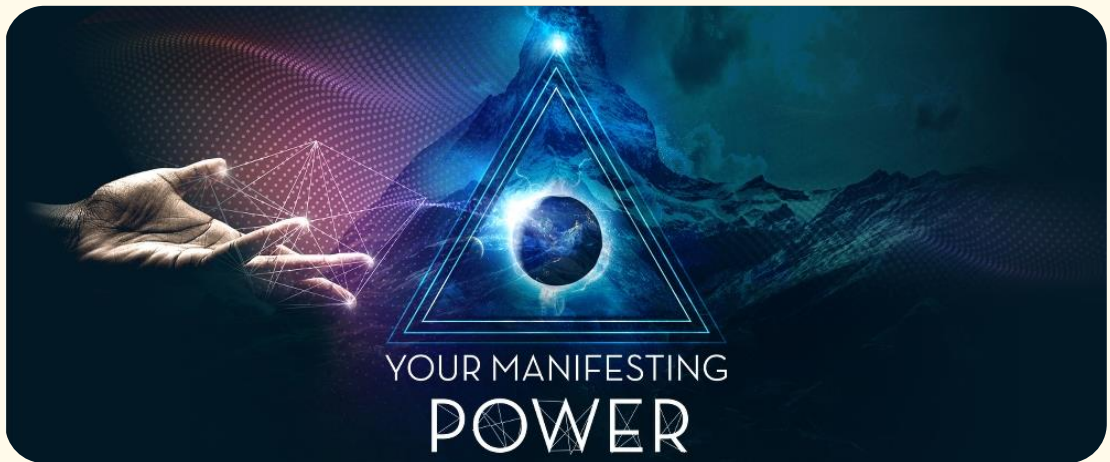

Your Manifesting Power



Camillo Loken
- Author & Speaker -

LOGO

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INTRODUCTION

Thank you for joining this program. You are about to embark on an exciting journey. If you want to benefit as much as possible from this program please keep an **open mind**. Some of the information in this program might challenge your beliefs, but if you start judging, you close your mind and will not benefit to the fullest.



Camillo Loken
Author & Speaker

Hi, I'm Camillo.

You might know who I am at this point, you might not. Not sure, but that doesn't really matter. What matters to you at this point is what I have researched, explored and discovered and how it can **help you**.

I help people see the **bigger picture of reality** so they can tap into their incredible potential and power and transform their lives.

Have you ever wondered why so many people work so hard without ever achieving anything in particular? And why others don't seem to work hard, yet seem to get everything? Why is that?

Why is it that some people seem to be blessed with good fortune and go from one success to the other?

Before I discovered the deep-rooted mechanisms to success I kept thinking thoughts like: *How come I struggle? What is wrong with me? Am I not smart enough? Hard working enough? Talented enough? Or is it that I just don't get the lucky breaks in life? Like I am cursed with bad timing and bad luck?*

I struggled for many years until I unlocked the answer showing me **why** I had been failing. It had nothing to do with hard work as such.

More than 10 years ago I started on a quest to find answers to how this Universe operates and why some people succeed while others fail. I found answers that transformed my life and I have since helped thousands of people transform their lives too.



INTRODUCTION

For years I've had a **strong passion** to learn and understand more about topics like:

- mind, body & soul
- thoughts & feelings
- energy & matter
- the conscious & subconscious mind



In this program I'm sharing with you what I discovered on my quest and how you can use this knowledge to reach your goals and transform your life.

No true personal development program can guarantee success if they don't reveal what I am about to reveal to you in this program.

I've spent more than 10 years doing research to find out what works and understand the complexity of the Bigger Picture of Reality. That means you won't have to undergo the same excruciating, stressful, daunting and treacherous path I've taken.

You'll simply be able to enjoy the result of my research and tap directly into easily explained information that will get you the fulfilled life you are searching for.

This program will show you how everything fits together and what it takes to really become successful.

Everything really boils down to a manifesting power you possess. It boils down to One Thing.

What is this power? What is this One Thing?

We'll get to that. Resist the temptation to jump ahead to look for answers. It will be revealed to you soon enough and you will understand.



CHAPTER

1

Old Paradigms

The recipe for success is not really about “hard work” combined with a bit of luck and coincidence. That’s a misconception rooted in old paradigms.

Chapter 1

Old Paradigms

Why is it that some people seem to “have it all” – success, happiness, wealth, high achievements – while most of us remain frustrated in our attempts to change and improve ourselves and our standard of living?

Most people are constantly searching for answers and wondering why they can't seem to achieve what they **consciously** desire. They are typically searching for the means to earn more money, to achieve job and career satisfaction, to enjoy successful, loving relationships – to reach their goals.

Often we end up asking ourselves negative questions like:

- “Why do I always have bad luck?”
- “Why am I not further along in my career?”
- “Why do I always struggle with money?”

Often we also provide the answer in the form of statements like: *I am not working hard enough* or *I don't get those lucky breaks in life that other people get*.

You see, other people's success is not really about hard work or luck, chance or coincidence. If you ask them what they did they will tell you that they worked hard, focused on their goal and never gave up. Yes, this is true – you have to take action and do work, you have to focus and endure, but it is not about “hard work” as such.

Of course cumbersome, hard work *can* lead to success, but because it's hard very few people manage to endure and become successful. Extremely few people succeed with this old notion that hard work is what it takes. Most people succeed without working hard as such.

There are other mechanisms in play that even the most successful people are not aware of. It's just that these people are in harmony with these “success-mechanisms” without knowing it.

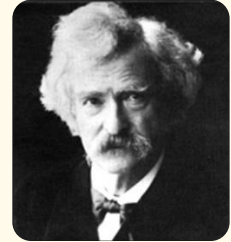


Chapter 1

Old Paradigms

The famous American author Mark Twain once said:

The secret to success is hard work. That's why it's a secret to most people.



But how can this be a true statement when many people who work very hard never reach their goals. It's not a guarantee that hard work will pay off. As such, hard work by itself cannot be the recipe for success.

I should know because I **worked extremely hard** for many years without achieving my goals. When I was younger I started a couple of companies together with my brother and we worked like crazy day and night for a long time, but eventually we had to give up. No success.



In the end I was just exhausted and frustrated.

On the other hand, I did reach some of my goals, but not nearly all. Only when I finally realized the mechanisms for success did things turn around.

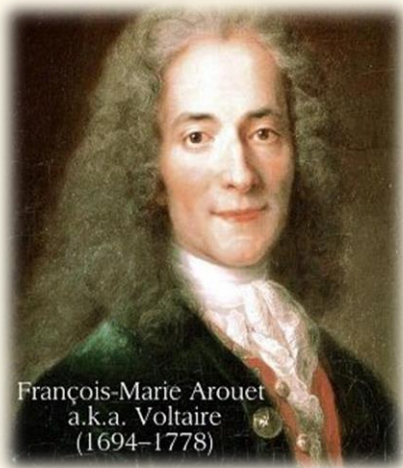
I used to think that failing to reach my goal was all about bad luck and not being in the right place at the right time. After all I did work very hard for a long time and since I did not succeed it had to be bad luck.



Chapter 1

Old Paradigms

We often use words like luck and coincidence to explain why some people succeed and others fail even though they all work equally hard. Those who succeed seem to be born under a lucky star. In the business-world they talk about “*being in the right place at the right time.*”



The French philosopher Voltaire said that *luck and co-incidence are words we have **invented** to express the known effects of unknown causes.*

In other words, when we fail to find a logical explanation, a cause, for someone’s success we resort to words like luck and co-incidence. When someone works really hard without being successful, we often explain this by blaming bad luck. Is this the answer?

No, it's not.

You see, for the last 400 years we have been led down a path which is really a dead end.

In the period known as the Renaissance (14th to the 17th century in Europe) many people with an interest in science wanted to find answers to how this world operates. They became more and more interested in logical matters, mathematics and the physical world. Their interest for the spiritual world - God and the Church - diminished.

More and more experiments were conducted to test their theories. They were trying to find regularities in nature. Famous names like Galileo Galilei, Isaac Newton and René Decartes emerged.



Chapter 1

Old Paradigms

And it's René Decartes who creates the split between mind and body. He was a French philosopher and mathematician who came up with a thesis that the mind and body are really distinct. Today this split is referred to as the "mind-body dualism".

Decartes believed that man consisted of:

Matter: The physical stuff that walks and talks

Mind: The non-physical substance that thinks

He believed in a mechanistic view of the world – a world of matter which could be investigated and researched. Since mind is a non-physical substance it could not be researched, taken apart and investigated as one could with matter and the physical world.

So, he separates body and mind and lets the mind - soul - spirit remain with God. Then he takes the body and classifies it as being part of the world of matter.

As a result the body is now regarded as an object that can be explored like anything else in the physical world. It also enables the dissection of corpses. Studies are carried out on the human body to map various organs.

Together, these well-known philosophers, mathematicians and physicists create a fragmented picture of how the world operates - and this view is still with us today.

In the last 400 years science has focused on matter and the physical world and left the mind (and soul) to The Church and the religions. This split between mind (non-physical) and body (physical – matter) is still present today since many people believe that our thoughts cannot influence the physical world.



Chapter 1

Old Paradigms

Today some branches of science are still talking about “matter is all that matters” even though other branches say that everything is energy.

Since the splitting of mind and body all the way back in the 16th century it has been an assumption that the mind and human thought **cannot** significantly influence the properties of matter - the physical reality. In other words, what you think has no influence or impact on your reality.



In my quest to find answers to how this Universe operates I also exchanged several emails with Professor William Tiller from Stanford University regarding this topic. In one of his emails he told me this:

Dear Camillo,

*Thank you for your kind, thoughtful and perceptive comments. The 400 years of serious research by the orthodox science community has been great as a serious beginning in the understanding of nature's manifold expressions. However, most of the orthodox science community is strongly stuck in what is now a very **limited paradigm**.*

He also says:

For the last four hundred years, since the time of Decartes, an unstated assumption of science is that human consciousness and human intention cannot significantly affect the properties of materials (non-living and living) and what we call physical reality. It is assumed impossible. However, our experimental research of the past decade shows that, for today's world and under the right conditions, this assumption is no longer correct. We have discovered that it is possible to make a significant change in the properties of a material substance by consciously holding a clear intention to do so. For example, we have repeatedly been able to change the acid/alkaline balance (pH) in a vessel of water either up or down, without adding chemicals to the water, merely by creating an intention to do so.



Chapter 1

Old Paradigms

This is the new paradigm – a new way of thinking which is rooted in cutting edge research showing us that we have **tremendous powers** to create and influence our reality.

But how is this possible?

Whatever you are thinking is just in your head, right? No, that is a misunderstanding based on 400 years of ignorance being passed on from generation to generation.

Thoughts (and feelings) are **electromagnetic units**. When you think and feel you generate **a field of energy** which can be detected several feet away from your body.

This is a scientific fact, something the researchers at the non-profit company **HeartMath** have researched and studied for more than 25 years. In other words, you are an energy being – not a being of physical matter.

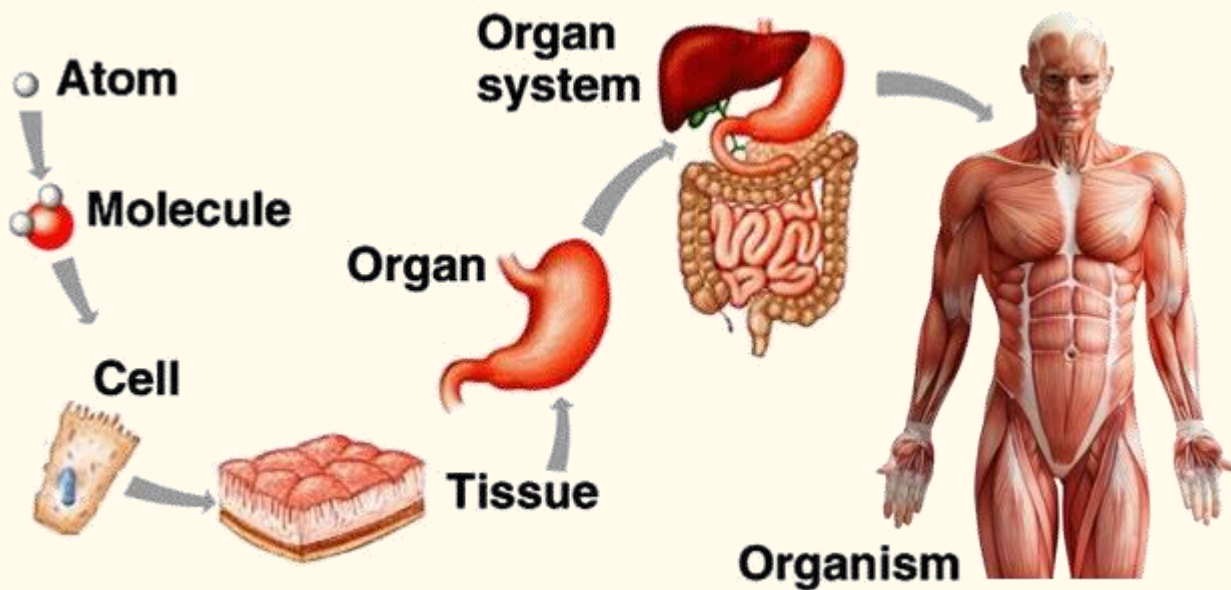


Chapter 1

Old Paradigms

Scientists tell us that we live in a sea of energy. Everything is energy.

Take a look at this picture:



As you see from the picture your body consists of organ-systems and these organ-systems contain organs which contain tissue which contain cells which are made up of molecules which are made up of atoms.



Chapter 1

Old Paradigms

You are made up of atoms and so is everything else - a rock, a car, a chair, a bird, a bee, an elephant, a tree, a flower and so on. Absolutely everything in this incredible Universe can be reduced to atoms, but what are atoms made of?



An atom contains subatomic particles, but when we break it down it's all energy. Scientists tell us that the atom consists of **99,999999999** % **space**, but this space is not empty space. It's filled with energy. It's sometimes referred to as *The Zero Point Field* or *The Quantum Field* or just *The Field* or *The Vacuum*.



The great American scientist Dr. John Wheeler (1911-2008), who also worked with Einstein, calculated how much energy this *field* contains. Together with his colleague Richard Feynman (1918 -1988) from Princeton University they estimated that **one single cup of this zero point field energy** is enough to bring all the oceans of the world to boiling point.



Chapter 1

Old Paradigms

We all live in a huge “sea of energy” and we don’t even notice it. We’re like fish submerged in water never ever being aware of the fact that there is water all around us.

So everything is connected to everything else like an invisible web.



So, how are you, as a thinking and feeling human being, supposed to navigate in this sea of energy?

The answer is **through your thoughts and feelings**. They are your navigational tools.

Luck and co-incidence is not part of the navigation. It’s like Voltaire said - *they are words we have invented to explain the known effects of unknown causes.*

When you start to see how thoughts and feelings produce an electromagnetic field that is “communicating” with the “surrounding sea” we call our reality you begin to control your navigation towards success.

In order to give you a deeper understanding of how all this works we first have to take a closer look at your tools – thoughts and feelings.



CHAPTER

2

The Mind



Chapter 2

The Mind

Did you know that on average you think app. 60.000-70.000 thoughts every single day?

According to Dr. Joe Dispenza this thinking-process generates more electrical impulses than all the cellphones in the world combined. In other words - you are an **electrical being**.



For a long time scientists have measured electrical activity in the brain – using Electroencephalogram (EEG).

We all produce electrical activity when we think and these electrical fields have been measured outside the body. It's not something that stays within our heads.

Also, science is showing us that we create magnetic fields when we think. In other words, we create electromagnetic fields that are moving out from the body and can be detected many feet away.

Another interesting fact is that all those 60 -70.000 thoughts you are thinking today are almost the same as the ones you were thinking yesterday. Research shows that 90% of the thoughts you think today are the same as the ones you were thinking yesterday. So there is little element of new. Hardly any new thoughts and that means your electromagnetic field will “stay the same”.

If the electromagnetic signal you are “sending out” today is the same as the signal you were “sending out” yesterday then nothing is really going to change in your life. Why? Because what you are “sending out” will come back. It's the Universal Law of Cause & Effect in action.



Chapter 2

The Mind

It's a fact that everything is energy, but at the same time we perceive everything around us as matter.

On a deeper level it's all energy, something Einstein realized when he came up with his famous formula $E=mc^2$. It shows that energy and matter are two sides of the same coin. You are an energy being living in a sea of energy that looks like matter.

So how are you going to navigate in this sea of energy? How can you reach your destination? Through your thoughts and feelings. They are your tools.

Let's illustrate this by using a sailing boat.



The boat itself represents your body. The sail, the mast and the steering wheel represent your thoughts (your mind). If you want to reach a certain destination you first need to set the course.

If you don't have a clear destination (a defined and clear goal), your sailing boat will just drift endlessly on the open sea. Your thoughts are needed to set yourself **a clear and defined goal**.



Chapter 2

The Mind

So, if you think 60-70.000 thoughts every day and many of these thought are not focused on your goal – on your destination – you are just going to “drift away on the open sea”. It will look like things are random and things “just happen” to you.

The truth is this: you are creating ripples in this sea of energy we call our reality. Whatever you are sending out in terms of electromagnetic signals will be returning to you as events, situations and people suddenly “appearing” in your life.

And if you don't have **a clear and defined goal** you want to reach, you will just “be drifting” on the open sea and life will seem like a roller coaster to you.

In May 2013 the great scientist Nassim Hamein, Director of Research at the Hawaii Institute for Unified Physics (HIUP), authored a paper titled:

Quantum Gravity and the Holographic Mass

It has been validated and published in the peer review journal: *Physical Review and Research International*. This paper, based on a life time of research, shows that everything in the universe is **connected**. Hamein says:



“Within every proton, every subatomic particle in the nuclear of atoms is all the energy, all the information of all other atoms in the universe. So when we go within is when we actually connect with that oneness, with that connectivity of all things.”



Chapter 2

The Mind

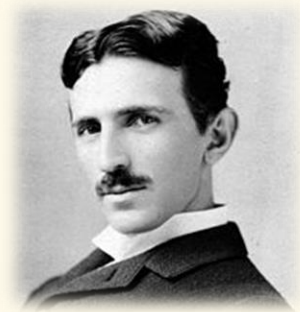
Together with film-maker Malcom Carter, Haremein has created a movie called **The Connected Universe**. It shows, from a scientific viewpoint, how the entire universe is like a **giant feedback-loop**.

Whatever you are sending out will cause ripples in this energy-universe and these ripples will return to you.

So, when you think and create thoughts you are basically telling this intelligent Universe what you want. When people focus on their goals they create a strong electromagnetic field communicating with this “energy-sea” which scientists call *The Quantum Field – or The Vacuum or just The Field*.

Everything is connected to everything else and it all boils down to **energy, frequency and vibration**, something the great inventor, explorer and engineer Nikola Tesla realized almost 70 years ago.

If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.
- Nikola Tesla (1856 -1943)



With this new information let us now return to the sailing boat example.



Chapter 2

The Mind

You use your thoughts to set course for your destination. You decide what goal you want to reach and it has to be a clear and defined goal. Once you know where you want to go you need to move towards your goal. Likewise the sailing boat needs to sail towards the destination you have set.

In order to do that you need **wind in your sail**. Without any wind how are you going to move forward?

The wind is symbolic of your feelings. They are the fuel propelling you towards your goal. So, you use your thoughts to set the course and then you involve yourself **emotionally**. You create wind in your sail.

Look at the word **EMOTION**. Let's split it up. E-MOTION where E stands for **energy** and Motion for **movement**. In other words, in order to reach your destination – your goal – you need to connect to your heart.

When you are **passionate** about what you want to achieve you **move energy** so it can turn into your reality. Emotions – feelings create the forward movement you need to reach your goal. When thoughts and feelings work together your sailing boat will reach its destination.

The challenge for most of us is that we consciously want something, but it's not anchored in our feelings, so we don't get any forward movement. We don't reach our goals. Here are some examples:

- People want to become rich, but they feel poor.
- People want to become healthy, but they feel sick.
- People want to get a great job, but they feel not worthy.
- People want to find a loving, beautiful partner, but they feel they are not good enough or pretty enough.

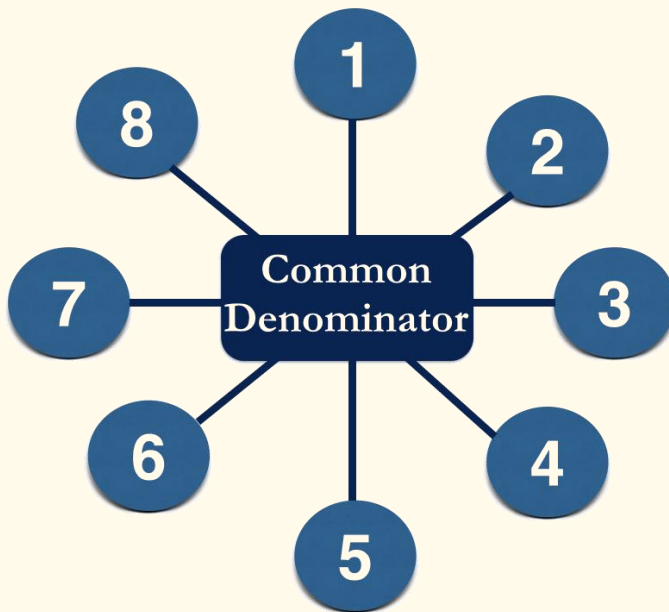
How you feel is of utmost importance. **The heart-connection is key.**



CHAPTER

3

Eight Success Traits



Chapter 3

Eight Success Traits

The heart is key if you want to succeed with your goals. A US study which lasted for 10 years revealed that successful people have **eight traits in common**. and one of them is **PASSION. Being heart-focused.**

The study was conducted by Richard St. John who interviewed **more than 500 successful people**. People like Bill Gates, J.K. Rowling, sir Richard Branson, Russell Crowe, Goldie Hawn, the founders of Google Larry Page and Sergey Brin, film producers James Cameron and Oliver Stone, media mogul Rupert Murdoch, the founder of the ice-cream Ben & Jerry's Ben Cohen, Quincy Jones and a lot of other musicians, actors and business people with great success.



These people had **certain traits** in common helping them become successful. The study also included interviews with people who had not succeeded as a control group. They **did not** apply the traits necessary to succeed.

The answers collected by St. John were put into a database and analyzed. The results showed that successful people had **eight traits** in common.

If you want to succeed with something these eight traits are important. They are the foundation to any success.

Although St. John's work is impressive, as is his database, one very important piece is missing. He never mentioned what these eight traits have in common.

This Manifesting Power Program will show you this **very important, missing piece**, but first let's look at the eight important success-traits.



Chapter 3

Eight Success Traits

Success Trait Number One: PASSION

Most people who succeed **love** what they do. When Richard St. John interviewed Harry Potter author J.K. Rowling she said:

I just love to write these books. I just wanted to earn enough money so I could continue to write.

People who succeed are not all “big names” and celebrities. When St. John interviewed Margaret MacMillan, a professor of history she said: *I've spent my life on what I love.* Or dentist Dr. Izzy Novak who told him: *I love my dentist job. I cannot imagine doing anything else.*

The challenge for many people is to find what they are passionate about.

St. John interviewed many people who spent a long time to find their passion. Could this be related to the fact that many people are not true to themselves? That they don't listen to their inner voice which is trying to guide them? Their intuition? Many people let the external world dictate what is “important” – what their goals should be.

It makes sense to stop the noise from the external world and be in silence in order to listen to the inner voice - to find out what you really want to do in life, but how many people do that?

What are young people doing today when they have to decide what they want to be in life? What is important to them?



A survey by the Pew Research Center in 2007, revealed that young people (18-25 years old) put wealth and fame as their two main goals.



Chapter 3

Eight Success Traits

Is it just a coincidence that **none of the millionaires and billionaires** St. John interviewed had fame and fortune as their first or second goal in life?

They didn't go after the money. It's like Bill Gates said: *Paul and I never thought we would make a lot of money. We just loved making software.* The money came as a bonus, but it was not their main focus.

Successful people don't focus on the money, but the money comes anyway.

Passion is a key trait for success. It's like the fuel that ignites the spark within you and when the flame is lit the results will come. This is regardless of whatever goal you decide to pursue.

If you're passionate about health and healthy food it's much easier to reach a goal to lose weight or quit smoking. If you are passionate about writing and reach out to an audience with your message, it's much easier to publish your first book.

If you're passionate about helping other people, it's much easier to start an organization to do just that.

If you like or even love your job and want to make it even better by reaching new goals in your work, it also becomes so much easier.



Chapter 3

Eight Success Traits

Success Trait Number Two: “HARD WORK”



The second success trait is hard work, but is it really hard work?

Successful people work a lot, but at the same time they have **fun**. They love their job – it’s passion.

When interviewed about his success the media-mogul Rupert Murdoch said this: *It’s hard work. Nothing comes easy, but I have fun.*

People who succeed have **fun** while they work. They love what they do. They are always engaged in their work. They spend much of their time working. Hours mean nothing to them. The pleasure in doing the job is in many cases the most important reward.

What do you associate with “working hard”? For most people hard work seems like long, tiring hours and not much fun at all. It’s something negative. Working all day long day sounds draining, but it’s not hard work if the work is pleasurable and fun. That’s why I have put the title of this chapter in quotation marks - “hard work” is not really hard work.



To become the world’s largest steel-producer and later on the world’s richest man, Andrew Carnegie, worked a lot, but he never saw his work as hard work. He called his work **the finest form of play**.



Chapter 3

Eight Success Traits

Success Trait Number Three: FOCUS



One of the most important ingredients in the recipe for success is to **focus** your conscious mind on things you desire, not things you fear. People who succeed seem to have a **strong focus** on what they want to achieve.

A good example is the movie director James Cameron. He's the man behind the two highest-grossing films ever made: *Avatar* and *Titanic*.



Cameron both directed and wrote the screenplay for both of them. He says: *You must be super focused like a laser to get something done. When I made Avatar I was focused for four years.*

Google founder Larry Page says the same thing about focus: *You should focus on one important goal and be very single-minded about it.*



Chapter 3

Eight Success Traits

The founder of Domino's Pizza, Tom Monaghan, is of the same opinion. When he was asked about the key to his success he answered:

A fanatical focus on doing one thing well.

People who succeed are not very good at many things. **They are good at one thing.**

They give all their attention to that one thing. And with passion it becomes much easier. If you're passionate about something, you want to do what you are passionate about constantly. You keep focusing on it.

Passion is an important trait which can help you maintain your focus. If you don't have passion for what you do it's easy to lose focus on your goal. Then it becomes a very demanding task. Many people tend to **shift** their **conscious focus** from one idea or activity to another.



I should know, because I used to do it all the time. I was a master of **multi-tasking**. I've always been good at taking action and getting things done. It might sound like a good thing, but the truth is that with multi-tasking you are giving **some of your focus to many things** instead of giving **all your focus to just one thing**.

Although I only did one thing at a time part of my thinking was occupied with the other tasks “still waiting for me” to do and complete. Instead of devoting all my attention and focus on the task at hand I was always hurrying so I could get a lot of tasks done in a short period of time. This caused my focus for each task to “suffer”.



Chapter 3

Eight Success Traits

It was as if the other tasks in the back of my mind “shouted out” to me and sometimes I switched from one task to another. I speak from experience when I tell you that **multi-tasking is not optimal for success**. This is supported and backed up by many different successful people mentioned in this program. Please keep your focus on **ONE GOAL**. It’s key.

You must concentrate your full attention on one thing at a time. **Concentrated effort** provides a force that cannot be obtained in any other way.

Focusing sharpens the brain



Did you know that we don’t see with our eyes. We see with our brain.

At the instance of seeing, light clusters called photons travel from the object to the eye and pass through the eye-lens where they are refracted and focused on the retina at the back of the eye. Here rays are turned into electrical signals, and then transmitted by neurons to the center of vision, at the rear of the brain.

All our five senses only pass on data in the form of electrical signals to the brain.



Chapter 3

Eight Success Traits



Every day our brain is being bombarded with an unimaginably large amount of information through our five senses.

The brain will then transform this stream of data coming in from the external world to a perception - a perception of what it is being fed.

However, what our conscious mind perceives is not the same as what our unconscious mind perceives.

Only a small part of this information is received by our conscious mind. Most of the information is ignored by the brain and it never reaches our consciousness, but it's being captured by the unconscious mind.

Why is it that only some part of information reaches our conscious mind and most of it is excluded from our awareness?

The answer is found in a part of the brain called:

The Reticular Activating System (RAS).

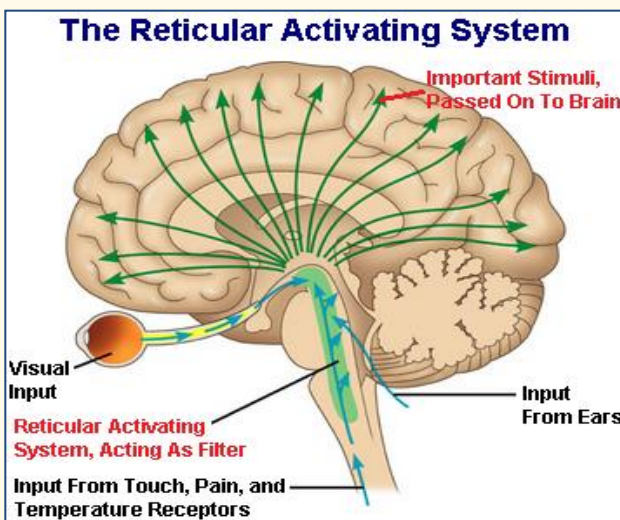


Chapter 3

Eight Success Traits

It plays a crucial role in helping you to achieve your dreams and desires in life. This system provides the primary regulation of sleep, consciousness and attention.

It's the part of the brain that is responsible for analyzing the amount of sensory data that we are bombarded with every day. **RAS is filtering what is relevant and brings it to your attention** – your consciousness. The rest is ignored.



RAS is the scientific term for a network of neural pathways that connect the spinal cord, the cerebellum and the brain.

It acts as a filter for all the sensory impression the brain receives from the external world. It filters the incoming information and affects what you pay attention to.

The Reticular Activating System is like a **gatekeeper** to your mind. It analyzes and sorts the vast amount of information our senses suck in every second. It's searching for the specific pieces of information that best matches the information patterns already established in your brain.

RAS picks up all the sensations from the environment, and if they are important to you, it sends a signal to your conscious brain to alert you that something important is happening.

And this is done at a rate **eight hundred times faster** than your conscious brain cells operate.



Chapter 3

Eight Success Traits



RAS is, in other words, like a guard dog alerting you if something is relevant and important to you - important in the sense that it matches what you already have established as information patterns in the brain.

It is RAS that enables you to hear your name being mentioned from the other side of a room full of people talking and making noise.

RAS is also why a mother wakes at the slightest whimper from her baby, yet she can sleep through a night full of storm and thunder. RAS is also the reason why you start seeing the same car you want to buy all the time.

Let's say you want to buy a brand new Mercedes - a GL 550 SUV. Naturally, you will give a lot of thought and focus to this car before you buy it. So RAS is being told that this is important information for your conscious mind. It will notify you whenever a GL 550 SUV Mercedes is near. As a result you start noticing this car everywhere.



These Mercedes GL 550s you start noticing everywhere didn't suddenly appear. They were always "there", but since you started giving this type of car a lot of focus your RAS was told what to look for.

As soon as a Mercedes GL 550 SUV shows up it alerts you by forwarding the information to your conscious mind.



Chapter 3

Eight Success Traits

RAS is like Google, but just way more powerful. When you enter a keyword in Google it searches through the internet to find relevant information to match what you are looking for. Within seconds it delivers the result.



Your RAS is much, much faster and can handle a lot more information than Google. It's like a **super search engine**. So how do you instruct your Reticular Activating System to search for the things you want?

The answer is: **FOCUS**

You do this by focusing on your goal and what you want. It's feeding yourself constantly with thoughts and feelings about what you want to achieve.

By focusing on the goal you inform your RAS what it should look for, what is important to you.

It's about being **very focused** so that your thoughts about your goal become permanent neural networks in your brain. It becomes part of your subconscious mind.

When you think the same thought over and over again it will become a permanent neural network in your brain. RAS will then know what is important to you.

You establish an information-pattern - a belief - that The Reticular Activating System uses as reference in the sifting process of information being fed to the brain from our five senses all the time.



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If you have not given enough attention to what you want to accomplish your RAS will not know what to look for. It's like writing in a vague description of what you are looking for in Google.

The more specific you are the better matches Google will provide.

When you create **a clear, focused picture** of what you want, your RAS knows what to look for. **Focus** is therefore a key ingredient for success.

Check out the video about RAS in the Resource Section of this program where speaker and author Tony Robbins is supporting what I'm sharing with you here.

Success Trait Number Four: CHALLENGE YOURSELF



Trait number four is all about how to challenge yourself and get out of your comfort zone. Successful people challenge themselves by breaking the barrier of shyness, doubt and poor self-esteem.

Stepping out of your comfort zone means you're moving into uncharted territory. So, this trait is all about dealing with fear for the unknown. You have to trust that you have the power within to overcome any challenges you will be faced with.

Wallace D. Wattles who wrote and published the book *The Science of Getting Rich* in 1910 said the same thing:

You will not get an idea if you don't also have the power within you to manifest and realize that idea.



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Eight Success Traits

However, many people who make an attempt to move out of the comfort zone end up in the «stress zone» or «panic zone» being scared, stressed out, worried and fearful. Let me give you an example using public speaking.

Surveys show that speaking in front of an audience is one of the biggest fears we have. Many people are terrified to speak in public.

Their hearts start pounding like crazy, the hands get sweaty, they experience dry mouth, shortness of breath, blushing and even shaking hands. For many people it's just too scary to do.



But what if you want to become an author and convey your message to an audience? In some cases it might be necessary to do some public speaking, for instance at your book launch.

If you are scared and suffer from stage fright you need to challenge yourself. You must break out of your comfort zone and dare to enter into this other zone of challenge. People who succeed do just that - **they challenge themselves.**



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Eight Success Traits

Success Trait Number Five: IDEAS



People with success keep coming up with **new ideas** with regards to their goal and how to reach it. It's not that these people are very creative, but rather that they are so interested in what they're doing that ideas just pop up.

They constantly come up with new ideas and new ways which will help them get closer to their goal.

How do you get new ideas?

Big ideas can come from everyday problems like in the following example with Sir Richard Branson.



One day he was going to fly to Puerto Rico, but his flight was canceled. It was an important business trip and he **had to** get there.

What do I do now?, he said to himself. *What are my options?*



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Eight Success Traits

All of a sudden he came up with the idea to charter a plane. Then he ran around the airport to find a bulletin board so he could offer available seats to Puerto Rico. On the board he wrote: *Cheap flight to Puerto Rico.*

The other passengers who also had gotten their trip to Puerto Rico canceled heard about Branson's offer and bought tickets on his chartered plane.

He ended up making a profit from this idea. That was not all. Later on one of the passengers came up to him and said: *This was not a bad flight. Fix up the service a bit and you can start in the airline industry.* There and then Branson got the idea to start his own airline which ended up being Virgin Atlantic.

Branson listened, and listening is a good way to get new ideas. Many tend to talk more than they listen. Maybe we are equipped with two ears, two eyes and only one mouth so we can hear and see twice as much as we speak.

When you are passionate and focused you are engaged in what you want to achieve. As a result your brain (RAS) is always on the look out for new ideas and opportunities that might help you.

It's important to be on the look out for new ideas, but where might that be?

Often it will be *in different environments* than the ones you live and work in. If you constantly are in the same environment and the same surroundings all the time, the mind will stagnate.

It's like the mind is closing down. A change of environment is important so you can meet new people and new surroundings which can refresh your mind and help generate many new ideas.



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Success Trait Number Six: BECOME A BETTER VERSION OF YOURSELF



Trait number six is all about becoming a better version of yourself. People who succeed want to improve themselves and what they're doing all the time.

They never settle after reaching a goal. They set themselves a new goal so they can realize even more of their potential. They always want to make things better.

They work a lot, focus and become better and better at what they do. They only «compete» with themselves - not with others.

There is an excitement and satisfaction in developing and mastering what you're doing. If you stop this process you stagnate.

This is the essence of the sixth trait.

Successful people don't stop once they have reached a certain level.

They keep going so they can become a better and better version of themselves.

Strive to improve yourself everyday and never let the past hold you back. The human potential is limitless. Whenever you think you are good, you can be even better. You have such greatness within you and by always wanting to be a better and better version of yourself you will transform and prosper.



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Success Trait Number Seven: SERVICE TO OTHERS



Success is not just about me, me, me. It's about **giving something of value to others.**

Success in life involves service to others. It's an important step towards succeeding.

Many young people want to be rich, but they can't get rich by serving themselves. They have to serve others and give them something of value.

Everyone wants their needs to be fulfilled. If you offer products and/or services of great value which will fulfill the needs of people it will be highly appreciated. If you focus on what you can do for others and not just what you expect others to do for you – you will become a success.

Many successful people say that this **absolute focus** is an absolute key to success.



Andrew Carnegie realized how important the link between giving and receiving is. He said that failing to see this link has led many people to experience failure.



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Eight Success Traits

Generally speaking, one might say that the wealth and material things people have gained is the effect of the useful services they have rendered.

Andrew Carnegie was the worlds largest steel producer. His fortune did not come to him before he had delivered **great value to others** in the form of large amounts of high quality steel.

It may seem obvious that one must create a product or provide a service before anything can be given in return.

What Carnegie pointed out is the importance of giving **high levels of value** to the receiver.

Carnegie produced well-made, high quality steel benefitting his customers. He could have produced steel of poor quality and thus failed to provide good, useful value to others. If that had been the case he would not have succeeded.

You must give something of value to others. The focus is not to make money for the sake of money, but to create and provide something of value to other people.



The good of money is what the money is being used for. Money is like a hammer. It can be used to create something or destroy something. Money itself is just a tool.

It's the one holding the hammer who decides what it will be used for.

Carnegie said that *external signs of success such as money and material status is not necessarily indicators of inner fulfillment. The money we earn or the success we achieve will produce emptiness unless it's inline with a purpose beyond ourselves.*



Chapter 3

Eight Success Traits

WORKING IN TEAMS



It's worth mentioning that everything is much easier when you choose to provide service together with other people. To do everything by yourself will be very cumbersome and tiring.

Once you are part of a team with two or more people everything is easier. One of Andrew Carnegie's principles of success was what he called **The Mastermind Group** - a group of people who work in complete harmony with each other to achieve a particular goal.

A group of two or more people wanting to achieve the same goal is **leveraging the collective power of the group**.

Together they create a **strong focus** on achieving their common goal. The more people pulling in the same direction the faster they will reach their goal.



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It works equally well for a business goal as a personal goal. If you want to lose weight and become fit it will be much easier to reach your goal if you join forces with other people having the same goal. You can help each other and spur each other on.

Service to others is a very important and essential trait among people who succeed.

If you are of great service to other people by providing great products and/or services of high value you will get high value in return. It's like a boomerang because we reap what we sow. You give and you receive.

When you really want to make a difference in other peoples lives you increase your vibration and frequency because you come from the heart. And the heart is the most powerful electromagnetic field-producing organ we have. More about that later on in the program.

The German philosopher and physician, Albert Schweitzer, said:

“Aim for service, and success will follow.”

This is true.

Let's now take a look at the last success trait – trait number eight.



Chapter 3

Eight Success Traits

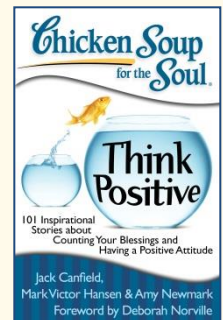
Success Trait Number Eight: PERSEVERANCE



People who succeed never give up. They keep at it even when they experience defeat, obstacles, pain, criticism, negativity and challenges.

Many people throughout history have endured hard times such as Mahatma Gandhi, Nelson Mandela, Andrew Carnegie and bestseller authors Mark Victor Hansen and Jack Canfield.

Hansen and Canfield got 144 rejections in their effort to publish their book *Chicken Soup for the Soul*. They never gave up. The rejections came flooding in, but they stood firm and kept going. Eventually they succeeded and the book became a huge success - one of the biggest in history. Today *Chicken Soup for the Soul* book series has sold more than 500 million copies.



A quitter never wins. A winner never quits.

Every single person who ever succeeded also failed. On their path towards success they met obstacles, challenges and temporary defeat, but it did not stop them.

Someone who has never made a mistake cannot be a person who has achieved much. People who succeed also fail, but they are determined to never to give up. They have created a habit of enduring. It's an insurance against permanent defeat. No matter how many times they experience defeat, they regard them as temporary.



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And with such an attitude they will eventually succeed. And so can you. It may be tempting to give up after many defeats, but as long as you never give up you will make it.

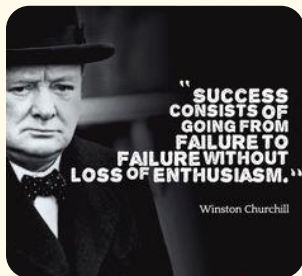
A good example is Seth Godin. Today he is a successful author of 17 books - many of them bestsellers worldwide. His books have been translated into 35 languages. Before he sold his first book he got **950 rejections**. This is not a misprint. You read it correctly - 950 rejections.

It takes tremendous perseverance to continue after hundreds of rejections as Godin did, but since he never quit he became a winner.

Do you see now the importance of setting yourself a goal you are **passionate** about?

If Godin did not have a burning desire to publish his book and become a success he would probably have given up. With passion you endure. It's that simple. It's the inner flame creating the fuel you need to keep going.

If you don't have passion for reaching your goal «the tank will run empty», so to speak. As a result it will be hard, cumbersome work requiring a ton of self-discipline and strong willpower to reach your goal. However, with passion you will enjoy your ride and slowly, but surely your goal will manifest and become real.



Winston Churchill used to say that *success consists of going from failure to failure without loss of enthusiasm.*

A defeat is not a defeat unless it is accepted in your mind. A defeat can be turned into an advantage if you have the right attitude.



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The right attitude towards defeat is the one who refuses to accept it as anything else than temporary. This is an attitude you can best create by looking at defeat as a challenge that is testing you.

Do you let challenges get the better of you or not?

When things are not going your way see it as a kind of **feedback mechanism** based on the actions you have carried out. It's informing you to adjust your approach. It's like a message being transmitted to you and telling you to adjust your plan towards success.

It actually has to do with your thoughts and feelings, *your personal frequency*. We will go more into that later on in the program.

People who succeed are experiencing many defeats and disappointments on their path to success. However, they learn from these “tests” and keep going. These experiences build character. As a result you will grow and develop yourself.

Through this development **you will discover something about yourself which you would not otherwise discover.**

It will enrich your life and the way you see yourself. In the end you will transform and prosper.

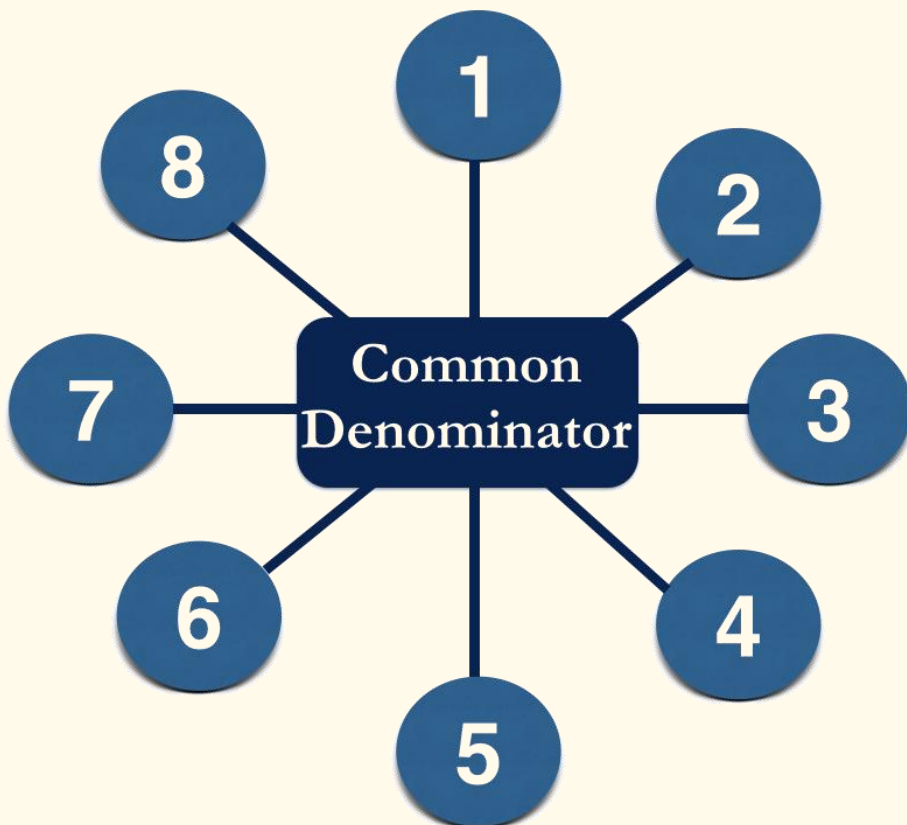
Let's now move on and see **The One Thing** these eight success traits have **in common.**



CHAPTER

4

The Common Denominator



Chapter 4

The Common Denominator

What is it that makes people reach their goals and succeed if they possess these eight traits?

What is the foundation of each trait? What's «behind the scenes», so to speak?

The research and the analysis-work St. John carried out after spending 10 years collecting information about what makes people successful is not giving an answer to this question. These eight traits don't seem to have **a common denominator**.

What about other books and personal development programs discussing success factors? Are they revealing the common denominator of these factors? Are they explaining what's going on in a person's mind and body when they actually apply the success traits? In my opinion, very few books and programs explain and clarify what's really going on.

- What actually happens when you are passionate about what you are doing?
- What happens on the mental and emotional plane?
- What happens to your energy, frequency and vibration?

Working a lot and **perseverance** were two of the eight required traits necessary to succeed. In addition it's important to **focus** on your goal, but what is really going on in the brain and the body when we persevere, work a lot and focus?

What happens when we think about the same thing all the time?

To generate many **new ideas, challenge and improve yourself**, and provide **service to others** were also important traits identified as necessary to become successful.

But, what is **The One Thing** all these traits have in common?



Chapter 4

The Common Denominator

What is really going on when someone has a clear and defined goal and;

1. is passionate about it
2. works a lot to reach it
3. focus on it
4. challenge himself to reach it
5. generate a lot of ideas helping him move towards it
6. always wants to improve himself
7. provides service and value to others as part of reaching it
8. never gives up

The answer is that a person possessing these eight traits is saturating his thoughts with a **certainty** that he will reach his goal.

Every single cell in his body is geared towards reaching his goal because that's what he thinks about and is passionate about every single day - 24/7. It's like being in love - it fills you up.

All these eight traits have **one common thing** connecting them all. Without this you will not succeed. That one thing is **FAITH**.



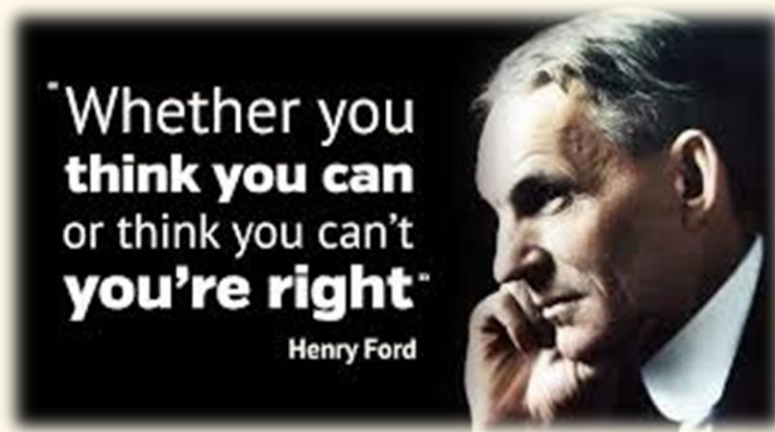
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Faith leads to success. People who really succeed have faith in themselves. They believe they will reach their goal. There's not a shred of doubt. **It's the only reality they see in their mind.**

You have probably heard the saying *faith can move mountains*. When you truly believe, anything is possible.

More than 100 years ago Henry Ford understood the power of believing. He said: *Whether you think you can or think you can't you are right.*



It's about what we think is possible. We need to have faith in ourselves, **but what does it really mean?**

The answer lies in **A Coherent State Between The Conscious And Subconscious Mind.**

It's about our **conscious thoughts being ROOTED** in the subconscious mind.

There must be *“agreement”* between these two minds. They must play **«on the same team»**. For most people this is, unfortunately, not the case



Chapter 4

The Common Denominator

We can consciously wish for a new future, but if the subconscious mind and our permanent thinking patterns are not “on board” we are not really **believing** that the new future is possible.

Our subconscious mind is in the driver’s seat. **Research shows that it governs the majority of our decision-making.**

In order to truly believe we must therefore create harmony between the conscious and subconscious mind. Only then will what you want to achieve permeate every single cell of your body.

Your thoughts and feelings will create balance and harmony. They begin teaming up. You will start transforming.

This implies that you need to **feed your subconscious mind with the same thought about what you want over and over again.** All the time. Again and again and again. It’s like building muscles. You need to exercise the same muscles over and over again to see results.

Also, it’s of utmost importance to **involve yourself emotionally.** Eventually your thoughts about a new future where you have reached your goal will become rooted in your subconscious mind and create coherence.

Faith is a state of mind which can be achieved by repeating a thought over and over again.

After a while it will be anchored in your subconscious mind. You will start thinking success thoughts on auto-pilot because you have turned your new way of thinking into a habit.

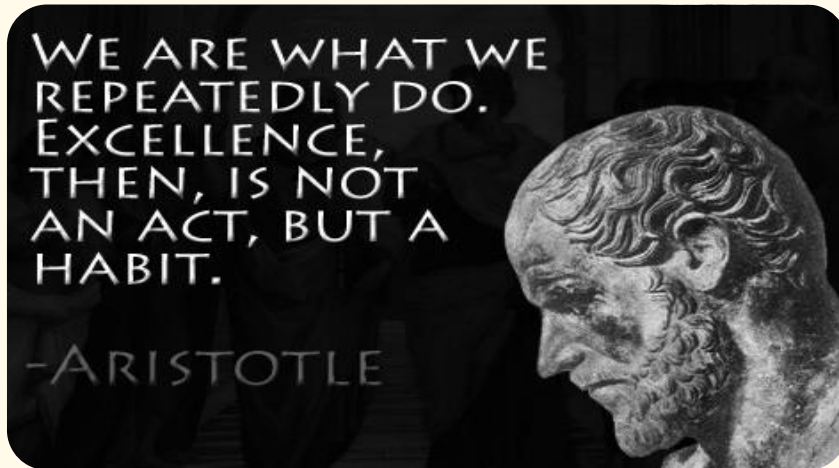
When this happens your subconscious mind starts working **for you** instead of against you.



Chapter 4

The Common Denominator

A long time ago the Greek philosopher Aristotle (384 BC - 322 BC) realized this when he said: *We are what we repeatedly do. Excellence, then, is not an act, but a habit.*



When we think a new thought over and over again, we create a habit that ensures that the conscious and subconscious mind start working together.

- What is really happening in the brain when you keep thinking the same thought over and over again?
- What happens with neurotransmitters, your neural networks, your thought patterns?
- What happens in the body at the cellular level, at the DNA level?
- What happens to your energy, frequency and vibrational level?

This is what this program will explain to you.



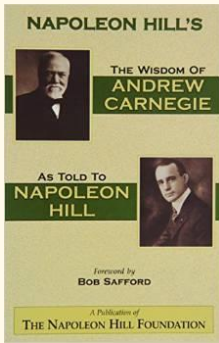
Andrew Carnegie had an intuitive understanding of the **important link between the conscious and subconscious mind**. He understood the importance of feeding yourself with positive thoughts that anything is possible. It was something he said to himself whenever he faced a challenge.



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The Common Denominator

When faced with big obstacles and challenges he said to himself: **nothing is impossible**. He really believed he could find a solution to any problem, transform a negative situation into a positive one and prosper.



In the book *The Wisdom of Andrew Carnegie as told to Napoleon Hill* Carnegie explains how **the power of faith** works:

No philosophy dealing with the subject of personal achievement would be complete without a definite and direct recognition of the power of faith.

The reasons for this is that the state of mind known as faith, provides the greatest outlet for the expression of initiative, imagination, enthusiasm, self-reliance and definiteness of purpose.

Without it no one could rise above of mediocrity! To neglect the subject of faith would, therefore, be something like providing a man with a intricate piece of machinery without giving him any power with which to operate it.

Those who experience incredible success are not born with a special quality of intelligence not possessed by others. The only thing that makes them different is their confidence of success.

They have strong self-confidence and that is nothing more than a state of mind which anyone can accomplish.

Strong self-confidence is based on faith and the starting point for this is to set yourself **a crystal clear goal**. You must decide what it is you **really want** in your life.

Set yourself a clear goal that you are willing to spend time and effort to achieve. Those who set themselves crystal clear, defined goals also develop a definite plan for reaching that goal.



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The Common Denominator



Previously I mentioned the sailing boat example and how important it is to set yourself a **clear and defined goal**.

You must set the course to where you want to sail. If you just start sailing without any destination and no plan you will be at the mercy of the ocean and the winds.

This is symbolic of other people deciding what you should do, what you should focus on and what is important to you.

Many people go through life without any specific goal - without any **clear and defined goal** and as such they are letting the external world run their lives. They are «adrift» at sea. They just do what is “expected of them”. From parents, peers and society.

When you set yourself a clear goal and develop a definite plan to achieve that goal, **you develop a strong confidence** that this will happen.

It will become natural to constantly feed yourself the idea that you will succeed. You will reach your destination. As Carnegie said; strong self-confidence is based on faith.



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The Common Denominator

To succeed we must believe that we can reach our goal. It's not exactly a revolutionary new idea, but what actually happens in the brain and the body when we really **believe** in something?

When you believe with all your heart that you will reach your goal you are making some big changes in your brain and body resulting in a change in your energy, frequency and vibration.

The brain starts creating new neural networks and these produce **neurotransmitters** going into the bloodstream to your cells, which in turn provide a new expression of your genes in addition to setting up a feeling which changes *your vibration and personal frequency*.



You are actually changing the way you communicate with *The Quantum Field*.

When you have faith you have managed to anchored your conscious wishes in your subconscious mind by **involving** yourself **emotionally**.

You have managed to get WIND IN YOUR SAIL and as a result you will reach your destination. The **heart (and passion) is key** in getting the conscious and subconscious mind to be in harmony and “play on the same team”.

Let's now take a closer look at the power of the heart.



CHAPTER

5

The Heart

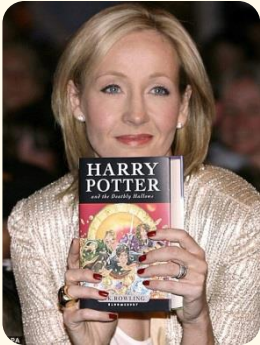


Chapter 5

The Heart

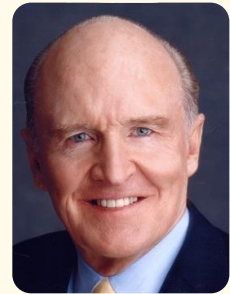
Most people who succeed **love** what they do. The famous actor Russell Crowe said this about his success: *Everything boils down to the fact that I love being an actor. I have a great passion for it.*

Olympic gold medalist Michael Phelps once said: *Swimming is my job and I love it.*



Harry Potter author J.K. Rowling said:

I just love to write these books. I just wanted to earn enough money so I could continue to write.



When the former head of General Electric, Jack Welch, was asked if he liked his job, he replied: *No, I don't like this job. I **love** it.*

When you love what you do it's not hard work. Yes, anyone who is successful work a lot, but they have fun. It's exciting and rewarding. It's not hard, tiring and cumbersome work.



Andrew Carnegie - (1835 -1919)

To become the world's largest steel-producer and later on the world's richest man, Andrew Carnegie, worked a lot, but he never saw his work as hard work. He called his work for **the finest form of play.**

The man behind the famous character Peter Pan, the Scottish author James M. Barrie, used to say: *Nothing is really work unless you would rather be doing something else.*



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Passion and coming from the heart is key. Cutting edge research from the research company **Heartmath** shows that the heart, just like the brain, creates electrical and magnetic fields going out of the body.

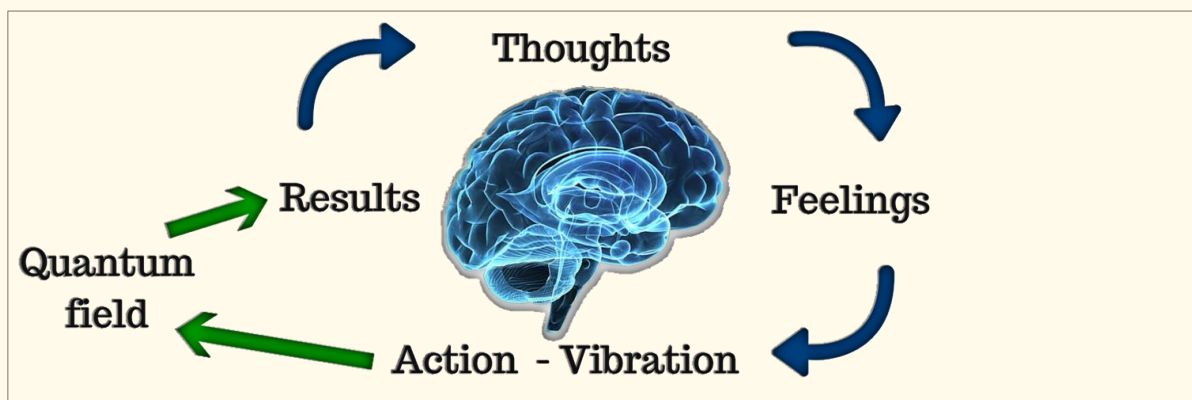
However, they are **much stronger** than that of the brain.

The heart generates **60 times** stronger **electrical fields** than that of the brain and up to **5,000 times** stronger **magnetic fields** than that of the brain.

When you evolve yourself emotionally you create a much stronger signal to the Quantum Field around you. Since everything is energy and everything is connected your “energy communication” is more powerful when you connect to your heart and come from passion.

So, what happens if you don't involve yourself emotionally? Then “old feelings” based on old neural networks in your brain will dictate your “energy-signal” (your vibration.)

Thoughts set up feelings and feelings set up your vibrational frequency leading to the actions you take. And all this is radiated out into the ether – to the Quantum Field – leading to the results you get. And the results you get will influence the way you think. It's a cycle.



Chapter 5

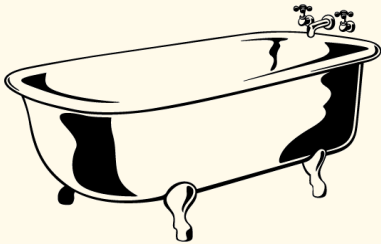
The Heart

Your thoughts create neural networks in the brain. When you think the same thoughts for a long time neural networks will form and become permanent.

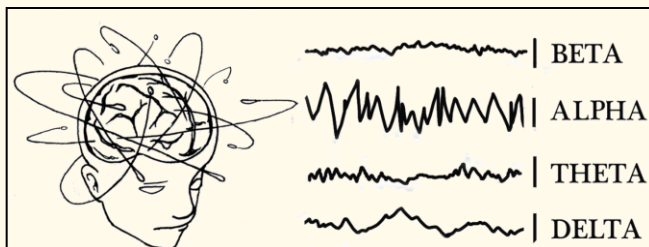
They will then create a chemical reaction in your brain. They release so-called “brain chemicals” called neurotransmitters. These go into the blood stream and out into the body setting up a feeling.

If you don't think new thoughts about what you want to achieve you are going on “autopilot” thinking the same thoughts over and over again. Sadly for many people these thoughts are often limiting in nature – they are negative - since most people grew up with limiting beliefs about what is possible to achieve.

It all starts in the environment in which we grow up. We come into this world with “empty minds” waiting to be filled up like an empty bath tub.



From the age of 0 to 6 our brainwaves are in the two lowest levels – theta and delta.



More about
brainwaves in the
Brainwaves
Document Step 1

At these levels there is **no conscious filter** and as a result anything presented to us will easily become part of our subconscious mind. In other words, we get shaped and conditioned by the environment we grow up in.



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Research also shows that the subconscious mind is “the boss”. The subconscious mind runs 95-99 % of our decision-making and is “in charge”. Whatever you have stuck in your subconscious mind will dictate how you think and feel.



From 0-6 years our minds can easily “be programmed” by the environment we grow up in. It can also be illustrated as an empty iPod with no songs. As we grow up beliefs about the world is being fed to us and they end up as subconscious programs. Just like songs in an iPod.

One great speaker and author on the topic of the subconscious mind is **Professor Bruce Lipton**. In his book **Spontaneous Evolution** he says:

Our fate is under the control of recorded programs or habits that have been derived from instincts and the perceptions acquired in our life experiences. The most powerful and influential programs in the subconscious mind are the ones that were recorded first.

During the extremely important formative period between gestation and six years of age, our fundamental life-shaping programs were acquired by observing and listening to our primary teachers -our parents, siblings, and local community.

Unfortunately, as psychiatrists, psychologists, and counselors are keenly aware, much of what we learned was based on misperceptions that are now expressed as limiting and self-sabotaging beliefs.

Our primary teachers – parents/guardians - want to help us secure a good life, but their way of seeing the world and what is possible is based on limiting beliefs from the environment *they* grew up in. And *their* parents had limiting beliefs presented to them when they were growing up and so on. It’s been going on for generations.



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We have been told for 400 years that “matter is all that matters” - that what we think has no influence or impact on our reality – on the physical world. We have been told that this world is one of chance, randomness and coincidence.

This old way of seeing the world is not correct. It never was.

The correct way is to see yourself as an **integrated part** of all there is. We are all made up of the “same stuff” as everything else and everything is **connected**.

We were designed to create and experience our creation, but how is the Universe supposed to supply you with your creational tools?

The answer is: **through your thoughts and feelings**. Through your brain and your heart – the two electromagnetic field producing organs in your body.

You are a powerful, creative being, but sadly most of us have been told that we are limited in what we can accomplish.

The external world has told us that the secret to success is hard work, but still many people who work very hard never succeed. Why?

Because they have been shaped and programmed with limiting beliefs. And this is what is setting up their vibrational signature and the way they communicate with *The Quantum Field*. And whatever they are sending out is what is coming back like a boomerang.



If you feel that life is a struggle - that “life is hard” – then this is what you are communicating to the Universe.



Chapter 5

The Heart

The Universe and the “energy field” will provide you with more events, people and circumstances that will create more struggle for you to experience. Because this is what you unconsciously are vibrating out. You are basically saying: *“give me more struggle”*.

I know this sounds harsh. And when I first realized how this Universe operates I refused to believe it because I did not want to take responsibility for what had happened in my life.

I have had some bad stuff happen to me in my life and I always thought it was just bad luck or a coincidence. When I realized it all had to do with my way of thinking and feeling I refused to accept it at first.

But, the more I researched and explored this Universe and how everything is “set-up” the more I realized that I didn’t consciously create these things. It was a result of my **subconscious programming** - the shaping and conditioning I experienced as a child in the environment I grew up in.

There is no-one to blame for whatever bad stuff you have experienced in your life. We can’t blame our parents (or guardians) because they have been ignorant of how this Universe really operates. You can’t blame yourself either, because you did not know.

The biggest challenge in this world is **ignorance**. We have been misled to believe that we have no power to influence our own reality. We have been told that the world is run by chance, coincidence and luck. These words are used in everyday language as obvious words of truth, but they are just words we have *invented to express the known effects of unknown causes*.

The truth is that we have all the power we need to create the life we want, but first we must understand that everything in this Universe can be reduced to **energy, vibration and frequency**. Also, we need to realize that the way we think and feel is setting up our vibrational signature with *The Quantum Field* and it will give back to us what we vibrationally ask for.



Chapter 5

The Heart

In my work to help people I sometimes quote ancient scriptures, but I have no religious preference. In this context I want to reference Matthew 7:7 which is saying the same thing as I am telling you here:

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened....

It's all about energy, frequency and vibrations which is set up by the way you think and feel. You are “asking” through your “vibrational frequency”. The Universe is “picking up” your “signal” and since the Universe is like a giant advanced copying machine it will synchronize events, people and circumstances to bring you what you are asking for.

If you want to change your life the best thing you can do is to connect with your heart by being thankful, kind and appreciative. Keep an attitude of gratitude.

This will change your frequency so you are “broadcasting” on a higher vibrational level. It will also cause you to take new action which will lead to new results which are in harmony with your new feeling of gratitude. **An attitude of gratitude will draw more good things into your life to be thankful for.**

You vibrate it out and attract it back. It is based on certain universal laws which govern this Universe. (*More about the laws here www.imasterthelaws.com*)



Chapter 5

The Heart

For the purpose of this program we don't have to go into these laws in detail, but just know that this Universe is one of energy and you are an energy being within it. Just like a fish in the ocean. And there are certain rules governing this universal sea of energy we call our reality.

All you need to know for this program is that you dictate what you experience in your life with what you think and feel. It will create your vibrational signature.

Since the heart is the organ in the body creating the strongest communication with the field of energy around you (*The Quantum Field*), being heart-focused is the best thing you can do to change your life for the better.

When you base your goal on what you are passionate about you will automatically focus on it. It will be easier to endure and overcome obstacles. (If you don't know what you are passionate about check out **How To Find Your Purpose** in *The Resource Section*).

You see, the formula for success is really very simple. It has to do with energy, frequency and vibration. Whatever you communicate to *The Quantum Field* is what you will get back. *You reap what you sow.*

If you want to be successful you must realize that the best way to communicate with the energy field around you, which provides your reality, is through your heart.



Chapter 5

The Heart

THE HEART IS KEY

The name of this program is: **Your Manifesting Power.**

Have you guessed what this power is?

It's your own heart.

Most people think the heart is just a muscle pumping blood. That is far from the truth. The heart holds truly transformational power. That heart is so much more than just a muscle.

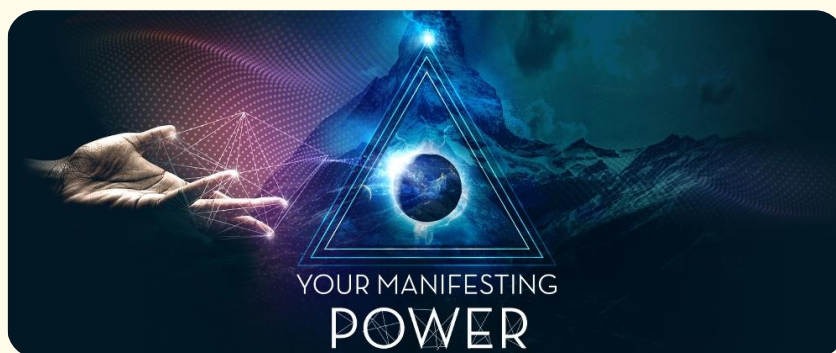
Right now you might be thinking: *We all have a heart. What's so special about that?*

Yes, we all have a heart, but few people are **heart-based**. Few people “*think with their heart*” or “*create from their heart*”. Most people are stuck in the ego and the intellect and as such they are missing out on the biggest power they have available— their heart.



Chapter 5

The Heart



When you start to connect to your heart it's like a magical touch transforming your life. The heart is truly remarkable. It generates a very strong communication signal with *The Quantum Field* and this is very important if you want to reach your goal.

The Field is self-organizing. It is synchronizing everything. It's receiving all information (in the form of vibrations and frequencies from everyone and everything existing within the Universe) and it's feeding back the reality based on that information.

The real gem here is that when you start to become more aware of your relationship with *The Field* you will become better at feeding information to *The Field* of what you want in your life. *The Field* will in turn become better and better at providing you with what you want.

And being heart-based will strengthen your communication with *The Field* and what you want.

"The Quantum Field responds not to what we want; it responds to who we are being"
- Dr. Joe Dispenza

The more you can let your dreamlife become part of who you are by letting that dream life-feeling **saturate your whole being** the sooner *The Quantum Field* will respond. It will then manifest and become your reality.



Chapter 5

The Heart

As Nassim Hamein says:

Your manifestations will happen faster and faster and become more and more accurate.

You will see that new opportunities come your way. New doors will open and it seems like magic. In a way it's magical because it's *The Field* self-organizing itself and synchronizing everything to create the reality which “the participants of The Universe” have communicated to it.

This is how our incredible Universe works. It's a giant **feedback- loop**.

It takes all the information “fed to it” from all of us and coordinates everything to create the reality we asked for. As such we are all co-creators of what we experience as our reality.

You are one of many “participants” **co-creating this reality**. You do it every second with what you vibrate out. The more focused, defined and clear your goal is the stronger is “your feed” or “your communication” to *The Field*. As a result *The Field* will provide back to you what you asked for in a modified way since *The Field* also has to take into consideration all the other “feeds” it receives from everyone else.

When two or more people focus on the same thing – like a company wanting to reach a certain goal – the signal and communication to *The Field* is very strong and the manifestation will happen faster and with less modification since more people want the same thing.



Andrew Carnegie - (1835 -1919)

This is something the great Andrew Carnegie discovered when he created what he called a *Master Mind Group* to become the largest steel producer in the world and later on the richest man in the world.



Chapter 5

The Heart

Andrew Carnegie created a principle to help him reach any goal and he called it *The Master Mind Principle*. He said it was not his own idea. In the book *Think & Grow Rich* by Napoleon Hill, Carnegie says he did not discover *The Master Mind principle*. He said: *I appropriated it and took it literally from the Bible.*

Carnegie had an incredible intuitive knowledge about how the Universe works. He often referred to *The Universal Mind* saying it is saturating everything in the Universe. The Universal Mind is just another word for *The Field* or *The Vacuum*.

Carnegie said he found *The Master Mind Principle* in the New Testament, in the story of Christ and His Twelve Disciples. He said that Jesus stated a great truth when he said to his followers that *they could perform even greater things*, for he had discovered that the blending of *two or more minds in a Spirit of Harmony with a definite end in view, gives one contact with the power of the Universal Mind.*

This is exactly what Nassim Hamein is talking about. The Universe or *The Field* is receiving information from all of us and when two or more people focus and want to reach the same goal (as in a team or a company) it produces a strong communication to *The Field* and *The Field* responds.

When we involve the heart the signal becomes even stronger. As mentioned previously, the heart creates much stronger electromagnetic fields than that of the brain. Just setting yourself a goal without involving your feelings is like trying to sail to a certain destination without any wind.

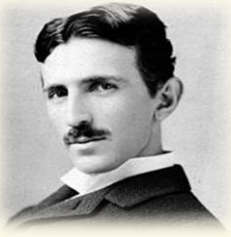
You need wind in your sail. You need to “tell” *The Field* what you want and the best way to do this is by involving yourself **emotionally**. Do you see now why the most successful people in the world come from passion – from the heart?

Their way of communicating with *The Field* is stronger than many other people’s way of communicating with *The Field*. Only 1 out of 10 people succeed, but now you can become one of those ten because you know how to communicate with *The Field*.



Chapter 5

The Heart



As Nikola Tesla said:

If you want to find the secrets of the universe, think in terms of energy, frequency and vibration. - Nikola Tesla (1856 -1943)

Boy was he right. Spot on and Nassim Hamein and his brilliant research is tying it all together so we can understand this in a logical way.

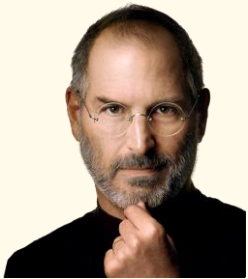
It all boils down to what you are vibrating into the ether at any given time – what are you “asking” The Universe or *The Field* for?

Your vibrational frequency is dictated by the way you **think and feel**.

You need to connect with your heart if you truly want to succeed. You need to set goals that come from passion and from the uniqueness within.

We are all unique energy beings because no-one can think or feel exactly the same way. We all create different vibrational signatures. The moment you set yourself a goal based on what you truly want from the “bottom of your heart” you change your vibrational signature. This will do wonders for your life. It’s like magic. Your life starts to transform.

Just look at what the most successful people in the world have accomplished. They came from the heart – from passion –like Steve Jobs.



*Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma -- which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage **to follow your heart and intuition**. They somehow already know what you truly want to become. Everything else is secondary – Steve Jobs.*



Chapter 5

The Heart

When you stop “the noise” from the external world and turn your focus inward you start to connect with your heart and the essence and uniqueness of who you are. Your purpose in life is to share your uniqueness with the world – just like Steve Jobs did and so many before him.

Most people in the world are ignorant about what I have been sharing with you in this program so far. It’s so much easier to become successful when you are heart-based, but most people think it’s all about hard work, about the intellect and being “smart”.

Yes, you can be successful by working hard like crazy. Some manage to do that, but connecting with the heart makes all the difference.

The heart is like a diamond within you. It holds the key to any success you want. When you decide to come from the heart in all that you do your life will start to flow and transform.

New opportunities will come your way and you will be amazed at all the good things showing up. It has nothing to do with chance or good luck. It has to do with you creating these opportunities with what you think and **FEEL**. It has to do with your communication with *The Field*.

Remember the word E-motions - **emotions move energy to become matter and your reality**. It’s all about involving your heart.

The heart is such an incredible “construction” and I want to share with you some amazing facts about the heart on the next page.

(These facts are from the research company Heartmath - <http://heartmastery.com/about-us/heart-facts>)



Chapter 5

The Heart

AMAZING FACTS ABOUT THE HEART

- The heart begins to form in the fetus before the brain.
- The average heart beats 110,000 times a day, 40 million times a year, 3.5 billion times in a lifetime.
- Your heart produces enough power in 1 hour to lift 2,000 pounds 3 feet off the ground. In one hour and 15 minutes the heart could lift a Toyota Prius!
- The source of the heartbeat is in the heart, not the brain. When they do a heart transplant, they cannot reconnect the heart and brain. The heart beats on its own.
- The electrical impulse of each heart beat can be measured 3 to 4 feet from the body.
- The electrical impulse of the heart is 40 - 60 times stronger than that of the brain. It is many more times stronger than any other electrical impulse in the body.
- The heart's magnetic field is 5,000 times more powerful than that of the brain.
- The heart sends more information to the brain, than the brain does to the heart.
- The heart's vascular system is 60,000 miles long and can wrap around the earth twice.
- Different people's (or even animal's) heart cells, will all beat in unison in a petrie dish. Different people's brain cells in a petrie dish will not communicate with each other and die.
- The electricity generated by the heart can be detected and measured in the brain patterns of another person nearby.
- The heart works without interruption for 70-80 years, without care or cleaning, usually without repair or replacement. Do you need energy or stamina? Access the heart!



Chapter 5

The Heart

One of these facts states that:

Different people's (or even animal's) heart cells, will all beat in unison in a petrie dish. Different people's brain cells in a petrie dish will not communicate with each other and die.

This is astonishing because it only goes to show the importance of being connected to the heart in order to connect to everything else. In these petrie-dish experiments the brain cells will not work in unison and therefore they die.

If we come from our ego and shut down the heart we send out a totally different vibrational signal to the Universe. It will be a low vibrational signal and The Universe will respond accordingly.

When you come from your heart you are in a higher vibrational state and such a state will always transform lower vibrational states.

You have probably heard the saying **love conquers all**. It's true. It can even make a sick person become healthy. By being loving, cheerful, thankful, appreciative, kind and caring and truly connected with your heart you will release certain hormones which are good for your body and mind.

LOVE: When you come from love you release these hormones:

- Oxytocin
- Dopamine
- Serotonin
- Growth Hormone



**Joy, passion, laughter,
enthusiasm, gratitude**

These hormones stimulate health. They are nourishment for the cells.



Chapter 5

The Heart

As I have mentioned many times before - the most successful people in the world come from passion and the heart. They **love** what they do.

Anita Roddick, founder of the successful Body Shop, said this about passion and her work: *I love retail. I love to buy, sell and create contacts.*

When you love what you do, it also becomes much easier to endure – to overcome challenges and keep working.

Kathleen Lane, chief analyst for Work Card, says: *Stress is not about working 15 hours in a job you enjoy. Stress is working 15 minutes in a job you don't like.*

So, be sure to come from passion. However, for many people the challenge might be to find what they are passionate about.

We have grown up in a world telling us that we can't influence our reality – that this world is one of chance and coincidence and that hard work is the key to success.

As such, many people are not true to themselves. They don't listen to their inner voice (intuition) which is trying to guide them. They are letting the external world dictate what is important and what goals to set.

Stop the external noise. Go within. Meditate. Be Mindful. Take walks in nature. This will help you get clarity about what is important to you.



Chapter 5

The Heart

Also, many people are coming from the ego and from the intellect, but the new world is all about the heart and seeing how we are all connected.

Research is catching up to what spiritual people have been saying for a long time: *Everything is connected. Coming from the heart is the key to everything good.*

Ego-based people and companies will in the coming years fade away as sure as the water evaporates from the sun's heat.

The best you can do for yourself to get a great life is to move your focus and your attention to your heart. If you let the ego get the better of you, you are closing your mind and shutting down a very important communication channel from your heart called your **intuition**. Yes, intuition resides in the heart.

Cutting edge research shows that the heart has intuitive intelligence. The scientists at the HeartMath Institute (HMI) have conducted extensive research on the power of heart intelligence, intuition and the energetic connection between all things.

In the **Resource Section** of this program you can watch a video explaining more about the intuitive heart.

“The only real valuable thing is intuition.”
– Albert Einstein, 1879-1955



Chapter 5

The Heart

You've seen how **passion** is a key trait for success. It's like the fuel that ignites the spark within you and when the flame is lit the results will come. This is regardless of whatever goal you decide to pursue.

It all boils down to **liking and even loving your work**. Everything is so much easier when you like and love what you're doing. Even if you set yourself a big goal it's attainable because you will endure.

You will keep at it because you love what you do. It doesn't matter if it's a private goal or a work-related goal. It's all about passion.

Being heart-focused and realizing that we are all connected like cells in a body is the best way to transform your life.

If you can always observe what is coming into your life instead of judging it you will get better and better things showing up in your life. Why? Because when you are observing (and not judging) you come from a high vibrational state.

Please remember this very important saying and do your best to live by it. If you do your life will start to flow like never before.

Judgment is weakness. Observation is STRENGTH.



Chapter 5

The Heart

BURNING DESIRE



For many years I've been a big admirer of Andrew Carnegie (1835 – 1919) and his incredible wisdom. In the book *The Wisdom of Andrew Carnegie as told to Napoleon Hill* Carnegie points out how important it is to have a burning desire to achieve any goal.

A mere wish is not enough. It must be a burning desire - passion.

Most people wish for something more in life, but they don't get passed the "wishing state". Wishing for something is not enough. It must be a burning desire saturating every cell in your body.

People who know exactly what they want out of life and is determined to get it, do more than just wish for it. They intensify their wishes with burning desires and take action steps based on a thorough plan that will help them achieve their goals.

That burning desire and those action steps will communicate a strong vibrational message to the energy field (*The Field*) about what is wanted and *The Field* will respond. This is something researcher and scientists Nassim Haramein calls **synchronicity**.



He refers to the energy field around us as *The Field* or *The Vacuum* and says that this field is self-organizing. Whatever you feed into it will return to you. You are part of it.

You can listen to his explanation about the vacuum and how it works in an audio and video file which you will find in the **resource section of this program**.



Summary

Summary

Summary

Since the splitting of the mind and body all the way back in the 16th century it has been an assumption by science that the mind and human thought **cannot** significantly influence the properties of matter - the physical reality. In other words, what you think (and feel) has no influence on your reality.

The research of Prof. William Tiller (Stanford University) and also the research from the research company Heartmath show that this assumption is not correct.

Everything in this universe is made up of atoms and atoms contains 99,999999999 % space. This space is not empty space – it's filled with energy. Often this “sea of energy” is referred to as *The Quantum Field*, or just *The Field* or *The Vacuum*.

You also consist of atoms and therefore energy. You are, in other words, an energy being and your brain and heart both produce electromagnetic fields going out of the body and this is how you “communicate” with *The Field*. The heart is by far the strongest electromagnetic-field-producing-organ in your body.

- You communicate with *The Field* of energy around you all the time by what you are sending out in terms of your vibrational frequency.
- *The Field* synchronizes everything coming into its field and as a result events, circumstances and people will show up in your life in accordance with what you vibrate out. It seems as random events, but it is really **synchronicity**.
- When two or more people come together and focus on the same goal it creates a very strong communication signal to *The Field*.



Summary

Most people have been “programmed”, shaped and conditioned with limiting beliefs stopping them from reaching their goals. The subconscious mind runs 95-99 % of our decision-making and is “in charge”. Whatever you have stuck in your subconscious mind will **dictate your vibrational frequency** unless you start “thinking with your heart” and become more heart-based.

With a loving intention you will influence your reality in a positive way.

The heart is key.

If you come from love you change your whole vibrational frequency. Being passionate about what you want and being grateful, joyful, happy, loving, cheerful, thankful, appreciative, kind and caring will send a strong and positive signal to *The Field* and more things, events and people will come into your life to be grateful about.

The most successful people in the world (and in history) all come from passion and the heart.

Do your best to always **observe** (don't judge) what is coming into your life. This will keep you at a high, positive vibrational frequency. If something bad happens in your life and you start judging and blaming other people you are really telling *The Field* to give you more “bad stuff”.

If you come from fear and the ego then more things to be fearful for is what will enter into your life. Not right away, but it will come.

If you come from love and from the heart then more things to be grateful for will enter into your life. This is the feedback loop of *The Universe - The Vacuum – The Field*.

Do your best to always observe.

Judgment is weakness. Observation is STRENGTH.



Next Step

Please move on to the next document in Step 1 of this program where we'll take a closer look at BRAINWAVES.

