"Your Wish Is Your Command" Power Notes

- Your Wish Is Your Command Notes from Kevin Trudeau’s audio CD series

0. Disc 1: The Four Basic Concepts to Achieving Success (pt. 1)

0. The Four Basic Concepts to Achieving Success
0. Who do you listen to?
0. Teachability Index
0. The Training/Balance Scale
0. The Four Steps to Processing New Information
0. Who do you listen to?
0. How to achieve your desires and do so quickly
0. Who do you listen to?
0. Many books, audio programs, seminars, etc. have been published in other (non-English) languages
0. Have these authors’ own info work for them?
0. Most teach theory, make stuff up and have made their money teaching people
0. how to make money
0. They haven’t made any real money based on how they say you can make
0. millions
0. Privilege and wealth were traditionally safeguarded from the public (secret societies)
0. Keep secret knowledge within their own groups
0. Who do you listen to? (cont.)
0. Super wealthy
0. Don’t write their own books (they have ghost writers)
0. Don’t want you to know their true success secrets because they don’t want
0. competition
0. They give you wrong info to achieve little success
0. Wealth is genetic; you’re not entitled to wealth
0. Why should you listen to Kevin Trudeau?
0. This really does work
0. Easy to learn and apply
0. Fast results
0. Not his information; proven; passed the test of time
0. Who do you listen to? (cont.)
0. Listen to people who have what you want
0. Andrew Carnegie
0. Started U.S. Steel
0. Member of the Brotherhood
0. Wanted this info to get out (Henry Ford didn’t)
0. Kevin left the Brotherhood (secret society) and reached its highest level
0. Members of Secret Societies have left their secret societies and support Kevin
0. The Four Basic Concepts to Achieving Success
0. Who do you listen to?
0. Teachability Index
0. The Training/Balance Scale
0. The Four Steps to Processing New Information
0. Teachability Index
  0. How teachable are you?
  0. We go up and down in our index
  0. Willingness to learn and do things different
  0. Willingness to accept change and do things different
  0. What are you willing to give up?
  0. What are you willing to invest in time and money?
  0. Teachability Index (cont.)
    0. Consider this all of the time
    0. You’re always ‘getting’ the info (you never ‘get’ the info)
    0. 2 dimensions (on a scale of 1 to 10)
      0. Willingness-to-learn
      0. Time, money & effort you’re willing to invest
      0. What are you willing to give up to learn this?
      0. Willingness-to-accept-change
    0. Don’t stop being teachable
  0. Teachability Index (cont.)
    0. “I’ll do whatever it takes to learn this”
    0. Are you happy with where you’re at?
    0. If you want things in your life to change then you have to change things in your life
    0. Insanity – doing the same things but expecting different results
    0. You’re going to have to change the way you think
  0. Apprenticeship
    0. Virtual apprenticeship program
      0. Mentorship (1-on-1 training); learn directly from 1 person
      0. Lifelong training with a mentor; you’re always an apprentice
    0. How do you qualify to become an apprentice?
      0. Do you know what you don’t know?
      0. You must be teachable, coachable
      0. Believe it but question it until you understand why it’s true
  0. Methods of Learning
    0. Information is shared in workshops, books and one-on-one
      0. Knowledge coming from reading
      0. Leaders are always massive readers
      0. Is s/he a Society Member?
    0. The elite class wants to keep the info for themselves
      0. Keep the masses illiterate (unable to read)
      0. Phonics were taken out of U.S. schools and replaced by the Look-See Method
  0. Secret societies
    0. Skull & Bones (at Yale University) started the CIA
    0. Illuminate
    0. The Brotherhood
    0. Very secret membership and existence
Secret knowledge is shared about how the universe and planet work; how to leverage this info to have a fulfilling life

**0. Disc 2: The Four Basic Concepts to Achieving Success (pt. 2)**

0. Increasing your teachability index

0. Members of secret societies (Masons and Skull & Bones)

0. Books that are about stories (myth, fables, etc.) contain theories that never happened in real life

0. How can you know if you have a high teachability index (TI) ?

0. What favorite thing are you willing to give up?

- Increasing your teachability index (cont.)

0. Determine where your TI is right now

0. Acknowledge your TI may be low

- Constantly assess your TI (it will vary as the day transpires)

0. Get your TI up

0. It’s up to the apprentice

0. Teach apprentice a little something based on his/her current TI

- Increase belief in what their learning increases

- TI increases

0. Expose apprentice to people who have what s/he wants

- Increase desire

- TI increases

- Increasing your teachability index (cont.)

0. Listen to the entire Your Wish Is Your Command (YWIYC) CDs multiple times

- Increase TI each time you listen to them

0. Listen to this series in 20-minute intervals with breaks for best results

0. Can play Baroque-style classical music in the background as you listen to these CDs

- Alpha state

0. Your goal should always be the first thing in front of you (your 1st objective)

- Should be the next step that you need to follow in whatever process you’re following

- Increasing your teachability index (cont.)

0. Who do you listen to?

0. People who have done it in real life

- It’s proven to work (it’s not theory)

0. Members of secret societies are taught in stages/levels

0. Learning from a person (apprenticeship)

0. Mentor will not take an apprentice further until his/her TI was high enough to learn

0. The info on these CDs are basic information

0. Barely scratching the surface

0. The Four Basic Concepts to Achieving Success

- Who do you listen to?

0. Teachability Index

0. The Training/Balance Scale

0. The Four Steps to Processing New Information

0. The Training/Balance Scale

- One side of scale: what goes on inside your mind, how you think and feel, the “why”

0. thoughts, thinking, desires, dreams, goals, attitude, mental processes, objectives,
vibration, intention, energy, emotions, motivation

0. Other side of scale: what you do, the “how”
0. actions, movements, techniques, strategies, action steps, plans, activities, physical actions

0. The Training/Balance Scale (cont.)
0. As you learn information you should learn both
0. Don’t spend equal time with thinking and actions
  - The thinking part is 99.9%; thoughts are the most important part
0. Focus all of your attention on the thoughts
0. Work on the thinking process
0. The parasitical elite class is the majority who live off your labor
0. Working for someone else = slavery
0. 97% of Americans die with < $1,000 in the bank; work their whole lives making others wealthy
0. 99% of Americans die with most of their desires unfulfilled
0. When your attitude is right the facts don’t count
0. What you think are facts aren’t facts (they’re people’s opinions)

0. The Training/Balance Scale (cont.)
0. Your TI should be on the forefront of your thoughts
0. Continually assess how teachable you are at a given moment
0. Most people fail because they’re always concerned about the “how”
0. When the thoughts are correct the “how” doesn’t matter

0. The Four Basic Concepts to Achieving Success
0. Who do you listen to?
0. Teachability Index
0. The Training/Balance Scale
0. The Four Steps to Processing New Information
0. The Four Steps to Processing New Information
  - Unconscious incompetence
    - You don’t know what you don’t know
    - You know the info but have to consciously apply the info
0. Conscious incompetence
  - You know what you don’t know
0. Conscious competence
  - You know what you know
  - Unconscious competence [ ] objective
    - You know and it happens automatically
  - Manifesting your desires at record speed.

0. Disc 3: The Power of Repetition, Study and Discipline
0. Introduction
0. How do you get to unconscious competence?
  - Doing it over and over again at the conscious competence level [ ] create neuropathways (patterns, energy channels)
  - Knowledge bank, knowingness, internalized, part of you, don’t have to
think about it anymore

0. Observing someone else doing it
0. Mentor – apprentice
0. Learning from someone who’s doing it right; success breeds success
0. Associating with people who have what you want
0. What did you observe?

0. Introduction (cont.)
  . Main reasons why people fail
  0. They’re not listening to the right people
  0. Low teachability index (to learn and to change)
  . Spend too much time with the “how”
  0. Spend inadequate time at the conscious competence level
  . You can only build as high up as your foundation is deep
0. Whatever you want you can manifest it in your life by giving the command

0. The Power of Repetition, Study and Discipline
  . You need to know the four basic concepts to achieving success at the unconscious competence level
  0. Who do you listen to?
  0. Listen to people who have what you want
  0. Teachability index
  . What is your willingness to learn?
  0. What are you willing to give up?
  0. What is your willingness to change?
  0. Are you willing to do something completely different?
  0. You have to rate very high in both areas

0. The Power of Repetition, Study and Discipline (cont.)
  0. Training/balance scale
  0. 2 sides: thoughts & actions
  0. Thoughts are most important
  0. Four levels of learning
  0. Unconscious incompetence
  0. Conscious incompetence
  0. Conscious competence*
  0. Unconscious competence
  0. Do things repeatedly over and over again at *
  0. Observe and associate with people doing it; mimicking and modeling

0. The Power of Repetition, Study and Discipline (cont.)
  0. Kevin still has a mentor and is still an apprentice
  0. One-on-one meetings, phone calls
  0. How can you be an apprentice and observe from a book?
  0. Stories
  0. The power of books is known
  0. Read books based on your need and weakness

0. The Power of Repetition, Study and Discipline (cont.)
  0. If you want to become a master you have to be a master of the basics
0. The four basic concepts to achieving success are not as simple as you think
0. Master the basics; focus on the fundamentals
0. “I’m not afraid of the 10,000 strikes you know that you’ve practiced only once;
   I’m deathly afraid of the 1 strike you know that you’ve practiced 10,000 times”

0. The Power of Repetition, Study and Discipline (cont.)
0. The biggest secret is not that there are a lot of secrets but only a few basic concepts; the
   key is to master them
0. When to stop learning about the basics? When you want to learn just a little more and
   you love the idea of learning the basics
0. Build bigger neural pathway chemical rush to continue to learn more

0. The Power of Repetition, Study and Discipline (cont.)
0. Teach me more about __________
0. Ask a lot of questions and observe a lot
0. Be on your toes for your mentor to quiz you so that you can move on to the next level.

0. Disc 4: How to Be, Do and Have Anything You Want
0. Introduction
0. Do we learn more by teaching? You can’t learn anything you don’t know by teaching it
0. Risk of teaching others wrong info
0. Master the material first before you teach it
0. You’re an apprentice and you should be learning until the day you die
0. Keep listening to CDs, reading books, observing, etc over-and-over again
0. Information becomes new every time you experience it
0. Introduction (cont.)
0. You have to qualify to be in ‘the club’
0. Need to master what you’ve learned before learning more
0. Process
0. Listen to CDs and read books
0. Participate in live training/seminars
0. One-on-one training with a personal mentor
0. Learn by doing; apply it in your real life; do it yourself
0. Teach/be a mentor

0. Five basics
0. Who do you listen to?
0. Teachability Index
0. Training/Balance Scale
0. Four levels of learning
0. Master the first 4 basics/focus on the fundamentals
0. Introduction (cont.)
0. When the student is ready the teacher will appear
0. When you are 100% teachable
0. Focus on your dream not the “how”
0. Practice doesn’t make perfect; perfect practice makes perfect
0. You have to practice the right thing the right way
0. Drills
0. How to manifest your desires

0. Earl Nightingale
0. 1960s LP called The Strangest Secret
0. “You become what you think about most of the time”
0. Andrew Carnegie (member of the brotherhood)
0. Pioneering don’t pay
0. Decided to reveal to the world some of the secrets to Napoleon Hill

0. How to manifest your desires (cont.)
0. Napoleon Hill (apprentice of Carnegie)
0. He observed over 20 years:
0. Henry Ford
0. Thomas Edison
0. Firestone tires
0. Carnegie pointed out what Napoleon observed and what he didn’t learn by observing
0. Wrote a manuscript focused on money: The Law of Success in Sixteen Lessons (1926)
0. Members of the secret societies banned & curtailed it [X] Think and Grow Rich (1937)

0. How to manifest your desires (cont.)
0. “Whatever the mind of man can conceive and bring itself to believe, it can achieve”
0. The Secret by Rhonda Byrne
0. 1st book to popularize on a mass scale the Law of Attraction
0. ~ 50M books about this law sold but faded away; 95% of people saw no results
  [X] negative publicity about it being a scam
0. Watered down (key ingredients purposefully missing)

0. How to manifest your desires (cont.)
0. The Law of Attraction does work
0. Whatever you can conceive in your own mind whatever you wish for, as long as you believe it, it will happen
0. If you continue to think like you’ve always thought then you’ll continue to get what you’ve always got
0. If you want things in your life to change then you going to have to change things in your life

0. How to manifest your desires (cont.)
0. Don’t get fixated on the “how”; 99.9% is thoughts (the “what” not the “how”)
0. The brain is a transmitter and receiver of vibrational frequencies
0. Every cell in your body emits a different frequency
0. Every thing is made up of energy and emits a different frequency (vibration)
0. The brain emits frequencies which, when focused, are picked up by other brains and passed through the ether to effect other physical matter

0. How to manifest your desires (cont.)
0. The mind is outside of your skull but in your brain
0. Energetic field that surrounds your body
0. Frequencies pass through all known matter
0. Smaller than the smallest known particle
0. Radio transmissions travel in a straight line; brain frequencies bypass space and time
   instantaneously back to another human
0. When you emit a frequency that frequency comes back to you
0. How to manifest your desires (cont.)
0. The Law of Attraction – whatever frequency you emit that same frequency is drawn to
   you; there is a magnetic pull; quantum physical law
0. Karma
0. What you sow you reap
0. Senior law to the law of gravity (physical law)
0. Defies all physical laws
0. The ‘genie in the lamp’ is your brain
0. Your wish is your command
0. How to manifest your desires (cont.)
0. 2 keys
0. How to put out the frequency of what you want
0. How to make that frequency strong enough with a strong enough magnetic pull
   so you get what you want.

0. Disc 5: The Four Concepts of Energy Frequency Revealed

0. The Four Concepts of Energy Frequency Revealed
0. Law of Lift
0. Senior to the Law of Gravity
0. The elite/ruling class and industry titans believed that they were genetically programmed
   and superior over the masses
0. Royal families
0. Those who controlled the monopolies on the necessities of the time (food, salt,
   railroads, banking, oil, etc.)
0. DNA (maintained due to inter-marriage) vibrated at a higher frequency
0. The Four Concepts of Energy Frequency Revealed (cont.)
0. “I get it” (you know it all) [X] your teachability index goes to zero
0. “I get it so far and I know there’s so much more I need to learn”
0. “I’m grasping” “I’m understanding it”
0. Catch yourself whenever you focus on the “how”
0. Elite class doesn’t want the masses to rise up or know these secrets
0. The Four Concepts of Energy Frequency Revealed (cont.)
0. Everything is made up of atoms
0. What holds the electron in orbit around the nucleus? energy/frequency/vibration
0. Everything is made up the same materials; combinations are different
0. The number of potential combinations of frequencies is almost infinite
0. Different vibrational frequencies resonate from different things
0. Concept #1
0. Everything you see is made up of vibrations
0. The Brotherhood only talk amongst themselves
0. Complete different conversations with Brotherhood members and everyone else
0. Concept #2
0. Your brain is a transmitter and receiver of energy at different vibrational frequencies
0. We can transmit any frequency we want with as much or as little power as we want
0. Everything is putting out a magnetic drawing-in of similar vibrations

0. Concept #3
0. You have the power and ability to create any frequency with your brain and transmit it to other brains and affects physical matter
0. Slowly or blast it
0. Higher frequency levels from the brain vs. other radio transmissions; travels in all directions across the globe virtually instantaneously with no power loss; affects everything at the same time
0. Vibrations are always constant unless something affects it

0. Concept #4
0. The Law of Attraction – vibrations that are the same attract
0. Senior to any of the physical laws (e.g. law of gravity); the most senior law; the most powerful law
0. Homeopathic remedies
0. Contain nothing but have different frequencies/vibration
0. Treat what ales you with the frequency of the thing that ales you (like cures like)

0. Concept #4 (cont.)
0. A vibration will attract a similar vibration
0. Like attracts like
0. Closer vibrations match stronger magnetic pull
0. Whatever frequency we put out is being attracted to us
0. You are transmitting frequencies with your brain 24/7/365
0. Everything is there in your life based on what you’ve transmitted with your brain

0. 2 caveats
0. Whatever frequency you transmit is being attracted to you
0. The speed at which it comes into your life depends on two factors
0. What is the intensity/power of your transmissional frequency?
0. Needs to be transmitted at power and intensity
0. How often are you transmitting that frequency?
0. Needs to be transmitted almost constantly

0. Your wish is your command
0. Your wish for something, find a frequency for that what you wish and then command it to come
0. Your command = when you transmit a frequency with your brain
0. Increase the intensity and power and keep it going for as long as possible
0. You become what you think about most of the time – Earl Nightingale
0. You get what you think about most of the time.

0. Disc 6: Feel Good Right Now!
0. Introduction
0. The Law of Attraction works whether you know about it or not
0. What you want wants you
0. Need high willingness to learn
0. Are you willing to give up money to learn this info?
0. Willingness to accept change
0. Feel good right now
0. Napoleon Hill’s keys to success
0. Define your dream
0. Clearly know what you want
0. Get a burning desire for its achievement
0. Whatever the mind of man can conceive, and bring itself to believe, it can achieve
0. Define your dream
0. You must always have as a goal to feel good right now; this is your 1st objective
0. Feel as good as you can right now
0. Feel good and keep feeling better
0. Feel good right now (cont.)
0. Feel good – being outrageously happy (as an emotion not a body feeling)
0. Being happy, content, settled, secure, confident, grateful, blessed, bliss…whatever it is (there’s no one answer)
0. This ‘feel good now’ is your major indicator that you’re on track
0. Defining your dream
0. Be specific
0. Be general
0. “I just want to feel good”
0. Feel good right now (cont.)
0. Burning desire for its achievement
0. High power and high intensity broadcasting
0. Think about it all of the time
0. “I need to have a black Mercedes”
0. Make sure you’re on the right (correct) side of the training-balance scale
0. The Law of Attraction takes care of the “how”
0. Creates events, circumstances and people to create what you want and to make what you want happen
0. Affects variables and shifts things around to create a situation for you based on your desires
0. Feel good right now (cont.)
0. Don’t base all of your decisions on what you only see on your ‘radar screen’
0. The vast majority of what’s available is off of your radar screen; you can’t see or imagine it
0. So stop looking at your radar screen
0. Blocker: if you don’t believe 100% that you’ll get it
0. Duration of transmission won’t be frequent
0. Intensity and power of transmission won’t be very strong
0. Feel good right now (cont.)
0. You’re putting out a counter-transmission
0. Simultaneous intention and counter-intention transmissions
0. How do you get the high desire and high belief?
0. Your 1st goal (to feel good now)
0. Use your feelings as your guide/gauge to see if you’re in the ‘sweet spot’
0. You need to define what you want but it has to be something you can believe in

0. Feel good right now (cont.)
0. Exercise: write down anything and everything you want (if money wasn’t an object or if you knew you couldn’t fail)
0. Start with goals/dreams/desires that you can believe in
0. ‘sweet spot’: a dream/goal/desire that you really, really want that you believe is achievable
0. Gets you excited and you absolutely believe you can get
0. Sweet spot has to be in both areas (high excitement and high belief)
0. You feel good just thinking about it

0. Feel good right now (cont.)
0. How good would you feel when you get it?
0. When you get to unconscious competence, the “how” becomes irrelevant
0. Soon, any dream you have, your belief is high because from experience, things happen for you
0. Success builds confidence
0. Seeing something work increase your belief
0. Ask and you shall receive
0. You get not because you asked not

0. Process
0. Anytime you think of something you desire write it down in your dream book (spiral-bound notebook)
0. Which ones get your juices flowing?
0. What is your belief level?
0. Is it in the sweet spot?
0. Focus on what you want, believing you will receive it

0. Feel good right now (cont.)
0. Exercise: in your mind picture what you want in color; listen to the sights, sounds, smells; think about the emotions you’ll have; add yourself into the picture; imagine you already have it and are experiencing it; feel the emotions
0. If you felt bad during this exercise: this goal is not in your sweet spot

0. Disc 7: The Immense Power in Letting Go of the “How”
0. Introduction
0. Your thinking is what creates things in your life; the “how” is irrelevant (and off your radar screen)
0. Sit in a place of expectation that it already happened
0. Initially you’re going to have to use conscious competence
0. Basic procedure
0. Define what you want
0. Specifically
0. Generally (it’s better if you’re not too specific)
0. Just “feeling good” (it’s best if you let the universe give you the best feeling)
0. 99% of the stuff is off of your ‘radar screen’
0. Don’t put a time limit on your goals
0. The universe will deliver it with the perfect timing because you’re ready
0. You’re ready when you have no more doubt

0. Introduction (cont.)
0. It will present itself at the right time
0. Sweet spot (when you’re “lined up”)
0. High, intense desire that you want it
0. Believe that you already got it
0. You’re happy & excited that you’re doing the technique
0. Your emotions will tell you what to do and when you’re lined up

0. Basic procedure (cont.)
0. You must have a burning desire for it
0. A real, strong want
0. High intensity and high power
0. You need to transmit that frequency over a specific duration of time
0. You have to be feeling good when you think about what you want (transmitting the frequency)
0. As often as possible for as long as possible

0. Basic procedure (cont.)
0. Don’t worry about the timeframe (when what you want is going to come); don’t set a deadline or time (calendar) limit
0. You must believe and have no doubt
0. Doubting = focusing on the “how”
0. When you think about what you want (when you transmit the frequency), how do you feel?
0. When you think about what you want you will feel better, get excited, no doubts

0. Basic procedure (cont.)
0. Getting excited with anticipation because you know it’s coming
  . Don’t worry about the “how” or “when”
0. As if you already got it
0. If you start feeling bad
0. Your want is not in line with your best interests
0. You’re starting to doubt
0. Focusing on the “how” or “when” or only what you can see

0. Basic procedure (cont.)
0. What you can see (what’s on your radar screen) is irrelevant
  . 99.9% of what will take place to cause what you want is off of your radar screen
0. Success in life is nothing more than a decision away
0. A twist or turn along the way that you don’t anticipate means you’re getting exactly what you need and what’s best for you

0. Letting Go of the “How”
0. You have transmitted frequencies of what you want and what you don’t want
  . You (and only you) have created everything in your life
0. How do you feel when things happen to you?
0. You were thinking about experiences or circumstances earlier that gave you those similar feelings that you experience when bad things happen to you
Letting Go of the “How” (cont.)

When you think of a negative situation you put out ‘negative vibrations’ what will come back at you at a later time

Don’t focus on what you don’t want to happen

Don’t have negative thoughts or feelings

Ultimate objective: feelings

You get what you think about most of the time

The little thoughts that you don’t think about a lot don’t worry about

The 10-Second Miracle

The moment you understand that you take 100% responsibility for everything in your life and know without judgment you can change it just as fast or faster

You’ll never become a victim again

You stop using “mysticism” (blaming outside influences on your circumstances)

The masses have been controlled by getting them to believe it’s not their fault

They have no power or control to change it

You are a creator with 100% creative ability

You are the creator of your own destiny and your own experience

How do you increase desire (a “burning” desire)?

Reduce doubt that you’ll get it / increase belief

Doubt (lack of belief)

Focusing too much on the “how”

Only looking at what you can see

You can learn how to feel what’s there

Looking off the radar screen

When you’re feeling good (putting out good vibrations) you don’t think about what you don’t want

You don’t put out vibrations of things you don’t want

If you’re feeling bad to any degree

You’re thinking about what you don’t want

You doubt you’ll get it (you believe you won’t get it)

How do I feel better?

If I do feel bad, what specifically can I do so that I feel good?

When you transmit a frequency the first thing that gets attracted are matching thoughts

Adding power and intensity (strong desire and belief)

Things start coming into your radar screen thoughts pile on one another faster and bigger

Don’t use the Law of Attraction in the opposite way

Thinking negative thoughts attracts more negative thoughts you think more negative thoughts

You are unconsciously competent when it comes to thinking negative (it happens automatically)

Conscious competence is required for ~ a month to develop new neural pathways
thinking positively

0. Letting Go of the “How” (cont.)
0. Magic starts happening in your life when the positive energy ball > negative energy ball
0. Think and believe in your statements
   . Success is a decision away

0. Disc 8: Tools and Techniques to Raise Your Energy Frequency
0. Introduction
   . How to stop yourself from thinking negative thoughts?
0. Positive ball of energy > negative ball of energy
0. You will be at the conscious competence level
0. Keep listening to these audio CDs daily
0. Focus on these techniques
0. Thinking the right thoughts transmit the right frequencies intensity and power
   . Intensity and power increase when there’s a lot of emotion attached to a large thought

0. Introduction (cont.)
0. Duration – the longer you think about it
0. Other, like-minded thoughts are attracted first
0. Attract the right (positive) thoughts
0. Based on how you feel determines whether you’re thinking the right thoughts or not
0. Feel bad? Objective then should be to feel good
0. Feel good? Objective then should be to feel better

0. Review
0. Getting what you want
0. Define what you want
0. Burning desire for what you want
0. High emotion and high expectation
   . Feeling good? You’re believing
0. Excitement complete expectation (as if you’ve already received what you want)

0. Tools and Techniques to Raise Your Energy Frequency
0. Feel good now is the #1 challenge
0. Always monitor your emotions
0. Attract like-minded thoughts unconscious competence level (happens automatically)
0. Things you can try to feel good now
0. Eat good food
0. If you’re body feels bad it’s going to be difficult to feel good
0. As close to as nature intended (fresh; organic)
   . Eat 3x/day

0. Tools and Techniques to Raise Your Energy Frequency (cont.)
0. Eat fresh fruits & vegetables daily
0. Avoid artificial sweeteners, HFCS, MSG, processed foods, fast food restaurants
0. Whole food supplements (concentrated food sources) www.qnlabs.com
0. Avoid prescription and non-prescription drugs
0. Do cleanses, fasting, colonics
. Electromagnetic chaos eliminators
0. Exercise (go for a walk outside and look at things far away)

0. Tools and Techniques to Raise Your Energy Frequency (cont.)
0. Mini-trampoline
0. Inversion table
0. Read books every day; listen to CDs
  Leaders are always readers
0. The “master mind”
  When you get together psychically with others your mind attracts other like-minds
  Synergistic effect
  Creates another mind
0. Coming to an event more powerful than watching one

0. Tools and Techniques to Raise Your Energy Frequency (cont.)
0. Going to seminars
0. Listening to music (your favorite songs)
0. Singing
0. When something unexpected occurs, turn around your first (negative) reaction
  “I have no idea how, but I know this is going to work out to my ultimate advantage
0. Go for a walk
. Feel good right now no matter what the situation
0. Feel good ☑ change vibration ☑ change situation

0. Tools and Techniques to Raise Your Energy Frequency (cont.)
0. Hugs, shaking hands
0. Laughing (throughout the day); smiling (all day long); reading funny books, watching movies, TV
0. Massage, sauna
0. Pet
0. Create something with your hands (paint, arts & crafts)
0. Dance
0. Cook

0. Tools and Techniques to Raise Your Energy Frequency (cont.)
0. Thought Field Therapy (Gary Craig)
0. The Callahan Technique (Dr. Roger Callahan)
0. When you transmit an opposing vibration it blocks energy in the body and you feel horrible
  Solution: think about something you want that you believe you’ll get

0. Tools and Techniques to Raise Your Energy Frequency (cont.)
0. Dream building
0. Looking at things that you could potentially want
  Robb Report, DuPont Registry
0. Expand your possibilities
0. Going window-shopping, browsing, drive-bys
0. The closer you can get to the item physically the more powerful this
Technique is

0. Going to a car dealership, sit in the car, test drive, etc.
0. Physically believe or imagine how you’re going to feel when you have that item

Tools and Techniques to Raise Your Energy Frequency (cont.)

0. The appreciation drill
0. Do every morning and night
0. Be thankful for what you have
0. What am I thankful for?
0. Transmitting vibrations of love and appreciation
0. Vibration relates to a feeling; you’ll receive feelings matching the vibration you’re putting out

Tools and Techniques to Raise Your Energy Frequency (cont.)

0. The simplest way to create a magical life (without going crazy) is just to transmit feelings without any specific attachment to a thing or time
0. You can focus on a specific thing that you want but balance it out throughout the day by focusing on your feelings
0. Feel good now
0. It’s OK to say “I don’t know how” you’ll get what you want

Tools and Techniques to Raise Your Energy Frequency (cont.)

0. Perform this exercise for at least 1.5 minutes multiple times throughout the day
0. You get what you think about most of the time
0. Feeling good allows you to increase desire
0. Focus on what you want not what you don’t want
0. Create a Dream Book/Journal/List
0. 3-ring spiral binder to write down your dreams
0. Don’t type, write them down
  . Only 8 movements when you type with a keyboard
  . You’re feeling the thoughts when you write; 10,000 hand movements ✔ 10,000 neural pathways

Tools and Techniques to Raise Your Energy Frequency (cont.)

0. Forces you to think of things you want
0. Rewrite/clean it up occasionally
0. Dream Board
0. Post/draw pictures of what you potentially want
0. Add yourself to the pictures
0. Forces you to think about what you want
0. Get you to think about what you want most of the time and feel good when you think about it

Tools and Techniques to Raise Your Energy Frequency (cont.)

0. Technique
0. Think about what you want as often as possible
0. Feel good about it when you think about it
0. You believe that it will happen; in the sweet spot
0. Think of various ways to do things that will force you to think about what you want most of the time
Always be reminded of what you want so that you’ll think about it and feel good about it

Don’t worry about the timeframe

Tools and Techniques to Raise Your Energy Frequency (cont.)

If you’re thinking about one particular thing

The feeling (vibration) is specific

The universe will not only bring you what you want but will also bring you circumstances, events and people that will give you the same/similar feeling (when you think about this item you want)

Focus on one thing all day: feel good now

Not feeling good? You’re not thinking about the right thing

What can you feel good about?

Tools and Techniques to Raise Your Energy Frequency (cont.)

Sometimes you need to clean things up before you build a new structure

Sometimes things have to be destroyed prior to rebuilding

Disc 9: Your Beliefs Become Your Reality

Introduction

Are you surprised at the results? No, because you expect it

You experience it in your mind first

Example of during one of the Star Wars movies, on Dagobah, after Yoda lifted Luke's X-wing out of the swamp, Luke said, "I don't believe it!". Yoda replied, That is why you failed.

Introduction (cont.)

Example of the story in the bible when Jesus walked on water; Peter started to then doubted then began to sink

What you really want you’ll get; what you really don’t want you’ll get that too

Whatever you’re thinking about you’ll get

Reminders

Feel as if you already achieved it

Throughout the day always work on your emotions and work on feeling good all the time

Your Beliefs Become Your Reality

If you’re doing any actions to make something happen and you have negative emotions, your actions will be fruitless

Your actions (towards accomplishing what you want) should be enjoyable

The thought process comes first

99.9% of the “how” is off of your radar screen

When a ‘bad’ thing happens it’s never a bad thing

Your Beliefs Become Your Reality (cont.)

Evidence of how you’re thinking

How are you feeling?

Feeling good? Your thought process is right on line

Feeling bad? Your thought process is not right

What are you saying?

Are you looking forward and creating tomorrow with anticipation?

Words are very important

They show you what you’re thinking
0. They help focus your thoughts
0. Your Beliefs Become Your Reality (cont.)
0. Develop neural pathways and speech patterns.] predominate thought patterns.] predominate, constant vibrations.] more like-minded vibrations
0. Example phrases you can say:
0. “Everything always works out for me”
0. “I’m lucky” “I’m blessed”
0. “Everything will work out fine”
0. “This will ultimately work out to my benefit”
0. Your Beliefs Become Your Reality (cont.)
0. What if nothing seems to be happening?
0. Don’t put a timeframe (or time limit) on things
0. You have to care (but not that much)
0. Watch what you transmit
0. Other thoughts will come in that mimic that emotion
0. Physical experience of circumstances, events and people that allow you to feel that emotion
0. Emphasis on time.] doubt.] focus on what you don’t want.] process is hindered
0. Your Beliefs Become Your Reality (cont.)
0. Don’t look at bad things as being bad
0. Acknowledge it for what it is
0. Focus on what you want (not what you don’t want)
0. When you think things are bad it forces you to clearly define and focus on what you want
0. You have the best opportunity to create things in your life when things aren’t going well and to focus on those things and create more of it
0. Your Beliefs Become Your Reality (cont.)
0. Everyday life is going to give you experiences (things you do want and things you don’t)
0. Determine your preferences
0. More clearly define what you do want.] dial in the proper frequency.] transmit it
0. When something bad happens: the bigger it appears bad, the worse it appears, it allows you to really focus and transmit a beam with massive power and intensity of what you do want
0. Your Beliefs Become Your Reality (cont.)
0. What you’re vibrating most of the time is what’s being attracted into your life
0. Too depressed?
0. Too many neural pathways and habits on focusing on the things you don’t want
0. Worry = negative goal setting (what you don’t want to happen)
0. All you want to do is feel a little better (move up on the emotional scale, e.g. feel angry)
0. Start thinking just a little better thought
0. Your Beliefs Become Your Reality (cont.)
0. Feel good now = feel better now
0. Don’t focus on feeling spectacular
0. Words
0. The words you use are irrelevant
0. When you speak it’s the attachment of the vibration to the word that is important
0. Use words such that when you say them, you feel good; they make you feel better
0. “everything always works out”; “all is well”
0. Your Beliefs Become Your Reality (cont.)
0. Speaking is important
0. Choose words wisely
0. Don’t say something that makes you feel bad
0. Don’t lie
0. Your transmitted vibrations are picked up by other brains and it affects physical matter
0. Better to put out a general vibration which reflects your ultimate objective in life
0. You can’t assume that things happen are good or bad
0. Your Beliefs Become Your Reality (cont.)
0. Let the universe use the best method (the “how”) to get you to where you want to go
0. Why do I want this? Keep asking why to get to the real reason
0. What you think is the best method ultimately isn’t
0. When you start wanting things and getting them most people think this is not what I thought it would be
0. Your Beliefs Become Your Reality (cont.)
0. Writing things down
0. White paper
0. Blue ink pens
0. Goals, wishes, dreams
0. Do not enter things into a computer
0. Write out your desires
0. How can you predict the future with this?
0. By creating the future
0. You’re feeling it because your anticipation increases
0. Your Beliefs Become Your Reality (cont.)
0. Your feelings are your tracking system
0. When you’re feeling good only good things will happen
0. You’re going to be just fine
0. Timing of getting what you want
0. It’s completely irrelevant
0. Things will come at the right time
0. Enjoy the process (anticipation)
0. Review
0. Clearly define what you really want
0. Don’t get hung up on the method (no timeline)
0. Freedom & flexibility for the options that the universe may present itself to you
0. It’s all about the feeling; you have to feel good about thinking about it
0. The best emotion is anticipation (what you want wants you)
0. Review (cont.)
0. You can have, be or do anything and everything you want
0. You have established multiple neural pathways in the brain that are giving you want you
don’t want
0. Created them with your thoughts first
0. You’ve created everything in your life with your thinking; nothing happens by chance
0. You can create everything you want in the future
0. Review (cont.)
0. Is your focus on the lack of something in your life? Are you creating more lack?
0. How do you feel when you think about it?
0. Good
0. Bad: lack of it; you’re stopping yourself from getting it
0. Always monitor your feelings
0. This technique will work with anything and everything in your life
0. Review (cont.)
0. The stuff doesn’t really matter; what matters is how you feel
0. Life is like a rollercoaster (ups & downs)
0. You become what you think about
0. Your #1 objective is to feel good all of the time
0. The better you feel the better your thoughts better vibration
0. You’re thinking about what you want most of the time
0. Review (cont.)
0. Just feel good all day
0. You’re thinking about your desires and believing you’ll receive them

0. Disc 10: Having a Chief Aim and Depth of Vision
0. Introduction
0. 5 basics
0. Who do you listen to?
0. Teachability index
0. Training/balance scale
0. Four steps
0. Master the 4 basics
0. 99.9% is thoughts
0. Whatever feeling an event gave you that’s what you vibrated
0. Introduction (cont.)
0. How do we apply this to money?
0. Many scenarios to make money
0. Find a technique that gives you the feeling you want
0. Making money
0. Define what you want: you must want money
0. Specify a specific amount of money (dollar amount) with no time limit attached
0. General: “some” money; “some more” money
0. Feeling: “I want to feel secure in my finances”
0. Careful how you word what you want: use positive language; don’t focus on the negative
0. Always be fine-tuning what you want
0. Your goals may/will change over time
0. Making money (cont.)
Chief aim – primary focus; goal
You must always have a chief aim

What are you thinking about most of the time?
You’re not focusing on anything
You become what you think about most of the time

Key: you can’t (won’t) live a balanced life; you must be focused on a chief aim most of the time

Making money (cont.)
You must be obsessed with what you want
That’s the only way you can focus, clarify, broadcast, etc.

Burning desire (massive obsession)
Looking at pictures of stuff you want, reviewing your dream book, dream building to increase your belief level

It’s all in the mind: success is in the mind; think about making money all of the time

Making money (cont.)
Think and Grow Rich by Napoleon Hill
It’s all about thinking not doing
Doing what you love is not working

“Whether you think you can or can’t…you are right” – Henry Ford

Perseverance beats education
Being obsessed with what you want, believing you’re going to get it and not giving up

Make your own luck
By thinking of what you want the universe gives you circumstances
Gamble, but wisely
Follow your feelings; feel good now

Secrets of the Super Rich (cont.)
Know your market intimately
Associate with people and situations that revolve around what your market is
Focus obsessively and work, work, work
Chief aim, think about what you want to happen all of the time; work is pleasurable
Timing is everything
See the potential in things; what could things become; depth of vision; seeing things further down the track

Secrets of the Super Rich (cont.)
Luck is created (circumstances, situations and people given to you by the universe; will put you at the right place at the right time)

Take action
It’s not just (or mostly) about the money
It’s about how they feel
The vibration is making you the money not the effort or genius or skills
The universe is putting it into your life

Making money (cont.)
Successful people are thinking about what they want all the time and feel good when they
think about it

0. Life is really all about a feeling inside you’re looking for
0. ~ 500 billionaires in the U.S.
0. Those with the most money aren’t in the news

0. Making money (cont.)
0. If you’re employed by someone your limited on the amount of money you can make
0. You may not know when circumstances present themselves to you (other business opportunities)
0. Your job is not the place for making serious money
0. You can use these techniques to raise your earning power at work
0. Real money comes from a business of your own (brick-and-mortar; home-based) or your own company (generates money; investments)

0. Making money (cont.)
0. 2 ways to make money
0. You earn money
0. You’re limited by time and your own efforts
0. Duplicate your efforts (additional hires)
0. Money is working for you
0. Investing
0. Creation of super-wealth
0. He’s using certain language patterns [x] embedded commands [x] planting seeds [x] giving you things to consider

0. Additional pointers
0. One of your chief aims should be to focus on reducing or getting out of debt
0. Debt is bad; credit is good (home mortgage; appreciating assets)
0. Debt is owing money borrowed on depreciating (or no) assets
0. “I want to be debt-free”
0. Save 10% of what you earn and put it into an investment vehicle (and never touch it)

0. Additional pointers (cont.)
0. Reduce taxes you pay
0. Form a corporation
0. Every savings in taxes is real cash to create more money
0. Reduce insurance premiums
0. Shop around because you’re overpaying
0. Use corporations for credit lines and other people’s money (OPM)
0. Tax advantages
0. Lines of credit

0. Additional pointers (cont.)
0. Character traits of people who have money
0. Develop a pleasing personality
0. How to Win Friends and Influence People by Dale Carnegie
0. You’ll attract like-minded people
0. Work on improving your communication, persuasive, sales and negotiation skills
0. Learn how to ask questions and listen (talk less, listen more)
0. What, when, where, who, how and why?

0. Additional pointers (cont.)
0. Manage your priorities
0. It’s not time management; it’s priority management
0. Use a priority management system
0. E.g. from Priority Management; do not use the computer-based system; use a paper-based system
0. Read (books) everyday
0. Leaders are always readers
0. Positive focus, raises your level of belief
0. Additional pointers (cont.)
0. Listen to CDs (audios) everyday
0. Attend live events, seminars
0. “Master Mind” is created
0. Associate with like-minded people who have what you want
0. 5 years from now your income is going to be the average of your five best friends
0. Master Minds are created; thoughts develop income
0. Brains are synchronized
0. Get some new friends! Learn from them.

0. Disc 11: How to Plant and Nurture the Seeds to Success

0. Introduction
0. You create everything in your life
0. Everything you’ve created can be changed
0. You’ll have in your life the emotions that you are broadcasting
0. Thought – vibrational frequency; attach an emotion to it and get things with the same emotional frequency
0. No “bad” experiences: don’t focus on what you don’t want or the lack of what you want
0. Introduction (cont.)
0. You know what your thoughts are by how you feel
0. When you feel really good your body changes to reflect how you feel
0. When you’re feeling bad just instantly change your physiology (manually adjust your facial expression, your posture, etc.) and your emotions change and your thoughts change and your vibrations change and attract more positive vibrations

0. How to Plant and Nurture the Seeds to Success
0. Most people think they are thinking about what they want when in fact they’re thinking about the lack of what they don’t have
0. How do you feel? Already received it?
0. How do I handle disappointment or failure if somebody says no?
0. You feel bad because of your habits: your focus goes to the lack (neural pathways)
0. Each failure brings you closer to success
0. How to Plant and Nurture the Seeds to Success (cont.)
0. Incorrect vibration
0. “I caused this…do I need to change my vibration?”
0. Prerequisite
"Something incredible better than I could have imagined is about to happen"

Ideally you want to feel great all the time.

Real focus: you feel better than where you were all of the time; feel a little better using your thoughts or use other techniques.

How to Plant and Nurture the Seeds to Success (cont.)

How do you handle criticism?

Instantly use the Callahan Technique, the Gary Craig technique (etc.) to blow out (change) the neural pathway.

The next time you’re criticized you won’t feel that badly; should be a non-issue; maybe there are some things that you could do better.

Many neural pathways ingrained in you that are activated when bad news is heard; have to establish new ones.

Focus on your chief aim most of the day, most of the time in an obsessive way as if it’s already yours --> feeling really good.

Put focus and attention on something long enough so it germinates.

Like a seed: have to water, cultivate & fertilize it before it grows.

How long should you do something before moving on to something else? At what point should you stop or quit?

If it’s in line with your thoughts you’ll feel great.

If the enjoyment goes away or if it’s no longer fun, then quit.

Have you got off-track with your thought patterns?

How do I stay motivated?

If you focus on what you want (chief aim) and have a burning desire for its achievement.

You’re happiest when you’re in the process of achieving your goal.

Read books, listen to CDs, attend seminars, dream-building.

Follow your own desires; always follow your bliss.

Are joining MLM/direct sales companies a good idea?

Does it excite you?

Follow your own bliss.

Global Information Network.

What about other money-making opportunities that are advertised?

Follow your own bliss.

Use in combination with these techniques.

I have no idea how to make any money. What do I do?

99% is the thinking process.

The “how” is irrelevant.

What holds people back?

The technique is easy.

Patterns, neural pathways and negative thoughts doubting or limiting yourself.
0. Analogy of the elephant trained young by being chained down eventually gives up trying.

. How to Plant and Nurture the Seeds to Success (cont.)
0. Self-imposed limitations
0. “Whether you think you can, or you think you can't--you're right” - Henry Ford
0. You don’t have to know “how”
. Do you really know what you want and can you clearly describe it?
. If it’s not clearly defined you can’t put out a vibration
0. If you have to think about it you haven’t clearly defined your dream
0. How to Plant and Nurture the Seeds to Success (cont.)
0. You should be able to describe what you want and feel good about it
0. The more specific it is the better it’s going to make you feel thinking about it
0. You have to have the feeling as though you already have it
0. You have the creative power within you to make all of your dreams come true
0. Reasons you don’t have what you want
0. Not defining the dream properly
0. When you think about what you want you’re thinking about the lack of it (what you don’t want)
0. Based on how you feel
0. The cavalry is not coming over the hill
0. There’s no savior that’s coming
0. The reason you are where you are is because you created it
0. Reasons you don’t have what you want (cont.)
0. The 10-second miracle
0. You need to take 100% responsibility
0. You can create anything in your life
. You can have, be or do anything and everything you want in your life
0. Need to want it and categorically believe that you already have it
0. Get lower goals in the sweet spot so you can believe that you can get it.

. Disc 12: Additional Tools to Add to Your Success System

0. Introduction
0. You have to physically, consciously apply it
0. Over time that big ball of negative energy will get smaller
. The neural pathways will get less and less used
0. Over time the positive ball of energy will get bigger
0. Everything starts going your way
. Introduction (cont.)
0. Positive habit and pattern
0. Every time you think a thought you are broadcasting a vibration and attracting a like vibration into your experience
0. Every time you feel a feeling you are broadcasting a vibration and calling forth more things into your life that give you the same feeling
0. Where do you go from here?
0. Keep listening to these CDs
Everyday read at least a page in a book
0. Reread them
0. Listen to CD packages
0. Join the Global Information Network
0. Each month you get (4) CDs and a book
0. 1st option on new opportunities
0. Getting in at the beginning at the ground floor make the most money
0. Where do you go from here? (cont.)
0. Access to live events for networking, information sharing, like-minded people
(mastermind principle)
0. Online access to seminars
0. Network marketing opportunity
0. Personal mentor (1-on-1 guidance)
0. Become a mentor yourself
0. Recommended books to read
0. The Magic of Thinking Big
0. See You At The Top (attitude)
0. Ask And It Is Given (99% on track)
0. The Secret (the law of attraction)
0. The New Psycho-Cybernetics (the mind)
0. The Law of Success in 16 Lessons (money)
0. Think and Grow Rich
0. The Magic of Believing
0. Recommended books to read (cont.)
0. 9. How to Win Friends & Influence People (pleasing personality)
0. 10. The Go-Getter
0. The Power of Positive Thinking
0. The Game of Work
0. Rich Dad Poor Dad
0. Hung By The Tongue
0. The Tongue: A Creative Force
0. What You Say Is What You Get
0. Recommended books to read (cont.)
0. Reading books everyday is so significant
0. Keeping Score: How to Manage Your Life and Business Through Statistics
0. Use physical graphs on the walls to see your progress
0. Chart the following (weekly and cumulative)
0. Gross income ($ deposited into your accounts)
0. Looking at it daily focus get it
0. You get what you think about most of the time
0. Where do you go from here? (cont.)
0. Home-study courses
0. Master of Passive Income
0. Do something once, get paid from it forever
0. Power Partnering Super Summit
0. Partnering, joint ventures, strategic alliances, bartering
0. This is the beginning (not the end) of the teaching and learning process
0. Starting point
0. You now have everything that you need
0. Where do you go from here? (cont.)
0. Learn it by doing it
0. You experience a result every time you do it fine-tune it
0. You’ll get to a level of proficiency and expertise incredibly fast
0. Many people who learn this never go beyond because they’re happy with the results they’re getting
0. Where do you go from here? (cont.)
0. 2 types of people at the highest levels in the societies
0. Those that add value to society
0. Those that live off the production value of others
0. Adding value to society highest level of bliss
0. You’ll find out at a certain point that it’s not what you have but it’s who you become that’s important
0. Where do you go from here? (cont.)
0. Life is about feeling good right now
0. Live life feeling really good
0. Our goal is that you learn how to apply this and that you make these techniques work for you in your life
0. You can have, be or do anything and everything you want
0. With this power and this information may you never be the same.

Disc 13: Exploring Societies, Feelings and Vibrations

0. Q&A
0. How do you know when you’re in each of the 4 steps of learning new information?
0. When you become aware that you don’t know something level 2 (consciously incompetent; consciously aware that you don’t know something) teachability index kicks in
0. Level 3 (consciously competence): you know how to do something but you must consciously think about applying it to make it work
0. Q&A (cont.)
0. If someone wasn’t in a society and didn’t have direct access to this info, how did they achieve levels of success?
0. Don’t assume that; everyone on the Forbes 400 list is a member of at least 1 society; they don’t keep their society memberships a secret
0. Young Presidents Organization (YPO): sharing of information among like-minded people
0. Q&A (cont.)
0. Societies’ benefits
0. Gaining information and knowledge so that you don’t have to figure it out on your own (“this is the way it works”)
0. Associations: the people you meet (networking); future deals are much more easily facilitated; “you scratch my back, I’ll scratch yours”;
“it’s not what you know it’s who you know”

These principles still work

Some people who succeed just figure things out

Some people who succeed fail dramatically

They change what they’re thinking about: protecting what they have because they’re afraid of loosing it

When somebody is putting out a negative vibration for a while and wants to change it, does the negative vibration still hang out there?

The moment you change the vibration the result is instantaneously different

The “10 second” miracle

The manifestation may take longer

If there is no evidence (or contradictory evidence) that something is going to occur but you still believe, that’s when the magic occurs

Faith is the substance of things hoped for, the evidence of things not seen

When you throw out a vibration, the whole universe is conspiring and creating tens of thousands of events to create that situation in your experience

The importance of your vibration is feeling (not necessarily the thing itself)

We may not know what the best thing is for us but we know how we want to feel

If you get into a car crash, you and the person involved in the car crash had the same vibration

When you got into that car crash, how did you feel?

Whatever feeling that car crash gave that person, what else have you been thinking about that gave you a similar feeling?

The universe starts bringing into your experience people, events and situations that will give you similar feelings

When you feel grateful more things in your life so you feel grateful

If something negative happens how am I controlling my thoughts?

Everything that happens in your life are just events/circumstances/experiences

There’s really nothing good or bad

Everything that’s happening in your life is just an indicator of what you’re vibrating

The indicators are good; “thank you for telling me”; they are indicators so that you can change your vibration

If you are aware that everything is going to be fine, whatever circumstance happens now you don’t and can’t comprehend the rational reason why that is a good scenario

What about the vibrations of inanimate objects?

All made up of atoms and electrons; combinations are different due to different vibrations
Things can be manifested out of “nothing” (energy all around us)

How is it that some people can do this easier than others?

Kevin learned this stuff when he was ~ 12 – 14 years old (didn’t have a lot of “baggage” to carry around)

Bigger the ball of negative energy (subconscious thoughts) will have a harder time

Analogy to an overweight person working out at the gym for the first time harder time than someone who’s less overweight

Only use these techniques initially on something that you can believe in

Focus on getting your positive ball of energy bigger negative ball gets smaller

Tipping point: positive ball of energy > negative ball of energy

Callahan Technique

Whatever happens in your life is caused by whatever you are vibrating

You can’t stop yourself from vibrating energy

We are vibrating our subconscious and/or conscious thoughts

Whatever we’re vibrating (feeling) we’re attracting that exact thing in our existence

We are vibrating creating everything

You can choose to focus on something specific and have it come in

Taking 100% responsibility for everything that happens in your life because you are creating everything in your life

#1 disease of the mind: mysticism (a person looking outward for a cause in their life)

These techniques work 100% of the time

Law of attraction

Whatever you’re vibrating in coming into your experience

You create your entire experience with your own thoughts

Is there a ‘machine’ that can help you detect your negative vs. positive ball of energy?

How you feel

One senior wish you should have: feel good right now

The words are irrelevant; it’s the feeling associated with them

Some things we do when we feel bad to try to feel good

We’re masking/eliminating pain; this is not the goal; focus is on what you don’t want (the pain)

Focus on feeling good vs. eliminating pain; can do things to feel a little bit better

How can I feel a little bit better than this? (baby steps)

Anger is a better than feeling depressed

Go as far as you can see and when you get there you’ll see further
Focus on what you want (don’t focus on masking the pain)

What can I do to help somebody who’s in trouble?

You work on yourself first and raise your vibration

Your vibration will affect them (their brain)

Friends will come and go

Your income is the average of your 5 best friends

If you’re around a lot of people with negative energy can that affect you?

Energy always affects others

Positive vibration is much higher than a negative vibration

What goes on around you doesn’t have to affect you

More wealth was created during the depression than at any time during the history

Every day is always the best time to do anything

Just have to believe that it is

Whatever you believe the evidence validates it

If you believe you can or you believe you can’t, either way, you’re right (because the evidence will validate it) – Henry Ford

The evidence came into your experience because you believed it

“Everything always works out for me” (future thinking)

Everything that comes into your experience you vibrationally created

You can choose whether you want it or not

If you don’t like it, shift it

What do I want?

Every negative experience primarily is there to help you clarify what you want

If you know what you don’t want you can clarify what you do want

Acknowledge it and focus on what you want

What appears to be negative generally isn’t so; it’s there for a reason

Listen to these CDs again and again

Resources

Audio CDs (14 discs)

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