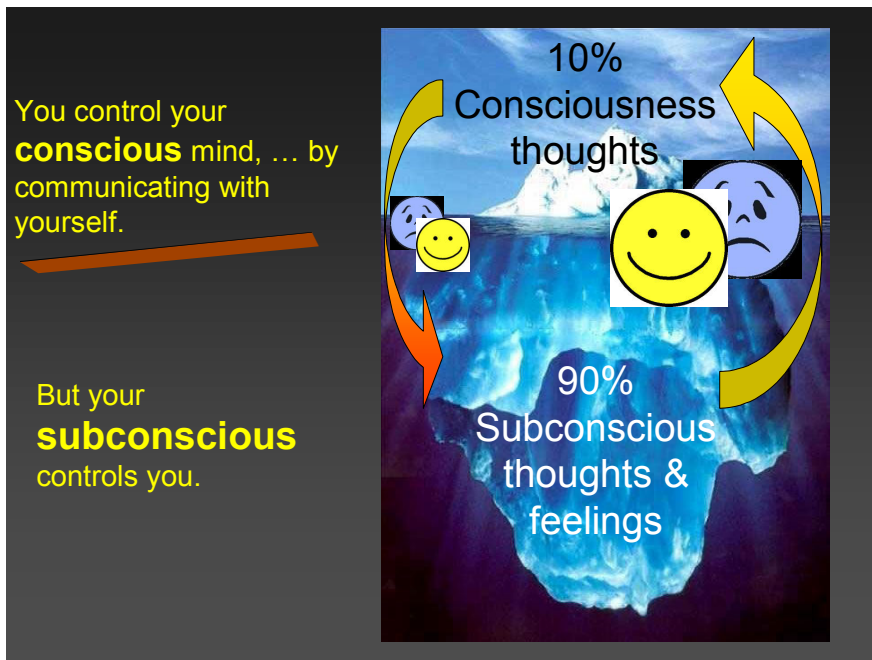




Understand how to create your own miracles.

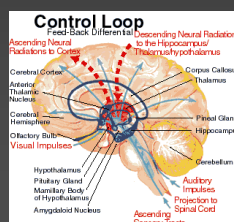
Your conscious mind programs your subconscious mind. Take 100% responsibility for your thoughts, as these thoughts program your most powerful gift in the world...your RAS.

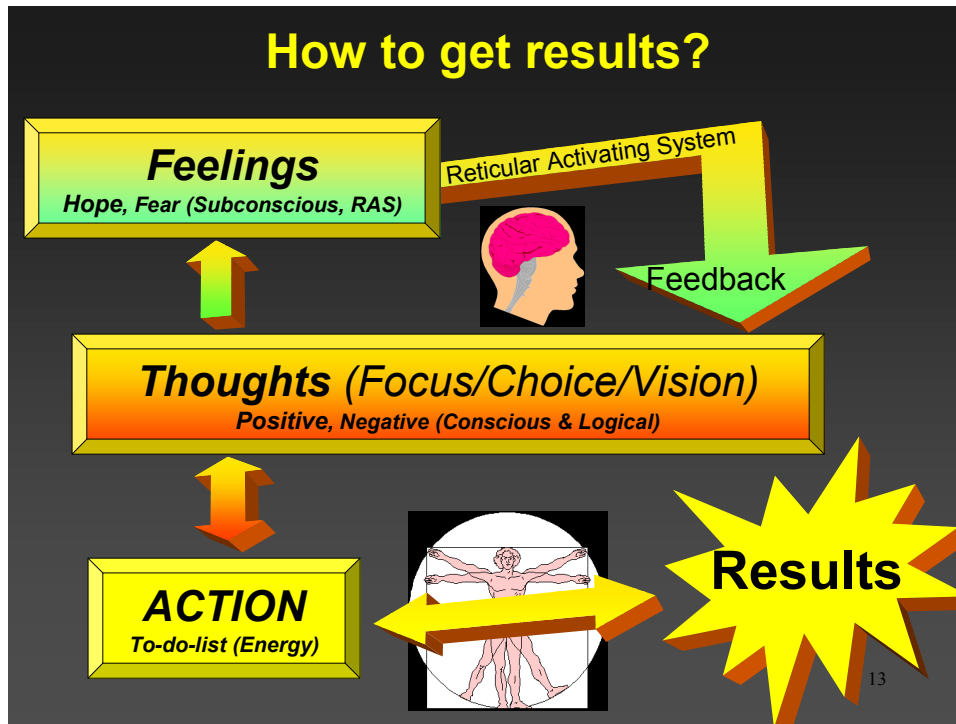


The subconscious is your secret weapon for creating those 'miracles' you thought were beyond your reach. Neurologists now understand that there are over a billion calculations per second happening in our Reticular Activating System (RAS), so make those billion transactions in *your* favour! Use your conscious mind, with goal setting, to alert the RAS to create the physical equivalent. Page two I explain how.

Reticular Activating System (RAS)

- Arousal & Reflex System.
- Responsible for maintaining consciousness
- The **RAS** indirectly creates our goals, by alerting us to what we programmed it to do.





Your secret weapon of mass construction or destruction is your RAS. Let me explain, lets say you buy a silver VW Jetta, amazingly you notice silver VW Jettas all over the town! Anything you devote *emotional* time to will alert your RAS to creating the physical equivalent. However, before I demonstrate this, you need to understand FEAR & GEAR:

- **FEAR** inputted into the RAS will create negative **F**alse **E**vidence **A**ppearing **R**eal
- **GEAR** inputted into your RAS will create **G**reat **E**vidence **A**ppearing **R**eal (There is only one option, realism followed by 100% optimism. Pessimism is not an option.)

Our self-image, strongly held (FEAR or GEAR) essentially determines what we become. Everything is created twice, first in your head & heart and then in reality. You *must* be emotional about it! FEAR of heights can make people throw up, but the GEAR of just thinking about achieving your target can result in goose bumps of joy. Look at the above slide: Feelings of *hope*, become positive *thoughts*, which become positive *energy/action*, which creates *results*.

This is how it works: (use in conjunction with Goal Setting, 'free stuff' off my website)

1. If you want to learn how to sell, your RAS alerts you 24/7. Yes even while asleep. You become acutely alert to using new techniques, reading books, etc. You will soak up more knowledge required to achieve your specific goals. Success thus comes unexpectedly.
2. If you want to go on a dream ski holiday, your RAS becomes alert to everything in the media, and before you know it, a plan is in place.

"I have met the enemy, and it is me". Winston Churchill

A STERN WARNING:

The ONLY place you will find SUCCESS before WORK is in the dictionary.

Don't fall into the trap that "The Secret" is just visualisation! Sloth is one of the seven deadly sins. Visualisation is just half the 'secret'. What the book & DVD called "The Secret" did *not* tell us, is just how much **hard work & guts** is required to achieve what you want! The opiate of the masses (addiction), is to only 'think & grow rich'... don't leave butt prints in the sand thinking all day, leave footprints too. (For more on this ask me for a published article called 'Success Explained.')

Your thoughts become your results. This quote by Frank Outlaw is a good summary.

*Watch your **thoughts**; they become **words**.*

*Watch your **words**; they become **actions**.*

*Watch your **actions**; they become **habits**.*

*Watch your **habits**; they become **character**.*

*Watch your **character**: it becomes your **destiny**.*

The above explanation is the logical explanation to the popular DVD called "The Secret."

Other terms for this psychology are:

- *Miracles*
- *"The Secret."*
- *The power of positive thinking. (The power of negative thinking is even more powerful, but has unfortunate effects on your life).*
- *Autosuggestion*
- *NLP – Neuro-Linguistic Programming (How the brain codes learning & experience)*

Run your own mind, and live life on *purpose*...purposefully.

Enjoy!

Ian