



The Prosperity Series

Book 1 of 7

Removing blocks so you may experience your greatest self

Scott Rauvers

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May every reader of the sacred words in this book be BROKEN FREE from the CHAINS that have bound them in DARKNESS throughout their years, as the BLAZING LIGHT of Truth SHATTERS their prison walls! No longer slaves but CONQUERORS, seizing their RIGHTFUL DESTINY! Let the Divine blueprint SURGE through their veins, FLOODING their existence with UNSTOPPABLE Health, LIMITLESS Wealth, CONSUMING Love and the ABSOLUTE POWER of Perfect Self-Expression!

A handwritten signature in black ink, appearing to read 'Scott Rauvers', with a large, stylized loop at the end.

Scott Rauvers - author

DEDICATION

*This book is dedicated to Samuel Smiles, whose first book titled **self-help** inspired the lives of millions by bringing to the realization that thoughts create reality.*



Also by Scott Rauvers

Secret Teachings for Manifesting Prosperity using Infinite Spirit and the Subconscious Mind

A Plan to Unleash Creativity, Harness Intuition and Increase Money Flow

Anxiety and Depression: A Guiding Therapy Coursebook for Miracles and Motivation

Covert Narcissist Personality Traits and Disorders: Strategies for Healing Relationships, Emotions and Surviving Abuse

How to Write a Non-Fiction Book: My Journey from Beginner to Best-selling Author

Healing with Emotions: Simple Meditations for Dissolving Childhood Emotional Trauma and Toxic Shame

Illuminating and Eternal Secret Teachings for Anyone Wishing for Prosperity, Wealth and Enlightenment

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

New Millennium Millionaire Secrets to Fortune, Prosperity and Happiness

Secret Teachings for Manifesting Prosperity using Infinite Spirit and the Subconscious Mind

The 7-part Prosperity, Abundance Wealth Series.

1 of 7 – The Abundance Pivot.

This edition reveals to the reader an in-depth understanding of how to effectively use Infinite Spirit to positively transform negative subconscious habits using Spiritual Principles and how to use this understanding to become better at manifesting in one's day-to-day affairs

2 of 7 - Manifestation Mastery. Secrets to experiencing Abundance, Success and Health.

This edition reveals to the reader the necessary steps for a life of prosperity, with a special emphasis on tips and techniques for the self-employed. It also has an in-depth chapter on how to practice the Emotion Code in order to remove outdated and or erroneous beliefs. Use the valuable information in this book to become better at manifesting in your day-to-day affairs.

3 of 7 - Spiritual Prosperity, Consciousness and the Secret Healing Power of Water.

Besides unlocking the mysteries of using water to manifest, this 3rd edition begins exploring

methods to build your self-confidence, then explores techniques to help eliminate fear. We then move onto methods to help explore what negative beliefs may be holding you back from getting what you want then move into more in-depth material regarding methods, techniques and tools you can use for healing, as well as advanced tools and practices for manifestation, including a special chapter on how to more effectively pray.

The chapters then move onto studies showing the effectiveness of self-hypnosis and how to use water to bring more power to your intentions. Other manifestation techniques in this edition include, the candle manifestation technique, the 3:6:9 technique, productivity tips and much more.

4 - Habitual Effervescence. Creating new Beliefs through Contemplation and Resilience. 4 of 7

In this fourth edition the reader learns about the collective belief system in greater depth followed by how to work with the process of contemplation and Spirit for rapid manifestation. Then it goes on to explore the history of money, Intuition, EFT, Cymantics and much more.

5 of 7 - Secrets of using your Imagination to reach beyond your Expectations.

In book 5 explore the process of Creative Visualization, Quantum Wealth, going beyond the Law of Attraction, removing blocks about money, advanced mind power techniques, affirmations, how to choose a mentor, guided meditations

6 of 7 - Secrets that Cultivate an Abundance Mentality for Reaching Beyond Your Potential.

In book 6 of this series you will learn how to develop and keep the money you've earned over the long term, how to open to the Divine flow for effortless receiving, how to use obstacles as a stepping stone towards success, theta brainwaves, enhancing your self-worth, using biorhythms for success, strategies for alleviating chronic homelessness and mastering resilience.

7 of 7 Entrepreneurial Secrets of Creating Prosperity through EFT, Affirmations and Visualization.

This final text of the series teaches you how to quiet negative inner self-talk, responding to critics, forgiving and blessing, mantras for manifestation, the Emotional Freedom

Technique, wealth secrets of the Chinese Zodiac, business success strategies, understanding how creativity works and how to remember and interpret dreams.

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The Abundance Pivot

PREFACE

Like many of you reading this, I have hit rock bottom a few times in my 56 years, but what pulled me out of that spiral was a rediscovery of the very books and principles I had once skimmed over, but never took really seriously, until writing the Prosperity and Abundance series. Motivational books have had deep roots in the New Thought Movement of the 1880s—when Doctor-Journalist Samuel Smiles shattered publishing records with *Self-Help*, selling over a quarter-million copies by 1904 and even inspiring Sakichi Toyoda to display his own copy in a glass case. Then came the 1938 release of *Prosperity* by Charles and Myrtle Fillmore, founders of the Unity Spiritual Movement—Charles was in his eighties, pouring a lifetime of wisdom into teaching us that “*universal abundance*” is available even in our darkest moments. It wasn’t enough simply to read these books, though. Research shows 80% of people quickly forget seminar doctrines, 17% apply them halfheartedly, and only 3% actually transform their lives. I was determined to be in that 3%. I realized every time a book passed through my hands—or landed in my inbox—I needed to actively engage those pages, not just admire them.

That shift in commitment led me to experiments like the Princeton ping-pong-ball studies, where simply intending balls to fall left or right could sway the results. Subtle thoughts have real-world power! I also learned that while the top 0.0000001% of billionaires tend to share talent and education, exceptions in places like China and Russia prove that mindset can trump formal credentials.

Next, I discovered the importance of my personal learning style. When Steve Jobs made his first million, he said nothing in his life felt different—because money alone hadn't rewritten his inner software. Finding out whether you learn best by seeing, hearing, moving or writing is like discovering an unlimited wish-granting lamp: information sticks effortlessly once you know how you learn.

Then came the toughest lesson: beliefs are forged before age seven, when our brains run on theta waves, soaking up every experience. By adulthood, our beliefs are so entrenched that many self-help myths seem true—for example, the “**21-day habit**” idea born from Dr. Maxwell Maltz's Psycho-Cybernetics. But later studies show real habit change averages 66 days—and can take up to 254.

Here's the clear, actionable path I used to turn my life around—and that you can follow too:

1. Inventory Your Beliefs (Days 1–7)

- Write down recurring negative thoughts—about money, success, or self-worth.
- Trace each belief to its origin story (often before age seven).

2. Choose New, Empowering Beliefs (Days 8–14)

- For every “***I can't***,” craft an “***I can***” statement rooted in evidence.
- Repeat these aloud when you need it most.

3. Engage Your Unique Learning Style (Days 15–30)

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- If you're auditory, record your affirmations and play them on repeat.
- If you're visual, write them on cards and post them where you'll see them.
- If you're kinesthetic, act them out through movement or journaling.

4. Daily Visualization & Alignment (Days 31–66)

- Spend five minutes each morning picturing the life you desire—as vividly as the Ping-Pong researchers focused on their falling balls.
- At night, thank Infinite Spirit for the abundance already on its way.

5. Measure, Adjust, and Persist (Days 67+)

- Track small wins: a new client, a fresh idea, a peace of mind moment.
- If progress stalls, revisit Steps 1–3 for hidden beliefs.

I won't pretend it was easy—there were days my old doubts howled. But by leaning on the wisdom of Smiles and the Fillmores, harnessing research from Princeton and neuropsychology, and committing to at least 66 days of deliberate practice, I transformed scarcity into steady flow. If I could claw my way out of that motel-

Extreme cynicism is when a person goes from being a skeptic to believing in nothing

room despair to a life of genuine abundance, you absolutely can too. The door is open—take these steps, and let the Infinite Spirit guide you through. Regarding temptations and distractions: every time I reached for the remote, I swapped on a YouTube personal development video. Whenever I felt the urge to buy a newspaper, I opened an inspiring blog or a self-growth book. When the radio called for my attention, I plugged into a motivational podcast. By consciously feeding my mind uplifting, empowering content, I began to reprogram my subconscious. Within those 67 days, old patterns of negativity started to dissolve, and I glimpsed the prosperity, abundance, and small everyday miracles that always surround me.

Of course, the road wasn't perfectly smooth. As I uprooted myself to pursue projects I loved—writing, coaching, mentoring—fear and self-doubt crept back in. When that happened, I paused, closed my eyes, and remembered how alive I felt the very first time I dared to pursue my passion. I let that feeling of excitement wash over me until it dispelled the shadows of anxiety. You can do the same: reconnect with your original spark whenever hesitation threatens to pull you back. To reinforce this transformation, I studied the daily habits of self-made millionaires and billionaires. Thomas C. Corley spent five years researching “**Rich Habits**,” and Rafael Badziag interviewed over two dozen billionaires for *The Billion Dollar Secret*. Here's what I learned—and now integrate into my own life:

- 61% of self-made millionaires visualize their future in vivid detail, then write out those dreams in a two-to four-page document.

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- 72% volunteer at least five hours each month, cultivating generosity and perspective.
- Millionaires gravitate toward four genres of reading: self-help, biographies of achievers, personal development, and history.
- 88% devote thirty minutes or more each day—or at least two books per month—to self-education rather than pure entertainment.
- About half of self-made millionaires rise at least three hours before their workday begins, using the quiet morning hours strategically.
- Sixty-five percent build at least three streams of income—stock investments, rental properties, side businesses—before they ever earn their first million.
- 76% commit to thirty minutes of aerobic exercise daily—jogging, walking, running, or biking—to keep energy and focus high.
- Billionaires like Kim Beom-su, Oprah Winfrey, Lady Gaga, Jack Dorsey, and Beyoncé all carve out morning time for deep thought or meditation, raising their personal standards and clarity.

Here's your clear, actionable path:

1. Commit right now to a 21-day personal potential makeover—TV off, YouTube growth on; newspapers traded for inspiring reads; radio swapped for motivational podcasts.

2. Each morning, spend ten minutes visualizing your ideal life and jot down two to four pages of those dreams.
3. Volunteer or give back at least five hours this month to serve others and expand your perspective.
4. Read or listen to thirty minutes of self-development content daily.
5. Wake up three hours before work twice a week to plan, reflect, or meditate.
6. Brainstorm at least three potential income streams and take the first small step toward one of them.
7. Exercise aerobically for thirty minutes each day to boost energy and mental clarity.

As a final note, whenever you close your eyes in meditation or deep thought, remember that your theta brainwaves grow stronger—helping you cement these new, empowering habits into your subconscious. Take these steps today, and watch how your life transforms from the inside out.

What you focus on is what you get. But it is the TYPE of focus that really counts. If you continuously focus on money, it will elude you. The real secret is to focus instead on your passion or desire and how you can bring value to the world through offering it as a service or product; than the influx of money will naturally materialize as a side effect.

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It takes energy for your dreams to manifest. Many successful entrepreneurs harness that energy every morning. They rise. They move. They sweat. Science confirms it: your right foot's ascent peaks your body at 13 volts, its descent drops it to 7 volts, and walking on carpet with slippers you spike to 47 volts. **Energy fuels dreams.**

We believe what we confirm. We confirm what we reinforce. We reinforce until our brain cells fire in unison. Beliefs shape opinions. Opinions drive action. Action forms habits. Belief is power.

Billionaire Jon Assaraf created a six-month training program to train 75 of his employees, installing new belief systems. The result? His company's sales soared past \$100 million in just half a year. **New Beliefs Transform.**

Because you are a Divine being receiving source energy you have no choice but to become a co-creator with the Universe. Energy flows, seeking perfection through imperfection. You are an extension of the expanding Infinite Mind. The nature of the Universe is perfect harmony. Perfection is your birthright. Therefore you live to co-create with the Universe. You cannot accomplish everything with spirit alone. It is your Divine connection that removes your limits.

You have unique gifts, talents, and abilities. Only you can master them. Only you can develop them. Concerning spiritual gifts, brethren, I do not want you to be ignorant (*1 Corinthians 12:1*). Master your gifts, it is your birthright.

Crisis sparks new urges from within. These urges demand action, and it is your actions that will ultimately save you. Trust yourself. No one can

manifest like you. The Universe wants you to master manifestation so it can better experience itself. All hardships are challenges and eventually those challenges become life-lessons, building wisdom.

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intention to influence the movement of ping-pong balls.

Dr. Maxwell Maltz: Author of Psycho-Cybernetics, who originated the "21-day habit" theory (which the author notes has been updated by later studies to an average of 66 days).

Thomas C. Corley: A researcher who spent five years studying "Rich Habits" among self-made millionaires.

Rafael Badziag: Author of The Billion Dollar Secret, for which he interviewed over 24 billionaires.

Jon Assaraf: A billionaire who developed a six-month training program to install new belief systems in real estate agents.

**True prosperity is living in accordance
with the higher laws of the Divine**



INTRODUCTION

I have to confess: there was a time in the early 2000's when I sat in my empty Los Angeles office, staring at past-due bills and a bank account that read "**zero.**" My technology company had just collapsed under a perfect storm of bad partnerships and market shifts—and with it went my confidence. I felt like an impostor, despite years of hard work, and I wondered if I'd ever recover.

That low point forced me to ask the toughest question of my life: How do you rebuild when you've hit rock bottom? The answer came in three steps I followed myself—first, I leaned into every lesson I could find on resilience; then I reconnected with my sense of purpose by helping others as a self-help coach; and finally, I trusted a spark of inspiration that led me to create an essential-oil health product in San Jose California. That product took off, and by 2012 I had launched my own energy supplement brand—and even started writing the seven-part Prosperity, Abundance, and Wealth series you're holding now and finally today getting it published. All told, my journey has given me three core areas of expertise:

1. Building and scaling businesses from the ground up.
2. Recovering from temporary financial setbacks and coming out stronger.
3. Mastering the art of resilience—turning failure into fuel for success and learning new ways of doing things.

The Abundance Pivot

As I poured over dozens of popular self-development books and audio programs, one truth kept surfacing: most of them point to an “*infinite source*” of wisdom and abundance. Yet few show you exactly how to tap into that flow in your everyday life. Instead, you’re left guessing which exercises really work.

This series is different. I’ve gone straight to the people who have reached the top of their fields—business leaders, scientists, spiritual teachers—and distilled their proven techniques into a cohesive, evidence-backed system spanning 7 books. Every claim is footnoted with peer-reviewed studies or firsthand interviews. In other words, you’re not just getting inspirational fluff; you’re getting repeatable, field-tested steps that produce real results.

According to LibraryJournal.com, self-help book sales grew 11% annually from 2013 to 2019, totaling 17.6 million copies. Yet how many of those authors can point to their own comeback stories, cite reputable data, and offer you a seven-book roadmap? That’s the rare opportunity this series offers—and why I believe you won’t find its depth anywhere else.

Welcome to Book One of the seven-part Prosperity, Abundance, and Wealth series. Inside these pages you’ll discover:

- How to forge an unshakable connection with Infinite Spirit.
- The spiritual principles that rewire negative subconscious habits.

- Step-by-step methods to manifest positive change in your daily affairs.

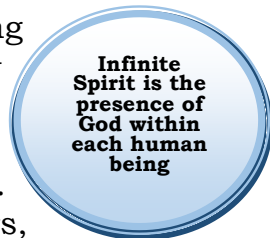
Your path to breakthrough starts now. Here's your first actionable plan:

1. Journal for five minutes each morning, identifying at least one belief that's holding you back.
2. Choose a simple spiritual practice—meditation, prayer, or mindful breathwork—and commit to it for ten minutes daily.
3. At day's end, write down three decisions you made from a place of abundance rather than scarcity.

If I could rebuild my life from a pile of unpaid invoices to running multiple successful ventures and writing this very book, you can too. Trust the process, follow the steps, and let's transform those negative habits into the lasting prosperity you deserve!

What Infinite Spirit can do

You know that person who's taken every self-help course, devoured every motivational book, hired every coach—and nothing changed? Then one day they stumble onto a wealth-building program and suddenly they're rich. That's not magic. It's cumulative. Take T. Harv Eker: years of seminars,



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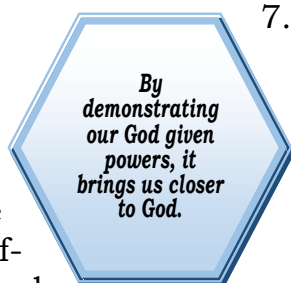
then one breakthrough idea at exactly the right moment—and he shot to multimillionaire status.

Or consider Helen Hansil, a simple homemaker with three kids. After reading Norman Vincent Peale's *The Power of Positive Thinking*, she went on to win over 5,000 contests—everything from a new home to top-of-the-line appliances. She's now the author of three books (*Contesting: The Name It & Claim It Game*; *In Contact with Other Realms*; *Confessions of an 83-Year-Old Sage*). She credits her success to a seven-step process:

1. Be clear on deciding exactly what it is you want.
2. Picture it in vivid detail—sounds, scents, textures, feelings and emotions.
3. Project it outward as if it's already yours.
4. Demonstrate unwavering faith to erase doubt.
5. Expect your success as a certainty.
6. Act on every inspired hunch.

Practice patience.

Here's the real deal: those “overnight” success stories are years in the making. Every self-help lesson chips away at emotional and subconscious blocks. When opportunity lands on a cleared path, your success looks like it sprung



up overnight. True success comes down to this: you live in the emotion of your goal, not in fear or limitation. And yes, building great wealth is fine—until money becomes a distraction from your true spirit. When that happens, your behavior shifts and your decisions can go off course.

I've walked this path. I used my own abundance techniques to manifest big sums of money—and then threw those funds at long-term projects that stalled at every turn. It wasn't until I mastered belief-clearing methods that everything snapped into place. Those big projects began flowing smoothly again. That's when I saw the subconscious mind's power move from theory into undeniable reality.

Success at anything is the ability to experience more of the emotion you believe is getting results, versus the feelings of fear or limitation

Prosperity? It's simple: it's succeeding across the board, turning your efforts into real results, and growing in every area of life. Stop blaming lack of startup capital. You can build a successful business without a huge upfront investment—if you master time and money management. Time is your most valuable asset. You can always buy another car or a new house. You can never get back wasted hours.

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

Tell me: why are you still saying you're too busy to plan your future? You spend an hour scrolling social media

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every morning. You have the time.

Detail is everything. You break down your monthly budget to the penny—every dollar in, every dollar out. Your long-term goals demand the same level of precision. You're not shooting in the dark; you're crafting a blueprint for your success.

Let me repeat this simple fact: only 1 to 3 percent of people who read self-help books or attend seminars ever see their financial dreams come true within a few years. You're not failing because you lack information—you're skipping the real work.

The Emotional Freedom Technique can give you temporary quick lift, but lasting transformation happens when you go deeper—clear the core blocks that keep you stuck. That's exactly what the Church of Scientology's E-meter does: it locates trapped



negative emotions in your subconscious and clears them out. Once those blocks disappear, your authentic power floods back in.

You don't need a church to do this. Modern methods like the Emotion Code and Body Code apply the same principle without the membership fees or odd rituals. Later in this book, I'll teach you simple exercises you can practice at home.

People using these energy-healing systems aren't

just finding emotional relief—they're skyrocketing their incomes. Take Brent Michael Phillips, an MIT computer science grad who suffered from a supposedly incurable illness. Top doctors failed him for years. One session with an Emotional Code practitioner healed him instantly. He learned the technique himself and then obliterated his mother's cancer in a single session. His full story is in his book *The Formula for Miracles*.

Here's the bottom line: instantaneous healing—and true personal power—come from identifying past traumas, false beliefs, and outdated subconscious programming, then releasing and transforming them with the right methods. Clear out those emotional blocks, and there's nothing standing between you and your highest self.

Now, remember who you are. You're a spiritual being in a physical body, made in the likeness of God (Genesis 1:26). You're playing by the laws of cause and effect, riding within the morphic fields that carry memory for development, habits, instincts—even telepathy. Those invisible templates make natural laws habitual. A 2011 University of New Mexico study found that 30 percent of people already exhibit telepathic abilities. The rest of us are just waiting to learn.

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?

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No more excuses. You've got the blueprint. Now go make it happen. The five points of the star shown previously aren't just random traits; they function in a specific feedback loop. Let's examine each point of the star in more detail.

The Internal Foundation (The Bottom): Awareness & Intuition. These are your "*input*" sensors. Awareness notices the world; Intuition processes how you feel about it.

The Actionable Output (The Sides): Creativity & Trust. Awareness leads to Creativity (expressing what you see), and Intuition leads to Trust (acting on what you feel).

The North Star (The Top): Believing in Yourself. This is the result of the other four working in harmony. You can't believe in yourself if you don't trust your gut or aren't aware of your strengths.

***Trust forms from being with people who
have similar beliefs
and values as you do***

*Make the commitment to trust and be defined
by a vision larger than yourself*

I want to begin by confessing something: for years I believed I was broken beyond repair. Growing up, I carried my family's unspoken judgments—about who I was supposed to be, what I could or couldn't

accomplish— and I internalized every harsh word, every glance of disapproval. By the time I reached my mid-twenties, I was exhausted, weighed down by depression and convinced that no amount of effort could change the trajectory of my life. I felt separated from my own Source of strength, as if an invisible chasm had formed between who I truly was and who I'd been told to become.

It was in that low point, lying on my apartment floor after a panic attack, that I first began to sense a deeper truth: the universe itself doesn't judge us. Judgment is something we learn, something we project onto ourselves— and it's what severs us from the all-loving, all-knowing Source within. In that moment of clarity, I realized my self-hatred wasn't mine alone—it was the echo of ancestral wounds and past-life fragments, encoded into my very being.

As I researched, I discovered that this idea isn't mere mysticism but has a scientific echo in epigenetics. A 2017 Translational Psychiatry study in Rio de Janeiro showed how maternal stress leaves chemical marks on DNA—marks that can be passed down through three generations, even acting as predictors for future psychiatric health. Metaphysicians suggest these imprints may spider-web back seven generations or more. I saw my own family history reflected in those findings: my grandmother's fears, my mother's anxieties, every unspoken judgment I'd inherited.

But here's the turning point: epigenetics also teaches us that our genes aren't destiny; they respond to our behavior and environment. Through focused awareness, we can overwrite negative genetic tendencies. I began to experiment with mind-science tools—affirmations to dissolve judgment,

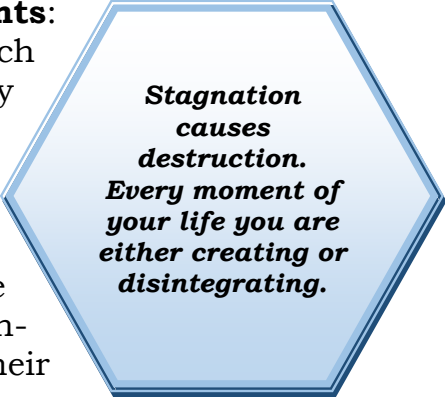
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visualizations to reconnect with my Source, vision boards to map a more empowered future. I learned simple mind-body practices, like yoga and Tai Chi, can literally reverse stress-related DNA reactions. A landmark study titled “*What Is the Molecular Signature of Mind-Body Interventions?*” showed that these practices switch off the molecular triggers of depression and ill health.

If I could stare down decades of self-doubt and inherited trauma and emerge on the other side, you can too. Here’s a clear, actionable path for your own breakthrough:

1. Name Your Judgments:

Take ten minutes each morning to write down any negative labels you’ve internalized—about your family, your identity, your abilities. Seeing them on paper starts the process of invalidation-working, disarming their power.



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

2. Reconnect with Source Through Affirmations:

Choose three affirmations that speak to your true essence—“***I am unconditionally loved,***” “***I am whole beyond measure,***” “***I release ancestral pain.***” Repeat them aloud, morning and night, until they begin to replace old judgments.

3. Practice Mind-Body Rituals Daily: Commit to at least ten minutes of yoga, Tai Chi, or mindful

breathing each day. As you move or breathe, visualize your DNA shifting—negative switches turning off, healing switches turning on.

4. Build a Vision Board: Collect images and words that reflect the life you want: joy, creative fulfillment, loving relationships. Place them where you can see them daily. Your brain—and your genes—will start aligning with that vision.

5. Journal Your Progress: Once a week, record changes you notice—emotional shifts, new ideas, improved health. Over time, you'll have tangible proof that you're no longer a prisoner of biology.

Remember: the universe does not judge you; judgment is a habit you can unlearn. As you follow these steps, you will reclaim the truth that there is no separation between God and your Spirit, no barrier between who you are now and the Source of all possibility. I was in the darkness—overwhelmed, discouraged, convinced it was permanent. Today, I stand in the light of a life I once thought impossible. If I could find my way back to wholeness, so can you.

What is Evil?

Simply put, it's our mind twisting nature's perfect harmony into something sinister. Nature moves in cycles of cause and effect, each part supporting the whole. When disaster strikes, it isn't evil— it's cause and effect steering us back toward balance. Evil, then, is simply ignorance of that law.

Ask AI if evil is a man-made concept and you'll be

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met with endless waffle. Enter Immanuel Kant. He wrestled with three truths: we have free will; we're inclined toward goodness; yet some people choose darkness. Kant gave us a secular theory of evil, a framework to view our contradictions about evil.

Look at the wild. Predators kill to eat, to protect, to mate—never out of malice. Balance is constantly being restored through endless cycles. Consider the meteor that wiped out the dinosaurs: catastrophe? Or the spark that paved the way for humanity. Think of Hurricane Katrina: disaster unleashed the best in people, forging newly tight-knit communities from the rubble.

If the cycle of equilibrium failed, herbivores would devour every leaf, and the food chain would collapse. Instead, reproduction follows set cycles. These cycles also take place in ocean currents and predators hunt to keep the delicate web of nature intact. Another example is the clam, which releases thousands of eggs, yet only a handful will ever hatch and survive. That's nature's precision.

Is murder evil? Yes—snuffing out an innocent life is wrong, save self-defense. Yet killers often follow fractured belief systems, acting under collective illusions. Think of the Crusades: holy wars fueled by dogma. What if trauma never warped their minds—would they still cross that line?

Collective beliefs can also lift us. Between 1922 and 1952, five nations tried—and failed—to summit Everest. Eventually, in 1953, Hillary stood atop the world on Mt. Everest. Over the course of the next 17 years, Switzerland, China, America, India and Japan all climbed Mt. Everest. A shared dream became reality.

In another example, on May 6, 1954, Roger Bannister shattered the four-minute mile on a wet, cold track. What was once deemed impossible—15 mph sustained by the human body—crumbled under belief. Two months later, John Landy broke the barrier again. As of 2021, over 1,663 athletes have done the same. A standard born from faith in human potential.

In the end, most acts we call “*evil*” spring from false beliefs. Our actions, driven by ignorance, merely reinforce our illusions. Evil is not nature’s design—it’s our own.

This book draws from biblical illustrations but speaks to all spiritual paths. Whatever name you call the Divine—God, Allah, Brahman, Great Spirit—the message remains universal. Divine Energy flows without preference through all beings, across all boundaries, beyond all human divisions. Spirit knows no borders.

When we gaze at the cosmos through Hubble’s eye or stand alone beneath ancient pines on a mountain trail, the same awe fills us. The mathematician’s equation and the poet’s metaphor spring from identical wells. Inspiration is birthright. Throughout these pages, you’ll encounter triangular symbols and five-pointed stars organizing crucial concepts. These shapes bypass intellectual resistance and speak directly to your deeper knowing. Symbols endure.

Many live imprisoned by unexamined fears, their potential locked away behind invisible bars. This book offers keys to those cells by revealing your true nature—not as a separate being, but as a conscious expression of the universe itself. Know yourself. Free yourself. The cosmos awaits.

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

The Dalai Lama

***When you learn to observe your thoughts and
know that you are not your thoughts, you
access your true personal power because
you no longer associate an identity with them***

The Date Palm thrives in hot, dry regions and symbolizes prosperity in the Arab world. It takes up to four years to bear fruit—and remarkably, scientists germinated a 2,000-year-old seed from Masada, dating it to Christ's era.

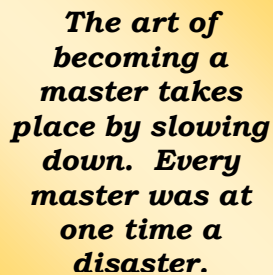
This edition of the prosperity series offers simple, practical techniques—hidden pearls you can apply immediately. Regular practice unlocks your inner power, bringing success and joy. After all, knowledge without demand is useless; even PhD's can go broke if their expertise isn't applied when needed. That's why you may not pick up or read a book until the moment it's required.

***The courageous have learned to walk as
living examples of truth***

Believing in others sparks real change. Zig Ziglar spent years as an average door-to-door salesman until a supervisor told him he had top-sales potential. Mentored and motivated, he became the company's second-highest seller and went on to mentor Tony Robbins. His success sprang from how he thought and saw himself—a principle as true today as a century ago.

In early 2003, I was invited to join the cruise ship crew on *Pride of Hawaii* (later *Norwegian Jade*), managing its luxury penthouse cabins. I observed many wealthy guests credit their fortunes to Biblical spiritual principles. Afterward, I founded a company that found commercial success by distributing all-natural hair-salon air fresheners along the U.S. West Coast and in Hawaii. Australian author Rhonda Byrne attributed the success of her book, *The Secret* and its 35 million sales to Bible-based spiritual laws. Likewise, ***The Abundance Prayer***, having been recited by millions of people, has transformed thousands who've embraced its simple words.

Look, mastery demands you slow down. Period. Every expert you admire once fumbled through basics just like you. The next time you read this book, don't just skim it. Take one chapter—just one—and read it daily for a week. Too busy? Break it into smaller chunks. But read it. Knowledge sitting idle in your brain is worthless until you put it to work.



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

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Let me show you how attraction really works. The sun doesn't "try" to hold planets in orbit. Its massive gravitational pull simply does the work. Your life operates the same way. Whatever you've built—knowledge, wealth, relationships—creates a force field that pulls in more of the same. The rich get richer because they've established gravitational centers of resources and skills that naturally attract more. That's not philosophy—that's physics in action. And it works whether you believe it or not.

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

I've placed powerful quotes throughout these chapters like signposts on your journey. Not because they sound nice—because they'll push you to take the risks you've been avoiding. Listen: students of life make fewer mistakes. Period. It's not complicated—knowledge is power, and you know this already.

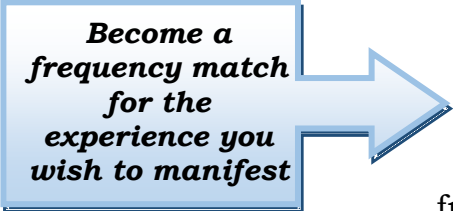
Your time is under assault. Distractions multiply daily. The ability to focus and prioritize isn't just helpful—it's essential currency in today's world. When you feel lost, this isn't coincidence or bad luck. It's a signal. Use this book as your North Star. Wake up tomorrow with direction and begin walking with confidence.

Emotional Attachments and the Law of Attraction

The wealthy think in terms of both, not either/or.

Your identity has you in a chokehold. Break free from who you think you are, and watch what happens. A new self emerges. Life expands. This isn't philosophy—it's practical transformation.

One of the primary reasons people struggle with



***Become a
frequency match
for the
experience you
wish to manifest***

the Law of Attraction is that they cling too tightly to a specific outcome which locks them in a specific frequency. Yet external

forces—the economy, family background, our bosses decisions choices—lie beyond our control. What we can control, absolute and unwavering, is how we respond: with fear or with faith. When we let anxiety overtake us—worrying that a parent must monitor every move of her child to be “*responsible*”—we actually fuel the very scenarios we dread. Fear is inverted faith, a misdirection of vital energy that projects vivid images of illness, accidents, or failure. Those images then create a match for the frequency we end up attracting, creating the experiences that manifest in our lives. By contrast, choosing faith means handing our concerns over to a higher power or to the deep trust within ourselves, and maintaining peace of mind even amid uncertainty. One way to change an undesirable frequency is to learn to let go so you may experience a new frequency. *Affirm daily: “**I release every attachment that no longer serves me.**”*

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Over-attachment breeds fear, and fear narrows your field of action. You end up playing it safe—often earning the same income or repeating the same patterns year after year—because you won't allow yourself to venture outside what feels “*comfy*.”

Modern physics illustrates how your focus shapes reality. Your conscious mind leaps between parallel possibilities billions of times each second. In quantum experiments, particles act like waves—passing through multiple slits and interfering with themselves—only when no one is watching. Once observed, they collapse into an aligned path. Similarly, when you obsessively monitor or cling to a goal, you arrest its energy and stunt its natural unfolding. You must learn both to observe your blessings and then deliberately let go, freeing your creative energy back into the flow so new opportunities can emerge.

Your reactions—persistence, endurance, courage—forge your connection to whatever you believe is greater than yourself. Faith loosens the grip of attachment, reminding you that abundance is ever-present. Missed chances aren't dead ends but invitations to fresh possibilities. Even elite athletes prove it: in empty gym sessions, their shooting percentages soar above 80 percent because no crowd pressure overrides their focus. Under the glare of game night, it dips closer to 70 percent. The lesson is clear: you can't marshal external conditions, but you hold absolute power over your response. By choosing faith over fear, detachment over fixation, you become the author of your own success.

Listen, the bigger your goal, the more emotion you'll wrestle with— and the tighter you'll cling. Attachment to the end result creates an unnecessary burden of meaning, and that heavy burden carries with it its own emotional energy. So if you want to conquer big challenges, you must learn to detach your emotions from the final outcome.

Look at people who land a second job. It's easier for them to find a second job because they're already content—their attachment to the outcome is low, so their emotions are in check. Now think about paper-trading stocks. You can nail it in pretend mode, then dump real money in and watch fear, doubt, and anxiety crash the party. Clinging to results doesn't show strength. Letting go does.

When you practice under tough conditions, distractions fade and you perform at your peak. Baseball players even use a “donut”—a weight on the bat during batting practice—so that on game night the bat feels lighter and they swing confidently. The bat hasn't changed, only their perception has.

The purpose of nature is for the advancement and unfolding of life

Grab a friend or form a small group to study this book. You'll uncover insights faster, stay accountable, and yes, enjoy the ride more. Use these pages as your daily reminder whenever you lose sight of your limitless supply, your source of plenty.

You're here for simple solutions to complex challenges. This book delivers. It's built on original

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Spiritual Teachings of Truth and shows you how to unlock your subconscious power. Don't treat this as just another self-help book. Scribble notes in the margins. Highlight your favorite lines. Craft personal affirmations. Make it your guiding light. Let its timeless wisdom lead you on the most exciting journey you'll ever take: the road to your success.

Repeated success of completing small goals reinforces confidence which manifests belief. Hence, confidence is a learned skill, not a personality trait



References. Introduction

Notable Figures and Success Stories

T. Harv Eker: A multimillionaire who achieved success after years of seminars and a single breakthrough idea.

Helen Hansil: A homemaker who won over 5,000 contests and authored three books, including *The Name It & Claim It Game*, after reading Norman Vincent Peale.

Norman Vincent Peale: Author of *The Power of Positive Thinking*.

Brent Michael Phillips: An MIT graduate who healed an "incurable" illness and his mother's cancer using the Emotion Code; his story is detailed in *The Formula for Miracles*.

Sir Edmund Hillary: The first to summit Mt. Everest in 1953, paving the way for others.

Roger Bannister: The first athlete to break the four-minute mile on May 6, 1954.

Zig Ziglar: A salesman who became a top performer and motivational leader after receiving mentorship.

Rhonda Byrne: Author of *The Secret*, which has sold 35 million copies.

Immanuel Kant: A philosopher who provided a secular framework for understanding the nature of evil and free will.

The Dalai Lama: Quoted regarding the necessity of internal peace for outer world peace.

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Scientific and Research References

2011 University of New Mexico Study: Found that 30% of people exhibit telepathic abilities.

2017 Translational Psychiatry Study (Rio de Janeiro): Demonstrated how maternal stress leaves chemical marks on DNA that can be passed down through three generations.

"What Is the Molecular Signature of Mind-Body Interventions?": A study showing that practices like yoga and Tai Chi can switch off molecular triggers for depression and ill health.

DNA Data Capacity: A single gram of human DNA can store 215 petabytes of data, equivalent to 100 million movies.

Methods and Spiritual Tools

The Emotion Code & Body Code: Modern energy-healing systems used to clear subconscious blocks.

Emotional Freedom Technique (EFT): Provides a quick lift, though lasting transformation requires deeper clearing.

Church of Scientology E-meter: A device used to locate and clear trapped negative emotions in the subconscious.

Abundance Prayer: A prayer based on universal spiritual laws and the Law of Cause and Effect.

Biblical Principles: The text references Genesis 1:26 and notes that many wealthy individuals credit their success to these principles.

Chapter 1

Discovering the Untapped Power within You

You're standing on the edge of a new era. Humanity is unlocking its ability to manifest ideas and desires faster than ever before. This isn't hype—it's evolution in real time. Metaphysicians say our planet is moving into a fresh energy field as it sweeps around the Milky Way. One full orbit— 225 to 250 million years—marks a Galactic Year. We've arrived at its peak.



History documents a few people who have turned that power into daily miracles. Examples include Buddha and Jesus. Today, ordinary people are crafting their own formulas to generate miracles in their lives. Both Buddha and Jesus tapped the vast spiritual force inside each of us and directed it into

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compassionate action. Imagine Roman onlookers seeing a helicopter land—they'd call it magic. We call it the Law of Cause and Effect in action.

Jesus said: "**He that believes in Me, the works that I do, he shall do also; and greater works than these shall he do.**" You carry that same power today. If the electricity of all the cells in your body were added up, they would hold ten times more energy, measured in joules, than a hydrogen bomb. That's raw potential screaming for expression. This explains the phenomena of spontaneous human combustion where all that power is unfocused.

Yet most of us play small. We dim our power to blend in, fearing judgment and abuse of strength. That fear keeps us average. Here's a proven truth: your character equals the average of the five people you spend the most time with. Choose wisely—if you are serious about unleashing your true authentic power.

The shortcut to eliminating fear is not to resist it, but to instead embrace it; to own it

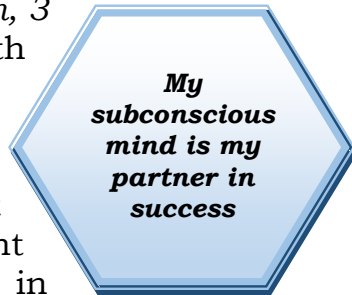
Learning to Trust ourselves means recognizing where our power truly lies: not in controlling external events, but in choosing our responses to them. Consider how Jesus never blamed circumstances—he understood that while he couldn't control the world around him, he could channel the Spiritual Power flowing through him.

Author Simon Sinek's experiment with a homeless woman in New York City reveals this principle in action. When she replaced her cardboard sign with "***If you only give once a***

month, please think of me next time," her daily income quintupled. She couldn't control passersby's finances or generosity, but she could control her approach—choosing dignity over desperation. Her choice transformed her circumstances. We cannot control the interconnected web of humanity around us, but we can control how we engage with it. Trust isn't something handed to us; it's something we cultivate through our chosen responses. When you decide to devote a portion of each income increase to helping others, you're not just hoping for prosperity—you're actively creating it through your chosen response to abundance. This is also known as tithing and many people have found it works miracles in their lives.

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

Beliefs carve fresh neural byways that pave your future. A 2019 University of Pennsylvania study recruited 29 adults (26 women, 3 men), all diagnosed with Generalized Anxiety Disorder. For ten days they wrote down every worry, then reviewed them over the next month. The finding? They spent two hours a day trapped in worry— 43.12% of their thinking time—devouring 25.88% of their waking hours. Each person juggled 34 distinct worries on average. Yet 91.4% never came true, and 30.10% actually turned out better than expected. Putting pen to paper acted like light therapy, exposing their worries that were robbing



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them of their power. This is related to what we discussed at the start of this book where you write out your beliefs on paper. By doing this you gain perspective on what's real and what's only fake fear.

Goal planning demands more than what feels possible. Leave room for something bigger. The universe has grander plans than you can imagine!



Clutter kills manifestation. Attachments steal your space. Ask yourself: how many thoughts stream through your mind each day? Researchers built a device they named the “*thought worm*” to find out. It clocked 6,200 thoughts per day— 387 each hour— six and a half every single minute you’re awake. Think the same loop over and over, assign it truth, and it becomes belief. Those beliefs will then sculpt your reality. Treat your subconscious as your partner in success. Learn to craft your dreams by feeling it the thoughts you want to experience.

So how many of your thoughts turn into real worries? If you struggle with high anxiety, you rack up about 32 worries every ten days. That breaks

down to two heavy burdensome major anxious thoughts every hour—and nine out of ten of those never even happen. Your circumstances might shift the exact count, but the bottom line stays the same: most fears never materialize.

Here's a story. A savvy entrepreneur hung one simple sign in his office: "*Why worry? It'll never happen.*" Day after day, that phrase wired itself into his subconscious. He began to believe only good could enter his space—and only good showed up. Try it yourself:



"I am now inscribing a new idea of universal wealth in my subconscious. The universe is my source. Every need is met at every moment as riches flow freely into my life. I give thanks for this abundance on my journey."

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

Your soul is a silent listener—
your faithful servant. Every

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concept, every phrase you utter imprints itself, just like a singer's note etched onto a phonograph disc. To enlist your subconscious, give it clear commands. Nature proves the connection: the energy you send returns in alignment with your intention and emotion. So declare with power:

“I demolish every false record in my mind. Outdated beliefs return to cosmic dust. The God within me now records perfect beauty, perfect self-expression, health, and wealth!”

Science is catching up. Young flutists battling cold hands and racing hearts before auditions learned the art of White Ball QI Gong. Before playing in front of a live audience, they dropped their heart rates from 102.9 to 92 beats per minute—and their hands warmed, all in under 5 minutes. Affirm:

“I sing beautifully. I am serene, confident, poised, and calm.”

Then there's Lourdes, France. In 1858, a 14-year-old girl saw a lady at the cliff of Massabielle. Word spread and sick pilgrims poured in. Since that event, the Medical Bureau has reported over two million visitors and six thousand documented healings. Real results of the power of belief.

Between 1890 and 1915, researchers documented hundreds of seemingly miraculous healings, discovering a profound truth: while the pilgrims couldn't control their illnesses, they could control their response to suffering. Of the 382 documented cases, those who chose immersion—

both physical (*in baths*) and spiritual (*in sacrament processions*)—accounted for 80% of recoveries. Most remarkably, 59% experienced instantaneous healing the moment they surrendered to the process. Eleven others transformed their conditions through simple choices: breaking bread with others in hospital wards, sitting contemplatively in the rosary square, or joining the community during torch-lit processions.

The study revealed that while these pilgrims couldn't change their diagnoses, they wielded complete authority over their mental landscape. Those who consciously cultivated belief over doubt, anticipation over resignation, and fervor over apathy crafted their own healing environment. The famous French surgeon Alexis Carrel observed the ultimate expression of this agency: "***Individuals are cured not by praying for themselves, but instead by praying for others.....the believer surrendering himself whilst humbly asking for his grace***".

In other words, even when circumstances offered only suffering, these pilgrims chose the one thing always within their control—their focus—directing it outward towards others rather than inward toward their pain. No excuses.

Sixty-seven souls—**SAVED!**—at Lourdes, each one snatched from death's grip and blessed with divine intervention by the Roman Catholic Church's official proclamation. Seven miraculous rescues in 1862 alone. Thirty-three divine interventions erupted between 1907 and 1913—a veritable expression of the power of letting go! Twenty-two desperate cases transformed between 1946 and 1965, and five more chosen ones between 1976 and 2005. Yet researchers discovered a shocking truth:

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many of these "*miracles*" involved tuberculosis victims. The same tuberculosis that—according to cold, clinical science—can spontaneously vanish on its own, through nothing more extraordinary than simple bed rest. Taking the time to relax and re-connect with the inner healer within to restore wholeness can work miracles all its own!

***Imagination is life's preview of
about what's to happen***

Scientifically Documented Cases of Instantaneous Self-Healing Through Personal Mastery

No matter what the economy throws at you, how you were raised or what others do, you alone choose your response—and that choice determines whether you suffer or thrive. The Institute of Noetic Sciences has catalogued over 3,500 instances of spontaneous healing in the human body—cases gathered in Marilyn Schlitz's January 1993 volume, titled: *Spontaneous Remission: An Annotated Bibliography*, and freely available online for all to explore. Each new report reminds us that, while external forces lie beyond our control, we have complete authority over our internal state—our beliefs, expectations and actions.

Consider Dr. Joe Dispenza's work. In a one-on-one interview with Lewis Howes, Dispenza recounts the story of a woman legally blind since birth, with just five percent vision remaining. After weeks of committed practice using his meditative

techniques—and then attending his live workshop—she experienced an immediate, 100% complete restoration of her eyesight. This wasn't luck or outside intervention; it was the direct result of her making the decision to focus and harness the energy of her mind. In other Dispenza seminars, three deaf participants chose to engage deeply with the process and regained their hearing on the spot. Others have risen from wheelchairs after spinal-cord damage, walked unassisted where they once needed canes, seen Parkinson's symptoms vanish and even watched thyroid cancer dissolve—all by shifting subconscious beliefs and embracing personal responsibility for their healing.

What unites Dispenza with pioneers like Dr. Eric Pearl, Dr. Delores Cannon, Dr. Frank J. Kinslow, Brent Michael Phillips, Dr. Bradley Nelson and Marisa Peer is this: they teach methods for accessing and reprogramming the subconscious mind—often by tuning into Theta brainwave frequencies—to eliminate false and outdated beliefs that hold us back. In effect, every participant is both patient and healer, choosing to remove inner obstacles rather than passively accept limitation.

Dr. Dispenza's article, "*You Are the Placebo: Psychosomatic Blindness*," he shows how unexamined trauma can undermine eyesight—and how a simple conscious shift in belief can restore it.

Some people have chosen instead to escape their pain using drugs. Everyday cannabis intoxication has been shown to dampen Theta brainwave activity (*Christian D. Richard et al., Oct 2021*). Theta brainwaves are the predominate brainwaves that facilitate healing. This illustrates

Distant healing, where people are prayed for at a distance, can also influence the subconscious. A groundbreaking study revealed that breast cancer patients receiving distant healing experienced PROFOUND mood improvements compared to control subjects, despite being completely unaware of the intervention.

In another SHOCKING discovery, alcoholics who prayed daily for just 4 weeks SLASHED their drinking by HALF! This revolutionary finding explains why countless former addicts report COMPLETE liberation from cravings after connecting with spiritual practices.

Even more ASTOUNDING is Dr. Elizabeth Targ's landmark 1998 double-blind study at California Pacific Medical Center. AIDS patients—suffering from what was then a DEVASTATING and TREATMENT-RESISTANT virus—who received remote intercessory prayer showed DRAMATIC mood improvements and required SIGNIFICANTLY FEWER hospitalizations than the control group. The implications are STAGGERING!

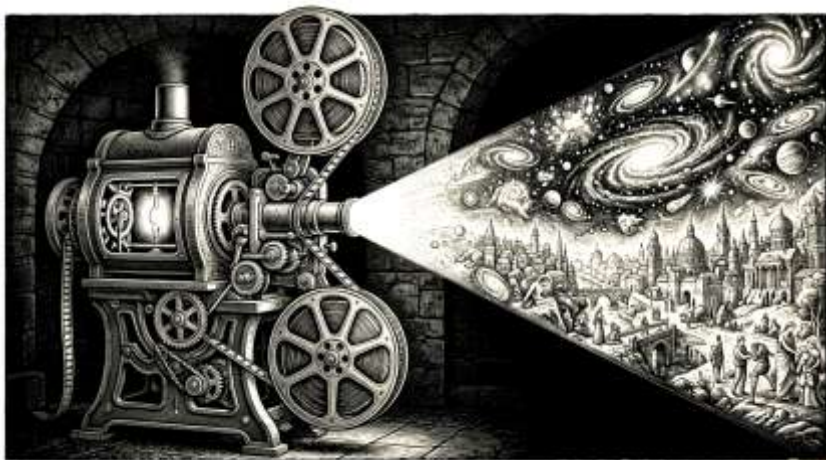
The physiological impact is MEASURABLE and REAL. In another example, a 2021 meta-analysis CONFIRMED that heart rate variability (HRV)—a critical indicator of overall health—undergoes REMARKABLE changes during Reconnective, Bruyere, and Hawaiian healing sessions. Dr. William A. Tiller of Stanford University documented ACTUAL PHYSICAL CHANGES in the NATURE OF SPACE ITSELF during Reconnective Healing sessions—evidence that challenges our very understanding of reality!

Affirm to those in need of healing or for your own healing: **"In this individual, I deny any**

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appearance of illness and its erroneous belief pattern in this mind, body and spirit. This person exists as a perfect expression in Divine Mind. He (or she) exists as pure substance as Divine Perfection expresses itself though him (or her). Therefore any Illness is unrealistic and cannot register in this person's mind, body and spirit".

In the Divine Mind, time and space don't exist. Your words travel like quantum-entangled particles—instant, undeniable, never void. The Universe runs on a binary code—on and off, light and dark, hot and cold. To manifest through the Law of Attraction, quit observing and just let go.



Picture reality as a movie projector. Frame by frame, your consciousness beams light through your eyes, feeding the subconscious. Every sound, scent, taste and touch are nothing more than electrical signals being interpreted by your brain encased in

darkness. You are not your brain; you are the projector.

That means you can seize control of your thoughts and emotions by installing new beliefs and subconscious programs. Doubts are excuses. Commitment is power. The stronger your resolve, the stronger the Universe backs you. Everything around you reflects energy back in its own frequency. That's why every moment feels unique. Pure feeling—stripped of self-image—is the clearest mirror of your true self.

Stop stalling. Rewrite your beliefs. Become aware of what thoughts are being played out by your subconscious. Forge new habits. Claim fresh motivation, discovery and growth. Physics guarantees it.

Exploring Your Untapped Inner Potential

Did you know that each day your lungs draw in at least one molecule of air that Julius Caesar breathed the moment he died on April 3, AD 33? You can't control that ancient breath any more than you can control the economy, your upbringing, or other people's behavior—but you have complete authority over how you respond. It's your reactions, not your external circumstances, that determine whether you create misery or success in your life.

The hidden power within you resides in the subconscious mind, which processes information at astonishing speeds. When scientists measured what happens in your brain while you consciously read or play piano, they found it manages less than fifty bits of data per second. Yet over eleven million bits per second flood into your subconscious brain from your

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environment—some 27,500 times more than your conscious mind can handle. That’s the equivalent of streaming high-definition video through a cable connection.

All those millions of bits don’t overwhelm you because your subconscious filters and buffers them, passing only manageable fragments upward into awareness. Those filters are built from your beliefs and past experiences, and they color every bit of information you consciously perceive. You alone choose which beliefs to strengthen, which patterns to let go of, and thus how to interpret the world around you.

Imagine standing on a distant hill listening to waves rolling onto the shore. From that vantage point, the individual crashes blend into a continuous, muffled roar. Your subconscious works the same way: it holds back most of the sensory and mental input, then releases it in distinct “*waves*” of awareness so your conscious mind can make sense of it. Instead of standing at the shoreline hearing each individual wave, it processes everything in the background without you ever thinking about it..

At first, tuning in to the flow of thoughts and reactions in your subconscious may feel like a struggle. But with practice, your awareness gains momentum, new habits form, and you begin to choose responses that shape your reality instead of letting circumstances shape you. Later in this book, I’ll share powerful methods to reprogram your subconscious mind—and by doing so, you’ll harness the raw energy of Spirit to craft the success you deserve.

Formation of the human heart begins as early as 21 days after gestation. It takes 21 days of repetitive activity to form a new habit

Exponential Growth Illustrated in a Game of Chess

You want simple proof that small actions explode into massive results? Exponential growth delivers every time. Give yourself room to expand, and you'll watch rewards multiply. That's the nature of life through Spirit. Look at technology: each breakthrough builds on the last, pushing progress faster. Look at your bank account: the interest you earn jumps right back in to earn even more. That's exponential growth in action.



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There's a centuries-old Indian legend that really drives this message home. A wise man named Sissa Ben Dahir invented the game of chess for King Shirham. The board consisted of sixty-four squares of black and white. The king loved it and asked Sissa what he wanted in return. Sissa said, "*Place one grain of wheat on square one, two grains on square two, four grains on square three, eight on square four, and so on until all 64 squares are filled.*" The king chuckled. "*So little? What a Foolish request! Granted.*" A few days later the first bag of wheat arrived. The first grain was placed on the first square, then two, four, eight and so on. By square 10, they were up to 1,024 grains. By square 20, over a million grains of rice were called. By square 40, the servants calculated they would need billions of grains of rice. The royal storehouse ran dry before square 64.

To fill every square, you need 2^{64} grains—over 1.4 trillion metric tons. That's enough to blanket the entire Earth! This one simple doubling rule blew past every expectation.

That chessboard story slaps you awake. Exponential sequences run our world: your savings reinvest in themselves, online videos explode in views, bacteria populations skyrocket, sounds gain or fade by fixed ratios, human and animal populations swell. One splits into two. Two split into four. Four become eight, 16, 32, 64—and keep soaring.

The Expanding Stages of Wealth

Wealth doesn't spring from thin air. It builds on a solid foundation you plan and construct over months or years. Those early efforts feel slow on purpose. That's the point. Lay bricks, cement the groundwork, then get out of your own way. Once the infrastructure is in place, momentum has no choice but to automatically kick in. Cash flow accelerates. Streams of income feed each other. That's when explosive growth takes over. No wonder just during the last 5 years we have witnessed the first companies being valued at over a trillion dollars!

Stop buying excuses. You're not too busy. You're not too small. You're not too late. Exponential growth doesn't wait on your timetable. It follows its own rule: small beginnings, relentless doubling. Invest time, effort and capital without fear, doubt or hesitation and watch the power curve go vertical. You don't get rich quick. You build steady, then you let growth do the heavy lifting. That's the law. That's your path.

As your income grows, it will gradually move up as a series of stages, lifting the community you live in as a beneficial side effect as you do so.

Once you have accomplished one goal, affirm, "***I am so happy and grateful for the stage I am at. I am truly thankful for an even stronger thirst for knowledge and information that will take me to the next level.***"

Your Brain: A Valuable Supercomputer in Your Hands

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Your brain operates like a supercomputer. It contains roughly 100 billion neurons and about 1 trillion glial cells, all arranged in fractal networks. If each neuron stored just one memory, you'd run out of space almost instantly. Instead, those neurons interconnect in an exquisitely organized way that multiplies your storage capacity to around 2.5 petabytes—over a million gigabytes! To put that in perspective, if your brain recorded TV shows like a digital video recorder, you could capture three million hours—enough to leave it on continuously for more than 300 years! Because you have total control over how you use that capacity, you can strengthen your memory by choosing to learn at least one new thing every day.

Your Subconscious: The Inner Engine of Experience



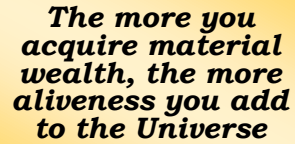
Everything you experience springs from your thoughts and feelings, and those depend entirely on your belief system, which you've built from past experiences. Your mind processes about 11 million bits of information every second—most of it beneath your conscious awareness. You decide what beliefs to feed that processing. When you choose to believe that everything happens for your growth and mastery, you steer every circumstance—especially the unexpected—into opportunities rather than setbacks.

Detachment and Manifestation: Handing Over the Reins

If you cling to a fixed idea of “*success*,” you limit what could manifest. Your conscious mind can't fathom all the ways the universe is going to bring you what you ask for; in some cases even better than you expected. By letting go of rigid expectations, you open the door to outcomes far

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greater than you imagined—without extra effort. Jack Ma Yun built Alibaba despite having no money, no technology, and no plan, with numerous investors turning him down early on. Instead, he chose to focus on his responses, his adaptability, and his unwavering belief that circumstances are shaped by his mindset.



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

Mastering the Laws of Attraction (Spiritual Physics)

When you understand how your reactions create your circumstances, disappointment fades. You shift from blaming the economy, your upbringing, or other people to taking full responsibility—and full credit—for your results.

Not Everyone Realizes Their Dream—But You Can

External circumstances like age or market conditions are beyond your control; your response is not. Wealth studies tell us that in 2014, Americans 65 and older had a median income of \$38,900 versus \$59,500 for those aged 18–64. By 80, poverty rates rise even higher. Only about 5 percent of Americans over 65 ever become financially independent, and just 1.5 percent qualify as ultra-high-net-worth. But clinging to outdated beliefs or old habits is a choice, not a fate.

Scott Rauvers

You are never too old to learn, to shift your mindset, or to rewire your beliefs. Ask yourself: Who do I want to become by age 60, 70, or 80? Your external world may throw curveballs, but your reaction—your ultimate power—remains entirely in your hands.

Imagine throwing yourself into the ruthless arena of entrepreneurship. According to the U.S. Bureau of Labor Statistics (as reported by Fundera), roughly one in five small businesses crashes and burns in its first year. By the second year, failure claims 30 percent of ventures. By year five, nearly half have been wiped off the map. And even if a company endures to its tenth anniversary, it still faces only a 30 percent chance of continued success. Yet some warriors break through that gauntlet—here are a few who sustained their momentum past year ten:

– Tina Turner didn't scorch world stages until her forties, only then ascending to major-star status.

– George Carlin, who was expelled from school, the Boy Scouts and even the U.S. Air Force, battled constant rejection to become one of history's greatest comedians.

– Colonel Sanders was in his sixties when he fired up his first KFC franchise, only to see it explode into a global empire.

– Julia Child didn't publish *Mastering the Art of French Cooking*—now a culinary bible—until she was around fifty.

– And when Jeff Bezos launched Amazon.com, he

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gave it just a 30 percent shot at survival, warning his parents they'd likely lose their investment.

All of these legends stared doubt in the face. They quivered, they questioned, but they refused to quit. They clung to every incremental victory, fanning those sparks into an inferno of relentless belief. Their relentless refusal to surrender—that ironclad belief in themselves—became their decisive edge.

Why do so many of us crave riches? Because the Universe hungers to express itself through us, and it equips those bold enough to dare. Wealth isn't handed out as charity; it's claimed through unyielding dedication, razor-sharp knowledge, honed skills, fearless courage and the stubborn perseverance to press on when everyone else tells them it's impossible. Those who endure, end up discovering that the true reward isn't merely about profit—it's the transformation of their inner self, the lessons learned along the way, the taming of the ego and most of all getting to experience the expression of the Universe's spirit through them.

Preparing for the Ultimate Journey of Life

Most people treat life like a pitched battle, yet it's actually a sacred odyssey. Too many wander unprepared, burdened by fear and confusion. But this expedition can be a source of exhilaration at every turn once one has learned to master Spiritual Law and the ancient wisdom woven through the Old and New Testaments.

What a person sows, they inevitably reap. This cosmic decree ensures that every word uttered and

every action taken boomerangs back. Sow hate and you'll harvest hatred; extend love and love will flood you in return; criticize and criticism will strike you back; lie and you will be deceived; cheat and you will feel the sting of betrayal.

Imagination is the furnace at the heart of our journey. It lets us create our desires from within instead of chasing shadows outside. If your imagination feels dull, spark it by faking enthusiasm for a few breath-filled moments—enthusiasm is the breath of the God within, and imagination rides its wind. Or ask yourself: ***“If a child invented this with pure imagination, what wild, brilliant form would it take?”***

Wisdom warns us to guard our inner vision fiercely, for *“out of it are the issues of life”* (Proverbs 4:23). Whatever we conjure in our minds—whether

The expression of love cannot be fully experienced where states of disorder exist

it's radiant or ruinous—will sooner or later erupt into reality. We've all witnessed people terrified of some exotic disease, so obsessed with it that they read, obsess, and finally summon it into existence through sheer mental conviction. That stark truth teaches us why we must cultivate our imagination deliberately, so we can be its master instead of its victim.

Forge your vision with fiery intent. Tend your inner world like a sacred temple. Persist through

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every setback. In doing so, you steer yourself towards the grand adventure of life—and you pave the way for the Universe to manifest its fullest glory through you.

Every experience you encounter in your life is preparing you for future experiences, or even future experiences years ahead

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 they really are. They fully understand there is a limitless supply and that abundance is theirs by Divine right. It is right there just for the asking.

The Programming Cycle of the Subconscious Mind

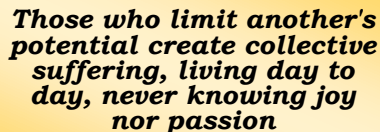


Know that your imagination acts as the paintbrush of your mind. Every day, it paints a canvas using images from Infinite Spirit. Make no mistake—what you paint will be your own creation in the outer world. Want to program your subconscious? First, understand how your mind works. The Greeks nailed it: "**Know Thyself.**" Buddha got it right too: "**Take care of each instant, and you take care of all time.**"

Let's be clear. When you figure out a magic trick, its mystery has been neutralized. But when you truly figure out your mind? That's the real magic.

Your mind is constantly operating in three realms: subconscious, conscious and super-conscious. Think of your subconscious as raw power—like electricity. It executes commands but can't think for itself. Both the conscious and subconscious parts live in your brain, while the super-conscious exists beyond it—connected to Infinite Spirit by invisible golden threads. Whatever you feel most deeply is constantly getting imprinted on your subconscious and manifests itself down to the very last detail.

Your conscious mind—sometimes called the mortal or carnal mind—sees life as death, health challenges as sickness, and financial struggles as poverty. It stamps these perceptions on your subconscious when you're not paying attention. And your subconscious? Because thoughts are repetitive, it worships these thoughts, builds beliefs around them—even when they're dead wrong.

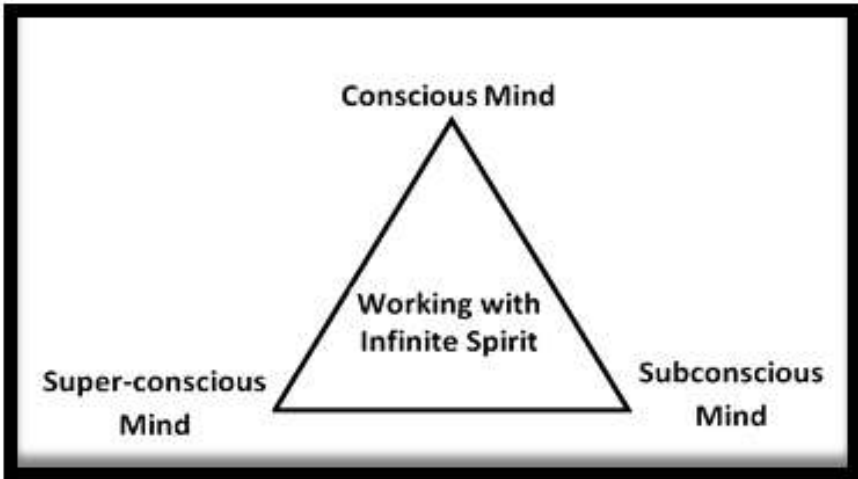


Those who limit another's potential create collective suffering, living day to day, never knowing joy nor passion

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Remember this: your subconscious is impersonal. It doesn't judge. It simply accepts whatever your conscious mind believes as absolute truth.

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**”. This is because each one of us has our own unique Divine Design Blueprint. It is because of this that only you can fill a void that no one else can fill. Only you have the ability to perfect

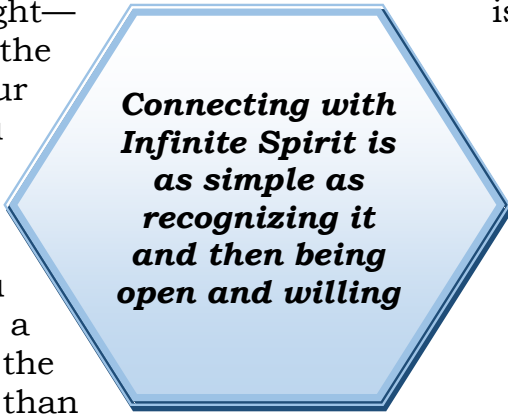


a specific task in your own unique way; that no one else can ever duplicate perfectly. Just as each star is different from one another and we are all made from the dust of many stars, no one person is exactly alike, as no two people can entirely duplicate the exact same skill perfectly.

Within your super-conscious mind lies a flawless blueprint of who you're meant to be— an ideal so perfect it can feel beyond reach. Yet this vision, cast from the Spirit of Infinite Intelligence, is your

genuine destiny. Too many people chase goals imposed by circumstance—economic shifts, family expectations, others’ agendas—and then wonder why they meet only failure and discontent. The truth is that while external forces are beyond our control, our reaction to them is not. Haven’t you ever noticed that as new technologies arise so to do new opportunities? We each hold the power to align with our true purpose, turning apparent obstacles into stepping-stones. Over time, more and more souls will awaken to this simple fact: choosing to respond with clarity and intention transforms life into a journey of fulfillment—not just for ourselves, but it has a beneficial side effect; it also fulfills the world.

The same principle applies to love. A man or woman who learns to connect with the God within takes charge of their own destiny. Your Divine partner—yours by right—
is already present in the kingdom inside your heart. When you focus inwardly on gratitude, faith, and mutual respect, you proactively cultivate a loving union with the God within, rather than passively hoping for it to fulfill your requests.



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

Equally, your words shape your world. As Jesus taught, you are both justified and condemned by your speech. Idle chatter and rumors breed the very calamities you fear, while gratitude and affirmations build the life you desire. Wealth plucked from luck

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or inheritance can vanish in an atmosphere of scarcity thinking because your subconscious mind enforces the reality you feed it. Blaming the economy, your upbringing, or other people, only entrenches disempowerment. True prosperity emerges the moment you take full responsibility—



choosing gratitude over complaint, purpose over drift and conscious response over habitual subconscious reaction. In that simple choice lays the key to crafting either misery or success.

Money is a metaphor for how much power and responsibility you are willing to accept into your life

Fortunately, the subconscious mind operates in both directions, so while external circumstances may create scarcity, your internal response can

transform it into abundance. The economy, your upbringing, others' actions—these remain beyond your control, but your reaction is entirely your choice.

Consider your Solar Plexus: when external threats trigger fear, it physically contracts, releasing norepinephrine, accelerating your heart rate—a biological response you didn't choose. Yet remarkably, when you consciously choose empowering thoughts like courage, awareness and confidence, the Solar Plexus will expand, allowing energy to naturally flow; empowering you. Your neurons—not just in your brain but also in your heart and gut—can either empower or shrink you. It all depends upon the choices you make when unexpected circumstances arise.

When facing financial hardship, even down to your last dollar, you cannot control the external reality, but you can choose your response: bless what remains rather than curse what's lost. But most of all, give to those in need if you feel the urge is present. Like the biblical multiplication of loaves and fishes, it is your perspective that determines whether you see limitation or possibility. This principle also applies to whether you've lost five dollars or five thousand.

The external world will always present challenges, but by choosing to trust your instincts and intuition rather than external circumstances, you exercise the one power that is 100% yours: the freedom to determine how you respond to life's uncontrollable events.

The universe is always knocking on the door of your mind, attempting to show you the power contained within the Divine. Affirm the following

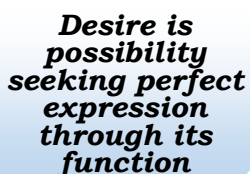
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words, ***“Infinite Spirit, you have opened the door to great abundance. I am now an irresistible magnet for everything that is mine by Divine right.”***

There is plenty to be gained by undergoing 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 is happens through us.

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.



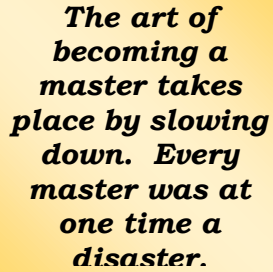
Desire is possibility seeking perfect expression through its function

There must exist a delicate balance between the spoken word and moments of contemplation and silence. Excessive talk reduces the concentration power of the mind because it draws attention to the outside world, compared to the wisdom of the silent mind within. The person who speaks wisely is an alert one who has learned to balance silence with the power of the spoken word.

The student humbled by the challenges of life understands that the Divine is the true source; that there is a supply for every demand and that it is

though the power of the spoken word that acts as the catalyst for releasing the supply.

As love fills us flowing from Source, we feel the urge to serve others, and as we do so, relinquish control of our ego. Affirmations bring the mind to the point where we accept the gifts



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

that were given to us from the Divine. Remember, God is the giver and the gift. Speak your affirmations with meaning and sincerity and then do nothing. Next you will begin receiving 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. In environments we feel comfortable in, when our inner thoughts consist of lack, failure, loss or uncertainty, they are usually coming from our subconscious. These lower thought forms can be removed from one's subconscious simply by being aware of when these thoughts pop into our train of thought, even though they may be invisible to the naked eye. Once these blocks are cleared, through diligent awareness,

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desire has no choice but to manifest with reduced resistance. For this is the Law of Clarity.

There is much to be gained from life's journey. The events you face—economic shifts, upbringing, others' actions—are all beyond your control. Your true power lies in how you choose to respond. To steer your destiny toward positive outcomes, you must make the first move through awareness, desire, belief and the spoken word.

The Universe, eager to experience itself through you, waits for that move. No desire is too great for anyone who uses words wisely and trusts their instincts. Each carefully chosen affirmation summons unseen forces that help you rebuild your circumstances or reorganize your affairs to your liking.

Choosing precise words matters: the right affirmation at the right time propels your desire into the present. Yet talk must be balanced with moments of contemplation and silence, for constant chatter scatters your focus outward instead of tapping into the quiet wisdom within. The truly alert person speaks with intention and knows when to listen in silence.

Remember that God—or Source—is the ultimate supply. Abundance exists for every need, but the power of the spoken word is the catalyst that releases it. ***“Ask and keep on asking, and it will be given to you”*** (Matthew 7:7). As love flows from Source through you, you're moved to serve others and relinquish false control of the ego. Speak your affirmations with sincerity—and then do nothing. Step back, detach from the outcome, and allow intuition to guide you. You'll begin receiving

hunches: to go to a certain place, to open a specific book, to visit a website, or to tune into a program at just the right moment.

Every desire, voiced or held within, acts as its own command—and you may be surprised at how swiftly your requests are answered. The only obstacles between you and your highest aspirations are uncertainty and fear—inner states you alone govern.



When you set a clear intention free from lack, doubt, or worry, your subconscious aligns immediately, and your desire manifests without delay. This is the Law of Clarity. Acknowledge any block—be it fear, doubt, or scarcity—bring it into active awareness and watch as your intention unfolds with unstoppable speed.

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A Technique for Removing Negative or Destructive Emotions or Thoughts

The 3 main thoughts that flow through most people's minds on a daily basis are – *“I am not enough”, “I must meet my needs and wants”, and “I feel different from others”*. It is from these three main lines of thinking that most unnecessary fears originate.

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.

Ultra marathon runner David Goggins, who has run eight 100 mile marathons, states that he repeats the phrase *“can't hurt me!”* when undesirable thoughts arise. To avoid negative subconscious programming, ask yourself *“Are these thoughts and emotions coming from my true self? from who I truly am?”* Affirm – ***“From this moment on my thoughts are on things that are true, lovely, honest and just. I am the Captain of my soul and the master of my fate.”***

It is important to dismiss an undesirable thought as soon as it enters the conscious mind, before it becomes like a weed poisoning one's thinking process. The below exercise diffuses thoughts of doubt and anxiety extremely well because it uses images and symbols, which are the language of the soul.



1 - As soon as you have thoughts of doubt or anxiety, immediately freeze them by imagining the thoughts being sprayed with freezing liquid nitrogen. See them turning into single frame, frozen in time.

2 - Next imagine the frozen thought materializing on a blank canvas and use a paint brush to draw a sloppy black circle around the now 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 paint, using your painter's pallet and painting 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 in the center of the circle.

6 - Now see yourself pulling a lighter out of your

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pocket and setting the canvas on fire.

7 - See the canvas burst into flame as the wet paint adds more fuel to the fire, totally consuming the negative emotions.

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

9 - Next silently repeat the words **Gratitude, Wisdom and Strength**, until you feel the emotions have dissipated.

If the emotions re-appear, than repeat the above process. Repeat the above exercise as many times as you feel comfortable. This exercise gives you confidence, knowing you have power over your conscious mind to overwrite negative emotions that are affecting your belief patterns.

Strength is one of the highest qualities of beauty.
Affirm: "From the beauty that I am. From the strength that I am.."

Removing Thoughts of Doubt and Anxiety #2

This process combines symbols with feeling.

1 - As soon as these negative emotions occur, allow them their own space. Don't pay them any attention. Just allow them to occupy their own space without judging them.

2 – Next imagine pure white light entering the space where the negative emotions are

3 – Next imagine the unwanted destructive emotions 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 through the eyes of yourself, imagine yourself using the bolt cutters to cut through the chains which are binding these negative emotions.

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 liberated from the emotional "*baggage*".

8 – Next silently repeat the following phrases in your mind “**Gratitude, Wisdom and Strength.**”

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

Another method that works well is to read or listen to spiritual materials and books.

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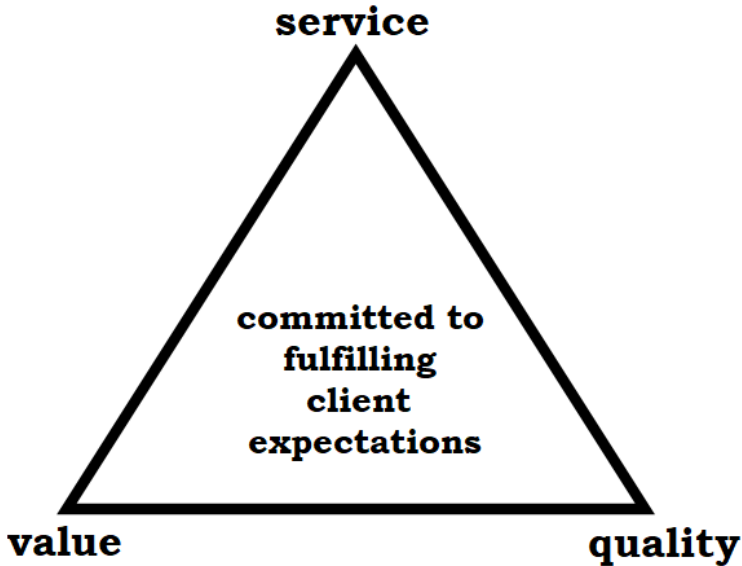
Service to Others

Fear of starting a new business is one of the most popular fears today because there are so many unknown variables. The key is to apply balance to all areas of your business as soon as you begin operating. 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.

There is a difference in consciousness when you perform a service for someone and when you are performing acts of love.

For example, do you scoop kibble into the bowl for your whining terrier or button up your daughter's winter coat with trembling fingers in the bitter cold out of duty, or is each motion—each

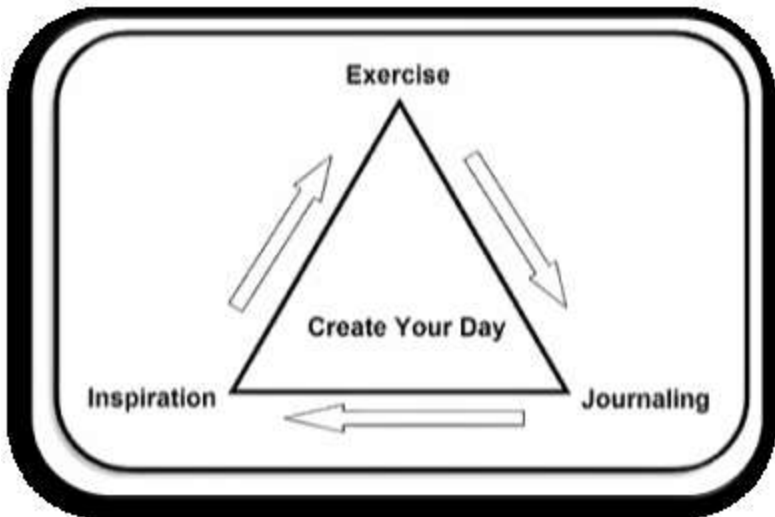
pour, each fastening—performed as a quiet, selfless act of love?



Your Morning Hour of Power

Listen, before we dive deeper into these chapters, I need to share something game-changing with you—a morning routine that's transforming the lives of today's most successful entrepreneurs. Even Tony Robbins swears by it. It is known as the "***hour of power.***"

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During this first hour, some days you'll crush the physical part but struggle with journaling. Other days, your affirmations will flow while your workout feels like a slog. That's normal. Don't quit on day 4 because you're not seeing results. Success isn't built overnight—it's forged through daily, consistent action.

Here's how it works: Make a solid commitment to yourself to simply wake up one hour earlier. Make the commitment to yourself that this is non-negotiable. Spend the first 30 minutes of your hour simply moving your body—walk the beach, run the neighborhood, hit the gym—whatever gets your blood pumping. Next take a break and dedicate 10 minutes to writing in your journal. Pour out gratitude, affirm your vision, clarify your intentions. Use the final 20 minutes to feed your mind with inspiring content—books, podcasts, or videos that elevate your thinking. The exact minutes during your hour of power don't matter as much as the

ritual itself. Most people start with exercise because it ignites everything else. Commit to your hour of power, feeding your mind with 20 minutes of reading this book and watch how your entire life shifts into higher gear. Remember: Live each morning as if you're designing the life you've always wanted—because you are.

Thomas C. Corley spent five years studying the habits of 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. Reading was one of the most popular habits that was common among all of these millionaires.

You will find that by even just watching 20 minutes of a Law of Attraction movie or reading a few pages of Law of Attraction books, that your powers of manifestation will become stronger.

Did you know that about 40 percent of your daily habits are repeated day after day?. It was Harvard psychologist William James who stated in 1890 in his Principles of Psychology “*that by the age of thirty a man’s character has set like plaster and can never soften again*”.

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

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Summary

Reprogramming beliefs is simple. It is just a matter 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 your subconscious mind to eventually turn it into a belief.

New beliefs are created by forming new habits, which is done by repeating affirmations and become aware of past childhood beliefs. The majority of childhood beliefs are formed between ages 1 and seven.

Common Manifestation Blocks

- Not following your true life's purpose.
- Medium to long term goals are not based upon your purpose.
- Improper Timing. Affirm: ***"I am always in the right place at the right time"***
- Lack of Patience. Good things take time to manifest.
- Lack of self development or not enough emotional growth or maturity.
- Lack of proper Research, Knowledge or Education related to the goal or desire.
- Not being aware of erroneous beliefs.

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.

The Mind and the Immune System: Taking Control

While we cannot control which pathogens we encounter in our environment, we can control our body's response to them. Consider Wim Hof, commonly called the Ice Man, who deliberately chose to be injected with *E. coli* bacteria—a circumstance that would make most people severely ill. Rather than surrendering to this external threat, Hof demonstrated remarkable personal agency through specific breathing techniques and focused mental concentration. The researchers observed that through his deliberate choices and practices, Hof successfully regulated his immune and sympathetic nervous systems, preventing illness that would typically follow such exposure.

This power of choice extends beyond Hof himself. The researchers confirmed that anyone can learn these techniques through short-term training—meaning each of us holds the key to similar biological mastery. The physiological changes were dramatic: increased epinephrine release, enhanced anti-inflammatory mediators, reduced inflammatory cytokine response, decreased arterial carbon dioxide, and elevated pH levels reaching 7.75.

I believe these findings reveal a profound truth: while we cannot control the toxins we encounter, we have complete authority over our response. Through conscious breathing and mental focus—tools available to everyone—we can shift our internal environment from acidic to alkaline, enhance

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cellular electrical activity, and improve toxin elimination. This isn't just about physical health; it's a metaphor for life itself. External circumstances may be beyond our control, but our reactions to them—and the subsequent outcomes—remain entirely within our power.

The 3 R's that stop people from experiencing their true potential: Revenge, Resentment and Regret

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 lungs to 90 percent capacity.
- 5) Next hold in your breath for as long as you are comfortably able to, and then gently exhale completely.
- 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 Power of Belief: Choosing Your Response

A study titled: *Aerobic exercise and the placebo effect: a controlled study* involving 48 healthy adults demonstrated how our chosen mindset transforms physical reality. The participants in the study completed identical 10-week physical exercise programs, but those who were simply told the regimen would improve their psychological well-being ended up displaying higher aerobic capacity (VO2max), enhanced self-esteem, and greater overall psychological benefits than the control group who was not told the regimen would improve their health. The difference wasn't in their circumstances—both groups performed exactly the same exercises—but in how they perceived their experience. Simply put, the mere fact they were told by health professionals that their training program would improve their psychological well-being made them believe it to be so.

This pattern of personal agency extends to our neurological responses. Brain scans reveal that when patients decide to believe in a treatment, their prefrontal cortex—the command center for attention and memory—activates differently.

Similarly, individuals who willingly surrender to hypnotic suggestion show decreased prefrontal activity, demonstrating how our brains

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perceive belief and suggestion differently. While external factors like physical activity levels or treatment types matter, the research consistently shows that your chosen response to these circumstances determines your outcome. Research now confirms that people who practice spiritual routines or who are committed to a specific religion experience improved mental and physical health, with increased longevity being a beneficial side effect. This was documented in a 2024 study titled: *The link between spirituality and longevity*. By using spiritual practices to assist us, we can more easily consciously direct and focus our beliefs, leading to better outcomes as physical reality is transformed in the process. If we are using this process to heal, by correcting limiting beliefs, our bodies have no choice but to respond accordingly. In summary, the miracle isn't in the placebo—it's by making a conscious decision to believe with focused intent.

Tabata

If you want a method of exercising that does not involve hours of physical activity, then Tabata may be right for you. A research study concluded that practicing Tabata improves cardio-respiratory fitness in people who can't meet physical activity guidelines. The study found that it was also of benefit for improving muscular endurance.

Tabata is composed of 20 seconds of high intensity exercise, followed by 10 seconds of

rest (*or slow down or stop completely*). This high intensity cycle is repeated eight times for a total duration of four minutes.

Now in the upcoming chapters let's explore various techniques for becoming a master at manifesting by experiencing expanded awareness, truth and how it affects our soul. Learn how to break out of all of the old negative records permanently etched upon your subconscious mind, the records of your life that you don't want to keep, and replace them with fresh lovely notes and rich joyful melodies! Become a master at manifestation, NOT a master of disaster!!

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References. Chapter 1

According to $E=mc^2$, energy within a certain amount of mass is the mass (in kilograms) X the speed of light squared = $kg\cdot m/s^2$, or Newtons. Hence the average human (70 Kg or 155 lbs) has 6,300,000,000,000,000,000 (6.3^{18}) Joules of energy, or 1506 Mega Tons of Force. A standard Hydrogen Bomb has approximately 100 Mega tons of force (or 418399999999995260 Joules); so the human body contains between 10 and 15 times the amount of energy of a hydrogen bomb. The only way to convert this energy in the human body to energy is by cold fusion. *Further Reading* - Nuclear fusion enhances cancer cell killing efficacy in a protontherapy model. GAP Cirrone et al. Jan 2017.

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Failures end at a destination. Success is a journey that never ends



Chapter 2

KNOW that Abundance IS yours by Divine Right

While external forces—recessions, layoffs, family troubles—may buffet us like storms, we alone choose our response to these winds. When Sarah lost her job last year, she could have surrendered to despair. Instead, she affirmed daily: "***I am capable and resourceful.***" Within weeks, she launched a consulting business that now outearns her former salary. Science confirms this power of choice: Cascio's 2015 brain imaging research showed self-affirmations activate our prefrontal cortex—the very region governing decision-making and behavior. Similarly, Oman's 2020 study demonstrated how mantram repetition reduced stress and depression while enhancing life quality. The economy may fluctuate wildly, but your internal economy—your thoughts, words, and beliefs—remains entirely within your control. Your current financial situation isn't your sentence; it's merely your starting point.

Affirm, "***I now express gratitude for having received substantial sums of money with grace in the appropriate manner and at the appropriate time.***" If after repeating this for 15 minutes a day for 21 days and the increase of money into your life does not appear, repeat the next phrase, "***I give utmost thanks that I am receiving large sums of money at the right time and in the right way and act in perfect faith.***"

Here's the bottom line: an affirmation succeeds

only when you fully believe it's real and understand it unfolds first on the invisible plane before it trickles down into your everyday life.

Show your faith by indulging yourself—order that expensive lunch or buy the item that reinforces your trust in unlimited abundance. Invest in your belief without a shred of fear, doubt, or worry about running out of money. Behave as if your financial windfall has already landed. When you know a big sum or a crucial deal is imminent, you need that surge of expectation to unlock the flow of limitless supply. You need to “*push*” the energy into existence. Having a prosperous mindset during this time is key if you want the abundance to successfully manifest itself without resistance.

Picture this: you feel a strong urge for a fur-lined overcoat but see just enough funds to cover it. Your rational mind protests, but your gut has the real data. Stop second-guessing. The universe responds to the intensity of your feelings. That deep gratitude you'll feel sliding into a warm, luxurious coat of fur on a cold winter's day accelerates the arrival of the money you expect. Investing in yourself always pays off when your motive is pure and free of interference.

Banks issue credit cards and checks because they have unwavering faith in your ability to repay. Writing a check is your personal declaration of confidence in the circulation of money throughout the banking system. The law—and reality—stand firmly on the side of those who spend boldly and wisely. If you ignore your inner hunch to act at exactly the right moment, you guarantee that same amount will disappear under far worse circumstances.

And never forget: about 95 percent of the

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physical universe remains hidden as dark matter. Your beliefs live in that unseen realm—only afterward do they materialize in the coarse material world. So stop making excuses. Act now, trust your instincts, and watch as the invisible becomes tangible.



Luck is Preparation Encountering Opportunity

Luck erupts the moment relentless preparation collides with crackling opportunity. But how fiercely you seize that lightning bolt is entirely up to you. When you pray with unwavering conviction, the universe molds itself around your belief—every word you speak in faith sets your desire into motion. Act as though your gift has already landed in your hands. Feel the Divine shield envelop you, knowing its timing is flawless and never tardy.

To catapult money into your reality,

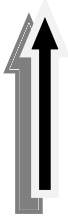

Approximately 95% of the physical universe is not visible because it is made of invisible dark matter

proclaim with fiery certainty: “***Spirit is never too late. I give thanks—I have received funds on the invisible planes, and they manifest right on time!***”

Forge an unbreakable habit of trusting the Law of Good. Speak boldly, for your affirmations pierce the cosmos. Beware the trap of wishing for triumph while secretly bracing for defeat—focus on the lack, and you’ll harvest precisely that void. Instead, visualize yourself erasing debts with an exultant laugh, anchored in the Divine blueprint of abundance that is your birthright.

Remember the blistering tale in 2 Kings 3:9–10: three kings and their parched army—horses collapsing under seven days of drought—stood before the prophet Elisha. He thundered, “*No wind, no rain, yet carve this valley into trenches!*” Soldiers dug furiously, and suddenly the heavens buckled open in a torrential downpour. The ditches didn’t summon the rain—God did. They existed solely to catch every drop the moment it fell.

When your dreams seem cloaked in silence, dig your ditches regardless. The Ego blinds us to constant miracles—gratitude’s glow, joy’s electric pulse, the symphony of unfolding nature. Suppose you’re on the brink of moving and cravex a safe, perfect sanctuary. Declare, “***Infinite Spirit, unveil a home attuned to my highest good.***” Then back it with bold action: buy new blankets, a blank key, gleaming silverware—metal items that vibrate with potent energy. You’re carving trenches of faith. Live as though you already inhabit that flawless space. Tune your frequency to its resonance. The universe will reward your audacity with an avalanche of blessings.

Manifesting through Emotion and Frequency		
FREQUENCY	EMOTION	RESULT
HIGHEST FREQUENCY	Ineffable – Enlightened The Higher Self Bliss – Peace Serenity – Joy	RAPID MANIFESTATION OF INTENTIONS
EXPANDING FREQUENCY	Laughter	CREATIVE
BEGINNING FREQUENCY	MY TRUE SELF Love – Reference	AWARENESS
	Understanding – Reason	
	Forgiveness (including self) Optimism – Willingness	
	Trust – Neutrality	
NEUTRAL FREQUENCY	Courage - Affirmation	LIBERATION
DECLINING FREQUENCY	Scorn – Pride	FRUSTRATION
LOWER FREQUENCY	Arrogance DOMINATING EGO Erroneous beliefs Hate – Anger	Decreasing frequency
	Cravings – Judgment	Lack of Awareness
LOWEST FREQUENCY	Anxiety – Fear Regret – Grief	
	Blame – Guilt	DESTRUCTIVE
	Despair – Apathy	SABOTAGING-
	Toxic Shame Humiliation	LITTLE TO NO MANIFESTATION OF INTENTIONS

All commercial transactions, no matter how big or small are the result of an exchange of considerate energy. This is why any debt paid should be put forth with good intentions.

Guilt is the absence of Love

While external forces like market fluctuations may affect your investments, purchasing metal items for your home puts control back in your hands—your focused intention can literally reshape them, just as spoon benders demonstrate. Similarly, hypnosis studies show that merely suggesting a hot poker causes physical skin changes; the subject's belief, not the nonexistent poker, creates this reality. When negative circumstances trigger shame or humiliation, you alone choose whether to remain there or affirm: "***I am worthy, deserving and more than enough.***" Your conscious decision to embrace self-worth immediately transforms your vibrational frequency. Remember that guilt doesn't happen to you—you create it, and you can uncreate it by choosing to accept the abundance that has always been available to you.

Vibration precedes manifestation

Your consciousness violently oscillates between negative and positive polarities throughout the day, locking onto whichever force dominates your belief system! These twin polarities don't merely coexist—they battle for control of your reality! As humans

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age, their motivation doesn't just decrease—it collapses, crushing them under financial limitations after 60! The vibrant energy that once surged through their younger bodies—that unstoppable force of abundance—deteriorates into a pathetic vibration of scarcity and restriction! But this fate can be reversed through mastery of the right principles! To access the highest frequencies of consciousness, you must confront and transmute the lower vibrations that imprison you!

Besides practicing EFT (*Emotional Freedom Technique*), one method is to recite the phrase - "**I admit to my mistakes and failures and have a sense of humor about my defects. I give myself permission to be who I truly am**". You will discover that just by repeating this simple phrase to yourself a few times after making a mistake or feel frustrated about something that you will feel a shift in your frequency towards a higher vibration. This is why feeling good while saying an affirmation causes a quantum jump in success because feelings of well being are some of the highest frequencies on the cosmic scale of vibration.

Listen, manifestation isn't about cranking up the volume or forcing outcomes— it's about tuning into the right frequency. Subtle shifts deliver the most powerful changes, not brute force.

High frequencies amplify whatever you're feeling. Ever notice how animals in the forest zero in on your fear? Your high-frequency surroundings simply broadcast that fear straight back at you. Stop letting low-vibe emotions loose in high-frequency environments—they'll latch on and show up in your reality.

That's exactly why sunny coastal regions—loaded with the natural high frequency of 0.1hz—see higher suicide rates. When you're depressed in an environment buzzing with joy, your low vibration gets magnified. No more excuses: if you're stuck in despair where happiness is everywhere, you're amplifying your own pain.

Self-forgiveness is one simple way to instantly shift your vibration into a higher frequency. Refusing to forgive keeps you anchored in the low vibration of anger, resentment and disappointment—low vibrations that slow every win down to a crawl. You're worth more than a past mistake holding you back. Stop letting old grudges sabotage your future.

You accept gravity without question and know the sun will rise. The same universal laws govern your thoughts, feelings and will. Will, imagination and emotion obey these laws just as surely as physical forces. That's common sense—so apply it.

Divine Intelligence flows through everything; it's electrical in nature, and you share a partnership with it. Use your free will to align with this infinite mind. Picture yourself strong, successful, radiant and alive. Faith plus patience becomes your internal GPS, guiding you to exactly what you envision.

Science proves forgiveness relieves depression—the low-frequency states of Grief and Apathy. Forgiveness is another secret to instantly raising your vibration. It allows your goals to materialize much more rapidly.

Your body is humming billions of times each second. Choose to hum at higher frequencies and claim your authentic power and watch everything you want unfold.

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Affirm, "***I trust in the omnipotent One who provides for the fulfillment of my ideas and I exist in that idea***".

Using Choice to enter the Right Parallel Universe

Quantum Physicist David Deutsch at the University of Oxford stated that in the many-worlds interpretation, that when you make one choice, the other choices that you did not make end up split off into parallel worlds.

Don't just forgive him or her, forgive to become liberated yourself!!

Making a choice is an energetic gesture. This proves that no amount of energy in the universe is ever wasted. It means that any decision you make right now is creating new universes: one for each and every choice you can possibly make. That means there exists a boundless collection of parallel worlds that exist as near-copies of you. It also means that in one universe you are rich, in another a tramp. But it all depends upon the conscious choices you make that makes all the difference.

Effective forgiveness is when you can feel the emotion until it no longer WANTS itself to be felt

On page 31 of the book *The Formula for Miracles*, author Brent Phillips describes how he, his mother, his son, and many of his clients watched cancerous tumours vaporize the moment they removed their resistance and negative blockages. They achieved

this by shifting into a Theta brainwave state—research already shows that prayer enhances Theta activity—thereby raising the frequency of a part of their body known in Spiritual Traditions as the “*energy body*.”

Classical Newtonian physics would argue that a tumor present on Monday must still be there on Tuesday unless physically removed. Quantum physics, however, reminds us that reality exists as pure potential until we observe or “*choose*” an outcome. By applying therapy that targets subconscious beliefs, individuals can consciously draw a completely new experience—right down to the spontaneous healing of cancerous tumours.

Brent’s approach was simple but radical: enter Theta, visualize the body restored, and issue clear subconscious commands. He made a deliberate, “*quantum*” choice that his mother’s body would rebuild itself cancer-free—and it did. He repeated the process on himself. After clearing out his own old programming, he joined with a healer in Theta visualization techniques and chose, in the next instant, for his paralysed arm to become whole again. No surgeon, no drug, no external intervention succeeded. His own focused intent succeeded in healing him completely.

Spirit always assists, but is unable to micromanage all life’s problems

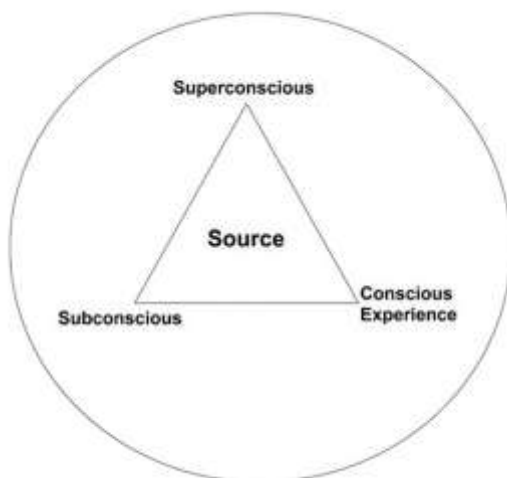
Behind every one of us sits a subconscious “*software*” that runs our default responses. We can’t control external forces—our genes, upbringing, the economy, other people’s actions—but we have total authority over how we react. By deleting outdated belief-programs and installing empowering new

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ones, we equip our bodies and minds to heal from moment to moment. In the end, whether we craft misery or success is entirely up to us.

This is why prayer does not work sometimes because the person has lost their connection to Source Energy which is feeling and emotion. Prayers are answered only when the subconscious mind has a clear mental picture or thought that is strongly emotionally charged with feeling. Hence successful prayers are the result of a strong connection to Source which creates the conscious emotional experience with the Subconscious and Super-conscious minds being free of blockages. Hence, if your subconscious programming is not clear, or there are blocks you will begin manifesting challenges in your future.

Successful prayer is when you FEEL the outcome of what you want without resistance while becoming totally immersed in



the experience

***Challenges are overcome by embracing them so
you outgrow them***

The Theta brainwave state isn't just accessible—it's waiting to be seized through hypnosis, self-hypnosis, the pulsing vibrations of binaural beats, the surrender of deep meditation, the electric touch of energy healing, the primal thunder of shamanic drumming, the crystalline power of sacred stone arrangements, the ecstatic release of dance, or the vibrational force of chanting.

Takahashi's groundbreaking 2020 research PROVED that prayer and meditation DRAMATICALLY spike theta brainwaves. Beyond theta, radical self-forgiveness TRANSFORMS your subconscious programming. When you DEMAND the best—upgrading to premium gym access or commanding a first-class treatment — you're not just spending money; you're SHOUTING to the universe that you're CLAIMING the unstoppable momentum of success that is your BIRTHRIGHT.

***I live in the joyous expectancy of the best and
invariably the best returns to me***

The real power lies in mastering your internal world—your beliefs, emotions, and responses—before expecting change outside. You can't command the economy, rewrite your upbringing, or bend others to your will, but YOU have unassailable authority over how you react. Clear away self-limiting convictions first, and then watch the outer circumstances reshape themselves in response.

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Albert Einstein put it this way: there are two ways to live—either assume everything is a miracle, or believe everything you encounter is powered by physical forces. That distinction isn't semantics: it's a deliberate choice of perspective. Whenever your subconscious churns up doubt, fear, or anxiety—often right before a breakthrough—that's proof you're challenging an old belief. Don't fight it, let those fragments burn away: it's the necessary clearing for fresh growth.

In those darker moments, refocus your will. Reaffirm what's true, celebrate every small victory, and express gratitude as if your goal is already fulfilled. After all, your vision—whether perfect health, a thriving relationship, financial freedom, or creative expression—exists first in thought. Only what you consciously acknowledge can ever manifest in form.

All great achievements begin with unwavering



faith in the end result. Yes, you may feel discouraged just before success arrives, but you choose whether those feelings become chains or catalysts.

Hold your vision firmly, pour gratitude into the process, and watch reality align behind your conviction. As the Gospel teaches, “**Look up and see the fields are already ripe for harvest.**” Peer beneath the surface of circumstances to the dimension of possibility. Success isn’t a destination but a journey of commanding outcomes that manifest through you rather than them happening to you.

When financial worries or legal battles loom, anchor yourself in higher purpose. Speak words such as, “**Infinite intelligence, bring swift divine order to this matter.**” You’ll find that shifting your focus from the problem to the solution accelerates resolution. And when two minds unify in clear, positive intent, mountains move.

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 a positive life-changing event that is just 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? Can you reaffirm your will when this occurs?

The Universe is your source of provision and there is always more than enough to meet all your

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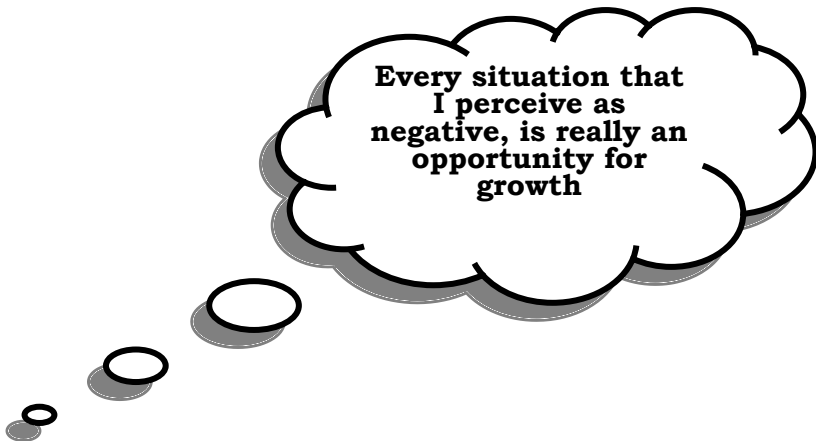
requirements. Have you ever considered that something other than your job or a monthly payment was the source of all your good? Can you understand now that those are only the conduits of your supply and not the source?

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Chapter 3

Exercising Power of the Spoken Word

Listen, the moment you grasp that every word you speak carries real vibratory force, you'll guard your tongue. Watch how people react when you talk—that reaction proves your words never land in empty space. You're constantly writing the rules of your life with your speech. Whatever you say activates the Law of Attraction, drawing to you exactly what you focus on.

Think about it: people who complain about illness all the time actually summon sickness. Emergency doctors, for example, average a lifespan of just 58.7 years. That's no coincidence. If you don't want your words to boomerang back, quit the idle gossip and stop talking about what you don't want. Instead, talk about what you do want. An ancient maxim states: ***“Use your words only to heal, to bless, and to prosper.”*** *Hold yourself to that.*

What you say about others returns to you. Wishing someone bad luck guarantees it heads back your way; cheering someone on charges your own success. When you stop spewing negativity and let it go, you clear space for the real, positive outcomes you seek.

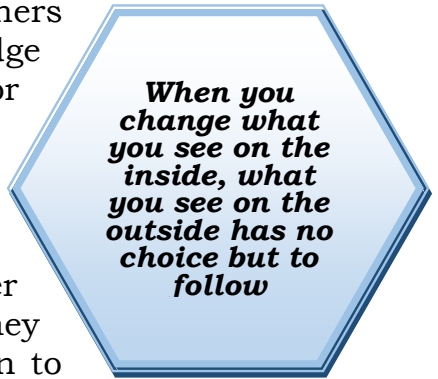
Words can build you up or tear you down. When you criticize others behind their backs, you unconsciously invoke the Law of Return and invite disaster into your own life. It's like drinking champagne by the bottle—you'll pay the price later.

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Dwell on someone's flaws long enough, and those flaws become woven into your spirit, eventually showing up as illness. If you fixate on faults, you'll start to embody them. That's not opinion; that's Universal Law.

Now flip the script. Use your vocal power plus a clear, unshakeable vision, and you can rejuvenate your body and banish disease from your consciousness, in some cases instantly.

Science backs this up. Take self-referencing: in a July 2015 study, researchers found that when people judge adjectives—like “brilliant” or “shy”—based on whether those words describe themselves, they build richer memories. This allowed them to remember details far better when they were able to link information to their own self-image.



Or consider a January 2017 study of 4,735 Americans over 50. Those with positive self-perceptions of aging went to the hospital far less often. Self-perception is simply the picture you hold of who you are—your traits and your self-esteem. If you see yourself growing stronger and healthier as you get older, your life reflects that view.

Every disease has a mental counterpart. To heal your body at its deepest level, start with the soul—your subconscious mind. Purge toxic thoughts, beliefs, and habits. In plain terms, you must fill your conscious mind with uplifting, truth-based concepts from your higher mind until they saturate your

subconscious. When you align your subconscious with those ideal, super-conscious truths, you reclaim the divine power you were born with—dominion over your mind, body, affairs and soul.

Stop making excuses. Begin speaking only the words that heal, bless, and prosper. Watch your life transform!

All sickness and misery stem from a violation of two principles. The first is guilt, which is the absence of the vibration of Love. The second is a lack of love. Love one another and all obstacles shall eventually be overcome. You may have heard of the story of the sick man who had a terminal illness. Desperate he spent his last remaining days standing in front of the entrance to the New York Stock Exchange, wishing all those who entered the building goodwill. When he returned to the doctor weeks later, the doctor was amazed his incurable illness was completely gone.

THIS IS UNIVERSAL LAW. Disease VANISHES when you PURGE the soul of festering bitterness and toxic resentment. Through the transformative power of forgiveness and the mastery of your awareness love has no choice but to re-emerge. An emotional RELEASE—a PURIFICATION—becomes ESSENTIAL.

In sacred solitude, and CRY OUT: "***Oh, Divine Spirit! DELIVER ME from this hatred! Let me FORGE PEACE with this person who has wounded me!***"

This desperate plea FORCES poisonous emotions to ERUPT to the surface where they are OBLITERATED forever. Healing ERUPTS forth because you have

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SUMMONED love into the void of hatred, FULFILLING the cosmic law that DEMANDS order. The disease—born from the TOXIC VENOM of suppressed resentment lurking in your subconscious—has NO CHOICE but to be COMPLETELY ANNIHILATED. Hence you will witness EARTH-SHATTERING miracles!

A shocking 2013 research study titled: *Emotion suppression and mortality risk over a 12-year follow-up* revealed that suppressing emotions may dramatically increase the risk of premature death, including agonizing death from cancer.

Every single ailment originates from a restless, turbulent, chaotic state of mind. Relentless criticism of others triggers rheumatism to ravage your joints because these toxic, disharmonious thoughts force abnormal blood deposits to crystallize in your joints. Resentment breeds cancer like a virulent infection, while rage erupts as skin cancer. Wrath and other destructive emotions are the true culprits behind countless health catastrophes—including ones medicine hasn't even discovered yet! We must stop asking what's wrong with our health and start demanding: "**What's FESTERING INSIDE of me?**"

You can ONLY transform the external physical world when your inner world UNDERGOES RADICAL METAMORPHOSIS.

Affirm, "***I admire the strength and beauty which lies in-between spaces of all things.***"

I've seen firsthand how holding onto resentment can manifest in our bodies—it's one of the most overlooked contributors to chronic conditions, from

cardiovascular issues to vision problems. When we carry unforgiveness, our minds and bodies struggle to maintain balance.

Let me share what research has taught us: Studies show that when we practice forgiveness, depression often lifts.

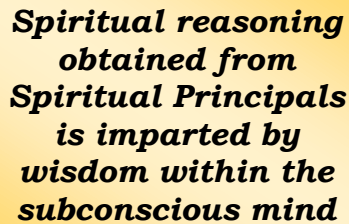
This feeling of wholeness creates space for physical healing to begin. Patients' recovery dramatically improves once they have addressed their emotional health. For

those living with diabetes, this emotional component is particularly crucial—depression can increase amputation risk by 33% (Lisa H. Williams. 6/2011).

The connection between our emotional and physical health isn't just anecdotal anymore. In 2000, researchers led by S.P. Thomas confirmed what many of us in healing professions have long observed: harboured anger doesn't just hurt relationships—it creates fertile ground for disease progression.

This was further validated in a 1993 study with 165 cancer patients, where E.J. Taylor's team documented how anger accelerated the patient's illness while deepening their depression.

I encourage you to think of emotional boundaries as a form of self-care. When someone attempts to provoke you, remember that maintaining your peace isn't weakness—it's reclaiming your power and protecting your wellbeing in the most fundamental way.



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

The Abundance Pivot

One way to reduce or eliminate anger that may surge unexpectedly repeatedly is to journal your feelings. Write down at least once a day in your journal 3 things you feel grateful for. This will neutralize any feelings of anger that may suddenly appear throughout your day.

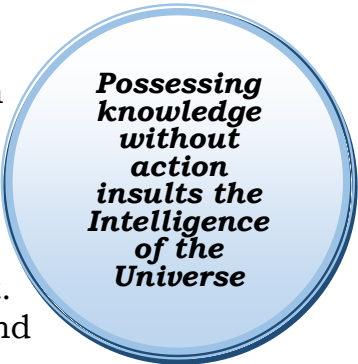
You may recall someone turning pale after a bite of shellfish, while you devoured the same plate and felt fine. It wasn't the shrimp but the mind's secret verdict—the nocebo effect at work—where believing harm awaits is subtle enough to summon the malady. Physical imbalance simply mirrors mental discord. As within, so without.

Body actions mirror your mind

As humanity continues to orbit towards the higher octave of Divine Love, the final fortress to fall is the ego. Look to the forest: each tree's DNA carries its own silent wisdom, shaping leaves, blossoms, and soaring heights. Could this blueprint of life hold a seed of consciousness, steering the next generation towards Divine Order? We are already seeing this in the emerging movement of sustainable conservation.

Divine Love conquers ego

True enlightenment shines in how we treat both friend and foe. Picture a sales convention where a rival touts a “better” machine—and your heart skips with doubt. The cure? Banish fear, and

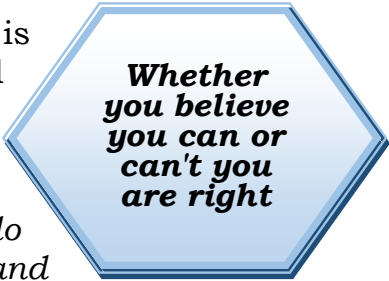


***Possessing
knowledge
without
action
insults the
Intelligence
of the
Universe***

trust that Divine Order choreographs every detail. The right product, the right person, the right moment, the right messenger—delivers the right product in perfect alignment with Divine Order. Harbor no dark thought against your competition; instead, shower them with blessings and doors will open.

Bless your rivals and fear dissolves.

Intentional goodwill is invincible. Sincere goodwill weaves a shield no weapon can breach and neutralizes every hostile intent. When you “*bless those who curse you, do good to those who hate you, and pray for those who persecute you*” no adversary remains (Matthew 5:44).



Little known Secrets that eliminate Bad Luck

Let's get real about those lucky charms. That rabbit's foot on your keychain? The horseshoe above your door? They have zero actual power. What works is your belief—your words and expectations program your subconscious to spot opportunities you'd otherwise miss. And yes, this works... until it doesn't. Here's the truth: as you grow spiritually, as you start serving others instead of just chasing luck, those trinkets lose their juice. Two power sources start fighting for control.

I know two business partners who crushed it when they first opened shop. Money flowing, clients calling—everything golden. Then suddenly? Total

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disaster. Their mistake wasn't failing to make affirmations. Their mistake was buying those "fortune monkeys" and putting their faith in plastic instead of Providence. Their spiritual mentor told them straight: "*You can't serve two masters. The Divine never runs out of power, but those monkeys sure will.*"

So what did they do? Tossed those monkeys down a coalhole. Business immediately bounced back. I'm not saying throw out your lucky penny. I'm saying know this: borrowed power gets revoked. Two power symbols can't occupy the same spiritual space—one will always cancel out the other with the strongest one wanting the acknowledgement. That's not philosophy. That's spiritual physics.

If you constantly stay ready for the right opportunity, there is no need to be ready.

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 real solid faith, which ultimately flows forth from the Divine. This in turn generates hope. Affirm, "***Divine Spirit paves my way and creates this day.***"

30 percent of businesses that succeed after 10 years do so because they have the right information, knowledge and emotional growth

When your ideas crash and burn—and they will—the searing pain of disappointment can either destroy you or forge you into something stronger. Choose to fall forward through the unexpected. Let disappointment scorch away your weaknesses and illuminate your path. During this new forging of your subconscious it is rewiring itself in the darkness, transforming today's agony into tomorrow's ecstasy. This mental alchemy ends up sharpening your vision to detect gold where others see only dirt, magnetizing extraordinary luck toward you.

Tonight, before sleep claims you, write down ONE MOMENT of brilliance from your day. Do this for seven nights straight, and watch as luck doesn't just find you—it HUNTS you down.

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

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. Being clear about what you want allows for less resistance for it to flow to you. Examples of practicing the Law of Nonresistance include:

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

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- 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
- Practicing 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 help identify areas in your life where the Law of Resistance may be present and remove it by practicing the Emotion Code Technique or performing self-forgiveness.

**Total immersion in your passion
creates meaningful results**

The wise man does not coerce events into a replica of his desires, but instead strives for a higher consciousness that enables him to perceive the secret cause that governs all things

Review of Chapter 3

By giving in to feelings of anxiety, fear and guilt you are succumbing to the illusion that there multiple powers, rather than a single one (*the Divine*). Are you able to see how they create a



conflict of power? 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.

Science has proven that fear and excitement are both physiologically identical. Both these emotions create increased heart rate, adrenaline and rapid breathing. The key difference between fear and excitement is cognitive: your mind interprets the emotion as either an opportunity (excitement) or a threat (fear). Many professional athletes have learned to re-label their nervous energy as "excitement" to improve their performance.

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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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