

## Your Wish is Your Command

How to manifest your desires, and make whatever you desire happen with incredible speed

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“You don’t know what you don’t know.”

- **Who do you listen to?:** Listen to people who have what YOU want – people who have the results to prove that what they say is true; passed the test of time; that have the physical evidence that it works.
- You cannot read books from people who have not achieved real success because much of the information is theory, conjecture, and plain wrong – just look at their own life....they haven’t achieved what they’re teaching. The only money they’ve made is from selling books on how to get rich.
- You cannot read the books the super wealthy write because they do not want you to know the true secrets because they do not want competition. They have a basic belief that this information should not be shared with the public. Instead, what they will categorically do is give you wrong information on purpose so that you achieve a little bit of success, but not that much success.
- Leaders are ALWAYS readers
- **What is your teachability index?:** 2 variables: What is your willingness to learn (Are you teachable)? What is your willingness to accept change? You have to be high in both of those concepts. What are you willing to give up? Are you willing to give up your favorite thing to learn? Are you willing to do something different to get what you want?
- You must be teachable / coachable – always ask yourself “How teachable am I?”
- I’m going to believe what you are saying must be true, but I’m going to ask questions until I understand why it’s true
- I don’t know what I don’t know.
- If you want things in your life to change, you’re going to have to change things in your life

Secret Societies were put together where the elite class could meet with one another, share their secrets, and keep those secrets (first) among their families and (second) among their peers – people within their “genetic pool.” The elite believed that this secret knowledge should be kept amongst themselves and that access to this information was gene related.

Information is shared:

- Lectures / workshop / seminars
- Reading
- 1:1, one member to another member
- Mentor (Apprenticeship)

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- Baroque classical music lowers resting heart rate, reduces blood pressure, and synchronizes left/right brain hemispheres, putting you in alpha state, which is the ideal state for learning new information (because it will be synchronized into both hemispheres of the brain).
- Constantly consider your teachability index

How do you know if you have a high teachability index? The answer is simple....what are you willing to give up? Are you willing to set aside your favorite hobbies to learn this material? What’s your favorite TV show – are you willing not to watch it for a year? What’s your favorite thing – are you willing to give it up? That will tell you what your teachability index is.

Your goal should always be the first thing in front of you, the next step. Everyone's first objective is different. First start with aiming for a 100% teachability index.

Things are basically taught & received in stages and at levels: a little bit of workshop/lecture, thru books, being an apprentice and having a mentor, and through 1:1 communication. The key is that the person who is mentoring us, they can see where we're at. They are not going to teach you more than what you are willing to accept and learn. They teach you based on your teachability index (a simple knowledge so that you'll learn it).

Teachability index increases as a person achieves more and more success. Their belief and confidence makes them want to learn more and accept change more. Also, by seeing/experiencing first hand people who have what you want, your desire for what they have goes up...and so does your willingness to learn.

You must focus on teachability index every day, otherwise knowledge will go thru one ear and out the other.

Key: Try to listen to these CDs in 20 minute intervals.

### **Training – Balance Scale**

There are two sides to getting what you want

Side One: Thinking, thoughts, desires, dreams, goals, attitude, mental processes, objectives, motivation

- Deals with thoughts; what goes on inside your mind; how you think; vibration; intention; energy
- Also deals with how you feel; your emotions
- The WHY

Side Two: Actions, physical movements, what you do, techniques, strategies, action steps, plans, activities

- Physical actions that you do; acting out
- The HOW

The reason this is called the Training-Balance Scale is that when you're learning information, the theory is that there should be a balance between [motivation/attitude/goals/dreams/wants/desires/the why] and the actual [techniques/skills/methods/procedures/the how] that are used to manifest your desires. You need to understand both sides of the training-balance scale. But the theory that you need to apply both sides equally is a myth perpetuated by the elite class. That is why they want you to stay at the levels you are at, but they want you to believe you have opportunity.

97% of Americans die with less than \$1000 in their bank accounts at the time of their debt. They spend all of their lives making others rich.

The truth is that the thought part of the training-balance scale makes up 99 – 100% of the process. Thinking or the thoughts are ultimately more important than the techniques or the skills when it comes to making your desires happen.

- When you're attitude is right, the facts don't count. Because what you think are facts aren't really facts anyway – they're mostly just people's opinions.

Understand the why and on the techniques, but you have to focus all of your attention on the thoughts. Work on the thought process and don't worry about the how. Your thinking, thoughts, dreams, and how you feel is 99% important in making success work. Most people fail because they focus on the how. When your thoughts are correct and your thinking is right, the how doesn't matter.

- **Four steps to getting to unconscious competence: Steps you go through when learning information:** Areas of the brain, mind, thought process, & learning process. Objective is to get to ‘unconscious competence.’
  - Unconscious Incompetence – you don’t know that you don’t know
  - Conscious Incompetence – you know that you don’t know
  - Conscious Competence – You know that you know
  - Unconscious Competence – You know and it happens automatically. Your brain is on autopilot; you just know it & things begin to work. Your objective is to get to unconscious competence.
    - Repetition at the conscious competence level – by doing something over & over; you are creating neuropathways in the brain. These are biological connections between cells (dendrites) that connect and actually grow in size. Neuropathways are energy patterns that develop in the brain.
    - By observing someone else do something (advantage of having a mentor). This is the reason why associating with people who have what you want. Become an apprentice to someone who is brilliant in their field/profession. Success breeds success – it rubs off. Observing and associating with people who are unconsciously competent – you observe & pattern yourself after them. This creates neuropathways in the brain as well.

The goal is for you to become unconsciously competent and for things to begin to work. “Work” means that you begin to manifest your desires in record speed, and have it happen easy and effortlessly, as if by magic.

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Apprenticeship & beginning the learning process:

- 4 foundational blocks (above) – (WDYLT? / TI / TB Scale / 4 steps for learning information)
- Observation via occasion seminar or workshop
- One-on-one – in person or on the phone
- Books – read biographies/autobiographies of the people you want to model yourself after (main focus). While reading the books, observe by activating your imagination.

To get to unconscious competence, you can:

- Do something over and over again at the conscious competence level (just like tying a shoelace), thus creating neuropathways in the brain;
- The second method is by observing someone else do it. This is the major benefit of associating with people who have what you want. Not only obtaining knowledge, but seeing (witness them, watch them, observe them, mimicking them and modeling your behavior) people apply the knowledge and learning from that. Success breeds success.

The reasons people fail:

They are listening to the wrong people

They have a low teachability index – they refuse to give up things to become obsessed with learning

They spend too much time on the how/technique/skill, thinking that’s the key (excuse-itis)

They don’t spend enough time at the conscious competence level so that they can get to unconscious competence level

Whatever your heart desires in life, you can call it forth and have it manifest. Give the command and it will come forth with amazing speed.

- I am not afraid of the 10,000 strikes you know that you've practiced once; I am definitely afraid of the one strike you know that you've practiced 10,000 times. MASTER THE BASICS! [Key Principle]
- Shaolin Master & Chi energy was used to blow out the candle...
- The SECRET is that most people think there are all these secrets, therefore they can't be successful because they don't know all the secrets. The Biggest Secret of these societies is that there are only a few basic concepts – but the key is mastering them to a level where nobody can imagine.
- You've got to keep saying, 'Teach me more about Who do you listen to,' 'Teach me more about Teachability Index,' 'Teach me more about Training-Balance scale,' 'Teach me more about the 4 Steps to Learning.'
- Do very little talking – ask lots of questions and listen/observe intently.
- You know when you've mastered the basics & you can stop learning about them when you want to learn just a little more , and you love the idea of learning & being educated on the basics – you don't have to learn anymore.
- Always be prepared to answer the question: "What did you observe?"

Focus on the fundamentals – these fundamentals get you primed and ready to learn

- Who do you listen to – listen to people who have what you want, who have the physical evidence that it works
- Teachability Index – there are 2 variables: what is your willingness to learn, what is your willingness to accept change. You have to be high in both of those concepts. How do you know? What are you willing to give up? Are you willing to accept change? Are you teachable?
- Training-balance scale – the thoughts, the thinking; and then the how, the action steps. The thoughts are the most important of the two.
- 4 steps leading to unconscious competence – 2 ways to get to unconscious competence: by doing something over and over again at the conscious competence level, developing neuropathways, patterns and habits; secondly, by observing others (experts), mimicking them, and modeling yourself after them....and you're seeing first hand exactly how it works.

Kevin's 101 focuses on books that reinforce one of these 4 fundamentals, where the books have emphasis on one of the 4 characteristics, though every book covers all of them (with emphasis of 1 over another).

To get to the top of any organization, you're going to have to have information, knowledge and experience that everybody else doesn't have.

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- As an apprentice, you are constantly learning until the day you die. Once you have truly mastered the information, you can begin to teach others.
- The Strangest Secret by Earl Nightingale
  - "You become what you think about most of the time."
- Law of Success by Napoleon Hill

If you want things in your life to change, you're gonna have to change things in your life.

Thomas Edison and Albert Einstein concurred that every cell in the human body emits a different frequency. Everything on planet Earth is made up of energy and emits a different frequency. Frequency is also called a vibration; it is also called energy. Your DNA at the lowest level emits a frequency. Frequencies are what radio waves are, and pass through all known matter.

The human brain is both a transmitter and a receiver of frequency. Edison said the human brain emits frequencies, which when focused, are picked up by other human brains (instantaneously) and pass through the ether to affect other physical matter (with the same amount of energy).

Secret: you have in your head the most powerful transmitter and receiver of frequency/vibration/energy on the planet – the most powerful and fastest known.

Law of Attraction: whatever frequency you emit, that exact same frequency is drawn to you via a magnetic pull. It will defy any physical law. This is why the training-balance scale is so important. The 'how' doesn't matter because you are using the law of attraction. When you use your thoughts in the law of attraction, the how becomes irrelevant.

The genie is your brain, it's YOU....hence, "Your Wish is Your Command." When you emit a frequency, by a magnetic pull the law of attraction says it must come back to you. And this is a senior law to the law of gravity.

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### **Brain Frequencies**

- Everything on earth, including people, is made of atoms. Atoms are made up of electrons & protons. Electrons & protons are made up of energy / vibration. The combinations/ratios of atoms are different for different objects, therefore the vibrational frequencies of everything you see is different. The only thing that makes everything look different (different colors, sizes, etc.) is because there are virtually unlimited number of potential combinations of frequencies. So everything you see is energy ,vibrating at different frequencies.
- Your brain transmits and receives frequencies/vibrations.
- You have the ability to use your brain to create any frequency you want, and transmit it. You also have the ability to transmit that frequency softly (with little power) or blast it (with large amounts of power).
- The frequency level your brain puts out is so much more powerful than frequencies emitted by satellites, cell phone towers, and radio transmitters (because they can only travel in a straight line, though are instantaneous and able to travel through brick & mortar). Brain waves go in all directions and transmits instantaneously all over the globe. It puts out the same power one foot in front of you, as well as 3000 miles across the globe.
- When you put out a frequency, it affects physical matter.

China, for example, the rulers controlled Opium, the drug, and made sure that the majority of Chinese workers were taking opium on a daily, regular basis. That drug keeps the vibrational frequency very low, and made sure desires don't spring up...and therefore these people would be docile, and never want to do anything substantial in their life. Therefore the rulers remain the rulers, and the workers remain the workers.

### **Recap**

1. Everything on earth is energy, vibrating at a different frequency
2. Our brain transmits and receives energy, and it can transmit that energy at different vibrational frequencies, at any frequency we want with as much or as little power as we want. It permeates all time and space so that its picked up instantaneous, all over the globe, with the same intensity, and affects everything on the planet at the same time.
3. When our brain transmits vibrational frequencies ,its picked up by other brains, and it affects physical matter in the universe

## Law of Attraction

Law of attraction is a senior law to the laws of the physical universe

Like attracts like; vibrations that are similar always attract....hence, the law of attraction

The closer the vibrational match, the stronger the magnetic pull.

Unlike a flower that puts out one vibration, you and I have the ability to use our minds to transmit whatever frequency we choose. And whatever frequency we transmit with our brain will be attracted to us. Two elements/factors of transmitting frequencies....in other words, whether "it" comes in or not, or the speed at which what you want comes in is dependent upon: (1) What is the intensity or power of your transmissional frequency? and (2) How often are you transmitting that frequency?

- We have the ability to use our brain to transmit whatever frequency we choose. And whatever frequency we transmit with our brain will be attracted to us. The keys to attracting things into your life like a magnet are:
  - o Transmit the frequency of what you want with intensity and power (What is the intensity or power of your frequency and with how much power are you transmitting?)
  - o Must be transmitted almost constantly (How often are you transmitting that frequency?)
- The more power and the higher the intensity of that transmission of the frequency that you want, and the longer it is being transmitted/the more consistently it is being transmitted (24/7, day after day), will determine the speed in which that which you are asking for will come into existence.

When you transmit a frequency, this is your command....your wish is your command.

- When you wish for something, find out the frequency for that which you wish and then command it to come. The command is transmitted it with your brain, increase the intensity and the power as high as you can, and keep that transmission going for as long as possible – constantly – and that will determine how fast it will come in.
- When you are thinking about something, you are transmitting a frequency; when you are thinking about what you want, you are transmitting a frequency; and when you think about it a lot, then it will come in. You become what you think about most of the time (Earl Nightingale). This is the basis for making money.

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When we put out a frequency, if we increase the power and intensity, and increase the duration which that frequency is being broadcasted, then a matching frequency will come to us like a magnet, as fast as you can imagine. Because when we put out a frequency with our brain, with power and intensity, over a long duration, then everything on the planet and in the universe is working together to match that frequency and bring it to you fast. With practice when you get to unconscious competence, it will happen faster and faster....it will come rushing toward you.

- What you want, wants you. You only have to activate it, and it will come via a magnetic pull.
- **Decide clearly what you want, i.e. your dream; develop a burning desire for its achievement**
- Goal should be to feel good right now, be outrageously happy...and keep feeling better
- Earl nightingale said you get what you think about most of the time
- If you think about "silver Mercedes, silver Mercedes, silver Mercedes," your brain is now transmitting a frequency of the black Mercedes. According to Napoleon Hill, after you define your dream, develop a burning desire for its achievement – which can be defined as high intensity/high power broadcasting of the frequency....and if you have a burning desire, you're going to be thinking about it all the time.

The law of attraction will bring into your life events and circumstances for you to create what you want. It will affect virtually hundreds of thousands of different variables, and start shifting things around (that you're not even aware of or thinking about) to create a situation where a silver Mercedes will be in your life.

- Key is you have to have a burning desire, and that will mean the intensity of the transmission coming out of your brain will be very high and the power will be very high. A high desire will mean a long duration of transmission.
- When your attitude is right the facts don't count. You don't have to know the HOW. The law of attraction will take over.
- The block comes in when you don't believe you'll get it. If you don't believe, the intensity and power of the transmission won't be very strong; and the duration won't be very long. When you don't believe you'll get it, you are also putting out a counteractive transmission, telling the silver Mercedes to stay away.
- Use your feelings as your guide/ gauge/ scope/ to see if you are lining up/ to find out if you are in the sweet spot...
- You need to define what you want, but it has to be something you believe in, 100% belief you'll get it
- Write a list of all the things you want....if money wasn't an object and you knew you couldn't fail
- When you are starting out the process you can't focus on the things that are a "1", because you don't believe you can achieve them.
- **SWEET SPOT: the dream that you want that will come to you the fastest is a dream or goal that is in the sweet spot. The sweet spot is something you want which you really, really want – which has high excitement, desire, gets the juices going, gets you really motivated, lights your fire – and at the same time, you absolutely believe that you can get it.**

Something you have a burning desire for + a high belief = sweet spot. Once you start seeing magic happen, you'll know that this is possible and that this works. The belief levels begins to go up.

- Sweet spot is essentially a goal that you know you would feel so good when you get it – and you believe you can get it; you feel good just THINKING about it. You need massive desire.
- When you get to unconscious competence, the HOW becomes irrelevant.
- Success builds confidence; so in the beginning, you have to get some successes.
- #8, #9, and #10 level of belief are in the sweet spot. As you achieve success, your level of belief for your other dreams will go up.
- If you close your eyes and imagine your goal, and you feel better, then you are in the sweet spot.
- Ask and you shall receive; you get not because you ask not.

### **Recap: Steps to Fulfilling Your Goals**

1. Define what you want: specific, general, or I just want to feel good
  - a. Take a piece of paper (not a PC) and write down any & everything you want – call it your Dream book
  - b. Anytime you find something you'd like to do, write it down. Every now and again scan down these goals, dreams, & desires & reevaluate your belief level.
2. Develop a burning desire for it (a real strong want – high intensity & high amounts of power, which will create a strong magnetic attraction that will make it come much faster)
3. Transmit that frequency over a specific duration of time. Remember, you become/you get what you want most of the time. Think about it, feel good, believe you will receive. Do this as often as possible for as long as possible. If you are driving in the car, you should be thinking about it and beaming out that energy. Likewise, brushing your teeth, in the shower, cooking, etc. And don't worry about the time – the timing will be perfect.

- a. Match up those that are in the sweet spot (belief level of 8, 9, or 10)
4. Focus on what you want, believing that you will receive it – don't doubt.

With eyes open or closed, picture what you want in full color, listen to the sights, the sounds, the smells.... think about the emotions you'll have if you got this....add yourself into the picture, see yourself in the picture with the thing that you want. See yourself really happy – what emotions do you have? Now imagine you already have this (if it's a car, imagine you are driving the car and what you are feeling while you're driving the car).

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- Better if you are not specific on goal
- Be general – i.e., “I want a great, luxury car”
- Best way is to not have any specific thing that you want, but that you let the Universe give you what will give you the best feeling
- You don't know what you don't know; goal is to feel amazingly good
- “(\_\_\_\_) seems to be terrific, but I want (\_\_\_\_) that will allow me to experience great happiness.”
- “I want a home that makes me feel so safe and secure, that gives me the freedom to pursue my hobbies, with a backyard and a place my kids can enjoy.”
- “I want to pay off my debt. I don't know when...but whenever the right time is, my debt is going to be all paid off. I don't know how
- It's going to happen...the how is off my radar screen...but I know that it will. The how is going to present itself and I don't have to worry about when it comes.”
- The Universe delivers it with perfect timing when you are ready. And when are you ready? When you no longer have any doubt.

Because if you have doubt when it comes in, it means you weren't ready to receive it.

- Sweet spot indications come when you are imagining what you want and you have a such a burning desire to have it manifest, that *you actually believe that you've already got it*, and are excited.
- Your emotions will tell you when you are lined up (your gut feeling)
- “I know something wonderful is going to be presented in my life” – look forward to the wonderful Christmas present that will show up today!
- Enjoy this game called life on earth.
- How to develop a strong burning desire
  - o Reduce doubt that you'll get it (increase belief). Doubt or belief is you looking at the radar screen and only believing what's on your radar screen. Just know that when you want something, there won't be a way.
- Focus on one thing every day – “How am I feeling?” “Good things always happen to me.” “Everything will work out just fine.” “I'm always so blessed.” “I'm going for it....watch my stuff baby.” “I don't know how....my radar screen says it's impossible. I have no idea how this is going to work out, but I know it'll work out just fine.” “Everything will turn around....I have no idea how, I just know that it will.”

Success is a decision away. Take 100% responsibility for everything in your life. Because everything in your life, you've created it....and if you've created it, you can change it, just as fast or faster. Mysticism: blaming outside situations on your circumstances.

How do develop a strong, burning desire for something: reduce doubt that you'll get it. If you increase belief (which is reducing doubt that you'll get it), burning desire goes up. Doubt is you looking at the other side of the training-balance scale, looking at the 'how'....its you looking only at your radar screen. The key is knowing

that 99.9% of the stuff is outside of your radar screen, so you can't see it. The key is knowing that there won't be a way, that there's nothing that can justify me believing I can get this.

Focus on one thing everyday, every minute of the day: **How am I feeling?** Anytime you are feeling bad to any degree, (a) you are thinking about what you don't want or (b) you may be thinking about what you want, but you doubt you'll get it. Focus on feeling good now.

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- Monitor your thoughts everyday. If you feel good, your objective is to feel better.

### **Eat Good Food**

- Grains, oatmeal (organic)
- Fresh fruits & vegetables (organic)
- Meats: beef, chicken, lamb, veal (organic preferable)
- No processed foods
- No fast foods
- No high fructose corn syrup
- No artificial sweeteners (blocks the brain's ability to transmit vibrations)
- Whole food supplements (contain concentrated food sources)
  - o Qnlabs.com

### **Remove Toxins**

- Heavy metals
- Pesticides/herbicides
- Water – chlorine, fluoride
- Prescription drugs, aspirin, cold medicine
- Cleansings (drshultz.com, naturalcures.com) – increase your ability to transmit vibrations
  - o Colon cleanse
  - o Heavy metal cleanse
  - o Liver-gallbladder cleanse
  - o Kidney cleanse
  - o Parasite cleanse
  - o Fat cell cleanse
  - o Candida cleanse
- Fasting
- Neutralizing electromagnetic frequencies (radio waves, microwaves, wireless devices, cell phone)
  - o Electromagnetic chaos eliminators (EMFs)
    - Qlink
    - Ependant (ewater.com)
    - Biopro
    - Bioshield

### **Exercise** (you always feel better when you exercise)

- Take walks (sun is vital to making you feel better) & look at things far away
  - Is said to cure depression better than any kind of drug
- Riding a horse
- Rebounding – mini trampoline
- Vibration plate (hypergravity.com)
  - o Vibrates every cell in the body & releases endorphins)

- Inversion table
  - o Makes you feel better

### **Miscellaneous**

- Read at least 1 page a day
- Listening to CDs (gets you to focus & think the right thoughts)
- Playing your favorite song or singing can change the way you feel dramatically
- Hug someone to feel better (shaking hands also good)
- Laughing helps to change your vibration
- Smiling
- Get a massage
- Take a sauna or wet steam
- Get a pet or play with your pet
- Paint / Arts or Crafts / Pottery
- Dance
- Golf
- Go to the movies
- Take a vacation
- Play a musical instrument (can be very healing)
- Plant a garden (planting living things is powerful)
- Thought – feel therapy (Dr. Roger Callahan / Dr. Gary Craig) – absolute must
  - o One of the most powerful & fastest techniques on changing the way you feel
  - o Involves acupressure techniques

### **Dreambuilding**

- Looking at things that you could potentially want – expanding your mind of possibilities. So looking at opulent things – things you could want – will put into your mind these images & pictures, which will slowly start turning these things around.
  - o Rob report, Dupont magazine, etc. (opulent things).
  - o Looking at videos, travel magazines, Lifestyles of the Rich & Famous, etc.
- Window shopping, drive by luxury homes, go to car dealerships and look at cars, go by restaurants (the closer you can get to the item physically will become the most powerful since there is tactile contact)
- Physically try to imagine how you're going to feel when you are living in that house, driving that car, wearing that watch or fur....the closer you can get to it – the more you can get the anticipation, the better you feel and the more these things will come into your life
- Do this every week, however you should be doing some sort of dreambuilding every day!

### **Appreciation**

- Every morning, ask yourself "What am I thankful for?"

### **Making the Vision Plain**

- Writing things down by hand is extremely beneficial

Dream book: get a three-ring spiral binder, with pages you can put in and take out. Write things down when you have an idea or have things that you want in your life, no matter how crazy it sounds. Write dreams at the top and begin to write: learn to speak German, learn to cook a soufflé, get out of debt, a Ferrari, yacht, travel to Vienna and have coffee there, a luxury jet, lose 30 pounds, drink Crystal champagne, have a private jet, better relationship with kids, etc. Have this book with you always because it forces you to think of things you want and write them down. Then every once in a while, rewrite it, clean it up (some dreams may be obsolete).

- Create a dream board (check) – process of creating with your hands forces you to think about the things that you want...you get what you think about most of the time.
  - o If you feel good while you are doing it or thinking about, it means that you believe it will happen. If you don't feel good, it means you don't believe. Focus on the sweet spot.
  - o Add yourself into the picture
  - o Put up on visor in car
  - o Have laminated card in jacket pocket
  - o Put on keychain
  - o Up on bathroom mirror
  - o Put up on ceiling of bedroom to reminding you to think about it
  - o Go through dream book a couple time a day

Think about what you want, and feel good about it when you think of it (i.e., while you're making your dream board). That means you believe it will happen. Look at what you want as often as possible.

If you find that you feel horrible, either do the Callahan technique to feel better, or the appreciation technique, thinking about all the things you are grateful for.

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If you are doing this effectively you are not surprised at the results – you expect it, so its no surprise. You've actually experienced it in your mind first, so when it happens it's no surprise.

- Throughout the day, always be working on your emotions and on feeling good. It will bring your positive energy up and make the procedure easier to apply.
- Focus on what you want, and not on what you don't want. Also anticipate that you've already received it. You'll know you've done the procedure correctly if you're excited and you feel really good.
- Concentrating on the thinking part of the technique, it will make you want to do things. Actions become a joy and a pleasure. But if you are doing actions to try to MAKE it happen, and you start feeling frustrated, you're working in futility; your actions should bring incredible joy & exhilaration – but the thought process is first.
- Feeling good makes it all work – the actions are not that significant
- **Use your words wisely and say things in a way that will help focus your thoughts. They show you what you're thinking, but they also help to focus & direct your thoughts. Start developing speech patterns that will start developing neuropathways....leading to more likeminded positive vibrations that will make things work a lot better and faster.**
- "I expect miracles and I get miracles;" "this will ultimately work out to my benefit;" "I am so blessed."
- "This appears to be negative, but everything will work out fine in the end; all is well."
- The Universe is doing everything at perfect speed for you.
- If you transmit hate or anger toward someone else, it opens the doorway for hate and anger to enter your life; therefore transmit love toward others (wow, straight from the bible)
- Worry is negative goal setting
- Words are irrelevant; it's the vibration attached to the words that's important. Use words so that when you are saying them, it makes you feel good. Because everyone has different speech patterns and use different words to convey their thoughts.
- Write things down (goals, wishes, dreams, etc)– magical things happen when you physically put things onto paper and put a thought into words; your brain will put out a vibration much stronger, with much more intensity, with much more clarity when you take your desire and you write down what you want – when you take your desire and write out what you want – through the kinetics when you're writing –

you feel better – you remember the information better – you focus on the information better – you get more clarity – neuropathways are growing.

- Always have lots of paper – white paper with BLUE ink
- You predict the future because you're creating the future

#### Disc 10/12

- Having, being, or doing anything in your life, 99% of it is about your thoughts – using your brain to put out a vibration, and by the law of attraction, the Universe will give you circumstances, situations, events, and people to create that and bring into your life that which you are vibrating. But it will give you events, situations, and people that will match the feeling which you are vibrating.

#### Making Money

1. First rule is that you must want money
2. Come up with a dollar amount that you can focus on initially, that you can feel good about – it must be in the sweet spot (\$10,000 per month to start) with no time limit attached.
3. You must have a chief aim – a primary, focused goal when it comes to money
  - a. You can't live a balanced life; you must become focused on a chief aim most of the time (since you become what you think about most of the time). Therefore you must have a chief aim.
  - b. You must become *obsessed* with what you want – because that's the only way you can focus your broadcasting vibration & continually clarify it with power & intensity, and have the duration long enough to create it in your life. If you are putting equal amounts of effort & thought across 20 different things, all of those things will come into your life in varying degrees. But focus achieves it with record speed.
  - c. Talk about it, live it, taste it, anticipate it as if it is already yours. If you really want something, you have to think about it all the time. The actual process of creating dreamboard objects keeps you focused on it and gets you excited, allowing you to broadcast from your brain.

This is why the dreambuilding, dream boards and the dream book is essential – it reminds you to think about your chief aim all the time.

- The Universe will present to you circumstances, events, and situations – but it will be up to you to go with your feeling and do something.
- Think about exactly what you want ALL OF THE TIME!!
- Real money is going to come from a business of your own or your own company.

#### **7 Secrets of the Super Rich – US News Special Report**

1. Perseverance beats Education. It doesn't take superhuman intelligence to become super rich. Perseverance is basically being obsessed with what you want, believing you're going to get it, and not giving up. In other words, get a chief aim and focus on what you want most of the time.
2. Make your own luck. The Universe gives it to you when you focus on what you want, believe you're going to get it, you have complete anticipation, and you're focusing on it all the time. The Universe then gives you all "lucky" situations and circumstances in your life.
3. Gamble wisely. These people follow their feelings. They do things based on how it makes them feel. If they're feeling great about it, it always works. To somebody else it looks like a gamble, but they don't know how you feel.
4. Know you're market intimately. They associate with people and situation that revolve around what their particular market is...they know their business intimately. They develop a sense or knowingness about their market. They are thus able to follow their feelings.

5. Focus obsessively and work, work, work. Have a chief aim, put the blinders on, and think about what you want to happen all the time. The effort you put in will be so much pleasure, you'll want to do it all the time.
6. Timing is Everything
7. It's not just about the money. It's about the feeling. They're really working on how they feel: as a creator, someone who adds value to society, a sense of accomplishment, etc.

There is a limit to the amount of time and effort you can do each day, which means when you are earning money based on your own efforts, your money is limited to a degree. What some people do is to duplicate their efforts (by hiring additional people).

The other way of making money is to have money working for you (instead of you working for money). This is basic investing – when you have money and put it into a business, and without your efforts that money begins to grow. When you have money in some type of investment vehicle, and each month that money gives you more money. That is how super wealth is created.

#### Concrete Steps

- Reduce your debt (debt is money that is borrowed on depreciated assets)
- Start saving 10% of everything you make, and invest in a savings account or interest bearing account
- Form a corporation to reduce taxes (in any country in the world)
  - o Corporations provide you with access to credit that are available to individuals – sometimes lines of credit up to \$1,000,000
  - o Legalzoom.com
- Shop around for insurance premiums
- Use corporations for credit lines and OPM

#### Character Traits

- Develop a pleasing personality – take the Dale Carnegie course
  - o You'll attract better people into your life
  - o Things will be easier in business
  - o You'll get more accomplished with a pleasing personality
- Work on your communication skills, your sales skills, and persuasive skills / techniques
  - o Learn how to ask questions and listen. When you are meeting people, talk less and listen more
  - o When asking questions, use the '6 Honest Serving Men': What, When, & Where – Who, How, & Why
- Manage your priorities – Priority Management (not time management)
  - o Company called 'Priority Management' – Use paper-based system
- Read books everyday – When you are reading books, its causing you to focus positively on what you want and allows you to blast out positive vibrations
- Listen to CDs everyday
- Attend various live events or seminars – it releases the power of the Mastermind
- Associate with people who have what you want – listen to them and observe them
  - o 5 years from now your income is going to be the average of your five best friends

#### Disc 11/12

- Focus on what you want and feel good about it with anticipation as if you've already received it – (start jumping up and down with happiness) you are broadcasting, transmitting a frequency with power and intensity. If you broadcast that frequency with consistency, it will attract like-minded thoughts that give you like-minded feelings, and it will attract into your life exactly what you are transmitting

(circumstance, events, situations, experiences, and people that match that vibrational frequency).

When you attach an emotion to it, you start attracting other experiences and events that match that emotional frequency.

- When you feel really, really good, your body & posture changes. Your body is moving and flowing with power and confidence. So if you are down or negative, change your physiology so that your emotions change.

When you focus on what you want, you should feel better. Ultimately, you want to be at “Oh, I’m absolutely getting this...its not even a question.”

The Callahan Technique blows out/changes old neuropathways.

Focus (obsession): a chief aim – you get what you think about most of the time, therefore its to your major advantage to have focus on one major thing as your chief aim so that most of the time you are focusing on that as your chief aim so that most of the day, most of the time you are focusing on that in an obsessive way. You are thinking about it all the time as if it is absolutely, positively, 100% is already yours...and when you do that you will feel amazing. If you’re thinking about it and you are feeling bad, it means your shift is on the lack of it or doubt and disbelief has crept in (which means it’s not going to come in)...so you have to shift back to feeling really, really good.

If you are doing something and it is perfectly in line with your thoughts, you will be having so much fun doing the activity – you will feel great....that is how you know you are doing that which you are supposed to be doing. If it’s no longer fun and it becomes drudgery, you should consider quitting and look for something else that can give you pleasure.

Having a chief aim in which you have a burning desire for its achievement will keep you motivated everyday. You are the happiest (and motivated) when you are in the process of achieving your goal.

If you don’t know what you want (or it isn’t clearly defined), you can’t put out a vibration for something that doesn’t exist. If you have to think about it, you haven’t clearly defined your dream. “I want enough money to give me a sense of complete security for the rest of my life, no matter what happens....I will always be able to take care of myself, feed myself, clothe myself, and have a roof over my head. When I think about that it makes me feel fantastic.”

First test: Do you know what you want? You should be able to describe it. And when you think about it you should feel amazing.

Disc 12/12

Action Steps

- Listen to these CDs OVER AND OVER AGAIN! (suggested order)
- Read a page a day from good books – and read them over and over again
  - o The Magic of Thinking Big
  - o See You at the Top
  - o Ask and It is Given by Jerry & Esther Hicks (99%)
  - o The Secret
  - o Psycho Cybernetics
  - o The Law of Success by Napoleon Hill
  - o Think & Grow Rich
  - o The Magic of Believing

- How to Win Friends & Influence People
  - The Go Getter
  - The Power of Positive Thinking
  - The Game of Work
  - Rich Dad Poor Dad
  - Hung by the Tongue
  - The Tongue: A Creative Force
  - What You Say Is What You Get
- Christian (optional) {
- CD Series
    - The Master of Passive Income (including 500 page manual on JV, course on creative thinking, 800 pages on real work case studies to model, 2000 pages of resources and material)
    - Power Partnering Super Summit (no cash methods to increase income & create wealth thru JV)

For those who will want to know everything about everything at the highest levels...5,10 to 20 yrs from now those people will be at such a level of mastery that they will be walking through life like a magician, a wizard, a Jedi Knight...it's not for everyone, but it's available.

#### Disc 13 (Extra)

When you get to Conscious Incompetence, that's when the teachability index goes up and you're ready to learn what you don't know.

The big advantage of secret societies are (1) learning the information and (2) the people you meet.

Everything that happens to you or in your life, that's just an indicator of what you're vibrating.