

Make a

RIPPLE



Make a

DIFFERENCE

by
Camillo Loken



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**The Make A Ripple - Make A Difference e-book
featuring The Bigger Picture of Reality**

www.make-a-ripple.com



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Introduction

This e-book will show you how you can make a difference in this world by being true to who you are. It will also show you The Bigger Picture of Reality and what it takes to succeed. It has to do with your *energy, frequency and vibration*.

Everything is energy. This is a scientific fact. Everything consists of atoms and atoms consist of 99,99999999 % empty space – but this space is not empty. Scientific breakthroughs have shown that this “empty space” is filled with energy. In other words, since you are made up of atoms you are energy – an energy being. We all are.

We know this to be true because we know that we conduct electricity. Let me give you an example: If your heart stops and if emergency personnel get to you before you die they will charge your heart with electricity to get your heart starting again. The heart is “electrical” and it is constantly sending out electrical fields.

It’s also magnetic as is the brain. Both the brain and the heart emit electrical and magnetic fields which can be detected several feet away from the body. This is something the non-profit research company Heartmath has proven many times in their research.

This e-book will show you how energy, frequency and vibration are linked to certain universal laws revealing The Bigger Picture of Reality. Once you see how this Universe is really operating you will know the rules to “the game” we call life. You can then tap into your potential and uniqueness and make a difference in the world.

Enjoy the e-book.

*All the best,
Camillo Loken,
Author & Speaker on bridging science and spirituality*

The Laws of the Universe

Why does the universe seem fine-tuned for the emergence of life, including intelligent life capable of asking that “why” question? Believers simply say God created this possibility, while scientists try to come up with complicated multi-dimensional, multiverse theories to explain our lucky break.

Are our lives governed by universal laws like The Law of Vibration and Attraction, The Law of Cause and Effect, The Law of Gender, to mention a few?

The Father of the space program, Dr. Wernher Magnus Maximilian Freiherr von Braun (March 23, 1912 - June 16, 1977), one of the leading figures in the development of rocket technology in Germany and the United States, said:

“The natural laws of the universe are so precise that we don’t have any difficulty building space ships, sending people to the moon and we can time the landing with the precision of a fraction of a second. These laws must have been set by someone.”

The astronomer George Greenstein said:

“As we survey all the evidence, the thought insistently arises that some supernatural agency - or, rather, Agency - must be involved. Is it possible that suddenly, without intending to, we have stumbled upon scientific proof of the existence of a Supreme Being? Was it God who stepped in and so providentially crafted the cosmos for our benefit?”

The English-born American physicist, mathematician, and futurist, famous for his work in quantum mechanics, nuclear weapons design and policy, and the search for extraterrestrial intelligence and winner of the Templeton Prize (2000) John Dyson Freeman says:

“The more I examine the universe and the details of its architecture, the more evidence I find that the universe in some sense must have known we were coming.”

It seems like some sort of force designed the universe and the Laws of the Universe. And some people call this force God.

In his book *Conversations with God*, Neale Donald Walsh asks God if it’s possible to do what we want without fear of some sort of punishment. God answers by telling him about the **laws that govern the Universe**:

Neal: But if there is no hell, does that mean I can do what I want, act as I wish, commit any act, without fear of retribution?

God: The direct answer to your question is, yes, you may do as you wish without fear of retribution. It may serve you, however, to be aware of consequences. Consequences are results. Natural outcomes. These are not at all the same as retributions, or punishments. Outcomes are simply that. They are what results from the natural application of natural laws. They are that which occurs, quite predictably, as a consequence of what has occurred. All physical life functions in accordance with natural laws. Once you remember these laws, and apply them, you have mastered life at the physical level. What seems like punishment to you—or what you would call evil, or bad luck—is nothing more than a natural law asserting itself.

Neal: Then if I were to know these laws, and obey them, I would never have a moment's trouble again. Is that what you're telling me?

*God: You would never experience yourself as being in what you call "trouble." You would not understand any life situation to be a problem. You would not encounter any circumstance with trepidation. You would put an end to all worry, doubt, and fear. You would live as you fantasize Adam and Eve lived - not as disembodied spirits in the realm of the absolute, but as embodied spirits in the realm of the relative.... **The Laws of the Universe are laws that I laid down. They are perfect laws, creating perfect function of the physical.***

Some will say that this is just nonsense, but the Universe is so finely tuned for the emergence of life, including intelligent life, that it makes sense that there must be some universal laws making up the foundation of the whole Universe.

Few people are aware that these laws govern our lives. But some people have been able to see the bigger picture and share it with others. Since 1986 Esther and Jerry Hicks have published numerous books, DVDs, videos and articles about one of universal laws - *The Law of Attraction*. 20 years later Rhonda Byrne introduced hundreds of millions of people to *The Law of Attraction* through the book and movie *The Secret* in 2006.

Since then, more books, programs and movies have been released related to the *Law of Attraction* and other universal laws.

However, there are still a lot of people who are unaware that their lives are directly governed by *The Law of Attraction*, *The Law of Cause and Effect*, *The Law of Vibration*, *The Law of Polarity*, and many more - every day.

I was also completely ignorant of these laws before I had my "awakening" more than a decade ago. Since then I have done extensive research into the Secret of Life.

I discovered I could improve my life by working **with** these Universal Laws. And so can you.

As a result, I started the *One Mind - One Energy* website. I decided I wanted to make a difference by sharing this information with other people.



When my time on this Earth is up, I want to look back at my life knowing that I did my best to make a difference.

I have lived more than half a century and for the first 4 decades – the 40 first years of my life - I was completely ignorant about the universal laws.

After graduating from University I started working for a big, international company. I was told it was the “safe” thing to do. You see, when I grew up I was told that the recipe for success was to work hard, get good grades in school and then use this to get a job in a big, secure company. I followed “the recipe” and my goal was to earn a lot of money so I could be “successful”.

I didn’t realize I was actually living a life that was **expected** of me. I was not true to myself. I had just followed “the recipe for success” without ever questioning it. I ended up working long hours for this big international company “to make it”. I hardly had any time for my family, myself or anyone else. It was all about work.

It didn’t make any sense, but after years working and working I started to question my life and the way I lived. I “stumbled” upon some valuable life-changing information and then I had some sort of “awakening”. I started looking into the secret of life. I came across the Laws of The Universe and discovered some incredible life-changing information. For the first time in my life I started seeing the Bigger Picture of Reality. Since then I’ve been on a quest to constantly learn more and more about creation and the universe and how we can use this knowledge to help each other – to make a difference.

My goal is to help others discover the universal laws too and that’s why I have created this *Make A Ripple – Make A Difference* e-book and other programs and books.

By helping others, we also help ourselves.

As Michael Beckwith says: “*You get to keep what you give away - you get to keep it in your soul.*”

You can’t take money or your material possessions with you when die. You can only take with you what you have experienced during your time on this planet.

The more good you have shared and given away the more you will develop as a soul and the more you can take with you when your time is up. The soul is all about **gaining experiences**.

It took me a lot of time to understand this, but studying the Laws of the Universe opened my eyes. After several years of studying these laws, I launched a very comprehensive and complete program covering [5 Steps To Master Your Life](#). It includes 12 universal laws and how they are governing your life every minute of the hour.

On my long quest to find answers I also found cutting-edge science and research backing up these universal laws. The whole Universe is run by universal laws and they deal with *energy, frequency and vibration*.

In other words, the Universe is all about energy, frequency and vibration and this is something science is also realizing.

Scientists have looked into the micro world – the world of subatomic particles and made new discoveries.

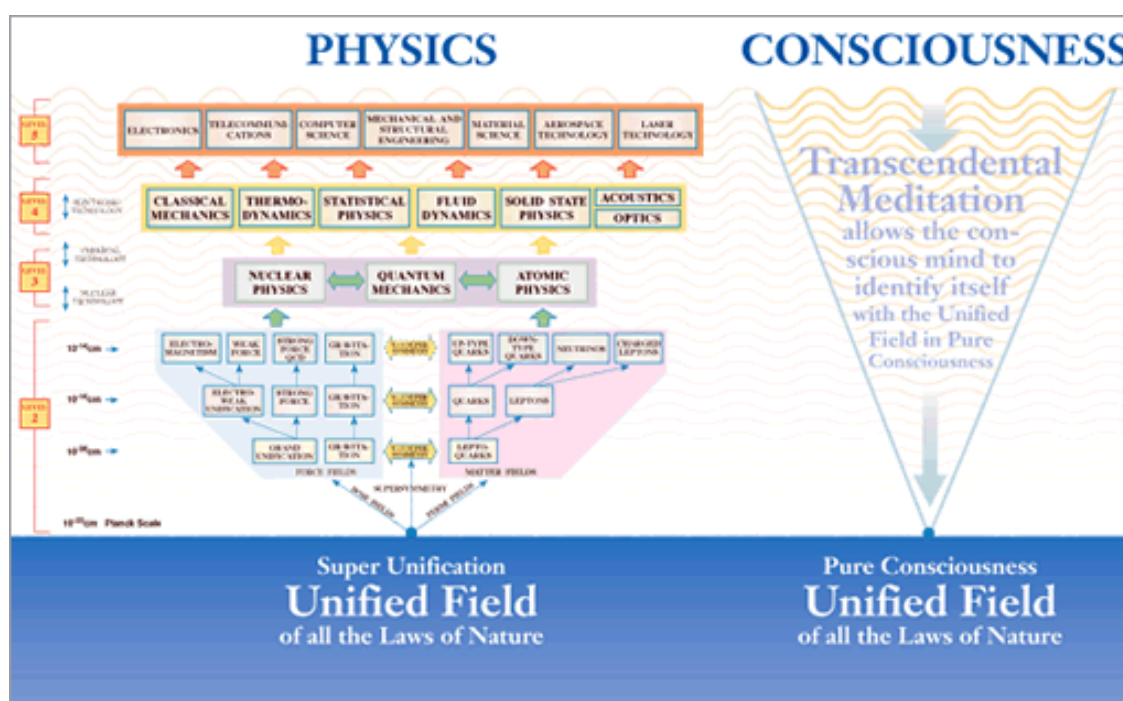
Let's take a look at this tiny world and what scientists are saying about it.

Science and Quantum Physics

Science has explored the nature of reality for centuries and for the past decades, modern science has probed deeper levels of reality.

Science has gone into the levels of the atom and into the sub-nuclear levels, revealing that the universe is structured in layers of creation. At the lowest level there is a fundamental unity - what Professor John Hagelin calls **The Unified Field**.

At this level we are united. We are all connected and we are part of the universal consciousness: **ONE UNIVERSAL MIND**.



Picture adapted from www.TM.org

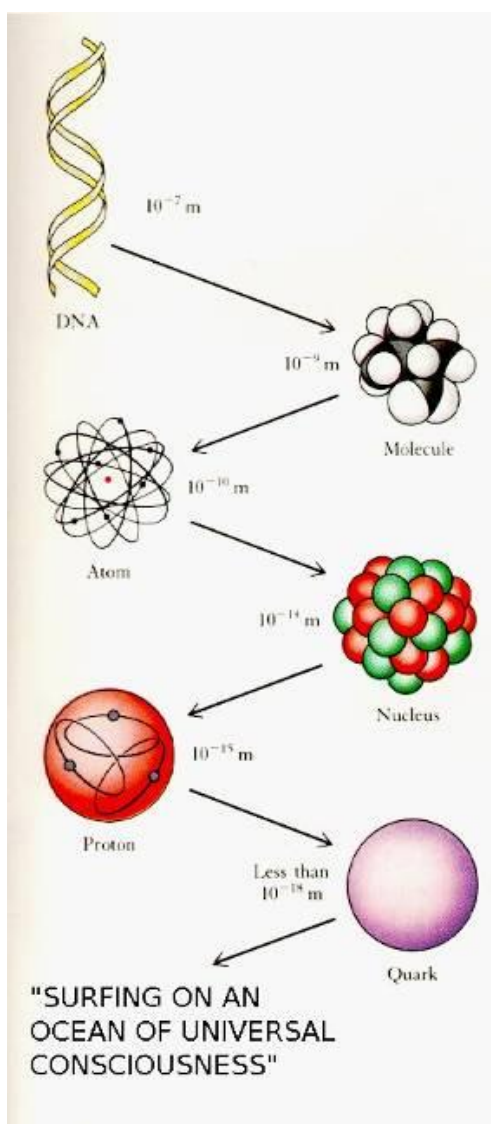
At the lowest level quantum physics talks about **unity** and universal consciousness. Intelligence. They talk about a Thinking Universe.

In our awakening state, we can see ourselves as separate from each other, from animals, plants, and the nature. We appear solid and distinct, but in fact we are all connected at this energetic, unified level.

At our **core**, we are united and we can reach this united field by slowing down our brainwave activity through easy **meditation techniques** as shown on the right hand side on the picture above.

We are all made of the same stuff, the whole universe is. When we break our

bodies down, we are pure energy and this energy “surfs” on an ocean of universal consciousness.



When we go from the DNA to the molecule to the atom, to the nucleus inside the atom, to sub-atomic particles, we find energy packets like quarks and leptons and they are vibrating at a very high speed.

Everything is vibrating at different frequencies.

Our bodies may appear solid, but they are actually vibrating at high frequencies.

And these particles “surf” on this ocean of pure potentiality, of pure consciousness called the UNIFIED FIELD.

Science has discovered new grounds in the last decades through quantum mechanics.

And now Science and Theology are in fact closing in on each other.

Science is saying that everything is energy and everything is vibrating. Everything has its own vibrational frequency.

Science says: **“energy is on the surface of universal consciousness which is omnipresent.”**

Theology says: **“God is everywhere – omnipresence.”**

They are talking about the same “thing”, but use different words.

During my quest to find answers to the secret of life, I read about how everything is energy. How the whole universe is made up of the same stuff.

Scientists thought the space between the planets in the universe was empty, but it's not. It's in fact **an ocean of energy** of small energy packets (quarks, leptons...) floating on a field of universal consciousness.

A field that is omnipresent.

The Science of Getting Rich

In 1903, Wallace D. Wattles wrote his book *The Science of Getting Rich*. The book contains many great ideas, but this paragraph is directly related to this “thinking universe” certain scientists are talking about:



“There is a thinking stuff from which all things are made, and which, in its original state, permeates, penetrates, and fills the interspaces of the universe.

A thought, in this substance, produces the thing that is imaged by the thought.

Man can form things in his thought, and, by impressing his thought upon formless substance, can cause the thing he thinks about to be created.”

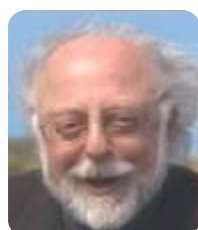
He was describing what quantum physicists have discovered in the past decades: **consciousness can influence our reality**. We are not silent bystanders to this creation, but active participants because what we think and feel creates electrical and magnetic fields influencing our reality.

Mr. Wattles ideas, from more than 100 years ago, are now supported by renowned scientists:



Stuart Hameroff M.D. - Director of the Center for Consciousness Studies says:

“If we go down the scale in the emptiness eventually we come to a level - ‘the fundamental level’ of space - time geometry. Here we find information - a pattern - the Planck scale, which has been there since the BIG BANG.”



Fred Alan Wolf, Ph.D. - Theoretical physicist and writer on the subjects of quantum physics, consciousness, and their relationship says:

“There is no empty space. When we go down - down - down - there are vibrations - stuff popping - invisible connections - entanglement.”



Professor of Physics and Director of the Institute of Science, Technology and Public Policy at Maharishi University of Management and the President of The David Lynch Foundation for Consciousness-Based Education and World Peace **John Hagelin, Ph.D.** says:

“Our universe is like a thought wave - invisible state OR quantum wave function spread over space and time. Not a wave of matter” - but wave in what? In a universal ocean - an ocean of pure potentiality - a unified field - superstring field that of which we are all made of.”

In this ocean, our thoughts travel, our thoughts **ripple** and they **make a difference**.

Every day when you are thinking and feeling you are making ripples in the universal sea. What you think and feel really does matter.

Thoughts become things. $E=mc^2$ as Einstein discovered. Your thoughts and feelings are specific energy units and if the energy is strong enough it will “turn into matter”, as author P.M.H. Atwater discovered.

In 1977, she had 3 near-death experiences in just three months - January 2nd, January 4th and March 29th. These experiences impacted her tremendously.

In her book, *We Live Forever*, she describes how our thoughts form as shapes in the ether.

She could see the power of thoughts when she experienced death. In her first near-death experience she could see ‘blobs’ forming in the air around her. She didn’t know what else to call these strange shapes. They were dark gray, misshapen things that looked like inkblots.

When she died the second time, she realized the gray blobs she witnessed during her first near-death experience were **raw thought substances**, unshaped because they **lacked the focus** she could have provided.

She discovered that thoughts really are things - that thinking a thought produces the energy and the substance needed for it to exist. Even though most thoughts are short-lived, those we put effort into, focus on, or think intensely about become the “climate” or atmosphere in which we live.

Your Thoughts and Feelings Matter



In his video *The Global Brian*, Peter Russell talks about how the first astronauts came back to Earth with a strong feeling of *Oneness* after seeing the planet from space for the first time.

“Up there you are no longer an American citizen or a Russian citizen. Suddenly all those boundaries disappear. You are a planetary citizen.”

Russell is talking about how planet Earth with everything in it might be ***one living organism***.

We are all in this together - we are all connected. We are all part of a global consciousness - a universal consciousness – a thinking universe.

There is an interesting project called *The Global Consciousness Project*.

Scientists have tested the idea of global consciousness and its power for several years. They have collected data from a global network of random number generators since August 1998.

The scientists behind the project are looking into the correlation between people's intentions and emotions and the output on 65 random number generators placed around the world.

The purpose is to examine subtle correlations that reflect the presence and activity of consciousness in the world.

What happens when millions of us share intentions and emotions?

They have recorded correlations when global events occur like the funeral of Princess Diana and 9/11.

Both these events made a profound impact on the random number generator outcome.

Our collective consciousness will actually have an influence on the outcome of these random number generators.

This is implying that the way we think and feel is really important since it will start a chain of reactions, a ripple in this “universal ocean of energy” of which we are all a part.

In one of his *Notes from the Universe* emails, Mike Dooley, author of the bestselling book *The Art of Living Your Dream* explains the power of our thoughts:

“When you think a new thought, entertain a new dream, or mentally choose a new goal, your thoughts ‘leave’ you and go out, in every direction, to the farthest corners of the planet. They carry a life force on their own, like ripples created when a pebble is tossed into a pond.”





The Maharishi Effect: Individual Consciousness affects Collective Consciousness

Maharishi Mahesh Yogi

With your thoughts and feelings, you can influence the global consciousness field and make this a better world.

How?

By meditating and by radiating out vibrations of peace. By changing how you think and feel and by being used to a deeper level of thought.

There are mediation techniques that work in terms of influencing **the collective consciousness**. This has been proven in many scientific experiments.

One of these techniques is the Transcendental Meditation technique (TM), which uses personal mantras.

(Mantra: A sacred verbal formula repeated in prayer, meditation, or incantation)

Meditation is an opportunity to go within and reach deeper into the essence of who we are. Many meditation techniques will help you access the lower levels of brainwave activity. Techniques like *The Natural Stress Relief (NSR) technique* created by Raymond Harrison (Ph.D. in physics) who himself was a TM teacher, and *Deepak Chopra's Primordial Sound meditation* and many others.

The purpose of these meditation techniques is to help you access a unique state of the mind, consciously transcend all thoughts, which will allow the mind and the nervous system to deeply rest and release stress.

These techniques have proven to have an incredible effect on the individual consciousness and the global consciousness.

It's important to understand how individual consciousness affects collective consciousness.

In explaining this I will refer to the Transcendental Meditation technique introduced by Maharishi Mahesh Yogi.

The Transcendental Meditation Technique



Maharishi Mahesh Yogi of India (*January 12, 1918 – February 5, 2008*) was one of the most respected teachers of meditation in the world. He was widely regarded as the foremost scientist in the field of consciousness.

He introduced the Transcendental Meditation technique, also known as TM, in India, the United States, Mexico, the United Kingdom, and China.

“Transcendental Meditation opens the awareness to the infinite reservoir of energy, creativity and intelligence that lies deep within everyone.” ~ Maharishi Mahesh Yogi

It is a simple, natural, effortless procedure practiced 20 minutes twice each day while sitting comfortably with the eyes closed.

It's not a religion, philosophy, or lifestyle. It's the most widely practiced, most researched, and most effective method of self-development

“The Transcendental Meditation technique is a simple, effortless way to ‘dive within,’ to experience an ocean of pure consciousness, pure creativity, pure knowingness. It's a unique experience, but also very familiar—it is your own Self.”

- David Lynch, filmmaker and chairman of the David Lynch Foundation for Consciousness-Based Education and World Peace

To learn more you can watch this video from the TM organization featuring **David Lynch**: [watch video](#) (*accessible in the membership area*)

Please Note:

This video and other videos mentioned in this e-book are accessible through the membership area you got access to when you purchased the Ripple Package.

Professor of Physics and Director of the Institute of Science, Technology and Public Policy at Maharishi University of Management **John Hagelin, Ph.D.**, who is also the President of the David Lynch Foundation for Consciousness-Based Education and World Peace, explains more in this video:

The Transcendental Meditation technique



This technique takes the awareness deep within to more refined levels of thought. You start to realize how everything in this universe is beautiful. You see the beauty everywhere, in all of nature: in plants, in flowers, in animals, in people - you are not just looking at the surface of things - you go beyond the surface.

"You kind of fall in love with everyone and everything. We become far more loving and giving human beings and this is the formula for peace, personally and globally. If we want a peaceful world, we need peaceful individuals." ~ John Hagelin

In our busy, materialistic, hectic world we don't take time to stop to see the beauty that surrounds us every single day.

We are often too busy climbing "the mountain of success" and forget to enjoy the journey itself.

However, not everyone needs to mediate using the TM technique for our world to be peaceful. Just a relatively small number of people are required to 'vibrate out' their peacefulness to the world and hence influencing it. This phenomenon is called *The Maharishi Effect*.

The Maharishi Effect

In 1960, Maharishi Mahesh Yogi predicted that one percent of a population practicing the Transcendental Meditation technique would produce measurable improvements in the quality of life for the whole population.

This phenomenon was first noticed in 1974 and reported in a paper published in 1976.

The findings showed that when 1% of a community practiced the Transcendental Meditation® program, the crime rate dropped 16%, on average.

At this time, the phenomenon was named the Maharishi Effect.
(Source: Maharishi University of Management, Fairfield, Iowa)

The Maharishi Effect establishes the principle that **individual consciousness affects collective consciousness**.

There have been nearly 50 scientific research studies conducted over the past 25 years verifying the unique effect and wide-ranging benefits produced by the Maharishi Effect.

Professor John Hagelin has been part of many studies showing how our thoughts can have profound impact in the world.

The research he's been part of shows what Maharishi Mahesh Yogi predicted.

Whenever a large number of peace-creating experts - about the square root of one percent of the population of a nation - *practice The Transcendental Meditation–Yogic Flying technique* together in a group, negative trends, such as crime and violence, decrease, and positive economic and social trends are strengthened throughout the entire population.

One such study was The Washington Demonstration Project in 1993.

Approximately 4,000 participants meditated using the Transcendental Meditation Technique from June 7 to July 30, 1993. As a result violent crime was decreased during this time.

The maximum decrease in crime was 23.3% when the size of the group was largest during the final week of the project.

You can see the whole study here: [The Washington Demonstration Project in 1993](#)

Here is as Selection of other studies on the Maharishi Effect:

- * Decreased Deaths due to Violence (1990)
- * Improved U.S.-Soviet Relations (1990)
- * Global Reduction of Violence and Terrorism (1989)
- * Improved Progress towards Peace in Lebanon (1989)
- * Reduced Conflict in Lebanon and Improved Quality of Life in Israel (1988)
- * Improved Quality of Life in the United States (1988)
- * Effect of Large Assemblies of Yogic Flyers on Worldwide Indicators (1987)
- * Decreased Inflation and Unemployment (1987)
- * Improved Quality of Life in Rhode Island (1987)
- * Decreased Crime in the Capital Regions of the Philippines, the United States, and India (1987)
- * Improved International Relations (1985)
- * Decreased Crime in the Netherlands (1982)
- * Decreased Crime Rate in 24 U.S. Cities (1981)
- * Decreased Crime Rate in 11 U.S. Cities (1976)

How can meditation (thought) reduce crime and violence and give other positive effects in the external world?

Your thoughts and feelings set up a vibration that penetrates all time and space and thus influence the collective consciousness of which the individual consciousness is part.

Your individual life, through its activity, produces an influence in all parts of the cosmos.

“We are all united at our core.” ~ John Hagelin

Our individual consciousness is a **hologram** of universal consciousness

The special feature of a holographic something is that every piece of the something mirrors the whole something. Our whole universe is a hologram and no matter how finely we divide it (e.g. galaxy, planet, atom) each segment mirrors the whole universe, only on a smaller scale.

You are a point of consciousness. I am a point of consciousness. We are all points of consciousness living inside this hologram. As such your individual consciousness can be seen as a particle of the universal consciousness reflecting the whole universal consciousness.

Consciousness Drives The Universe as explained in this VIDEO



“The basis of the Maharishi Effect is the rise of collective consciousness. Collective consciousness is the wholeness of consciousness of any specific group.

“For example, when we talk of community consciousness, we merely put together the consciousness of all the individuals who make up the community; for national consciousness we put together the consciousness of all the citizens of a nation.

“There are innumerable divisions and organizations of collective consciousness, but among these there are seven principal levels: family consciousness, community consciousness, city consciousness, state or provincial consciousness, national consciousness, world consciousness, and universal consciousness, each created by the individuals within the group.”

“Just as a radio-transmitter can create waves in the electromagnetic field, individuals constantly create influences on all parts of creation simply because consciousness permeates every aspect of the material universe.

To illustrate, if a stone is thrown into a pond, waves are produced that travel throughout the pond.

“Each wave produces some effect in every part of the pond. Similarly, the wave of individual life, through its activity, produces an influence in all parts of the cosmos”

- Maharishi Mahesh Yogi

You, me and everyone else can all make a difference by sending out positive thought-waves.

The Boomerang Effect

This e-book has been created with *The Law of Cause and Effect* in mind, which states that you reap what you sow.



The Principle of Cause and Effect explains that there is a cause for every effect, and an effect for every cause. Everything happens according to law.

By focusing on the Cause, the Effect will automatically take care of itself.

Ralph Waldo Emerson called this law **The Law of Laws**. It's powerful.

Voltaire said that words like luck, chance, and coincidence were invented to express the known effects of unknown causes.

You get back what you put out, like a boomerang. You throw it out and it comes back. If you put negative thoughts out, you will get negative thoughts back.

Conversely, when you put a positive thought out, you will get a positive thought back, maybe not right away, but it will come.

It is the law and the Laws of the Universe never err once.

By reading this e-book, you are on your way to putting more good out. By following the guidelines in this the *Make A Ripple - Make A Difference* e-book, you will know how to get good back and your life can change for the better.

There is something good in every single person on this planet - you just have to look for it.

"It only takes a second to notice something you love about someone. It only takes two seconds to tell them so." ~ Bob Proctor

People will realize that everyone has something special to give to the world. We are all unique. Our thoughts are mental fingerprints.

No one can think exactly like you - **you are unique.**

By sending out good positive thoughts to people you meet, you enter into **harmony** with the Law of Cause and Effect.

Good things will come your way. Opportunities will start to emerge. It's the Law.

I am a student of Wallace D. Wattles' material and I mention him throughout this e-book because he had some great information to share. Studying his and other great thinker's material for years has given me a better understanding of the Laws of the Universe and how everything is connected.

Since I launched my *One Mind One Energy* website many years ago I have been on the lookout for new methods on how to best harness the incredible power of the Universe. In my experience, it's all about how we communicate with the Universal Field around us through our thoughts and feelings.



Everything Starts with that First Thought - that First Idea

We are all born with the incredible power to THINK - to use our imagination to make images in our head.

“If you can hold it in your mind; you can hold it in your hand.” ~ Catherine Ponder

“If you can dream it, you can do it.” ~ Walt Disney

“A man is but the product of his thoughts - what he thinks, he becomes.” ~ Mahatma Gandhi

You have the ability to think REGARDLESS of your circumstances - regardless of appearances.

“You are not the victim of your circumstances, but the MASTER of them.” ~ Legson Kayira

Legson Kayira was an African boy who set himself a goal that many would say was unrealistic and impossible. He proved them wrong. He went from living in poverty in an African village to become a professor of political science at Cambridge University in England and a widely respected author. He was a firm believer in our power to master our circumstances. [More about his incredible faith and story here.](#)

When thinking you can apply IMAGINATION and you can use your IMAGINATION to picture the life you want to live.

“Imagination is your preview of life’s coming attractions.” ~ Albert Einstein

“Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world.” ~ Albert Einstein

“The power of imagination makes us infinite.” ~ John Muir

“Imagination is the most marvellous, miraculous, inconceivably powerful force the world has ever known.” ~ Napoleon Hill

Our thoughts are cosmic waves penetrating all time and space.

Whatever you are thinking will create ripples in this sea of energy we call the Universe.

Your thoughts matter because *they create matter* and they are a part of the universal consciousness. As such we should choose our thoughts wisely.

This e-book is all about making people realize that they have an incredible powerful “tool” within themselves: **the power to think regardless of circumstances**.

If you are sick you have the power to think that you are well. If you are poor you have the power to think that you are rich. If you can hold onto a new thought long enough it will become your reality. More and more research is now suggesting that the inner world creates the outer world, something spiritual people have been saying all along. Experiments in quantum physics like **The Double Slit Experiment** show how our consciousness influence our reality.

By working **with** the Laws of the Universe, your life will begin to flow. Good things will come your way.

By following the guidelines in this e-book, you will experience a change within and it will be a positive one.

You CAN Make a Difference



Eileen Caddy, who passed away in 2006, was a mystic, a spiritual teacher, and the author of 11 books containing the simple, yet profound guidance she received from an inner source she called *The God within*.

In one of her many speeches, she spoke about peace and making a difference:

“How easy it is, for each of us to say of course I want universal peace, but there's nothing I can do about it. After all I am only one person. I'll leave it to the politicians. So what do we do? We hide in our little shells and allow the issue of the peace of the world to fade into the background because we feel powerless.

What can I as one individual do about it? Where does my responsibility lie? I can talk about universal peace, but that won't bring it about. I can write about it, send out pamphlets and go on protest marches, but that does not create peace. We can even have large conferences among nations about peace, but they don't make it happen.

We all long for peace and yet we go about it in the wrong way. Instead of starting at the top, we need to start at the foundations.

As we think, so we are. As a nation of people thinks, so it is.

If its outlook is aggressive or defensive, it will surely create war. When there is jealousy, greed, hatred at the heart of a nation, no amount of talking about peace will bring it about. Change the thinking, the consciousness of a whole nation and you will see its foreign policy change too.

The world can only be saved from destroying itself by a change of consciousness.

This cannot be brought about by lecturing people, or criticizing governments. It is not other people who need to change, it is we ourselves.

Universal peace starts within each individual. It starts within me and you. It is like a stone thrown into a pool of water. The ripples spread out and out, but they start at the very centre.”

Eileen Caddy's words are nailing it. Spot on.

We can ALL make a difference if we start with ourselves.

Since you have the power to THINK, you can start by thinking good things about people you get in contact with every day.

Send them praise. Wish them well.

Believe that you CAN make a difference - because you CAN.

We all CAN, but our biggest human challenge is to practice what we preach. However when inspired we can light a flame within making anything possible.

Expanding Your Level of Awareness

Anything is possible if you realize that you CAN think regardless of circumstance and that you can create your world from the inside out.

Unfortunately, many people are unaware of the Universal Laws and how the whole universe is constructed.

The universal laws are governing our lives and they are as real as the laws of physics like the Law of Gravity. By working **with** these laws anything is possible.

The Universe contains unlimited supply of all kinds of riches and everyone on this planet has free access.

It all boils down to how you communicate with the Universe. You have a *personal frequency* and it's set up by the way you think and feel. The more you can be heart focused – “think with your heart” – be kind, be positive, keep an attitude of gratitude and do your best to observe rather than judge other people and their opinions the better your life will become.

Why?

Because you will be raising your frequency and change the way you communicate with the Universe. The more good you send out the more good will come your way.

You reap what you sow.

Sending Praise

Sending praise to people you meet will yield results. The story below, about Raymond Fox and his experiment, will show you how.



For years I have been a student of many different self-growth programs to learn how the Universe operates. I have consumed books, e-books, audios and videos like they were my favorite meal.

In one of the self-help programs I enrolled in they talked about the incredible power in **sending praise** to other people.

The Law of Attraction is probably the most well-known Universal Law, but The Law of Attraction is only the tip of the iceberg. The Law of Attraction actually rests on The Law of Vibration. The Law of Vibration sets up The Law of Attraction as explained in my personal development program: [*The 5 Steps To Master Your Life*](#).

Your thoughts are vibrations that you send out into the universe and since you have the power to choose your thoughts, you can decide to send out vibrations which are in **harmony with the Laws of the Universe**.

Your thoughts cause your feelings and your feelings cause your vibrations. So, sending praise is powerful as this experiment will show you:

Mr. Fox and The Praise Experiment

A man called Raymond Fox did an experiment with waiters to test the power of *thought and praise*.

In this experiment he helped every waiter and waitress double or triple his or her tips in 30 days. Here is what he did:

He would ask the waiter if he/she would like to double or triple their tips within 30 days. They all said yes, of course. BUT in order for this to happen they had to do a couple of certain things as laid out by Mr. Fox:

1. They had to do exactly what he told them to do and
2. They had to give him the results after the 30 days were up

He told them to keep a record of their tips and he also asked them to think in a certain way when they were waiting on tables. This, he said, was very important.

The secret is:

*When they approached the table they were serving they had to **send a silent praise to every single person at the table.***

***A silent wave of praise wishing that family well,** sending them praise for the good they might be doing or for the good they seek to do.*

This is something they were told to do *internally* as they approached each table and they should do this every day for 30 days **in a row.**

Mr. Fox said that almost without exception the waiter or waitress would call him saying that their tips had doubled or tripled within 30 days. In addition, they began to enjoy their job a whole lot more than they had before the experiment.

It all has to do with sending positive energy to other people. By helping other people you are actually helping yourself since we are all connected and that's the way to succeed.

**But why did the waiters have to do it for 30 days?
Why not one week, two weeks or three weeks?**

30 DAYS

The 30 Day Principle

How to Break or Create a Habit

Why are some personal development programs telling us to do things 30 days in a row?

Mr. Fox told his waiters to send praise for 30 days.

Several personal development programs tell you to keep at it for 30 days in a row. Where is the research that supports this specific period of time?

NASA actually discovered this timeframe when they were doing an experiment named by neuroscientists: **The 30 Day Principle.**

I first heard about the 30 Day Principle through one of the self-improvement programs I was enrolled in many years ago.

NASA did an experiment and discovered something extraordinary. After 25-30 days the brain accepted a new representation to be believable - new permanent connections were made in the subconscious mind. However, when they did a second experiment and interrupted the experiment half way through, it was like starting from scratch. No permanent connections were made.

This led to the discovery that it takes **30 days in a row** to break or make a habit. Let me go a bit more into detail about this by taking a closer look at the NASA experiment.



The NASA Experiment

The actual experiment was set up like this: Scientists placed convex goggles on would-be-astronauts and these goggles made everything appear upside down. The experiment was designed to help figure out what effects the disorientation of space would have on the human mind.

To their surprise they found that after 30 days, the astronaut's minds had completely flipped the image back so everything appeared normal even though they still wore the goggles.

To investigate further, they took another group of astronauts in the same experiment, but they asked half of the group to **remove their goggles for one day** halfway through the 30 day program - at day 15.

The other group kept their goggles on and after 30 days the image in their mind flipped so that everything appeared normal to them – just like with the initial group. Their brain had made **new neuron networks** to make the upside world appear normal to the astronauts.

However, for the group that took off their goggles for 1 day only – at day 15 – **the brain failed to make the same network**. This one day off broke the pattern that the brain was making.

They would have to start all over again for **another 30 day straight** for the brain to flip the image in their mind.

This experiment made them realize that it takes **30 days IN A ROW** to rewire the brain, just one day off will break the rewiring.

The 30 Day Principle indicates that it's possible to make or break any habit in 30 days.

However, another research experiment carried out by Phillippa Lally and her colleagues from the Cancer Research UK Health Behaviour Research Centre in London in 2009 showed something else.

This research team completed a groundbreaking investigation into how people form habits and their finding were published in *the European Journal of Social Psychology*.

Their study involved 93 people and it showed that a habit could change in as little as **18 days** or as long as **244 days**. The London experiment showed that the average time it took to form a new habit was **66 days**.

So why are some people able to change their habits in just 18 days or 30 days while some need as long as 244 days?

It has to do with thinking the same thought over and over and over again as often as you can. In the NASA experiment the astronauts were forced to wear goggles for 30 days in a row.

However, if you are to repeat a thought pattern every day for 30 days in a row you need to be dedicated to the task, because it's challenging. Research shows that we

think approximately 60,000 to 70,000 thoughts every day (*an estimate*) **and 90% of those thoughts are the same as the day before.**

In other words, we are creatures of habit. The same old thought patterns play in our mind. We need to break them and that is why **dedication, a strong intention to change, and focus** will go a long way in creating a new habit.

That's also why some people only used 18 days in the London study – they were dedicated and focused. People with less focus, dedication and intention to change will use a longer time to establish new habits.

Successful people think successful thought on autopilot. When we grow up we are being shaped and conditioned by the environment we grow up in. People who grow up in successful environments very often become successful themselves. They are formed, conditioned and shaped to think success thought.

If you want to change your life, you need to start thinking of the new life you want as if it has **already happened** - as often as you can. You need to fill your subconscious mind with what you want to happen – imprint it with your new thoughts. And **FEEL** it.

You have the power to think *regardless* of circumstance so you have the power to think how your dreamlife should be. See it in your mind's eye. How will you **feel** when you have reached you goals and are living your dreamlife?

You CAN produce this feeling in your body if you think your “dreamlife-thoughts” over and over again.

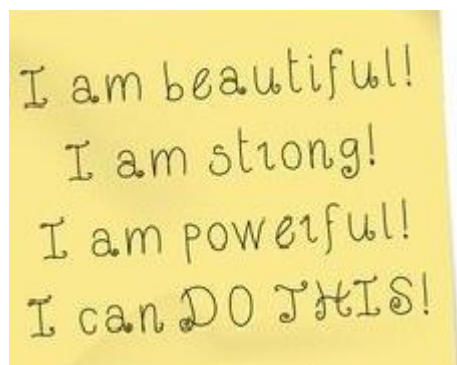
If you just see this as a mental exercise that you *have to do* without involving your feelings, it will require a lot of will power. Then it will be hard work.

This is why most people fail to succeed. They need to find what they are passionate about and involve themselves with feelings and emotions.

This is like the wind in the sail of a sailing boat moving towards a destination. The destination is the end goal. You set yourself a goal and start thinking about it, but without wind – feelings - your boat will not move forward. You need “wind in your sails”.

In order to change your thinking patterns, you need to find what you're really passionate about. What is it that your heart longs for? It's like falling in love with what you want to have happen in your life. Then you won't think about it like a mental exercise every day. You won't have to remind yourself about thinking about it. It all comes natural – automatic – just like when you fall in love with

another person. You think about this person every minute of the hour – on autopilot. No reminders are necessary.



Many people put up post-it notes with affirmations to help them achieve their goals, but if they don't involve their feelings it's not going to make a great impact on their subconscious mind.

The new neural networks will not become permanent since the “glue” is missing which is the feelings – the emotions.

I do believe we are all here to express our uniqueness and that's why we should set our goals from the heart. When we do we make positive ripples in this “sea of energy” we all live in. By expressing your uniqueness you will make a difference in the world

You can make a difference and succeed in the process as long as you involve your heart just like the waiters in the Raymond Fox experiment did.

Something as simple as sending silent praise to their customers double and sometimes tripled their tips.

Rewiring your Brain - Neuron Networks and Habits



In the movie, [What The Bleep Do We Know!?](#), Dr. Joe Dispenza talks about how our brain works and this explains how the rewiring in the NASA experiment took place.

He talks about how the nerve cells in the brain called neurons have tiny branches that reach out to other neurons, forming neuron-networks.

Each connection point is integrated into a thought or a memory.

He goes on to say that the brain does not know the difference between what it sees in its environment and what it remembers because **the same neurons are triggered.**

This means that we can break or make a habit simply by repeating something over and over again in our mind or by actually doing it.

If we want to break a habit, we must stop reinforcing the habit. By stopping a habit, we will break up the neuron network connections that make that habit occur.

If we want to learn something new and create a new habit (a new pattern), it will cause the creation of a new network reinforcing the habit, just like in the NASA experiment where it took 30 days **in a row** to create this neuron network.



If you think back to when you were a kid and tried to ride a bike for the first time, you probably failed like everyone else. No one manages to ride a bike the very first time they try.

Why?

Because the neuron network dealing with riding a bike needs to be made first. The first time you tried riding a bike, you actually started building this network. It was being made. It was being created. The complete network was not in place yet.

You were creating the network by your actions. By trying to ride the bike over and over again, the connections in the network grew stronger and stronger. All of a sudden, you could ride the bike. And the more you practiced, the better you got at riding the bike. And then you didn't even have to think about it.

The riding-a-bike network in your brain was established and the connections were very strong making you ride the bike on “auto-pilot”.

Hence - you should stick to sending praise to people you meet for at **least 30 days in a row** and see how things change in your life - as in the Fox waiter experiment.

If you have a strong intention and focus on this for 30 days you will see a change in your life. You will create a great new, positive habit AND you are working in harmony with the Law of Cause and Effect. What a powerful combination.

“You are what you repeatedly do. Excellence is not an event - it is a habit.” ~ Aristotle

You will create a thought pattern - a neuron network which automatically makes you send positive thoughts to people you meet. And here is the best part: by having turned this into a habit you are in *harmony* with the Law of Cause and Effect - by default.

You will constantly be putting good out every time you meet someone and you will get good back.

Maybe not straight away - maybe not the next day or the next week, but it will come to you. It's the Law.

It's just like throwing out a boomerang - it will return. Just make sure you throw out a positive boomerang. If you do great things will start happening to you.

The power to think is truly the most incredible power we have as humans.

Many successful people have realized the importance of the Power of Thought and the importance in creating a repeating thought-pattern to achieve their goals.

However, without involving your feelings and emotions it will be hard work. That's why setting your goals from the heart – from passion – is the strongest force of all. It creates movement – motion.

Look at the word EMOTIONS.

Let's split it up into **E-Motion** where **E** stands for energy and **Motion** is movement.

Emotions or feelings move energy. It's motion. Energy in motion caused by feelings.

When you move enough energy it becomes your reality in our 3D world.

The most successful people in the world often set their goals from passion – from the heart. Not from the ego and the intellect.

They decide what they truly and passionately want to achieve and then they start their journey towards success. They **move energy** by being passionate and turn it into their reality.

Their communication with The Quantum Field is dominated by their feelings and emotions and that will get things going. The Field will respond by producing opportunities and events coming their way.

Cutting edge research from the scientist Nassim Haramein shows that the Universe acts as a giant feedback-loop. You communicate with The Universe and whatever you send out in terms of how you think and feel will return to you.

The Formula for Success



What is success?

One of the first gurus in personal development, Earl Nightingale, defined success as:

A progressive realization of a worthy ideal

An ideal is an idea you have fallen in love with - something you are willing to spend your time on - trading your life for.

What is it you really want?

Successful people are doing what they really want to do. They have realized that they **Become What They Think About**

Henry Ford, Graham Bell, Thomas Edison, The Wright Brothers, Albert Einstein, or any other successful person who has ever lived or is still living has consciously or unconsciously been in harmony with the Laws of the Universe.

They use the Power of Thought (and feelings) and create certain thought patterns to make their dreams come true.

All their inventions and products first had to be an **IDEA - a THOUGHT** before they could be manifested on the physical plane.

It first became an idea - **a clear image** in their mind. An idea is like a spiritual seed and these people planted such seeds and tended to them every day.

They thought about their idea all the time - every day. They gave it energy. They were passionate about it. They kept reinforcing the thought pattern and involving themselves with feelings.

Thinking about their idea formed new neuron networks in their mind. The more they thought about it the stronger and stronger the network became. It became so strong that they could see their idea **CLEARLY** in their mind.

They gave it nourishment by putting feelings and emotions into it. They kept tending it and tending it. They gave it detail, color and made it **VIVID**.

They spent so much time with their image of the idea that they **IMPRESSED** it onto their subconscious mind.

It became a natural part of them. In doing so they were sending out vibrations to the universe and the universe responded by setting in motion different events that would turn up as opportunities - opportunities these successful people would see and act upon.

They saturated every cell of their body with the feeling of success.

Emotions move energy to become what we perceive as matter in our reality. However, it requires a lot of energy for this to happen. That's why it's important to fall in love with what you want to achieve in your life. Then you will think about what you want 24/7 - on autopilot.



Falling in Love with Your Idea

Successful people fall in love with their idea.

Every cell in their body is filled with this idea just like when you fall in love with someone.

Love is the greatest energy there is and when you fall in love with an IDEA, all your cells in your body will vibrate and be in harmony with this IDEA.

By falling in love with an idea, a permanent neuron network is established and it sends out a constant stream of vibration to the universe.

When successful people fall in love with their idea - they get a BURNING DESIRE to make that IDEA become real - to make it manifest in the physical world.

They become extremely PERSISTENCE and they never, ever give up. By being persistent, they have FAITH they will succeed.

All successful people do this.

“Never, never, never give up.” ~ Winston Churchill

“A quitter never wins and a winner never quits.” ~ Napoleon Hill

“No man is ever whipped - until he quits his own mind.” ~ Napoleon Hill

In *The Science of Getting Rich*, author Wallace D. Wattles, says:

“The desire for increase is inherent in all nature. It is the fundamental impulse of the universe. All human activity is for increase.”

Successful people intuitively know this and they are seeking MORE LIFE with their ideas. They want more - they have a burning desire to succeed and they never give up because they have fallen in love with their IDEA.

Most people spend their time doing things they don't really enjoy. 80% of the population goes to a job they don't even like. Spending 5-10 years on a job you don't like would be okay if you had a contract to live forever, but you don't.

“Doing what you want to do is LIFE. There is no satisfaction in living if we are compelled to do something we don't like to do or that we are expected to do.” ~ Jack Canfield, bestselling author

Can anyone do what they want to do just like successful people?

According to author of *The Science of Getting Rich* Wallace D. Wattles we all can do this because we have the Power Within. He says:

*“The fact is this - You can do what you want to do. Your **desire** to do is **proof** that you have within the power to do it.”*

The keyword in Wallace's paragraph is **desire**. You must have a desire - a burning desire - to get your idea into something real.

Richard Bach, the American writer, who is widely known for the hugely popular 1970s bestseller *Jonathan Livingston Seagull*, said this:

“You are never given a dream without also being given the power to make it come true.”

Walt Disney said: *“If you can dream it, you can do it.”*

Set your goals from the heart, from passion. Fall in love with it. Once you find what you passionately want in your life you will be progressively realizing your worthy ideal as Earl Nightingale called it.

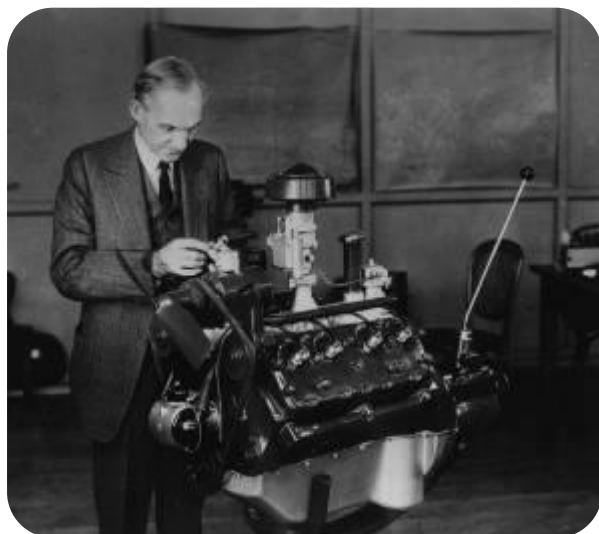
There will be challenges and bumps in the road to success, but since you are passionate about your goal you will endure and overcome any obstacle.

The Apple founder Steve Jobs realized this when he talked about success. Check out this video where he talks about passion and success. Click on the image below or click this link to see the video: www.1mind1energy.com/ripple-videos

Please note: You will be taken to the video-section of the membership site. Just scroll down and you'll see the video.



Persistence - Henry Ford and the V8 Engine



Most successful people have realized that with a dream also comes the power to make it come true.

Successful people have a burning desire to make their dream come true and they are **persistence**.

Henry Ford was persistence as this story will show you.

Mr. Ford was possessed when he decided to build the first V8 engine in the world. His engineers told him it was impossible to cast an eight-cylinder gas engine block in one piece. The V8 engine could not be built, they said.

Mr. Ford told them to go right ahead and solve the problem and “stay on the job until you succeed no matter how much time is required.”

They went ahead and six months later, they had still no solution. Another six months passed and still nothing. They tried all possible ways of putting such an engine together, but it could not be done they said, “It is impossible.”

But Henry Ford kept telling them to keep looking for a solution.

“Go right ahead,” he said. “I want it and I’ll have it.”

They went ahead and then, like a magical stroke, they found a way to solve this problem and Mr. Ford got his V8 engine.

Henry Ford was PERSISTENT and would not give up before the V8 engine was a reality.

In addition to a **BURNING DESIRE** and **BEING PERSISTENT**, successful people also **TAKE ACTION**. They do something to move closer to their goal. That is one of the universal laws I cover in [The 5 Steps To Master Your Life](#) – **The Law of Action**.

Did you know that Thomas Edison had to make thousands of attempts before he was able to succeed with the electric light bulb?

He never gave up. He took action, failed, took more action, failed again, more action, failed, but he kept going. And he never looked at all these attempts as failures.

A so-called failure is nothing more than a feedback mechanism telling us that we need to alter our approach. Thomas Edison had to alter his approach thousands of times before he finally figured out how to succeed with the electrical light bulb.

BURNING DESIRE (passion), PERSISTENCE, and TAKING ACTION are key factors in succeeding.

In addition, these successful people also do certain things other people don't like to do. This is known as the **Common Denominator of Success** and is one of the reasons they are successful.

The Common Denominator of Success



More than 50 years ago, Albert E.N. Gray, a life-insurance agent, addressed a convention of other life-insurance agents with a speech about the secret of success.

Here is an extract from his speech:

“The common denominator of success - the secret of success of every man who has ever been successful - lies in the fact that he formed the habit of doing things that failures don't like to do.”

Gray said he realized that the secret of success was NOT hard work.

He had seen far too many hard-working people fail to become successful and far too many successful people who did not work hard.

He discovered that the common denominator of successful people was that they simply **formed the habit of doing the things that other people don't like to do.**

So, do successful people **like** to do these things? Is that the difference?

No, they don't like doing these things either. That is why they turn them into habits.

They are willing to form the habit of doing things they don't like if that's what it takes to succeed. They are willing to do things others are not willing to do.

Successful people understand that it's necessary to turn certain things into habits if they are going to reach their goal.

There are so many stories of people who sacrifice something to get something of a higher value. They never quit, they turn certain tasks into a habit, they are persistent, and they seem to be **UNSTOPPABLE.**

Some people overcome every single excuse their mind throws at them and that is why they succeed.

That separates them from the rest of the world. It seems like they are unstoppable.



Unstoppable: Tom Monahan

The founder of Domino's Pizza, Tom Monaghan, endured hardship for decades. But unlike others, he was willing to do everything to succeed.

Here are just some of the things he had to endure in order to succeed:

- He worked 18 hours a day.
- He suffered financial trouble.
- He lost his business, but stayed on as president—with no authority.
- He had to sleep in his car to keep expenses down.
- For 5 years he fought off a bitter, trademark-infringement lawsuit.

However he was willing to do whatever it took to succeed and, in the end, he did.

Despite all the hardships lasting for decades he managed to make Domino's the largest home delivery pizza business in the world. Tom Monaghan became one of

the wealthiest entrepreneurs in the USA.

However, if you have no passion for what you want to achieve you will not endure because then it becomes hard work. You need to enjoy what you are doing.



Unstoppable: Legson Kayira

Legston Kayira did what most people would consider an impossible achievement.

He grew up believing studying was a waste of time for a poor boy from the town of Karongo in Nyasaland, Africa.

But once he was ignited with a passion, a purpose to do something great, he did it. He fell in love with an idea and nothing could stop him

His flame was ignited when he read books about the great work of Abraham Lincoln and Booker T. Washington. He wanted to be like them.

His dream: to go to America to get a top college education and serve mankind, to make a difference in the world - like his heroes had done.

His plan: walk to Cairo which was 3000 miles away from where he lived, board a ship to America, and attend college.

At the age of 16, he took the first step towards his goal and he had some big challenges ahead. He didn't have a penny to his name and no way to pay for any trip on a ship.

He had no idea what college he would attend or if he would even be accepted. Cairo was 3000 miles away and in between were hundreds of tribes that spoke more than fifty strange languages, none of which Legson knew.

Despite all these incredible challenges he reached his goal and graduated from a college in the US and he went on to become a professor of political science at Cambridge University in England and a widely respected author.

"You are not the victim of your circumstances, but the MASTER of them." ~ Legson Kayira

"A journey of a thousand miles begins with a single step," ~ Chinese Proverb

Legson had a burning desire to reach his goal and he did. [You can read his whole story here.](#)

Sacrifice

“The important thing is this: to be able, at any moment, to sacrifice what we are for what we could become.” ~ Maharishi Mahesh Yogi

We need to sacrifice something to succeed. And it does not mean a loss. It means giving up something of a lower value to gain something of a higher value.

For instance, you might skip watching TV every night. Instead, you might spend that time thinking about your dream and start taking action steps to reach it.

Get up an hour earlier every morning and work on your dream. Skip hanging out or going to the movies. Spend time on your dream instead. Be conscious of how you spend your leisure time.

Successful people really want their dream to come true. They want their idea to manifest and they make it happen. They spend all their available time thinking about their idea.

They sacrifice something of a lower value to get something of a higher value.

In summary the formula for success is:

1. Fall in love with your idea/goal. Be passionate about it. Check to see if this idea/goal ignites that inner flame so it turns into a BURNING DESIRE.
2. Be persistent. Never give up. By being persistent you have faith that success will come. Be willing to sacrifice something of a lower value to get something of a higher value. Turn necessary things you don't want to do into habits.
3. Take action steps, expect to succeed and look at failures along the way as feedback to alter your approach

If you want to dig even deeper into the formula for success I suggest you check out [The 5 Steps to Master Your Life Program](#). It's probably the most comprehensive and complete personal development program available online today.

The content in this Ripple Package has giving you a nice first introduction to the Bigger Picture of Reality while the 5 steps program will go much, much deeper.

Since we're all different I have created both this "light version" as well as the "full version" with [The 5 Steps Program](#). Some people are happy with the Ripple package, while others want to go "all the way".

Anyway- back to the formula for success.

It's important to think about what you want to achieve (intention), fall in love with it (burning desire), and then impress it onto your subconscious mind. If you don't fall in love with your idea it becomes hard to reach your goal because **thought-work is challenging**.



Thought-work is the hardest work there is, but it doesn't have to be

To think regardless of appearances is hard work. This is especially true when your current situation makes your goal look impossible to achieve.

For instance, if you are stuck working for someone else to pay your bills and at the same time you want to build a successful business and be your own employer, it can be very hard to see how you're going to break free and make this happen.

Your circumstances show you that it's difficult because you have to go to work to earn money to pay your bills. But you do have the power to think regardless of the situation you are in. You can choose to think thoughts about you being a successful business man or woman running your own business. You can see that image in your mind as often as you can.

In other words, you can think *regardless* of your circumstances, but it requires discipline and dedication to keep picturing yourself succeeding with your business idea.

For instance, if you have to get up every morning at 6:00 am to work for someone else, how can you start your own business? It will require a lot of mental work and you have to THINK POSITIVE REGARDLESS of CIRCUMSTANCE –

regardless of your current situation.

And that's hard **unless** your idea/goal is **anchored in passion** and a burning desire. Then it becomes much easier. You will think about it 24/7 and you don't need any reminders.

To think of your idea as successful, regardless of circumstances, is challenging, but it can be done if you set your goal from the heart.

Tom Monahan and **Legson Kayira** did it against all odds and many other people have done it too. And many more will. You can decide to be one of them. You CAN do it.

In *The Science of Getting Rich*, Wallace D. Wattles talks about thinking regardless of circumstance and how much easier it is to think the thoughts which are suggested by appearances.

Many people let the external world dictate their way of thinking. They just react to whatever the circumstances are showing them.

Research shows that we think 60-70,000 thought every day (*an estimate*) and that 90% of these thoughts are the same as the day before. In other words, most people are on autopilot hardly ever thinking new thoughts because they let the circumstances run their lives.

Wattles says:

“You have the natural and inherent power to think what you want to think, but it requires far more effort to do so than it does to think the thoughts which are suggested by appearances.”

To think according to appearances is easy.

To think truth regardless of appearances is laborious and requires the expenditure of more power than any other work you have to perform.

There is no labour from which most people shrink as they do from that of sustained and consecutive thought; it is the hardest work in the world.

*This is especially true when truth is **contrary** to appearances. Every appearance in the visible world tends to produce a corresponding form in the mind which observes it. This can only be prevented by holding the thought of the truth.”*

When you want something it will require power and discipline to think of it especially when it seems impossible to achieve.

Remember Henry Ford and his story. His engineers said it was impossible to build the V8 engine, but Mr. Ford said:

“I want it and I’ll have it.”

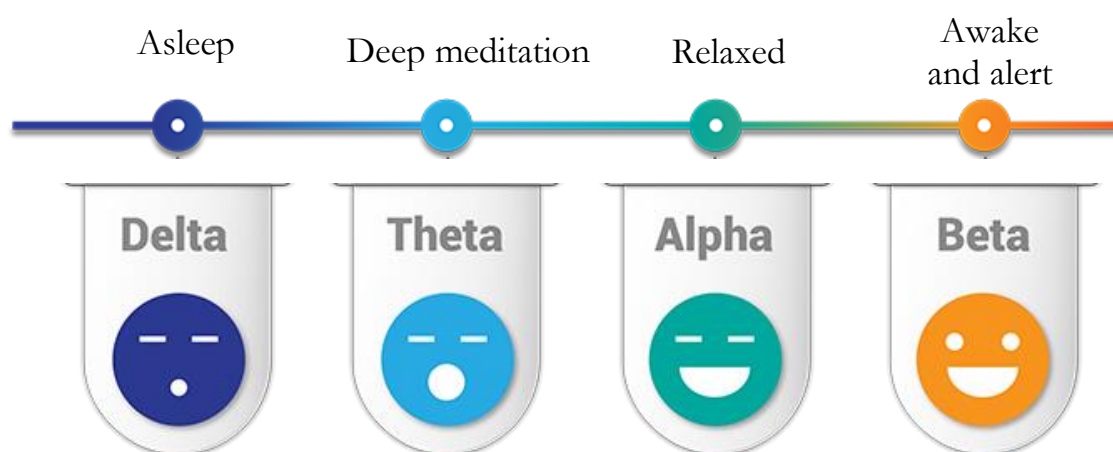
He *expected* it to be realized. He had a burning desire to have it. He expected success and that’s what all successful people do.

They expect what they want to become theirs. They have an unwavering faith that what they want will be theirs regardless of circumstance so they think regardless of appearances.

They see it in their mind and they don’t let the outside world dictate what they think. They stay focused and give energy to their dream and goal with feelings and emotions.

To be able to FEEL how it is to live out your dream in your mind will set in motion a powerful creative force leading to success.

Power of Meditation – Going into Alpha Brainwave levels



Many successful people use the Power of Meditation and enter into the brainwave level known as Alpha (and Theta) to get their best ideas flowing.

Thomas Edison did this.

He was aware of an increased creativity when he was deeply relaxed.

He slept little and used to take naps every now and then – so-called **power naps** - to “recharge his batteries”. These could last for approximately 20 minutes.

He took these naps frequently and he noticed that he had great flashes of insight on a particular problem during these power naps.

He realized that his creative thinking increased dramatically in that state between being fully awake and fully asleep, what we now know as the alpha and theta levels.

He wanted to stay in this state and not enter into a deeper brainwave level and fall asleep. To make sure he did not fall asleep, he held several ball bearings in his clenched hand while doing his nap.

Underneath his hand he placed a metal pan. As he became drowsy and drifted off to sleep (lower brainwave levels), his hand relaxed and the ball bearings would drop onto the metal pan, waking him up.

It was during this process of suddenly waking up from this deeply relaxed state that he frequently had his best ideas.

Edison was not the only famous person taking such power naps and accessing these creative levels within the mind. It's well known that many famous persons have done this: *Leonardo da Vinci*, *Albert Einstein* and *Winston Churchill* to mention a few.

The story goes that Leonardo da Vinci took 20 minutes of power naps for every four hours he was awake.



Accessing Your Subconscious Mind

Jose Silva, the founder of The Silva Method, did extensive research on brainwaves and brainwave levels.

Through his studies he showed that when your brain is in the alpha wave level, you are actually able to **reprogram** your subconscious mind.

He showed that it is possible to enter into the alpha level without falling asleep. He found out that you can train yourself to stay conscious at the same time as you

connect to the subconscious.

The subconscious mind acts like a doorway to unlimited supply of riches.

Why?

Because it's part of the Supreme Power, The Higher Intelligence, The Unified Field, The Universal Consciousness, or whatever term you want to use about the Universal Power that penetrates everything.

The subconscious mind has access to all knowledge, to all power, to all there is, to all there ever will be.

When Thomas Edison went into alpha levels (and even theta levels) he got in contact with the Unified Field - The One Universal Mind. He entered into the land of solutions.

When we are conscious and wide awake our brainwaves operates at app. 14 to 40 cycles/second (Hz) - at the **beta** level.

When you go to bed at night your brainwaves slow down from the beta level (conscious level - alert/working level) to **alpha** level of app. 7 to 14 cycles/second (relaxed/reflecting level).

This is when you feel yourself relaxing. Your mind quiets down and your body is relaxed.

You are still conscious, but at this level are able to get in touch with your subconscious.

As human beings we display five different types of brain waves or electrical patterns. To measure and observe these different brainwave levels we use EEG (electroencephalograph).

It's a tool that allows researchers to see brain wave patterns. Each brain wave has a purpose and helps serve us in optimal mental functioning.

The four most common brainwaves are: **Beta, Alpha, Theta and Delta**. However, recent research has revealed three more levels: **Lambda, Gamma and Epsilon** .

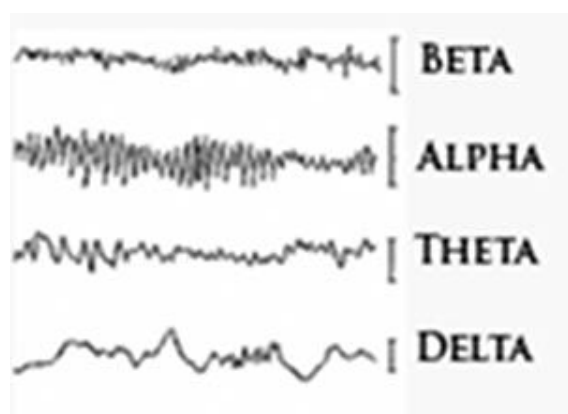
Lambda operates in the frequency range of 100 - 200 Hz. Higher states of awareness. Associated with wholeness and integration. Also associated with mystical experiences and out of body experiences.

Gamma operates in the frequency range of app. 40 Hz to 100 Hz. They are important for learning, memory and information processing. Higher level of compassion is also associated with these brainwaves.

Gamma brainwaves are usually very weak among most people, but they have recently been found to be very strong in Tibetan monks while doing a Loving Kindness meditation.

Studies have shown that people who meditate are more compassionate than those that don't. If a person meditates regularly, that person's brain produces more gamma waves, thus increasing tolerance and level of compassion.

The next four brainwave level are **Beta, Alpha, Theta and Delta**.



Beta: 14 – 40 cycles/sec (Hz). At this level we are awake and alert

Alpha: 7 - 14 cycles/sec. (Hz) At this level we are in a state of physical and mental relaxation. At this level we can re-program ourselves

Theta: 4 -7 cycles/sec (Hz) At this level we are in a deep meditative state.

Delta: 0.5 - 4 cycles/sec (Hz) At this level we are asleep.

Last, but not least, at the lowest, slowest end of the frequency spectrum are the **Epsilon** brainwave frequencies.

Remarkably, these are thought to produce essentially the same phenomena as the super high-frequency Lambda waves at the top of our frequency list. Epsilon frequencies are also believed to enable the advanced yogic state of consciousness known as 'suspended animation' where they exhibit no perceptible heartbeat, respiration or pulse yet remain fully aware and profoundly relaxed.

Researchers have noted that if you zoom in on the big, slow Epsilon waves you'll see within them a modulation frequency of 100-200Hz, or Lambda! Or, to put it the other way, if you zoom out from Lambda's super fast 100-200 Hz waves you'll see them 'riding' on the crest of super slow Epsilon waves. Waves upon waves.

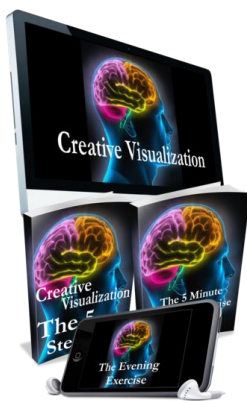
The lower the cycles/sec (Hz) the more the mind quiets down and the more we get in touch with The Higher Intelligence, as Jose Silva called it.

Today there are millions of people all over the world training themselves to enter

into the alpha level through meditation and mindfulness. Some people can also enter into the theta level and still be conscious.

The best time to get down into lower brainwave state is when you are going to bed. As you are going to sleep your mind and body start to calm down. To avoid falling asleep it's best to sit up in your bed. While the mind relaxes, you can use **affirmations** and **creative visualization** to reprogram your belief system.

Creative Visualization is a great technique to change your subconscious mind, but it requires that you do the mental exercise while in lower brainwave states. If not, it will not have a strong impact on your subconscious mind.



It's beyond the scope of this e-book to go into depth about the topic of creative visualization. If this is of interest to you please check out our Creative Visualization Package. It includes:

- An easy 5 Step Plan to help you become a great visualizer
- A 5 minute evening exercise using audio file (e-book also included). Just listen and relax.
- Unlimited access to a password protected website with detailed information about Creative Visualization including videos with highly successful people using creative visualization to create great results.

More info here: [Creative Visualization Package](#)

Concluding Remarks

Man's ability to think is just incredible. We can choose to think regardless of circumstance. You have the ability to employ imagination to dream and picture everything you want.

Since the brain does not know the difference between what is real and what is imagined you can imagine anything you want and it will build a neuron network which we will impress your image onto your subconscious mind.

This in return will cause feelings and feelings will cause vibrations and the vibrations will set in motion the Law of Attraction. By turning your thoughts into a thought pattern and a habit you can be or do whatever you want.

The Power of Thought as explained in this e-book is the greatest power you have.

Our thoughts are cosmic waves penetrating all time and space.

Be aware of your thoughts and follow the 30 Day Principle in sending praise to everyone you meet and good things will come your way.

*“Universal peace starts within each individual. It starts within me and you. It is like a stone thrown into a pool of water. The ripples spread out and out, but they start at the very centre.”
~ Eileen Caddy*

Thank You!

Thank you for getting this e-book and The Ripple Package. I hope it's been of value to you.

I truly want you to succeed with your goals so please remember:

You can do what you want to do. Your DESIRE to do is proof that you have within the POWER to do it.

So go for it!

*All the best,
Camillo Loken ☺*

Author and Speaker on raising human consciousness

Founder of One Mind - One Energy – www.one-mind-one-energy.com

Instructor & Teacher of the personal development course [5 Steps To Master Your Life](#)

Author of books

- [Make A Ripple – Make A Difference](#),
- [The Shift in Consciousness and The Paradox of Creation](#)

Join me on Twitter for Inspirational Quotes - <http://twitter.com/1mind1energy>



“Just as a radio transmitter can create waves in the electromagnetic field, individuals constantly create influences on all parts of creation simply because consciousness permeates every aspect of the material universe.

“To illustrate, if a stone is thrown into a pond, waves are produced that travel throughout the pond.

“Each wave produces some effect in every part of the pond. Similarly, the wave of individual life, through its activity, produces an influence in all parts of the cosmos.”

Maharishi Mahesh Yogi



There is only one you - you are truly unique

One And Only You

Every single blade of grass,
And every flake of snow -
Is just a wee bit different ...
There's no two alike, you know.
From something small, like grains of sand,
To each gigantic star
All were made with THIS in mind:
To be just what they are!
How foolish then, to imitate -
How useless to pretend!
Since each of us comes from a MIND
Whose ideas never end.
There'll only be just ONE of ME
To show what I can do -
And you should likewise feel very proud,
There's only ONE of YOU.
That is where it all starts
With you, a wonderful
unlimited human being.

James T. Moore