

YOU HAVE INFINITE POWER

Empowered Mastery

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and wherever books are sold.

Quotations. At the beginning of each chapter, you will find inspiring quotations from famous individuals to help set the tone for each step of our T.R.A.N.S.F.O.R.M.A.T.I.O.N. Doctrine.

Empowering Statements. We believe these statements are so strong and so powerful that we've highlighted them throughout the book.

Conditioning for Success Exercises. These exercises were carefully created to help you, the reader, get a clearer insight and understanding about who you are and how to implement each step of the T.R.A.N.S.F.O.R.M.A.T.I.O.N. Doctrine.

Chapter Summary. These offer a quick synopsis for each step presented throughout the chapter.

[CHAPTER ONE]

Thought

We are what we think. All that we are arises with our thoughts. With our thoughts, we make our world.

-BUDDHA

What if we told you that you had exactly the same abilities and resources that most successful people have? What if we told you that developing a totally different IQ is the key to prosperity and happiness? It's not the Intelligence Quotient that we are referring to; it's what we call the Intellectual Qualities (IQ) that hold the key. The good news about this IQ is that, unlike the other where there are indeed differences from one person to another, we are all born with these intellectual qualities. No one person has more than any other.

We all have infinite ability. We all have genius within us. Bill Gates, Steve Jobs, Oprah Winfrey, and the overwhelming majority of successful people throughout history were not born with any more ability or gifts than anyone else, but as they matured they learned to develop their IQ. They just believed they could do certain things. Once you learn to develop these resources, you will manifest almost every goal imaginable. Your health will improve, your professional life will soar, and your relationships will be more fulfilling. Most things in life are possible as long as you truly believe in yourself and your capabilities.

You are your thoughts!

Everything starts with a thought. Any thought that enters your mind, whether positive or negative, can become reality if you so choose. This is the foundation for the remaining chapters in this book. Intellectual Qualities go beyond the five senses of touch, taste, smell, vision, and hearing. Your IQ is your innate ability to manifest your desires into reality. This does not mean all you have to do is close your eyes and say, “I want to be a millionaire,” and in a blink of an eye you’ll be on a yacht in Monte Carlo sipping martinis. No, it’s not that easy. However, do not underestimate the power of your mind, and the potential of any thought you put into it.

The Intellectual Qualities are

- Imagination
- Confidence
- Optimism
- Desire (burning)
- Passion
- Commitment
- Faith
- Vision
- Living through your worthy ideal

Our T.R.A.N.S.F.O.R.M.A.T.I.O.N. Doctrine guides you through the process of understanding and developing your intellectual qualities and enabling you to reinvent yourself as the person you’ve dreamed of.

You may still not be convinced of the power of your own thoughts compared to the Bill Gateses and Steve Jobses of the world. They are examples

of brilliant entrepreneurs, right? They are much smarter than the average person, right? Wrong! They both failed at one time or another. They both dropped out of college. One even got fired. We can venture to say that each of us has the same basic level of intellectual qualities that they have; it is how we choose to apply them that makes the difference. Bill Gates was at Harvard in 1975 when he first read an article about a new machine called the microcomputer. He was fascinated and made the decision almost immediately to design the best computer software in the world. We all know what followed. Microsoft’s innovations have allowed people with no computer experience to use personal computers and lead the global software industry. The idea for the personal computer was already available, but Gates tapped into his IQ, opening his mind to vision and imagination in order to fuel his desire and passion to pursue and live through his Worthy Ideal of providing everyone with the opportunity to own a computer. In Chapter 3, we detail these intellectual qualities and their importance.

Stop and think for a moment about the different people in your life: your family, friends, coworkers, and acquaintances. When you think about them, is there one who constantly communicates negative thoughts? How is their life? Are they happy? Healthy? We’d be willing to say that they are none of these things because they live their negative thoughts.

The universe is governed by thoughts; therefore, everything we are is a direct result of our thinking. To improve your results, you first must go to the source. The following illustration demonstrates the power of your thoughts. It is so simple to understand yet so few people realize it let alone apply it into their daily lives.

We feel this formula is so important and so crucial to people’s success that we called this the Empowered Mastery Success Formula.

Thoughts → Feelings/Emotions → Actions → Results

Results are what we want to improve in our lives, so if you want to improve your results, simply change your thoughts. Whatever we think about can become a reality. Why then do we fill our minds with negative thoughts? Why do we always think of reasons why we can’t do something instead of why we can? Understanding the mind enables us to learn to develop the right mindset to overcome any obstacle, accomplish any feat, or achieve any goal. Once you’ve changed your thinking, you can transform daily actions and break free of

limiting behaviors that hold you back. Before we can go any further into the importance of thought, we need to first discuss the inner workings of your mind.

Now don't worry, you won't have any nightmarish flashbacks of chemistry class. No need to get out your textbooks. There won't be too much medical jargon here. After all, we aren't brain surgeons, but what we talk about here is just as important and easier to understand.

Okay, so let's get started. Every thought in the mind triggers a chemical and neurological process and creates different pathways in the brain. Each person develops unique patterns of connections between brain cells. As you tap into the power of these patterns and adjust your thinking, you gain a new, positive perspective. This process involves exchanging self-defeating thoughts and bad habits for more empowering and enabling ideas.

The brain contains ten to fifteen billion neurons. These neurons transmit information around your body and form connections between cells. The connections or neural pathways are similar to the interstate highway system that links the country together. Chemicals are released with connections between neurons. The more each connection is used, the more its pathway develops. A lifetime of negative and self-sabotaging thoughts can actually alter your neurons.

A good illustration of this is the path created by walkers in a park. Initially, an area may be lush and green. As time passes, the constant walking back and forth wears away the grass; with each step, a path becomes easier to see. Similarly, neural connections develop within the brain through thoughts, actions, or behaviors. The more often the thought occurs or the action is carried out, then the more the connections and pathways develop so that the action becomes much easier, more familiar, and eventually becomes a habit. Every time you repeat the habit, the connection becomes that much stronger within the brain, and it eventually becomes second nature to you—well worn, like the path we created in the park.

Is it possible to change behaviors by changing your thinking process? Can you actually re-wire your thinking? Absolutely! Decide what behavior you would like to change to have a positive effect on your life. To do so, it is necessary to develop a new connection in the brain and a new positive thought. For example, "I will stop eating unhealthy foods and go to the gym three times a week" or "I will replace my negative self-talk with encouraging statements." Instead of telling yourself, "I can't," say "I can." The more the positive thought is repeated, the more the new brain connection is reinforced. As a result, the old habits are changed. These new thought processes and behavioral changes need to be

regularly repeated to strengthen the connection. It is estimated that it takes twenty-one days to develop a new habit and create new neural pathways. As a word of caution: be aware of your thoughts. Do they help or hinder you? Do you need to exchange some negative thoughts for more positive ones? Consider what habits you could change to keep your brain active and stimulated.

For the next twenty-one days, begin to create a new habit and new neural pathways. You need to carry out this new behavior several times. For example, when you wake up every morning, eat fresh, organic fruit and drink bottled water instead of coffee and doughnuts. As you eat the fruit and drink the water, say to yourself, "I feel great," "I am healthy, vital, and full of energy!" These statements are what we call power paradigms, which we will detail in the next chapter. As the new behavior is repeated, the brain connection becomes stronger, thereby creating a new habit and a neural pathway.

It is only through your conscious mind that you can reach the subconscious. Your conscious mind is the porter at the door, the watchman at the gate. It is to the conscious mind that the subconscious looks for all its impressions.

—ROBERT COLLIER

With apologies to Mr. Albert Einstein, we like to use the following equation to illustrate how your mind works.

$$\text{EMPOWERMENT} = \text{MENTAL CAPACITY}^2$$

We all have two minds, the conscious and subconscious, each with distinct attributes and powers. With the correct understanding of the purpose and functions of both, you will attract to yourself the circumstances and conditions most desired for your life. The best results are obtained through a close harmony and cooperation between the conscious and subconscious minds.

When we were kids, our parents or teachers told us that we could accomplish anything if we put our mind to it. The problem with that well-meaning statement is that we were never taught how to put our mind to it. We were never told how our mind works. Fortunately, we don't need to be a brain surgeon to understand how our mind works in relation to success.

Man's task is to become conscious of the contents that press upward from the unconscious.

—CARL GUSTAV JUNG

As Professional Martial Artists who have impacted thousands of students over the years, we realized that we did impact them, but never knew why. It is through the study of how the mind works that we realized why we are so successful in teaching our students. Martial arts training utilizes repetition and impact to allow beneficial values to sink into the student's subconscious mind. When this occurs, it dramatically effects their actions; the way they stand, sit, speak, and eat, their lifestyle, and all aspects of their lives. The results of their newfound lifestyle are remarkable. Children get better results in school and are more respectful at home, while adults earn promotions, feel calmer, and live healthier lives, all starting from the way they think.

Mental Capacity (Your Conscious Mind)

The conscious mind is the portion of your mind that utilizes sight, touch, sound, smell, and taste. It is also responsible for our ability to analyze thoughts and experience physical activity. We have complete control over the conscious portion of our minds. It can accept or reject any thought or outside influence. This is the thinking part of our minds.

Additionally, our conscious minds have the ability to form perceptions, whether true or false, according to our beliefs. We take these perceptions as reality. For example, if your parents gave you comfort food every time you cried or felt sad, then you may have a tendency to eat when a stressful situation occurs. Because of this limiting thought, you feel the need to comfort yourself with food. Your perceptions define your actions throughout the course of your life.

Effectively developing the powers of your conscious mind allows you to focus and dramatically enhances your life far beyond what you might consciously believe to be possible. Once the powers of your conscious mind are harnessed, you are able to filter out any negative or sabotaging thoughts or perceptions that have been predetermined by your subconscious mind. We have the ability to accept, reject, or neglect any thought that enters our conscious minds. However, when you don't learn how to take control over your conscious mind, then you allow your subconscious mind to form perceptions that can negatively affect your life, as the example of stress eating illustrates. Once you consciously choose to change your thoughts, your life will be filled with endless possibilities. When you become purposefully aware of your thoughts, you will then be able to choose only those thoughts that bring you empowerment. This is a key IQ ingredient that you must learn to develop and use.

Here are 8 simple words that will literally change your life. These 8 words are so simple to understand yet so few people actually apply them.

You Have the Ability to Choose Your Thoughts

Think about it. Only we can choose how we think, feel and act. Our physical bodies can be diseased, ill or broken down but we still have the ability to choose our thoughts.

People around us, from family and friends to our bosses and co-workers can try to influence how we think, but at the end of the day we have control, not them.

Successful people have the ability to choose their thoughts no matter the surroundings or challenges they may face. We are not saying it's always going to be easy, and sometimes we just blurt things out. We are not robots—we have feelings and emotions.

Choosing your thoughts enables you to erase old, self-defeating thoughts and to replace them with new and encouraging thoughts in your subconscious. You will no longer be a victim of your negative perceptions. You have the ability to control the information transmitted to your subconscious mind by choosing what you allow into your conscious mind.

“ We were giving a three-hour seminar for teachers at a New York City public school. We arrived early, and Chris proceeded to set up the computer and projector. Twenty minutes before the seminar was to begin, the projector stopped working. As we got closer to the starting time, I became angry and frustrated, not only at the projector but also at the attitudes of my partners. We were scheduled to start in a few minutes, the equipment wasn't working, and they didn't seem to care. I was focused on my negative thoughts, while Chris was focusing on a solution. Paul had complete faith in Chris and made better use of his time by focusing his thoughts in a positive and productive way: preparing for the seminar and establishing the right mindset. Their thought process was calmness, while mine was panic. As it turned out, Chris solved the problem just minutes before the seminar was to begin. I learned a valuable lesson from Paul and Chris that day: you and you alone have the power to choose your thoughts. Simply put, you can choose to be negative, or you can choose to be positive. Your actions and consequently your results are a direct correlation of your thoughts. ”

—RICK

Only one thing registers on the subconscious mind: repetitive application—practice. What you practice is what you manifest.

—FAY WELDON

Mental Capacity (Your Subconscious Mind)

Your subconscious mind is your emotional or feeling mind. It only has the ability to accept information the conscious mind gives it and is most impacted both before you go to sleep at night and when you wake up in the morning. We mentioned earlier the twenty-one days it takes to break a habit. Most people wake up in the morning and have a cup of coffee. Some have several. Instead, consciously choose to drink a bottle of water or green tea.

The effects of anesthesia provide a striking example of the power of your subconscious mind. The common perception of the purpose of anesthesia is that it stops pain or immobilizes the patient. Yes, it does this, but it also controls your body and its defense mechanisms that deal with pain. Anesthesia blocks your conscious awareness of the pain. You don't remember it, and therefore you don't relive it in your mind.

Your subconscious mind primarily controls your unconscious bodily functions, such as heartbeat and breathing. It also acts as a storage unit for all of the information received through your conscious mind. Your subconscious mind never sleeps. It works continuously, soaking up your conscious thoughts like a sponge. Before too long, that sponge becomes saturated and spills over into your reality. The subconscious mind can't distinguish the difference between true or false but acts only upon the thoughts given to it by the conscious mind.

Every thought given to your conscious mind repeatedly drops down into your subconscious mind and is accepted as truth. These thoughts are accepted as facts because your subconscious mind has no reasoning capability. Consequently, the negative thoughts you think about daily create self-defeating perceptions. These limiting beliefs may have been absorbed since childhood and accepted as truth. Many of them were innocently placed in your mind by well-meaning people who had no understanding of the power of the mind. How many times as a child did you hear statements like, “You can't do that,” or “Stop daydreaming,” or “You're just wasting your life away.”

These beliefs fill your subconscious mind and determine your destiny. Now is the time to act. The only thought you should have in your subconscious mind is “anything is possible.” For this reason, you absolutely must begin to selectively choose your thoughts. Once you are able to do this, then you can start to recognize and discern your current false and self-limiting perceptions from the real truth. Any negative and self-deprecating thoughts are stored and held as truth by your subconscious mind, no matter how wrong they may be. These self-limiting, pre-programmed beliefs are false beliefs that keep you from living the life you deserve.

“ My brother was told at a very early age that he wouldn't be any good at sports because of his limited mobility. He had to take occupational therapy when he was a child due to a lack of coordination and motor skills. He began martial arts at the age of four and began sparring competitions at the age of five. He was always smaller than the rest of his martial arts competitors but decided to compete anyway. When others told him he was learning disabled and had to take occupational therapy classes, I told him he could be a champion. When others told him he wasn't tall enough to be a champion, I told him he was faster than the competition. He didn't allow other people to limit his thinking; instead he believed what his older brother had been programming into his subconscious mind since the age of five, “You are a champion.” At sixteen years old, he won the junior Olympic nationals, competed on a Junior National team, and won the Adult Men's Fin Weight National Championship. My brother learned to be a champion not only of martial arts, but also of his thoughts. ”

—PAUL

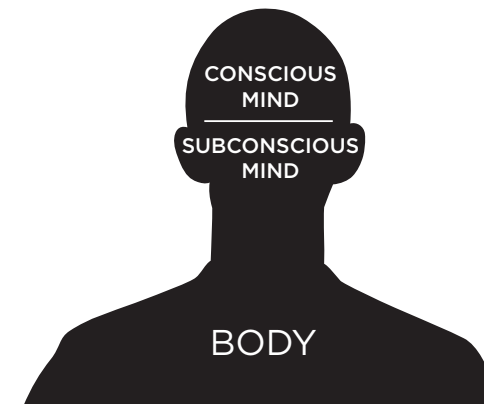
Your subconscious mind is a source of power for you. Stored deep within are the memories and experiences of your life. It is a tremendous source of energy that gives you the ability to develop strength, courage, and faith. It also embodies the feeling and wisdom of the past, the awareness and knowledge of the present, and the thought and vision of the future. Even though it is closely aligned to your physical body, your subconscious mind operates independently of the body. Below are seven key points to remember about your subconscious mind.

1. It manifests itself only according to your capabilities.
2. You must have a clear and vivid image of what you want and actually see yourself as already successful.
3. You must have patience and absolute faith. You must truly believe.
4. Your subconscious is only stable and effective in direct proportion to the quality and clarity of the information supplied to it by your conscious mind.

5. Your subconscious will draw to you what it clearly understands to be your desire.
6. Your subconscious doesn't reason why but records with high fidelity anything and everything your conscious mind presents to it.
7. You must ask it in detail exactly what you want. The mind can't process a negative, so keep your thoughts positive.

We know this has might have been a lot of information and it might be challenging to understand everything.

The illustration below will help you digest it more effectively. We use this in all of our seminars and workshops, and our clients have found it to be extremely effective.



Let's put the above illustration to use with something that all of us have done every single day for most of our lives: brushing our teeth. We first started doing this at a very young age because our parents told us to. Now, we weren't born with this idea, right? No, This thought was put into our conscious mind and through repetition and impact that thought of brushing our teeth seeped into our subconscious mind where we had the ability to accept that thought. And when we accepted that thought it became a habit.

Now that you have a better understanding of the roles that thought and belief play in your daily life, you need to determine exactly what you want. The general idea that you simply want to be successful is too vague. If your idea of success is to be wealthy, then you need to be able to have a specific amount of money in mind. If accomplishment is what you desire, then you need to define what your achievements will be. So, answer these three questions:

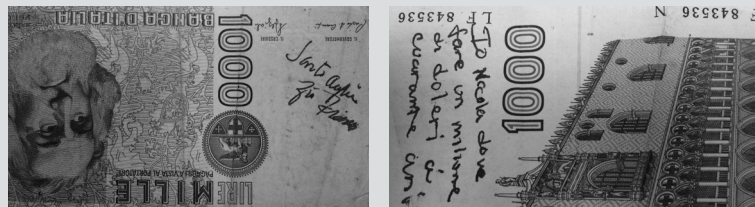
What is it I want?

What are my exact goals?

Do I have a clear picture in my mind of what I really want?

These questions are crucial because the answers will determine your whole life from this point forward. How did you do with the above questions? Did you have any trouble with your answers? Did they make you feel uncomfortable? Strange as it may seem, these simple questions are very difficult for some people to answer. Most of us have a general desire to succeed, but beyond that, everything is unclear.

“ In 1976, I went to Italy to visit my relatives. I remember my uncle Frank asking me what I wanted to do with my life and then telling me that no matter what career I chose, I would make a lot of money. He gave me one thousand lire and told me, *Tanti bachi, zio Franco*. (Many kisses, Uncle Frank.) He asked me to turn the bill over and write, *Io Nicola dovo fare un milione di dollari a cuarante ani*. (I Nick will earn a million dollars by the time I am forty.) In 2002, I turned forty and made a million dollars. I still carry those one thousand lire with me today. ”



—NICK

It is vital that you know exactly what you want out of life. Your future has to be outlined, and your goals kept in view. You must have a set mental picture before you'll obtain the life of your dreams. Desire is the main motivating force in all of us, and it must be all consuming. Nothing can be achieved or gained without it. Combining the power of your thoughts with a deep burning desire is the prescription for getting whatever you want in life. Our thoughts and wants do not become real to us until we give them life with our own thinking or through the workings of our imaginations. We will delve deeper into imagination in Chapter 12.

Man's greatness lies in his power of thought.

—BLAISE PASCAL

The Power of your Thoughts

We have approximately sixty thousand thoughts every day. How many of those thoughts do you suppose are negative or self-defeating? Would you associate with someone who repeatedly told you how terrible you were all day long? If not, then why do you do it to yourself? Sadly, most of us go through our lives totally unaware of the power of our thoughts to produce the lives we desire. Worse yet, most of us aren't even consciously aware of what we're thinking in the first place! The majority of our thoughts are unconscious. Not being aware of them opens the door wide for an unwelcome, unwanted, and misunderstood life.

We can gain power over our thoughts once we learn to become aware of them. You have control; they don't have control over you. How many times have we heard uplifting stories about people who refuse to give in to sickness, illness, or other devastating obstacles put in their path? How many times have we heard that these people changed how they thought? Your thoughts shape your reality.

Here's another example of how powerful our thought processes can be: the work of Japan's Dr. Masaru Emoto. Over the past few years, Dr. Emoto

has experimented with the effects of ideas, words, and music on the molecules of water. He froze and then photographed untreated, distilled water. The different samples of frozen, distilled water showed various formations, but none were crystallized. Next, he taped certain words or people's names on the outside of the bottles and subjected them to different types of music before freezing. Here are some effects that Dr. Emoto claims to have found in his research:

- Water from clear mountain springs and streams formed beautiful crystalline structures, while the crystals of polluted or stagnant water were deformed and distorted.
- Distilled water exposed to classical music took on delicate, symmetrical crystalline shapes.
- When the words "thank you" were taped to a bottle of distilled water, the frozen crystals had a similar shape to the crystals formed by water exposed to Bach's "Goldberg Variations."
- When Elvis Presley's "Heartbreak Hotel" was played to water, the resulting frozen crystals split in two.
- When water samples were bombarded with heavy metal music or labeled with negative words, or when negative thoughts and emotions were focused intentionally upon them, the water did not form crystals at all but displayed chaotic, fragmented structures.
- When water was treated with aromatic floral oils, the water crystals tended to mimic the shape of the original flower.
- When the words "Adolf Hitler" were taped to a bottle of distilled water, the crystals were fragmented and distorted.
- When the words "You fool" were taped to a container of distilled water, the crystals were almost identical to the formation that emerged when heavy metal music was played.
- When the words "Let's do it" were taped to a bottle of distilled water, beautiful, snowflake-like crystals formed, yet when the words "Do it" were taped to the distilled water, no crystals were produced at all.

Many of you may be skeptical of these experiments. Whether you choose to believe the photographs or not depends on your willingness to open your mind to new avenues of thinking and emptying your cup. At the very least, do an online search for Dr. Emoto and form your own conclusions.

We hope to have given you a new avenue to consider as you begin your travels through the power of thought. The amazing images of crystal formations are proof that the thought of failure itself can become represented in the physical objects that surround us. Now that we have seen this, perhaps we can begin to realize that even when immediate results are invisible to the unaided human eye, they are there. Our bodies at birth are 70 percent water; this percentage of water remains high throughout life (depending upon weight and body type). This means our bodies largely respond to these same influences.

The earth's surface is also 70 percent water. Through Dr. Emoto's experiments, we have seen the proof that water is far from inanimate and is actually alive and responsive to our every thought and emotion. Having seen this, perhaps we can begin to truly understand the awesome power that we possess, through choosing our thoughts and intentions, to heal the earth and ourselves. If those crystals can form in nature and water, then what is forming in your body? How are your crystals? Pristine? Beautiful? Or discolored and misshapen?

This is where you need to change your thought process. Thoughts and beliefs of lack and limitation have a negative effect. We would like to take this opportunity to state that not everyone's circumstances in life result from thoughts of lack and limitation. In some instances, such as war, a person's suffering has nothing to do with his or her thoughts. For the majority of people, however, until they are able to change the initial thought processes that created the situation, they will continue to experience the same results and will remain stuck in the same unsatisfying life. Until your limiting thought process changes, you will continue to get the same results. Each one of us has the ability to think and create something every minute of every day.

One of the best examples of the mind's ability to overcome a horrific obstacle is that of Viktor Frankl. He was an Austrian psychiatrist and surgeon in the early twentieth century. In 1942, he, his wife, and his parents were sent to the Theresienstadt concentration camp. Frankl was separated from his family and forced to live in horrendous conditions with hundreds of other men. For three years, he endured inhumane treatment by the Nazis. Surrounded by death, he noticed that many of the men simply gave up on life. They essentially "willed" themselves to die.

Frankl not only survived this horrific experience but also helped others to survive as well. His will to see the meaning in life set an example for many of the men around him. In his book *Man's Search for Meaning* he describes a

time during his internment that nearly overwhelmed him. He was starving and suffering from many physical ailments. He wrote,

I became disgusted with the state of affairs which compelled me, daily and hourly, to think of such trivial things. I forced my thoughts to turn to another subject. Suddenly, I saw myself standing on the platform of a well lit, warm, and pleasant lecture room. In front of me sat an attentive audience on comfortable upholstered seats. I was giving a lecture on the psychology of the concentration camp! All that oppressed me at that moment became subjective, seen and described from the remote viewpoint of science. I succeeded somehow in rising above the situation, above the suffering of the moment, and I observed them as if they were already of the past.

By changing his thoughts, he was able to survive the horrors of the concentration camp. The next time you feel yourself slipping into a pattern of deprecating thoughts, think of Viktor Frankl and his ability to rise above the situation and think himself through one of the worst events of history. A more recent example is Nelson Mandela and his ability to remain positive throughout the 27 years he was imprisoned in very harsh conditions.

Another reason we need to truly understand the power of our thoughts is that often we may consciously desire one result, yet subconsciously be focused on another. As a result, due to the massive power of our thoughts, we experience more of our underlying subconscious desires. It is vital for you to understand that if you choose to have whatever you desire in life, then your predominant thoughts must be focused on and in harmony with what is desired and not what is lacking. The mind cannot process a negative. Most people are always focused on what they don't want, so if you say to yourself, "I don't want to be in debt," then your mind becomes focused on debt. What you really want is to be wealthy, so you change your thought to "I want to be financially free and abundant." At our seminars, we also hear our students say, "I just don't want to get sick." Their mind hears the word "sick," so we tell them to say, "I am healthy and vital" instead. What does your mind hear? The following exercise is useful in helping you determine how you want your life to be.

LIFE IS A BLANK CANVAS. YOU ARE THE PICASSO OF YOUR LIFE. TAKE A MOMENT AND USE THE SPACE BELOW TO DESIGN AN IDEAL LIFE. WRITE AND DESCRIBE EXACTLY WHAT YOU WANT YOUR LIFE TO BE LIKE.

Make a conscious effort, and you will develop the ability to focus the power of thoughts on creating a life far in excess of your previous comprehension. Now that you've discovered the power of thoughts, become conscious of what you are creating, and you will begin to experience a T.R.A.N.S.F.O.R.M.A.T.I.O.N. Learning to consciously implement the power of your thoughts is vital to achieving your dreams and goals. All that is necessary to attract your desire, whether it is financial security, incredible health, or fulfilling relationships, is to make a conscious choice to change and to replace the limited thinking that has stifled your life. Soon your life will be one of unimaginable success and empowerment.

CHAPTER SUMMARY

- We are all born with the same intellectual qualities to succeed.
- You have the ability to choose your thoughts.
- Your thoughts can alter the chemicals in your brain.
- You have complete control over your conscious mind.
- Any thought you repeat is automatically accepted into your subconscious mind.
- Your thoughts shape your reality.
- The conscious mind has the ability to accept, reject, or neglect any thought.
- Your conscious mind is your thinking mind.
- Your subconscious mind can only accept what it is given by your conscious mind.
- Your subconscious mind is your emotional or feeling mind.

[CHAPTER TWO]

Replacing Emotional Scars

The significant problems we face cannot be solved at the same level of thinking we were at when we created them.

—ALBERT EINSTEIN

As mentioned in Chapter 1, certain beliefs have been instilled in our subconscious as we matured. Many of the thoughts we have every day aren't ours. They didn't originate in our mind but are a product of those around us. The ideas of others far too often shape our world. As small children, the thoughts of our parents, teachers, coaches, and other influential people became our own. Similarly as adults, the things we read and watch have a dramatic impact on our thoughts. These external factors can have a damaging influence.