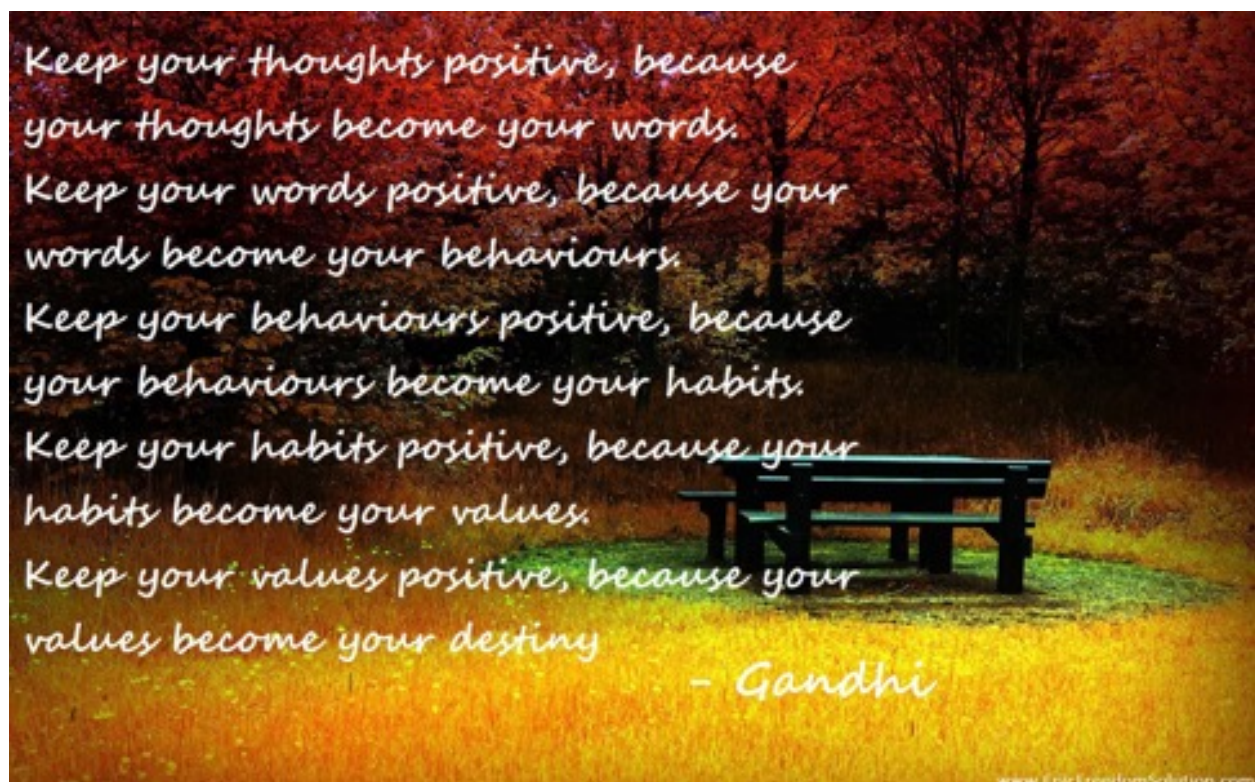
So, if you're feeling stuck or indecisive about something, throw the hat over the fence by buying the ticket, selling the house, dyeing your hair.

Throw the hat over the fence.

You can do it.



Always remember
healthy thoughts in
Your focus
determines your
reality.
-George Lucas



Keep your thoughts positive, because
your thoughts become your words.
Keep your words positive, because your
words become your behaviours.
Keep your behaviours positive, because
your behaviours become your habits.
Keep your habits positive, because your
habits become your values.
Keep your values positive, because your
values become your destiny
- Gandhi

www.fpicfreedomSolution.com

No One Cares about Nice — What You Can Do Instead to Be Attractive to the Opposite Sex

I have a theory.

About being nice.

Originally, I published this article at the link below.

<https://medium.com/@OwnLessLiveMore/no-one-cares-about-nice-what-you-can-do-instead-that-will-make-you-more-attractive-to-others-415f0e1ed8bc>

Be nice. It's something you've been told by so many people.

When it comes to relationships and dating, why is it that the people with awful advice are the first ones to offer you advice?

Typical advice: "Be nice. If she doesn't see how nice you are and appreciate it, then she is not worth being around."

But being nice gets you nowhere.

Being nice only makes you look weak, like you have nothing to offer.

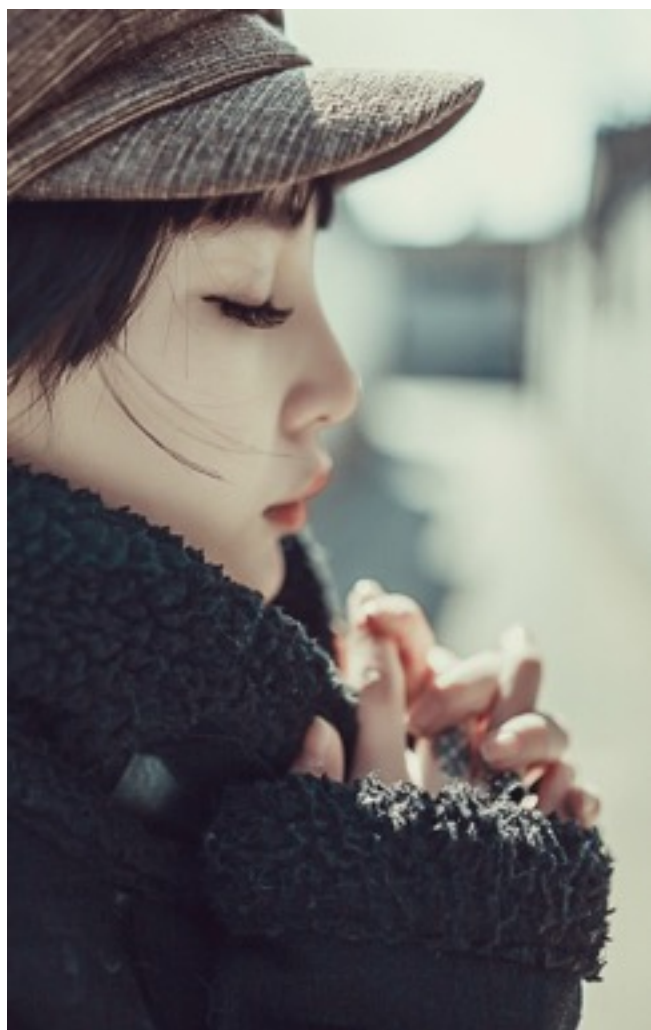
Nice guys = weak guys.

The perception is that nice guys are weak.



In reality, nice guys may be strong.

However, perception is other people's reality, so whether nice guys are strong-or-not is a moot point.



Nice guys are seen as weak.

Forget being nice.

Instead, be Interesting.

Once you become an interesting person, people will assume your nice, even if you're not, just because you're interesting.

Don't be nice. Be interesting.

Don't be nice.

No one cares about nice.

It's better to be interesting and a bit of "jerk" than to be nice and considered boring.

It's okay to be nice, but don't let people know you are nice. If they do, they are likely to take advantage of you.

Girls don't care about nice guys. A girl will tell you they "like" nice guys and they do — like him to help them move, fix their toilet, watch their cat while their away on a weekend trip with their bad boy boyfriend

Nice guys are overlooked. Interesting guys are looked over.

Don't be nice. Be interesting. Or, be interesting and nice.





The truth about what Girls and Women Want

What do girls and women want?

I originally published this article here:

<https://medium.com/@OwnLessLiveMore/revealed-the-truth-about-what-girls-and-women-want-bb317b1e38d5>

Preface

It gets tiring to hear guys whine about women and then declare: “What do girls want?”

When I answer their question with my opinion, the beta males don’t want to hear it..

They would rather remain in a familiar flight pattern that leaves them unsuccessful with girls/women.

Maybe, on a subconscious level, they are not ready to be in a successful relationship.

Perhaps they feel they don’t deserve it.

Whatever the case, they remain stuck. And with all the terrific websites for understanding on the internet, they have no one to blame but themselves.



What Girls Want

I'm going to tell you what girls want. Because I know.
Because I'm a genius. Remember that. LOL.

What do girls want?



Girls want a feeling.

And because there are different ways to get that feeling, what-girls-want changes on a moment-to-moment basis.

To further complicate things, girls tend to be emotional, moody creatures.

Thus, their moods either amplify or muddle their true desires of the feeling they crave.



Girls want a feeling.

Girls want a person, place, situation, or thing that will give them a feeling, because girls are chasing an emotion, one that they can elicit from that person, place, situation, or thing.

Invite and Lead.

Girls don't want to be asked what to do.

Girls don't want the responsibility of having to make the decision.

Girls want to be invited into a situation. And to be led into that situation by an alpha male.

On the Dance Floor

Last night, I was at a dance club/performance venue in Bushwick, Brooklyn.

I approached this pale faced beauty and asked her to dance.

“No, but thanks for asking.” She said.

I smiled, pointed at her and said “see you on the dance floor”, turned and left.

I approached another girl, asked her to dance.

“No,” she nodded her head in smug sympathy, then whispered to her friend who giggled.

I wasn’t offended by her attitude, but I was surprised how smug she was acting.

Girl after girl that I asked to dance said no.

Instead of making me feel insecure, I realized that there may have been a lot of reasons why the girls said “no”. I did not take it personally, nor did I react with anger or disdain or hurt. Their saying “no” only strengthened my resolve to find a girl who would say “yes”.

I kept asking girls to dance.

I decided to change my approach.

I approached more girls, looked them directly in the eye, took their hand or offered my hand until they took and said “come on” and they asked “where?” and I answered “you’ll see”.

All these girls came with me as I led them to the dance floor.

We danced up a storm. Some of them I made out with.

While dancing with one of the girls, I saw the other girl, the girl-who-had-declined-my-offer-to-dance, watching me, watching us (me and this other girl) dance.



She was standing next to this guy who was a non-stop talker “bla bla bla bla bla bla bla” and she looked antsy, swaying her hips as if she wanted to dance but she was stuck next to blabbermouth, the broken water fountain of boring information.

Even though she turned me down earlier, I approached her, smiled, extended my hand, and even extended my other hand to the blabbermouth beside her.

I led them out to the dance floor. Me, the girl, the blabbermouth, and the girls who I was already dancing with.

Everything can change in a moment when you change your perception of reality.

When you change your perception of reality, reality changes.

There is no failure, only feedback.



Look at your approaches on a scientific level, with what works and what doesn't work. And if a girl turns you down, it's no big deal. Keep going. Keep inviting. Keep leading.

Girls Want to Be Led

None of these girls want to be asked. They all want to be invited, to be led, for their curiosity to be ignited by the potential of the uncertainty principle — that something exciting will happen that they can participate in.

No one, especially girls and women, want to miss out on something or someone exciting. This is just one of the reasons why girls and women crave the bad boy, because of his unpredictability, his mysteriousness, his don't-give-a-care attitude, that he puts himself, his dreams, his family, and others ahead of relationships.

No girl or woman wants to be the center of your world. They don't want that responsibility and they will resent you for putting them in that position. This is why beta-males, simps, and manginas (beta males, white knights) fail.

What do Girls Want?

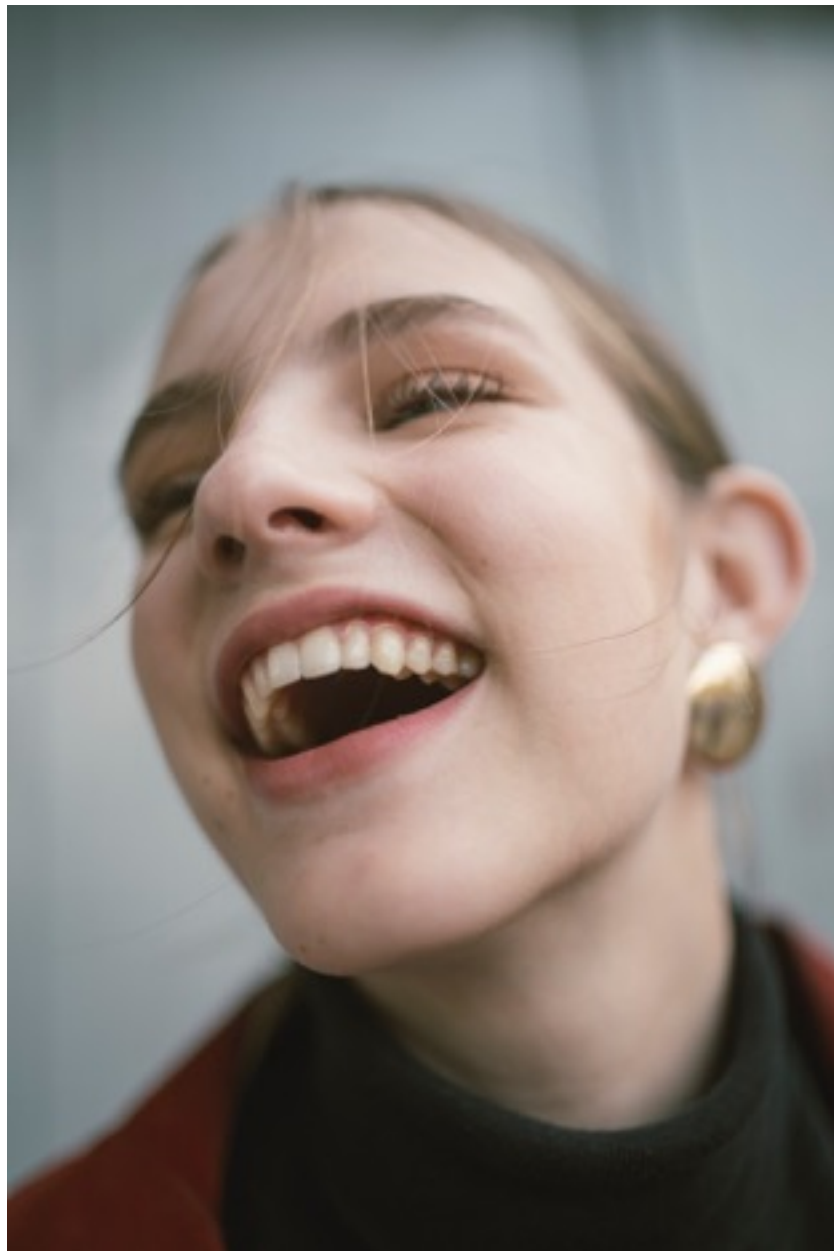
Girls want a feeling.

Typically, younger girls want a feeling of excitement, adventure, curiosity, unpredictability.

What do Women Want?

Typically, women (girls who have reached the age of their late-twenties) want those same feelings. But, they want additional feelings as well: feelings of safety, security, status.

Why the change?



Because women in their mid-to-late twenties or older are usually looking for a long-term relationship, someone to marry, have a child with, and they need a man who will protect them, their child, provide resources for them and their child, and to provide status, so they can show off their man to other women.

So, if you want to know what girls want, girls want a feeling.

If you give them that feeling, and if they attach that feeling to you, they will want you.

It's that simple. This simplicity, based on their emotions that whip back-and-forth, to-and-fro like a dancing balloon man at a car lot, is what drives them. And, if you fail to see it for what it is, you will let it drive you insane with frustration.

Focus on your Goal

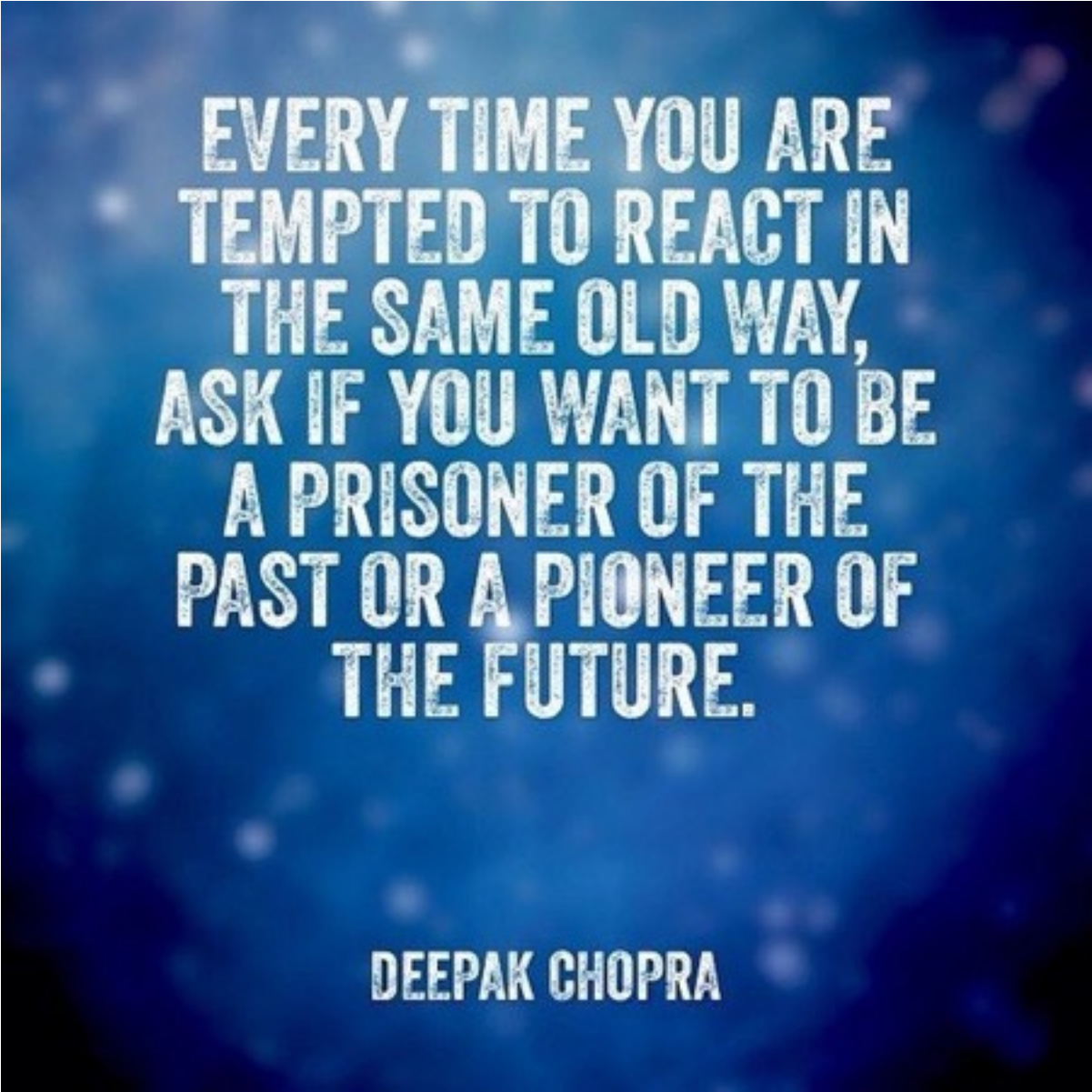
Determine your goals. Become good at them. Move in that direction.

When you meet a girls or women that you like, invite them along for the ride. But understand this: What they want will constantly change.

If you still continue to like this girl, then be that bedrock wall they can rely on, and understand that her emotions are a reflection of who she is — don't take it personally.

Go forth. Invite that special girl to join you on the journey, whether it be on the dance floor, or that road trip through the mysteries of Nevada, or anywhere else.

Accumulate experiences. Accumulate memories.



**EVERY TIME YOU ARE
TEMPTED TO REACT IN
THE SAME OLD WAY,
ASK IF YOU WANT TO BE
A PRISONER OF THE
PAST OR A PIONEER OF
THE FUTURE.**

DEEPAK CHOPRA

How to Get People to Like You

Is there a secret trick to getting people to like you?

Here's one way to get people to like you.

It's not to beg, plead, cajole, convince, or persuade them.

One way to get people to like you is this: Work on yourself.

One way to get people to like you is this ...

Demonstrate value.

Develop a skill. Become good at something.



Assemble friends to put together a music video for a song you wrote. Then, upload the video to YouTube and Vimeo and other sites online.



Learn comedy.

Learn coding.

Learn how to find, buy, flip properties—land, houses, mobile homes—in Florida or anywhere else in the United States, for fun and profit. I did. You can, too. Visit: www.FlipFloridaLand.com or www.MakeBigProfitsFlippingFloridaLand.com to get started

Learn how to speak Japanese.

Be the life of the party by always knowing where the best parties are happening.

Get good at something.

Demonstrate value.

Confidence is the only cologne that matters



The great thing about becoming an adult is this: the more knowledge and experience I accumulate, the more confident I become. And confidence is the only cologne that matters.

originally published here:

<https://medium.com/@OwnLessLiveMore/confidence-is-the-only-cologne-that-matters-943c9a43b256>

Confidence is the only cologne that matters.

Kris Kemp

Arrogance and pride are the imposters, covering up for the insecurities that lie within. Both these identities can be replaced by knowledge, action, experience.

Confidence is the only cologne that matters.

Being Poor in a Rich School

In high school, I was shy. I attended a private Christian school and most of my classmates appeared to be rich.

My parents were middle class. My dad was an insurance salesman and my mom was a nurse. Because we didn't have a lot of money, and because I couldn't afford to participate in after school activities with my classmates, I lacked confidence.

Looking back at the it now, my classmates probably didn't care one way or the other.

But I did.

And I let that affect me.

My confidence was the size of a grain of rice. And these feelings of insecurity spilled out into other areas of my life.

It was only after high school, when I become a drummer of a local alternative music group, did my confidence begin to grow. People were dancing to the music. Dancing to my drum beats. Oh yes.

the FLO (Flying Low On the radar)

Later on, after dropping out of journalism school, I published a 'zine (small magazine). My confidence grew. Eventually, I started a small film festival. Confidence growing dot com. :D

Confidence is Fluid

Once you become confident in an area, that confidence spills out into other areas of your life.

Confidence doesn't come from that girl you like or that you think you like when in reality it's just the feeling-of-being-with-that-girl that you actually like. This gets into "means-values versus ends-values". There's probably easier ways to get that feeling than pursuing someone, anyway. But that's another topic.

Confidence comes from within, the accumulation of knowledge, transferring that knowledge into action, and the creation of some situation wherein you inspire, motivate, and challenge yourself, and others.

At the end of the day, confidence is the only cologne that matters.

It does not matter what you look like. Because, if you have confidence, you will look good.

Why?

Because that feeling of confidence will inspire you to dress better, eat better, become the best physical/emotional/spiritual/mental version of yourself that you can be.



The Beauty of Taking Action

And the beauty of this action is this: As you continue to move in the direction of your dreams, the confidence will only become stronger. Like a root that spirals downward for the best minerals and the best soil, it will anchor your identity and strengthen your ideals. When the winds of insecurity howl all around you, you'll hold firm.

If you're feeling insecure, indecisive, fearful, that is okay. You're not alone. The way to overcome those feelings is not the advice of "don't think about them". Rather, it is this: Focus on learning a skill, developing that skill, taking action, and creating something cool: music, film, book, event, experience.

It's literally that simple. And, from doing that, you will get confidence. That confidence will provide a foundation for you to grow as a person. And your fears will ameliorate to the point of non-existence.

Action eliminates fear.

Confidence is the only cologne that matters.

Why do People Create Drama and Chaos in their Lives?

Why do people create drama and chaos in their lives?

This article was originally published at the link below:

<https://medium.com/@OwnLessLiveMore/why-people-create-drama-and-chaos-in-their-lives-and-what-they-can-do-instead-92c7e56a5568>

A Preface for This Theory

For the last few years, I've been living and working in New York City. I work as a BackGround (BG) actor aka "extra".

You see the people in the BackGround of a TV show or movie? The couples at the restaurant, the friends at the coffeehouse, the pedestrians crossing the street? Yes? Well, you've probably seen me.

A fellow actress summed it up well when she said: "I cross the street for a living." Our job as BG actors is simple: show up, shut up on set, be obedient. We show up to work. We shut up on set. (The principle actors are mic'ed, we pantomime.) We obey the instructions of the PA (Production Assistants) as they tell us what to do ... "go now" (cross the street).

Is this after school detention? No, it's just holding.

For hours at a time, BG actors sit in "holding" (location where BG actors hang out between filming scenes). Holding is usually a church basement or church itself (in the pews) as they are empty during the week.

Imagine after school detention meets summer camp for people of all ages meets a low security mental ward meets high school cafeteria and you'll get an idea of holding.

Sitting in holding and witnessing human behavior is what led me to this theory of "Why People Create Drama and Chaos in Their Lives and What they Can Do Instead".

Holding as a petri dish of human behavior

I noticed that, generally speaking, there are a two groups of BG actors in holding, the dedicated actors, and the bitter background.

The Dedicated Actors

This group spends time pouring over scripts, learning lines, practicing their lines with other actors, reading books on acting, typing their screenplays with their portable keyboards to their iPad or tablet, and making the most of their free time.

The Bitter BackGround, the Backwash

These BG actors spend hours bitching about everything. Everything is a complaint. They're usually led by some domineering angry female and her hunched-over army of white knights and beta males.

These BG actors have the simplest, most easiest job in the world.

The basic requirements? Show up, shut up, be obedient.

They have hours of free time to watch videos, read, rehearse a scene, study a script, submit for more BG work via email, reply to BackGround casting companies via text or email. Whatever it is they want to do, within reason, they can do. They have hours of free time to read books and learn something they can put to use. They have hours of free time to write their screenplay, novel, draw up a storyboard for their movie idea.

But what do they do? Bitch and moan and complain.

Cannibals versus Creators

These complainers are the cannibals. They are time worms. They wiggle their way into the apple of your time and leave an empty spot. They are energy vampires. They are parasites.

These dedicated actors, or people who have some kind of passion, are the creators. They offer value to the world by adding value to their own life, through education and action, then adding value to the lives of others with their creation — movie, song, books, art, etc.

The Reason Why People Create Drama

The reason why people create drama and chaos in their lives is this: They have not discovered and uncovered their passion. They have not discovered “what get’s them lit”.

Because they have not discovered their passion, they have no purpose.

Because they have no purpose, they are bored.

This boredom frustrates them to no end, so they do things that will prevent boredom and add excitement to their life.

They complain. They bitch. They moan. They see a crack on the sidewalk and fall into it and pretend it’s the Grand Canyon. They demand a helicopter arrive to save them from the crack. They major in the minors.

They create chaos and drama in order to add excitement into their life.

Why? Because their lives are mundane and boring and predictable. And the drama and chaos they create brings that spark of excitement and unpredictability into their lives.

These cannibals want the same thing as creators — to have a life that’s interesting, unpredictable, exciting, maybe a bit dangerous and uncomfortable at times. They yearn for the feeling that “having a life like this” will bring them. However, they go about it the wrong way — by creating drama and chaos. Why? Because they’ve never discovered what “get’s them lit”. Until they do, they will remain cannibals, and the only thing they will leave in their wake is chaos, drama, and confusion, additional residue for them to look back towards and complain about.

What They Can Do Instead

The cannibals, the chaos-creators, the drama kings and drama queens, can ameliorate their behavior and change it altogether simply by discovering their own passion, their own purpose for living.

Everyone, you included, has a gift. Your main action ought to be determining what that gift is, and then asking yourself how you would like to use that gift, in order to add value to your life and add value to the lives of others.

Personally, I enjoy writing. Two years ago, I wrote a novel, the rails. www.TheRailsNYC.com I've written a few ebooks, some screenplays, a musical. More at www.KrisKemp.com

Recently, I completed a screenplay that I'm super-excited about. 'jordy' tells the story of a homeless girl who roams the abandoned areas of New York City.

I'm reading books on storyboarding and I plan to storyboard the entire screenplay. Riding the subways of New York City and Brooklyn and exploring these places excites me, and writing screenplays, is a natural outpouring from these experiences. So, writing is one of my passions.

What is your passion? Find out.

If you do not know what your passion is, send an email, a text, or call ten people that you know.

Ask them: "What do you think it is that I'm good at, that I have a natural inclination towards? And what do you think I can do with that, to add value to my life and the lives of others."

Educate yourself.

There is a plethora of free resources online. Simply Google them. YouTube search your interest. You can learn online.

Grab the tools necessary to make your passion happen. For me, it's a laptop. And tea. Sometimes, coffee. And it's a keyboard, too.

Make the most of your time by discovering your passion, honing your passion, befriending others who are passionate, and taking action, immediate action to make your dreams real.

You can do it. Onward!

How to Get What you Want in Life



You're about to learn one of the secrets to getting what you want in life. Are you ready? There are 3 steps to getting what you want in life.

How to Get What You Want in Life

<https://medium.com/@OwnLessLiveMore/how-to-get-what-you-want-in-life-7d400a378a69>

Align your inner values with your outer values

In order to get what you want in life, first you have to align your inner values with your outer values.

Your inner values are the values that you keep on the inside.



Your outer values are the actions that you take.

Sometimes, the actions that you take belie (contradict) your inner values. This can cause tension and turmoil that can result in physical manifestations such as stomach aches, back aches, headaches, fatigue.

Write down a checklist of your inner values and outer values.

Be sure they match. Once you match your inner values with your outer values, then you are ready for your next step.

Visualize what you want.

Visualize what you want, the place you will be when you get what you want, what you will be wearing, how you will feel, who you will be with, how you look.

Attract. Don't chase.

Become the person you want to be. Stay physically fit. Dress well. Eat well. Get enough sleep. Avoid time worms (people who waste your time) and energy vampires (people who suck your energy and do not give anything in return.)

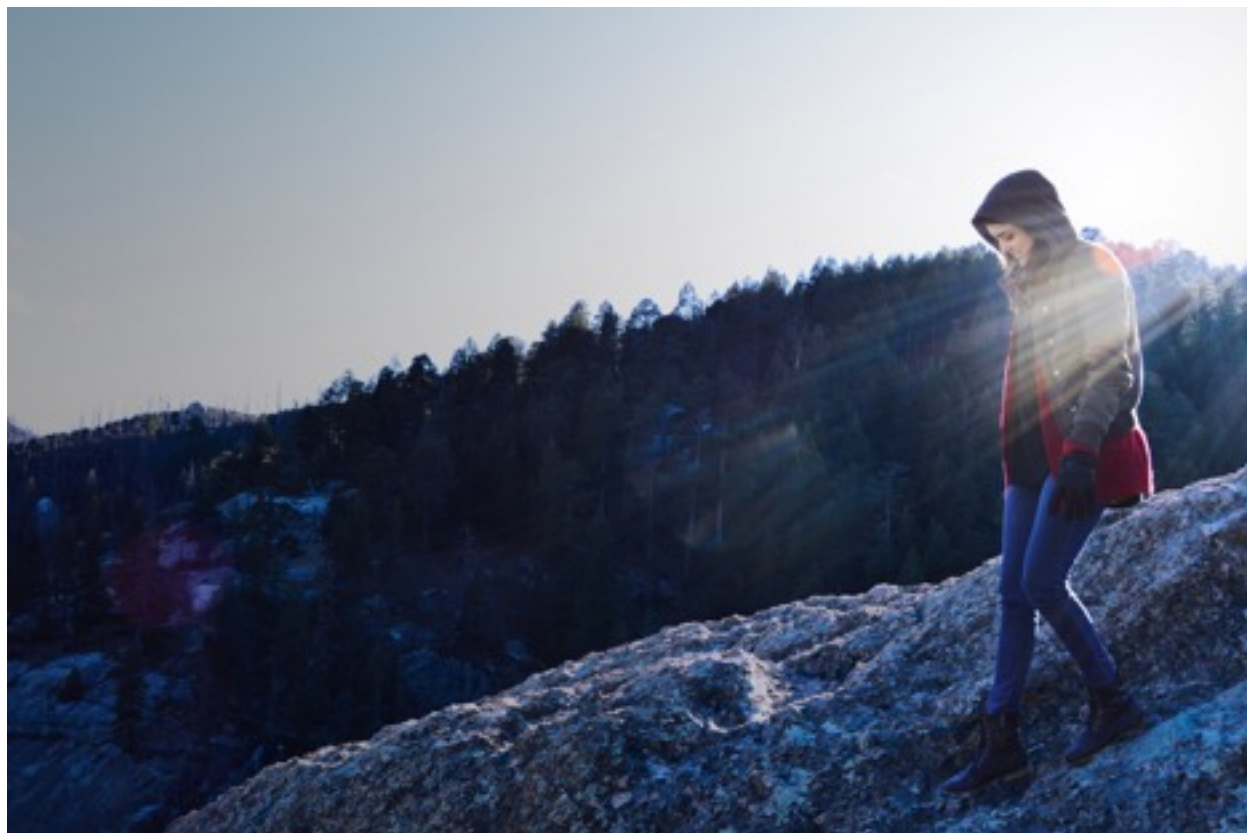
The main principle to get what you want is to attract, don't chase.

Become the person you know you can be.

Attract. Don't chase.



Action eliminates fear



Action eliminates fear.

Take action.

Keep moving.

Action Eliminates Fear

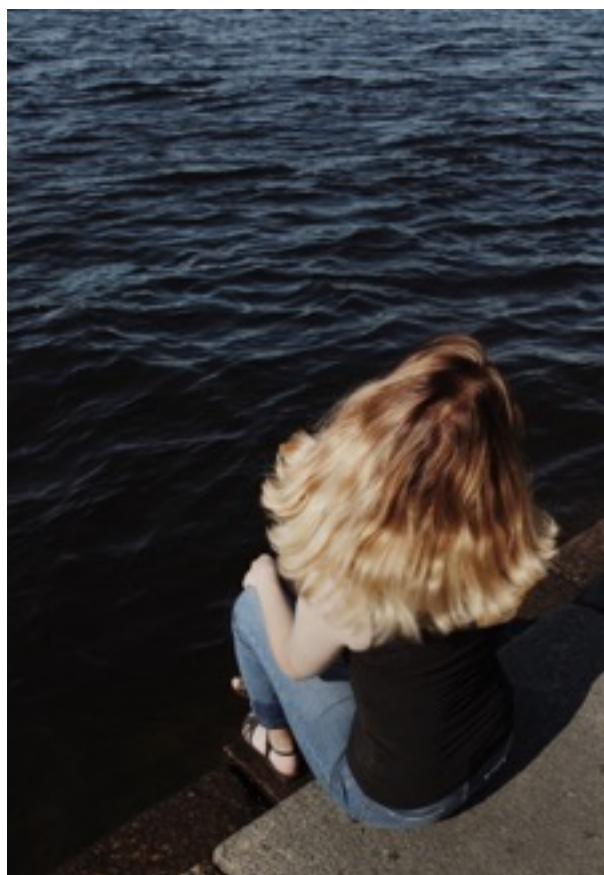
<https://medium.com/@OwnLessLiveMore/action-eliminates-fear-440584173659>

Action eliminates fear because it allows you to find a solution, a workaround, a way-to-deal with the situation/person/place/thing you fear.

Taking action shakes the cobwebs from the corners of your mind and enables you to see possibilities that were once hidden.

Grab these possibilities and run with them.

Doors will open. People will contact you. Scenarios will unfold rise to life like a pop-up book that you're experiencing in real time.



Uncovering the 3 Secrets of Happiness that will Change your Life

Your entire life is about to change.

For the better.

The 3 Secrets of Happiness that will Change your Life
<https://medium.com/@OwnLessLiveMore/uncovering-the-3-secrets-of-happiness-that-will-change-your-life-6968d96a1b67>

A half-an-hour from now, once you've finished reading this article, your entire life, if you put into action what I'm about to tell you, will change for the better.

Why and how can this happen?

Because ...

Perspective is everything.

And ...

The potholes are only as big as you want them to be.



Are you ready for your life to change?

Are you ready to learn that ...

Perspective is everything.

Perception is everything. Your thoughts cloud or fog or clarify your perception and, consequently, your thoughts, if combined with action, are things that can shape your reality.

If you are ready for your life to change for the better, then keep reading.

Happiness. Is it possible to find?

Everyone seems to be searching for it.

How does one find happiness, and continue to find happiness in life?

Can happiness be preserved, enabling us to open it like a jar of jam? Or, does it remain elusive, something that comes and goes, like the wind?

I'm happy, and there's a few things that I incorporate in my life that keep me happy. I'll be sharing them with you here.



Here are 3 secrets to happiness that can change your life.



1. Always have something in life to look forward to.

Always have something in life to look forward to. This could be as simple as looking forward to meeting a friend for dinner, enjoying a delicious meal, hearing their latest stories.

It could be watching your favorite show, by yourself, while eating takeout.

It could be something as simple as turning your morning commute into something pleasurable by changing what you listen to.



Putting on some music that makes you happy. Putting on a podcast that teaches you something new, about human behavior, about a breakthrough in technology that can allow you to save 10 hours a week.

Always have something in life to look forward to, and this will put you in a positive state.

Once you're in a positive state, you'll see things in a different way because things will be in a different way.

When you change your energy, the energy around you changes as well. So remember, always have something in life to look forward to.

+++++

I want you to do something, right now.

Are you sad, depressed, irritated, annoyed, frustrated, worried?



2. Don't expect the sun to rise and set on anyone else's shoulders.

Don't expect the sun to rise and set on anyone else's shoulders.

(Don't expect the sun to rise and set on anyone else's shoulders except your own. You are responsible for your own happiness and contentment.)

Don't expect the sun to rise and set on anyone else's shoulders.

If you do, you're likely to end up disappointed or disillusioned or both.

Media, particularly movies, have led us to believe that all our problems will be fixed when we meet "the one". (This is the same media that's selling you deodorant, perfume, makeup, diet pills. This is the same media that promotes fear in order to create anxiety, then sells you the antidote in the form of sleeping pills and other pharmaceuticals whose cure is a grain of sand at the bottom of an ocean of additional symptoms.)

Some of you are laughing. Maybe you've experienced this personally. You met "the one".

You met that perfect guy in college — smart, handsome, in great shape, a good family, well-educated, in line to work a 6-figure job at well-known tech company.

You dated, fell in love, and eventually got married. It was great, the wedding, the honeymoon, purchasing your first place together.

But now, it's 20 years later. That guys 6-pack has turned into a keg. (He ought to answer any sort of "shaming language" by agreeing-and-amplifying, referring it to the pot belly as a gas-tank-for-a-sex-machine.)

And that thick blond hair he had, that you loved running your fingers through? Well, it went South for the Winter. It's been a long Winter, and it's not coming back.

And the job? The company he was working at (he even moved up to Vice President) went bankrupt. Since then, he's been working juggling two jobs: part-time teacher at the local community college and part-time Home Depot worker.

You're embarrassed.

It's not all bad, though. You've got two lovely kids, and you do love him, but the fire's gone out. Things have changed. He's turned into a stranger. You've changed, too.

Expectations came and went.

You feel stuck. You're bored. And it's all his fault!

To further complicate things, there's this new guy at your job who's been flirting with you. He's in his late twenties.

You've been going to lunch together. He wants more.

You appreciate the attention but he wants more. He wants to meet outside of work. You're tempted, by the fruit of another. (Note to Eve: Don't eat the fruit.)

(Don't do it. Don't cheat. Run. A short fling ain't worth the 20-year investment of marriage and your children. Don't hurt your family. Don't hurt your kids. Be responsible.)

But you feel so special when he gives you attention! Oh, those feelings!

This is why people cheat. Because it adds an element of danger, it adds excitement into their life. It prevents boredom. And most people will do anything to prevent boredom.

Why? Because most people, I would venture to say almost everyone, is chasing a feeling. And this — chasing a feeling — when it's done in an illegitimate fashion, such as cheating, will lead to someone getting hurt.

I'm going to tell you something that you might not want to hear. But what you want and what you need are two different things.

It's your fault. It's all your fault.

Feel stuck? It's your fault.

Quit blaming your husband. Quit blaming your boyfriend.

Quit blaming your wife. Quit blaming your girlfriend

Quit blaming other people.

It's not them. It's you.

Change yourself. If you try to change other people, you are still bringing your "same self" to the environment, to the situation, and you are likely to attract the "same type of person". Think about it.

Change yourself. Change yourself, first.

Change yourself, and the entire world will change around you.

Take action. Action eliminates fear.

Do one new thing — one new action step — that will bring happiness into your life.

Quit depending on that person, place, or thing to make you happy.

Only you can make you happy.

Remember, the sun doesn't rise and set on any one else's shoulders except your own.

Quit expecting other people to bring you happiness.

Expectations are premeditated resentments.

What about standards? Can you have standards? Yes.

Raise your standards for yourself, before you raise them for anyone else.

The combination of taking action and raising the standards for yourself will bring happiness into your life.

Remember: Don't expect the sun to rise and set on anyone else's shoulders.

If we do get caught up in the belief that another person can make us happy, it's likely that we are being emotional rather than logical. This leads us to number 3 on our list, which underscores the importance of feeding our emotional hunger.



3. Understand that everyone's chasing a feeling.

Everyone's chasing a feeling.

Feelings fluctuate.

Because feelings fluctuate, you might not always feel happy.

In these moments, give yourself permission to feel unhappy.

No worries. No problems.

Feelings fluctuate. They come and go.

These unhappy feelings, like little birds, will fly away, into the forest, to search for food, because these little birds are chasing a feeling to, a feeling of fullness they get when they eat something delicious.

The same feelings you get when you're drinking your favorite beverage, snacking on your favorite snack, when you see the mile-meter switching to 3 miles on the treadmill odometer at the gym.

Hollywood, movies, TV, the entertainment industry knows this: that everyone is chasing a feeling. They rake in billions of dollars giving people a feeling ... of excitement, sorrow, laughter, tension, and more.

The job of a good screenplay is to elicit a feeling. A well-written screenplay, if turned into a well-made, well-produced movie, will elicit feelings. This is what we pay for when we go to the movies: feelings. Thus the phrase "that movie took me on an emotional rollercoaster".

Hollywood is in the business of selling you a fantasy. Why? Because everyone's chasing a feeling. And Hollywood knows this, so we pay \$20 dollars to sit inside a big room with the lights out to passively sit and watch a movie for 2 hours.

Because it gives us a feeling.

What does this have to do with you? I will tell you.

Everyone's chasing a feeling.

Use this to your advantage.

How?

By giving them that feeling.

Find out what the carrot is that they are chasing. Determine the feeling they will get when they get the carrot. Give them that feeling.

Now, let's go a bit deeper.

No one cares about the carrot. They care about the feeling they will get once they get it. This is the difference between "means values" and "ends values".



If you ask a woman what she wants in a guy, the typical response might be “tall, dark, and handsome”.

Let’s go further with this.

Ask the same woman: “How will it make you feel when you’re with a guy who’s tall, dark, and handsome?”

I’ve done this many times and the answers are usually the same.

“If he’s tall,” the girl explains, “it makes me feel safe, so I feel safe. If he’s dark, there’s a sense of mystery to him, and it’s exciting, because it’s like he’s a puzzle that I have to solve.

And if he’s handsome, it makes me feel pretty.”

At this point, I ask them: “How does it make you feel pretty if your guy is handsome.”

She pauses, searching for the right words, then slowly reveals the answer. “It makes me feel ... like I’ve been chosen, like I’m special.”

Here, the means-values are “tall, dark, handsome”. The ends-values are “safe, mysterious (exciting), special (chosen)”.

What’s interesting is that the means-values reflect his physical appearance, his persona, his character. The ends-values reflect the way that she feels.

She, like most people, is chasing a feeling.

Have you ever seen a beautiful woman and their with an average-looking guy?

You’re probably thinking, “What is she doing with him? He must have a lot of money, or be a producer promising to put her in a starring role.”

Perhaps he does have a lot of money or he is a producer. Then again, maybe it’s none of these.

Maybe he gives her the ends-values she is looking for. Despite the fact that he is not “tall, dark, handsome”, he makes her feel “safe, mysterious (exciting), special”.

How?

Maybe he knows karate (tall/safe), works a secretive military job (dark/mysterious/exciting), makes her feel special (handsome/special)

Where am I going with this?

Everyone is chasing a feeling. Understand this. For yourself and others.

You are not everyone. But, you are, at times, going to be chasing a feeling. Feelings fluctuate. So, understand that you may not be happy all the time. Give yourself permission to be unhappy.

When that unhappiness, that itch, that restlessness rises to the surface like a simile-volcano-of-descriptive-adjectives, like the Ranch dressing you use to turn that salad into a swimming pool of creamy delight, see it for what it is — those unhappy feelings are based on a feeling. And feelings fluctuate. They come and go. So, don't make rash decisions based on a feeling.

You can change your feeling in an instant.

How?

By changing your state.

Change your physical state and the feeling (emotional) will follow. This is biology. How do you do this? Simple. By taking action.

Dance to your favorite 80's song.

Tell that special someone how you really feel.

Grab a cup of coffee at your favorite coffeehouse.

Take a cold shower.

Go for a walk.

Tell that girl that you love the way she styles her hair.

Do something.

Take a risk. Be brave. Take action.

Action eliminates fear.

Onward, my friend.

That's it.

The 3 Secrets of Happiness

1. Always have something in life to look forward to.
2. Don't expect the sun to rise and set on anyone else's shoulders.
3. Understand that everyone's chasing a feeling.



Vacation isn't a destination, it's a ...



Moving to a new place, I realized something. That vacation isn't a destination. It's a state of mind.

When I first moved to New York City, it was an overwhelming experience, like taking a drink of water from a fire hydrant.

Then, I learned how to navigate the subway system and find employment and experience the beautiful parks and, as I became familiar with The City, I went through the honeymoon phase, where everything's new and shiny and amazing.

Even though I've been living here in New York City for a few years now, I am able to see it from the perspective as a vacation.



DUMBO (Down Under Manhattan Bridge Overpass), Brooklyn, NY
The Carousel, East River, downtown Manhattan / photo: Kris Kemp

When I'm walking through The City or Brooklyn, I see it from the point of view as someone on vacation, as a tourist, and not that of someone who is only working there. This opens up doors of possibility and opportunity for me in new and interesting ways.

When I get a little bit stressed out or anxious, New York City becomes an obstacle course--delayed trains, train lines not running meaning you have to take a bus or a series of trains to get to your destination, unforeseen circumstances. When I'm in a good mood, however, which is most of the time, New York City is an amusement park. And moving from a state of stress to a state of bliss can happen in an instant, spurred on by a happy thought, a creative idea, listening to some cool music, drinking water, consumption of a banana, eating a high quality piece of chocolate, drinking a coffee or any other combination of actions. In any case, it's the struggle of living in New York City that becomes so addictive, and also the sense that

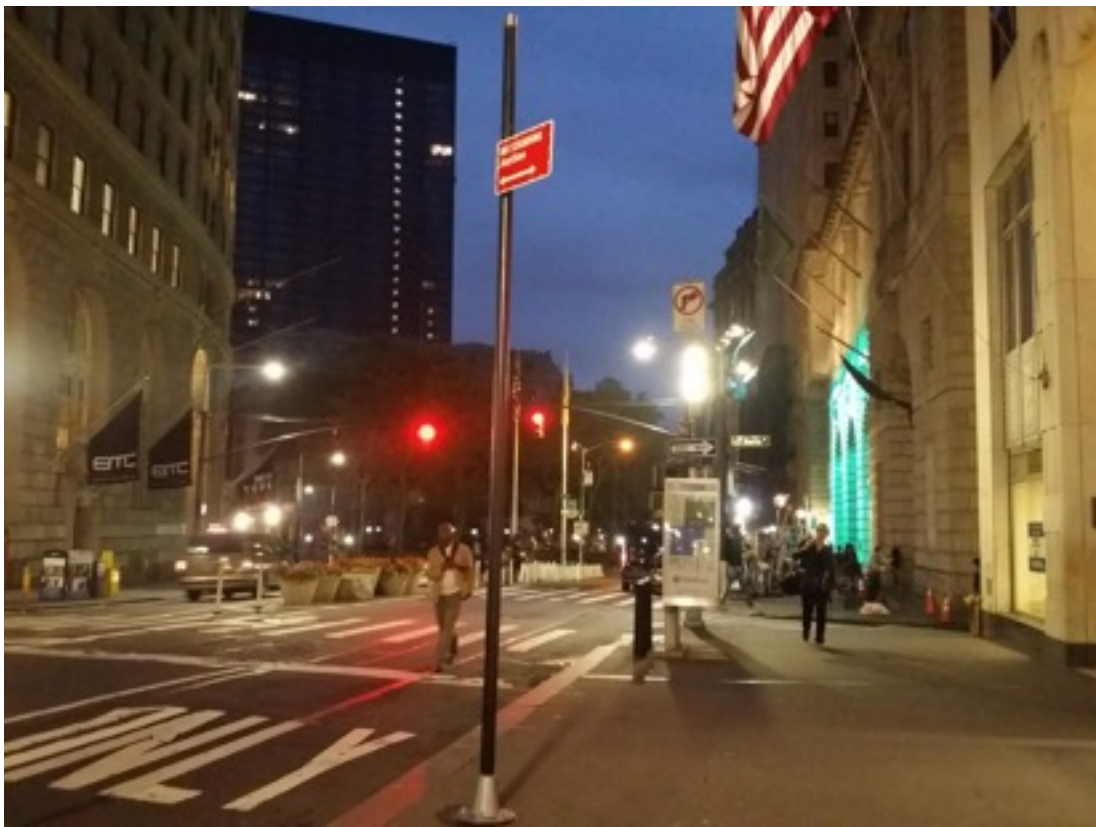
within the struggle, you share a common bond with the residents of The City, as they are in the struggle, too.

When I inhabit the reality that “vacation isn’t a destination, it’s a state of mind”, I am tuned in to gratitude. and gratitude is the frequency of the universe.

“Frame things in a positive way that radiates gratitude. When you are grateful, you are tuned in to the frequency of the universe.”

Kris Kemp







DUMBO (Down Under Manhattan Bridge Overpass), Brooklyn, NY
photo: Kris Kemp



Bushwick, Brooklyn, NY photo: Kris Kemp

7 Keys to Personal Change using NLP



Author Contact:

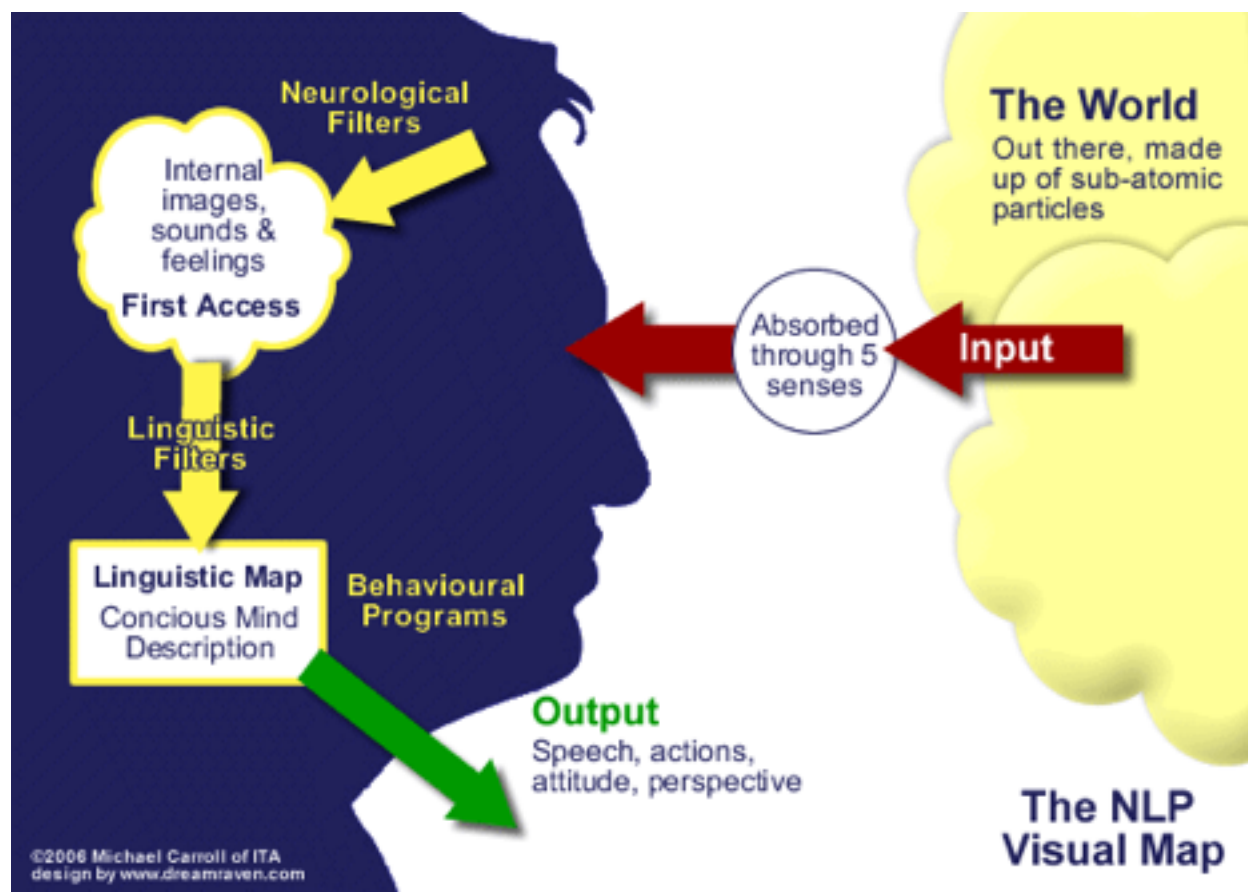
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For the past ten years I have poured my life into learning NLP and applying it in the therapeutic, teaching and writing world.

Over the past ten years I have had the honor of working with approximately 600 therapy clients involving approximately 3000 hours of therapy.

I have also had the unique privilege of teaching NLP at Gaston College for the past seven and one-half years.

In addition I have taught seven Practitioner Certification Courses and four Master Practitioner Courses.



The numbers of one-session seminars I have led are too numerous to count.

Needless to say, the past ten years have been quite eventful.

What a joy and privilege life has afforded me with all the above experiences.

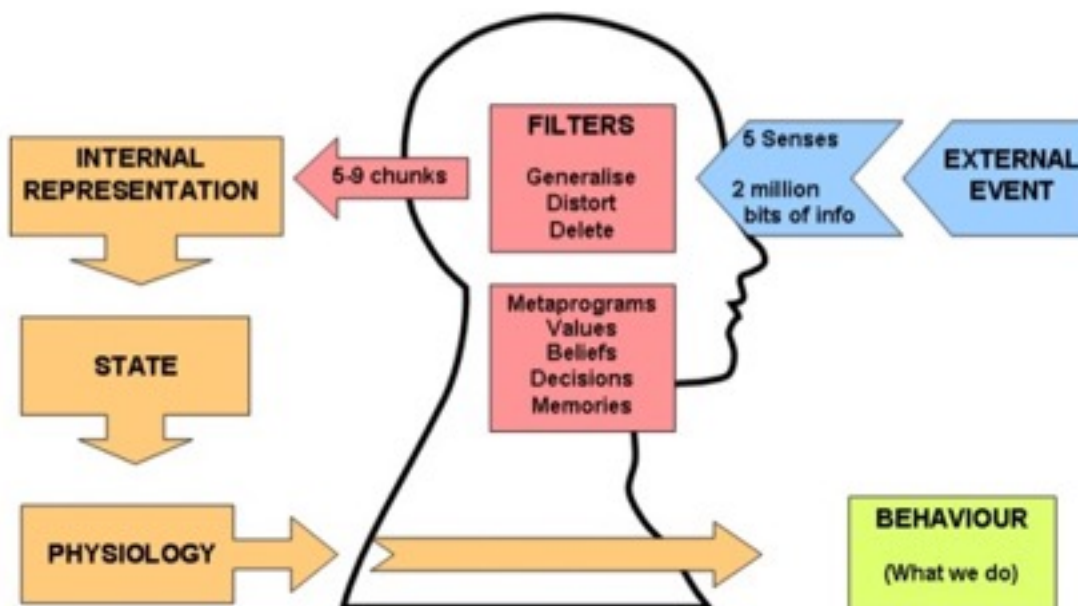
Well, so what?

That is a question I have been asking myself.

So what? If I were to take all the above and summarize it down to its essence (according to Bob of course), how would I summarize what I have learned into one article?

Now, since the major thrust of the work I do involves assisting therapy clients and class participants toward positive change, I will direct the following remarks to what I believe is the essence of personal change from

THE NLP COMMUNICATION MODEL



the structural viewpoint of NLP and Meta-States as developed by L. Michael Hall, Ph.D.

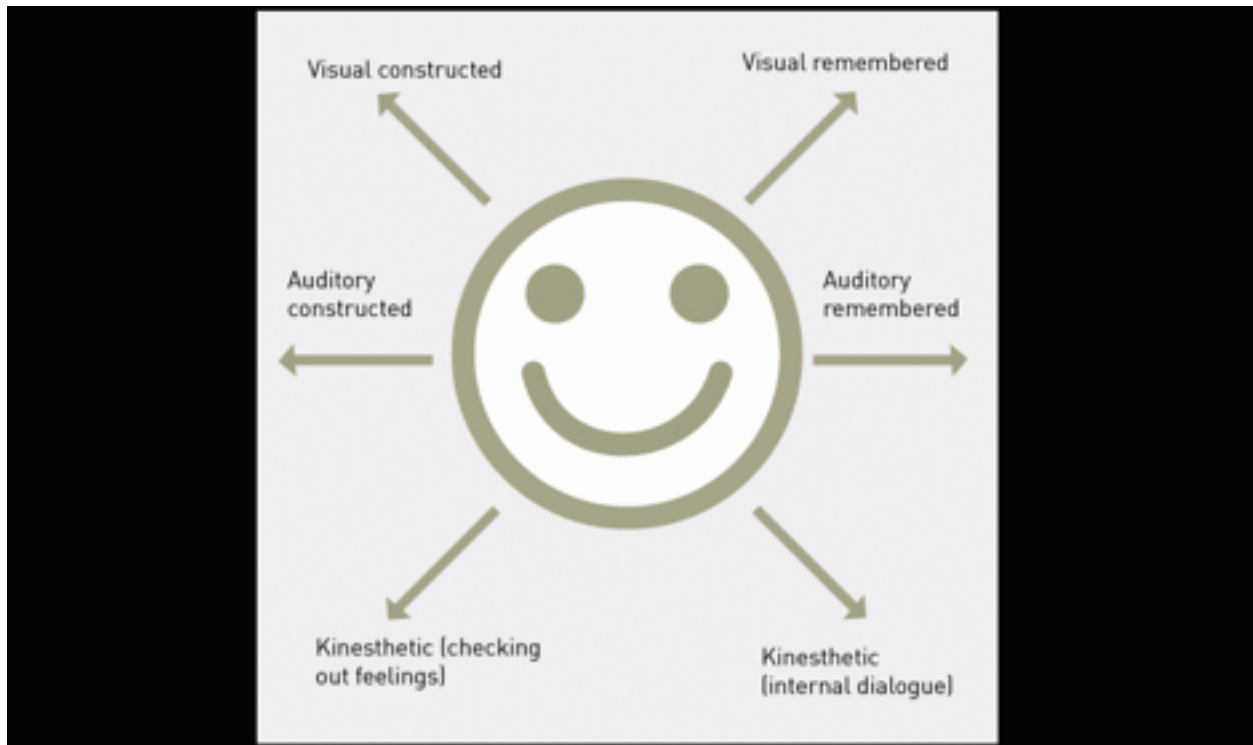
We call the merged fields of NLP and Meta States, Neuro-Semantics.

What were the key elements in the lives of those countless hundreds whom it has been my privilege to work with that brought about positive changes in their lives?

Seven Key Structural Elements Involved in Personal Change:

In this article I will provide the groundwork by defining some basic beliefs we have in Neuro-Semantics about just “how” your brain works.

Note the word “how.” That word is important. In Neuro-Semantics we place prime importance on the mental processes that determine behavior.



What do you do inside your head in order to have a problem and what do you have to do inside your head in order to “fix” your problem?
 What kind of pictures, feelings, sounds and word meanings do you need inside your head in order to do the problem?

What kind of pictures, feelings, sounds and word meanings do you need to activate in your head in order to not to have the problem?

By the way, we believe that brains aren’t broken; they just run sick thought patterns really well. Indeed, the brain doesn’t care whether or not you think yourself sick or whether you think yourself well.

Your brain just does what you tell it to do.

This is what this article is about.

Those who change their thinking understand and accept these beliefs:

Part 1- NLP Principles 2

NLP founders:
Richard Bandler & John Grinder

* Their initial books: 1) The Structure of Magic I: A Book About Language and Therapy & 2) The Structure of Magic II: A Book About Communication and Change.

* **NLP refers to a stated connection between the neurological processes (neuro), language (linguistic), & behavioral patterns.**

1) The brain primarily processes information from the outside world through the five senses. You experience your world through what you see, hear, feel, smell and taste.

Now, importantly to Neuro-Semantics, we believe that when you re-present your world on the screen of your consciousness, you utilize the same programs involved in the event of recall.

When you recall something you have seen before, you will recall it with a picture (Visual).

When you recall something you have heard before, you will recall it with remembered sounds (Auditory).

The same is true for feelings (Kinesthetic), smells (Olfactory) and tastes (Gustatory).

We call these the Representational Systems or VAK for short.

There are 6 basic principles to NLP:

You are the most important part of the system.

The presuppositions are the guiding principles of NLP.

Rapport is the essence of communication.

Outcome - where you are, where do you want to be and how are you going to get there

Feedback tune into your senses to become more effective

Flexibility the desire to learn and make changes

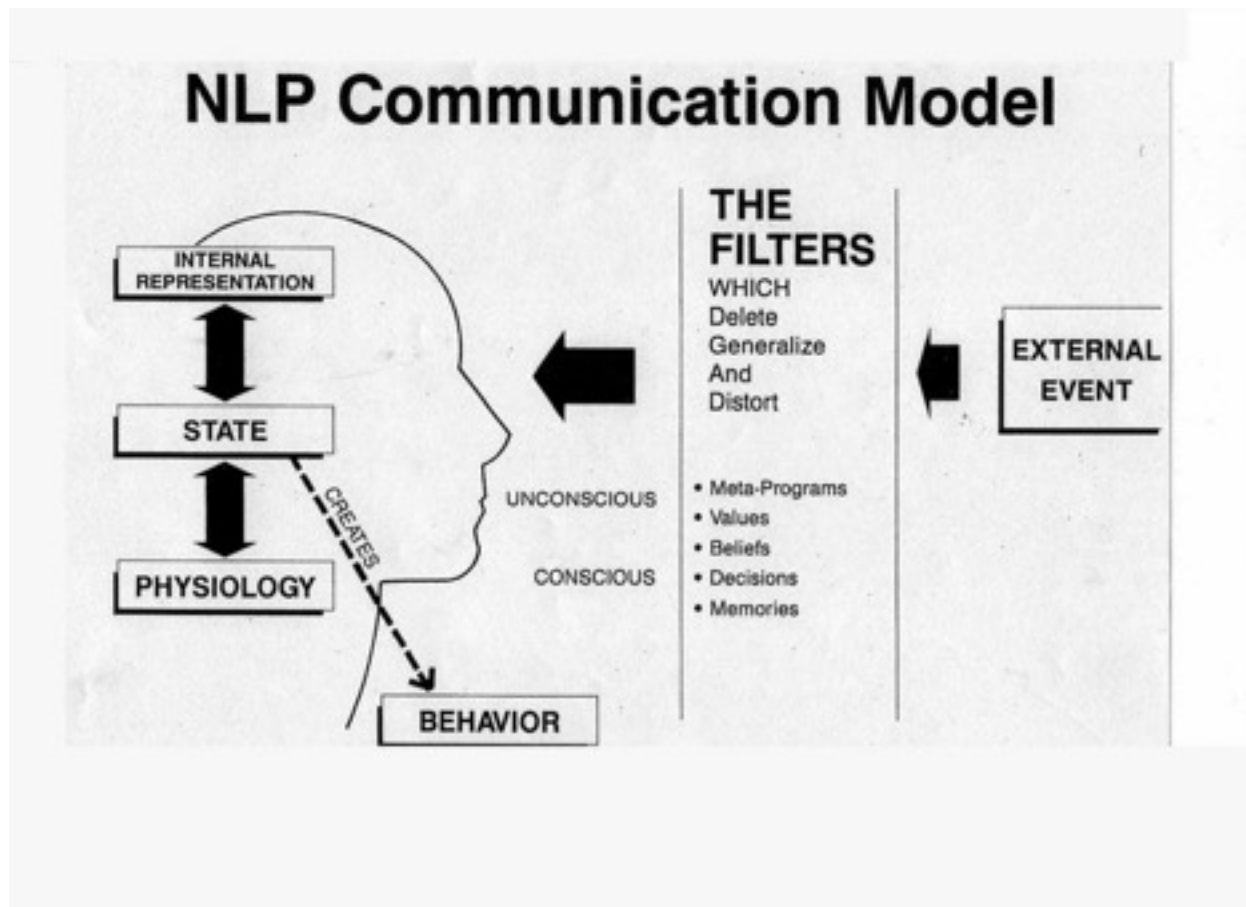
Your brain not only does this with remembered experiences, it does the same with constructed experiences.

I can ask you to imagine seeing yourself where you want to be one year from now. Your brain knows how to construct a picture of the desired you one year from now.

Now, these experiences we re-present on the screen of our minds (images) often contain more than just one system. We can recall a picture and also have sounds with it as well as feelings.

Furthermore, these images have finer qualities. Usually images that we hold as very important to us will be very close to our eyes visually. They will often be very bright and colorful to let us know this image is important.

2) The brain gives meaning to these images with words. So, I have pictures, feelings, sounds, smells and tastes in my mind, so what?



Your brain doesn't stop there, as a thinking class of life; the human brain has the marvelous ability of giving meaning to these images with words.

These words are "about" the images composed of pictures, sounds, feelings, smells and/or taste.

3) The brain doesn't stop at just the first level of word meaning you gave to the image. Your brain keeps having thoughts (primarily with words) about thoughts.

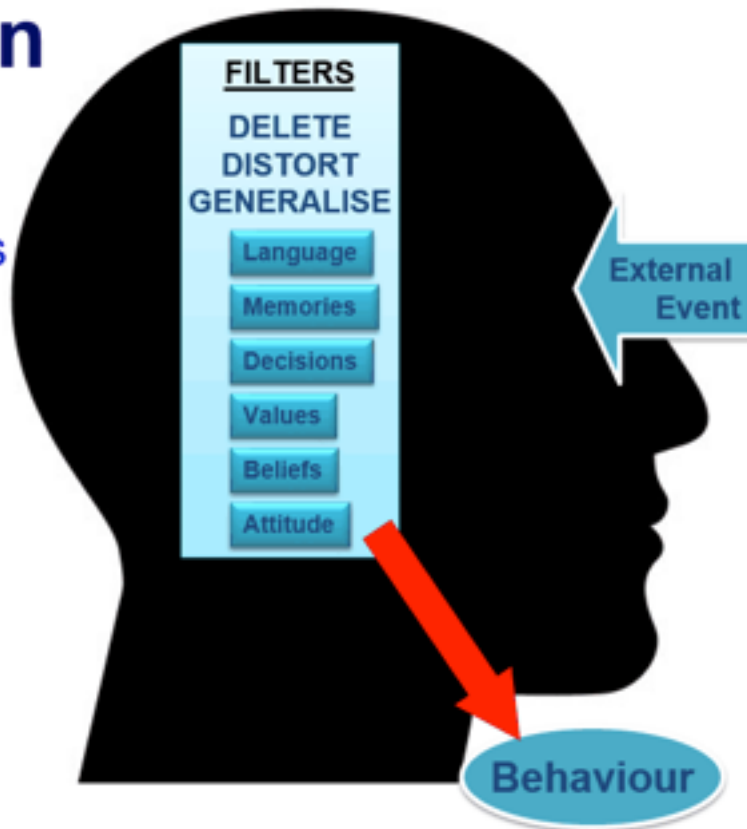
The brain does not stop at one thought, it continues having thoughts about thoughts and there is where the "magic" lies.

In Neuro-Semantics we realize that as important as Representation is, there is yet something more powerful and more magical ³/₄ Reference.

Information Input

Everyone interprets situations through their own perceptions, thereby creating their own reality

Each person may create a different 'map of the world'



That's how the brain works. It starts with a referent experience, the event. Something happens. Then we re present it on the screen of our mind with the Representational System (VAKOG). But by reflexive awareness, we develop a thought and a feeling ABOUT it, now we have our first frame of reference.

4) Repeating thoughts will create unconscious frames-of-mind that will direct our consciousness to the five to nine items we can focus on.

These frames of mind operate inside our head totally outside of consciousness. Our brains do not stop at just one thought. It will keep on thinking thoughts about thoughts.

These thoughts about thoughts when habituated (drop into the unconscious) become our Frames of Mind $\frac{3}{4}$ our perceptual filters through which we view our world. These frames become like eyeglasses through



which we view and experience our world. And that doesn't end it. We develop frames-within-frames, each frame embedded in another frame. These higher frames determine our neuro-semantic states that governs the way we think, feel, our health, skills, everything.

All the while we are having thoughts about thoughts, these thoughts are interaction with our physiology through our central nervous system and out of that interaction comes what we call “states” of being. And, out of our “states” of being comes our behavior. Thus, “as a man thinketh, so is he” (Proverbs 23:7).

These “repeated” unconscious frames of mind become our blessing or our curse.

In problem framing, we can have frames of mind that say, “I am worthless.” “I can’t ever do anything right.” “In order for me to have personal worth, I have to do for other people; I am not an OK person in myself.” Etc.



Such frames inevitably come from our earlier years and for that reason become quite unconscious and difficult to change on our own.

However, they are changeable and they do change for they are just thoughts no matter how much they operate outside of consciousness.

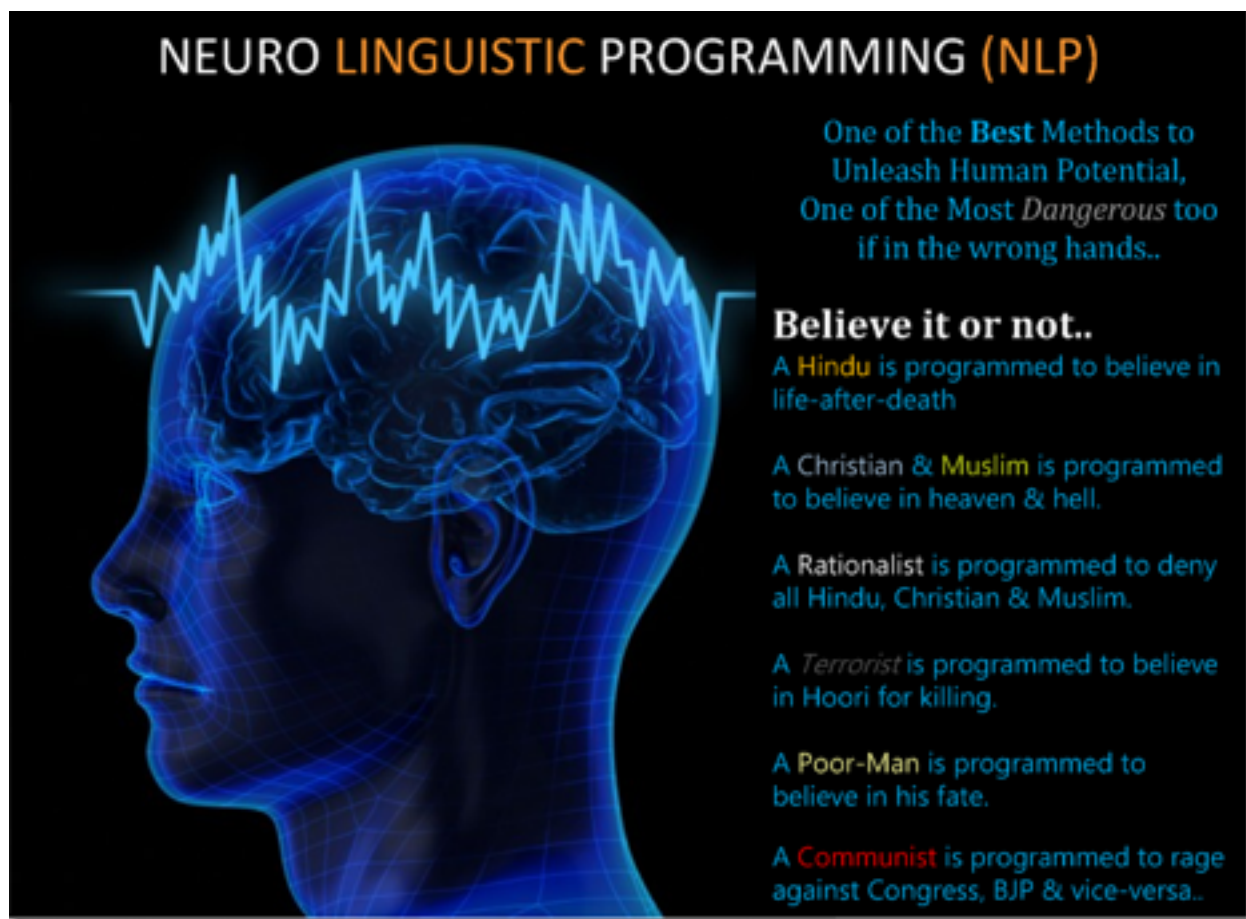
In “fixing” ourselves, metaphorically we delete those old frames of mind and install new frames of mind that serve us.

This is what Neuro-Semantics is all about.

The individuals who make personal changes accept that they have constructed these frames themselves with their internal representations and with the levels, however many, of the meanings that they have given these internal representations.

In therapy, I constantly discover old memories of the person hearing dad or mom tell them that they are worthless or that dad or mom was absent in their lives and from that they developed a word meaning frame that “I must be worthless because dad and/or mom was not here for me.” Etc.

Important to personal change is to accept the reality that these frames are constructed and therefore can be de-constructed.



We do that with the VAKOG and Word meanings acting as “symbols” from our experience of our world through our five senses. But, these are just symbols about our world. They are not the world.

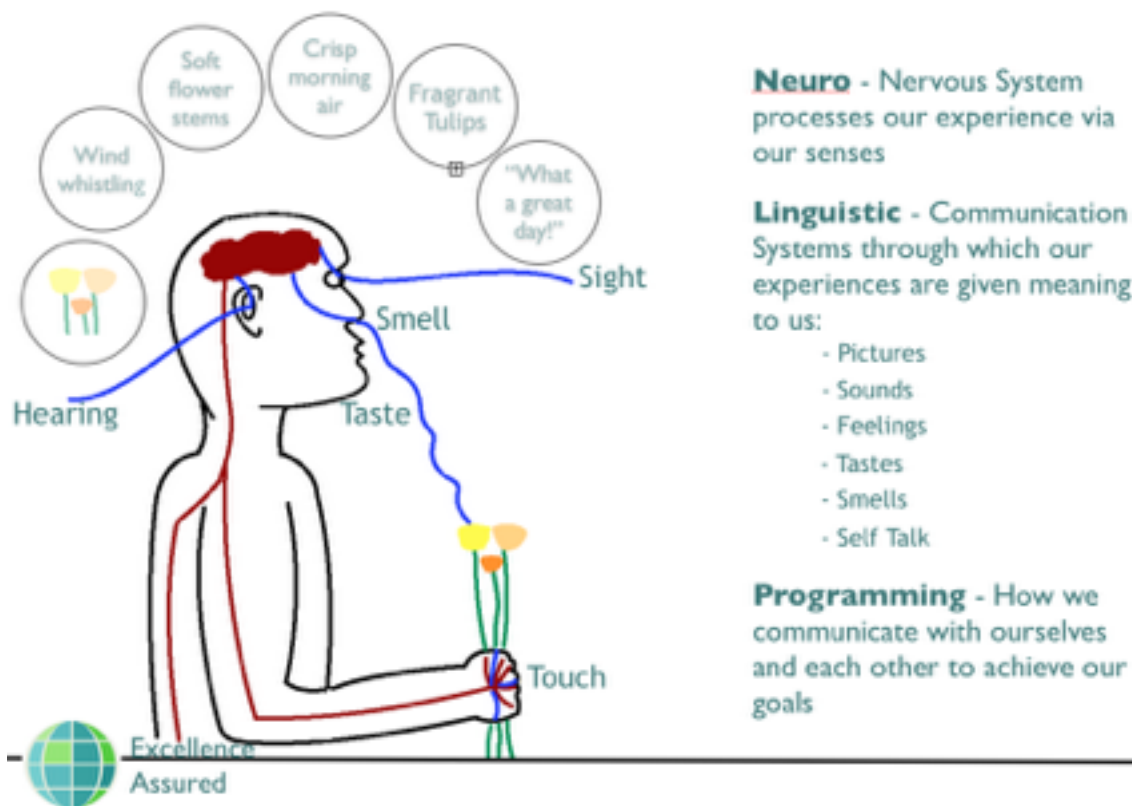
We get into trouble when we confuse the two and label our “symbols” as being “real” in the sense that they accurately map out our world.

When we consciously or unconsciously operate from frames of mind that we learned in childhood, we certainly are not operating from a map that even comes close to accurately mapping out the adult world we now live in. This is the root of most problems if not all of them.

b. Those who change their thinking by recognizing that their map is not the territory will eliminate the problem of cause-effect in their lives.

What do I mean?

What is NLP??



I mean that the individual who understands and accepts that our internal map/perception is not and cannot be the territory (the external world) will

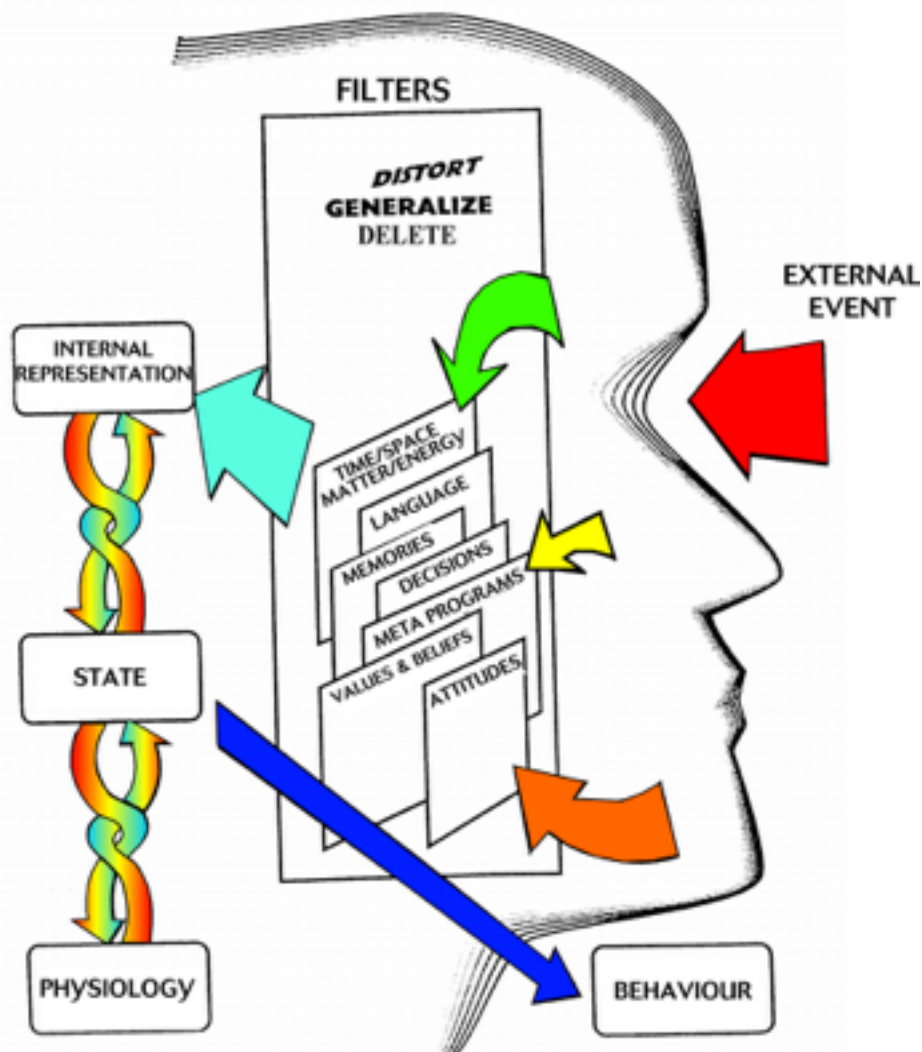
stop the foolishness of believing other people control his or her mind without his or her permission. No one can make you believe or feel anything you choose not to believe or feel.

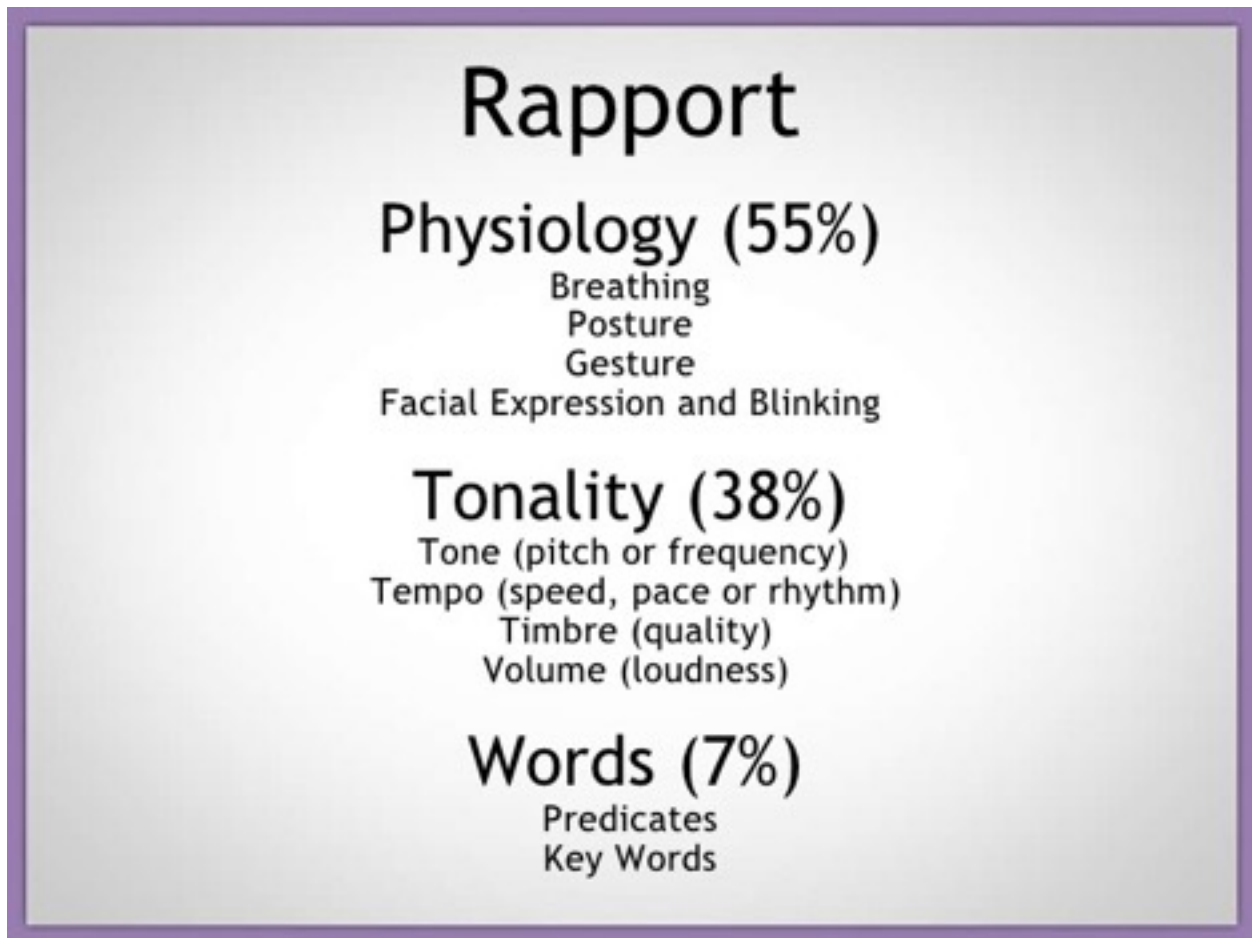
Just because we may have grown up in a dysfunctional family does not mean that we are or have to remain a dysfunctional person even if we learned some poor ways to think and behave.

We can “own” our own brain, take control of it and learn new ways of thinking. Brains are very flexible. As an example, think of something unpleasant. Now think of something pleasant. Note how rapidly you can change your thinking. Old unwanted patterns of thinking are just habituated thought patterns that “seem real” because they have become unconscious and “feel” real. But, guess what? They can change.

Now, many have an “invested” interest in getting you to believe that these thought patterns are “real” and that you can do nothing about them.
DON'T BUY THAT LIMITED FRAME.

You can change these thought patterns. You can “renew your mind.” You can think on things that are pure, just, right, lovely, etc. Indeed, you can think on anything you choose to think on. Just give yourself permission.





c. They recognize that the words and images inside our heads are not “real” in the sense that they are set in concrete - they are changeable. They are just “symbols” of the external world.

We have instruments that will detect the nerve cells and the neuro-transmitters that allow one nerve cell to communicate with another nerve cell.

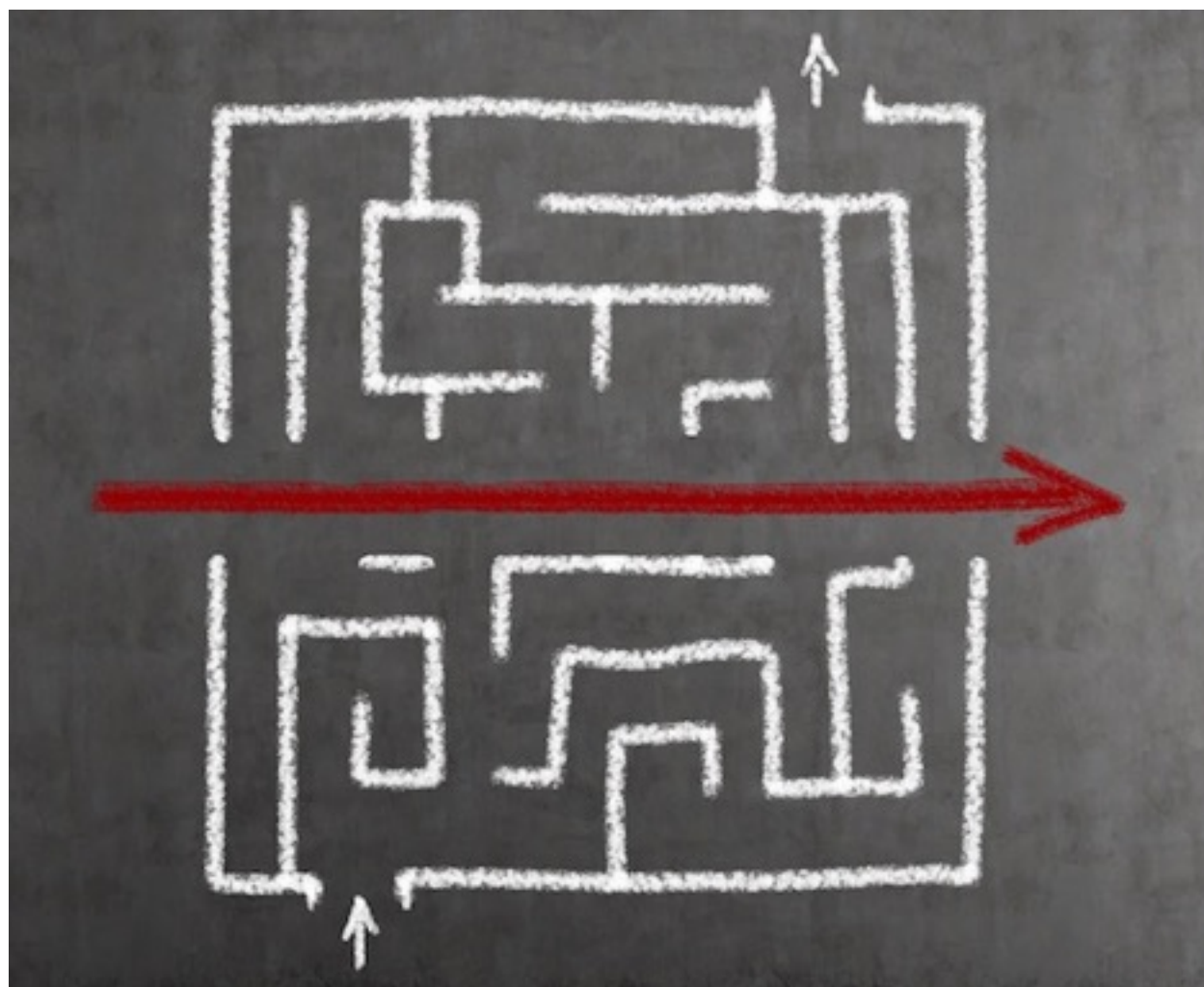
However, can neuro-scientist go inside the brain and find/measure a picture, a sound, a feeling or a word? No, they are “abstractions” of the mind hence our conceptual states that are generated at the moment of thought and then they disappear until we think the thought again. Because the images and word meanings inside our head are not “real” in the sense that they are set in concrete, they only have the reality we give them.

Consider this, think of a mildly unpleasant memory and note what pops into your mind and how you feel. Now, think of a pleasant memory and notice what pops into your mind and how you feel.

Which type thinking best serves you? Why would you want to “create” an image and a thought inside your head that makes you feel bad? Have you ever thought about just not doing that anymore?

After all, these thoughts aren’t real unless you generate them.

How can we use this knowledge?



What is NLP?

- Neuro-Linguistic Programming
 - Neuro: Our neurology and our five senses
 - Linguistic: The language we use to describe our word and communicate with others
 - Programming: The habitual and often sequential nature of our thoughts, feelings, and actions

Simple.

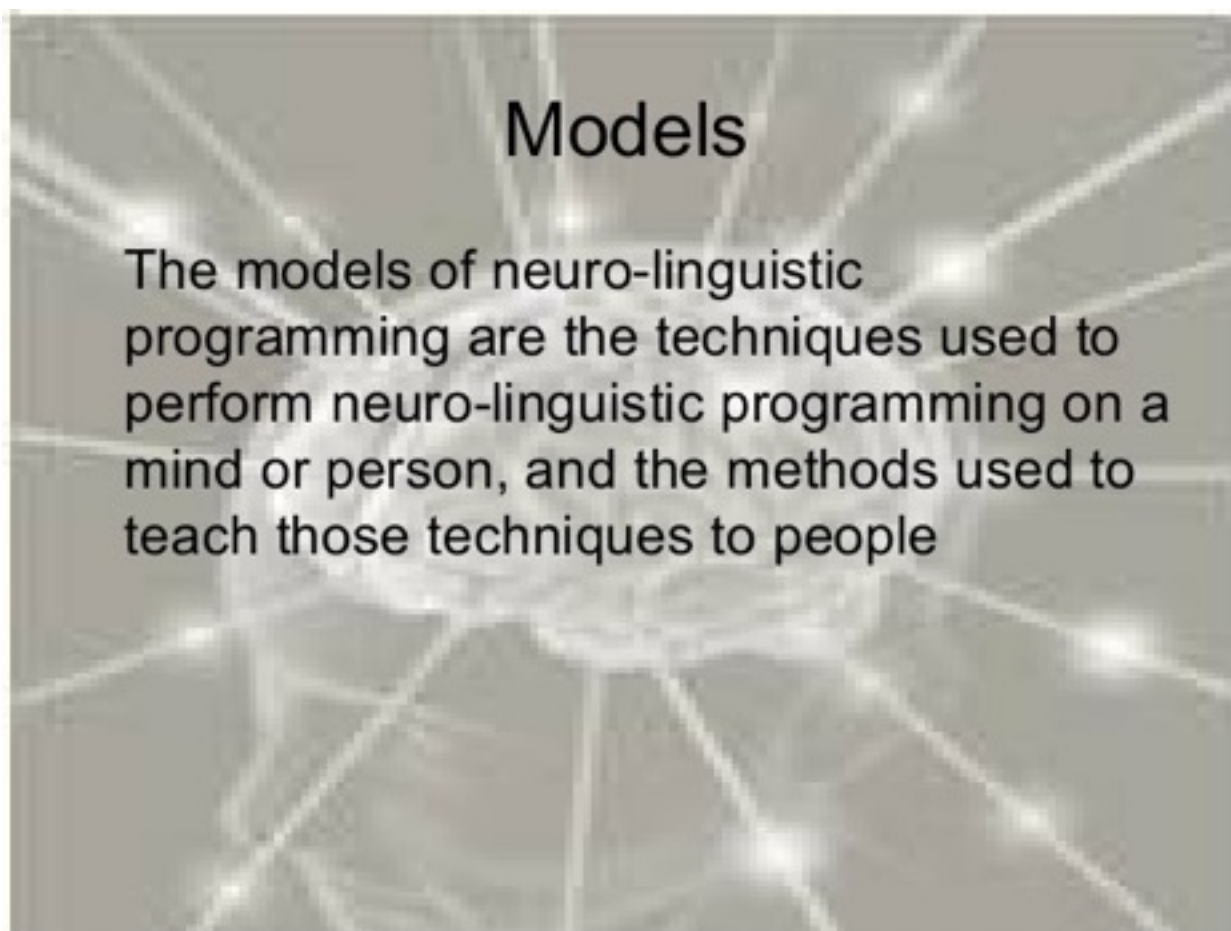
Since the thoughts including the decisions inside our heads are just thoughts, we can change them as we will.

In other words, if you don't like a decision you have made, say "no" to it. Apply "no" to the unwanted decision.

When you do this you are meta-stating (applying one thought to another.

See #7 below.) the unwanted decision with a higher level "no." What happens when you say "no" to that unwanted decision? Now, create a decision that will serve you and say "yes" to it. Again, you are meta-stating your desired decision with a "yes."

Have you ever thought of this^{3/4} the only difference between a thought and a belief is that a belief is a thought to which you have said, "yes."



Models

The models of neuro-linguistic programming are the techniques used to perform neuro-linguistic programming on a mind or person, and the methods used to teach those techniques to people

A belief is a thought that you have affirmed by saying, “I believe this. This thought is for me.”

Now, utilize the same processes of the mind in changing original thoughts by thinking other thoughts about them by saying “no” to the decision/ thought you don’t want and “yes” to the decision or thought you do want.

How many times do I need to do this? Good question.

The brain learns through repetition.

Remember how you learned to ride a bicycle or to drive a car? You rehearsed until the knowledge dropped into your unconscious and it became habitual.

Do the same thing with saying “no” to what you don’t want and “yes” to what you do want. Every time the decision/thought pops up you don’t want, say “no” to it and then immediately say, “yes” to the one you do want.

By doing this you are “breaking” the old unwanted habitual pattern and installing a new direction for your mind to go towards $\frac{3}{4}$ a direction that will best serve you.

After all, they are just thoughts so think thoughts that serve you.

6. The awesome power of knowing the difference between associating and dissociating.

Before I explain this difference, consider this simple exercise.

Imagine yourself walking up to your refrigerator. You open the refrigerator door. Once inside the refrigerator you open the vegetable drawer. Inside the vegetable drawer you see a lemon. You take out the lemon, close the vegetable drawer and then the refrigerator door. Lemon in hand, you walk over to your kitchen cabinet; take out a cutting board and a knife. You proceed to slice the lemon in half then you take one of the halves and slice the half in half and you have two-quarter slices of lemon.

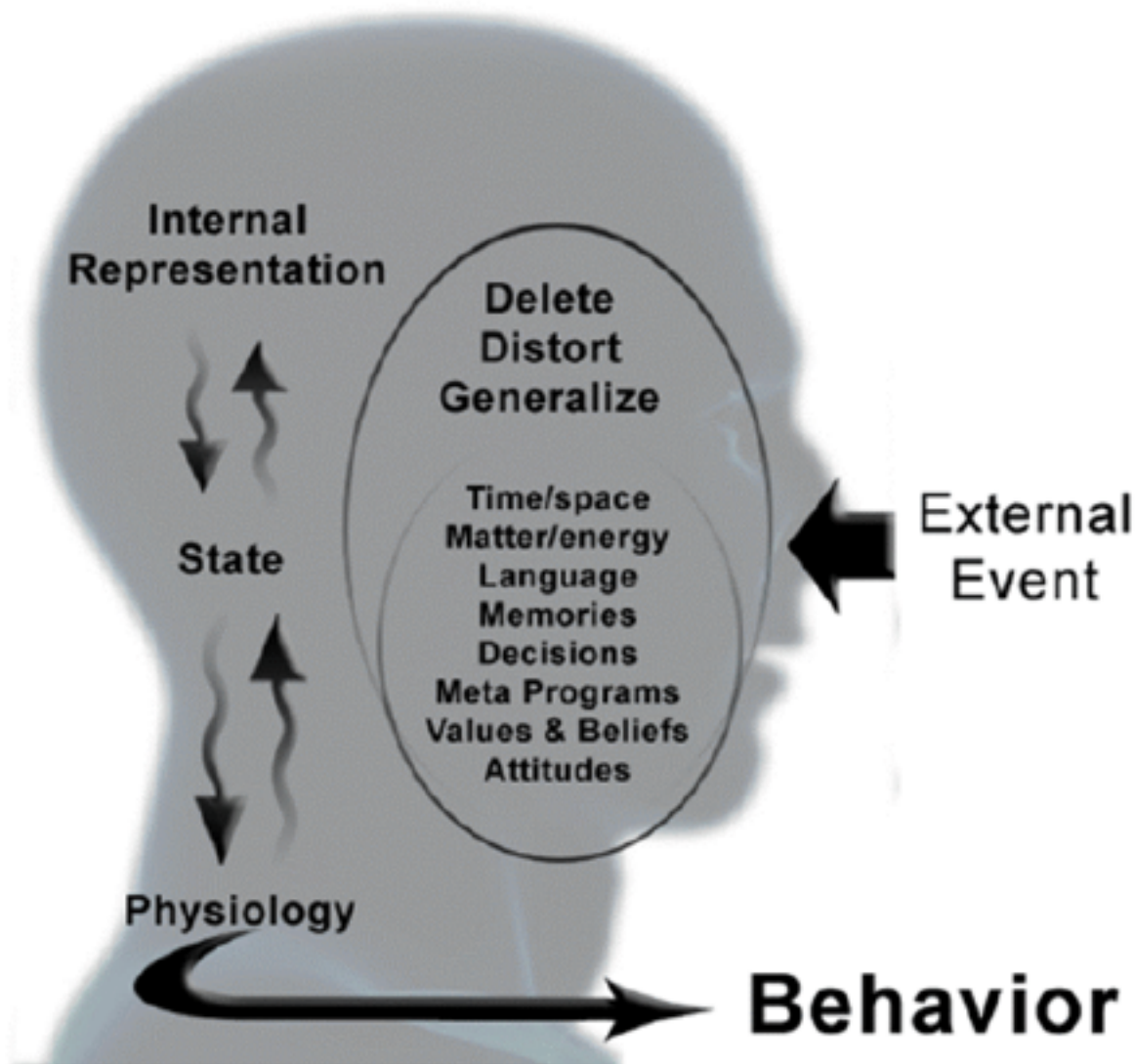
You then pick up one of the quarter slices of lemon and put it in your mouth and squeeze the lemon as you feel the lemon juice pouring into your mouth.

Is your mouth watering “as if” you actually had a slice of lemon in your mouth?

Most people’s mouth will water.

This little exercise illustrates that the brain doesn’t know the difference between what you imagine and what you are actually experiencing in the present.

Similarly, suppose we consciously or unconsciously imagine ourselves as a little boy or little girl back in our dysfunctional family.



Suppose we recall hearing and seeing a parent screaming at us. We hear them telling us how stupid they believe we are. How do you think you would feel even though you are now a grown adult and not a child? You would feel bad, wouldn't you?

That is what I mean by associating.

Almost universally, I discover clients are having problems in adulthood due to their imagining themselves still children. They continue using their childhood experiences as their present frame of reference.



We call this “associating.” You know if you are associating into a memory if when you recall it you do not see yourself in the picture.

Let’s experiment.

Recall a mildly painful memory.

Get a picture of it.

Now, in the picture note whether or not you see yourself or you just see the other people and environment in that picture. If you do not see yourself, mentally, you have associated back into that memory and you will tend to experience the same negative feelings you had when you experienced it.

Now, because the brain does not know the difference between what you represent by imagination or by current input, when you mentally place

yourself back into some painful memory, you will have negative feelings very similar to what you experienced during that event.

If you see yourself in that picture as the younger you, we call that dissociating. When people say something like, “That doesn’t bother me anymore, I have distanced myself from it.”

They have in fact dissociated from the memory by seeing themselves in the picture and by pushing the picture away from their eyes so it is at a distance. This diminishes the feelings whereas associating into a memory tends to increase the feelings.

When we consciously or unconsciously associate back into our past hurtful memories and operate from the mental frames (conceptual meanings) that we gave them, we are confusing the map with the territory.

When we do this we are living our adult lives inside the painful experiences of childhood. The thinking we developed then served us then but it doesn’t serve us in adulthood.

If you find yourself:

- ... (Jumping to Conclusions) generalization
- ... (Being Narrow Minded) centration
- ... (Playing the “blame game”) transductive reasoning
- ... (Personalizing) egocentrism
- ... (Making mountains out of molehills.) inductive logic or castraphizing
- ... (Black and white thinking) thinking in absolutes and
- ... (Blocking out past positive examples) irreversibility

Then, you are operating from childhood frames.

John Burton, Ed.D. has an article on the Neuro-Semantics web site that defines the thinking styles of children.

The title of the article is: “Hypnotic Language: Solutions in a Word”

source: <https://www.scribd.com/book/353185076/Hypnotic-Language-Its-structure-and-use>

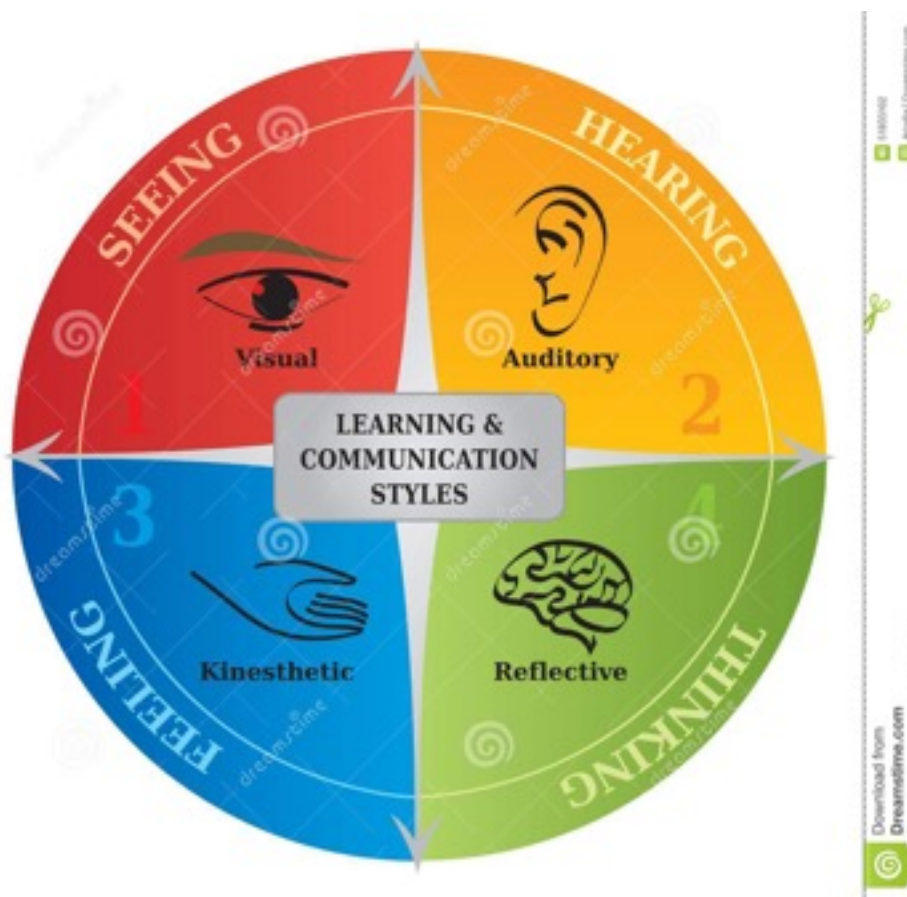
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If I were to list one common element of the problems that I have confronted during these ten years as a therapist, I would list associating into past painful memories. The problem of unconsciously associating into childhood problem states and bringing that forward into the adult world lies at the root of many problems that I see therapeutically.

Note: You may have tried through years of reading and/or attending trainings to “fix” your thinking without it working. Experience has taught me that often times a person will need assistance in activating these associated frames in order to bring them to conscious level. From there it becomes fairly easy to meta-state and reframe them.

But know this, you can change your thinking no matter how unconscious the problem state. If you do not know whether or not you are associating into some past memory, you can bet you are doing just that unconsciously if you are having problems with unwanted behaviors and thoughts.



7. People who change know how to apply higher meta-level states to lower level problems. As we have learned, our brains do not stop at just one thought. It will keep on thinking thoughts about thoughts. When we have a “thought about a thought” the second thought will change the first thought and that is where the magic lies. In thinking and behaving the ability of the brain to have thoughts about thoughts is crucial. Here is the secret.

When you have one thought (thoughts are composed of images and conceptual meanings) and then entertain another thought “about” the original thought the original thought will change.

What in the world does that mean? It is simple. If you have an experience that scares you and from that experience you become afraid of your fear, what will happen? In this case the fear will intensify. Indeed, applying fear to fear leads to paranoia.

What if instead of becoming fearful of your fear, you welcomed your fear? You applied the thought that this fear has value to me and I will welcome it?

What will happen to the fear? It will modulate the fear where you can step outside of it and learn from it. Then, once you learn what you need to learn from the fear, you apply the thought of faith to your fear, what would happen? What happens to fear when faith is applied to it? Fear disappears in the face of strong faith.

Play with your brain. Get a thought of anger. Now, apply to your anger the thought of forgiveness. Take the same anger and apply the thought of love.

What about taking your anger and applying the thought of calmness to it, what happens? Would you have ever guessed how easy you could change your states of mind by applying one thought to another thought?

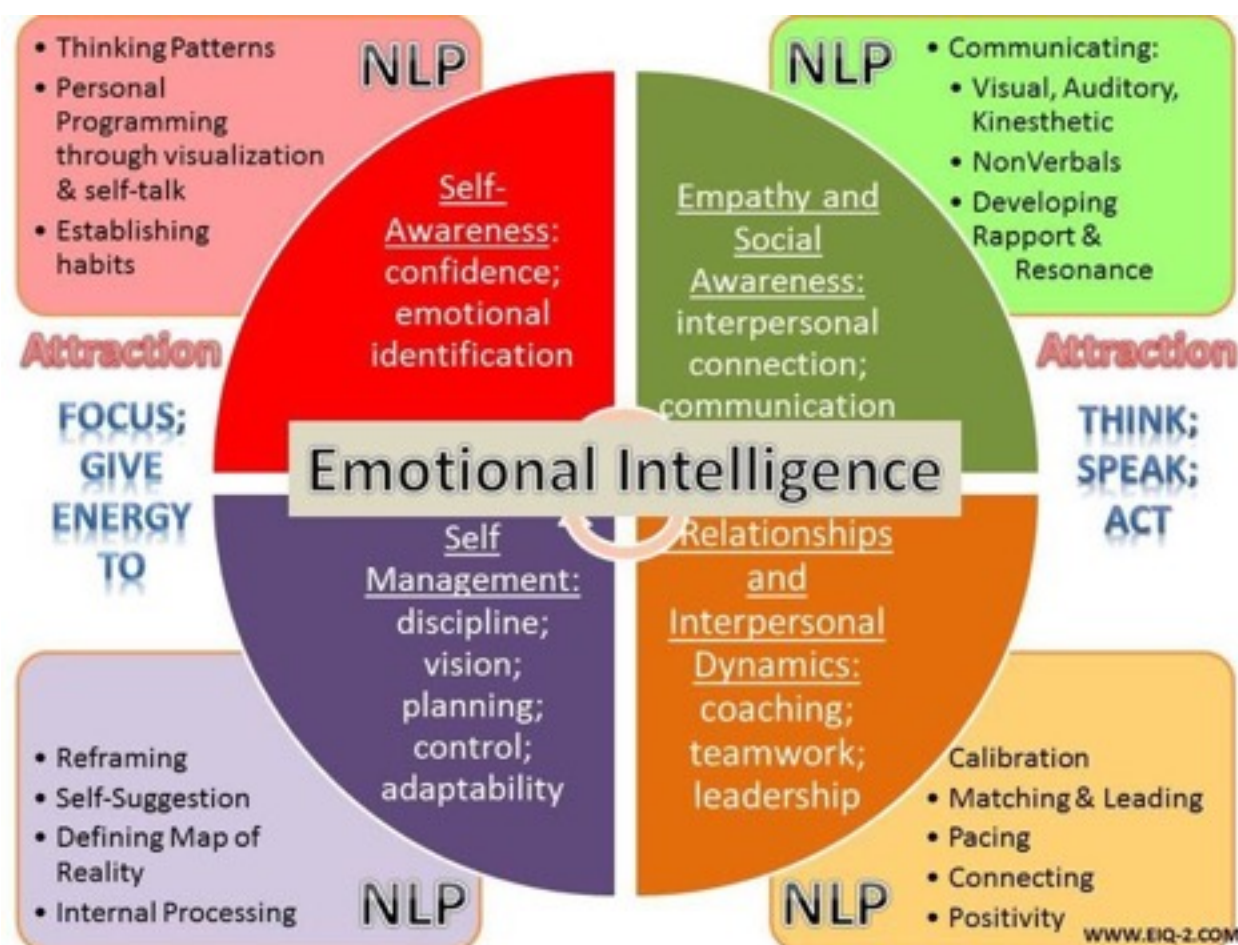
Every time we take a thought and apply another thought to it, the original thought will modulate or change in some way. We call this Meta-Stating ^{3/4} applying one thought to another thought. And, herein lies the magic. Herein lies your ability to re-format and re-program your thinking. Those whom I have seen who have changed their thinking, inevitably have meta-stated their problem state with higher-level resource states. Instead of meta-stating themselves sick, they learned to meta-state themselves well.

They left re-building a new set of higher-level mental frames that served them.

I encourage the reader to “process” the materials found in this article.

Access some personal problem and take that problem through all seven of the steps explained in this article.

You may experience utter amazement at how that “problem” becomes a lesser problem.



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Hypnotic Language: Its Structure and Use. Wales, UK: Crown House Publishing.

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Using your Brain for a Change - Richard Bandler

[http://www.nlpinfocentre.com/nlpebooks/\(ebook%20NLP\)%20Richard%20Bandler%20-%20Using%20Your%20Brain%20For%20A%20Change.pdf](http://www.nlpinfocentre.com/nlpebooks/(ebook%20NLP)%20Richard%20Bandler%20-%20Using%20Your%20Brain%20For%20A%20Change.pdf)

Richard Bandler - Neuro-Linguistic Programming
<https://www.youtube.com/watch?v=GfTNV6kDAYg>

How to Start a New Life to Manifest Anything
<https://www.youtube.com/watch?v=6nIlkuJEo5c>

The 21 Absolutely Unbreakable Laws of Money
<http://mikenation.net/files/21-laws-of-money.pdf>

Napoleon Hill's Awesome Secret (Wealth Secrets Book)
<https://www.law-of-attraction-haven.com/support-files/awesome-secret-wdb.pdf>

Stop Living Paycheck to Paycheck
<https://www.law-of-attraction-haven.com/support-files/paycheck.pdf>

Public Domain Profits
<https://www.law-of-attraction-haven.com/support-files/pd-profits-wdb.pdf>

Secrets of the Rich
<https://www.law-of-attraction-haven.com/support-files/secrets-wdb.pdf>

Prosper by Charles Fillmore
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The Power of Gratitude

<https://www.law-of-attraction-haven.com/support-files/power-of-gratitude-wdb.pdf>

Affirmations for Success

<https://www.law-of-attraction-haven.com/support-files/affirmations-for-success-wdb.pdf>

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The 7 Keys to Success

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The Law of Attraction - the 7 Universal Laws

<https://www.law-of-attraction-haven.com/support-files/law-of-attraction-wdb.pdf>

Open Your Mind to Receive

<https://www.law-of-attraction-haven.com/support-files/open-your-mind-to-receive-catherine-ponder.pdf>

I Can, Therefore I Will

<https://www.law-of-attraction-haven.com/support-files/i-can-therefore-i-will-wdb.pdf>

Unleash The Creative New You

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Developing the Success Mindset

<https://www.law-of-attraction-haven.com/support-files/success-mindset-wdb.pdf>

The Golden Rules of Acquiring Wealth

<https://www.law-of-attraction-haven.com/support-files/golden-rules-wdb.pdf>

Single-Minded Focus

<https://www.law-of-attraction-haven.com/support-files/focus-wdb.pdf>

The Greatest Money-Making Secret in History!

<https://www.law-of-attraction-haven.com/support-files/greatest-money-secret.pdf>

Reaching Your Goals

<https://www.law-of-attraction-haven.com/support-files/reaching-your-goals-wdb.pdf>

The Path of Prosperity by James Allen

<https://www.law-of-attraction-haven.com/support-files/path-prosperity.pdf>

As a Man Thinketh by James Allen

<https://www.law-of-attraction-haven.com/support-files/as-a-man-thinket-wdb.pdf>

Creative Mind and Success by Ernest Holmes

<https://www.law-of-attraction-haven.com/support-files/creative-mind-and-success-ernest-holmes.pdf>

The Science of Getting Rich by Wallace D. Wattles

<https://www.law-of-attraction-haven.com/support-files/the-science-of-getting-rich.pdf>

The Power of the Spoken Word

<https://www.law-of-attraction-haven.com/support-files/the-power-of-the-spoken-word-florence-scovel-shinn.pdf>

The Message of a Master by John McDonald

<https://www.law-of-attraction-haven.com/support-files/message-of-a-master.pdf>

The Secret Door to Success

<https://www.law-of-attraction-haven.com/support-files/the-secret-door-to-success.pdf>

The Miracles of your Mind by Joseph Murphy

<https://www.law-of-attraction-haven.com/support-files/the-miracles-of-your-mind.pdf>

The Science of Being Great by Wallace D. Wattles

<https://www.law-of-attraction-haven.com/support-files/the-science-of-being-great.pdf>

Thoughts are Things

<https://www.law-of-attraction-haven.com/support-files/thoughts-are-things.pdf>

How to Turn Your Ability Into Cash by Earl Prevett

<https://www.law-of-attraction-haven.com/support-files/how-to-turn-your-ability-into-cash-earl-prevette.pdf>

Feeling is the Secret by Neville Goddard

<https://www.law-of-attraction-haven.com/support-files/feeling-is-the-secret-neville-goddard.pdf>

The Magic in Your Mind

<https://www.law-of-attraction-haven.com/support-files/magic-in-your-mind-us-andersen.pdf>

The Science of Being Well

<https://www.law-of-attraction-haven.com/support-files/the-science-of-being-well.pdf>

Prosperity Affirmations by Catherine Ponder

<https://www.law-of-attraction-haven.com/catherine-ponder-prosperity.html>

Your Word is Your Wand

<https://www.law-of-attraction-haven.com/support-files/your-word-is-your-wand.pdf>

Attract Money Using This Technique

<https://www.law-of-attraction-haven.com/louise-hay-affirmations-money.html>

The Cosmic Energizer: miracle power of the universe

<https://www.law-of-attraction-haven.com/support-files/cosmic-energizer-joseph-murphy.pdf>

The Power of Positive Thinking

<https://www.law-of-attraction-haven.com/support-files/the-power-of-positive-thinking.pdf>

The Game of Life

<https://www.law-of-attraction-haven.com/support-files/game-of-life-florence-scovel-shinn.pdf>

The Mental Alchemy Report: How to attract ANY amount of money in a few weeks or days

<https://www.law-of-attraction-haven.com/support-files/mental-alchemy-how-to-attract-any-amount-of-mone.pdf>

Your Faith is your Fortune by Neville Goddard

<https://www.law-of-attraction-haven.com/support-files/your-faith-is-your-fortune-neville-goddard.pdf>

Think and Grow Rich by Napoleon Hill

<https://www.law-of-attraction-haven.com/support-files/think-and-grow-rich-napoleon-hill.pdf>

A Millionaire's Secret

<https://www.law-of-attraction-haven.com/support-files/a-millionaires-secret.pdf>

Open Your Mind to Receive by Catherine Ponder

<https://www.law-of-attraction-haven.com/support-files/open-your-mind-to-receive-catherine-ponder.pdf>

Affirmations you can use for Amazing Results



Prosperity Affirmations
by Florence Scovel Shinn

<https://www.law-of-attraction-haven.com/florence-scovel-shinn-prosperity.html>

Self Esteem Affirmations
by Louise Hay

<https://www.law-of-attraction-haven.com/louise-hay-affirmations-self-esteem.html>

Heal yourself, Lose Weight, Get Healthy in 5 minutes or less with these powerful affirmations ...

<https://www.law-of-attraction-haven.com/louise-hay-affirmations-health.html>

Attract Love with this simple technique

Affirmations for Love and Romance ...

<https://www.law-of-attraction-haven.com/catherine-ponder-love.html>

Attract Success

<https://www.law-of-attraction-haven.com/florence-scovel-shinn-success.html>

Attract Health

<https://www.law-of-attraction-haven.com/florence-scovel-shinn-health.html>

Attract love and happiness

<https://www.law-of-attraction-haven.com/florence-scovel-shinn-love.html>

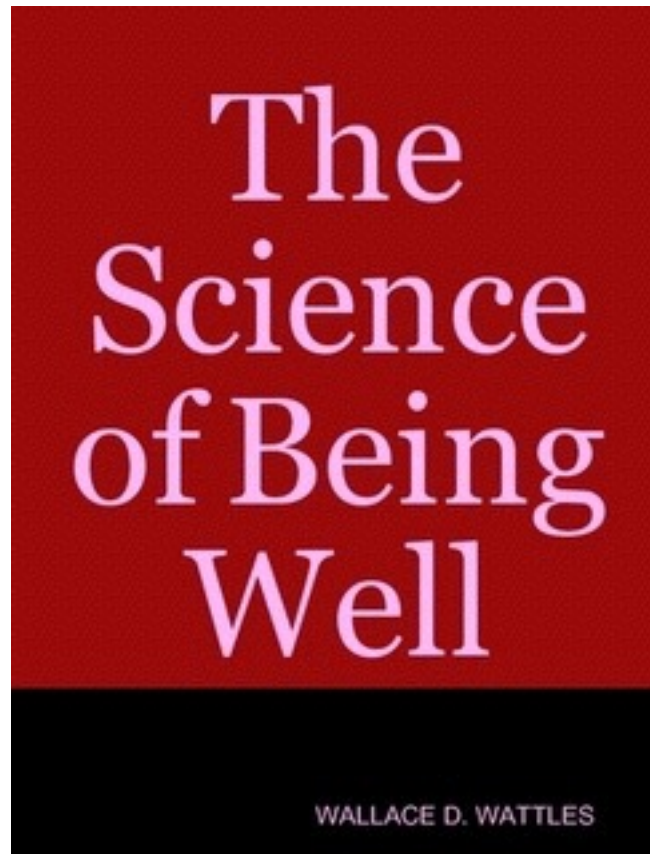
Attract Prosperity

<https://www.law-of-attraction-haven.com/florence-scovel-shinn-prosperity.html>

Career Affirmations

<https://www.law-of-attraction-haven.com/louise-hay-affirmations-career.html>

The Science of Being Great, Well, Rich



The Science of Being Well

<https://www.youtube.com/watch?v=oohtpgqntlRM>

The Science of Being Great

https://www.youtube.com/watch?v=l__X2-w4CX4

The Science of Getting Rich

https://www.youtube.com/watch?time_continue=17&v=sBRobnbyCpo

Life Hacks Most Don't Know About



The following videos will have you rethinking everything you know about prosperity and wealth creation.

The Game of Life

by Florence Scovel Shinn

https://www.youtube.com/watch?time_continue=17&v=6EZI1cjpRMo

The Dynamic Laws of Prosperity

<https://www.youtube.com/watch?v=ijq5w2qeAeE>

Click the link below to watch this 1972 seminar on prosperity

https://www.youtube.com/watch?v=2_jvqcOztaE

NLP Explained (Whiteboard Animation)



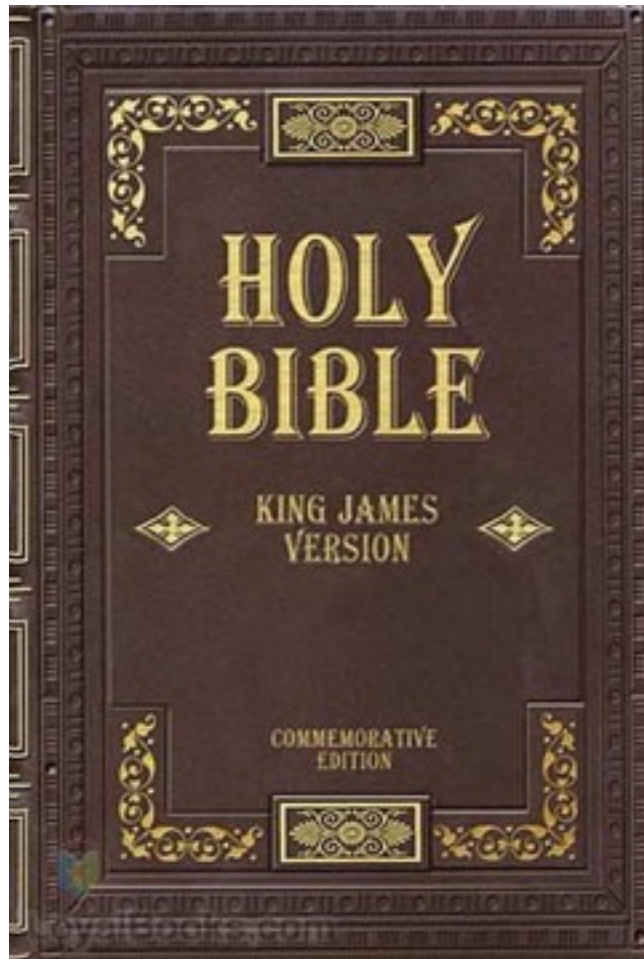
What is NLP?

Here's a whiteboard animation that answers the question.

Click the link below to watch it.

<https://www.youtube.com/watch?v=zqub-cDhVEQ>

The Book that can Change Your Life



The Bible - The King James Version - Audio

<https://www.bible.com/versions/1-kjv-king-james-version>

The Bible - The King James Version

<https://www.bible.com/bible/1/jhn.1.kjv>

The Strangest Secret: You Become What You Think About



The Strangest Secret by Earl Nightingale. You become what you think about.

<https://www.stevepavlina.com/blog/2004/10/the-strangest-secret/>

The Strangest Secret - Earl Nightingale

source: <https://www.youtube.com/watch?v=EFhkdzj-x8o>

The Wit and Wisdom of Steve Pavlina

Steve Pavlina is an American self-help author, motivational speaker, and entrepreneur. Visit his website at www.StevePavlina.com to find out more about him. Steve has made most of his writings, articles, blog posts copyright-free, allowing anyone to post them in their own publications, blogs, or other media, even for-profit media.

Thought Conditioning vs. Behavioral Conditioning

<https://www.stevepavlina.com/blog/2004/10/conditioning-yourself-to-succeed/>

An Effective Way to Change Your Life for the Better
Modeling

<https://www.stevepavlina.com/blog/2004/10/modeling/>

Finding People to Model

<https://www.stevepavlina.com/blog/2004/10/finding-fresh-brains/>

Conditioning Yourself to Succeed

<https://www.stevepavlina.com/blog/2004/10/conditioning-yourself-to-succeed/>

The Courage to Live Consciously

<https://www.stevepavlina.com/blog/2004/10/the-courage-to-live-consciously/>

Emotional Mastery

<https://www.stevepavlina.com/blog/2004/11/emotional-mastery/>

Be Proactive

<https://www.stevepavlina.com/blog/2004/11/be-proactive/>

Developing a Tool Kit of Problem-Solving Techniques

<https://www.stevepavlina.com/blog/2004/11/developing-a-toolkit-of-problem-solving-techniques/>

Living your Values, part 1

<https://www.stevepavlina.com/blog/2004/12/living-your-values/>

Living your Values, part 2

<https://www.stevepavlina.com/blog/2005/02/living-your-values-2/>

What Will Happen if You Succeed?

<https://www.stevepavlina.com/blog/2004/12/fear-of-success-what-will-happen-if-you-succeed/>

Environmental Reinforcement of Your Goals

<https://www.stevepavlina.com/blog/2004/12/environmental-reinforcement-of-your-goals/>

Are your Friends an Elevator or a Cage?

<https://www.stevepavlina.com/blog/2004/12/are-your-friends-an-elevator-or-a-cage/>

Don't Die with your Music Still in You

<https://www.stevepavlina.com/blog/2005/01/dont-die-with-your-music-still-in-you/>

Purpose = Freedom

<https://www.stevepavlina.com/blog/2005/01/purpose-freedom/>

From Cotton Farmer to Billionaire: His Advice

<https://www.stevepavlina.com/blog/2005/03/the-power-of-clarity/>

Education Kills Fear

<https://www.stevepavlina.com/blog/2005/03/education-kills-fear/>

Lucid Dreaming

<https://www.stevepavlina.com/blog/2006/01/stevepavlinacom-podcast-010-lucid-dreaming/>

Trouble Manifesting? Identify & Deal with these 5 Things

<https://www.stevepavlina.com/blog/2006/05/why-do-intentions-take-so-long-to-manifest/>

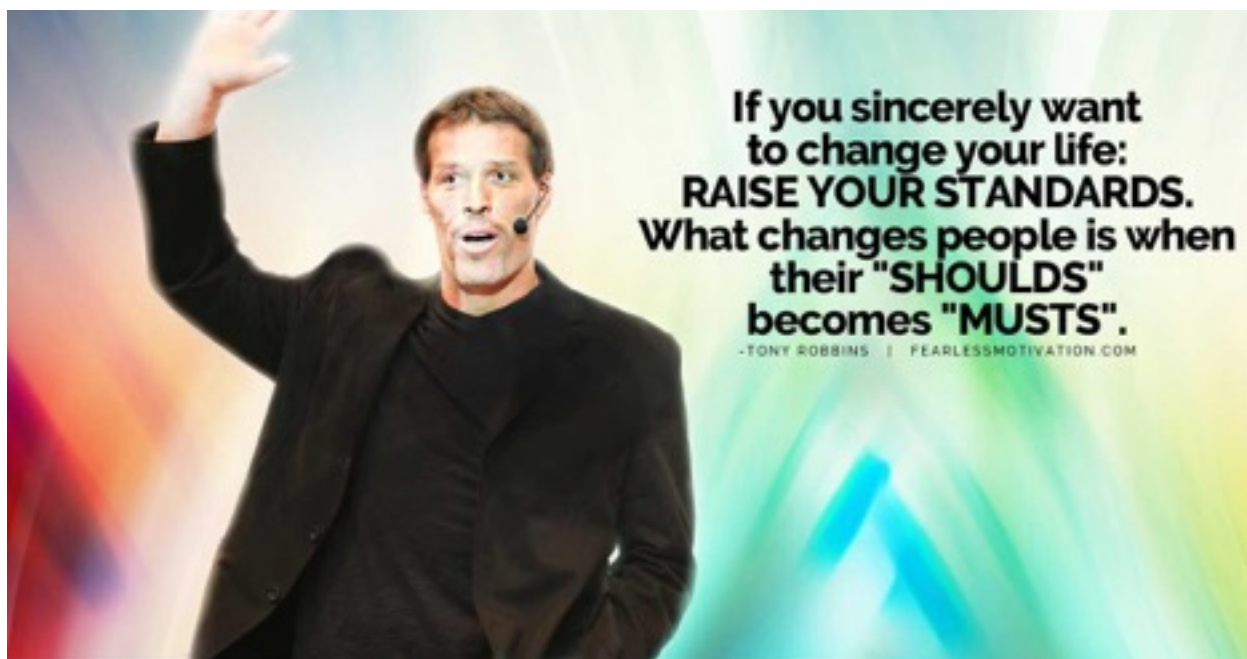
5 Words to Make you stop complaining

You make your own reality.



Change your Life by Putting These 3 Words into Action

Raise your standards.



The Answer to This Question Can Change Your Life

The Answer to This Question Can Change Your Life

What do you expect?

The main idea I learned from Jim's speech was to ask the question, "What do you expect?"

If you want better results in some area of your life, you have to raise your standards in that area and start expecting more, even if it means that you'll have to demand more from yourself than you currently think is possible. Life may already be placing a heavy burden on you, but like the coach in the story above, you can still stretch yourself to give more than others expect from you.

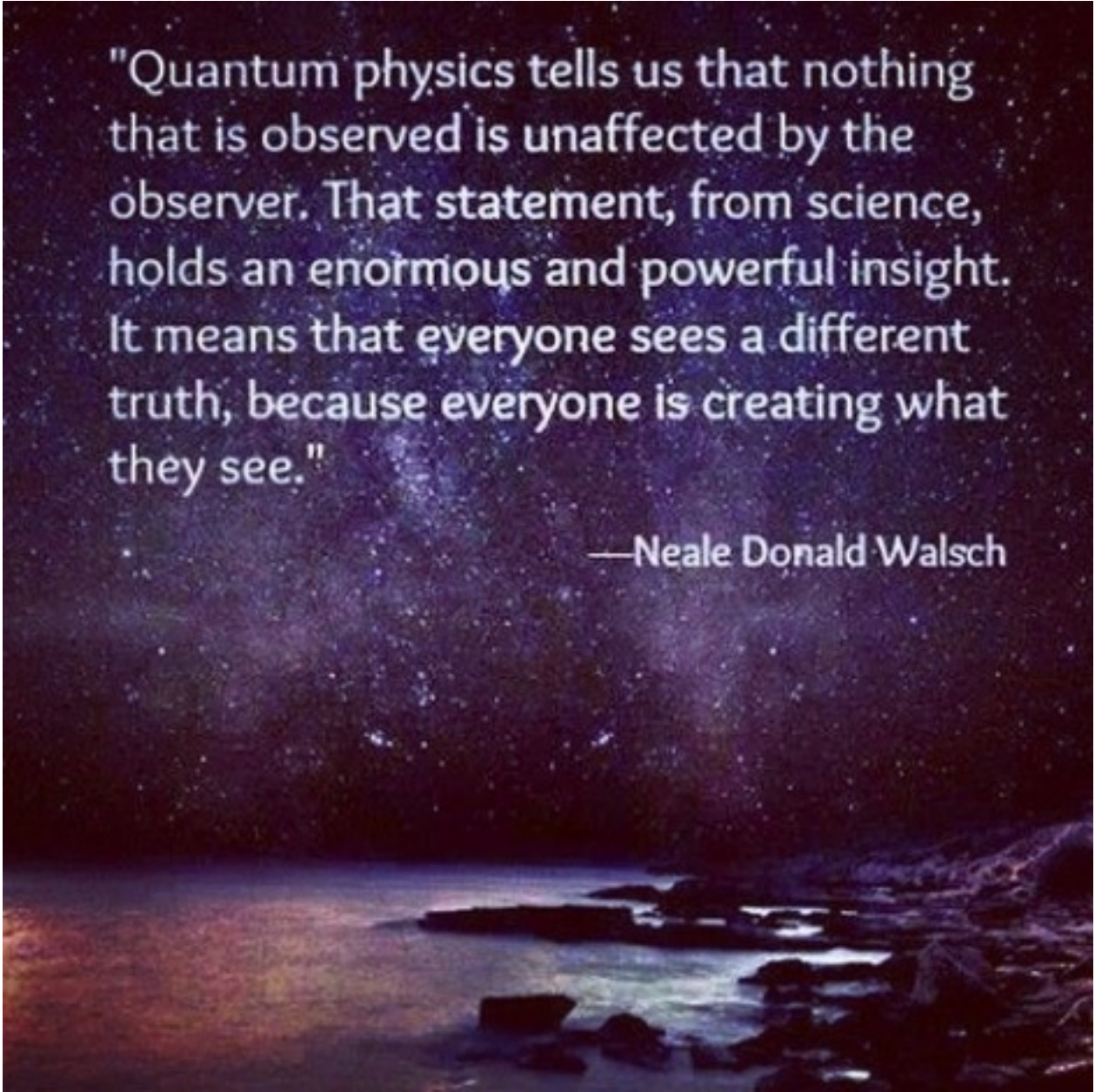
Even when others only expect a certain level of performance or generosity or kindness or commitment from you, you're still capable of raising the bar higher.

You can't wait for others to raise this bar for you.

The question isn't, "What does your family expect?" or "What do your peers expect?" or "What does your boss expect?" It's, "WHAT DO YOU EXPECT?"

The article that inspired this article:

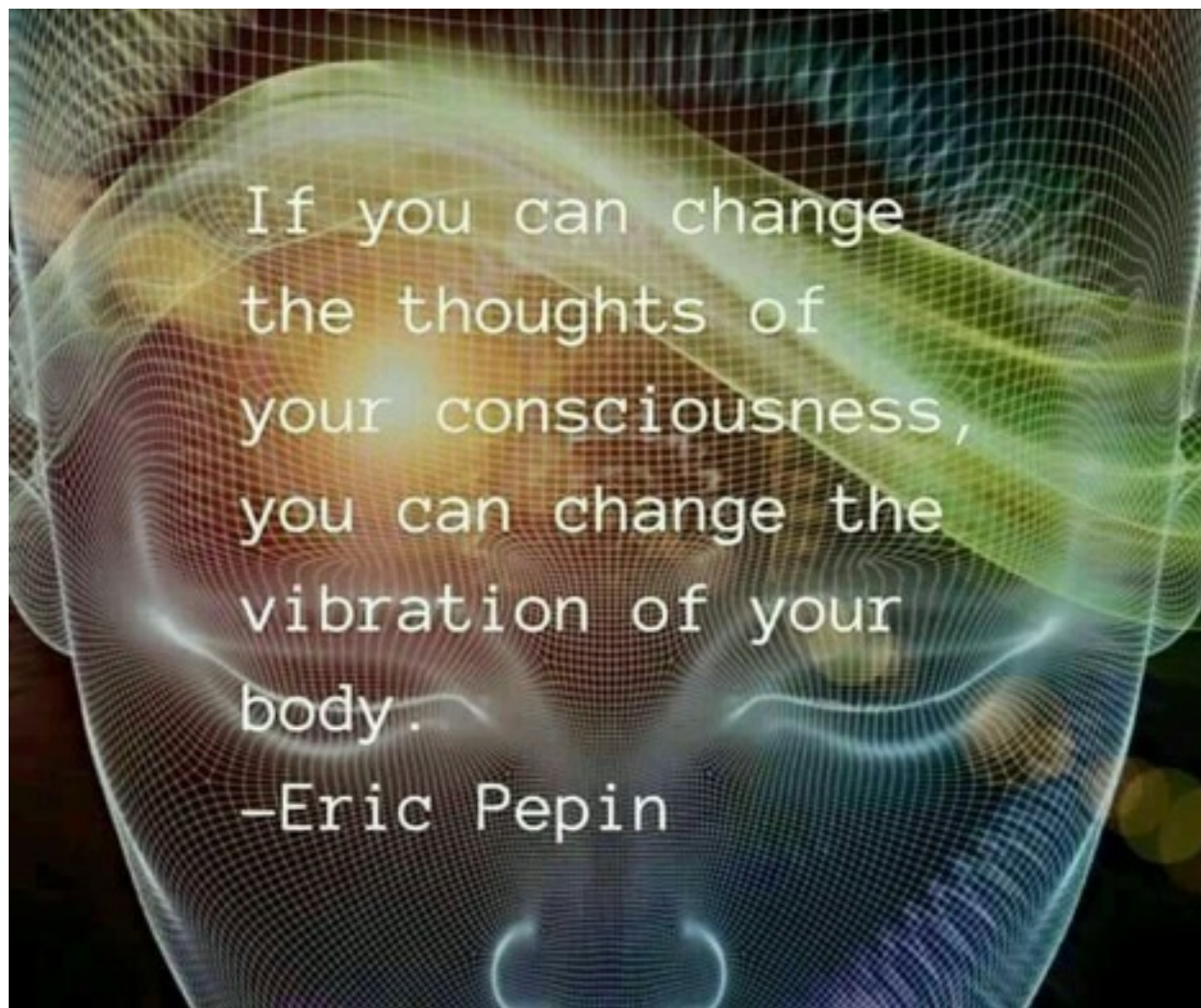
<https://www.stevepavlina.com/blog/2004/11/what-do-you-expect/>



"Quantum physics tells us that nothing that is observed is unaffected by the observer. That statement, from science, holds an enormous and powerful insight. It means that everyone sees a different truth, because everyone is creating what they see."

—Neale Donald Walsch

Dissecting The Law of Attraction



The Law of Attraction simply says that you attract into your life whatever you think about. Your dominant thoughts will find a way to manifest. But the Law of Attraction gives rise to some tough questions that don't seem to have good answers. I would say, however, that these problems aren't caused by the Law of Attraction itself but rather by the Law of Attraction as applied to objective reality.

Here are some of those problematic questions:

What happens when people put out conflicting intentions, like two people intending to get the same promotion when only one position is available?

Do children, babies, and/or animals put out intentions?

If a child is abused, does that mean the child intended it in some way?

If I intend for my relationship to improve, but my spouse doesn't seem to care, what will happen?

These questions seem to weaken the plausibility of the Law of Attraction.

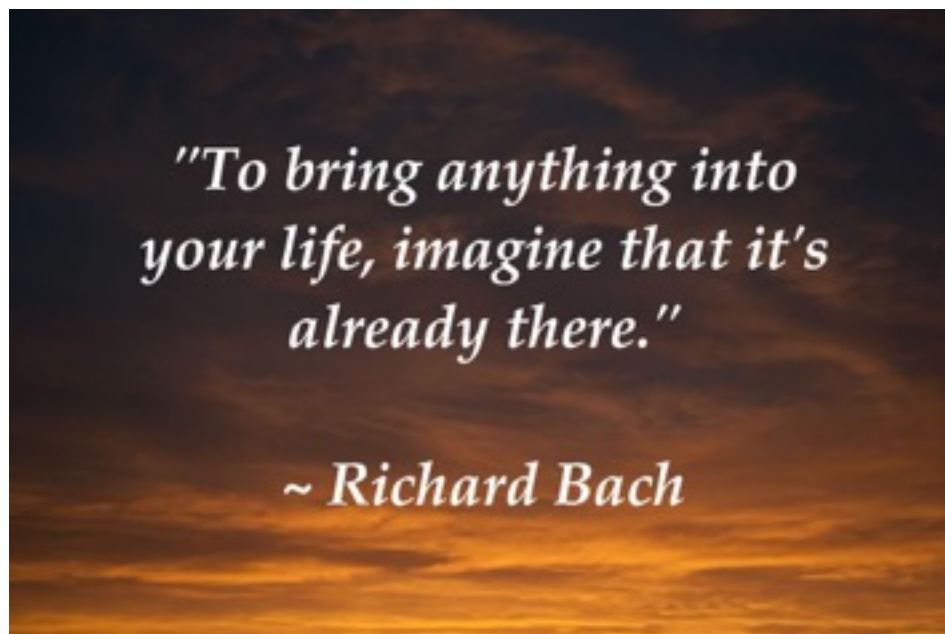
Sometimes people answer them by going pretty far out. For example, it's been said by LOA'ers (Law Of Attraction devotees) that a young child experiences abuse because s/he intended it or earned it during a past life. Well, sure... we can explain just about anything if we bring past lives into the equation, but in my opinion that's a cop-out. On the other hand, objective reality without the Law of Attraction doesn't provide satisfactory answers either — supposedly some kids are just born unlucky. That's a cop-out, too.

I've never been satisfied by others' answers to these questions, and they're pretty important questions if the Law of Attraction is to be believed. Some books hint at the solution but never really nail it. That nail, however, can be found in the concept of subjective reality.

Subjective reality is a belief system in which:

1. there is only one consciousness,
2. you are that singular consciousness
3. everything and everyone in your reality is a projection of your thoughts.

You may not see it yet, but subjective reality neatly answers all these tricky Law of Attraction questions. Let me 'splain....



In subjective reality there's only one consciousness, and it's yours. Consequently, there's only one source of intentions in your universe — YOU. While you may observe lots of walking, talking bodies in your reality, they all exist inside your consciousness. You know this is how your dreams work, but you haven't yet realized your waking reality is just another type of dream. It only seems solid because you believe (intend) it is.

Since none of the other characters you encounter are conscious in a way that's separate from you, nobody else can have intentions. The only intentions are yours. You're the only thinker in this universe.

It's important to correctly define the YOU in subjective reality. YOU are not your physical body. This is not the egotistic you at all. I'm not suggesting you're a conscious body walking around in a world full of unconscious automatons. That would be a total misunderstanding of subjective reality. The correct viewpoint is that you're the single consciousness in which this entire reality takes place.

Imagine you're having a dream.

In that dream what exactly are YOU?

Are YOU the physical dream character you identify with?

No, of course not — that's just your dream avatar. YOU are the dreamer.

The entire dream occurs within your consciousness. All dream characters are projections of your dream thoughts, including your avatar.

In fact, if you learn lucid dreaming, you can even switch avatars in your dream by possessing another character. In a lucid dream, you can do anything you believe you can.

Physical reality works the same way. This is a denser universe than what you experience in your sleeping dreams, so changes occur a bit more gradually here. But this reality still conforms to your thoughts just like a sleeping dream. YOU are the dreamer in which all of this is taking place.

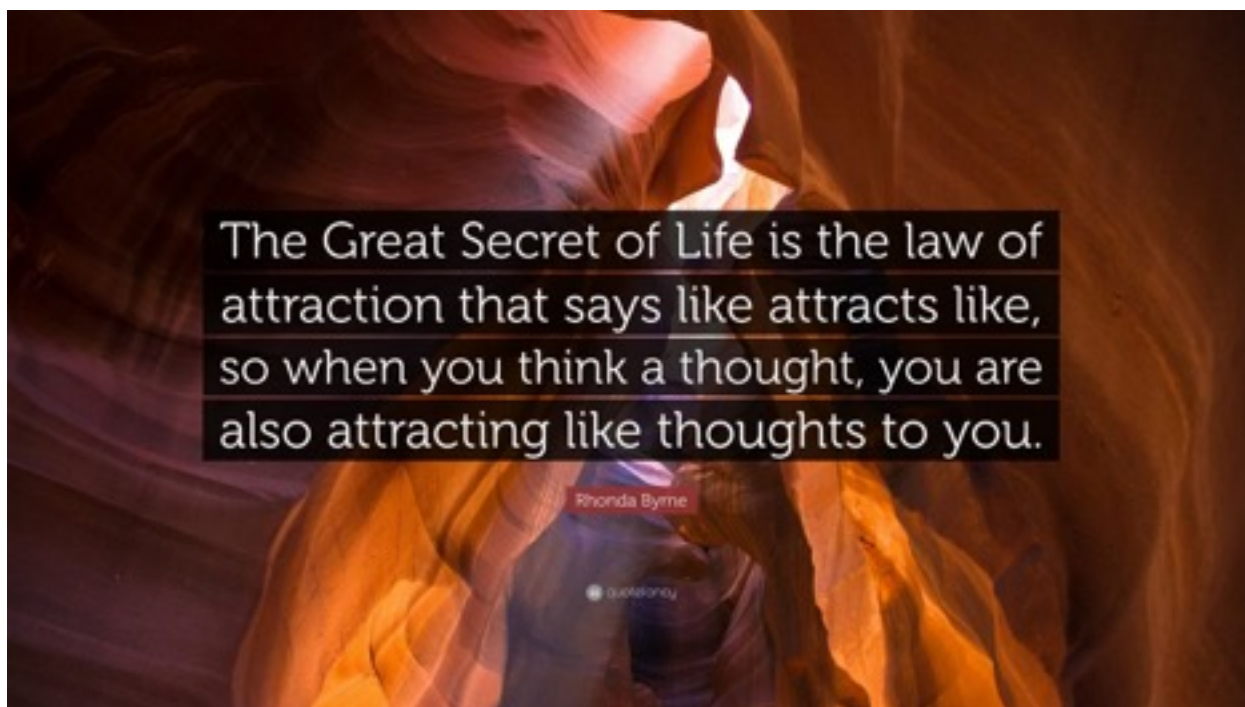
The idea that other people have intentions is an illusion because other people are just projections. Of course, if you strongly believe other people have intentions, then that's the dream you'll create for yourself. But ultimately it's still an illusion.

Here's how subjective reality answers these challenging Law of Attraction questions:

What happens when people put out conflicting intentions, like two people intending to get the same promotion when only one position is available?

Since you're the only intender, this is entirely an internal conflict — within YOU. You're holding the thought (the intention) for both people to want the same position.

But you're also thinking (intending) that only one can get it. So you're intending competition. This whole situation is your creation. You believe in competition, so that's what you manifest. Maybe you have some beliefs (thoughts and intentions) about who will get the promotion, in which case your expectations will manifest. But you may have a higher order belief that life is random, unfair, uncertain, etc., so in that case you may manifest a surprise because that's what you're intending.



Being the only intender in your reality places a huge responsibility on your shoulders. You can give up control of your reality by thinking (intending) randomness and uncertainty, but you can never give up responsibility. You're the sole creator in this universe.

If you think about war, poverty, disease, etc., that's exactly what you'll manifest. If you think about peace, love, and joy, you'll manifest that too. Your reality is exactly what you think it is. Whenever you think about anything, you summon its manifestation.

Do children, babies, and/or animals put out intentions?

No.

Your own body doesn't even put out intentions — only your consciousness does. You're the only one who has intentions, so what takes precedence is what YOU intend for the children, babies, and animals in your reality.

Every thought is an intention, so however you think about the other beings in your reality is what you'll eventually manifest for them. Keep in mind that beliefs are hierarchical, so if you have a high order belief that reality is

random and unpredictable and out of your control, then that intention will trump other intentions of which you're less certain. It's your entire collection of thoughts that dictates how your reality manifests.

If a child is abused, does that mean the child intended it in some way?

No.

It means YOU intended it. You intend child abuse to manifest simply by thinking about it. The more you think about child abuse (or any other subject), the more you'll see it expand in your reality. Whatever you think about expands, and not just in the narrow space of your avatar but in all of physical reality.

If I intend for my relationship to improve, but my spouse doesn't seem to care, what will happen?

This is another example of intending conflict. You're projecting one intention for your avatar and one for your spouse, so the actual unified intention is that of conflict. Hence the result you experience, subject to the influence of your higher order beliefs, will be to experience conflict with your spouse. If your thoughts are conflicted, your reality is conflicted.

This is why assuming responsibility for your thoughts is so important. If you want to see peace in the world, then intend peace for EVERYTHING in your reality. If you want to see abundance in the world, then intend it for EVERYONE. If you want to enjoy loving relationships, then intend loving relationships for ALL. If you intend these only for your own avatar but not for others, then you're intending conflict, division, and separation; consequently, that's what you'll experience.

If you stop thinking about something entirely, does that mean it disappears?

Yes, technically it does. But in practice it's next to impossible to uncreate what you've already manifested. You'll continue creating the same problems just by noticing them. But when you assume 100% responsibility for everything you're experiencing in your reality right now — absolutely

everything — then you assume the power to alter your reality by re-channeling your thoughts.

This entire reality is your creation. Feel good about that. Feel grateful for the richness of your world. And then begin creating the reality you truly want by making decisions and holding intentions. Think about what you desire, and withdraw your thoughts from what you don't want. The most natural, easiest way to do this is to pay attention to your emotions.

Thinking about your desires feels good, and thinking about what you don't want makes you feel bad. When you notice yourself feeling bad, you've caught yourself thinking about something you don't want. Turn your focus back towards what you do want, and your emotional state will improve rapidly. As you do this repeatedly, you'll begin to see your physical reality shift too, first in subtle ways and then in bigger leaps.

I too am just a manifestation of your consciousness. I play the role you expect me to play. If you expect me to be a helpful guide, I will be. If you expect me to be profound and insightful, I will be.

If you expect me to be confused or deluded, I will be. But of course there's no distinct ME that is separate from YOU. I'm just one of your many creations. I am what you intend me to be. But deep down you already knew that, didn't you?

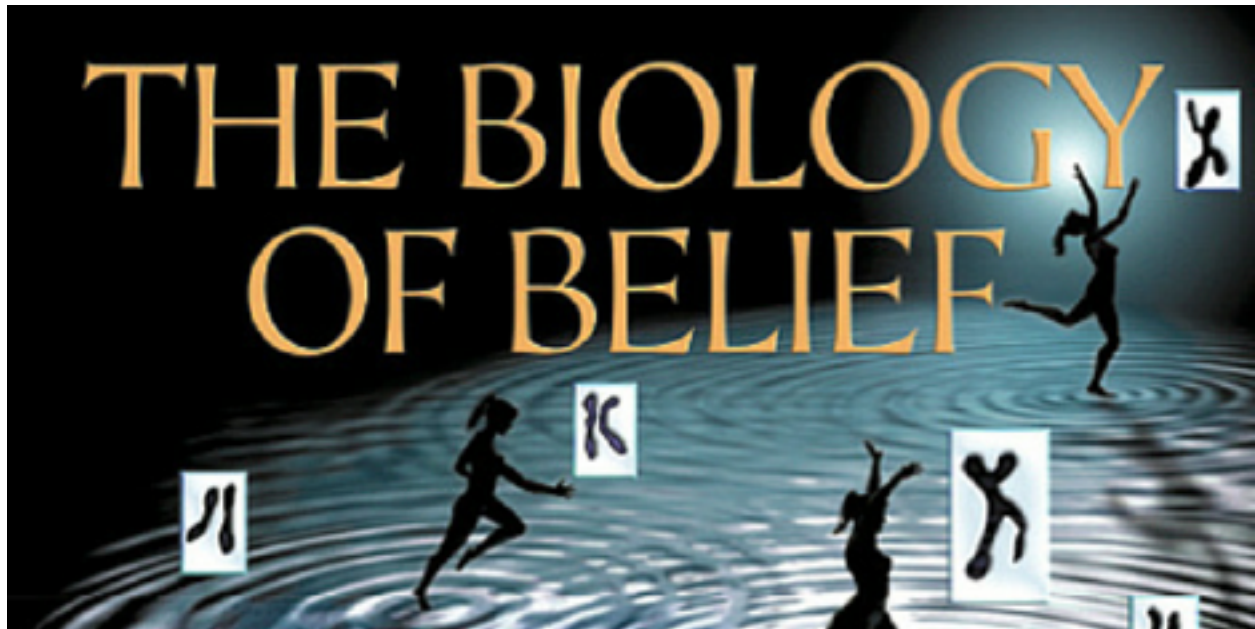
author: Steve Pavlina

<https://www.stevepavlina.com/blog/2006/08/the-law-of-attraction/>

About Steve Pavlina

Steve Pavlina is an American self-help author, motivational speaker, and entrepreneur. Visit his website at www.StevePavlina.com to find out more about him. Steve has made most of his writings, articles, blog posts copyright-free, allowing anyone to post them in their own publications, blogs, or other media, even for-profit media.

The Biology of Belief - synopsis



The Biology of Belief
by Dr. Bruce Lipton

Learn more about The Biology of Belief:
<https://www.brucelipton.com/books/biology-of-belief>

Learn more about Dr. Bruce Lipton:
<https://www.brucelipton.com>

The Biology of Belief was published in 2008 and noted for its groundbreaking work in the field of new biology.

Former medical school professor and research scientist Bruce H. Lipton, Ph.D., presents his experiments, and those of other leading-edge scientists, which examine in great detail the mechanisms by which cells receive and process information.

How many times have you heard about a book and thought, “Wow, that could be a game-changer in my life!” ... but then you never got around to reading it?

Well, consider this the jump-start you’ve been waiting for.

It’s a lot easier to commit to a blog post than a book, so we’re offering a quick read summary of Dr. Lipton’s influential work, *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles*.

Biology of Belief Summary

The Biology of Belief explores how cells receive and process information. Implications of this research radically change our understanding of life, showing that genes and DNA do not control our biology; instead, DNA is controlled by signals from outside the cell, including the energetic messages emanating from our positive and negative thoughts.

For decades, genetic determinism—that is, the idea that our genes are fixed, immutable, and outside of our conscious control -- was the prevailing view of the scientific community.

However, Dr. Bruce Lipton, Dr. Candace Pert, and other intrepid researchers have demonstrated that DNA is actually controlled by signals that come from outside of the cell.

In other words, the cell’s environment matters much more than we once thought.

So change the cell's environment, and change the cell behavior and genetic characteristics.

And since we're made up of cells, change ourselves.

Some of the most powerful external signals that influence the health of our cells are the energetic messages which emanate from our thoughts.

Positive or negative, our thoughts have the ability to literally change our bodies and alter our physical health and well being.

This is great news, because it means that we have the power to alter our lives for the better!

Just because our parents drank to excess or developed cancer doesn't mean that we will too.

We have more agency and authority over our life experience than we ever realized.

The Biology of Belief In Less Than Five Words:

You control your destiny.

source:

<http://www.theclearingnw.com/blog/biology-of-belief-summary>

Click the link below to continue reading:

<http://www.theclearingnw.com/blog/biology-of-belief-summary>

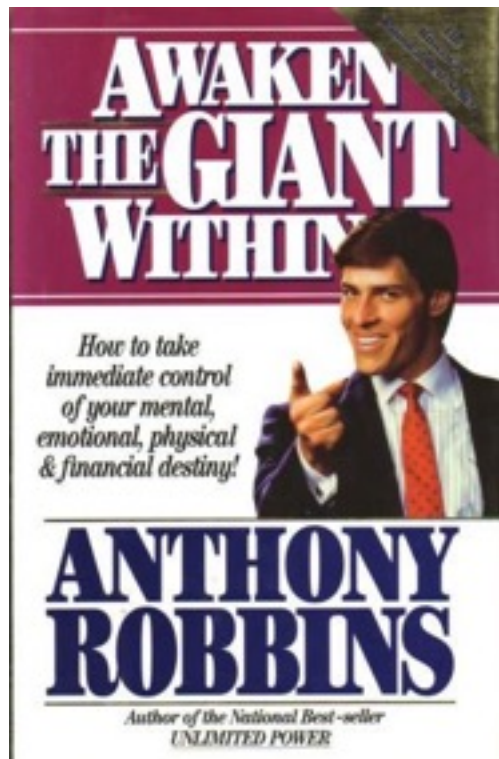
Learn more about The Biology of Belief:

<https://www.brucelipton.com/books/biology-of-belief>

Learn more about Dr. Bruce Lipton:

<https://www.brucelipton.com>

Awaken the Giant Within - a synopsis



Awaken the Giant Within
by Tony Robbins

The book in 3 sentences

1. Any time you sincerely want to make a change, the first thing you must do is to raise your standards and believe you can meet them.
2. We must change our belief system and develop a sense of certainty that we can and will meet the new standards before we actually do.
3. It's not what we do once in a while that shapes our lives, but what we do consistently.

The Five Big Ideas

1. The three decisions that control your destiny are:
 1. Your decisions about what to focus on.
 2. Your decisions about what things mean to you.
 3. Your decisions about what to do to create the results you desire.
2. By changing any one of these five elements—whether it's a core belief or rule, a value, a reference, a question, or an emotional state—you can immediately produce a powerful and measurable change in your life.
3. Everything you and I do, we do either out of our need to avoid pain or our desire to gain pleasure.
4. It's not the events of our lives that shape us, but our beliefs as to what those events mean.
5. Focus on where you want to go, not on what you fear.

source:

<https://www.samuelthomasdavies.com/book-summaries/self-help/awaken-the-giant-within/>

As A Man Thinketh - summary

*As a man thinketh
in his heart, so he is.*

Proverbs 23:7

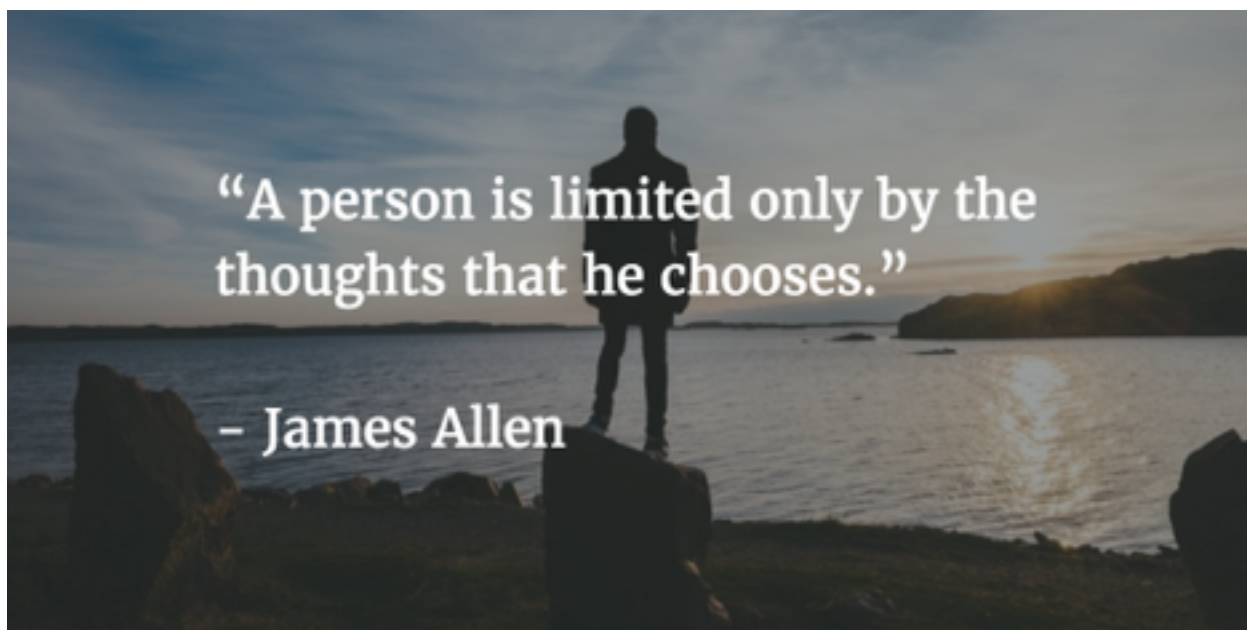
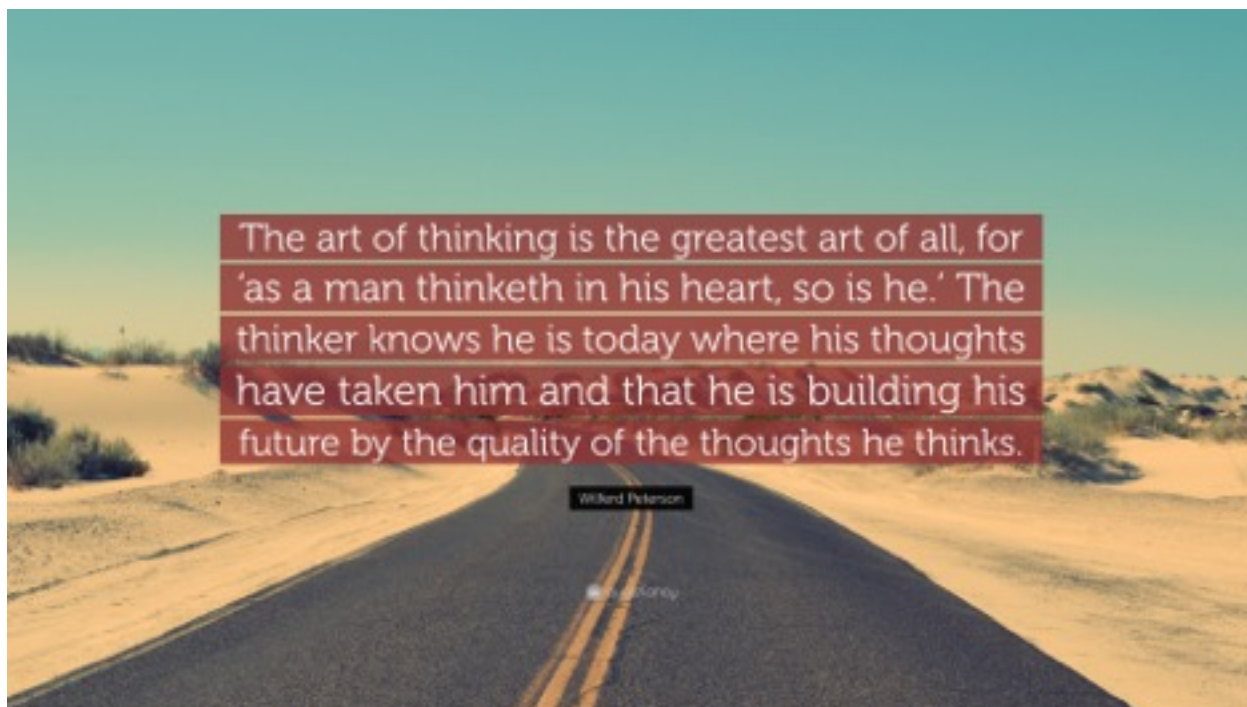
As A Man Thinketh
by James Allen

Here are 3 great lessons, from the book [As A Man Thinketh](#), by James Allen, about how your thoughts shape your life:

1. Your actions are outgrowths of your thoughts.
2. You shape the world just as much as it shapes you.
3. Thoughts can keep you young or make you age faster.

source:

<https://fourminutebooks.com/as-a-man-thinketh-summary/>



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deconstructingexcellence.com

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<http://www.meaningfulhq.com/>

<https://readinggraphics.com>

<http://corymiller.com>

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<http://blog.johnspence.com/category/book-reviews/>

<http://jamesclear.com/book-summaries>

BicycleDays.com

KrisKemp.com

<https://nathalielussier.com/>

<http://www.getnugget.co/>

<https://www.overdrive.com/series/30-minute-expert-summaries>

Animated book summaries:

<https://www.youtube.com/channel/UCPalX5tJprIlv7HqjQWP7cA>

<http://www.bizsum.com/>

<http://shaunfrankson.com/>

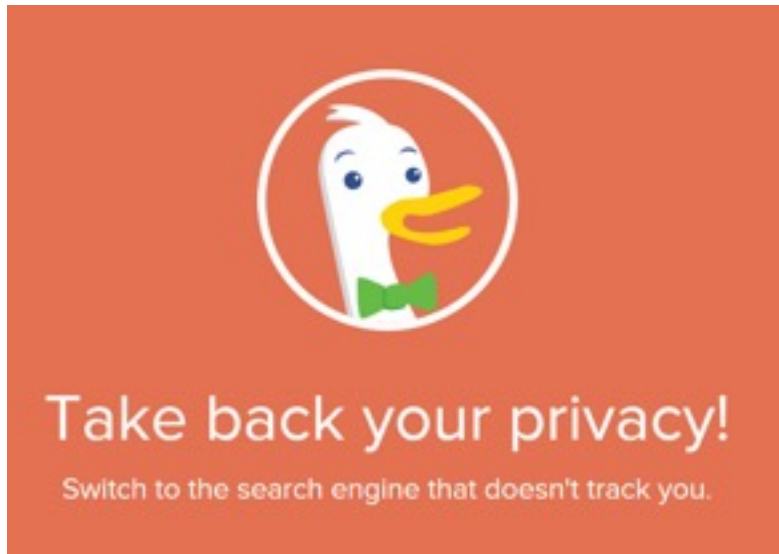
<http://www.actionablebooks.com/>

<http://fmediocrity.com/>

<https://www.cliffsnotes.com/>

<https://www.blinkist.com/>

Expand Your Search Results



Interested in expanding your search results?

Beyond the top-ten-list review sites that litter the top of Google?

How do I find so many good websites to share with you?

I use DuckDuckGo as a search engine.

DuckDuckGo offers better results for searches. The search results are expansive and vastly superior to Google search results.

<https://www.DuckDuckGo.com>

A Family at Brought Together at Christmastime



Tony Robbins helps a family get back together ...

Click the link below ...

[https://tracking.ontraport.com/cookify.php?
mrs=311xyogqz3cfnpagg25yt&forward=http%3A%2F
%2Fclick.rmtemail.com%2Ftl%2F515](https://tracking.ontraport.com/cookify.php?mrs=311xyogqz3cfnpagg25yt&forward=http%3A%2F%2Fclick.rmtemail.com%2Ftl%2F515)

For more, visit: <https://www.tonyrobbins.com>

Daily Rituals

The Ritual of Early Awakening

Six hours of sleep and seeing the sunrise. Of course you have to figure out how much you need yourself, but this is what they suggest.

The Ritual of Solitude

Always make a few minutes to practice silence after waking up.

The Ritual of Physicality

Move, get up, do some exercise. Whatever gets the blood flowing.

The Ritual of Live Nourishment

A vegetarian diet based on fresh food is what the sages follow.

The Ritual of Abundant Knowledge

Keep your mind stimulated with a bit of reading or studying.

The Ritual of Personal Reflection

Did you do your best today? What could you have done better?

The Ritual of Music

Listen to music often to never get stuck in a bad mood.

The Ritual of Spoken Word

Write down a short mantra you can repeat to yourself throughout the day.

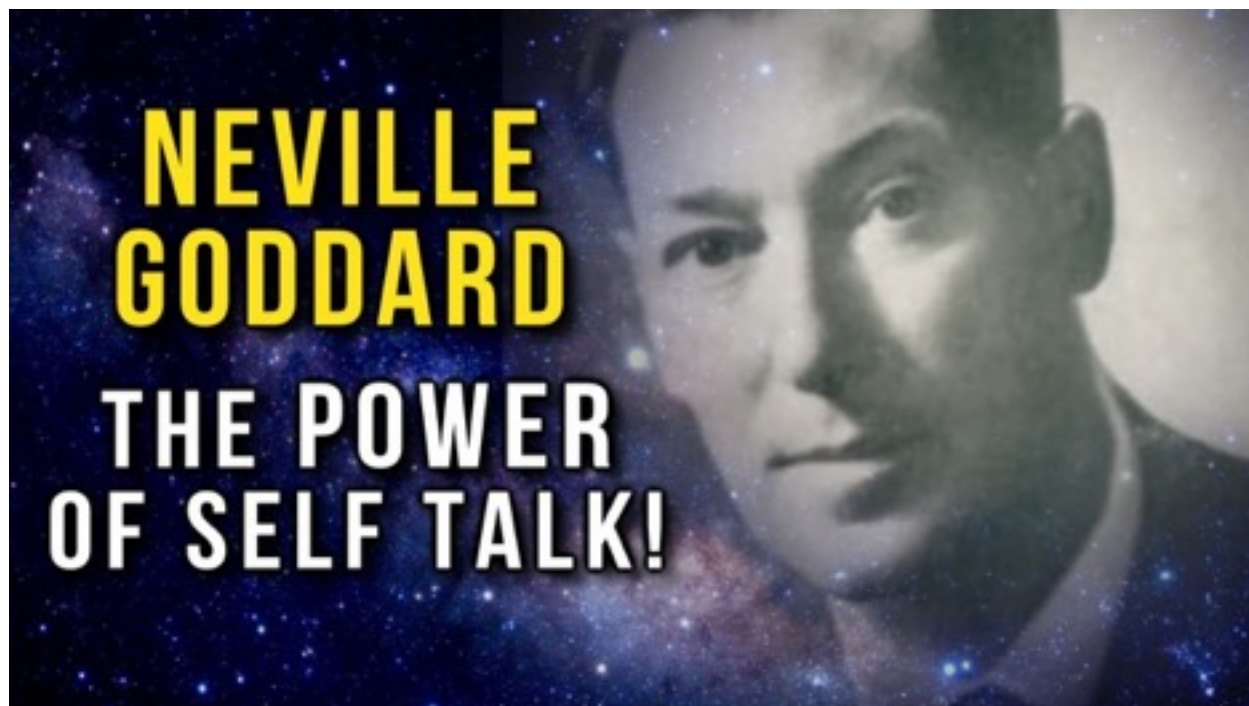
The Ritual of Congruent Character

Always follow your principles. Write them down, be aware of them and stick to them.

The Ritual of Simplicity

Ruthlessly live your priorities and remove everything else that's unnecessary.

How Your Inner Conversation Creates Your Outer World



Neville Goddard - Self-Talk Creates Reality

<https://www.youtube.com/watch?v=J4-tMAvPGWo>

The ABC Method (Use The ABC Method to Change your Life by Changing the Way you See Things)



Smile.

Touch yourself on the chest and say, out loud, “I am excited”.

Good things are coming your way.

Yesterday, I was chatting with a friend, Terry Gamble, who’s an NLP-certified therapist and family counselor.

She shared a technique that is amazing.

I’ve been using this technique, successfully, to rethink a particularly challenging situation. You can use this technique to rethink any challenge

you may be facing. Doing this will allow you to see the challenge in a new way, and identify a solution.

You can use this technique to change your perspective, and change your life, in 5 minutes or less.

I'm going to share this technique with you.

I call it the ABC Method.

$A + B = C$

A = what happens

B = the meaning you give it; you a meaning to “what happens”, which affects both the conscious and unconscious/subconscious mind

C = feelings

$A \text{ (what happens)} + B \text{ (the meaning you give it)} = C \text{ (feelings)}$

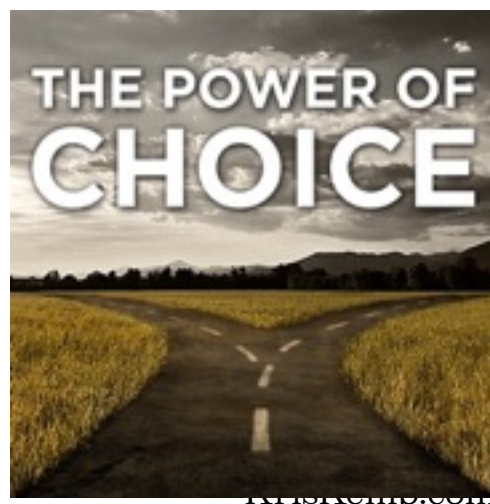
B (the meaning you give it) is the part we control.

Therefore, always push the brain for 3 to 5 options for meanings. (2 choices are a dilemma. 3 choices are options.) This will automatically shift feelings.

“One of God’s gifts that he gives us is the gift of choice,” explains Terry Gamble, a therapist and family counsellor. “We must honor other’s ability to choose. Keep your energies for God.”

I think that Terry is right! In the face of a difficult situation, one beset by uncertainties and with what-appears-to-be no easy solutions, it’s imperative for us to

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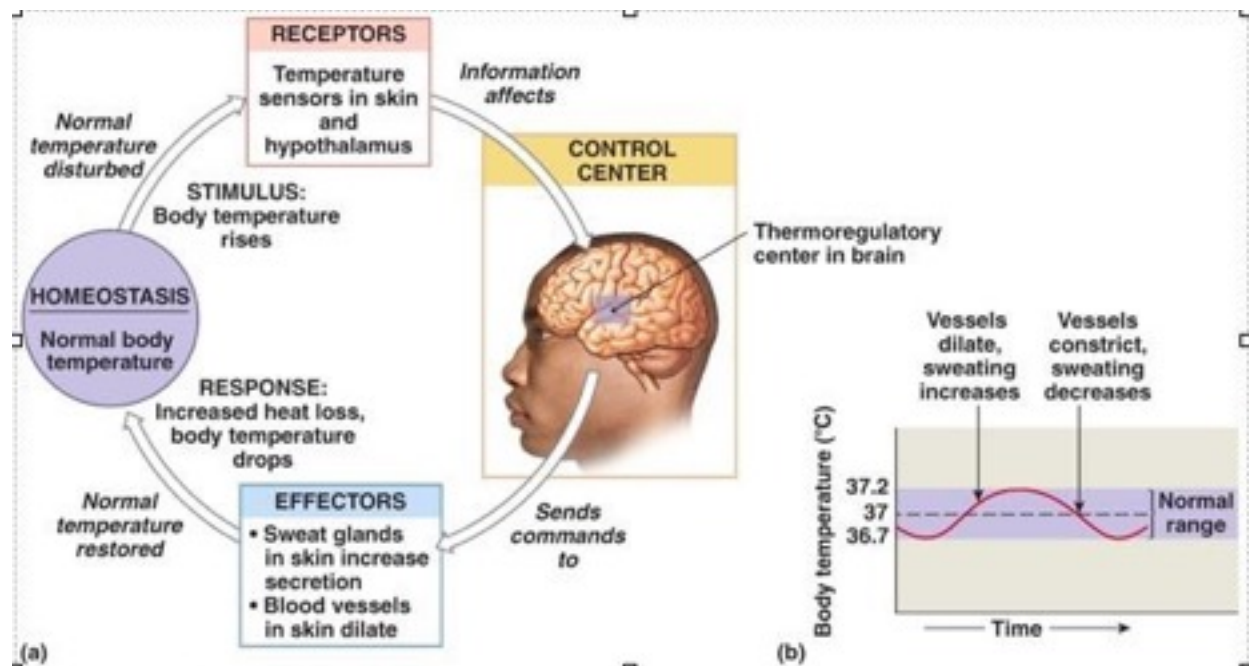


step away from the situation and look at it in a scientific way, from a mathematical perspective.

We can control the “meaning we give” to the situation. The “meaning we give” to the situation produces a feeling. The “meaning we give” starts in the brain, with a thought.

Thoughts are the language of the brain. The thoughts trigger a feeling. Feelings are the language of the body. The feeling is a result of the thoughts.

We can control the thoughts by assigning a new meaning to the situation. When we assign a new meaning to the situation, as a result, the feelings will change.



As thoughts (language of the brain) trigger feelings (language of the body), a feedback loop is created that serves to accelerate and amplify the intersection of these two (brain and body). I call the intersection (between brain and body) the “state of being”.

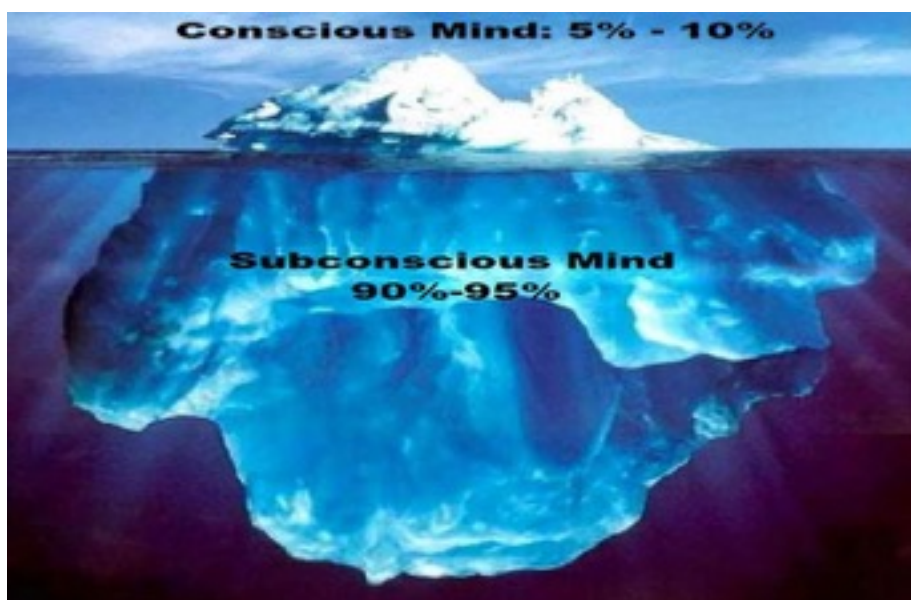
If the feedback loop continues, without interruption, the “state of being” is amplified.

What begins as a mood eventually becomes a disposition.

What begins as a disposition eventually becomes a state.

What begins as a state eventually becomes a personality.

What began as a “seed” that was dropped into the soil of the subconscious, generates a “feedback loop” that germinates and grows, breaking the surface of the subconscious, rising into the conscious reality.



If you happen to experience a difficult situation, remember the ABC method.

A (what happens) + B (the meaning you give it) = C (feelings)

B (the meaning you give it) is the part we control.

Change the B and you change the feelings.

Credit for the ABC Process, the ABC Method, goes to Terry Gamble, NLP-certified therapist and family counselor. Palm Beach Gardens, Florida.

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A = what happens

B = the meaning you give it; you give/assign it a meaning, which affects both the conscious and unconscious/subconscious mind

C = feelings

A (what happens) + B (the meaning you give it) = C (feelings)

B (the meaning you give it) is the part we control.

Therefore, always push the brain for 3 to 5 options for meanings. (2 choices are a dilemma. 3 choices are options.) This will automatically shift feelings.

A (what happens) + B (the meaning you give it) = C (feelings)

B (the meaning you give it) is the part we control.

Change the B and you change the feelings.

You can do it.

Credit for the ABC Process, the ABC Method, goes to Terry Gamble, NLP-certified therapist and family counselor. Palm Beach Gardens, Florida.

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If the ABC Method is not working, here's what you can do to make it work!

Self-image is the deepest state of being. From this, your entire reality is manifested as you have a confirmation bias to see "what it is you want to see" and "what it is you expect to see".

According to neuroscientists and psychologists, the seed of self-image is planted at birth and continues for the first seven years of life.

From then on, from 7 years old to your current age, you are likely to find evidence for “what you want to believe” in order to confirm your self-image.

At first glance, the “B” (meaning you assign to a situation) in the ABC Method might appear easy to change.

You change the “meaning you assign to it” and, subsequently, the feelings are changed as a result.

Self-image, the way you perceive yourself in this world, however, with its years of deep roots that have stretched across the soil of your subconscious, wants to preserve its current status.

If you always feel like you’re the victim, then the meaning you assign to a situation (the “B” in the ABC Method) will be: “I’m always the victim. That’s why this is happening to me. Because everyone takes advantage of me. I am the victim.”

Our bodies are 72% water. Water finds its level. Water has the ability to store memories. Water is affected by spoken words, written words, and even thoughts. When you think and say to yourself, “I am the victim”, the water-inside-your-body is recording this. Your thoughts are triggering feelings (language of the body). And the body, if told over and over again that it is the victim, will become familiar and even comfortable with that.

If you’re having difficulty changing the “meaning you assign to the situation”, the “B” in the ABC Method, then change your self-image. (The self-image is comfortable finding evidence to confirm its own identity.) Once you have successfully changed your self-image, then you can easily change the “meaning you assign to the situation”, the “B”.

How can you easily change your self-image?

Prayer, meditation, hypnosis, and NLP allow a kind-of archeological dig to be put into effect, to excavate the “root causes” of behavior.

Think about the last time you walked through a park or hiked in the woods. You're smelling the fresh air, hearing the rustling of the leaves, and seeing the beautiful trees that surround you.

The beauty of those trees and their branches is a direct reflection of the health of the root system and the soil that surrounds it. This is similar to the "tree of you", that outward part of yourself, the conscious mind, and the "branches of you", your physical manifestations.

If your soil (early years of environmental stimuli) and root system (subconscious) are unhealthy, this dis-ease environment are likely manifest unhealthy habits and patterns.

For a remedy to be effective, deep level change is necessary. The old Operating System needs to be uninstalled, thrown in the rubbish bin, and deleted. Once a new Operating System is installed, new patterns and habits follow.

Identify with the feelings of who you want to be, where you want to be. Become so comfortable with those feelings that your current state of being is uncomfortable. Make this a daily habit, every morning, afternoon, and night. Change will happen. It is inevitable.

At first, the minor changes will feel uncomfortable. That is a sign you are headed in the right direction. Your body has become comfortable with what is familiar and what is familiar is no longer serving your best interests. Keep that in mind as you move forward.



THE MINDS LIMITLESS POWER



Your conscious mind controls Brain Activity just 5% of the day. Your unconscious mind controls Brain Activity & your THOUGHTS 95% of the day

That little voice inside your head that says "I can't do this" is not your friend.

YOUR THOUGHTS
Whatever worries and troubles you, controls you

You have 70,000 thoughts per day

THOUGHTS BECOME THINGS
You are confined only by the dominating negative thoughts of your past.

YOUR BRAIN IS CONSTANTLY DEVELOPING
It continues to develop new neurons throughout your life in response to Mental Activity

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Can't Change? Do This!



Are you trying to change your life for the better, but having trouble?

I'm going to share some simple and powerful techniques you can use that will help you.

The reason you are having trouble changing your life is because you are wrapped up in an identity, a self-image, of who you think you are, and how you think you ought to behave.

It's not your fault. By the time we're 7 years old, our self-image, our identity, is, for the most part, intact. From then on, we find evidence and situations and people that affirm our self-image.

It's not your fault.

Say that out loud.

It's not your fault.

But, you know what?

It's your responsibility.

Say that out loud.

It's my responsibility.

It's your responsibility to change.

And change is easy.

Say that out loud.

It's my responsibility to change. And change is easy.

Feel better?

Yes, you do!

I do, too.

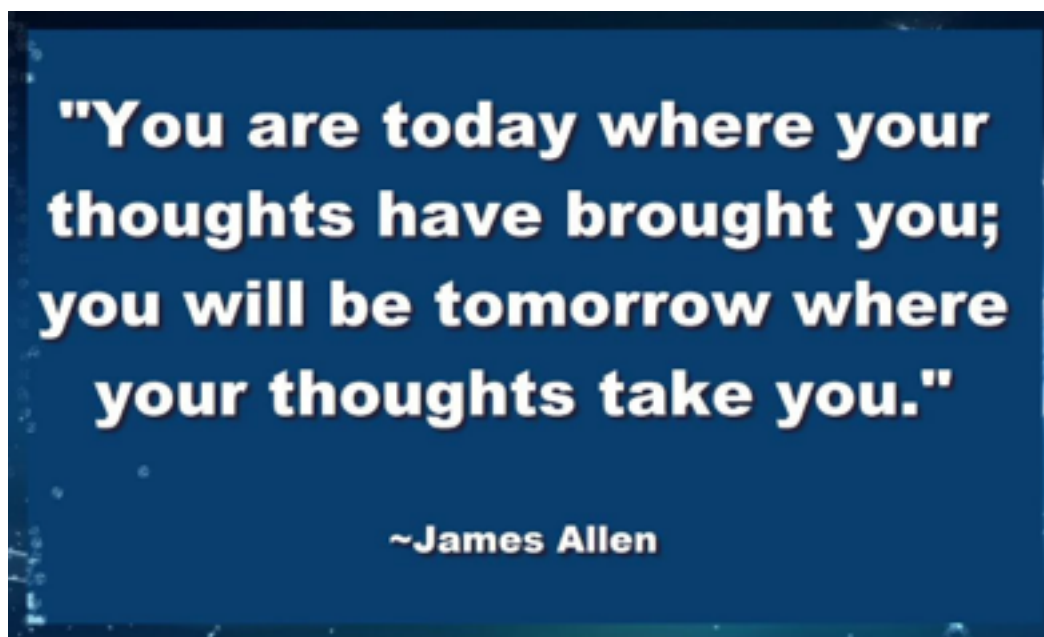
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Is it possible to change your identity, your self-image?

Yes.

Making these changes requires getting under the hood, looking at the engine of your body—the brain—and giving that “engine” a tuneup.

First, let's talk about the brain.



The brain is a powerhouse. The brain is less than 2% of the body weight, yet uses 20% of your body's energy. The brain is 80% water.

+++++

Health Note: Keep that in mind—the brain is 80% water. Drink water, often, in order to keep your brain hydrated and healthy. Add fresh squeezed, organic lime or lemon to the water, in order to alkalize the water. Also, add organic sea salt, a 1/4 teaspoon to the water. This is similar to the body's natural water system, as it contains natural salts and minerals.

Changing your identity, in a way that actually works, requires giving your brain a tune up, going “under the hood”, looking at the “engine of your body”—the brain, and using specific techniques, rewiring thoughts and behaviors in order to lay neural pathways toward a new outcome.

+++++

If you want to change, you first have to change your identity, your self-image.

If you want to change, you first have to change the way you view yourself, and also, change the way you think, or assume, that others view you.

For the most part, people find evidence for what they want to believe.

This is called “confirmation bias”.

If someone believes that they are “always the victim”, they are going to find evidence to support that they are “always the victim”.

If someone believes that they will “never find love”, they are going to find evidence to support that they will “never find love”.

As mentioned earlier, the first 7 years of life, according to neuroscientists, is where the foundation of our identities are laid. From then on, for the most part, we find evidence to support or confirm that identity.





Think of your identity, your self-image, as an auto-correct on your phone. Your texting something to a friend and boom, the auto-correct types something different. That auto-correct is similar to your self-image. It self-corrects in order to preserve your self-image. This self-correcting, however, can have detrimental effects, especially if your self-image is not serving your best interests.

Got it?

Yes, I know you got it.

Let's get on to how you can make changes to your self image.

Make Lasting Changes to your Self-Image

Here's a simple way to get started, to make lasting changes, that can bring about beneficial and positive results to your life.



1) Every day, when you wake up, think of something you are grateful for. Say, out loud, what you are grateful for. Gratitude is the frequency of the universe. When you think and speak what you are grateful for, you are raising your vibration. This allows you to attract more things to be grateful for.

2) Change your daily routine. Every few days, change your routine. Do something different. Dress different. Style your hair in a new way. Take a different route to work. Try a new restaurant. Talk to someone, a complete stranger.

Trying something new opens doors for new possibilities. Why? Because this involves taking a risk. The universe rewards the risk-taker. At the same time, taking such a risk puts you in an uncomfortable state, and this is “fires and wires” new connections in the brain. Doing something new gives your brain a mental workout.



3) Every day, say “I am ...” At the end of the “I am” statement, add a word of what you want to be, what you want to accomplish, or who you want to become.

“I am in perfect physical shape. I am intelligent. I am a genius. I am loved. I am wealthy.”

Add to this a gratitude affirmation.

“I am thankful that I am in perfect shape. I am thankful that I am intelligent. I am thankful that I am a genius. I am thankful that I am wealthy.”

Activating these 3 steps will effect your mind on the subconscious (unconscious) level.

And this is where real change begins.

(There's a plethora of free tools you can find that can help you change your self image for the better. Simply search online for "positive affirmations" and "hypnosis programming" and "subconscious sleep hypnosis" and "law of attraction" and "positive affirmations when you sleep" on your phone and your laptop. You will find a lot of free tools that can help you.)

The subconscious is the powerhouse.

"The subconscious is the absolute powerhouse of everything. If you can change your self image, what you believe about yourself, you can literally change your entire life."

Jessica Connor, PhD

www.YouniverseTribe.com

www.YouTube.com/c/YourYouniverse

According to Jessica Connor (PhD), who runs www.YouTube.com/c/YourYouniverse, real change begins at the subconscious level.

"If there's something that's blocking you, you can change it, and reinforce a new program. You can literally change your entire life. You can attract and manifest whatever you want."

"It's the self-image that keeps you within a boundary. It dictates your actions, your thoughts, your beliefs, your behavior. If you step outside that line, it corrects you very immediately."

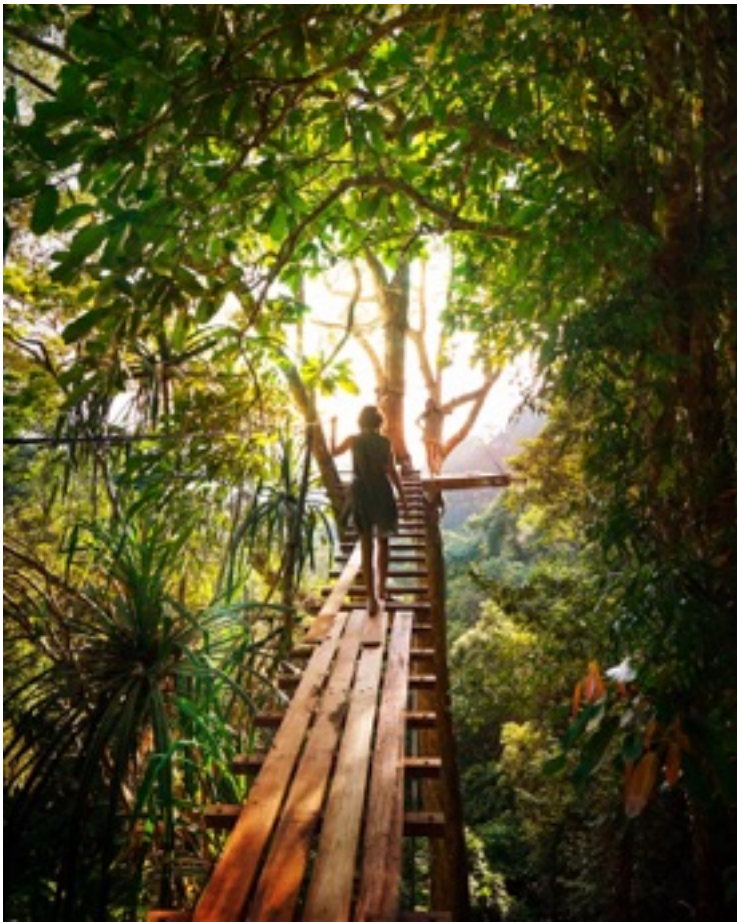
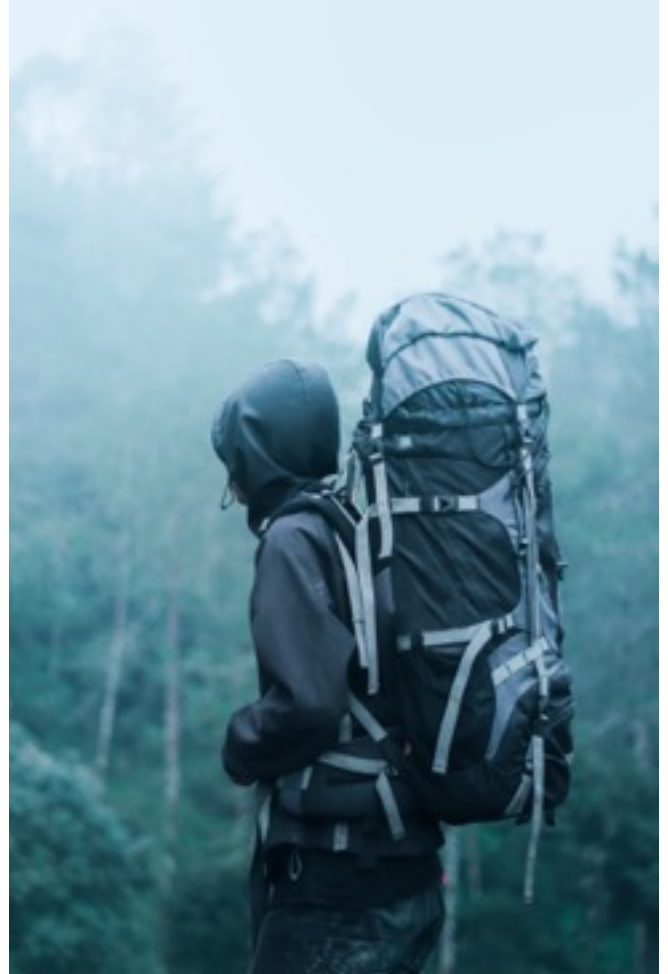
"I learned this throughout this process. If I really wanted to make a change, all I really had to do is change my self-image."

Jessica Connor, PhD

www.YouniverseTribe.com

www.YouTube.com/c/YourYouniverse

Changing your entire life starts with changing your self image.



Accumulate experiences. Not things.
TravelCheapBluePrint.com

BicycleDays.com

KrisKemp.com

If you're not growing ...



If you're not growing ...

If you find it a struggle to change ...

It's not your fault.

But it is your responsibility.

It is your responsibility to change ...

If you want to change.

Do you want to change?

Put yourself in a new environment.

If you're not growing where you're planted ...

Plant yourself where you'll grow.

If you're not growing where you're planted, plant yourself where you'll grow.

How?

Move.

Move to an area that is populated with people and places that inspire you.



Move toward a new reality by actually dropping yourself into a new situation ...

Surround yourself with people that motivate, challenge, and inspire you.

Surround yourself with people that you want to become like.

If you're not growing where you are, you're likely surrounded by people and places that do not motivate, challenge, and inspire you to grow.

Move.

Leave your old friend and old places behind.

They might question you as to why you are leaving. They may even "hate" you for leaving.

The reality is that they are questioning themselves for not leaving. They "hate" that you remind them that they are staying.

They don't "hate" you. They "hate" that you are reminding them that they are choosing to stay, to remain in a comfortable trap, one that's familiar and small, one that limits their growth.

If your friends respond in bewilderment or anger, do not take it personally.

If they ask why you're leaving, simply explain to them that you want to move, in order to experience new things.

Whatever you do, don't allow yourself to be tied down by people, places, situations that do not have your best interests in mind.

If you do feel that you are trapped, then move. Move to a place where you feel inspired and free. Free to be yourself. Inspired to take action toward the progression of a worthy goal.

If you're not growing where you are planted, plant yourself where you will grow.

Leave room in your life to inhabit new places, to meet new people, to discover new experiences.

If you're not growing where you are planted, plant yourself where you will grow.

Putting yourself in a new environment will easily enable and empower you to discover just how easy it is to change your behavior, because the new environment (people, places, situations) have zero expectations of who you are, what you should do, or how you should behave.



Change your Self-Image, Change your Life



Remove yourself from the moorings of your current familiar, comfortable, and predictable experience by changing your self-image. Changing your self-image begins at the root level.

Imagination is the goldmine that you can use to visualize and even materialize the life you desire to live.

For more about this, do an online search for: “Imaging Creates Reality” by Neville Goddard. Or, simply click the link below.

<https://www.youtube.com/watch?v=ENXRSiLaTRU>

Tap into the power of imagination and see it or what it is—a thick vein of the purest gold. A valuable and precious commodity that, somewhat ironically, most people fail to recognize.

Use imagination to visualize the life you want to have.

Visualize yourself planting a seed of your new self-image. As the tree rises from the soil and breaks ground to the sunlight, this is you reaching the sunlight of new possibilities. When you change your self-image, raise your standards.

Inhabit the identity of your new self-image. If you see someone you want to be like, start dressing like them, acting like them. Model their behavior. Use them as a template.



Success leaves clues. If you want to go where giants go, follow in the footsteps of giants. Conversely, if you want to go where skunks go, follow in the tracks of skunks. But, you will likely end up wet and smelling bad.

Real change, lasting change, begins at the root level—the subconscious or unconscious level.

The seed of self-image is formed at the root level, planted deep within the soil of the subconscious mind. Change that is lasting, therefore, requires deep-level work.

Neuroscientists and psychologists conclude that by the age of 7 years old, the self-image, the self-identity of a child, is formed. From this time on, the

child is likely to act, or behave, according to patterns that coincide with their perceived self-image.

One way to mitigate or lessen the amount of deep-level work, through the introduction of both cognitive and behavioral therapy, is through the introduction of hypnosis. An especially effective technique relies on the use of subliminal messages, accompanied by music, listened to while sleeping.

You can find such an audio program by visiting ...

https://www.youtube.com/results?search_query=subliminal+messages+to+change+your+self+image+for+the+better



source: <https://www.businessinsider.com/travel-blogging-couple-paid-7000-per-instagram-post-2017-4#meet-jack-morris-26-and-girlfriend-lauren-bullen-24-the-couple-who-earn-six-figure-salaries-by-promoting-products-and-locations-on-instagram-as-they-travel-the-world-1>

Reframe your Life to Bring your Dreams into Reality

"Change your conception of yourself and you will automatically change the world in which you live. Do not try to change people; they are only messengers telling you who you are. Revalue yourself and they will confirm the change."

Neville Goddard, Your Faith is Your Fortune

WWW.IMAGINATIONANDFAITH.COM



Is it possible to reframe your life, in such a way that you bring your dreams into reality?

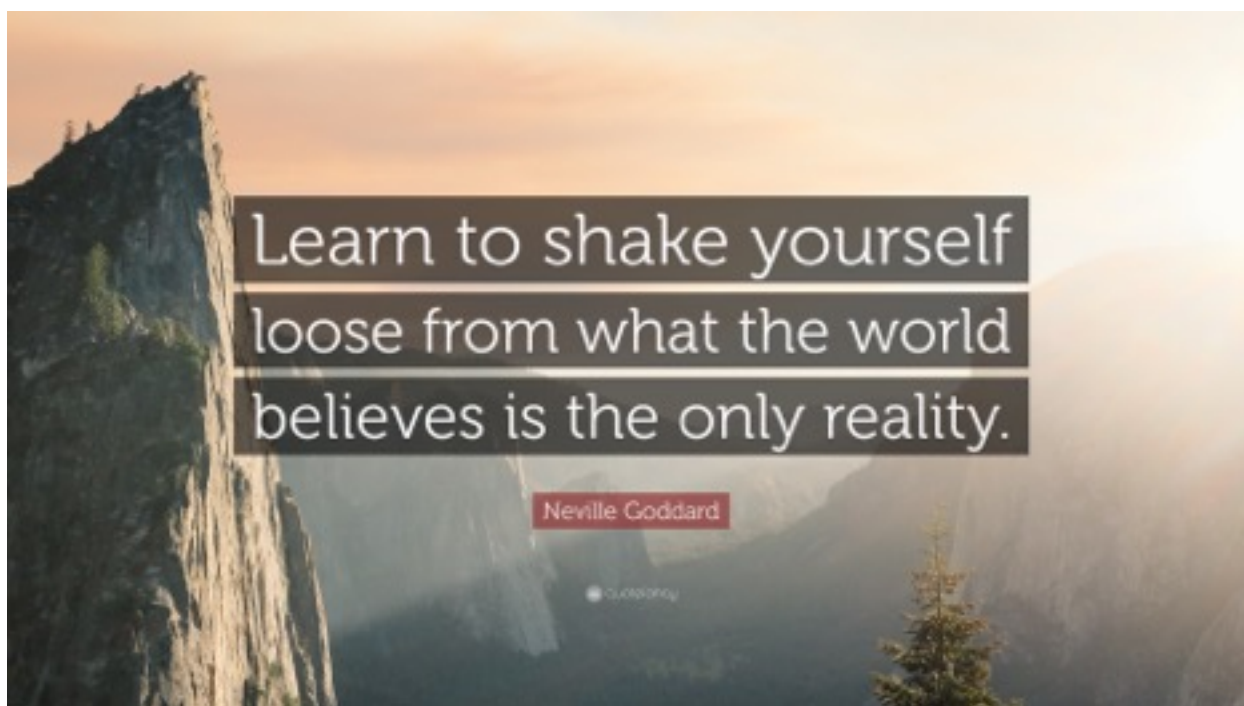
Is it possible to move things, people, places, situations, from the dream world into physical reality?

If you believe it is possible, then it is likely possible. Most everything in the world that you see started as an idea, as a belief, and then, through action, took form in the physical world.

Can you change the future?

Yes.

You can change your future.



Give yourself permission to change the future. Take action. Trust the process. Expect the result of what-you-visualize to come to life.

Do not think “of” a future experience.

Think “from” a future experience.

But wait! How can I think “of” a future experience when I’m not there, yet?

You already are there. You just don’t know it, yet.

Right now, I want you to count to 3. 1 ... 2 ... 3

When you began counting, at 1, you were in the past. Now, at 3, you are in the future. As I’m typing this, at my stand-up desk, in South Florida, I am in the past. I felt a bit weird typing “I am in the past”.

If you listen closely, you can hear the sound of time. The future is literally only a few moments ahead of yourself.

Imagination is one of the greatest of all vehicles for its not limited by time.

Thinking “from” future experiences amplified the manifestation process by adding “authority” to the act of visualization. This strengthens the process of deliberate creation.

So, if you really want to change your life ...

Do not think of a future experience, think from a future experience.

Inhabit the future reality of who you want to become and think from that future experience.

Think from a future experience.

For the video that inspired this message, click link below:

<https://www.youtube.com/watch?v=uxAoOxXiikA>

websites:

<http://www.audioenlightenment.com/neville-goddard-lectures>

<http://www.mindislife.com/tag/neville-goddard>

<https://freeneville.com>

YouTube channels:

<https://www.youtube.com/channel/UCozY8yTRtMY7qkHBhiQ7-1g>

https://www.youtube.com/results?search_query=neville+goddard

Abandon your old self to Become your new self



Your body has been with you for years.

Your physical body reflects the accumulation of your choices.

When you proceed to make a change, even when you think about making a change, your physical body, as it typically craves the path of least resistant, offers a shortcut that proves unfulfilling and, sometimes, even damaging.

Allowing the body to make decisions can lead to unhealthy eating patterns and, if left unchecked, deviant forms of behavior.

Abandon who you are to become who you know you can be.

Your body is likely to resist.



Your mind is stronger than your body.

Abandon who you are.

Determine your mission.

Identify who you will be—the new you—when you complete that mission.

Occupy the mind and the body of the new you.

Think from that new you.

Enter the image of the “wish fulfilled” to the point you see, hear, taste, touch, feel it.

When you do all this, all things will conspire to aid its harvesting.

How subtle are the threads that weave the fabric of imagination and reality.

Once you have fully inhabited the reality of what you already want to be, and feel the way you would expect to feel within that reality, then confidently move in that direction to claim “that reality” as your own.



From here on, it's a simple process. You step into that reality with ease and delight. With grace and charm and confidence and gratefulness and thankfulness, you step into that reality.

The shift from particle to wave, from thought to physical thing, happens instantaneously.

Enter the image of the wish fulfilled and inhabit that new reality with confidence and gratefulness.

For the video that inspired this message, please visit: "Imagining Creates Reality" by Neville Goddard

<https://www.youtube.com/watch?v=PLfPRMBcUbQ>

If you want to succeed, do this



If you want to succeed, give yourself permission to succeed.

A lot of people remain stuck because they “don’t give themselves permission” to succeed.

They’ve grown up with a victim mentality, to the point that they seek out people and situations that reinforce that status—that they are a victim.

Or, perhaps, they’ve grown up with a mentality that all rich people are jerks. And, since they don’t want to be a “jerk”, they ignore opportunities for wealth. This kind of mentality acts as an abundance block.



Maybe they have the mentality, the self-image, that it is righteous to be poor. So, they remain poor in order to be “righteous”.

All of these examples are indicators of people acting out behavior patterns that reflect their identity—how they view themselves. Consequently, their identity has a direct bearing on their reality.

Holding a self-image or even a belief restricts that person toward finding evidence to support that belief. This is called a “confirmation bias”.

If you believe that you’re the victim, you’re likely to find yourself in situations where you are the victim. But it’s always someone else’s fault!

This happens in relationships. Girls complain that their boyfriend is a jerk. The girl breaks up with him, then finds another “jerk” to date. LOL. Until she changes her self-image and her identity and her subsequent beliefs that stem from her identity and self-image, she’s likely to continue acting out in the same weatherbeaten screenplay, “The Girl Who Fell in Love with Jerks”.



If you want success, give yourself permission to succeed.
Everything starts with you-giving-yourself permission to accept
and receive the best life for yourself.

Unlock The Power of Your Mind - Joe Dispenza's Top 10 Rules for Success
https://www.youtube.com/watch?v=GBF_BZH4KN4&t=329s

Does it Feel Right?



Does it feel right? Or does it feel familiar?

It's important for you to make that distinction.

Especially if you're trying to make a change in your life.

If it doesn't feel uncomfortable, unfamiliar, and even wrong, you're probably headed in the right direction.

Wait a second, you say. If it doesn't feel right, then why should I do it?

Because, typically, your body wants the easy way.



Your body craves comfortability. So much so that it looks for shortcuts to pleasure. Shortcuts to get our pleasure centers satisfied as quickly and easily as possible.

Junk food. Easy, meaningless sex. Binge-watching TV shows that promote immorality and reward characters who engage in despicable behavior. Gossip.

If you truly want to make a change, your body needs to come under the authority of your mind.

Change your mind by curating (carefully selecting) your influences.

Select music, videos, movies, people, places, situations, that motivate, challenge, and inspire you.

When you curate your thought life, you raise your standards.

Your outside world is a reflection of your inside world.

For real change to occur, your mind has to be in control of your body.

Let's put this into a series of images, a movie, that you can visualize.

Imagine that your body is a crane. One of those 300 foot high cranes you've seen at the side of a high rise that's being built.

Now, think of the crane operator, sitting in that little box—the control room—300 feet off the ground, a bank of controls and gears in front of him.

When that crane operator presses a button, pulls a switch, or operates a lever, that crane moves accordingly.

That crane operator is your thought, operating in the control room—the brain.

The crane itself is your body, carrying out the commands of your thought.

As you change your thoughts, and change your commands, you change your physical actions.

As you change your physical actions, you change your life.

Change begins with a thought.

Change your thoughts, change your actions, change your life.

At first, it might not feel right, or it might feel uncomfortable

Take that as a cue that you are moving in the right direction.

More often than not, progress lies on the other side of comfortability.

Discipline = Freedom



The Most Powerful Tool You Have



As humans created in the image of God, we have an amazing body, that allows the capability to think, to imagine, to do things that can effect our lives and the lives of others.

Because we are given our body for free, so many of us take it for granted.

The most powerful tool you have is a tool that is free and, yet, it is priceless.

The most powerful tool you have is the power to decide.

The power to decide is the most powerful tool you have.



If you find yourself “living in the past”, you are getting some type of reward, a kind-of payoff for that. Identify that payoff and, if you are comfortable with who you are right now, and where you are right now, then, if you want, continue living in the past.

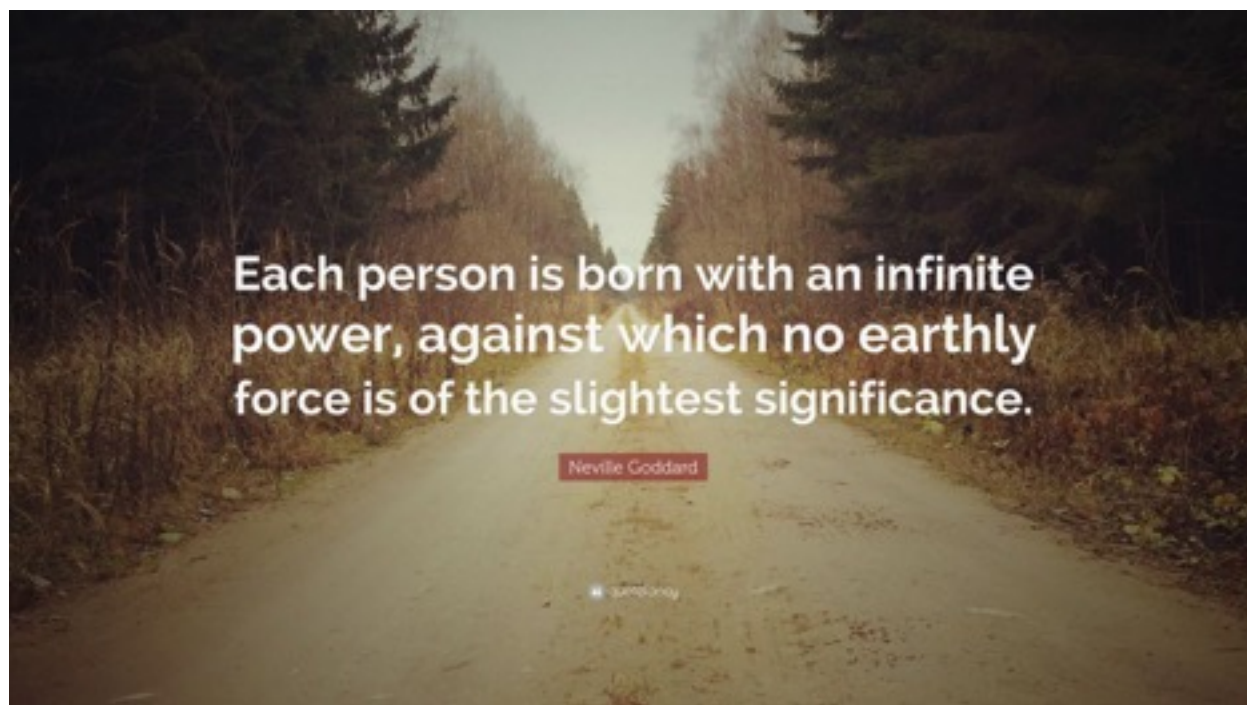
You have choices you can make that will change your life.

And change the lives of others.

The power to decide is the most powerful tool you have.

If you want a different life, then you must make a different choice. When you make that choice, then put your “emotion into motion” by doing something, by taking a physical action.

Eventually, if you take that physical action on a consistent basis, your body will create feelings. Those feelings, in turn, trigger a thought.



According to Dr. Joe Dispenza, a neuroscientist, author (You Are The Placebo), and international speaker, “feelings are the language of the body” and “thoughts are the language of the mind”.

And this is where my theory comes into play, the theory of the “state of being”.

From this “feeling triggers a thought” and “thought triggers a feeling”, a feedback loop is created.

The intersection of the body/feeling and mind/thought is the “state of being”.

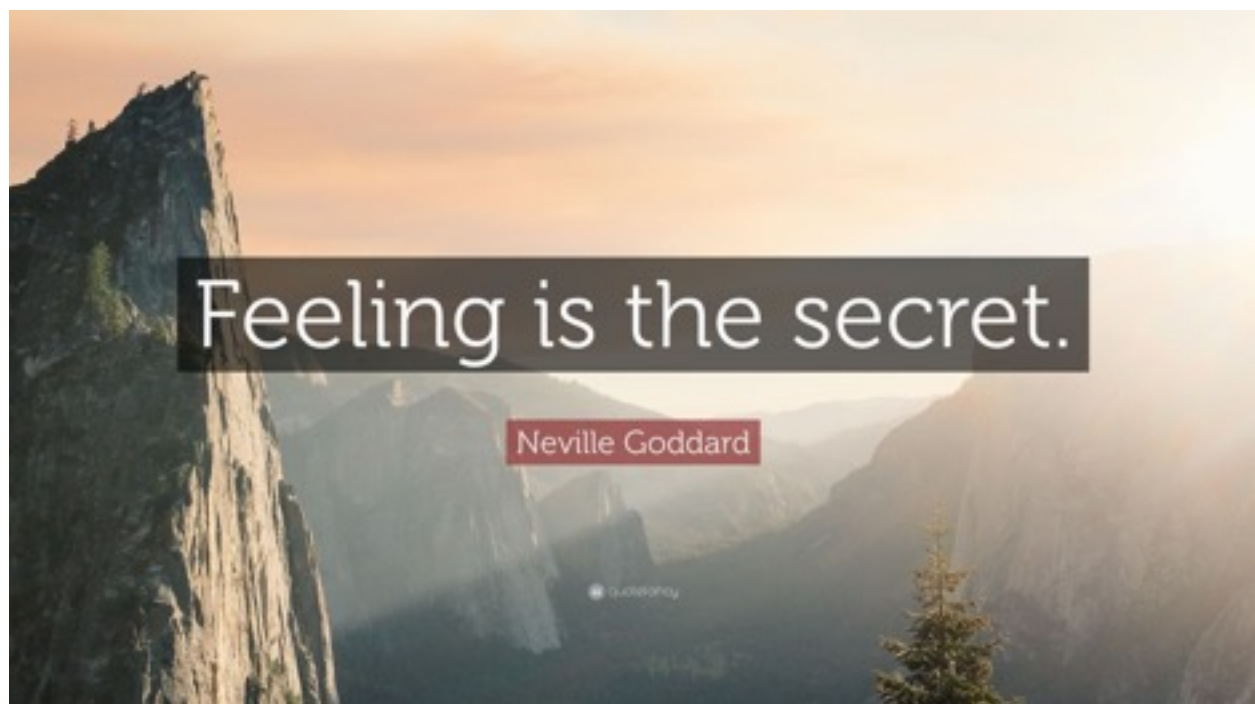
As the feedback loop accelerates, the “state of being” is amplified.



Neville Goddard
(1905-1972)

Loya Arsh

**Health, wealth, beauty
and genius are not
created; they are
only manifested by
the arrangement
of your mind.**



Feeling is the secret.

Neville Goddard

quotation

Reinvent Your Life: A 5 Step Plan

A 5 Step Plan to Reinvent Your Life

1. Raise your standards

If your friends and acquaintances aren't adding value to your life, drop them from their life. Those friends are like branches that don't produce fruit. Trim the tree. Let them go. No need for anger or malice, just trim the branches.

2. Curate your influences

What and who are your influences. Curate (carefully select) your influences. Choose carefully. Select influences that will inspire and empower you to become the best version of yourself. Drop all others.

3. Identify your values

Ask yourself: What do I value? What are my values? How do these values manifest? Align your inner values with your outer actions. Doing this creates a strong force, amplifying your actions to the 10th power. This is called "being congruent"—when your inner values match and align with your outer actions.





4. Set your mission

Ask yourself: What is my mission in life. Determine what it will look like, what the result be, when you accomplish that mission. Then, reverse engineer the entire process, by planning out the steps needed to complete that mission.



5. Use schedule and sanctuary to fulfill your mission

Now that you have your mission, establish a schedule and sanctuary. A sanctuary could be any number of places (a home office, nearby coffeehouse, library, co-working space, an AirBnB, a hotel lobby, etc) that you can use that enables you to accomplish tasks necessary toward fulfilling your greater mission.

These 5 steps are placeholders that you can use to put yourself on the path of success.

- 1. Raise your standards.**
- 2. Curate your influences.**
- 3. Identify your values.**
- 4. Set your mission.**
- 5. Use schedule and sanctuary to fulfill your mission**


Use these 5 steps as a guideline for whatever-it-is you want to accomplish.

You can do it. Start right now.

How To Manifest Your Dreams

Neville Goddard said this in 1951: "The future dream must become a present fact in your mind."

You must experience in imagination what you would experience in reality in the event you achieved your goal, for the soul imagining itself into a situation, takes on the results of that imaginary act.



A change of feeling is
a change of destiny.

Neville Goddard

 quoteoftheday

Lead The Field by Earl Nightingale

Watch this amazing presentation, “Lead The Field” by Earl Nightingale.

video link: <https://www.youtube.com/watch?v=UUUOt39PGXE>

About Earl Nightingale

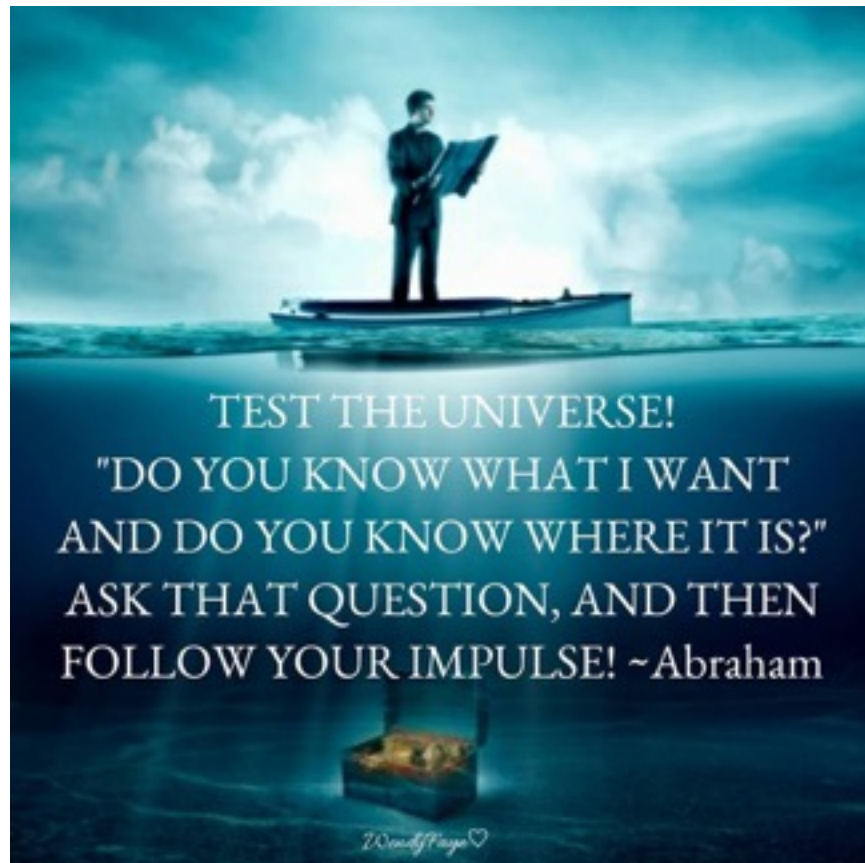
Earl Nightingale was an American radio speaker and author, dealing mostly with the subjects of human character development, motivation, and meaningful existence. He was the voice during the early 1950s of Sky King, the hero of a radio adventure series, and was a WGN radio program host from 1950 to 1956. Nightingale was the author of *The Strangest Secret*, which economist Terry Savage has termed “... one of the great motivational books of all time.”



Website

<https://earlnightingale.com/>

How to Attract Money and Wealth into your Life



If you're trying to attract money and wealth into your life and, so far, money or wealth is absent from your life, you might be missing one key ingredient.

If you can change this one thing, and act on this change, so that your thoughts, actions, habits, patterns follow, then you can change your life.

That one thing to change is mindset.

Change the way you think about money and wealth and money and wealth will react accordingly to that change.

Mindset is simply the way you think about things.

Use the ABC method to change your mindset.

Yesterday, I was chatting with a friend, Terry Gamble, who's an NLP-certified therapist and family counselor.

She shared a technique that is amazing.

I've been using this technique, successfully, to rethink a particularly challenging situation. You can use this technique to rethink any challenge you may be facing. Doing this will allow you to see the challenge in a new way, and identify a solution.

You can use this technique to change your perspective, and change your life, in 5 minutes or less.

I call it the ABC Method.

Here it is.

$A + B = C$

A = what happens

B = the meaning you give it; you a meaning to "what happens", which affects both the conscious and unconscious/subconscious mind

C = feelings

$A \text{ (what happens)} + B \text{ (the meaning you give it)} = C \text{ (feelings)}$

B (the meaning you give it) is the part we control.





Let's use the ABC method to rethink the ways you're thinking about money and wealth.

A = money and wealth

B = the meaning you assign to A

C = feelings

If you see "money and wealth" (A) as something only possessed by jerks, then the "meaning you assign to money and wealth" (B) leads to your "feelings" (C). In this instance, your feelings are likely to be: "If I have money and wealth, then I'll be a jerk, and I don't want to be a jerk, so I'll have no money and no wealth".

Those feelings are what's keeping you in a state of being poor.

What can you change in the ABC method?

You can change the “B” (the meaning you assign) to “A” (money and wealth). When you change the “B”, the meaning you assign to A, then, everything changes.

Change the “B”, the meaning you assign to “A”, and everything changes.

Instead of saying to yourself, “Only jerks have money and wealth” say something like this ...



“Money and wealth are everywhere. I am a person with valuable skills. People want to give me lots of money for my valuable skills.”

“Money and wealth are everywhere. Lots of people spend thousands of dollars on products that are only a few dollars to make. If people are spending that much money on some cheap product, and my services are so much more valuable, they will gladly spend thousands of dollars for my products and services. Money and wealth are coming my way.”

“Money and wealth are everywhere. Exchanged by nice people who are looking to add value to their lives by buying products and services that help them in some way or another. These nice people are excited to find my product or service and give me lots of money for it.”

+++++

At the moment, I have a digital marketing company. I make websites, do lead generation, copywriting, email marketing, and SEO (Search Engine Optimization). On a personal level, I’ve changed the way I see “money and wealth” in my life and, as a result, everything is changing. I’m getting more money. I’m charging a higher price for my services. And my clients are very happy with the results.

+++++

The power of choice, the ability to choose the “thoughts and feelings” that you assign to a situation, person, or place, is such a valuable tool.

The power of choice is a gift.

“One of God’s gifts that he gives us is the gift of choice,” explains Terry Gamble, an NLP-certified therapist and family counsellor. “We must honor other’s ability to choose. Keep your energies for God.”

Use the ABC method to change the way you think about things.

When you change the way you think about things, the things change.

A (what happens) + B (the meaning you give it) = C (feelings)

B (the meaning you give it) is the part we control.

Change the B and you change the feelings.

You can do it.

Credit for the ABC Process, the ABC Method, goes to Terry Gamble, NLP-certified therapist and family counselor. Palm Beach Gardens, Florida.

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THE MINDS LIMITLESS POWER

Your conscious mind controls Brain Activity just 5% of the day. Your unconscious mind controls Brain Activity & your THOUGHTS 95% of the day

That little voice inside your head that says "I can't do this" is not your friend.

YOUR THOUGHTS

Whatever worries and troubles you, controls you

You have 70,000 thoughts per day

THOUGHTS BECOME THINGS

You are confined only by the dominating negative thoughts of your past.

YOUR BRAIN IS CONSTANTLY DEVELOPING

It continues to develop new neurons throughout your life in response to Mental Activity

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About the Author



Kris Kemp is a writer, musician, photographer, traveler, creative entrepreneur. He's the author of numerous journals, screenplays, ebooks, a novel (the rails), a musical (Dumpster Diver the Musical). You can find links to his creative projects at www.KrisKemp.com and www.BicycleDays.com

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 347-557-5487

To find out more about my creative projects, click the links below.
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Ebooks

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change your life, in 5 minutes or less

KrisKemp.com/TheOneThing

the one thing (you can do to change your life

KrisKemp.com/30DaystoSuperPowers

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KrisKemp.com/The3Secrets

discover the 3 secrets of happiness that can change your life

30DaysToSuperPowers.com

unleash your superpowers using these ancient technologies

BicycleDays.com

KrisKemp.com

The3SecretsofHappiness.com

discover the 3 secrets of happiness that can change your life

TravelCheapBluePrint.com

travel Europe like we did, for \$5 a day or less

HowToTravelEuropeCheap.com

travel Europe like we did, for \$5 a day or less

FlipFloridaLand.com

learn how to flip properties for fun and profit

MakeBigProfitsFlippingFloridaLand.com

who else wants checks to their mailbox every month?

TheShiftDiet.com

shift your thinking, lose the weight

Main websites

BicycleDays.com

inspiring travel photos

KrisKemp.com

change your life, in 5 minutes or less

KrisKempCreative.com

build an audience & grow your profits

Music

DumpsterDiverMusical.com

finally, a musical about dumpster diving

OutoftheWildernessMusic.com

raising a voice for the persecuted church

ThatBugDeservesToLive.com

a fun dance song

Film

TheLostOrange.com

a chance encounter in the subway leads to unexpected results

Novel

TheRailsNYC.com

Every City has its secrets. Even New York City. Discover the secrets that will change everything. (A novel by Kris Kemp)