

HARNESS YOUR INNER POWERS



7-DAY ACCELERATOR
PROGRAMME



PROSPERITY MIRACLES

Harnessing Your Inner Power

*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
Our light, not our darkness, frightens us most.*

- Marianne Williamson

Visualization Of Your Goals

Visualization works! It is best to use on a daily basis for the achievement of your life dreams, goals and everything you want. As you learned previously on how to make smart goals, you need to complement the daily goals with detailed visualization processes.

The process of visualization involves visualizing the most effective way you would want to pursue your goals, as well as the feeling you have when you have finally achieved it.

What are some of the goals we want to achieve in our daily lives?

A job promotion, quit smoking, starting a new business, finances for study, losing weight, big or small, goals are goals and are the starting point for success.

The power of visualization acts as a compass and where you will have a better sense of direction to navigate your goals. The one thing you need is a lot of determination and trusting yourself in the process.

A very famous and well-known quote says "Seeing Is Believing" and you have to trust that this is what only meant in the end.

For over 2000 years ago Aristotle also communicated this process and it is still clear, applicable, to first have an objective and then work for necessary methods to act, no one can stop you from your achievements.

Your Beliefs – Concepts That Create Your Experience

Beliefs are basically concepts that we either make up on our own or that we take over from someone else. The function of believing something is another great ability of your consciousness. The idea of belief that we talk about here has nothing to do with the kind of belief that is usually used in a religious context.

Belief is a built-in function of your consciousness. It is one of the most powerful instruments to shape your reality. It is so powerful that, when adaptively formulated from many people, it can shift mass consciousness and lead to profound changes in our society. It even has the power to shift the collective consciousness of the whole of civilization on this planet.

What is the Purpose of a Belief?

The purpose of a belief is to make an experience. How is this possible? A belief is basically a concept, something that you assume, but actually don't know as a concrete fact. You only know something for sure when you have experienced it. Everything else are concepts that we consider to comprise the basis of our knowledge. Our whole life is built around beliefs.

There are two different ways you can live your life. The first way is to observe nature and then construct a belief around it. This is still currently the way we receive information in school; it is what operates most prevalently in people's lives. The problem with this approach is that it leads to a form of living that convinces us that we are not responsible for anything that happens in our lives. This approach also leads to the idea that we cannot change things in our lives.

The second way is the opposite – you decide what you want to believe and later find the evidence of this belief in nature. Does this sound strange to you? Maybe not, maybe you already have shifted your consciousness into this new way of thinking.

What are the Benefits of Thinking this Way?

You are responsible for what is happening in your life. You could also say that you have created it one way or another. Either you are conscious of being your life's creator or you are not. A lot of what we actually create happens unconsciously. Another benefit of thinking this way – i.e., consciously – is that you can change what you like to experience by simply changing your beliefs and the concepts around them. Understand how powerful this is! When you live your life as the master of your beliefs you can handle anything because you ultimately know that you have created it. And even if you are not aware, you will at some point accept it.

By the act of believing we form a unique structure in our consciousness, an energy pattern that acts like a blueprint for what we will experience in our life.

Let's look at a practical example to illustrate this point. Just imagine you are at home and your doorbell rings. You open the door and there is a man you have never seen before. He starts telling you his story about having lost his home and his job and how he needs money to survive. He asks you if you can spare a few dollars.

During the conversation your consciousness is automatically processing the information. There are probably thousands of things happening in your mind in a fraction of a second. Your mind looks into its memory banks to find similar experiences. A similar experience makes it easy to act on the current situation in the same way. Your mind will also find all kinds of stories that have to do with money. Your mind observes the man and tries to categorize the whole situation.

- Is this man trustworthy?
- Is this man telling the truth?
- Do I want to give him money?
- How much money do I want to give?

Finally you have to make up your mind. You have a choice of what to do – you always have a choice. You can simply react to the situation and let your mind tell you what to do, by calling on one of the thoughts that automatically came up to guide you. Or you can deliberately make a choice by either believing his story or not. At this point you have no evidence if his story is true or not. You may not even be interested in his story, or the decision to give him the money.

Reaction Versus Action

A reaction is an unconscious response to a given situation. Your consciousness is not involved and the outcome is random. Most of the time it is an answer that reflects what you have done in the past. It is a choice-less and powerless approach to handling a situation.

An action is a deliberate choice you make. It is a response to a situation that is based on the result of consciously analyzing and contemplating a given situation. It empowers you and moves your life further along the path you have chosen.

Your action and the outcome of this situation are completely separate from and different from the idea of whether you believe him or not. Beliefs are very powerful. One way to determine what beliefs you want to take on is simply by looking for what the reality would

be, that this belief would create. Is this belief supporting what I would like to experience or not?

Many of our beliefs are carried forward from our parents, from school, from friends and from news sources like radio and television. You have a choice to make about taking these beliefs on unfiltered, or by evaluating them and either accepting or rejecting them.

You will also experience that it is more important to understand how you believe, than what your belief is. Understanding the process of how you believe gives you tremendous power in your life. You will find that different sources of news are more or less credible to your beliefs. If your best friend tells you something you may believe it instantly, as you have known your friend for years and, in the past, your friend's information was always reliable. Getting information from strangers is a totally different story and the level of acceptance may be much lower. Take doctors, for example. Most people willingly adopt the beliefs of their doctors quite thoroughly as they may see their physicians as the ultimate truth givers.

If you hold a belief that you "know" to be true, you have assigned that belief the highest level of trustworthiness. However, understand that it is still a belief and not the truth. The truth- as-absolute does not exist, even if you find all the evidence in the world for it. You will discover this in one of the next chapters when we talk about quantum physics.

In Summary:

Beliefs are concepts originating from yourself, or from others, that constitute a built-in function of your consciousness. Beliefs act as powerful filters that shape your experience. Beliefs usually come from observing an aspect of life and then forming an opinion about it.

A more efficient way of working with beliefs involves first determining what you believe and then finding the evidence that supports your creation. This is how you create a conscious blueprint for your reality.

10 Impeding Beliefs That Prevent You From Getting Rich

At one point in your life, you may ask yourself why other people are so successful with money when you are not. Depending on how closely you look, you will have several answers. Do these sound familiar?

- They're just luckier than I am
- They have a better education than I do
- They were born into a rich family
- They are white and have better opportunities than I do
- They already had the money to start a business
- They already had the money to invest in real estate
- They are smarter than I am
- They are younger than I am
- They look better than I do
- They probably work harder than I do

The list probably continues to fill several pages. Money is the topic that generates the most beliefs, followed by the topic of relationship. I once led a seminar where we investigated people's beliefs about money. After only 30 minutes we came up with three full pages!

You may not know this yet, but your beliefs are the blueprint for your reality. If you knew that, would you deliberately create one from the list above? Probably not, because these beliefs are not supportive at all. These beliefs create a reality that leaves you 'playing' the victim, and furthermore, keeps you right where you are. You are not improving your life one bit.

Why are we creating these beliefs in the first place, when we know that they are not constructive at all? The answer lies in the nature of our consciousness. Most of us were told that there is a universe out there and this universe shapes our reality. It is the basic belief that life happens to us. Most of us get these beliefs confirmed several times per day. The result is that our consciousness gets imprinted each day with the same message. The message with the same old belief.

Meanwhile, as adults, we are not even aware that our life, 'as it happens' is built around a belief. It becomes a profound reality that we prove to ourselves in each moment.

So how do we get out of this dilemma? We need to take a step back and look at our beliefs. Take a piece of paper and a pencil and write down all the beliefs you have around money. Don't think too much, be spontaneous. When you have run out of your own beliefs, think about what other people's beliefs are about money.

Then mark each belief with an 'I' or an 'S' depending if the belief is impeding or supportive. Impeding beliefs do not support creating wealth, supportive beliefs do. Now, look at your list and count each supportive and impeding belief. What is your score? How many impeding beliefs do you have, and how many supportive beliefs do you have?

Realize that all the impeding beliefs do not support the creation of fortune. Now, take a new piece of paper, and brainstorm beliefs that will exactly create the wealth you would like to have. When you are done with the list, go over each of your new beliefs and create a mental image. Hold this mental image for at least 10-20 seconds. You may need some practice, but every time you do it, you will get better at it. Do this exercise in a quiet, calm and relaxed environment, as this will help to imprint these beliefs into your consciousness.

Remember, beliefs are the blueprint of what will manifest in your life. With a little training, you will be able to move onto the next stage, which is feeling your beliefs. Feel as if these new beliefs, that foster what you really want to create, have actually been manifested.

- How does it feel to be a millionaire?
- How does it feel to have abundance in your life?
- How does it feel to have more money than you can spend?
- How does it feel to give to others?
- How does it feel to buy something without having to look at the price?

Whenever you catch yourself thinking or speaking an impeding belief about money, stop what you are doing. Go back to the place in your mind where you recall one of your deliberately created beliefs about money, and connect with it. The more you do this, the more you will train your mind to think in a new way, a way that leads to living an abundant and prosperous life.

In Summary:

It is vitally important that you learn to identify the negative beliefs that play a role in the blueprint of your reality. Work with them by first identifying them as impeding your life in some fashion, and then by creating positive beliefs that support what you want to create. Use whatever tool works for you to do this, but do this frequently and consciously.

Finding Clarity Before You Do Anything

Having a clear idea about what to expect next from future, an upcoming day, task, an outcome with possessing a positive through process, healthy mindset and optimism picked from good experiences is what you need to focus on. Only then you can achieve what you want.

Finding clarity means having a clear understanding of what you want to achieve over time and what your plan about how to move forward, it is about taking necessary steps when needed.

Making SMART goals is a great approach when it comes to preparing goals for your life whether short or long term. Prepare goals daily and review on daily basis, make note that they must be:

- Short
- Measurable
- Achievable
- Realistic
- Time based

“I will meditate daily for 20 minutes before sleep to overcome my negative thoughts and reduce their intensity.”

Now closely take note how it is **specific** and short (meditate for a week), **measurable** (daily note taking to check if done properly), **achievable** (before sleep is the time best for it because its calm and silent and free of distraction), **realistic** (within in capacity and easy to do by lying on bed with eyes closed and lights off with comfort level) and **time** based (20 minutes per day)

Clearing off the mind has another method that directly attacks negative thoughts. This is done by creating a totally opposite (*positive*) thought by focusing on the positive and benefits of the situation.

We find it hard to have a positive outlook on life as our mind is accustomed to have a skeptical approach on things which usually includes the “what ifs” and “what happens” if you fail.

Negative automatic thoughts are something you can get rid of, remind this to yourself anywhere and anytime when your pessimistic thoughts get the best of you and influences your state of mind as well as actions.

What you focus on expands. Everything is within your choice. When you choose to give in to your negative thoughts, the outcome will be negative. However, when you focus your mind and energy on positive threads and make this a habit, you are able to see a significant transformation in everything you do.

What Does This have To Do With Manifesting?

If you can imagine it, it will not be difficult to create it. Let's assume you want \$20,000 in your bank account by the end of this month. Start using your imagination:

- Visualize your bank statement reading your balance is \$20,000
- Visualize making a withdrawal and you are holding \$20,000 in your hand
- Visualize how you feel
- Visualize bringing the money home and spreading it all over your table
- Visualize what you can buy with this money

By doing this process you are already training your mind for the event of claiming \$20,000. Your mind will start bringing up other pictures and stories when you do this exercise. For example the following can happen:

- A thought comes up – Ah, how bogus this is
- A thought comes up – I don't believe this will ever happen!
- A thought comes up – Why not go for \$50,000 or \$100,000?
- A feeling arises – you feel excited
- A feeling arises – you feel unmotivated
- A picture arises – you only see \$850 in your bank account
- A picture arises – you cannot see a number on your bank statement

These are all uncertainties of the mind that will vanish when you do the exercise several times. Do it often, until you see exactly what you desire as actually happening. Do it until there is no other thought, feeling or picture coming up that is not aligned with your goal.

This way, you will allow yourself to catch and crush negative patterns of thoughts and actions in your life, convince yourself that you will be happy after a certain task.

Always reflect on your decisions. This will help you have a clear vision on what you want to achieve as well as weighing the possible solutions to your problems. Self-reflection gives you a more rational outlook on life.

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