

Modern and Secret Teachings of Eternal Wisdom, Peace, Abundance and Prosperity



***A Beginner's Guide to Manifesting through
Spiritual Awakening***

Scott Rauvers

Challenges are overcome by embracing them so you outgrow them. This leads to a reestablished connection to Divine Source.

A handwritten signature in black ink, appearing to read "Scott Rauvers". The signature is stylized, with a large, looped initial "S" and a long, sweeping underline.

Scott Rauvers

Author

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www.ez3dbiz/infinite_abundance.html

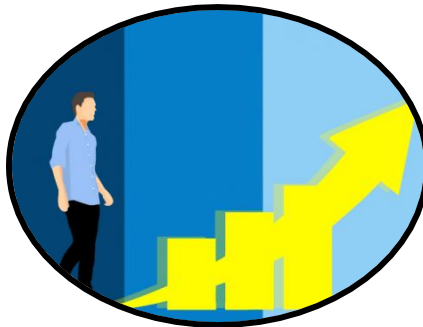
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DEDICATION

*This book is dedicated Samuel Smiles,
who changed the lives of countless
millions of people for the better
by bringing to the realization that
thoughts create our reality.*



CONTENTS

PREFACE **13**

INTRODUCTION **18**

Remember Who you Are..... You are a Vortex of Energy.....The Cycles of Learning and Growth.....DNA Acts an Archive for past Emotional Experiences.....You have the power to overwrite past genetic traits.....What is Evil?.....Infinite Spirit cannot Discriminate.....Lessons from the Date Palm.....A quick example of the Law of Attraction

Chapter 1 **32**

Discovering the Untapped Power Within You

More than 91% of what you worry about will never happen..... Scientifically Documented Cases of Instantaneous HealingHow many thoughts do you have every day?.....Scientifically Documented Cases of Spontaneous Healings.....Exploring Your Untapped Inner Potential.....Exponential Growth Illustrated in a Game of Chess.....Your Brain has the processing speed of a Supercomputer.....Not Everyone Realizes their Dream.....Preparing for your Journey.....The Programming Cycle of your Subconscious Mind..... A Technique for Removing Negative or Destructive Thoughts.....Removing Negative Destructive Thoughts #2Creating Balance is the key.....Your Morning Hour of Power.....17

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

seconds until Manifestation.....The Mind and
the Immune System

Chapter 2 **68**
KNOW that Abundance is YOURS by Divine Right
Luck is Preparation Encountering
Opportunity.....The Right Frequency =
Manifestation

Chapter 3 **81**
Demonstrating the Power of the Spoken Word

Science confirms the Effectiveness of
Prayer.....The Secret to Getting Rid of Bad
Luck..... A Technique for Eliminating
Fear.....Confrontation of Fear Erases it.....
.....What is the Law of Nonresistance?.....
Fear and Excitement are one and the Same

Chapter 4 **97**
Experiencing Effortless Abundance

Ancient Secrets that Reveal your True
Talents.....Faith Comes from
Believing.....Enhancing the effectiveness of Your
Affirmations

Chapter 5 **110**
Is Fate Defined by the Wheel of Karma?

When non-resistance encounters
Desire.....Requesting Protection from the
Divine.....Practicing Forgiveness Relinquishes Bad
Karma.....Love is Order.....The Law of Non
Circulation.. The Truth about being Self-

Employed.....The Law that Transcends
Karma.....Temptation.....The Unlimited
Power of your Subconscious Mind

Chapter 6 **120**
The Process of Manifestation

Learning to Cast the Burden.....The Unlimited
Power of Your Imagination.....Faith Rewards the
Faithful.....Relinquishing Vows of Poverty

Chapter 7 **130**
Love

Why Like attracts Like.....On Suffering and
Disease.....Living the Truth..... The Truth
about being Self-Employed.....Being
SUCCESSFULLY Self-Employed Means.....Your
Value as an Employee

Chapter 8 **144**
Leaning to Connect with Intuition

The 7-fold Decree of Financial
Restoration.....Where do your thoughts come
from?

Chapter 9 **160**
Self Expression

Creating your Ideal Blueprint.....Theta
Brainwaves are the Secret key to accessing the
Subconscious Mind.....What do Surfing and
Meditation both have in common?.....Maximizing
Talent with Help from the Divine.....It all starts
with Spirit.....Seeing a Project Through to Full

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

Completion.....Identifying Your
Talents.....Cheerful Giving Honors the Law of
Return.....Everything is Energy.....On
Reincarnation.....How to Shrink your Problems

Chapter 10 **184**
Using Affirmations for Empowerment

Learning to use your Pineal Gland to Access higher
Vibrations.....On Self-
Entitlement.....Personality Affects
Salary.....The greatest Business Success Secret
of all Time.....The Pyramid of
Success.....When the Universe meets
Demand.....Does Distant Healing Really
Work?.....The difference between visualizing and
visioning.....Thinking Big Determines Your
Outcome.....Accelerated
Manifestation.....Using this book in Study
Groups

Chapter 11 **204**
A Sample Blueprint for Your Ideal Destiny

Chapter 12 **207**
Affirmations for Assisting Manifestation

Techniques for Writing Your Own
Affirmations.....Affirmation Writing tip #2

Chapter 13 **213**
How to Practice the Emotion Code
Magnets Can Heal the Body..... Using the
Emotion Code for Healing.....Using the Emotion
Code to Manifest Abundance.....Abundance
Blocks.....

Muscle Testing Method #1.....Muscle Testing
Method #2.....Self Clearing Techniques

Chapter 14 **227**
Affirmations for daily Success

Chapter 15 **229**
Tools for Manifesting Your Desires

How to pray.....Tips for Effective Self-Hypnosis
..... Research Studies Proving the Effectiveness
of Self-Hypnosis.....Experiencing Prosperity
Blessings from the Bible

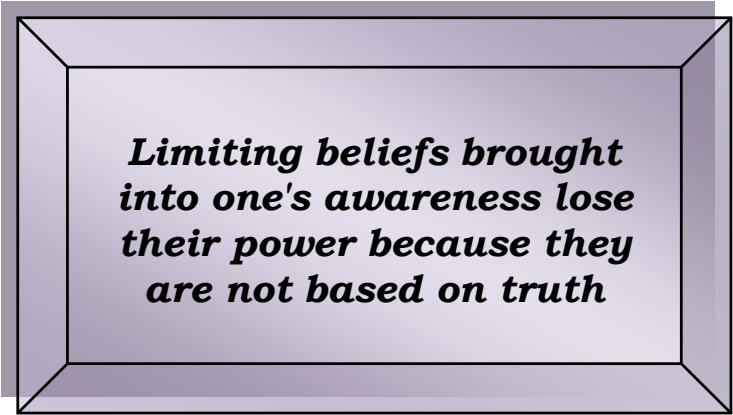
Chapter 16 **239**
**Tapping into the Power of Water to Assist in
Manifestation**

Chapter 17 **242**
Additional Manifestation Tips and Secrets

The 2-Cup Water Technique..... The 3:6:9
Technique.....How to practice the 3:6:9
Technique.....Manifesting while you
Sleep.....How to perform the Pillow
Technique.....Using the WOOP to
Manifest..... The 5-second Countdown Rule
.....Making a Gratitude Journal.....Letters
From your Future Self.....A technique for
connecting to the subconscious mind to answer
questions.....Your Blockbuster Movie from Your
Future.....Time Management Tips.....The Two
Minute Rule.....Compressing Time.....2
Powerful Productivity Tips.....Why isn't what I
want to manifest working?The top Prosperity
Authors of all time.....Amazing Facts about the

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

Human Brain.....The myth that you use only
10% of your brain.....Maximizing Mental
Focus.....The Power of 10.....The True
Definition of Success.....Multiplying
Money.....Raising Your Vibration.....Sources
for Instant healing.....Exploring Antipodes



***Limiting beliefs brought
into one's awareness lose
their power because they
are not based on truth***

SCOTT RAUVERS

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Peace, Abundance and Prosperity**

PREFACE



elcome to the third book of the Prosperity and Abundance Series! This latest text teaches anyone how to tap into Infinite Spirit and how to use it to manifest the life they desire. Spiritual Principals were taught in many of the first self-help books.

The New Thought movement originally began during the 1880's documenting the vast powers of the human mind (1). The first book that attained commercial success on mind power was written by Doctor and Journalist Samuel Smiles (2). His book titled ***Self-Help*** sold 20,000 copies within just one year of its publication and by 1904 had sold over a quarter of a million copies (2). Sakichi Toyoda,



founder of the Toyota motor company, was significantly influenced by the book, so much in fact that a copy is under a glass display at the museum on Sakichi Toyoda's place of birth (3).

The self-help movement received a major boost with the publication of Prosperity in 1938 (4). The book allows the reader to recognize the never-ending flow of 'universal abundance' that is all around, especially so in the face of apparent lack and hard times.



It was written by Charles Fillmore of Minnesota and his wife Myrtle, founders of the Unity spiritual movement, which has raised the profile of prosperity consciousness in millions of people worldwide (4). The book was written while Charles was in his 80s and represents a lifetime of Fillmore's wisdom and is his best-known work.

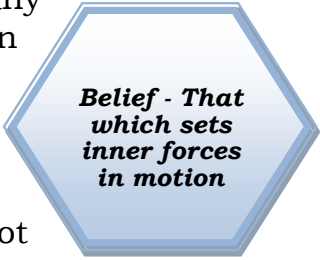
The strength of theta brainwaves are stronger when the eyes are closed (5)

Now let's dive into how beliefs play a major role in what we experience in our lives. Can you remember any beliefs you had when you were a baby? Nobody can, because beliefs are based upon past memories, which come from experiences. From the ages of 1 until about 7 years of age theta brainwaves are the dominant brainwave pattern in your mind (5). As you grow older these theta brainwaves start changing into alpha brainwaves. Because theta brainwaves are closely related to learning (5) it explains why the majority of our beliefs that we carry with us throughout our lives come from the experiences we have until our seventh birthday.

In many cases what we believe we verify as being true. However it may not be what's actually the real truth. For example, belief is nothing more than a bunch of reinforced cells that are connected together in your brain. The Billionaire Jon Assaraf created a 6-month training program to train help remove

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Peace, Abundance and Prosperity**

subconscious blocks and instill a new set of beliefs for 75 of his real estate agents. To his amazement the sales of his company increased to over \$100 million dollars during the six-month period the real estate agents were using his training program (6).



***Belief - That
which sets
inner forces
in motion***

When we grow up we are not taught of the incredible power we hold within each of us. The truth is that you are a divine being that receives source energy which flows through you in order that you may become a co-creator with the Universe. You are an extension of the great infinite mind which is constantly expanding. Because you are blessed with God-like powers, you can only create good because it is the nature of the universe to express perfect harmony. Because of this connection to the Divine, there is no limit to how successful you want to become at something. One of the primary reasons we exist on this planet is to help co-create with the universe because this cannot be done when we are in spirit form.

One never has to worry about being held hostage to outside forces when one has a thorough understanding of the Spiritual Principals. Each one of us has unique talents and abilities that can only be mastered by you and then taught to others. No one can do anything as well as you can. The universe wants you to become a master at manifestation so it can better experience itself. All hardships in life occur as lessons to be learned so growth can occur. Why do you think the word University contains the word **Univers**-ity. They are a place where growth takes place through higher

learning. Growth is obtained by acquiring new knowledge, information, becoming a better personality, and by understanding that you are either creating or you are disintegrating.

*Confidence reinforces belief via the accomplishment
of completing small goals one step at a time*

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Peace, Abundance and Prosperity**

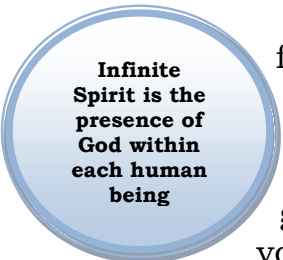


Did you know?

A single gram of human DNA can store 215 petabytes of data (215,000,000 gigabytes) or roughly the equivalent of 100 million movies? (7)

INTRODUCTION

You may know someone who has taken numerous self-help courses, read all the books and seen numerous "coaches" and nothing happened, than one day suddenly they come across a wealth building course and suddenly get rich. T. Harv Eker is one perfect example. He spent many years attending self-help and wealth building seminars, then suddenly hit upon the right idea at the right time and became a multimillionaire. The real reason for this is because these people study self-help and motivational material over the course of many years. As they stay motivated they are subconsciously clearing away emotional and subconscious blocks, a little bit each time. When the right business opportunity comes their way and enough blocks have been removed, they experience overnight success.



**Infinite
Spirit is the
presence of
God within
each human
being**

Many of you reading this are familiar with the Emotional Freedom Technique, and while it works short term, if you want lasting success, you need to go deeper to get to the core of what's blocking you from manifesting your dreams.

The rim reality is that between 1% and 3% of people actually listening to self-help material and attending the seminars actually see their financial dreams become a reality within a few years.

This is why the Church of Scientology has been so successful because they invented an "*E-meter*" that identifies negatively blocked emotions trapped in the body's subconscious and then they use techniques to remove them. Once the blocks are removed the person experiences their true authentic

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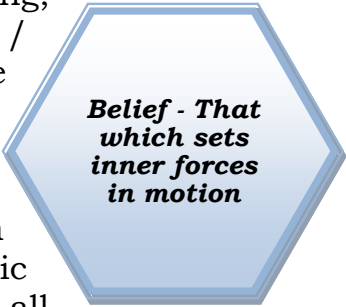
power again. However today techniques like the Emotion Code and Body Code are a great alternative to Scientology because they are based upon the same principals and they work!!!. Later in this book I include a few of these techniques that can be practiced in the comfort of your own home.

Many people who are using these techniques are starting to discover that they not only experience healing miracles, but also experience a dramatic improvement in their financial life.

One perfect example of how this energy system has lead to success, is former MIT Computer Science Graduate Brent Michael Phillips, who had seen some of the best doctors in the United States for years in regards to his illness. All these doctors could not cure him. However it was only after meeting a healer who used an Emotional Code type healing method that he was healed instantly. Brent then learned the technique from the person who healed him and used it to successfully heal his mother of cancer **INSTANTANOUSLY!!!**.

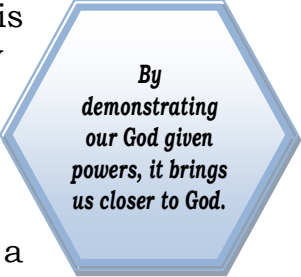
Summary

Many cases of instantaneous healing are the result of identifying past emotional traumas, false beliefs and subconscious programming, locating them, than releasing / transforming them using the right techniques and methods. By clearing out emotional blocks, you no longer have any issues blocking you from experiencing your true authentic self, which is the Source of all healing.



Remember Who you Are

You may have heard or seen this countless times, but what exactly does it mean? This saying is a reminder to us of our infinite potential, that we are spiritual beings inside a physical body. You are a spiritual being having a spiritual experience in human form, subject to the laws of cause of effect. You have been made in the likeness God (Genesis 1:26).



*By
demonstrating
our God given
powers, it brings
us closer to God.*

*"You can never obtain peace in the outer world until
you make peace with yourself" –*

The Dalai Lama

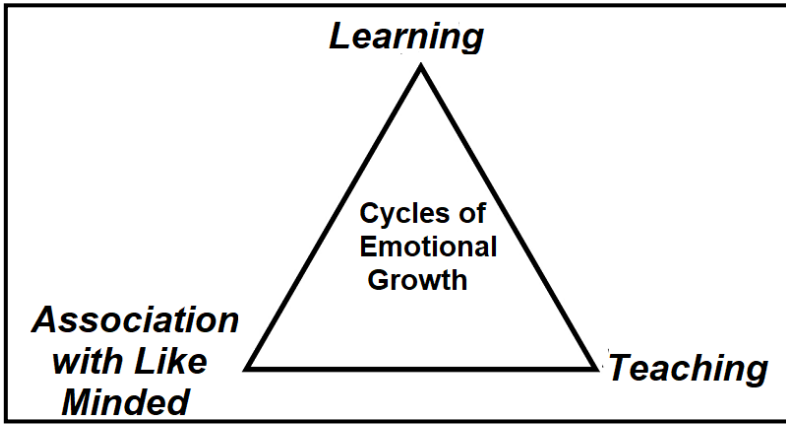
You are a Vortex of Energy

In a recent research study that was published in April of 2021 titled: *Vortex beams of atoms and molecules*, the lead author of the study Alon Luski stated that his team was able to create a vortex beam consisting of atoms, the very things that make up you and I. He stated that by utilizing this vortex, it has potential use for communication. Vortexes have their own unique circular flow around an axis similar to the activity taking place in tornadoes and whirlpools.

The Cycles of Learning and Growth

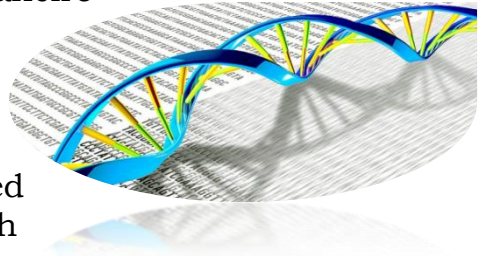
If you were to look at your life right now, you would find yourself in one (*or sometimes all three*) of the 3 categories shown in the following illustration. This demonstrates that life is a continual process of learning and celebration.

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DNA Acts an Archive for past Emotional Experiences

In 2017 a research study published in Translational Psychiatry sought to answer the question as to whether or not early emotional trauma experienced by mothers was able to be encoded into the DNA of their children. The researchers studied participants who lived in Rio de Janeiro Brazil that had experienced maternal stress during their pregnancy (1).



The study involved 386 participants which included grandmothers, their daughters and their grandchildren. The researchers gathered information from these people about past experiences involving violence with their spouse as well as violence that had taken place in their communities before, during and after their pregnancy. Looking at DNA from the

pregnant mothers, and running the data through a computer, the researchers were able to predict that the DNA of the children had traits reminiscent of the past experiences experienced by their grandmothers. The researchers also concluded that trauma experienced during pregnancy caused specific variations to take place in the DNA of their newborn children. Variations in the DNA of these children was caused by their genome as it reacted to changes in the environment. This reaction activated or deactivated specific genes. What was most interesting was that these changes took place regardless of whether the trauma came from a spouse or their environment.

The researchers in the study concluded that future prenatal DNA methylation patterns can be used as biomarkers to predict future psychiatric disorders and the stability of psychological health.

While this study went back as far as the grandmothers, it makes one wonder just how many generations back trauma from past experiences is encoded within our DNA. Metaphysicians believe that past trauma of this type extends as far back as 7 generations. Studies in the future may confirm this. The study also shows that trauma occurring in the environment affect our genes even though we may not be aware of it.

You have the power to overwrite past genetic traits

The new science of epigenetics teaches us that through awareness, a change in our consciousness and how we respond to our environment can overwrite negative tendencies and traits inherit in our genes. This proves that we are not prisoners of our biology. Epigenetics is the science of how

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behavior and environment changes the way genes function.

What is Evil?

Whatever your conscious mind accepts mentally and feels as true opens the doorway to the subconscious mind. This then makes it part of your experience and habits. This is why your subconscious mind

***Realization of
the power of the
subconscious
mind brings one
closer to God***

cannot tell the difference between truth and lies. That is why it is very important to see the truth underlying every experience.

Everything in nature is happening so that equilibrium may eventually be restored. Go online and ask the question if evil is a man-made concept and you will never get a direct clear and simple answer.

Immanuel Kant was the first to offer a secular theory of evil. Kant's work was to make sense of three apparently conflicted truths about human nature: First that humans have free will. Two it is basic human nature to be inclined toward goodness, and third that under certain conditions some people are by their very nature inclined towards "*evil*".

There is no such thing as evil in nature only balance and forces acting to keep that balance. Animals kill to defend their territory, for mating purposes or for food, but never out of "*evil*". Hence, no moral ingredient exists in nature.

How about the example of a meteorite striking earth from out of the blue? If it was not for the giant meteor that struck earth in the past, the dinosaurs would never have been wiped out and we may not have the industrialized society we enjoy today. Or

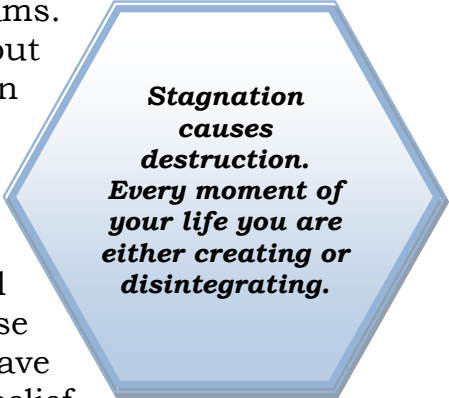
what about Hurricane Katrina that took place in the United States? This resulted in the Equilibration of cooperation between people, with people being brought together in such a way it brought out the best in people.

If the law of Equilibration did not take place in nature, than the larger mammals would eat all the plants and food. However this does not occur because of the law of Equilibrium. This law is especially vivid in the oceans. Even though a clam may lay thousands of eggs, only a few ever actually turn into clams.

Another question about evil is isn't the murder of an innocent person an evil act? Of course it is wrong to kill or harm another, unless in self-defense. However people who kill others without self-defense do so because they have bought into an erroneous belief system; especially certain collective religious beliefs.

The crusades in the past are a perfect example of this erroneous collective belief system. What if a murderer had never experienced severe emotional traumatic abuse in their life, especially as a child? Would such a person still commit such evil acts?

In summary, most acts of what are defined as "evil" come from erroneous beliefs and the actions performed by such persons are subconsciously performed by them in order to reinforce such erroneous beliefs.



**Stagnation
causes
destruction.
Every moment of
your life you are
either creating or
disintegrating.**

Infinite Spirit cannot Discriminate

While this book includes many illustrations from the bible, this book is meant for people of all faiths. If you are not Christian, simply substitute God or Jesus for the deity that you are most familiar with when reading this book. The simple truth is the energy of the Divine does not and cannot discriminate, because it is always inclusive. It does not differentiate among cultures, nations and countries. Pure spirit exists as Divine energy flowing to and through us. We become just as inspired by marveling at photos taken by Hubble and the James Webb Telescope or by taking a solo hike along a beautiful trail in an alpine forest. All ideals are realized through inspiration, which stems from nature. This is why scientists and researchers from any faith are able to make new discoveries and inventions. Faith is knowing.

While some people allow themselves to be unwittingly controlled by fear, the purpose of this book is to liberate you from fear based upon the Spiritual Principals found in the bible so that you may become personally empowered by knowing the truth about who you truly are.



Lessons from the Date Palm

The date palm thrives in hot and dry regions and is associated with prosperity in the Arab world. It is mentioned over 20 times in the Quran and can take up to 4 years before it starts bearing fruit.

What is amazing about this desert tree is that scientists retrieved an old seed from rubble in Masada and successfully germinated it (2). What makes it even more amazing is the seed had been dated at approximately 2,000 years old (3). That means the tree that sprouted the seed was alive during the time of Christ!!

Many of my readers have found that, like my previous book that I originally published in 2020 titled: **Simple Meditations and Secret Techniques for Creating Permanent Wealth, Abundance, and Prosperity**, has altered their lives in a variety of positive and meaningful ways.



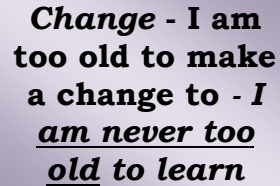
This next edition you are now reading is one of my shorter books. But don't be deceived, by the length. What makes up for length is increased ease of use and simple practical techniques. It is your easy-to-understand guide to life, full of practical ideas and hidden pearls of knowledge that you can apply right away in every situation. The more you practice the techniques in this text, the more certain success will appear in every aspect of your life, motivating you to live your life more fully, cheerfully, and to be witness to the power that resides within you. You will discover each chapter is jam-packed with ideas that are simple, brief and straightforward.

Australian author Rhonda Byrne, who wrote the bestselling book **The Secret**, stated in a 2007 interview with Ophera Winfery that she was raised a Christian and is still Christian. Perhaps her understanding of the Spiritual Principals of prosperity led to the success of her book.

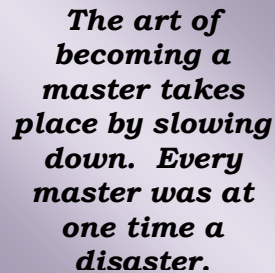
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Peace, Abundance and Prosperity**

During early 2000 I was privileged enough to gain a much sought after position on a brand new Cruise Ship which started cruising throughout the 5 major Hawaiian Islands. I was eventually assigned to the penthouse and high class luxury cabins located at the top of the cruise ship. While carrying out my daily responsibilities, I had noticed that during my 3-year assignment that many of the wealthy people attributed their good fortune to adhering to Spiritual Principals and had a very good understanding of the Spiritual Laws of Prosperity mentioned in the Bible. After my employment with the Cruise Ship company I launched by own company which rose to commercial success by distributing one of the very first all natural Air Fresheners for Hair Salons along the west coast of North America.

Making use of Spiritual Principals in order to become a master of manifestation can also be found in the **Abundance Prayer**. This is a prayer that has received millions of views on YouTube and countless testimonials from thousands of people around the world who have used it to change their lives for the better. The reason the Abundance Prayer works is because the words are based upon Spiritual Principals, and because Spiritual Principals are bound by Universal law, the results obtained from



**Change - I am
too old to make
a change to - I
am never too
old to learn**



**The art of
becoming a
master takes
place by slowing
down. Every
master was at
one time a
disaster.**

using them creates positive change due to the law of cause and effect.

Antipodes – *Like Creates Like*

“As above so below”

The teachings of the ancients state that what you are seeking is also seeking you. This magnetic force operates along longitudinal lines of force which travel in straight lines. The science of antipodes is a perfect example of the law of attraction. An antipode is the result of a location that is diametrically opposite it, much like a magnetic line of force is linear. So if you were to draw a line drawn from one point on earth to the other side (180 degrees), passing directly through earth's center, you would reach its antipode point. For example when the sun is overhead at 12 noon, the other side of the earth is experiencing 12 midnight.

Let's start with the wealthiest countries in the world. The antipodes of France, London and Munich are the Chatham Islands of New Zealand. According to a report issued by Martin Jenkins titled: *Chathan Islands Economic Profile*, published in July 2017, residents of the Chatham Islands enjoy one of the highest incomes in New Zealand, with a median household income of \$66,000, compared with the New Zealand national average of \$63,800. The poorest country in the world is Burund. Its antipode is Kiribati, which happens to be one of the poorest island nations in the Pacific Ocean. Because neutrinos are the only particles that can travel directly straight through our earth, perhaps the effects of one country on one side of the earth are affecting the populations on the other side through

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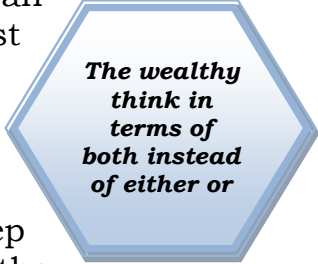
the law of attraction. At the end of this book I list examples of the wealthiest and poorest nations and clearly demonstrate how antipodes of the largest cities and poorest cities complement one another.

After you have read this book cover to cover, the next time you read it, pick a single chapter to read from beginning to end every day for a week, or if you are busy, divide the chapter into smaller pieces to be digested every day.

Knowledge isn't helpful until we apply it in some manner which improves our lives, as will be covered in the Law of Circulation later.

A quick example of the Law of Attraction

Using our solar system as an example, our Sun is the largest mass in our solar system. Hence its strong gravitational field of force causes it to attract comets from millions of miles away in space, as well as keep planets in orbit. In general the



*The wealthy
think in
terms of
both instead
of either or*

more that you have acquired in your life, whether it be knowledge, assets, resources or a particular state of mind, not only will you end up attracting more of the same, but you will end up becoming an expert. The rich get richer because they have acquired the right resources, assets, knowledge and skills. This creates its own magnetic pull which attracts more of the same. This is simply the law of physics in action.

In addition to the Spiritual Wisdom contained in this book, you'll discover little nuggets of inspirational quotations sprinkled throughout each chapter. These are here to recharge your spirit with wise wisdom that will inspire you to take healthy risks. There's also a chapter with a simple exercise

to help you find and choose goals that will improve and broaden your life, and at the end of the book a list of affirmations, biblical prosperity quotes, the best books on prosperity ever written and powerful manifestation techniques that involve using water (*the 2-cup manifestation technique*). Chapter 9 of this book includes a blueprint worksheet for creating your Ideal Destiny, Chapter 10 has Law of Attraction Phrases and Chapter 11 has Affirmations for daily Success to start your day off right. Those willing to be a student of the game of life end up discovering that they make far fewer mistakes when pursuing their goals and dreams because knowledge is power.

Those doing everything at the speed of sound lose the ability to hear the wisdom of the Universe

As each person becomes more and more busy and distracted, knowledge and information about how to make better use of one's time will become valuable in the future. Throughout our busy lives we sometimes feel rudderless, unsure of where we're heading. However use this book as your North Star so that you may march towards every day with poise and confidence.

Study this book with another person or a small group of people to obtain a greater grasp of the wisdom contained within it, since when two or more people come together to discover and practice the powerful ideas presented throughout this book, the effects are magnified for all. Furthermore, studying alongside others makes the process more enjoyable. Use this book as a reminder during times you feel you have lost your connection to the limitless supply

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

or connection to the source of plenty. If you are seeking simplistic approaches to sophisticated challenges in your life, this book will teach you simple solutions based upon the Spiritual Truths.

In addition, make use of the wisdom in this book to give you the Spiritual Strength you seek as you embark upon the journey of manifesting your goals, dreams, vision and objectives and don't be hesitant to use this book as a high-school text book, writing notes in its margins, highlighting your favorite passages and making your own affirmations along the way. To put it another way, make this book more than just another self-help book; make it a guide for your journey in life. Be open to the eternal wisdom contained within, allowing it to lead you on a very exciting journey—the road to your success!

confidence is a learned skill, not a personality

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Chapter 1

Discovering the Untapped Power Within You

Humanity is fast approaching a stage in evolution where mankind is rapidly gaining the ability to manifest that of what he desires, and at a faster pace than at any other time in our earthly history. Some metaphysicians state this is because our earth is entering a new field of energy as it rotates around the Milky Way Galaxy. The sun and its planets in the solar system take between 225 and 250 million years to completely revolve around the center of our Milky Way Galaxy. This cycle is also called The Galactic Year. The only documented person ever able to manifest miracles in the past was Jesus ⁽¹⁾, however today more and more ordinary people are using their own formulas to create miracles in their lives. Jesus was able to tap into the immense spiritual power that resides within each individual and focus that power to create what many call miracles. However to him, it was just another compassionate act. Think about how a person in roman times would have viewed the landing of a helicopter. To him it would have seemed like magic. However we know that by applying the principals of physics what may seem like a miracle to one person is common sense aerodynamics to another.

According to one of the wisest books ever written, we also possess that same power within each one of us. *"I say unto you, he that believeth in Me, the works that I do he shall do also; and greater works than these shall he do."* (Philippians 4:3).

Did you know that your physical body contains 10 times more energy than a hydrogen bomb? ⁽²⁾ ^(2a). That's an incredible amount of energy just waiting to

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

be tapped into!! Yet many people fear that if they claim their power, than others will assume they will abuse it. We end up exercising just enough power to track along with everybody else so we will end up feeling less alone. This is why the best self-help coaches state that the total sum of your character is equal to the 5 people you associate with the most. However did Jesus ever abuse his knowledge? Jesus believed and had profound trust in the Spiritual power of Infinite Intelligence to flow through him to create miracles. "*With man this is impossible, but with God all things are possible*" (Matthew 19:26).

***An Expert is someone who has
mastered something so well, they have
lost their fear of the topic***

More than 91% of what you worry about will never happen

A research study published in the summer of 2019 consisted of researchers from the Department of Psychology at the University of Pennsylvania who analyzed 29 students (26 women and 3 men) ⁽³⁾. The students had been diagnosed with generalized anxiety disorder (GAO). For 10 days the participants wrote out their worries and then reviewed their worries over the course of the next month. The researchers in the study discovered that worrying took up significant amounts of the participant's valuable thinking time. On average, 2 hours was spent concentrating on specific worries totaling 43.12% for the two hours with worries taking up 25.88% of the entire day. The study was able to find

that each participant had an overall average of 34 distinct worries with one person having 100 worries. This was not counting repeated worries. Of these worries that did manifest, 30.10% were rated as turning out better than the participant had expected. The overall percentage of worries that did not come true was an astounding 91.4%!!!!

When it comes to goal planning, avoid limiting yourself to only what you think is possible regarding your goals. Instead allow space for something better to manifest because the universe may have something bigger in store for you than you can imagine!!



***Beliefs forge new
neural pathways
which create
future
experiences***

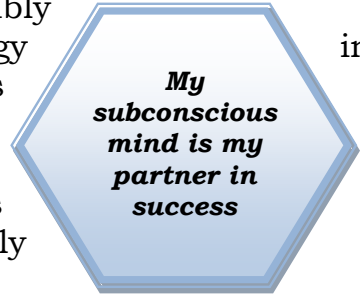
How many thoughts do you have every day?

Researchers developed a device they named the "*thought worm*" which allowed them to calculate exactly how many thoughts a person has during the times they are awake (4). Their research concluded that the average person has approximately 6,200 thoughts per day. The average person is awake approximately 16 hours each day (*or night*). That works out to 387 thoughts each hour or 6 and a half thoughts every minute. If you think the same thoughts over and over again and eventually assign truth to them, they become beliefs.

So how many of these thoughts turn into worries? If a high anxiety person has an average of 32 worries over the course of 10 days, this equals out to approximately 2 worrisome thoughts per hour over a 10 day period, 91% of which don't manifest. Of course this would vary depending upon what the person was experiencing or expecting the most.

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

There is a story of a clever man who achieved enormous success by hanging a simple sign on a wall that was in his office. This simple little phrase had the unique ability to eliminate all anxiety from his consciousness. The simply sign read, "**Why worry, it'll probably never happen.**" Over time, this phrase became indelibly etched upon the fields of energy in his office as well as his subconscious mind and he now believes that only good can enter his office; thus nothing but good can only manifest.



Our subconscious mind is a poised, silent listener, acting as our faithful servant. "*For the LORD is a faithful God. Blessed are those who wait for his help*" (Isaiah 30:18). Every concept, every phrase is imprinted upon it and meticulously carried out. It's similar to a singer producing a record on a phonographic plate's sensitive disc. The singer's note and tone is permanently etched onto every part of the disc. The sounds of coughing or verbal hesitation are also permanently recorded. So in summary, in order for the subconscious mind to work for us, it must first be given the proper commands and those commands are contained within this little book. Nature is a perfect example of the workings of the subconscious mind. Nature is affected by our thoughts, and the energy returned is dependent upon the intention that is directed into it.

Now in the upcoming chapters let's explore various techniques for becoming a master at manifesting by awareness and truth and how it affects the subconscious mind. So let's us now learn how to break out of all of the old negative records

permanently etched upon our subconscious minds, the records of our life that we don't want to keep, and replace them with fresh lovely notes and rich joyful melodies!!.

Command these words with power and conviction, "***I now crush and demolish every false record in my subconscious mind with my word. Because these false records came from outdated beliefs, they shall return to the dust of the galaxies from which they came. My new records are now recorded by the Christ within — The records of perfect self-expression, wealth, and health.***"

The powers of the human mind are just starting to become understood by modern science. For example a study that sought to treat young flutists that suffered from cold hands and elevated heart rate before an audition, used the practice of White Ball Qi Gong. After being trained in the practice, in a span of between 2 and 5 minutes, the flutists were able to change their heart beats from 102.9 beats per minute to 92 BPM, with the temperatures of their hands increasing as their heart rates dropped (5). Affirm, "*I sing beautifully. I am poised, serene confident and calm.*"

Scientifically Documented Cases of Spontaneous Healings

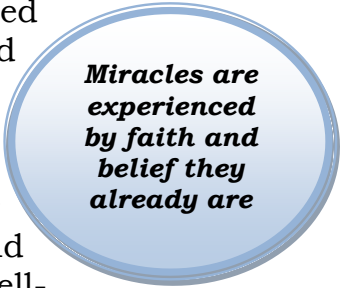
In 1858 a 14-year-old girl claimed she saw a lady appear to her at the cliff of Massabielle, located just outside the town of Lourdes in the French Pyrenees (6). Shortly after this, people began flocking to the region hoping to be cured of various ailments. According to John Dowling, the Medical Bureau estimated that over 2 million sick pilgrims have come to Lourdes since 1858, with approximately

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

6000 people being cured, as was confirmed by doctors (7).

Between 1890 and 1915, accumulated data from the miracles taking place showed that baths and Blessed Sacrament processions were responsible for approximately 80 percent of the healings, with 59% of the 382 pilgrims experiencing instantaneous healing. Eleven were cured spontaneously while staying in town; either in a hospital ward at lunch; or after breakfast, sitting in the Rosary square or during a torch-lit procession. The instantaneous healings were sometimes preceded by a slight electrical shock or pains, a perception of faintness or feelings of relief or well-being.

The researchers who studied these spontaneous healings and published their results came to the conclusion that autosuggestion as well as the placebo effect played major roles in the healing and improvement in health and well-being. This is a good example of how environment can positively affect the subconscious mind. The researchers in the study also stated that significant mental factors were responsible such as belief and confidence, meditation and exaltation, anticipation and hope and fervor and awe and that these experiences became compounded by the spiritual atmosphere of the location due to hymns, prayers and ritualistic gestures. The study quoted the French surgeon and biologist Alexis Carrel as saying, "*Individuals who are cured is not by them praying for themselves, but by praying for others..... the believer surrendering himself to God, whilst asking for his grace (7).*"



***Miracles are
experienced
by faith and
belief they
already are***

Sixty-seven cures occurring Lourdes have been officially acknowledged as miracles by the Roman Catholic Church. Seven occurring in 1862, thirty-three occurring between 1907 and 1913, twenty-two occurring between 1946 and 1965 and five occurring between 1976 and 2005. As shown in the chart, many of the spontaneous healings took place with people suffering from Tuberculosis. A research study stated that Tuberculosis has a tendency to spontaneously heal itself and that the mechanism responsible for this was bed rest (8).

<i>Calendar years</i>	<i>1909</i>	<i>1910</i>	<i>1911</i>	<i>1912</i>	<i>1913</i>	<i>1914</i>
Disease categories ⁺						
Tuberculosis ⁺⁺	40	19	30	26	22	2
GI tract	23	15	22	11	6	3
Joint and bones ⁺⁺⁺	12	8	12	13	6	1
Nervous system and sense organs	11	10	6	10	5	1
Female organs	2	2	7	6	0	0
Other diseases	10	11	8	9	5	2
Undetermined	3	9	8	6	5	4

***I believe my desires have already happened
and are already on their way to me
right now at this very moment!***

Scientifically Documented Cases of Instantaneous Healing

The Institute of Noetic Sciences has documented more than 3,500 cases of sudden spontaneous healing taking place in the human body. They have all been carefully assembled into a book titled: **Spontaneous Remission: An Annotated Bibliography** that was published by Marilyn Schlitz, in January 1993. The documented cases have also been published online ⁽⁹⁾. Each day there are more and more cases of people being spontaneously healed, even cases where blind people are having their eyesight restored ⁽¹⁰⁾.

For example in an in-person interview with Lewis Howes ⁽¹¹⁾ Dr. Joe Dispenza talks about a woman who had been legally blind since birth, having only 5% of her vision available to her. After she took his workshop she received an instant healing. She had however been practicing his techniques for weeks before attending the seminar. She was so happy that her eyesight was restored and able to fully see again. In another workshop by Dr. Dispenza three people who were deaf had their hearing restored ⁽¹²⁾ ⁽¹³⁾ ⁽¹⁴⁾. There are also numerous reports of cancer and tumors disappearing during these events and staying gone. What does Joe, as well as the pioneers mentioned at the start of this book (*Dr. Eric Pearl, Dr. Joe Dispenza, Dr. Delores Cannon, Dr. Bradley Nelson* etc) all have in common? They all use methods that access the person's subconscious mind and in some cases use Theta Brainwave Frequencies to access deep into the subconscious mind. Hence the person end up healing themselves by removing erroneous belief patterns. Remember these are all scientifically documented healings.

Dr. Dispenza has also written an excellent article titled: **You are the Placebo: Psychosomatic Blindness**, exploring how past traumatic experiences contribute to weak eyesight.

Cannabis Intoxication, which is common in people who smoke marijuana, has been found to decrease Theta brainwave activity (*Christian D. Richard et al. Oct 2021*). One medical professional who has developed a healing system anyone can practice is Dr. Bradley Nelson, founder of the **Emotion Code**. Dr. Nelson states that 90% of human physical pain is the result of “*emotional baggage*,” or trapped emotions and that these blocks that can be released using Emotion Code type techniques ⁽¹⁵⁾. I show a few of these techniques towards the end of this book.

These techniques greatly reduce your dependency upon the resources you may be currently using to relieve pain or to increase your health. For example, for those of you who are familiar with my writing, you know that I have written more than a dozen books, many of which average 400 pages. This had resulted in bursitis, tired eyes and at times worn out mental concentration. I would take herbs such as Roobios to alleviate bursitis, Bacopa for mental concentration and anti-aging herbs such as Astragalus to stay healthy. However by using techniques such as the Emotion or Body Code, I find that I only need 1/3rd or less the amount of these to keep my body strong and healthy. This proves that the energy responsible for causing pain or illness is about 40% mental.

Exploring Your Untapped Inner Potential

Did you know at least once a day your lungs capture

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

at least one molecule of air that was breathed by Jesus (*or Julius Caesar*) the moment he died on April 3, AD 33? (16) (16a).

The hidden power within each one of us is exercised through the subconscious mind, due to its vast processing power. When researchers measured the speed of information processing taking place in the brain when a person was consciously reading or piano playing, they discovered that it had a speed of less than 50 bits per second (17). However what was even more interesting was that they discovered there was over 11 million bits of information per second being sent into the brain (17), which is roughly 27,500 times more processing power than your conscious mind. That's equal to watching a high-definition video using a cable internet connection. So what happens to the millions of bits per second that is taking place in our brain? It must be occurring somewhere. That somewhere is in the subconscious. As your subconscious mind absorbs information from its environment the information is stored in a buffer in a part of the subconscious mind. As the information filters through your conscious mind, it does so in a series of stages, a little bit at a time. As the information is flowing through these filters, each filter contains your past experiences and current beliefs and the information flow through them just enough so that your conscious thinking does not become overwhelmed.

When you are first learning to watch for the thoughts that enter your subconscious mind, it is always a struggle at first. However this awareness eventually builds up its own momentum and it gets easier and easier, which in turn will create new habits and better experiences that will change your life in ways you've never dreamed of. Later in this

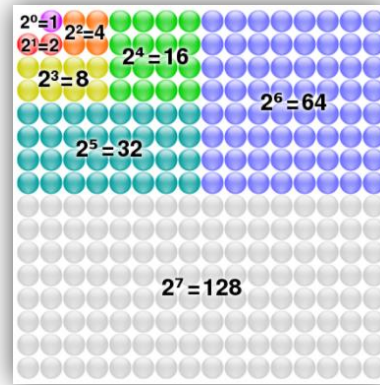
book I will teach you the secrets of re-programming your subconscious using the raw energy of Infinite Spirit.

Exponential Growth Illustrated in a Game of Chess

The power of Infinite Spirit is governed by the law of Exponential Growth. Simply put, the more you allow yourself to expand, the more you will receive. It is the nature of life to unfold in exponential growth and abundance, and it does so through Spirit. For example, new technologies constantly get better and better and even the interest you earn on your savings in your bank account also earns interest.

There is an old Indian legend about a person named Sissa Ben Dahir who invented chess for King Shirham. The game that Sissa invented for the king was made up of 64 simple squares. The king became so pleased with the chess game that he asked Sissa what he would like in return. Sissa said to the king: "*Your Highness, give me only a grain of wheat, so that I may place it upon the first square. Next give me two grains so that I may place them upon the second square and four grains on the third square and eight grains for the fourth square until all 64 squares are covered.*"

The king was astonished at his humble request and stated "*If that is all you wish for you fool, then let it be done.*" The king immediately ordered the wheat



**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

as requested from his storehouse and soon became dumbstruck. As the grains of wheat started approaching square #40, millions of grains were needed. The king's entire wheat supply eventually became exhausted before all the squares could be fully filled. In order to have filled in all 64 squares, it would have taken 2 to the power of 64 grains (over 1.4 trillion metric tons). This is enough to completely cover the entire surface of the Earth!!

This story is a perfect example of how quickly exponential sequences occur in life. For example, your savings account grows interest from the interest it makes, the rate of bacterial growth and decay follows this pattern as does the varying loudness of sounds or the growth of human and animal populations.

Your Brain has the processing speed of a Supercomputer

Your brain contains approximately 100 billion neurons and approximately 1 trillion glial cells, which are located in the central nervous and peripheral nervous systems (18).

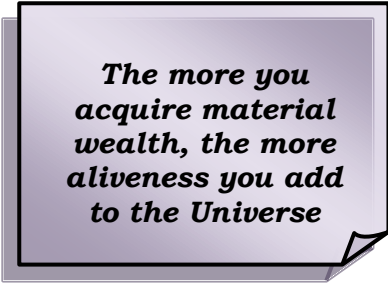
If each of your neurons could only store one memory, you would soon run out of space. However your neurons combine in such a way that they exponentially increase your brain's memory storage capacity to approximately 2.5 petabytes (or a million gigabytes) (19). As a comparison, if your brain acted as a digital video recorder, recording your favorite television shows, than 2.5 petabytes would hold three million hours of TV shows. This would mean that you would have to leave the recorder continuously on recording TV shows for over 300 years!!.

Because all things that happen to us are a result

of what we think and feel, and what we think and feel is based on our belief system that is built upon previous experiences, than it is extremely important that we know what is going on in our subconscious mind; what is fueling our beliefs. Hence this constant processing of 11 million bits of information would greatly work in our favor if we believed that everything that happens to us is happening to us is happening FOR us, to make us grow and become a masters at manifestation. Once this understanding is realized, we can deal much better with circumstances that enter our lives, especially unexpectedly.

In order for things to manifest better than expected, don't remain attached to your version of success. Because our mind's have such a limited understanding of how the universe works, letting go allows for something greater than what we wished for to manifest itself without any extra effort on our part.

By understanding the laws of how one attracts their circumstances, one experiences far less disappointment because one has learned the fundamental laws of Spiritual Physics.



***The more you
acquire material
wealth, the more
aliveness you add
to the Universe***

Not Everyone Realizes their Dream

A study conducted by researchers at Harvard University stated that in 2014 the median income for people 65 or older was \$38,900, compared to \$59,500 for people between the ages of 18 and 64 (20). Another study published in 2021 by the United States Congressional Research Service (21) showed

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

that people over 80 have an even higher poverty rate. The report also stated that approximately 11.1% of people aged 80 and over in the United States live in poverty compared to people aged between 75 and 79 who also live in poverty at the rate of 9.2% (*as of 2017*) ⁽²¹⁾. This means that by age 65 approximately 5% of Americans will be financially independent, with just 1.5% being very wealthy (Ultra-high-net-worth individuals (UHNWI). This means that the older you get, the more likely you are to stay in your old habits, some of which may be outdated, making it hard to stay motivated to find ways to become wealthy. This book contains the tools and techniques that work so that you may become part of that lucky few that reach their financial goals.

How about a person who decides to start a business? According to the United States Bureau of Labor Statistics, (*reported by Fundera*), about 20 percent of small businesses will completely fail within their first year of opening. By their second year, 30 percent of businesses will have failed. By their fifth year, almost half will have failed. If that business happens to make it to year 10 it then has a 30 percent chance of succeeding.

So why do some of us want to become rich? The reason is because the Universe wants you to have more that it can express life itself more fully through you. However to get rich takes dedication, knowledge, the right skills, being in the right



so

business as well as perseverance and courage. Many give up, but those who see the journey through to the end, come to the realization that the journey was not only a learning experience for oneself, but that it supported the Universe's growth in the process.

Preparing for your Journey

Most people believe life to be a struggle, yet it is actually a journey. For many of us, it is a journey that we have not prepared enough for. However this journey of life can be enjoyed each step of the way when one has a full understanding of Spiritual law, and both the Old and New Testaments provide these laws in great detail.

The fullest expression of love cannot be fully experienced in states of disorder

What a person sows, he will reap. This suggests that everything a person sends forth in speech or deed will be returned to him in kind. If he gives hate, he gets hate; if he gives love, he receives love; if he provides criticism, he gets criticism; if he lies, he gets lied to; if he cheats, he gets cheated.

By demonstrating our God given powers, it brings us closer to God.

Wisdom teaches us that our imagination plays an important role in our life's Journey. "*Keep thy heart or imagination with all diligence, for out of it are the issues of life*", says Proverbs 4:23. This suggests that anything a person imagines, for better or for worse, will eventually materialize in their lives sooner or later.

We've all heard stories about people who were afraid of contracting a certain sickness, even if it

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

was extremely rare and difficult to acquire. The person imagines it all the time, reads about it or hears about it and ultimately it manifests in his or her body, the victim having been infected by a distorted imagination. As a result, of this simple truth, we understand how important it is to develop our imagination, so we are in control of it.

Every longing of the heart—abundance, love, health, friends, flawless self-expression, and one's highest ideals, is always brought into one's life by a person who has trained their mind to envision only good. It takes mental fortitude to acknowledge the truth about who we really are; that there is a limitless supply and that abundance is yours by Divine right. *Imagination is life's preview of about what's to happen.*

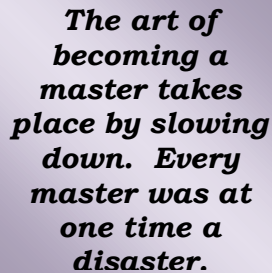
**The Programming Cycle of your
Subconscious Mind**



The mind's imagination has been dubbed "*the paintbrush of the mind,*" and it is always painting the canvas, day by day, with images that he has received from Infinite Spirit. Sooner or later, he will

come face to face with his own creation in the outer world. To successfully program the subconscious mind, one must first have a thorough understanding of how the mind works. **“Know Thyself”**, as the ancient Greeks so wisely put it. **“Take care of each instant”**, as the Buddha once said and you will take care of all time.

The subconscious mind, conscious mind, and super-conscious mind are the three main realms of thought and consciousness. The subconscious is nothing more than undirected power. It's similar to team or electricity in that it performs what it's told to do and has no induction power on its own. Both the conscious and subconscious minds exist in the same brain and the super-conscious exists outside of it and are always linked to one another by invisible golden threads. Whatever a woman sincerely feels most of all is imprinted on her subconscious mind and carried out to the smallest detail. The conscious mind is sometimes referred to as the mortal or carnal mind. It is the human mind which perceives life as death, calamity, sickness, poverty, limitations and it imprints them upon the subconscious if the person



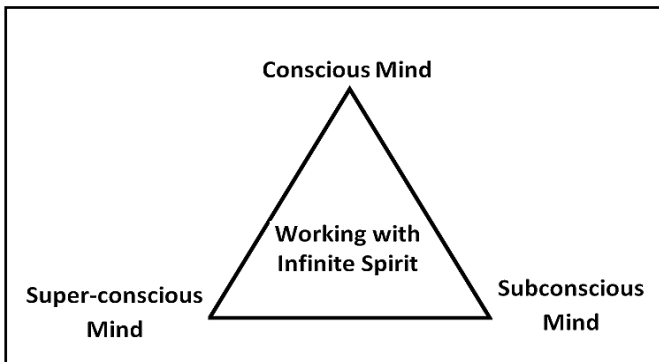
The art of becoming a master takes place by slowing down. Every master was at one time a disaster.

is not aware of these thoughts. To the unaware, the subconscious will then turn these repetitive thoughts, even if they are false, and start to construct a solid belief structure. It is important to understand that your subconscious mind is impersonal, non-selective and always accepts as true whatever the conscious mind believes is true.

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

The super-conscious mind is known as the God Mind within and exists as the world of perfect ideas. This mind has the perfect pattern described by Plato as “*The Divine Design*”, because each one of us has our own Divine Design. It is because of this that only you can fill a void that no one else can fill. Only you have the ability to perform a specific task that no one else can perform. Just as each star is different from one another and we are all made from the dust of many stars, no one person is alike, as is no two people can master the same skill.

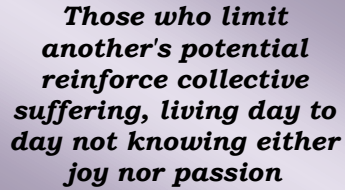
In the super-conscious mind, there is a perfect representation of this. It frequently comes across as an unreachable ideal, something that seems too beautiful to be true. This is man's genuine destiny



that is flashed to him from within by the Spirit of Infinite Intelligence. There are many people today who are unaware of their true purpose and are pursuing things and situations that are not aligned with their true desire. This is why we see so much failure and discontent. But this is changing as more and more resources and opportunities become available allowing anyone to enjoy the necessities necessary to earn a good living from their true purpose in life. In time more and more people will become awakened by the fact that following their

true path leads to true happiness and makes the world a better place overall.

When it comes to love, a man or woman should learn to speak the language so that they can marry the person with whom they are deeply in love with. Know that your divine partner, the one who is properly yours by your divine right, is already yours. Jesus said that the Kingdom was inside each man and woman. Everything is possible with God. As stated in verse 26 of Matthew chapter 19, “seek first



***Those who limit
another's potential
reinforce collective
suffering, living day to
day not knowing either
joy nor passion***

the kingdom of God and his righteousness, and all these things will be added to you”.

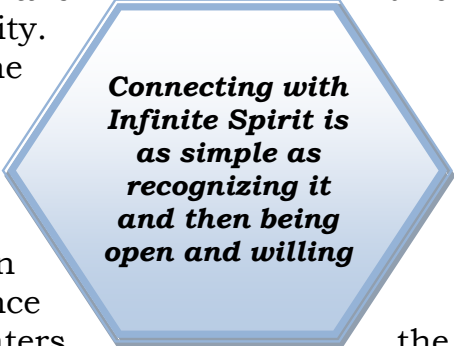
The words of man, according to Jesus Christ, play a significant role in one's journey of life. You are justified by your words, and you are condemned by your words. Through idle words or rumor, many people have unknowingly brought calamity into their lives. Even if a person has amassed vast wealth, particularly if that wealth was acquired through lottery winnings or inheritance, if that person's subconscious mind is one of lack and limitation, that person's subconscious mind will quickly cause that person to experience unhappy circumstances, which will eventually result in the loss of the large sum of money. Some may think it is all about them and end up blaming others for their circumstances. This results in a lack of gratitude for the good things they already have in their lives.

Money acts is the metaphor for how much power you are willing to accept into your life

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Fortunately, the subconscious mind operates in both directions, so a situation of scarcity can be transformed into a condition of plenty. One only need the knowledge to make this a reality.

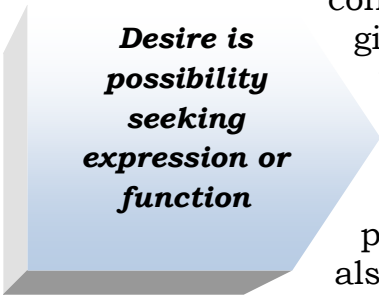
The Solar Plexus of the human body is linked to the subconscious mind because it acts as a central point of distribution for energy in the nervous system. Hence when a person encounters



***Connecting with
Infinite Spirit is
as simple as
recognizing it
and then being
open and willing***

the energy of fear, their solar plexus contracts and their sympathetic nervous system releases the hormone norepinephrine, which in turn accelerates their heart rate. However when a person thinks empowering thoughts such as courage, power and confidence, their solar plexus expands and the energy flows accordingly.

We can access the power of our subconscious mind by conveying a blessing. If one is short on cash, even down to their last penny, bless the remaining money and utilize the power of mental



***Desire is
possibility
seeking
expression or
function***

concentration to multiply it, then give thanks, as Jesus Christ did with the loaves and fishes. Jesus taught that everyone has the ability to bless and multiply, to cure and to prosper. This simple technique also works effectively if one has unexpectedly lost a substantial amount of money.

Learn to trust your own instincts, intuition, and

feelings. Over time, you'll develop a strong desire to be in a specific location at a specific time, follow a hunch or pick up a book or newspaper and turn to the right page without giving it a second thought.

The universe is always knocking on the door of our mind, attempting to show us the power contained within the Divine. Affirm the following words, *"Infinite Spirit, you have opened the door to great abundance for me. I am now an irresistible magnet for everything that is mine by Divine right."*

There is plenty to be gained upon experiencing the journey of life. However if you wish to steer your destiny through positive experiences, it can only be truly realized through desire, faith, or the spoken word. The universe always wants us to make the first move, because it is seeking to live the experience as it happens through us. The importance of this is illustrated when Jesus stated, *"Ask, and it will be given to you; seek, and it will be found; knock, and it will be opened to you"* (Matthew 7:7).

Nothing is too huge an achievement for one who uses the power of his words wisely and follows his instincts. By using the power of the spoken word, one summons unseen forces that helps him rebuild his body or reorganize his affairs to his liking.

Choosing the appropriate words is crucial, as the student learns to carefully select the right affirmation for the right outcome so as to propel his or her desire into the present.

The student of life understands that God is the true source; that there is a supply for every demand and that it is through the power of the spoken word that acts as the catalyst for releasing the supply. *"Ask and keep on asking and it will be given to you"* (Matthew 7:7).

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

As love fills us flowing from source we feel the urge to serve others and in doing so experience a reduction in our controlling ego and. Speak your affirmations with meaning and sincerity and then do nothing until you receive hunches from your intuition to be at a certain place at a certain time, pick up a specific book, visit a specific website, listen to a specific podcast or turn on the television or radio at a specific time.

Every want, spoken or unspoken is a command unto itself and we are surprised when a request is unexpectedly granted so swiftly. Uncertainty and fear are the dark obstacles that stand between a person and their highest aspirations and heartfelt desires. Every desire becomes swiftly fulfilled when a person sets forth a clear intention without worry, lack, doubt or fear. When one's inner thoughts consist of lack, fear of failure, fear of sickness, fear of loss or fear of uncertainty, they are coming from the subconscious. These lower thought forms can be removed from one's subconscious by becoming aware of blocks or outdated beliefs. Once these blocks are cleared, your desire has no choice but to manifest your intention swiftly. For this is the law of Clarity. Affirm, "*I trust in the omnipotent, knowing God provides for the fulfillment of his Divine ideas and that I am that Divine idea*".

A Technique for Removing Negative or Destructive Thoughts

It is important to remove an undesirable thought as soon as it enters the mind and continue to do so as soon as it ceases altogether. If this cannot be done, the below exercise works extremely well because it uses images and symbols, which are the language of the subconscious.

1 - As soon as you think a negative thought, immediately freeze it. See the thought as being a still frame of what is happening.

2 - Next imagine the thought on a blank canvas and use a paint brush to draw a sloppy black circle around the frozen thought.

3 - See the black paint oozing down from the top of the circle covering the frozen thought.

4 - Next pick up another paintbrush and dip it in the color RED using your painter's pallet and paint a large "X" over the inside of the black circle.

5 - See the red paint merge with the black paint oozing down over the frozen image.

6 - Now see yourself pulling a lighter out of your pocket and setting the canvas on fire.

7 - See the canvas burst into flame as the wet paint adds more fuel to the fire.

8 - See the ashes of the burning canvas rise high into the sky, being carried aloft by the winds out into the depths of space.

If the thought re-appears, than repeat the above process. Repeat the above exercise as many times as possible it takes to delete any undesirable thoughts.

You have power over your conscious mind which allows you the ability to reprogram your subconscious. The above exercise re-programs your subconscious by speaking its own language to delete

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Peace, Abundance and Prosperity**

the negative thought by using images and symbols, as well as any influence it may have on future thoughts.

Removing Negative Destructive Thoughts #2

This process combines symbols with feeling.

1 – As soon as a negative thought(s) enters your mind, give it some room and don't pay it any attention. Just see it in its own space.

2 – Next imagine pure white light entering the space where the negative thoughts are at.

3 – Next imagine the unwanted destructive thoughts as being large lead weights that are chained to your ankles.

4 - Next imagine holding bolt cutters in your hands.

5 - From your first person point of view, seeing the images though the eyes of yourself, imagine yourself using the bolt cutters to cut thought the chains which are binding these undesirable thoughts.

6 – Next imagine the chains dropping to the ground in a tangled heap making a large "clunk" as they fall away.

7 - Next allow your body to feel an accelerated loss of weight as you feel yourself being liberated from the emotional "*baggage*".

8 – Next saliently repeat the following phrases in your mind until you no longer feel bad thoughts – Gratitude, Wisdom and Strength.

Repeat the above steps as many times until you can no longer recall the undesirable thoughts, emotions or feelings knowing that proper practice will neutralize negative thoughts.

Creating Balance is the key

Fear can cause one to become solely focused on money all the time. The two categories of people who focus on money all the time are the very rich and the very poor. The very poor think of money for survival, the very rich think of money out of fear of loss or sickness. So how do you create balance? The secret is to begin by focusing on the end result, of bringing as much value and service as you can to people's lives. Problem solving is especially profitable because people pay good money to others who can solve a challenging problem.

Fear is the opposite of faith. "*Why are you afraid, oh ye of little faith?*" (Matthew 8:26). To become a master at manifesting anything, one must first learn to replace fear with faith because fear is inverted faith.

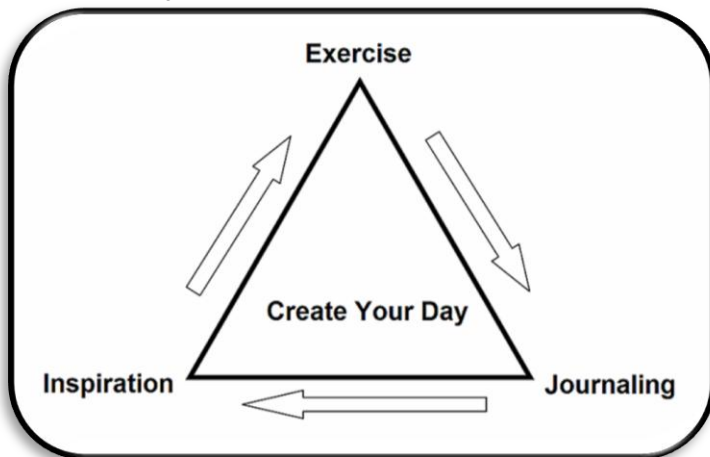
The goal of life's journey is to perceive the truth in all things. This can be accomplished by impressing the subconscious mind with positive images and being aware of the type of thoughts that pass through it and that seep deeply into it.

Your Morning Hour of Power

Before we start exploring the chapters in this book, I want to share with you a simple and highly effective morning routine used by many of today's top successful entrepreneurs today. You will find that after integrating this into your daily routine, that on certain days certain actions performed during the

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

"hour of power" will be easier to do than others and vice versa. Therefore don't give up writing in your affirmation journal if they don't show results by day 4, because your physical strength may be stronger on this day and vice versa. It is the repetitive results day after day that create the successful results over time. The hour of power consists of 30 minutes of movement as soon as you get up. It could be a walk along the beach, a bicycle ride or going to the gym. The next 10 minutes are spent writing in a journal. This could be your affirmation, vision or gratitude journal, and the remaining minutes are spent reading, listening or watching inspiring or spiritual material. The minutes spent on each exercise don't have to be exact, but the general rule is to divide the hour up into thirds, with the first hour of every morning containing the three exercises shown in the following illustration below. Most people will start with exercising first. By integrating the hour of power into your routine as you read these chapters, you will begin experiencing greater success with greater ease in all that you do! Start each day by imagining you have lived each day as if you wished you had already lived it.



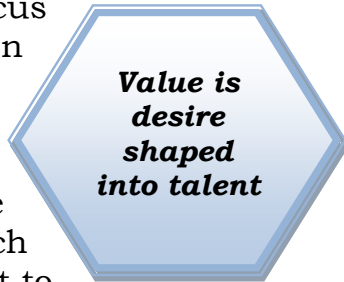
Thomas C. Corley spent five years studying millionaires and discovered that the majority of them practiced a series of simple daily habits. These habits were reading, exercising, sleeping at least seven hours a night and taking time out to think or brainstorm.

Did you know that about 40 percent of your daily habits are repeated day after day? (*D. T. Neal et al. When Do Habits Persist Despite Conflict With Motives?. 2011*). It was Harvard psychologist William James who stated in 1890 in his *Principles of Psychology* “*that by the age of thirty, a person's character has set like plaster, and will never soften again*” (*Antonio Terracciano, et al. May 2009*).

17 seconds until Manifestation

According to the prosperity teachings of Abraham-Hicks, 17 seconds of clear thought acts as the catalyst for manifestation. By holding a thought for 17 seconds, it becomes easier to hold the same thought for another 17 seconds until you reach about 1 minute.

Because it is easiest to focus thought as soon as you open your eyes in the morning, place a symbol that is related to your goal, objective or vision on the ceiling directly above your bed. As you awaken each morning make a conscious effort to look at the symbol and its meaning for the first 17 seconds of your day.



Summary

Reprogramming beliefs is simple. It is just a matter

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Peace, Abundance and Prosperity**

of becoming aware of the thoughts that enter your conscious mind and whether or not you choose to accept them as true. Making this simple decision will cause the subconscious mind to eventually turn it into a belief.

New beliefs can be created by forming new habits, which can be done by repeating affirmations and removing past childhood beliefs. The majority of these beliefs are formed between ages 2 and seven. In book 2 of my prosperity series titled: ***Simple Meditations and Secret Techniques for Creating Permanent Wealth, Abundance and Prosperity***, there are some guided meditations that show you how to remove outdated beliefs formed in early childhood that may be responsible for you experiencing blocks in your current life, including wealth.

Common Manifestation Blocks

- Not following your purpose.
- Medium to Long Term goals are not based upon your purpose
- Improper Timing. Good things take time to manifest
- Lack of self development or not enough emotional growth
- Not identifying erroneous beliefs

Now let's learn how to become a master at manifestation, NOT as master of disaster!!

According to a study published in 2009 in the *European Journal of Social Psychology*, the average person who wants to develop a new habit or routine must practice it for between 18 and 254 consecutive days before it automatically becomes an unconscious part of their daily routine (22).

The Mind and the Immune System

Can the human immune system remove toxins just by a simple breathing exercise? Let's turn to the data for clues. In a scientific research study Wim Hof volunteered to have himself intravenously given the bacteria *Escherichia coli*. He then practiced a certain breathing technique to allow his immune system to fight the bad bacteria. The researchers in the study found that through certain breathing techniques that Wim Hof was able to positively influence his immune and sympathetic nervous systems so that he did not fall ill. The researchers also stated that the breathing exercise could also be taught to others in a short-term training program.

Going a step further, when researchers looked at the reactions taking place in the body during this time, they discovered that their bodies exhibited significant increases in the release of epinephrine, which caused an increased production of anti-inflammatory mediators. This then reduced the pro-inflammatory cytokine response that was caused by the intravenous administration of the *Escherichia coli*. The researchers in the study also discovered there was a profound decrease of pCO₂ (*a measure of carbon dioxide within the arteries*) and that there was an increase in their pH levels (*reaching up to*

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Peace, Abundance and Prosperity**

7.75). This pH is more alkaline (23).

I personally believe that with the right breathing exercises, the body's blood naturally becomes more alkaline (higher PH). This elevated pH causes more bioelectrical charges to flow throughout the cells of the body. This in turn causes the cells to more effectively discharge waste and toxins. Research has already shown that when bacteria is subjected to an alkaline PH that it generates bioelectricity (24).

One example of the Wim Hof Breathing Exercise is as follows:

- 1) Inhale strongly through the nose.
- 2) Next release your breath as a relaxed exhalation out through the mouth.
- 3) Repeat this for 30 cycles.
- 4) After breath 30, exhale your breath to 90 percent capacity.
- 5) Next hold in your breath for as long as you are able to and then gently exhale.
- 6) When you feel the urge to take another breath, breathe in 100% completely and then hold this next breath for 15 seconds before exhaling.

The above steps are repeated for a maximum of three consecutive rounds.

The Placebo Effect and Belief

A research study that involved 48 healthy young adults were given a 10-week exercise program to test if a placebo effect would have an impact upon their health and well-being. Half of the participants were led to believe that the exercise

was specifically designed to improve psychological well-being and the second half of the control group was given no such information. The study found that the placebo group exhibited increased aerobic capacity (VO₂max) and psychological benefits. The study also found the participants exhibited enhanced self-esteem. The researchers in the study concluded that that exercise may enhance psychological well-being via a strong placebo effect (25).

Researchers found that the prefrontal cortex part of the brain, which is responsible for attention, impulses and memory, became more active when a patient received a placebo treatment for pain (26) and in another study researchers discovered that the brain's prefrontal cortex was less active or relaxed (Hypoactive) when a person was subjected to hypnotic suggestibility (27).

Does a more active lifestyle may make one more prone to placebo type effects? and if a person's lifestyle is not physically active, could self-hypnosis work better than a placebo?

So does this mean that the placebo effect is caused by a person's expectation of them feeling better and a belief in the benefit of the treatment, rather than the characteristics of the placebo? Studies have shown that when a person has a firm belief in what they worship that it creates real health and physical benefits (*Johns Hopkins Medical Newsletter, Nov 1998*) and that faithful churchgoers live longer lives and are more healthier than those who are prone to be skeptical (*McFarling 1998 & 1999; Strawbridge 1997; Koenig et. Al. 1997; Oxman et. al. 1995*). This means that there must exist a link between

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

the subconscious mind and its ability to heal. Hence when erroneous subconscious beliefs are corrected, healing begins and a placebo may be just one of the tools that facilitate this.

The main theme of this book is to teach you to tap into and unlock the true power of your subconscious mind. Also towards the end of this book I give a short summary of how to create your own self-hypnosis scripts that you can record and use to help you tap into the power contained within your subconscious mind.



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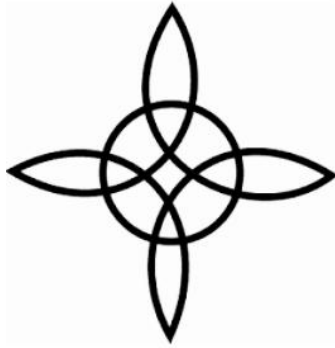
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CHAPTER 2

KNOW that Abundance is YOURS by Divine Right



“The Almighty himself will be your treasure. He will be your precious silver!” (Job 22:25). One of the most important teachings provided to the human race via the scriptures is that God is man's supply and that man can receive anything that belongs to him by divine right simply

through his spoken word. He must, however, have complete faith in what he says.

Science now proves that what we repeat over and over (*an affirmation*) creates enormous vibratory power in our surroundings, having the power to shape our body and personal affairs.

There is the research study titled: *Self-affirmation activates brain systems*, that was published in November 2015 by Christopher N. Cascio and colleagues. The researchers of this unique study concluded that repeating affirmations increases activity in the brain's prefrontal cortex. This region of the human brain is responsible for cognitive behavior, personality, decision making and social behavior.

Another study titled: *Mantram Repetition as a Portable Mindfulness Practice*, that was published in November 2020 by Doug Oman and colleagues came to the conclusion that the repetition of mantras reduced posttraumatic stress, insomnia and depression and that it also enhanced a person's quality of life, their self-efficacy and mindfulness. So

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

we can now see how important it is to choose what we think and say about the most as we go about our day-to-day duties.

If you are low on finances and can't see any way out of your current financial condition, understand that God exists as an endless supply and that there always exists a supply for every demand. Affirm, "*I express gratitude for now having received a substantial sum of money with grace at the appropriate time in the appropriate manner.*" If after repeating this for 15 minutes a day for 21 days the money does not appear repeat the next phrase, "*I give utmost thanks that I shall receive a large sum of money at the right time in the right way. I keep and act in perfect faith*".

The key to any successful affirmation is to sincerely believe in the power of the affirmation and first understand that it is manifesting first on the invisible plane, trickling down from the infinite supply.

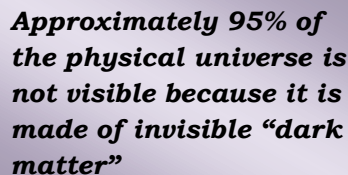
"Truly I tell you, if anyone says to this mountain, Go, throw yourself into the sea, and does not doubt in their heart but believes that what they say will happen, it will be done for them" (Mark 11:23)

You can express your faith by treating yourself to an expensive lunch or dinner, or by purchasing something that will strengthen your faith in the limitless supply. The investment in your belief in faith must be made without fear of shortage, limitation or lack of funds. Act as if you've already received your financial windfall.

If you are expecting a huge sum of money or an important business deal to close successfully, you may sometimes need to create a catalyst of energy that will spark the flow of limitless supply.

For example, if you want to buy a fur lined overcoat, but find that you have just enough money to buy it, your rational thinking may tell you that you can't afford to spend your money on such a comfortable coat. In these cases, pay careful and close attention to your gut instinct. Because the universe responds to feelings, and the stronger the feeling, the faster it will pull towards you what you seek, a new cozy, comfortable warm fur coat during winter will generate deep and profound feelings of appreciation and wealth, aligning you with the energy of the limitless supply. Your chances of receiving the money you are expecting have now greatly increased. Your investing in yourself always pays off when done for the right reason.

This is why banks issue credit cards and checks: they have faith in you, in that you will pay them back. When you write a check, you're expressing your faith in the circulation of money in your bank's monetary system. The law is always on the side of the man who spends wisely and fearlessly. If a person ignores an intuitive hunch to spend at a certain time when it is most necessary, that same amount of money will most likely end up being spent unexpectedly and unsatisfactorily.



Approximately 95% of the physical universe is not visible because it is made of invisible “dark matter”

Luck is Preparation Encountering Opportunity

Everything you ask for in prayer by believing will manifest your desires. You must act as if you have already been given the thing you seek. Know that you are divinely protected, and that God will never be late in fulfilling your request. You can also speak the following words to speed the manifestation of money, "*Spirit is never too late. I give thanks I have received money on the invisible planes and it manifests on time*".

Make it a habit to trust in the Law of Good and be confident your words will not fall on deaf ears. If one wishes for success while at the same time preparing for failure (*focusing on what you don't want rather than what you want*), one will unexpectedly receive the circumstance for which one has planned.

For example, being in debt is a great example. One should visualize themselves paying their debts cheerfully and believe in the Divine plan that is theirs by Divine right.

There is an excellent story in the bible that shows how planning for the future while a person is living in the present helps manifest a goal or objective when it is most desperately needed. The story is about three kings who were in the desert. The army and their exhausted horses had been without water for seven days. The kings went and talked to the prophet Elisha, who delivered this message. "*You shall neither see wind, nor rain, but you shall fill this valley full of ditches.*" After some of the military personal dug the ditches as instructed, it started raining. The moral of this story was not to show that the digging of the ditches caused it to rain, but that God could send the water regardless. The ditches were only preparation, so that

everything was in place and ready for when the rain did finally arrive (2 Kings 3: 9-10). In summary when it seems that what you wish to manifest is not showing any signs of materializing, prepare for it anyway. We don't see the miracles surrounding us all the time because the Ego dismisses what is familiar and free. Examples include gratitude, joy, and the unfolding of nature.

Another example is some of us may be thinking of moving and wish for the place we move to be safe, perfect and comfortable. Affirm, "*Infinite Spirit, open the way for a suitable apartment (house etc.)*". Next to show your faith, without fear, lack or limitation, purchase new blankets, a blank key, silverware or other apartment items that demonstrate your faith (*preferably items made of metal*). By purchasing these items you are "*digging your ditches*". Act as if you've already acquired the perfect place and get in tune with it. Be a frequency match, open to a miracle. You will be rewarded by the universe for taking risks on its behalf.

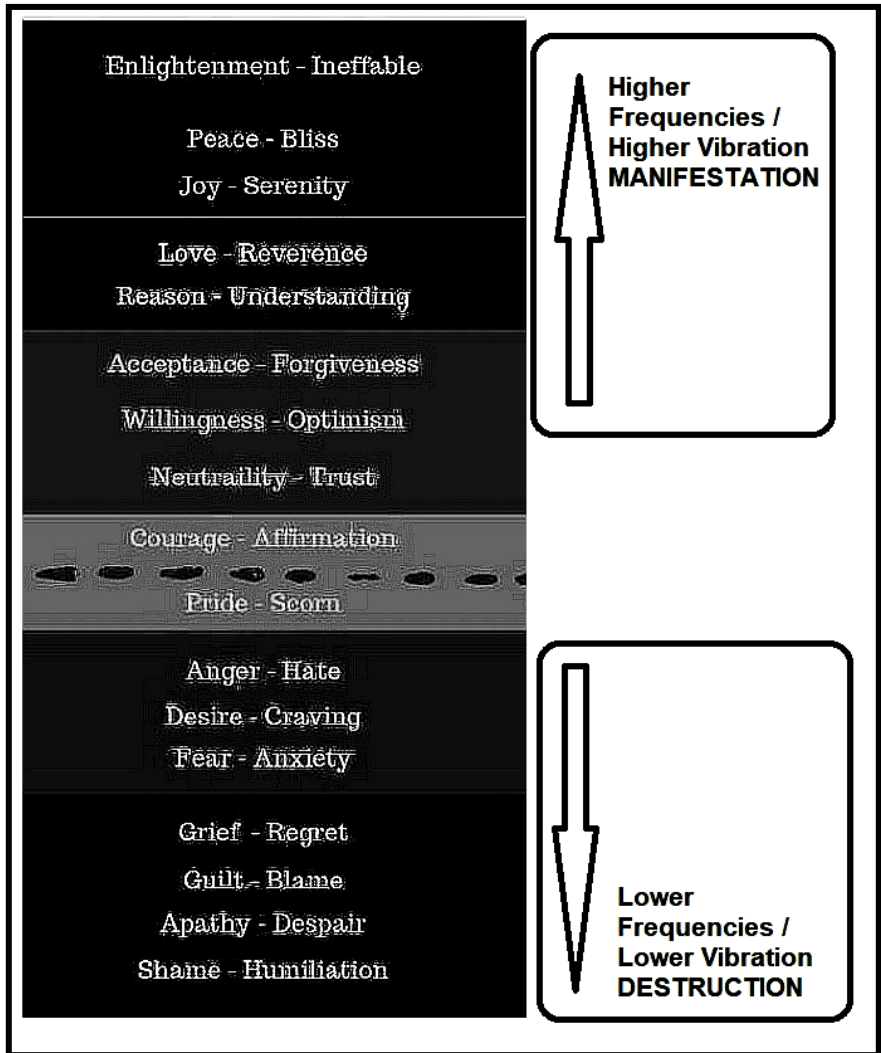
The longer a desired thought is held in an environment surrounded by high vibrations, the faster its manifestation in the outer world

Purchasing metal items for your home work best because metals respond to thought as demonstrated in spoon bending. Also if you hypnotize a person and say that you are holding a red hot poker to their

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Peace, Abundance and Prosperity**

arm, the surface of their skin will change (Barber, 1969b, Ch. 9), (Borelli, 1953).

The Right Frequency = Manifestation



Manifestation of desire into the physical realm is based upon frequency, not by how much you "*turn up the volume*" or force something to happen. By using techniques that remove subconscious blockages you get into the higher frequencies which speed manifestation. These frequencies are Joy, Enlightenment, Peace, Love and Reason. The reason self-forgiveness (*learning to forgive yourself*) and forgiveness works so well at helping to manifest is because they help re-set the body's vibrational frequency to higher levels.

If you know someone you haven't forgiven a person or circumstance in their lives than the repressed anger, resentment or disappointment will keep them in low vibratory states. Sure these people may manifest some successes every now and then, but they will be far fewer and in-between compared to having raised their vibration. Know that you are

**Don't just forgive
him or her, forgive
so that YOU
become liberated!!**

worth so much more in life than to have a past experience restrict you from living the life you deserve.

Simply put, forgiveness raises your vibration. As shown early in this book, science has proven that forgiveness relieves depression, which as shown in the preceding scale is one of the lower vibrations (*Grief and Apathy*). The higher your vibration, the faster your goals or vision will manifest.

Your body is vibrating billions of times each second. Forgiveness releases lower emotions, creating a new series of vibrations. The higher your body's natural frequency, the more you experience your true authentic personal power and the easier it becomes to manifest.

**Modern and Secret Teachings of Eternal Wisdom,
Peace, Abundance and Prosperity**

On page 31 of his book, *The formula for Miracles*, Brent Phillips stated that his mother, his son and himself, as well as many of his clients and students have experienced miraculous instantaneous healings where tumors literally vaporized and were gone from the body in an instant after removing negative blockages. This was only possible because the frequency of their energy body had successfully changed (1).

The emerging science of Quantum physics states almost anything is possible. Something existing in one place at one time means it is likely to remain there in the future. In the case of healing, if a person has been diagnosed with a cancerous tumor and the MRI and paperwork documents confirm it having been there on a Monday, than Newtonian physics in our Billiard Ball Universe state that unless an external force of some kind is applied to the tumor itself, such as surgery, than it will still be there on Tuesday. Because nothing is truly 100% certain, it leaves open the possibility that anything can happen. It is possible, although very unlikely, that the tumor will suddenly disappear completely by itself and that the patient will be healed without any sort of an external force necessary. Once you can grasp this concept you begin to understand that every possible minute of your waking reality exists in the form of pure potential, and that changes take place when you actualize or draw a new experience to you. This is the very foundation from which miracles are made.

Brent used mental visualization and subconscious commands while in a Theta brainwave state when he healed his mother. Theta allows the conscious mind to speak to the subconscious mind. He CHOOSE to make the conscious quantum

choice, opening his mind to pure potential and choose the extremely unlikely, but not 100% impossible outcome, that during the next moment in time that her mother's body would completely re-create itself without cancer. Brent also states in his experience that when he cleared his subconscious programming while working with the healer, that it caused his paralyzed arm to heal instantly. Once that stage was complete, the healer then performed an actual physical healing, where commands and visualization in a theta brainwave state helped him to choose a quantum choice that re-created his arm the next instant. After this was understood he was instantly healed. So no doctors were able to heal him, it was only through the power of his mind that he ended up healing himself.

The subconscious software inside each one of us allows us to recognize the quantum possibilities that allow us to re-create a healthy body and mind. Now old outdated subconscious programs are now programmed with a new paradigm that the body is ready to heal itself, with the body recreating itself from one instant to the next.

This is why prayer does not work sometimes because the person has lost their connection to Source and the Divine. Prayers are answered when the subconscious mind responds to a clear mental picture or thought in an emotionally charged mind. Hence successful prayers are the result of a harmonious interaction occurring between the conscious and subconscious levels of the human mind.

In particular, negativity and subconscious blocks start to become amplified as newer energy starts manifesting. Hence, if your subconscious programming is not clear, you will likely begin

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Peace, Abundance and Prosperity**

manifesting even nastier, bigger and messier challenges in your future.

Anyone can access theta by hypnosis, self-hypnosis, listening to binaural beats, meditating, experiencing energy healing, performing shamanic drumming, using crystal layouts, by dancing or by chanting. Studies by Takahashi et al. found that when people meditated, that they exhibited an increase in their theta brainwaves (1).

The real secret is to learn to heal your internal blocks and limiting beliefs first, than all else will manifest itself on the exterior. In the higher dimensional worlds, everything manifests far more quickly and far more powerfully, so it is extremely important to learn how to work with the subconscious belief systems that are creating your reality.

There are only two ways to live your life, according to Albert Einstein. Live life as though everything is a miracle. The other is to believe that everything you see is actually the result of miracles.


Keeping faith in something can sometimes become difficult because the subconscious mind can become flooded with negative emotions such as doubt, fear and anxiety. This is why before something really good takes place in one's life (*the darkest hour before the dawn*) tormenting thoughts may abruptly manifest. This occurs because one has made a proclamation of high Spiritual Truth and that by doing so, challenges one's previous subconscious beliefs and ideas. This causes old outdated beliefs to surface and they have no choice but to dissipate and disappear like smoldering ruins, for this is Spiritual Law. Ultra marathon runner David Goggins, who has run eight 100 mile marathons, states that he repeats the phrase “*can't*

hurt me!!” when such thoughts arise.

It is during these times of darkness one must reiterate affirmations of truth and to celebrate and express thanks for what one has already received. To put it simply, your goal, objective or vision already exists, and it is just waiting for you to recognize it. Only what one perceives can one receive.

Every great endeavour, every major accomplishment has always come from having complete faith in the vision and in most cases, right before the major accomplishment has occurred, there have been feelings of discouragement or disappointment. One who understands Spiritual Law can remain unaffected by these feelings because they maintain their vision right up until the very end, expressing gratitude and thanks as one's manifestation begins materializing before one's very eyes.

The teachings of Jesus Christ clearly illustrate this when he stated in John Chapter 4 verse 35,



Spirit always assists, but cannot micro-manage all of your problems

"Say not ye that the harvest isn't ready for another four months. Lift up your eyes and look out over the fields, for they are ripe for harvesting already." The sharp eyes of Jesus were

able to pierce the superficial domain of matter, revealing the fourth dimension. He saw things as they truly are in Divine Mind, perfect and complete. Hence, one must keep in mind the destination of their journey and command that the manifestation of what they desire is clearly visible.

Your objectives in life may include perfect health,

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a satisfying relationship, material objects, self-expression and a nice home surrounded by good friends. These concepts are already all complete and flawless in the Divine Mind, existing in the super-conscious. Hence they must arrive **through him** rather than to him. Affirm, "*Infinite Love, concerning the spirit of everyone involved in this situation, allow Divine order to emerge immediately from this situation*" or "*I am identified in love with the spirit of all connected to this situation. I allow the divine to manifest itself out of this situation.*" These phrases are also a good way to resolve or dissolve lawsuits quickly.

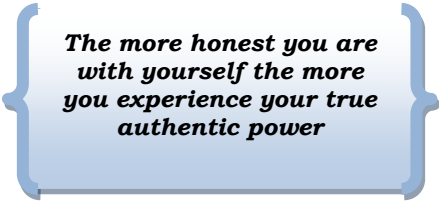
There are times all of us feel helpless in managing our finances. It is during times like these we require a power larger than ourselves to keep us motivated. When Jesus Christ said, "*If two of you agree on earth as to anything that they shall ask, it shall be done for them by my Father who is in heaven*" (Matthew 18:19), he knew what he was talking about. By becoming too involved in our own concerns, we have no choice but to become suspicious and afraid. Florence Scovel Shinn once stated, "*No man can fail if he regards himself as successful*". Such is the power of vision and many a great man owes his success to a wife, family member or friend who believed in him so that their vision would not become another "*I wish I had* _____" regret.

Review of Chapter 2

One must be prepared for the thing they have requested, especially when there isn't even a sign of it starting to manifest in one's life. The Bible's book of Kings advises us to dig ditches. To you, what does this imply? Tormenting thoughts frequently precede

something positive that is about to happen. Have you ever had to deal with terrible thoughts? Can you reinterpret them as a precursor to something good about to take place?

The Universe is your source of provision, and there is more than enough to meet all your requirements. Have you ever considered that something other than God, life, your job, a family member or a monthly payment was the source of all your good? Can you understand now that those are only the conduits for your supply and not the source?



***The more honest you are
with yourself the more
you experience your true
authentic power***

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Chapter 3

Demonstrating the Power of the Spoken Word

“Thy words will justify you, and thy words will condemn you” (Matthew 12:36).

When a person comes to understand that the spoken word has tremendous vibratory power, they become extremely cautious in their speech. One merely needs to observe how their remarks are received by others in order to realize that they are spoken not in vain.

Man is always constructing laws for himself through his spoken word.



Whatever a person

says puts forth into action the law of attraction, which ultimately attracts to him or her what they are thinking about the most.

People who talk about disease a lot tend to invite such situations. This may be why emergency physicians have one of the shortest lifespans at 58.7 years ⁽¹⁾. To avoid one's words from boomeranging back to him or her, it is advisable to avoid idle gossip or talk about what we don't want and instead talk about what we DO want. According to an ancient and wise saying, *“Man only dares use his words for three things, to heal, to bless, and to prosper”*.

What a person says about others will eventually return to them, and what a person hopes for another, he wishes for himself. If a man wishes someone bad luck, he will undoubtedly draw terrible luck to himself. If somebody wishes to help someone

succeed, he is also wishing and assisting himself in doing so.

After ceasing the speaking of words, by letting go, one makes room for what they do want in order to make something successful happen. Through the power of the spoken word and a clear and firm vision, the human body can be rejuvenated and altered, and disease can be entirely eradicated from consciousness.

For example, scientific studies now confirm that specific techniques can enhance the mind's recall of important information no matter how old a person is. A July 2015 study titled: *Self-referencing enhances recollection in both young and older adults*, that was published by Eric D. Leshikar and colleagues, discovered that practicing the art of self-referencing increased the participant's memory in older adults. The researchers in the study concluded that the act of self-referencing allows the brain to develop a detail-rich memory. The study also found that self-referencing also enhanced the memory of young people as well.

What is self-referencing? An example is when a person is given a list of adjectives (*e.g., brilliant, shy*) and is asked to rate each term. Next they are instructed to determine whether or not each word accurately characterizes them. As this is being done, the person makes decision about each term based upon the understanding of themselves—a self-referencing comparison. Later when the person receives a memory task, they are more likely to remember details concerning the task if they think about how the words relate to them.

In another study titled: *Positive Self-Perceptions of Aging and Lower Rate of Overnight Hospitalization in the US Population*, that was conducted by Jennifer

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Peace, Abundance and Prosperity**

K. Sun and colleagues and published in January of 2017 involved 4,735 participants that were over the age of 50. The researchers discovered in the study that the participants who had strong positive self-perceptions of aging that they were less likely to be hospitalized.

Self-Perception is an image we believe to be true regarding our self, our traits and the judgments we make about those traits. It simply means that it is the picture we have in our heads of who we are as a person and how we evaluate our self-esteem.

Science confirms the Effectiveness of Prayer

A study conducted by Dr. Elizabeth Targ and colleagues at the California Pacific Medical Center that was titled: *A randomized double-blind study of the effect of distant healing in a population with advanced AIDS* that was published in December of 1998, involved a double blind study involving AIDS patients. Dr. Targ chose to test her theory of the power of prayer on AIDS patients because at the time it was a relatively new virus, resistant to many medical treatments. In the study, the patients were randomly assigned to either standard care or remote intercessory prayer. The study showed without a doubt that the patients who had AIDS that received prayer demonstrated a statistically significant improvement in their moods and required less hospitalization, indicating that prayer is clinically relevant in this setting. However the prayer did not cure their disease.

All disease has a mental correlate, and in order to heal the body according to the metaphysician, one must first treat the soul of the individual. This is because our subconscious mind is our soul. It must be purged of bad thoughts, beliefs and routines.

"*He restoreth my soul*" (Psalm 23:3) we read in the twenty-third psalm. This means that before healing can take place, the appropriate thoughts must be present in the subconscious mind or soul, and that the marriage of the subconscious and super-conscious minds form the joining of the soul and spirit. They are one and the same.

God and man become one when the subconscious is saturated with the ideal concepts from the super-conscious. He is man created in God's image and given power and dominion over all things, including his mind, body, affairs and soul.

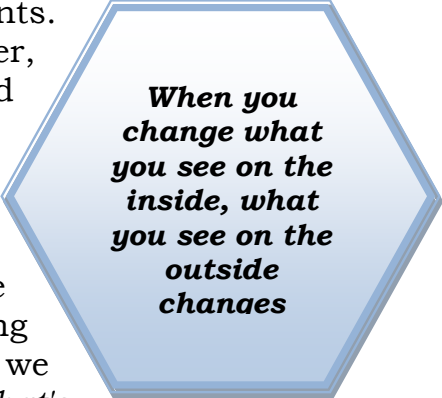
All sickness and misery stem from a violation of the law of love. Love one another and all obstacles shall eventually be overcome. For this is Universal Law. It is possible to cure disease by removing bitterness and resentment from the soul by forgiveness and by taking control of one's awareness. An emotional release is sometimes necessary. Hence, saying out loud in a quiet place of solitude "*Oh, God, don't make me despise that person. Allow me to make peace with this person.*" This mere simple request allows negative emotions to rise to the surface where they can be dispelled. Healing occurs in this way because one is requesting love or goodwill, and by fulfilling this law, order is restored, because the disease came from suppressed resentment in the subconscious and hence has no choice but to be totally eradicated. I would say to anyone who aspires to make something successful happen, to take God into partnership with themselves and they will experience miracles.

A research study titled *Emotion Suppression and Mortality Risk Over a 12-Year Follow-up* ⁽²⁾ discovered that the suppressing of emotions may increase the

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risk of a person dying early, including dying from cancer.

Every ailment is produced by an uneasy mind. Continuous criticism of others allows rheumatism to develop in one's joints because critical, inharmonious thoughts cause abnormal blood deposits in the joints. Resentment breeds cancer, anger skin cancer and wrath and other negative emotions are responsible for many different types of health issues. We shouldn't be discussing what's wrong with our health. Rather we should be saying, "*What's wrong INSIDE me?*"



***When you
change what
you see on the
inside, what
you see on the
outside
changes***

You can only change the outside physical world when the inner world changes. One of the most common causes for disease, especially cancer is unforgiveness. It causes hardening of the arteries or liver, as well as vision problems. An unbalanced mind brings with it a continuous stream of illnesses, new diseases and diagnoses. For example a study found that practicing forgiveness helped alleviate depression (3) but not physical healing. However another study found that the more depressed a person was, the longer it took for them to heal (4). The study also stated that people who were diagnosed with diabetes that became depressed had a 33% increased risk of amputation. So in simple summary, forgiveness reduces one's chance of being depressed which in turn accelerates physical healing.

Science has now confirmed the link between

anger and the worsening of disease. A research study published in October 2000 titled: *Anger and cancer*, that was conducted by S. P. Thomas and colleagues, discovered that suppressed anger is a precursor to the development of cancer, and that anger is also a factor in the progression of the disease.

Another study titled: *Factors associated with anger in cancer patients and their caregivers*, which was published in July 1993 by E. J. Taylor and colleagues, that involved 165 adults living in a care facility that were diagnosed with tumors, discovered that anger not only contributed to depression, but also enhanced the spread of their disease.

You may know of someone who became ill after eating a certain food, whereas you eating the same food didn't get sick at all. In these circumstances, it is the person's subconscious mind that has reacted to the food that makes it feel harmful to them and in some cases it is not the actual food that made them sick.

This is illustrated in the nocebo effect where the opposite occurs of the placebo effect. In these cases a situation exists where a negative outcome takes place due to the person believing that the intervention actually harmed them.

Any imbalance in the physical body is your body's response to a mental inconsistency. "As it is on the inside, so it is on the outside" or "as within, so without, as above, so below" as quoted by Hermes Trismegistus, author of Hermetic Corpus, (*the law of correspondence*).

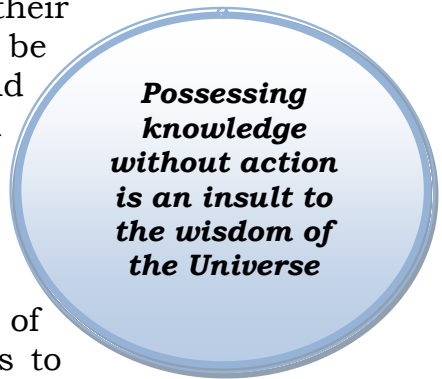
I can be kind, loving, balanced and financially successful all at once

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One's only opponents are those in one's own thinking. As this planet progresses along the evolutionary path of Divine love, one of the last foes to be defeated will be personality. *"Peace on Earth, good will towards men, was Christ's message"* (Luke 2:14).

Nature is a perfect example of how changes within manifest as changes in the outer. For example, the DNA in each tree is responsible for its leaves, the color of its flowers and the height the tree will grow to. Could it be that DNA has within it its own form of consciousness?

The enlightened person strives to improve themselves in the eyes of their neighbor. Hence, it should be part of one's progress to send forth kindness and blessings to every man, woman, and child because we are on this planet together.

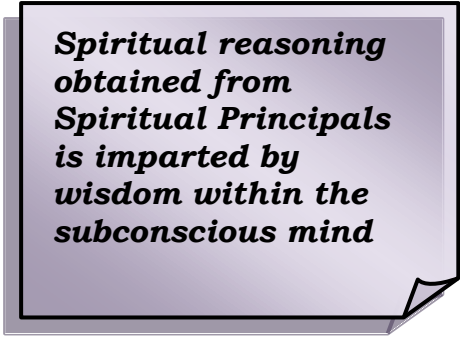


The key to having peace of mind against your enemy is to bless them; then that person no longer has the power to harm you. In the ever competing world of corporatism, this approach can be implemented with great success. For example, if you are at a sales convention and a competitor is selling what he claims is a better machine, you might feel disappointed, anxious or defeated. In these situations remember first and foremost that all fear must be totally banished in these situations and one must believe that God is looking out for his or her best interests. Know that Divine Order is taking place and that you must emerge victorious, no matter what the situation.

In simple summary, the correct machine will be sold to the correct person by the right person at the right time. It's key not to have a single negative thought about your competitor. Bless your competition day and night and your machine will sell if it is the will of the Divine. When you immerse yourself in this state of being, you will find that the Divine will allow your machine to sell as long as its advertised workings are truthful and honest.

Applaud the fact that competitors larger than yourself have created an opportunity for you to display your machine, allowing you to bring to the public's awareness other variations of such machines. But I say to you, *“Love your enemies, bless those who curse you, do good to those who despise you and pray for those who use you and persecute you spitefully”* (Matthew 5:44).

Intended goodwill creates powerful protective vibrations around a person who sincerely sends it forth and no weapon, no matter how powerfully constructed against him, can ever succeed. In other words, love and goodwill neutralize negative intentions resulting in no exterior foes! For him who sends goodwill to man, there is always everlasting peace on earth!

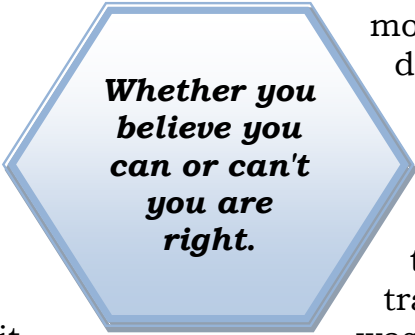


***Spiritual reasoning
obtained from
Spiritual Principals
is imparted by
wisdom within the
subconscious mind***

The Secret to Getting Rid of Bad Luck

It is your Father's joy to bestow the kingdom upon you" (Luke 12:32). Symbols such as the horseshoe or rabbit's foot have no real power in the physical world in and of themselves. However man's spoken word, along with his hope that it will draw to him or her good luck builds up an aura of expectancy in the subconscious mind, which in turn draws to him or her fortunate events. This may work in the short term, however eventually "*luck runs out*" and the lucky charms will not be as effective after a person has progressed Spiritually and understands higher Spiritual Principals, one of which is service to others. This is because a conflict between two forms of power begins emerging.

For example there is the story of two business partners who had been having fantastic financial success for the first several months after starting. One day unexpectedly, they found that everything started going sideways. Instead of making affirmations and looking to God to get them back on track for success and riches, it was discovered that they had each purchased a fortune monkey. They had been putting their faith in the lucky monkeys instead of God. This had resulted in a conflict of power taking place in their subconscious minds. They were advised by a Spiritual teacher to put the lucky monkeys away and to invoke the law of forgiveness and understand that all true power is coming from the Divine, which can never rob a person of their luck.



***Whether you
believe you
can or can't
you are
right.***

After learning this, they decided to toss the lucky monkeys down a coalhole, and shortly after doing so, everything went back to normal. This is not to say that one should toss out every lucky item or horseshoe in the house; rather, one must know that the power it possesses can unexpectedly be revoked at any time. Understand that two different symbols of power can't occupy the same space. If they did so their power would lose their ability to be seen or felt.

Understand that there is only one true source of everlasting Divine power and that an object that may feel lucky to one person may at first create a sense of anticipation during the early stages of a venture. Indeed, some fortunate charms can aid in the instillation of confidence and fearlessness in one's mind. However, lasting luck comes from faith which ultimately comes from the Divine. This in turn generates hope.

The average business has a 30 percent chance of succeeding after 10 years. The business that does succeed, has the right information, knowledge and emotional maturity.

Every learning experience assists in the growth and expansion of the universe

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It is a fact of life that some of our ideas we think up during our journey in life will eventually lead to disappointment. However disappointment can be a valuable learning experience for anyone. Learning to “fall forward” can give one valuable knowledge. Know that changes in belief that take place in the subconscious help one transform future disappointments into delight. Affirm, "There is only one true power, God. Therefore, there can't be any disappointments. Happy surprises are coming my way!!."



Confrontation of Fear Erases it

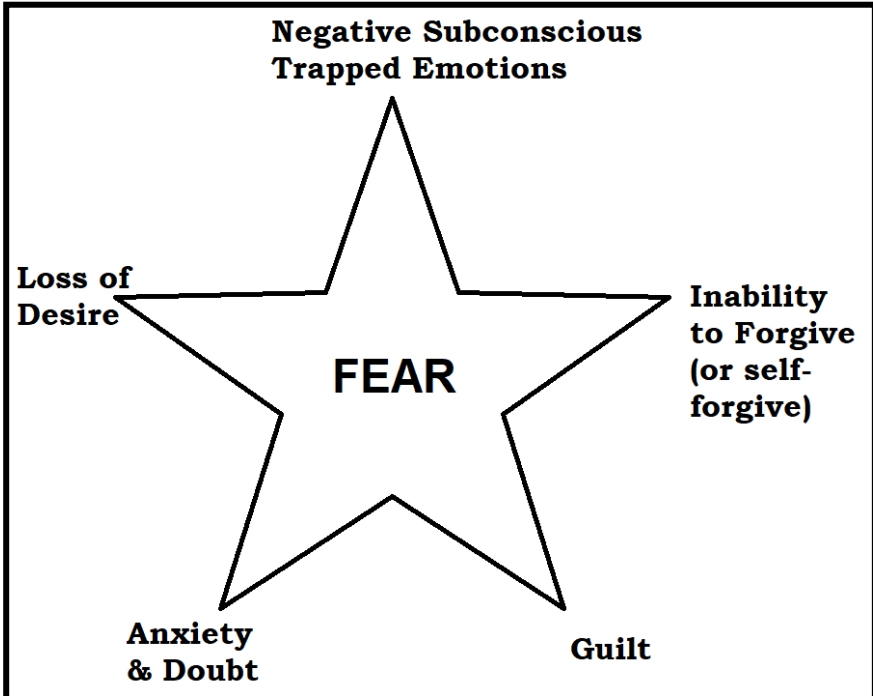
Some people experience fear when they are walking on the sidewalk one day and encounter a ladder. This fear stems from succumbing to the belief in two powers, Good and Evil exist, rather than the one true genuine power.

There is no such thing as conflicting powers because God is absolute. Sometimes it may appear a conflict of power is taking place, but eventually one power falls away, revealing only a single true power. Conflicts only take place because man creates the false of evil for himself.

Walk beneath a ladder the next time you see one to demonstrate that you believe in only one true power, God, and that evil is only a man-made concept. There is only the law of cause and effect. Humankind developed the concept of evil and good in order to maintain a structured civilization.

You'll begin to notice that when you tackle superstitious circumstances, that they will fail to continue to show up in your life. As a result, if you are willing to do something that you fear, you do not

have to do it again or you may not even have to do it in the first place if your emotion of courage is clear and strong enough. This is where one puts into practice the law of nonresistance, of which few people understand.



In many cases fears are the result of not wanting to confront inner conflicts. Such conflicts include, "*I'm not worthy enough*", "*I'm not good enough*", "*I'm not deserving enough*" etc. Other emotions include guilt, un-forgiveness and anxiety. When these are dealt with, you will then be more able to effectively deal with fears that you experience in the real outer world.

A Technique for Eliminating Fear

1 – Imagine in the palm of your hand an empty sphere.

2 – Next imagine the energies of love and wisdom filling this sphere.

3 – When you feel you can't fill the sphere any more, imagine the energies of love, wisdom and guidance in the sphere turning into a bright warm soothing white light.

4 – Now in your mind imagine what you fear and resist the most.

5 – Next imagine what you fear and resist the most moving into the sphere.

6 – Next imagine your fears being surrounded and dissolved by the white light.

7 – If necessary send in more of the energies of love, wisdom and guidance into the sphere.

8 – Next see all fears becoming transformed into pure love.

9 – Now imagine yourself pushing away the sphere and letting it go.

10 – Next detach and let go.

What is the Law of Nonresistance?

The success power within each and every one of us becomes activated by not trying to make things happen by exterior effort. This is because all changes in the outside world always precede changes in the inner world. Examples of practicing the law of Nonresistance include:

- Deep, Cognitive and Creative Thinking
- Recognizing what is trending; going with the flow

- Vision boards allow you to observe rather than try, because it makes your vision unimportant
- Giving your objectives a break and a rest
- Getting as general about your vision as you can
- Having an absence of effort
- Experiencing a lightness of being
- Contemplating lightly, seeing what you want as unimportant, simple and uncomplicated
- Slowing down, which also restores focus

You can also experience the law of non-resistance by practicing the Emotional Code (*shown later in this book*) or performing self-forgiveness

Face any problem or circumstance fearlessly and the circumstance has no choice but to vanish under its own weight. As just stated, fear is the reason a person encounters ladders or other superstitious circumstances, believing them unlucky. Purpose is manifested strongly by clarity. Thus, the unseen forces are always at work for the man who is constantly pulling the strings himself, even if he is unaware that the subconscious is doing it for him.

Fear can also be alleviated by the acquisition of recently manufactured modern items. For example if your laptop is old and you constantly fear a dead battery, go and purchase a more modern laptop and you will thus greatly reduce your fear of a dead battery. This is why many new technological inventions have the power to alleviate our fears.

Fear and Excitement are one and the Same

Anxiety reappraisal is a method of whenever you feel fearful about doing something, you transform the energy of the fear into excitement instead. I used this successfully for many years for public speaking.

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Before I would go out, I would imagine myself the last few times I had super successful presentations by experiencing them as realistically as possible. Doing this for about 3 minutes would always cause the fear to fade away into excitement. Research has stated that anxiety and excitement are both the same type of emotions ⁽⁵⁾ so this could explain why it worked so well for me over the years.

Review of Chapter 3

By giving in to feelings of uncertainty, you are succumbing to the illusion that there exist two powers, rather than a single one (the Divine). Are you a believer in superstitions? Are you able to see how they create a conflict of two powers? Any external inconsistency reveals a mental inconsistency. What steps can you take to start producing more pleasant experiences? Have you ever wished someone bad luck? If so, wish them good instead. Are you willing to change your mind and instead wish him or her a happy life? Do you see how wishing others well will bring you good fortune? One does not have to do anything he is afraid of if he is willing to fearlessly do it. What are you frightened of doing right now? Choose one thing you're frightened to do and commit to doing it today.

A person who has never skydived before experiences terror and increased cortisone levels on their first jump, whereas an experienced skydiver experiences excitement, anticipation and adrenaline. When you make the decision to sincerely confront situations that bring you fear, you might discover that you no longer need to experience these situations, or that you're equal to or greater than the thing you're terrified of!

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