



How to be a Manifesting
S.O.B
(Successful , Outstanding Being)

by

Dr. Joe Vitale
&
Ron Stubbs

Table of Contents

Foreword	<i>Ron Stubbs & Joe Vitale</i>
Intro	<i>Ron Stubbs & Joe Vitale</i>
1) Flow and Focus	<i>David Garfinkel</i>
2) Manifesting in Abundance	<i>Rosalind Gardner</i>
3) Radiance	<i>Renee Sherman</i>
4) Congruency	<i>Mary Lee Labay</i>
5) Spirituality, Science and Success	<i>Troy White</i>
6) Creative Visualization	<i>Laura Numeroff</i>
7) Manifesting	<i>Nerissa Oden</i>
8) The Attraction Principle	<i>Kevin Hogan, Psy.D.</i>
9) Believing	<i>Ron Stubbs</i>
10) Manifesting Success and Abundance In The Middle of Really Tough Times	<i>C. Devin Hastings</i>
11) Thoughts on Manifesting a Career or Life	<i>Derek Sivers</i>
12) Tell Your Brain The Right Story: Manifesting through Metaphor	<i>Keith Livingston</i>
13) Turning Failure into Success	<i>Beverly Bryant</i>

Foreword

Dear readers;

Any successful venture is seldom the work of just one person.
This is the case in the book that you are about to read.

The stories contained within these pages come from the hearts of the many contributors that heeded our call and have shared a piece of their lives with us to make this project breathe on its own.

We would like to take this opportunity to thank all of the people that contributed to manifesting this book.

This is what manifestation is all about.

Joe & Ron
2005

How to Be a Manifesting S.O.B. (Successful , Outstanding Being)

By
Dr. Joe Vitale and Ron Stubbs

Have you ever wanted something; whatever it was, so much that in your mind, you could touch it, taste it, smell it, feel it; make it so real that it seems to be right in front of you?

Then... as if by “magic” it appeared?

Congratulations my friend, you have discovered *Manifestation*.

In this book, Joe and I have asked our friends to share a few ways they manifest their lives. You know, the things they do daily, weekly etc. in order to live the kind of lives they do.

Some are more successful than others, but the one thing they all have in common is; they are living the life they dream of.

Only instead of simply dreaming about the sort of life they wanted- they have made their dreams – their reality. They have created their lives with purpose, with intent, with direction and focus by utilizing some simple methods.

In life we have many opportunities presented to us each and every day. Sometimes we seize these fleeting flashes of brilliance; other times ideas present themselves and slip through our grasp. Perhaps, if you like me, don't write them down immediately, they can be lost in the vacuum of the mind forever.

The book you are reading is one such opportunity for changing your life. A roadmap; not meant to show you an exact way to your destination but rather many possible ways in which you can design your trip through life.

Imagine with me something for a moment....

Everything that you have experienced in life up to now is just that---an experience.

You are free to move on from who you were, what you have done, who you have been in your past to becoming who you want to be, doing what you want to do and designing where you want your life to go---if you simply recognize that the potential for change exists within you.

In this book you will find ways to change your ideas, outlook and behaviors. Ways to open the box of your mind and let those rays of brilliance come out and play. There may even be some information and ideas that may turn you in directions that you have never considered before. That is the beauty of being an S.O.B. (Successful, Outstanding Being)

No longer are you locked into performing a play that has been written for you in which you have no say. Now you can be the playwright, director, actor and supporting cast all rolled into one.

Your future has never been as ripe for opportunity and change as right now. That is as long as you begin to put into practice what you are about to read and actually commit yourself to acting upon the advice given in this book and doing the work.

If you intend to get the most you can from these words, here's my advice to you.

Go through it a few times, mark up the pages, highlight special passages, bend down the corners of the pages, use paper clips to mark special sections, clip out a great idea and post in on your fridge or bathroom mirror. Maybe you'll photocopy some pages to pass along to friends and family or tear them out to carry with you, reminding you of the awesomely powerful person you have become.

After you have read the book, cover to cover, gotten unbelievable value from it, used it and abused it, turned it into a shambles, you'll probably want to go buy a second copy for yourself to keep in pristine condition and 10-20 more copies to pass along to your special friends!

So how do I know that the process of manifestation works?

Your reading it.

Go for it.

Ron & Joe (The Original Manifesting S.O.B.'s)

Flow and Focus
By David Garfinkel

I have learned over the years that the combination of two activities/mindsets:

- 1) Getting into Flow
- 2) Focusing completely on one action and result

... makes more money than anything else. There's a catch: Your "monkey mind" will try to get you to multitask, to take care of the urgent over the important, and in general pull you out of this Flow state. However, I have found that when I am able to ignore that temptation (or anxiety) and put myself 100% into the task at hand -- and give it the attention and time it deserves -- the results are phenomenal.

By the way, there's a great book Sean DeSouza recommended to me on this subject which everyone should buy and read: "The War of Art" by Steven Pressfield. (I've never been able to make it through the book called "Flow," although I've heard from others that it's a great book, but I can't give it my recommendation simply because I haven't read it yet! :)

David Garfinkel
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Manifesting in Abundance

By Rosalind Gardner

Life is short.

Manifesting your best possible self is easy when you realize how precious each second is, and understand that the only time you have is right now.

That knowledge alone compels me to live my best life and to manifest all that I want in abundance.

The world is a place of infinite abundance, and when you do for others in the spirit of goodwill, you can have almost anything you want. You just have to know what you want then make a plan to get it.

Health, wealth and happiness - I want it all in abundance.

Health and happiness are top priorities. An abundance of wealth serves to make both better. Whoever said 'money can't buy happiness' - obviously didn't have much.

Money buys freedom, and freedom is happiness.

Having money frees you from wondering 'Where will the money come from?' when the roof springs a leak or the car breaks down. Actually, having money means you can live under a good roof and drive a car that is both safe and sound – and your health is better when you're free from the stress of worrying about... money.

Money in abundance also frees you from the tyranny of wage slavery.

Understanding life's brevity, when the shifts I worked as an air traffic controller started making me sick, I quit my job. The abundant universe not only rushed in to fill the income gap, but my cup started over-flowing with good health and happiness. Life is stunning when time is your own to schedule and design.

I can now choose to exercise in the morning, write for a few hours, have lunch with a friend, then lounge with the cats in the afternoon. Or I can take the day off to go hiking or just read a book. I can choose to do whatever makes me happy.

Being able to take my family and friends on wonderful trips, buy them what they want but can't afford, and treat them like the kings and queens that they truly are, makes me happy. Enjoying my good fortune makes them happy too.

Giving someone a job so they can take better care of themselves and their family makes me feel great. Anonymously sharing what I have with those less fortunate also gives me enormous pleasure.

Ultimately, health and happiness are the ends... money is just the means.

I manifest everything I want in abundance because making others happy, and being free to do what I want when I want makes me healthy and happy.

Rosalind Gardner is author of the best-selling "The Super Affiliate Handbook: How I Made \$436,797 in One Year Selling Other People's Stuff Online". Learn how to manifest riches in your life by visiting her site at: <http://www.netprofitstoday.com>

Radiance

By Renee Sherman

First, I would like to remind you that EVERYONE is a "Manifesting SOB" but just didn't realize it.

Anything and everything in your life is something that YOU have manifested. Up until now it you may have been manifesting unconsciously based on what you were taught by your family, friends, coworkers and the culture you live in. If you grew up in a family that believed that life is hard, that wealth is not possible for the average person, that people can't be trusted, that boys are good at math and girls aren't, then this is what you may have manifested for yourself, based on your beliefs.

The good news is that at any point in time you can take control of what you are manifesting by making conscious decisions about what you choose to manifest. There are many books and resources available to help you make this change. Some of the tools are prayer, affirmations, hypnosis, NLP and many others. You will find the tools that work best for you, just start by looking into the methods available and then consistently applying them in your DAILY life.

I have used many of these tools myself and have read many books on this subject. What I have found in my life and that of those I know is that the secret to manifesting of any kind rather it is negative or positive is - RADIANCE.

Whatever you radiate, give, project or put out into the world is what you will receive in return. Not only will you receive what you radiate but you will receive more of what you radiate than what you initially gave. If for example, you give ten dollars you will receive back more than ten dollars in return. If you give love you will receive more love than you gave. If you give judgment then you will receive more judgment than you gave.

I have found that if there is something that you want more of in life then focus on radiating what you want. If it is more love that you desire than focus on giving love. If it is money that you want then focus on giving money. This principle works in every aspect of life, acceptance, respect, success, admiration, support, etc.

The old saying of "like attracts like" is so simple but so profound. Remember this when there is an area of your life that you are dissatisfied in and RADIATE what it is that you wish to create and receive.

You can do this. You have been doing this all of your life. You were meant to be happy, loved and successful in life. You deserve this. You are already on your way by reading this book! Take the time to learn how to take control of what you create and make a life long commitment to creating the life you truly desire.

Renee Sherman is a certified hypnotherapist, counselor, personal trainer and life coach. She has a practice in northern Washington. You can reach her by phone toll free at 866.333.4458 or by email at PolarisLNT@aol.com.

Congruency

By Mary Lee Labay

I know that I have manifested everything I have ever really wanted. And if I don't have something, I am either still on the way to it, or it is because I haven't wanted it enough.

My secret? Congruency. By that, I mean integrity to the goal in every aspect of life. In manifesting dreams, it is foundational to align energy, thoughts, actions, even the feng shui of the environment, with the targeted achievement. It has to be congruent on every level.

Manifestation is additive. Everything is combined along the path to the outcome. When something detracts from the goal, however insignificant it may seem, it is a step backwards, away from the desired result.

Be aware of words, attitudes, energy, actions, people you associate with, where you go, how you present yourself. Declare it to unseen helpers, state it in conversations. Fall in love with your goal and give it the same passionate energy as you would a love affair. Keep everything moving forward on the path to achievement.

In summary, rationally choose a desired goal that is congruent with your highest values. Determine the best course to achieve it. Then align all factors in your life with that goal, and push it along with passionate energy. Find delight and pleasure in the pursuit, and then celebrate and acknowledge the achievement!

Mary Lee LaBay is the author of several books, including [Past Life Regression: A Guide for Practitioners](#) and [Hypnotherapy: A Client-Centered Approach](#). She is a frequent guest in the media, presents workshops around the world, and has a thriving private practice in Bellevue, WA. www.maryleelabay.com 425-562-7277

Spirituality, Science and Success *By Troy White*

The ability to manifest anything with your mind is beyond many peoples imagination. And yet, it is your imagination that produces the ability to manifest.

Ironic... isn't it?

When I discovered how powerful the mind is in creating actual physical results like money, business opportunities, and happiness... my entire life changed... rapidly.

It has taken me some time to find what works best for me. And I think it's only possible to discover this through trial and error to find what resonates and works best with yourself. Also, part of the reason I asked so many people to contribute to this book is that I knew, from my own experience, that one technique does not work for everyone.

I've tried; journaling, affirmations, subliminal work, music, meditation, spiritual coaching, reiki, hypnotherapy, workbooks, classes, courses, visualizations, goal setting, breathing exercises – to name just a few.

What is working best for me right now is a combination of the following.

Feeling gratitude to all that which is good around me – keeping a daily log of things that happen to me during the day that make me feel good, or when money comes into my life through unexpected sources. I find that just writing down all the incredible people, resources, and opportunities in my life via the written form attracts more of what I pay attention to

Magical money journal – the universe loves positive energy and feelings around things so I now spend \$1,000, \$10,000, even \$100,000 per day (on paper). I get myself in “shopping mode” and spend the money every day. Some days I give the money to worthy causes. Other days I buy “toys”. The universe and your subconscious mind cannot tell what is real – only what is positive energy around you. So when you spend money happily every day on paper you are telling the universe and your subconscious mind that you are comfortable spending it and feel positive emotions while around money. This is highly effective!

Meditation – I was fortunate to also discover Centerpointe at <http://www.getspiritual.com/meditation.htm> early on and found that their programs provide rapid results in meditation and in self growth. While I don't use this technology every day – I do find some way (at least once a day) to quiet the mind and put myself in the flow of true silence. If you do not meditate now – get on it! It is the most incredible tool in my eyes for dealing with stress, challenges, ideas etc. Centerpointe is an excellent place to start. <http://www.getspiritual.com/meditation.htm>

***Side note:** Many of my most profitable ideas have come to me while meditating. When you quiet your conscious mind, amazing things happen in the background in your subconscious mind and it spits out some incredible ideas. Keep a pen and paper near you at all times for those “ideas from out of the blue”*

Visualization – key for me to imagine in as much detail as possible what my dream life looks like, feels like, smells like, tastes like etc. I have pictures up on my wall of my dream house, dream car, dream boat, etc. I look at them for 5 minutes or so then close my eyes and imagine myself enjoying all that which I truly desire.

Remember – the universe and the subconscious mind cannot tell what is real and what is imagined with emotion – so put your all into your visualizations – imagine what it really feels like to drive the car of your dreams, earning the income your have always wanted, taking the vacations you always dreamed of, the relationships you have always desire.

Get into it and really feeeeeeeel what it is like.

Journaling is an excellent tool to manifest things in your life. It got me started 3 years back and to this day I still find it very relaxing, releasing and incredibly powerful in what you can create while sketching it out on paper. Journal on where you are going... write about what it looks like, feels like, smells like etc. Write about all that you do on an average day when you reach your dream life. Write about all the positive people and relationships you have in your life. Write about all the people you help along the way. Write about what you will do when money flowing in a constant stream. Write about anything and everything that makes you feel powerful.

Determining exactly what it is that I want in my life today, tomorrow and a year from now. By making the choice that I want 4 new clients in the month of January for example and making sure the universe knows I am serious about it (through the emotions I feel when I think about it)... I almost always get it.

Discovering and feeling the power center of my heart. This one is a tough one. Tough to talk about and tough to explain. I have only shared this in one other place before (www.EntrepreneurialSpirits.com). When I am really in the flow and feeling good about my life, my relationships, my success, and my future – my heart feels like it is on fire! I can feel the energy being raised as I type this and I know that I am vibrating on an entirely new level.

Best way I can describe it is for you to recall that feeling of being deeply in love. That feeling resides around your heart – and that is a VERY powerful feeling. Imagine living life with your heart feeling like that 24/7. This takes work, and as all parts of life, has its ups and downs. But once you understand the power that lies within your heart – you will always be working to bring back that feeling.

An amazing thing you will discover – when that feeling is there at full flow and energy – amazing things will happen in your life – I guarantee it. Work on bringing that feeling forward on command – it will create miracles.

Since discovering the power of manifestation, I am now a co-author in a number 1 best selling book, I have been self employed successfully now for almost 3 years (at time of this), my rates have quadrupled over the past 12 months, have held numerous successful seminars, have grown an incredible network of business associates, survived the first 4 years of having twin daughters, kept semi-sane with both my wonderfully supporting wife Kari and I working out of the home, and am more at peace with who I really am than ever before.

I don't repeat any of this to boast – but to show what can be accomplished in a very short period of time when the manifesting power within you is awakened.

What is most amazing to me about manifestation is that despite what science now proves as fact with the “other side” of life... many people still have a tough time accepting that it is possible... and that it is reality.

Mankind has one heck of an ego!

Despite all the scientific facts showing that what we truly know (which is not much) about ourselves, about the universe, and about the energy field that surrounds us – many people still think they know it all.

What has been one of the greatest realizations in my journey is that we still know very little about ourselves and what makes up “us and the universe”. Every day that changes though – new research findings comes out, people are more willing to talk about their spiritual side, the proof being all around us, and a general awakening is now inevitable.

What it means to you is that a deeper understanding of spirituality, how your spirit impacts your life, and how you can awaken your inner self, are all very much within your grasp today.

This book has an enormous amount of information and tips you can use to get in touch with your higher self – and use that connection to reach the levels of success you truly desire.

Many successful business owners today are highly spiritual and are big believers that they can control their future and success with the power of the universe at your side. We are reaching a point now where people are more open to spiritual practices as science is finally giving us proof that it works. And people need proof... so the scientific facts are encouraging many people to consider things which they never would have considered before.

What is about to happen is a complete shift in thinking in the way we live our lives. The movie “What The Bleep Do We Know?” has caught a lot of attention and people are taking note. We want to know more about spirituality and how we can control our future.

There is coming a time, not so far from now, when people will use mediation, visualization and many other spiritual practices, to create everything they have ever desired.

Business owners will consult their own “knowing” before making decisions. Intuition skills will be taught in business schools as an instrumental way to make decisions (64% of the most successful business leaders use intuition as the driving force in their decision making – that will be 100% soon).

Visualization will be encouraged in schools starting from kindergarten and the antiquated school systems will realize that the mind training curriculums are priority #1.

This will raise a generation of adults that are 100% in control of their thoughts, and their manifestations.

Imagine an entire generation of entrepreneurs that can create wealth, success, partnerships, profits, and highly satisfied clients with relative ease.

Be the one that breaks free from what the masses say. The masses do not live their lives full of health, happiness, abundance or joy. So listening to them is not a very solid path to living a successful life... is it?

Live life on your own terms – listen to your heart and your intuition and they will steer you in the right directions. It may seem like a strange path they lead you on at first... but the day will come when it is all laid out before you and it will seem so obvious why this path was the one you went down.

And when that day comes, you will see things with crystal clear vision that makes all things easily within your grasp.

Imagine what a world it would be if you were totally in control of everything that happened to you.

- Everything you thought of came true – positive or negative.
- A world where you could no longer blame others, or the situation, for what you have in your life.
- A world that is all interconnected by an invisible force.
- An invisible force that you can control.
- A world that is completely open to abundance, prosperity and wealth – in fact - the world is full of abundance, prosperity and wealth – poverty is caused by close minded (and negative) thinking.

To me, this is exciting and something I am striving to master.

To others, that is a scary world that they can't see – and if you can't see it, it mustn't exist.

To you, the world is in your hands and the tools in this book will take you well on your way to accomplishing anything and everything you could possibly imagine.

Dream big.

Make your future all that you could ever desire... and then please pass on your successful ideas and techniques to others who want to learn to control their reality.

To your massive success!

Troy White

“Turning Your Words Into Wealth”

Troy White is an internationally known expert on Turning Words Into Wealth. Helping entrepreneurs from across the world boost their bottom line profits with the effective use of words. Discover the 3 Step Formula to Miraculous Marketing Results... www.MarketingESP.com... also...Entrepreneurial Spirits... Where Spirituality meets Science which Produces Success – www.EntrepreneurialSpirits.com

Creative Visualization

By Laura Numeroff

I have always been a big believer in creative visualization. Whenever I can I visualize myself as being extremely successful...a sort of daydream, if you will. I picture myself in a scenario that involves all my goals, from whom I'm sharing my life with to my career path to what my environment looks like.

I especially love to do this when I'm going to bed at night. I fantasize about my perfect day. It might involve winning the highest award possible in my field, opening a check for an amazing amount of money or seeing my name on a library being built in a small rural town.

I've actually been doing this since as I was 9 years old!

"Seeing" yourself as successful is the first step in being successful!

Laura Numeroff is the author of the New York Times best-selling books IF YOU TAKE A MOUSE TO SCHOOL and IF YOU GIVE A PIG A PANCAKE. Her books have sold over 4 million copies and have been translated in many languages. She shares a portion of her royalties with many organizations including FIRST BOOK which gives brand new books to underprivileged books. Oprah is one of her many fans!

Manifesting

By Nerissa Oden

My name is Nerissa Oden and I'm a Creative Video Editor. Before knowing anything about the power of visualization or The Attractor Factor, I was manifesting my desires and dreams against all the odds. In fact, I have always gotten everything I really wanted.

I said "against all odds" because my entire family history is plagued by self-destruction. My lineage consists of artistically-talented laborers and employees. And most were also alcoholics, drug addicts and some were criminals. And as you might guess too, the overwhelming majority of my family roots are deeply stained by these overt attitudes: sexism, racism, classism and self-depreciation in general.

While my mother broke away from that negative family tree, to this day, she still struggles against her negative self-talk and self-defeating decisions. But because she "broke away," I grew up in a more loving and positive environment-- which is to say, I grew up in a thickly negative environment, that had a few positive windows opened here and there.

So, just HOW did manifesting work for me, a negative-minded person like myself? Well, of course, it's easier to see manifesting in-action when you look back in time.

MANIFESTING FAMILY

As a child, I watched a lot of TV and I could see for myself how things could be different. You know, all those pictures of smiling nuclear families. I really wanted to be part of a smiling nuclear family. My real father left when I was one. I did have siblings, but not like the ones on TV. My older sister hated me and my brother with a passion because she had to care of us most of the time because mom was working. My older brother was closer to my age-- but he was very physically abusive. And we were left alone a lot. I watched a lot of TV so I saw how things could be better. And I wanted it better, badly. My siblings got kicked out or left on their own when I was 9 and 10. And at age 11, my mother slipped into her 20+ year depression and just hung out with me watching TV.

It happened at age 12, entering 7th grade, when I manifested several middle-class nuclear families-- not just one! When we moved to another city, the new friends I made just happened to be from traditional middle-class families. I didn't consciously decide to chose my friends based on their families-- it just turned out that way! And since mom was depressed all the time, I spent most weekends and holidays with my friends and their smiling nuclear families throughout my teenage years.

MANIFESTING AUTOMOBILES

At age 17, I was ready to get a car. I needed my own wheels so I could be more independent and productive. I wasn't going to be handed a car with pre-paid insurance like all my friends. My situation was different. I had been working since age 14 to have spending money for everything other than my government funded lunches and used clothing from the Salvation Army. I had saved \$1,700 by the end of my Junior year. I began looking for a car I could afford. I found a few lemons but none that I felt would be dependable or last for years. I ran across a woman selling her first car, a grabber-yellow Mach I Mustang. Not only was it in great shape, it 'spoke to me.' I wanted that car, and

bad. I knew it didn't make sense that I should want that car, but I brushed away those thoughts. It was sleek, well cared for, and if I played my cards right, an investment. But I was \$1,300 short on the cash to buy it. I begged for a loan from my mother. After a couple weeks she threw a chunk of her savings at me and kicked me out the house for being so "f---ing demanding." I lived at one of my nuclear families home for three days and I decided the car wasn't worth putting the relationship with my only blood relative at risk. I also knew it wasn't right to intrude on my friends and their families, after all I wasn't their responsibility. I gave the money back and asked to if I could come back home. After all that, my mother decided to loan me the money. I bought the car and paid her back within 10 months.

(SIDE NOTE: I sold the car 12 years later for \$6,000 to a man who drove it all the way to Chicago-- only stopping for gas along the way. The car was 25 years old and had been used as an every day car it's entire life.)

MANIFESTING JOBS

I went to school with one of the local radio station owner's son. He had been working as a DJ at his dad's station since he was 15 years old! We were seniors when I found out and I thought it all so fascinating! This type of work had never occurred to me. A FUN job! I asked him a lot of questions and asked if I could visit him at work. I asked for his help making an audition tape and submitted resumes to the FM station manager. I remember spending hours at home working on my voice and at the station practicing vinyl record segues. I wanted a DJ job badly and I submitted numerous audition tapes to get it. I truly believe I got the job because of my persistence. And I was persistent because I wanted the job. I remember I was willing to persist for however long it took for me to get that job. But it didn't take long at all. At age 17 I became the weekend overnight and Sunday afternoon Disc Jockey on the local Top 40 FM station in Bryan College Station -- twin cities comprised of 50,000 people! 18 hours of air-time every weekend! I wanted it-- and I got it.

MANIFESTING COLLEGE

College had always been on my 'to do' list, but after my senior year I didn't want it anymore. My senior year had been a horrible let down academically and my faith in the institution itself was shaken, but that's another story. I was nervous about screwing up college if I went in with this new bad attitude. I knew inside that my attitude would change and I would 'really want it' after I had to work in the real world for a year. (That reasoning didn't make sense to anyone but me, but I was certain it would work.)

So, I worked fast-food full time for a year and part-time at the radio station. And indeed, after one year, I was motivated to go to college. Yea! for intentional manifestations. But I didn't want to go for an electrical engineering degree at Texas A&M like I had been planning my whole academic career. I now wanted a degree in Radio-TV-Film. Only one thing stood in my way-- money. I had been paying for rent, groceries, and other adultly bills all year rooming with my friends in college. So I had very little money saved up. At my mother's urging I contacted my brother who was working in the Texas oil industry and I asked for a loan. He agreed to help out the first family member in our history to go to college, and he lent me \$300. So with that little bit, I loaded up my car, my cat, and took off to Austin to find housing, work and start school. I didn't even know how much financial aid I would get, or even if I would qualify for financial aid until a month into my first semester.

I wanted the passion to attend college after working a year in the real world, and I got it!

I wanted to go to college even though I had no money, no job, and no place to live. I got all those things! I just wanted my education and I wanted it bad!

MANIFESTING CAREERS

In college, I decided to be a Feature Film Editor. But as it turned out, the professional world of entertainment intimidated me. I found this out quickly because my first job interview was for Editorial Apprentice on Oliver Stone's masterpiece, JFK. Though I was adept with film and video, I was very 'green' socially and regarding business. After my interview, I waited by the phone not taking any further action. I thought the job was in the bag. But, I wasn't offered the position because of my lack of "real world experience." They chose someone who had no education but had one month or real world experience on a movie. JFK went on to win a well deserved Oscar for editing. The no-education person they hired joined the union and moved to LA to continue working in Hollywood. OUCH. I wasn't off to a good start. Did I really just waste four years of time and money on college?

But almost immediately after being turned down by JFK, I was hired to be Additional Editor on two independent features. I got my confidence back and started chasing projects all over Texas with a tenacity that rarely faltered. When production offices stalled my resume I would call the homes or hotel rooms of the Editors directly. I secured work as Assistant Film Editor throughout Texas, South Carolina, Mississippi, and Los Angeles. I got to meet huge stars like Robert Redford, Jim Carrey, Shirley MacLaine and Dennis Hopper. In between Hollywood films, I worked as a Video Editor for corporations, TV commercials, and TV series. I earned a reputation for knowing the ins and outs of film, video, and electronic media. At age 28 I had a killer resume that most Hollywood edit staff lusted for.

MANIFESTING A HOME

After reaching stability and success in my field, I was disillusioned and somewhat bored my role in the industry. I was facing a choice. I wanted something better. I started looking for a distraction unrelated to film and video so I could have time to think.

At the same time, I was also fearful my mother was becoming unemployable under her chronic illness and I was afraid she would become homeless within a year. I decided to focus on home and buying a multi-family property to house both of us. A real fixer-upper. At that time I didn't qualify for much of a loan because I was a self-employed contractor with a rising but fluctuating income.

Suddenly, I was hired onto a huge feature that would employ me for one year. After two months I received an offer to join the Editor's Union-- another goal I had-- and my wages doubled. I could now qualify for financing a huge multi-family building. At the young age of 30, I was an apartment landlord, supporting my mother, and learning about something other than video and film for the first time in 12 years!

MANIFESTING PERSONAL HAPPINESS AND HEALTH

When I started focusing on life outside of the biz, I found I was empty inside. I had been on survival mode for so long, personal health and happiness had been secondary to work. So while I was renovating my new home, I would day dream about having a partner. A kind, loving, mutual respect type of partner like the guys on movies and TV. I wrote down all the attributes that I wanted and fought the urge to settle for less. Looking at my list many might have thought I was pushing the limits on reality, after all I was taking my lead from TV. But I knew in my heart that men who were smart, loving, sensitive, successful and strong really existed. And believed there was someone really exceptional out there for me.

Once I set my sites on what I wanted, I found it easy to meet new people and to go to new places to meet these new people. And voila! I met Joe at a magic convention in 1999 and it was like seeing a long lost friend you've known your whole life. He's everything I wanted. I'm the happiest I've ever been. We've been together since I was 32.

It was Joe who encouraged me to try chiropractic care for whole health. That was when I discovered I had what my doctor called 'acquired scoliosis' in my neck and back. This was why I had frequent migraines. Once I made the commitment to see a chiropractor regularly, they stopped. My migraine-free years started at the age of 34.

KEY

Knowing what you REALLY want, holding that picture in your mind and never letting go has been my key to manifesting desires. Look back on your life and take note on what you've manifested already. What was your key to your manifestations? This hindsight can help guide you on your journey for intentional manifestations.

Manifestations can happen quickly and sometimes they don't. Like when you're undecided or have a lot of fear. I've been unfocused and indecisive about my next career move for a while. I try a little this, a little that always going forward but never hitting target. But nothing really lit the passion within me until late last year. I can tell you that I have a passion to make a new and more successful career on the Internet involving teaching video. That is my new passion. I'm not certain what form it will eventually take but I can tell you my first step is to make my e-class successful and unleash it as a total prerecorded class that everyone can take. I encourage you to check back with me to see how I'm doing. My new website is www.TheVideoQueen.com

The Attraction Principle

By Kevin Hogan, Psy.D.

*Authors Note: The **Attraction Principle** is a pattern I developed that seems like a metaphysical concept, when in reality it is a principle grounded in science. The **Attraction Principle** helps you use Covert Hypnosis to direct your client's thinking so they have the tools necessary to reach almost all of their goals.*

You See That Which You Already Have in Your Mind

An illustration will help start us out.

A few years ago, I decided to purchase a Honda Accord. Consumer Reports said it was the best car in its class. (Even better than the Camry I once owned.) So, I simply went to the Honda dealership and asked to buy the Honda Accord. I didn't even know what a Honda Accord looked like. I just brought my checkbook and pen. They showed me a bunch of models and ultimately I bought a gold Accord. It rode beautifully on the test drive and I was fine with it. I wrote the check and shortly thereafter I was out the door.

As I was driving over to the office I noticed several things. The first thing I noticed was that there were a LOT of Honda Accords and quite a few that were seemingly as new as mine! Everywhere I looked on the road I saw the Honda logo and most often it was attached to the Accord. I hadn't remembered seeing an Accord in weeks before my 20 minute drive to the office. This day I saw a dozen Honda's en-route. I was really quite surprised at just how many people owned these cars!

Of course I ultimately remembered that I used to see Toyota's. I saw Toyota's everywhere for the previous ten years. I saw Avalons and Camrys. Celicas and Corollas. Everywhere. But now of course I owned a Honda and my reticular activating system in my brain was picking up Honda's....everywhere. My brain had a new filter and antenna. It filtered out all the other cars and brought to my attention all of those cars which were like that which I owned and now liked.

That's how the brain works. Women know that when they buy a shirt or a dress they notice that everyone else wears the same thing! Of course no more people own the shirt or the dress today than did a few days earlier but indeed the brain now filters out all of the unimportant stuff and filters in all of that which is "yours" or important to "you." The brain is a remarkable piece of craftsmanship.

The Difference between Success and Failure

Now, what's wonderful is that the *Attraction Principle* is just like this. Napoleon Hill figured this out 75 years ago...and it wasn't new then. Even in old writings like the Bible there are hints on "that which you think on is yours." People call this manifestation. Of course manifestation is just one of two key parts of the *Attraction Principle*. The other part is ACTION. Getting clients to take action though is a bit more challenging than simply thinking of attractive things and people they want in their lives!

Some people can get a real clear picture of what they want in their mind and they are presented opportunities everywhere to acquire that thing or state of mind but they don't take action on accomplishing or acquiring the desired object.

The Attraction Principle in Healing

Let me share with you how powerful the *Attraction Principle* is to me.

When I found out I had Hyperkeratosis/Leukoplakia on my right vocal cord two years ago, I knew I had a pre-cancerous lesion and that I could be in serious trouble. I knew I had to take as much action as possible to help the Mind/Body link start whatever healing process could possibly take place.

I went to the University of Minnesota medical library and read everything I could about Hyperkeratosis and Leukoplakia. Most of what I read was very ugly. The reality of cancer was fear provoking, but I knew from my Mind Body research that the more you know about a disease or disorder the better your chance is to recover for it. I finally found the medical book that had the surgical procedure for removing the leukoplakia. I memorized the procedure. I knew that I would have to have general anesthesia, something I did NOT want to experience. I knew they would put a mouth guard on my teeth to protect it from the tube that would get inserted into my throat. I learned how to use the laser that would be used to shave the leukoplakia off my cord and I learned how to take a biopsy...I saw it go under the microscope and I heard the lab people saying, "the cells are fine, no signs of cancer at all."

I did this operation between 20 and 50 times per day in my mind. The one- hour procedure could be done in about 5 minutes in my mind. Sometimes I did the procedure in my mind and I was fearful. Eventually it became boring and more matter of fact to where I seriously determined that I could do it on my self with a local anesthetic!

Four weeks to the day after the diagnosis I went back for a recheck. I still could hardly speak and had no volume. And, on that day, August 7, 2001, the doctor said, "It's gone."

Just like I had imaged it hundreds of times. Of course it was gone, I had done the surgery over 500 times in the four weeks. (Note: I can't factually tell you that there is a cause/effect relationship here...but it certainly didn't hinder the healing!)

The Attraction Principle:
Imaging x Action = Result

Now, don't think that every imaging will manifest itself in real life because you think it will. Also, don't believe for a moment that just because I took all the right actions by researching hyperkeratosis and leukoplakia that it means that everyone will get well in similar circumstances. I simply utilized the resources I had at hand and was fortunate enough to have a positive result.

Of course, this can be a chronic condition. Many people have hyperkeratosis, it's removed surgically and it comes back. I know that I also have to take other actions to make sure that doesn't happen!

For the Honda, of course there are lots of other cars out there. I still see Toyotas and other cars but I see a lot more Hondas than other cars because it is important to me.

What you want to do for your clients is determine who and what they want in their life and clearly image that or that person. Do they want a business partner, a boyfriend, girlfriend, spouse, money, travel to an exotic location? Whatever it is, that's the starting point. That's got to become the clarity and certainty of ownership. Just like the surgery. It has to be obvious and second nature that the result is there.

Next, you must help your client make a mental map of specifically what they will do in order to acquire that result, person, type of person or thing. Everything starts with a thought but without action, the concept of manifestation is simply a leading cause of frustration. Your client must do and be prepared to offer energy and value for that which they want and desire.

What follows is the blueprint for utilizing the *Attraction Principle* in session. This is not a script as will become obvious. It is a model that you can adapt to every client's specific needs!

The Attraction Principle Pattern

Prompt 1: "Close your eyes and allow yourself to breathe. Focus on your breath. (Have your client take three deep breaths, in/out and put all of their attention on their breath.) There have been many things and people you have wanted in your own life...for some time...and now...I would like you to focus your attention and intention on just one very specific thing or person or kind of person you want to appear in your life....now...When you have this in mind raise your right finger.

Prompt 2: Now what I want you to do is tell me, in great detail, an experience where you have this person or place in mind.

(They describe this to you.)

Prompt 3: Excellent. Now, I want you to tell me, in great detail, another time (place) where this person/thing is in your life...in the very near future...

(They describe this to you.)

Prompt 4: Excellent. Now, I want you to tell me, in great detail, another time (place) where this person/thing is in your life...in the very near future...

(They describe this to you.)

Prompt 5: Now what I want you to do is tell me all of the specific steps and the sequence of steps it will take fulfill this manifestation into your life.

(They should give you a detailed process. If they don't prompt with "and after you X, what happens next?" "And then what" THE PROCESS THEY DESCRIBE TO YOU SHOULD BE AN OBVIOUS SEQUENCING THAT ASSURES THEIR DREAM/PERSON/GOAL/RESULT/OUTCOME.

Prompt 6: Excellent. Now, in great detail, describe for me why you must allow this person/thing to come into your life beginning now.

(They describe this to you.)

Prompt 7: Wonderful. Now, bring the picture of this person/place/thing clearly into your mind in such a way that it is very enticing and makes you excited and energized. – pause-

(OR whatever emotions are appropriate to this specific person/place/thing!)

...allow yourself to experience this now and see all of the enjoyment, excitement (again be appropriate to the context of the desire) and happiness this will bring you and tell me when will you begin the process of bringing this into your life?

Prompt 8: Very good. Now, pay attention to your breathing and when I say the number one, you can open your eyes and feel energized ready to bring in to your life all that you richly deserve. 3...2...1...

To summarize the first level of using the *Attraction Principle*, we determined that quite often in life:

Intention + Action = Manifestation

There's more to it than the elementary formula, however. Let's look at some experiences which are useful lessons in digging deeper into the AP. The great destroyer of the *Attraction Principle* is the phrase, "I guess it wasn't meant to be." Let's look at the AP in depth and see what is and isn't meant to be.

I wanted to get a book published in 1992. I decided that it was time to reach that goal. I intended it to happen (saw the book in my hands clearly) and I took action (writing the book). But all I had was a book inside of a computer and nothing to show for it. A lot more had to happen other than JUST taking the ACTION to write the book.

At this point we know from research that most writers give up and many say, "I guess it just wasn't meant to be for this book to be published." The easiest part of writing a book is...writing the book. (and that is NOT easy!) The hard part is getting the book into book form, getting it into the hands of distributors, bookstores AND getting people to buy it.

**It takes more time to get a book in PRINT and get people to BUY the book than it does to actually WRITE the book.

*****Rule One:** The action taken after intention must include specific and flexible steps to the completion of the entire process of acquisition of the desired result.

Simply imagining that a book will be in print is something that will create nothing but frustration for someone. Writing the book and not having a specific plan for publication and people to believe in and purchase the book is little more than an un-necessary exercise in futility.

To have a COMPLETE plan of action and a COMPLETE visualization in a step by step manner allows the brain to have a neurological path way to the outcome which it then will direct the actions of the individual to manifest in reality.

The end of the story is that the book *The Gift* was published in 1992 and is now in its second edition. Many kind people have said it is their favorite book of the nine I have written.

*****Rule Two:** If your intention is focused on influencing other individuals to be involved in your life on some level, you must clearly intend on giving that individual more value than that which you desire from them.

In other words, if you want a wife, a partner, a boyfriend, a husband, or some person to come into your life and make some kind of a commitment to you or with you, you MUST have a clear picture of events and experiences where they are absolutely attracted to you. **KEY QUESTION:** What do they get from this relationship that is so incredible that they change their lifestyle to spend time or more time with you than other people currently in their lives? What creates the compulsion for them to NEED you and WANT you in their life?

Most people never answer this question...or think of it in the first place and the lack of consideration creates an enormous amount of tension and frustration in the individual.

*****Rule 3:** The most flexible action plan is the plan that creates manifestation.

Many people think, "...oh I'd like to take that seminar but I don't have the money so it isn't meant to be at this time." A massively flexible plan says, "I need to do that seminar, I'm going to do that seminar and the knowledge/skills I gain from that seminar are going to be so incredible that I will utilize them to create ten times the income the seminar cost me."

I remember really wanting to see Brian Tracy for a full day presentation about 12 years ago. I was living on a modest income and really didn't have the money for the full day program. Instead of not going I made a commitment to take copious notes and creatively brainstorm all of Tracy's download as if it were personally meant for me. I had a picture in my mind of using this material in a book which would be a best seller. 8 years later I used those notes in writing one chapter of Psychology of Persuasion...which, by the way, is the second best selling book about influence in the English language. That Tracy seminar paid off many times over because I constructed a picture and a pathway to actually utilize the information I was going to learn.

*****Rule 4:** Flexibility requires persistence. I remember Napoleon Hill saying on an audio tape program I bought over 10 years ago one sentence: "Persist until you succeed." He told the story of Thomas Edison's ongoing series of failures in developing the light bulb. Edison was unbelievably flexible in the creation of the electric light bulb. When one strategy failed he utilized the next pathway then the next path until he attained his desired result. On his 784th attempt he could have said, "You know it just wasn't meant to be." Had he done that maybe we wouldn't have electric light. But fortunately, it was meant to be because Edison saw it in his mind so clearly and had hundreds of alternate possibilities to make his intention manifest in reality. I've never forgotten that story and I've always used that story as my motivator when I wanted to give up and offer the excuse, "it just isn't meant to be."

Here's the thing: Everything you see around you was first a thought in the mind of someone who could have said, "Well, I guess it just wasn't meant to be." Everything you see is the result of Intention + Action. Everything. The stumbling block is the "It just isn't meant to be right now."

Kevin Hogan, Psy.D., is the author of 11 books including, Covert Hypnosis: An Operator's Manual, The Science of Influence, and The Psychology of Persuasion. For dozens of free articles that will help you and your practice, visit <http://www.kevinhogan.com/>

Believing

By Ron Stubbs

Joe Vitale, the beautiful Nerissa and I were sitting at a great restaurant in Las Vegas enjoying a wonderful dinner when the subject of manifesting came up.

As we discussed our pasts, all the methods that each of us had used for create our lives, Joe asked me what the secret to my life was...

I recently saw a friend of mine that I hadn't seen in years. We chatted, asking each other about what had happened to the other in the ten plus years since we had saw each other.

He was amazed at the changes that had happened in my life since we had last been in contact. He remembered last time he had saw me I was in a dead end job, putting airplanes together coupled in a dead end marriage. I was deeply in debt. My musical career was so far on hold that it took a passport just to visit it. I was depressed, taking in an excess of all forms of "self-numbification" in order just to cope with life. I was in my mid-30's and I was a mess.

Since we had last seen each other I had:

- ✓ Quit my dead end job of 20 years
- ✓ Gotten divorced and met the woman of my dreams (*whom I married*)
- ✓ Revitalized my relationship with my daughter
- ✓ Gained a new daughter
- ✓ Started a very successful hypnotherapy clinic
- ✓ Revived my musical career earning consideration for 7 Grammy Nominations in 2003 for my Cd "The Heart's Journey"
- ✓ Written and published 3 books
- ✓ Developed over 60 critically acclaimed audio, video and text programs
- ✓ Had become an internationally recognized Hypnosis Instructor
- ✓ Internationally known as an expert in hypnosis, body language, NLP and motivation techniques
- ✓ Was teaching at 2 Colleges with only a High School Diploma
- ✓ Been on T.V., Radio, newspapers more times than I could count
- ✓ Have now branched into my own Publishing Co, Recording Studio and Production Company
- ✓ Now travel as a very successful Stage Hypnotist entertaining audiences worldwide

The question he asked my was:
How???

For a minute I didn't have a response; then like a bolt of lighting from Zeus himself it hit me.

I quit.

Then I finally believed.

I believed in myself.

I quit listening to other telling me *“this is as good as it gets”*, *“You don’t have what it takes”... “a boy like you should be lucky to have a good job”*

And I quit believing them and began to believe in myself.

I believed that I was better than what I had created in my life so until that moment. I knew that I worked hard then...there was no question about that but I never figured I could do it on my own.

Until that day when I decided to quit listening and start believing.

It started when I went to a counselor and whined for an hour about my soon to be ex wife.

He listened, then said two things: shut up, go home and continue living your dead end life

Or do something about it.

So I did...

I began to be the person I always dreamed of being.

I got divorced, and began to live my life.

Soon after I met my wife, Jeanie, the woman of my dreams, (*who I manifested by the way*) she was kind enough to buy me a really nice suit; the first nice suit I had ever owned. We picked it out and she whipped out the cash and paid for it.

As I looked at myself in the mirror, my eyes started leaking tears. She asked why I was crying and it took me a minute to realize that I had never had a nice suit because I never considered myself worthy of owning one. I used to joke that the only thing I looked good in was a *“Levi’s and a motorcycle t- shirt with grease stains”*.

But now things were changing...she believed in me... and I started believing too.

So...my secret to manifesting my life?

You are what you focus on and will attract exactly that.

The Universe doesn’t reason or use logic...it just delivers what you focus on.

And what happens if your life isn’t working?

Quit.

Quit doing what you *have* to do...and start doing what you *want* to do...

Sometimes we get so caught up in making a living that we forget to live. It’s easy to do. We have bills to pay, mortgages, food for the family, and giant big screen television sets to buy. We want our jobs to be secure, so we can retire and begin to do what we want to do.

In talking with older people, those that have seen it all, the been there-done that crowd, when asked what was the thing they cherished most in life, it wasn’t the giant big screen TV set, the brand new car or trip to Hawaii they remembered; it was the little things. The walks on the beach, the smiles, doing what they wanted to do with their lives that made them happy.

I once read a great story I’d like to share with you. It goes like this...

Once upon a time, there was a little boy who loved to sit for hours on the end of his dock and fish. Like any little boy, he sat there with his line in the water, thinking about landing the biggest fish in the lake while catching mostly small to medium sized pan fish.

Once, during a time when his family was entertaining a house full of relatives, the boy went out to fish but discovered that all the relatives were on his dock, blocking his way to the end. Looking around, the boy noticed that there were some gaps in the boards of the dock and began to fish through one of the cracks. He soon realized his mistake when he hooked the biggest bluegill he had ever seen! It was too big to pull through the crack in the dock. During his attempt to get the big fish onto the dock with the line through the crack, his line snapped and he lost his prize bluegill. The next time he dropped his line through the gap in the boards of the dock, he sat there thinking about catching only small fish. He laughed at the idea of wishing to catch small fish; an idea that had never occurred to him before. Funny, sometimes it's the little things that make the most sense.

I learned to fish early in life from my dad. We spent hours together on lake banks, sitting in boats, sometimes shivering in the early morning light in silence. We drank coffee and hot chocolate, keeping quiet so we didn't "scare" the fish. Just "being". My dad taught me the process of fishing "the right way" which involved sitting quietly, observing all that was around us, taking it all in.

It was years later when I discovered how to "catch" fish. That's when I began to understand that fishing had nothing to do with catching fish. Fishing had nothing to do with catching fish and everything to do with possibility. I learned far more from the process of fishing with my dad than we ever could of by using a full stringer as a marker of success.

It was a time to do what you wanted to do instead of what you had to do. Being with the people that you care about. Not talking, just sharing silence. Thanks Dad.

So what do quitting, believing, focus and fishing have to do with anything?

I guess I'm not sure, maybe I'm just rambling along.... but maybe, just maybe if you look around your life and aren't completely satisfied with it, you just may want to re-read this piece again.

Focus and believe in yourself. You're worth it...

Ron Stubbs is nationally known performing Stage Hypnotist, Advanced Clinical Hypnotherapist, Registered Counselor, Author, Instructor/Trainer, the President of Island Productions, Islelife Hypnosis, father of two wonderful girls and is married to his wonderful wife and life partner Jeanie. His websites are www.ronstubbs.com and www.hypnodude.com.

Manifesting Success and Abundance In The Middle of Really Tough Times

By: C. Devin Hastings

One of the most important things about manifesting is persistence in the right direction. My dear friend Ron Stubbs was very persistent and patient with getting me to write something for his book. And, as every businessperson knows, getting in print (favorably) is fantastic marketing; especially when it's free!

Interestingly, Ron's gentle reminders usually started with something like: "You S.O.B., you are going to manifest something for this book...". His reminders were a blessing kicking down my door. Rarely does life hand you a great opportunity on a platter. Thank you Ron.

Here's the scoop: In 2000 my life took a terrible turn. Very difficult circumstances caused me to move from Florida to Minnesota. Due to enormous grief I was unable to pursue my career as a hypnotist until I had achieved some measure of peace.

So, within a short period of time I found a job not related to counseling. The challenge was that it was a difficult sales job with high quotas. Hence, some time later I was handed a written notice of job termination if my sales didn't improve quickly and dramatically. This imminent loss simply piled itself onto the enormous grief I had left behind in Florida.

One night, after waking up again worrying, I remembered key information about manifesting. Funny enough, this was information I had shared with so many clients who had applied it successfully.

But, taking one's own advice is tough medicine---especially when your emotional resources are stretched to their limit. I am reminded of one of my favorite funny quotes: *"Take my advice....I'm not using it!"*

But, this time I had to take my own advice or suffer terrible emotional and financial consequences. Following is an outline for an incredible manifesting exercise that changed my life. This exercise is an adaptation of advice from Dale Carnegie's book *How To Stop Worrying and Start Living*.

What's curious is that I only spent 4 hours working on the manifesting exercise and I shudder to think of how much time I had spent worrying.

Step 1--- Clearly identify your problem. Just one. Identify the problem that is at the root of other perceived problems. For me, my problem was losing my job.

Step 2--- Clearly identify all the sub-problems and the attendant feelings that stem from the major problem. In my case, this meant several things. I'll share a couple of the big ones here. First, my bills would go unpaid. The feelings that went with this sub-problem ranged from panic to despair. Second, being unable to pay my bills, I would have to declare bankruptcy. Again, feelings of panic and despair.

Bear in mind that a problem not seen clearly is a problem with power. It lurks menacingly in the corners of your mind causing a great deal of harm just through fear. In

fact, more harm probably results from worries hiding in the dark corners of our imagination than from the reality of the worry were it to come true (*which most times they do not*).

So, the point is to get all your worries and feelings out of your head and onto paper.

At this point you might think that the first two steps seem to be focusing on the problem rather than the solution. The truth is that this process actually helps to free you from focusing on the problem(s). You see, so long as your imagination is wrapped around one major negative idea and all the negative sub-ideas that come with the major one, one is indeed manifesting.....negativity.

This process gives you the ability to free your mind, imagination and heart from the quicksand of overwhelming worry. It does so by giving your unconscious mind room to imagine other possibilities. Steps three and four tell you how.

Step Three---Create a list of responses to each problem. The major and minor ones.

Note that your responses should range from the ridiculous to the ultra-practical. By letting your deep mind come up with goofy solutions you may find some humor and perhaps unique answers. At the very least you are lubricating your imagination so that it can come up with answers that a mind full of unease could never imagine. One of my solutions to the imagined problem of creditors calling was to think of myself barking at them on the phone.

Please note: I never had to do this but the thought of it made me laugh like hell which caused me to draw a few odd stares in the coffee shop where I was doing my work.

Just remember: *"Seven days without laughter make one weak."*

Step 4---Pick one (relatively sane) response to one problem and do it until it is done.

I know this sounds simplistic but three things came to my mind when I first rebelled against this simple step:

- (1) Dale Carnegie's ideas have changed the lives of millions of people. I figured he was onto something.
- (2) I had seen it work for hundreds of my clients.
- (3) I knew I needed to do something other than waking up freaking out at 3 in the morning.

Here's the bottom line: In a very short period of time after implementing this manifestation program, I went from about to lose my job as the worst salesman to becoming one of the top salespeople in my region. I earned several awards and, just as importantly, I was bringing home large (\$15,000) commission checks.

And the bonus is that by giving yourself constructive options to focus and act upon, many of the terrible feelings you may be experiencing will literally fade away. A friend of mine many years ago gave me a great line to live by: *"There are no problems--just solutions."*

If you would like to see a summary by Dale Carnegie, of his book *How To Stop Worrying and Start Living*, please visit: www.mindbodyhypnosis.com/worry.htm

And remember W.H. Murray's words: *“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness concerning all acts of initiative and creation. There is one elementary truth, the ignorance of which kills countless ideas and splendid plans; that the moment one definitely commits oneself, then providence moves too”.*

So, commit now to doing whatever it takes to succeed. Reach beyond your limitations. And never give up.

C. Devin Hastings has over 20 years experience using hypnosis to help people. As well as advanced certifications with three of the most prestigious hypnosis schools in the United States, Devin also has a degree in electronics and was certified in satellite ground equipment technology by the U.S. Army.

As well as co-founding MindBody Hypnosis with his wonderful wife Rachel, Devin is the founder of the Diabetes Research Association of America (D.R.A.A.) whose motto is: "Helping Diabetes To Help Themselves." D.R.A.A. was created because in 1992 Devin was going blind from diabetes, but because of hypnosis and manifesting methods, he is experiencing 20/20 vision to this day.

To reach Devin please call 612-730-2789 or visit www.mindbodyhypnosis.com

Thoughts on Manifesting a Career or Life

By *Derek Sivers*

You don't get extreme talent, fame, or success without extreme actions. Be less leisurely. Throw yourself into this entirely. Find what you love and let it kill you. Define yourself. Show your weirdness. Bring out all your quirks. Your public persona, the image you show to the world, should be an extreme version of yourself.

Think of the legendary performers in that conservative style. (The ones even your grandmother could like.) Frank Sinatra. Charlie Chaplin. Liberace. Liza Minelli. Barbara Streisand. Even the most conservative "legendary" performers were rather extreme characters. Don't be afraid to be as extreme as you can imagine. Being in the spotlight is the excuse. You can get away with anything, all in the name of entertainment.

Imagine you're in the audience of a play. Big theater. Opera house. Imagine there are one thousand actors on stage. Which ones would stand out? Which ones would you remember? It's not always going to be the loudest or most hyperactive. Maybe you'd be drawn into the misty-blue woman with the long black hair in the deep blue cape with half her face hidden, standing silently at the edge of the stage.

Now you are one of the actors on that overcrowded stage. Would you stand out? Would people remember you? **Are you being strong enough version of YOU, so that people who DO want who YOU are can find you in the crowd?** (P.S. The most memorable actor on stage might be the one that gets off the stage, walks up to your seat, and gives you a kiss.)

In the indie music world, the best thing you can do is think in terms of "Test Marketing" This is what food companies do before they release a new product. They release it just in Denver (for example), and see what people think of it there. They get feedback. They try a different name. They try an improved flavor, based on complaints or compliments. They try a different ad campaign. They see what works. Constantly improving.

When it's a huge success in Denver, they know they're on to something good. They can now release it in Portland, Dallas, and Pittsburgh. Do the same thing.

As you're meeting all of these people in your life and career, **always keep in mind how you can help someone.** You should practically meditate on it before contacting them.

There must be someone you know that is exactly what they're looking for. There must be some resource you've got that would really make their day. Some favor you can do.

An article you read in this morning's paper might be of particular interest to someone you met last summer. Cut it out and mail it to them. A film/TV music supervisor might mention she's getting married and is looking for a reggae band. You don't do reggae, but with your database you can help her find a great band that does.

Maybe you spent 3 months shopping for a laptop. Maybe a booking agent you met today mentioned that he's looking for a new laptop. Send him a fax or Email with all the best info you found.

Give give give, and sometimes you will receive.

Some people, out of the thousands I know, actually contact me on a regular basis. I consider them friends.

But some of those always stick with a strict business "script" when they call: "Hi I'm calling to check in to see how sales are doing, if you need more inventory, how things are going."

Others seem to have the gift of smalltalk. I don't know how they do it, but soon we're talking about my girlfriend, their dogs, about yoga, high school, Japan, and something that happened on the way to work today.

Now - **when an opportunity comes up to help someone** - (say, a Film/TV person I know calls up and asks "who's good in that standard rock genre?") - **guess who comes to mind first?**

The person who hasn't departed from the standard business call, or the person who went beyond?

Be a real person. Be a friend.

Don't always be selling yourself. You'll be like that annoying uncle who shows up at the family reunion to try to sell everyone on life insurance.

Have the confidence to know that being a cool person, being a friend, will sell you more than being a pushy salesperson.

Don't be afraid to ask for favors.

Some people LIKE doing favors.

It's like asking for directions in New York City. People's egos get stroked when they know the answer to something you're asking. They'll gladly answer to show off their knowledge.

One bold musician I know called me up one day and said, "I'm coming to New York in 2 months. Can you give me a list of all the important contacts you think I should meet?" What guts! But I laughed, and did a search in my database, emailing him a list of 40 people he should call, and mention my name.

Sometimes you need to find something specific: a video director for cheap, a PA system you can borrow for a month, a free rehearsal studio. Call up everyone you know and ask! This network of friends you are creating will have everything you want in life.

Some rare and lucky folks (perhaps on your "band mailing list") have time on their hands and would rather help you do something, than sit at home in front of the TV

another night. Need help doing flyers? Help getting equipment to a show? Go ahead and ask!

People do business with people they like. With their friends, whenever possible.

Don't be afraid to ask for favors.

Derek Siver is the President/Owner of CD Baby and Host Baby

Derek started selling his own CD in 1997, making his living by touring and doing sessions, and asked some fellow musicians if they'd like him to sell their CD, too. It was supposed to be a hobby. (Making music was his real career!)

For the first year, CD Baby was just Derek. He'd put the day's orders in his backpack and ride his bike down to the post office..

*But then **friends told friends, and now his little hobby has sold over \$15 MILLION in independent CDs** to people around the world and CD Baby is the largest retailer of independent music in the world.*

Current Numbers:

***86,552 artists** sell their CD at CD Baby.*

***1,390,773 CDs** sold online to customers.*

***\$13,348,115.16** paid to artists.*

www.cdbaby.com www.hostbaby.com

Tell Your Brain The Right Story: Manifesting through Metaphor

By Keith Livingston

The power of the mind is incredible. Everybody says that. But most people don't realize what part of the mind plays the biggest role in manifesting or how to communicate with that part of the mind. Your unconscious attitudes and beliefs will most likely determine your success in manifesting your goals.

You've probably heard stories about lottery winners who ended up broke. Did they decide to spend their money foolishly on purpose? No, their unconscious attitudes and beliefs brought them back to the level they thought they deserved.

So, how do you get a message through to that part of the mind?

One of the things I do is to teach people how to create shifts and problem solve through telling stories (metaphor). Through story telling we communicate with the part of the mind that really has the power to change us - or keep us in the same old rut. Through metaphor, you can open people up, trance them out, hold them in the palm of your hand and send precise, compelling messages straight to their unconscious mind.

Story telling or metaphor has a long history. Parables from the bible, Sufi stories, fairy tales, Native American storytelling, Norse sagas, Indian Puranas (stories of wisdom), children's fables, government propaganda - you name 'em, they have stories.

These aren't just random stories. They're often used to teach folks valuable moral principles and life lessons. And they're stories designed to have a specific effect on the listener.

These stories powerfully engage the conscious mind and the unconscious mind at the same time. Engaging the mind at both the levels allows you to transmit ultra-compelling communications deep into the mind to make them permanently powerful.

When I'm teaching classes on this subject I often tell this story about how my own internal stories help me or stop me from manifesting...

Many years ago I was reading an article about being a "money magnet." There was an exercise in the article where you imagined yourself surrounded with money, smelling it - even tasting it. When I tried the exercise, I immediately realized why I was poor. I was disgusted by the thought. My mind automatically went "money is filthy, you don't know where it's been, you don't want that stuff around you."

I had developed an attitude that money was full of germs and dirty. Now, when I was trying to make more of it, my unconscious was telling me no. It didn't want that unsanitary stuff around. I knew I would never be able to reach my financial goals while I had these internal metaphors about money.

You see, the unconscious mind is very simple in this one way. It automatically moves toward things it finds pleasant and away from things it finds unpleasant. It doesn't matter how much you learn, how many "experts" you go to, how many different ways you try to reach your goal - if you have a negative unconscious belief about achieving it, you won't get it.

As for me, no matter how many times I told myself about getting money, how many goals I would set, I couldn't do it. Why? Because deep down, I was telling myself that money was disgusting.

Now, I had a couple of different approaches I could take. One would be to try to convince myself that money was sanitary and pleasant. I decided instead to create a different metaphor about making money.

I began to imagine crisp, clean, new hundred dollar bills being sucked into my bank account. I could hear the sound of those bills zipping in. I saw stacks of them piling up. I saw myself opening up my monthly bank statement and feeling wonderful about the huge deposits there, growing every month. I imagined myself doing the things I enjoyed while all the while money was still being pulled into my account.

Now that was a story that appealed to me!

As is often the case with unconscious processes, I didn't think much about what I'd done for a few years. One day I realized how much this internal story had done for me. These days I run Internet based businesses related to hypnosis and NLP. When people buy things from me, the money goes straight into my bank account and the products are shipped out automatically. Meanwhile, I'm doing things I enjoy. I play basketball a couple of times a week with friends of mine, I spend time with my 3-year-old son, and I read about subjects that interest me. Sometimes, I just take a day off. When I do have "work" to do, it's usually something I enjoy like teaching hypnosis. While all this is happening, money is pouring into my bank account - without me even knowing about it until later!

Now I'm not telling you this to brag (OK, maybe a little). I'm telling you this so that you can explore your inner world and begin to develop internal belief systems that help you get what you want too.

Here's what you can do to manifest what you want...

- 1) Pick a goal.
- 2) Ask yourself some questions to find out what your beliefs are about your goal. Let me give you some examples here.

Let's suppose your goal is to find a loving, fulfilling relationship. What are your beliefs about the possibility of finding one. Do you believe it will be difficult to achieve? Do you believe "all the good ones are taken?" Pay attention to how you talk and think about the subject of loving, fulfilling relationships.

Maybe your goal is to lose weight. Do you find yourself saying "there are a lot of overweight people in my family so it's going to be tough" or "I don't deserve this" or "I'm going to have to eat food I hate for the rest of my life?"

- 3) Begin imagining your end goal. Pack every pleasant feeling in. If you would be proud, feel proud. If you would be more attractive and enjoy the attention, enjoy the attention. Be sure to include sounds, feelings and images. Make it as solid, vivid and powerful as possible. Step into that idea in your mind. Feel what it really feels like to achieve it.

If any of the old, negative beliefs come up, find a way to either include them in your metaphor or have your metaphor bypass them. In my money metaphor for instance, I bypassed the money being dirty by having it go straight to my bank account (instead of me handling it) and by having it be crisp, clean bills. If you find yourself thinking "I don't deserve this," imagine that you have done something that means you DO deserve it. You don't have to know what that something is! Just imagine that you've done something good.

You don't have to know how you've achieved your goal; you just have to step into already having achieved it.

4) Throughout your day, any time any of the old beliefs pop up, simply say "No, stop. I do not accept that." Then take a moment and run your new "end goal imagining" again.

After a few times, you'll find the new goal is the one that automatically occurs to you. You'll have lots of positives attached to achieving your goal and action toward that goal will be automatic and pleasant.

Now go get what you want!

Keith Livingston conducts hypnosis and NLP trainings all over the world. He is a Certified Hypnosis Instructor and Master Practitioner of NLP. Mr. Livingston is author of The Practical Guide to Metaphor and Advanced Metaphor, the Learn Hypnosis @ Home, Home Study Course, The Phobia Self-Help System and more. Find out more about Keith here...<http://www.advancingideas.com/>

Turning Failure into Success

By Beverly Bryant

In April 2002, I was in training to become a hypnotherapy instructor. As I taught my first module for the training seminar I was well prepared, did my research, and had handouts for everyone. Yet I still felt I failed in some way. You know, I could have said this, or I should have answered a question in another way. I even lost sleep over it. Thoughts were going through my mind like, “*What am I doing? I don’t qualify to be an instructor.*”

I was fortunate to have someone that believed in me though; even more than I believed in myself. In fact I was shocked to learn that he wanted me to be one of his instructors. He was my mentor and if he saw something in me then it must be there somewhere. You know who you are Kevin.

I realized I needed to figure out what the learning was for me. What do I need to change? What could I have done differently? Moving forward to correct it instead of dwelling on it. This was something that happened in me, not to me. I came to the realization that I am the only one that can make me feel like a failure. I needed to turn that thought around.

It is my belief that we are here to learn. How can I learn to be the best I can be if I never fail? And I want to be the best I can be! And I want you to be the best you can be too.

Making an effort to learn from your failures will help you to do more of what you need to do to succeed....and less of what you do to fail. By changing who you are and accepting that you may fail again you begin to realize that life will always be a constant learning experience.

See yourself as someone who failed not as a failure. It’s OK to fail, it ensures learning. Turning failure into knowledge and success is powerful.

Now when I have those nagging doubts that can be a virus of the mind, I make a conscious decision to learn from them. If I feel like I fail, I ask myself what I have learned from it. Sometimes it takes a few days or occasionally a few weeks to realize the power of that failure. But when I do, it always puts a smile on my face. I want you to feel that power and walk around with a smile on your face. Turning a negative into a positive changes your life. **BELIEVE IN YOURSELF TODAY.**

It doesn’t bother me as much anymore to fail because I know I am going to learn something more powerful than the failure. I actually have something to look forward to from it. Whoa, I hope I am not trying to fail now just to be more powerful. The power of the mind is astounding.

It also helps to have the people around you that believe in you and love you. Surround yourself with people that you want to be like; observe and learn from them by modeling their behaviors. Challenge yourself by seeking out those people that are doing those things that you wish you could do...and then do the same things that made them successful. Why try and reinvent the wheel?

I now teach at the college level, have been President and am currently Vice President of the local state chapter of the National Guild of Hypnotists; I give lectures and seminars in my community, and hold workshops. Believe in yourself and you can do it too.

By seeing the seed of failure in every success, we remain humble. By seeing the seed of success in every failure we remain hopeful.----Mel Ziegler, Founder of Banana Republic

Beverly Bryant, owner of Silver Lining Hypnotherapy in Everett WA, has been a registered Hypnotherapist since 1997. She is an Advanced Clinical Hypnotherapist, specializing in Depression, Bruxism (night grinding), and Weight Management. Beverly is a Certified Instructor for the Minnesota Institute of Hypnosis and Hypnotherapy and teaches Weight Loss and Past Life Regression at Everett College. Look for Bev's new CD, Relief from Bruxism. Her website is www.bevbryant.com