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# The “Rapid Manifestation” Training Course

How to Get Everything Your Want Fast!

By Song Chengxiang

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**About the author:**

**Song ChengXiang** is the editor "The Ultimate Success Secrets" Newsletter, and the author of "Rapid Manifestation" online course. Sign up "The Ultimate Success Secrets" Newsletter and get fresh, original, new articles every week with various methods and techniques you can use to rapidly attract any desires you have, and keep up to date on hot new self improvement e-books and programs. For the serious only.

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## **Introduction**

Hi this is Song Chengxiang. Welcome to this life changing course, in which you are going to discover the hidden secrets of material manifestation.

Unlike other self improvement programs, this course does not emphasize on the techniques (although you are going to learn some effective ones), this course emphasizes on knowing. It is my intention to bring you to a higher level of awareness, so that you not only understand, but also know the “secrets”. Knowing is from somewhere deep inside you, it is from your true self. It is the power of knowing that bring everything you want into your life.

The material covered in this course is based on the unbreakable laws of the universe. It works without fail, just like the law of gravity will never fail. As long as you understand these laws, and work along with them, you will never have to worry about success.

The author would like to thank Dr Robert Anthony for his remarkable teaching in “Know How to Be Rich” audio program. I highly recommend anyone who wants to master the science of material manifestation and deliberate creation to check out his revolutionary program.

Check out here == >

<http://theultimatesecrets.com/robert.html>

**Here is the chance to separate you from the ordinary,  
and really begin to enjoy the joy of manifestation.**

**STOP!** Before you move on, PRINT this manual out. I assure you that you'll receive much more benefit from STUDYING over the information, rather than simply browsing through it on your computer screen.

Before you even begin reading ... PRINT the manual out on paper. Then, grab an ink pen and STUDY it. Circle or underline things of importance to you. Scribble ideas and notes in the margins. Write out action steps.

This information is just information unless you use it.  
I encourage you to print it out before you read it.

## Lesson One: Principle of Attraction

We have heard about the law of attraction many times, but we never truly understand it. In order to give it a scientific explanation, we have to have some basic knowledge of Quantum Physics.

**Quantum Physics** is the study of the building block of the universe. Quantum Physics has proven that everything in this universe is made up of atoms, and atoms are made up of sub-atomic particles sometimes called quanta. These sub-atomic particles are nothing but concentration of energy.

**It has become clear that everything in this universe is made of energy.** The only difference between an atom of lead and an atom of gold is that the atom of lead has energy that is vibrating at different frequency with the energy of gold. It is evidently clear that why the same particles growing together is because they are vibrating at the same frequency.

**Since everything is made up of energy, then what is thought?** Thought is also energy vibrating at a particular frequency. This has been proven in the laboratories. With proper instruments, scientists can measure the frequency of the thoughts, or brain waves.

Now we should understand things do not just happen accidentally. Everything happens in our life, happens for a reason. The reason is within us. It is our own thoughts that created everything that we are having now. There is no coincidence, there is no miracles, everything happened precisely according to the laws. Everything we have is attracted by our own thoughts. We are the creators.

**There is bad news and good news.** The bad news is that we may have misused the law of attraction; as a result we had experienced many unwanted things in our lives. The good news is that from now on, we can consciously attract anything we want effortlessly. The only thing we need to do is to send out

the vibration of thoughts at the same frequency as the things we want. All the rest will be taken care of by the law itself. You will be doing right things at the right time. What you want also wants you. Like attracts likes.

In summary, our thoughts are vibrating energy; we can create anything we want by focusing our thoughts on the very thing we want. Everything else is taken care of by the law of attraction. We are what we think most of the time.

**How to apply the law of attraction?** The simplest way to apply it is to hold a mental picture of what you desire as long as possible and as often as possible. Feel that you already have what you want with certainty; you will see it quickly in your real life.



## Lesson Two: Principle of transformation

On the other day, I was listening to Dr Wayne Dyer's tape on transformation. Here is how he talked about transforming. Think about the word transform, it is made up of 2 words. The second word is form, referring to our physical form, our body. The first word is trans, meaning going beyond. **Transforming means going beyond the form, going beyond our body, going beyond the material world.**

Life is really about transforming. Since the date we were born, we are consistently transforming. From scientific point of view, this is absolutely true. You, the one reading this book at this moment, are different from the one minute ago. As you read this material, millions of biological reactions are happening in your body, your body is constantly changing. Our body is consistently exchanging with the environment every moment of our existence. For every breathe we take, there are billions of atoms going out of our body, and billions of new atoms coming into our body. We are not a fixed solid entity. **We are energy that's constantly transforming.**

Did I say that? Yes, we are energy. According to quantum physics, every thing in this material world is made up of atoms, every atom is made up of sub-atomic particles. These sub-atomic particles are nothing but energy vibrating in different frequencies. So is our body. Our body is nothing but a whole bunch of energy. Now, we have a new point of view on our body, we are energy that is constantly transforming.

Here comes the question that **who is governing this process of transformation.** What is the force behind? The answer is there is a divine force that is passing through everything. This is agreed by both scientists and religion leaders. Some people call this force God; I would like to refer it as intelligence. This intelligence passes through everything that we can see, touch and feel. It governs all the material creation. If we could get in touch with this intelligence, we can create anything we want through its divine power. It is in fact within us in every moment,

even before we were born. The technique used by many successful people in the human history to get in touch with this intelligence is meditation.

**Here is a meditation technique taught by Dr Deepak Chopra.** I find it is extremely effective and easy, I would like to share it with you. Sit comfortably in a chair, with your feet flat on the floor. Put your hands on your thighs, facing upwards. Keep your spine straight. Close your eyes and start focusing on your breathing. As you inhale, think of the word "So", as you exhale, think of the word "Hum". Gently follow your breath, and repeat the words in mind, don't try to control. Anytime your mind goes away, gently bring it back to your breathing. Do this meditation until 20 minutes has passed.

**How to put this principle into practice?**

**Start shifting your perception about your body.** Repeat words "Energy, Transformation and Intelligence" many times a day. You will start to see the world very differently. (See Deepak Chopra's book "Grow Younger, Live Longer").

**Forgive yourself for any mistakes you made in the past, knowing that you are no longer what you were in the past.** Every moment, there is a new you born and you are living in this present moment with a new you.

**Start focusing on your desires everyday;** believe they will come true absolutely, knowing that the intelligence of creation is within you, you are the creator. Communicate with this intelligence, and pass to it your desires through daily meditation.

## Lesson Three: The principle of connection

This is one of the most fundamental principles of the universe. As long as you understand this principle and put it into practice on a daily basis, you can not fail to create the success you desire. This fundamental principle is called the principle of connection.

**The principle of connection says that we are not separated human being, we are all connected with each other and the universe we live in.** Put it into another words, this whole universe is one unity. We are all part of it, we are all one. I would like to borrow words from Dr Wayne Dyer, his words are full of wisdoms. He said that we were not organism in the environment, we were environoganism. If you think you are separated from the environment, then try not to breathe for a moment.

**We can't live without the environment. You and your environment is a whole.** You can't separate from it. Without the environment, there will not be you, without you, there is also no environment. Think it this way, as you read the words on the screen, what makes you see the words; it is the white space behind the words. The space and the words make this page a whole. Without anyone of them, the page does not exist.

To deeply understand the law of connection, we should ask ourselves this fundamental question, "**Where do we come from?**" The answer to this question is "We grow out of this environment." Dr Wayne Dyer used to use the example of a plum tree to illustrate this point. I found it very interesting, and would like to share it with you here. You plant a plum seed into the soil, It slowly grows into root, then into trunks, into branches, leaves, and finally it blossoms and produces plums. When we see the plum tree, we say it grows out from this world, we don't say it comes from another separated world. In the same way that the plums tree grows out of the world, you too. You are not a separated being from another world; you simply grow out of this world, you are an extension of this world, or saying in another way, the world is also an extension of you.

**So everything in this environment is an extension of you.**

Knowing his will enable you to create anything you desire. Since you are your environment, and your environment is you, then everything in this environment is a part of you, this include abundance, health, divine relationship as well as any other material possessions. All these things are already part of you. This can be put into another word, "at the quantum level, everything you desire is already given to you." The only thing you need to do is to materialize it through the law of attraction. (Go to previous lesson to review the law of attraction)

Since everything in this environment is an extension of you, so are other human beings. **Anyone in this universe is connected with you at the quantum level.**

I was very skeptical about this idea until I attended one seminar. During the seminar, they taught a simple technique that can show that we are all connected. I was amazed by the result. I would like to share with you how this technique worked for me, so that you can also try it on your own. I had a friend that I had not seen for years, I knew where she worked, but never had a chance to meet her. After I learned this technique, I decide to try it out, and use it to find my friend. I wrote the following sentence on a blank piece of paper. "I WILL MEET LUCY", by the way Lucy is not her real name, I just use it here for demonstration. After writing down these words, cancel any repeated letters in this sentence. For example, there are 3 Ls in this sentence, cancel the other two, only keep one. After doing this, I will only have letters "I W L M E T U C Y" The next thing is to use these capital letters to construct a drawing, you can draw anything, the drawing does not have to make any sense, as long as it is made of these letters. Then before I went to bed at that night, I look at the drawing, and hold a picture of it in my mind, and then I went to sleep. The next morning, I totally released it, through away the paper, and never thought about it again. This is because the subconscious mind needs trust, the more you trust it, the more it will work for you. I totally forgot about it, and let the subconscious work on it. The amazing thing happened, one week later, I met my friend.

I was so surprised, this stuff works so well.

It is amazing. I now totally believe that we are all connected.

I hope from this day onwards, you can see the world from a new perspective. **See the world as part of you, knowing everything you desire is connected to you at the quantum level.** Then you will begin to see good things manifested from your world.

### **How to put this principle into practice?**

**1. Whenever you feel depressed, remind yourself that you are not separated.** The divine energy of the universe is always within you. You are connected to the source energy, and it will bring all your desires through your thoughts.

**2. See everyone as part of yourself, show them love.** Repeat “I will love my neighbor as I love myself” many times today.

**3. Look for beauty in everything you come into contact with,** knowing that they are all parts of you.

## **Lesson Four: The principle of all possibilities**

The principle of all possibilities is the basic nature of this universe we live in. It is the basic nature of all things on this physical planet. Whether it is an automobile, a human body, a dollar bill, they all obey the principle of all possibilities.

By understanding this principle, our perception about this physical world we live in will shift instantaneously, and our mental attitude will no longer be the same.

### **Then what is this principle of all possibilities?**

***The principle of all possibilities says that the universe we live in is a field of all possibilities, everything in this universe is a field of all possibilities, and it is a function of our observation.*** Let me make it clearer to you, this principle simply means every material thing comes into existence only due to your observation. Once you withdraw your observation, it becomes a possibility

For example, the room that you are living in comes into existence only because you are looking at it, once you keep your attention away from it, it will suddenly vanish.

This sounds magical, but it is true. Scientists have already proved this is a truth. As you have already known from my previous articles that everything in this universe is made up of subatomic particles, which is the basic building block of this universe. The strange thing about these particles is they have never been seen, we know their existence by observing the trails they left behind. Another interesting thing about these particles is that they only exist only when we observe them. When we put our attention on it, it magically appears as a space time event.

Now we have been clear that everything will not possibly exist without your observation or attention. This universe is a field of all possibility.

**What does this principle have to do with us?** It has everything to do with us, because everything we desire is also a possibility. Everything we desire, no matter it is an automobile, a healthy body, a divine relationship, already exists in this field of all possibilities that we call universe. You can bring them into reality through the power of your attention. Remember this “Everything that can possibly exist exists now. Even the version of you living a life of abundance, experiencing unlimited riches already exist in this field of all possibilities.”

**The reason you have not seen it or experienced it is because you did not put enough attention on it.** At the moment you start to put your attention on it, the universe will begin to bring it into your reality. As you think, the universe moves. The universe follows your instruction exactly, so you must be careful how you are instructing. The only way the universe receives your instruction is through your vibration, you must be very sensitive to how you are vibrating. Your vibration is determined by your attention at this moment.

**As soon as you notice your vibration is not in harmony with what you desire, it is time to shift your attention.**

The universe follows your instruction exactly, no matter good or bad, so you must be sensitive to your vibration moment by moment. This is the key message in this lesson.

**How to put this principle into practice?**

From this day onwards, train your mind to see things differently. Whatever you see, don't see it as a solid object; **remind yourself it is a space time event brought into existence by your observation.**

**Monitor your attention moment by moment, keep you attention on your desires,** knowingly the universe is working perfectly to bring them into your reality.

Remind yourself as many times as possible during the day that **whatever can possibly exist exists now, you can decide**

to experience your desires now by shifting your attention.



## Lesson Five: The Principle of Being

This is one of the most powerful principles that can help you to achieve your desires almost instantly. This is the principle of being. When this principle is used correctly, you will never need to worry about not getting what you want. You will start to experience creating your life desires in an easy and effortless manner.

***The principle of being simply says that whatever you want to have or be, by choosing to be in that state of being or having, and you will quickly experience what you want in the physical world.*** For example, if you want to become rich, the quickest way to get rich is to be in the state of being rich. Why the state of being is so important, because the state of being determines your thoughts and the way you look at things. If you are in a state of poverty, you will think, speak, and act like the poor, if you are in a state of being rich, you will see things differently, act differently. One of the greatest lessons I have learned is the ideas that change the way you look at things, and the things you look at change. Once you are in the state of being rich, you start to look at things from a rich perspective, and your thoughts will instantly shift, everything in your world will start to change. As we have learned from quantum physics, subatomic particles change because of our observation.

**As is the microcosm, so is the macrocosm.** Change the way you observe things, the things you observe will change. The message here is simple, changing your state of being will change the way you look at things, and will change the things you look at.

If you want to be rich, no matter what your current circumstances are, declare to the universe “I am rich.” Do not let the outer world fool you. What people fail to understand is that their outer conditions don't control them. The outer conditions are the effects due to the choices you made up until now.

If you are broke, the only reason is you have chosen to be in the state of being broke in the past, and your outer world come to reflect your state of being broke. I am not saying that you choose to be broke no purpose, but believe it or not, you unconsciously chose to be broke.

Now we understand that the outer world is just a reflection of your state of being. Then we can change our outer world consciously by change the state of being.

**Consciously affirm and declare "I am rich". Declare it with certainty, and feel the feeling of being rich.** Even you don't have any money at all at this moment; you are still affirming the truth, because at the quantum level you are already rich. Anything that can possibly exist exists now, even the version of you that is experiencing the riches already exist. The reason you don't see it is because the illusion of time prevent you from experience the riches, what you can do is shift your awareness, and choose the state of being rich NOW! You will quickly experience it in your physical world.

**The universe responds you by your feelings and your state.** Once you choose to be in the state of being rich, the universe will reflect you by rearrange your outer world to keep you in that state. The reverse is also true.

**The universe only work when harmony exists, no matter good or bad.** Keep the state of rich, by telling the universe “I have enough money, and I allow what I already have enough of to flow to me.”

**How to implement the principle of being?**

**Affirm "I am rich" or whatever state you want, and remind yourself the truth that at the quantum level, you are already rich. Do this as often as possible during the day.**

You consistent thoughts create your reality. Keep an affirmation

that will trigger the state of being rich, and affirm it as many times as possible. A good example will be “I choose to feel successful and attract unlimited abundance into my life NOW!”

## Lesson Six: The Principle of NOW

Dear friend, have you ever wonder what time is? Once you truly understand the real meaning of time, you will never experience worry, anxiety and unhappiness again. **Actually time is just an illusion.**

"No matter how persistent the illusion of time is, the illusion of past, present, and future is still an illusion."

-----Einstein

**Scientific study of quantum physics has already proven that the only moment that exists is NOW!** There is no past, no future, there is only one moment, and that is the moment of NOW! The past and future is only the perception that exists in the human mind. What you think in the past or in the future is just an illusion in your mind.

**Now is the only time that exists.**

The illusion of time makes us think that the moments of past, present and future separate from each other. In reality, they are all happening now. Everything happens NOW! If you are not convinced by the concept of NOW, then try to do something yesterday or tomorrow right now. It is impossible. Think about it, when do you remember your past? You remember it now. When do you dream of your future, you dream it now. There is no any means that you can experience the past or the future, because they don't really exist, they are only a mental concept.

When you think you are in your past or in your future, you are actually still in the moment of now. There is no separation of time, everything happens now!

If you truly live in the present moment of now, you will not have any problem at all. All the so called problems happen in your imaginary future. You experience them in your mind. If you fully concentrate on the present moment, and handle what you

are supposed to handle at the moment, you will never experience any problem.

**A wise seer says "I don't worry about the past, and I am not fearful of the future because my life is supremely concentrated in the present, and the right response comes to me, to every situation as it occurs."** This is the timeless awareness. In timeless awareness, you don't experience fear, anxiety and worry. You are in flow. You are one with the source energy.

**One way to experience the timeless awareness is to choose to live in the present now.** Watch your mind, observe it. Your mind will always tries to escape the present moment, because the only reference point it has is the past. You can simply observe it, the moment you realize your mind is escaping the present moment, and you are actually in the present moment.

**Since NOW is the only moment that exists, the question is why do I experience what I am experiencing now, but not anything else.** The answer to that question is that you have chosen it. At this magic moment of now, there are infinite numbers of things happening, and you are free to choose to experience any one of them. You made your choice by sending out a command to the Universal Mind (or call it Cosmic Mind, Infinite Intelligence, Source Energy or God.). Depending on your certainty and clarity, the Universal Mind brings to you exactly what you send out. At some point of this space-time continuum, you had sent out your command, the Universe took your instruction, and worked perfectly on it. That is exactly what you are experiencing now.

**It is important to know that the universe takes all your instructions, good or bad, and work equally on them.** It can not choose for you. You have to make your own choice with certainty and clarity. Once you make your choice, let the universe to handle the details.

**How to put this principle into practice?**

**Consistently monitor your mind. Keep concentrating on the present moment of now.**

Anytime you find yourself worry about the future, remind yourself **"Now is the only time that exists, the past and the future is just an illusion that exists in my mind. I choose to fully concentrate on the present moment of NOW!"**

**Practice daily meditation.** Experience the timeless awareness.

## Lesson Seven: Principle of higher self

I want to begin this lesson by a quote from Dr Wayne Dyer. He said this in his book "Manifest Your Destiny".

"Within you is a divine capacity to manifest and attract all that you need or desire."

-----Wayne Dyer

I am sure you will agree with me that we are not just this physical form or this body. **There is something within us that is invisible and is eternal.**

Let me ask you a question, are you a body with a soul or a soul with a body. I am sure that something inside you tells you that **you are a soul with a body.**

We are not just this physical form that we can see and touch, we are much more than it. Within us, there is something eternal, it is never born and never dies. This is your soul or your "higher self".

Have you ever asked yourself these questions? **Where do we come from? Who created this physical world that we are living in?** When we see tree or flowers, our logical mind tells us that there is something within the tree creates the tree. We go out to look for the solution, and then we find that the trees come from one small seed. Then we know that the answer must be within this seed. We open up the seed, what we see is just some brown staff, then we put this stuff under microscope, we see some molecules, then we see some atoms. Finally, we put it under the most powerful microscope, and we discover that there is no particle there; there is only energy that comes and goes. How mysterious this is! We try to find something that created the tree, and finally we discover it is NOTHING.

**It is this NOTHINGNESS or NON-STAFF that created the tree.** It not only created the tree, it also created our body. We come from this world of nothingness. In the beginning, there

is only energy. This is our original self; this is our "higher self". This is also the field of creation and manifestation. Everything in this physical universe comes from the same field of energy. It is the same field of energy that created a forest, or a galaxy, or a star, created a human body. This is the source of creation or source of manifestation. Most importantly, you are from the same source, and you actually are this source itself.

**It is also important to realize that the source energy is dimensionless; it has no boundary, and inseparable.** We have been taught that we are all separated human being, in fact, we are all one, and the entire universe is one.

To truly understand your higher self, you must be aware of the fact that **you are both a physical body and a non-physical body**. This non-physical body is your higher self, and your true self. It is eternal, and it never dies. Stop for a moment and ask yourself, who is reading, who is observing, and who is thinking. Who is this "I" inside this body, this skin, and this bone? Once you discover this "I", you will know that this is your true self; this is your higher self.

**To understand your higher self more deeply, you must be aware that you are not what you observe, you are the observer.** This observer inside you is that cause of everything that you observe. It is the origin of everything. It is the source of creation.

**Once you come to the understanding that you and the source energy is one, you begin to realize that you are the creator of your life.** You begin to know that anything you can imagine, you can create. Since the source energy is dimensionless, it has no boundary and you and source energy is one, then you are dimensionless, and you have no boundary. You are connected to everything and anything in this universe. You are connected to everything through this energy field. I repeat **“at the energy level, we are all connected. We and what we desire are also connected.”**

Now we have come to the realization that what we desire is



already exist as a form of energy in this huge ocean of source energy. What we need to do is simply attract this energy by sending out the same vibration of energy. As long as you do this, your desire will be guaranteed to show up in your life. If it does not, that will mean the fail of universal law.

I want to use Dr Wayne Dyer's words to finish this lesson. These words perfectly summarize the essence of manifestation and the true meaning of higher self. I hope you can repeat them many times until you can memorize. Here is what he said.

“Manifesting is not about getting things that are not here. It is about attracting what it is already here and is a part of you on a spiritual level.”

----- Wayne Dyer

### **How to put this principle into practice?**

**Be the observer, consistently observe your thoughts.** Notice the invisible “self” within you. Ask yourself all the time, who is thinking, who is observing. Then you will realize your higher self.

**Whenever you have a feeling of doubt, worry and anxiety, remind yourself that you and the source energy is one.** Your desires are coming to you at the energy level by the unbreakable universal laws.

Repeat this **“What I am seeking is seeking me.”**

See the world as one. **The divine energy passing through you passes through everything.** See everything as a part of you. Refuse to put anybody above you or under you, instead see them as you.

## Lesson Eight: The principle of cause and effect

*The principle of cause and effect says that everything is a cause that will cause something after it, and everything is an effect that is caused by something before it.*

The principle of cause and effect is the basic principle of the universe, and it governs everything happening now. It is simple, and it is also powerful. Imagine what this world will become without cause and effect, the entire universe will not function properly.

The principle of cause and effect is the universal law that is unbreakable, just like the law of gravity. Once you understand it and live by it, you can predict your outcome, and you will be able to literally design your own destiny.

Since there is a cause for everything that is happening now, the question becomes **what the cause of my present situation and circumstances is**. Many people believe that their condition is caused some outer force or situation, such as the economic situation, inflation rate etc. What they don't realize is that the outer condition is only a reflection of their inner condition. What truly causes their current circumstances are their inner beliefs and thinking. Remember that your outer conditions are the effects, you simply caused it. Many people have made a mistake of letting the outer world, which is the effect influence their inner world, which is the cause. They have literally reinforced the cause; therefore they are experiencing more of the effects. Then they will wonder why they are experiencing the same situation again and again.

**Don't let your outer conditions fool you.** They are just the effects; you can simply change it by changing the causes, which are your inner thoughts and feelings.

If you look around and find yourself broke, don't let the broke condition fool you. Instead simply remind yourself that it is only an effect, and then focus your mind on prosperity, your

situation will quickly change to match your inner focus. You might be already very familiar with the sayings like "What you focus on expands.", "Your consistent thoughts create your reality." Actually, they are all saying the same thing, your thoughts cause everything you experience. You must be very careful about what you think. Constantly ask yourself "What is the effect of my present thinking." Monitor your thought moment by moment. Constantly keep your thoughts aligned with your desires.

**Then how do you know when your thoughts are aligned with your desires, and when they are not? You can tell that by simply noticing how you feel.**

We have a precise monitoring system built in our body. When your thoughts are not aligned with your desire, your body will tell you by giving you a negative emotion, when your thoughts are consistent with your desires; your body will give you a positive emotion. This is why it is so important to keep monitoring your emotion moment by moment. You have the ability to switch into a positive emotional state at any given moment, as long as you are willing to.

**One of the most powerful techniques developed by Dr Robert Anthony is called flip switch.** It will enable you keep in a highly vibrational positive state at any moment you choose, and ultimately attract everything you desire into your life. I don't have enough space here to cover the details of this technique, but the basic idea is that you can send out a positive vibrational signal to the universe by focusing on pleasant thoughts in the moment, and it will bring to you your desires which have the same vibrational frequency.

Now that you have known everything you are experiencing is caused by your own inner thinking, then you must accept the fact that you are totally responsible to everything that's happening in your life, good or bad. If you are in any difficult situation, you have no one to blame but yourself. **The only thing you can do and the best thing you can do is to change your thoughts NOW.**

I don't care how negative your thoughts are in the past or in the future, you've got to change your thoughts NOW, **since you already know NOW is the only time that exists and the only time you can execute your power on.**

Listen to the signal of your body; it knows when you are on track and when you are not. Quickly shift to a positive emotional state anytime your body sends you a negative signal. **Always remember to keep your vibrations high.**

### **How to put this principle into practice?**

Constantly ask yourself, **"What is the effect of what I am thinking now?"**

Consistently monitor your own feeling and change it to a positive thought at the moment.

When you get into a difficult situation, tell yourself "I am totally responsible for everything that is happening to me now." Then focus on the solution instead of the problem

## **Bonus Lesson #1**

### **Step-By-Step Guide to Manifest Your Desires**

I have been talking about manifestation for a long time. My intention is to make people be aware of the unlimited power they have been given since the moment they were born and hopefully I can help to awaken their inner potential to get them connected back to the source of creation.

**What I believe is that how much success, happiness and fulfillment you experience in life is exactly proportional to your level of awareness.** Our whole purpose in life is to be awakened to the highest level of awareness sometimes called enlightenment. The only job for us in life is just to bring up our level of awareness through the experience of learning, working and living.

The fastest way to bring anything from the unseen world to the physical world is through the study of Universal Laws. We should study all the time, not just once. We must make sense from these laws, and make them a part of our daily thinking, make them a part of us. Once this happens, you are truly enlightened. There is no more struggle in your life, your life becomes an easy and stress free process of creation. **You simply ask, and you are given, you simply give and you receive more.**

I have talked about eight principles of the universe in this course. However, you may understand it, but not know it. **Knowing and understanding are two different things.** Understanding is from your conscious mind, but knowing is from your superconscious mind, which is connected to the highest intelligence of the universe. In order to truly know these laws, you must remind yourself again and again. You must study them, think about them, remind yourself all the time, until they become your second nature. Then, enlightenment will happen.

I have noticed that many people read my articles about universal principles, but few people know how to use them, so I have designed a step by step guide to help you use these principles to manifest anything you desire.

Here it is...

**Step One: Define your major goals clearly.**

If you don't know what you want, the universe can not help you. State clearly what you desire, state it specifically. Writing your goal in a form of intention seems always to help.

Examples

"I intend to earn \$20,000 per month."

"I intend to attract my soul mate into my life."

**Step Two: Design a good affirmation for each of your goals.**

Your affirmation must be believable, and must state the truth. It always helps to use emotional triggering words.

Example

"I choose to manifest \$100,000 dollars Now. I accept this or something better"

Using the words "I choose" will add extra believability to your affirmation. Always add, "I accept this or something better" to your affirmation. You will be amazed how much more you will get.

By using the word Now, you trigger your power of creation, because Now is the only time that exists, and the only time you can execute your power of creation. Now is the only time that manifestation occurs. By saying "NOW", you are stating the truth. Don't fool yourself by saying, "but I don't see the \$100,000?". What you see you currently possess is an illusion, you already have the \$100,000 in the energy level, you are stating the truth.

**Step three: Program the affirmations into your subconscious mind.**

Once your subconscious mind accepts the affirmation as a truth, creation

happens automatically.

You've heard that your consistent thoughts become your reality. Affirmation is one of the most powerful ways to make something you desire become your consistent thought.

To make your subconscious mind quickly accept your affirmation as a truth, you have to patiently convince it by telling it the truths again and again.

Here is the truth you must remind yourself every time you say your affirmation.

"At the deeper level, I am connected to the highest intelligence in the universe that has created and will be creating everything in the physical world. Therefore, I have the power to create everything I desire at anytime. I am the source of everything. Now I choose to see my desires manifested in my world."

**Step 4: Monitoring your thoughts moment by moment, and keep the state of being.**

The mind always has a tendency to think negatively, this is the nature of human beings; it is the result of human evolution. This negative pattern has helped us during the evolution process by keeping us alert to the dangers, but it has also become our biggest enemy on our road to enlightenment. Fortunately, God has given us an inner guidance system that will make us be aware of any negative thought. This guidance system is our emotion system. Any time you have a negative thought, you will feel a negative emotion. This is very, very accurate. As you have already learned, your emotion is your communication to the universe. Every time you have a negative emotion, you are miss-creating.

You must be very sensitive to your emotions, once you feel a negative emotion, correct it in the moment, don't let it accumulate, kill the monster when it is young. Replace the negative emotion by a positive one by thinking of your goals, repeating your affirmations, and thinking about anything you feel grateful for. Then you are back on track again.

Besides monitoring your negative thoughts, you should consciously

create positive feelings and emotions. The best way to do this is to keep the state of being, which means feel that your desires have already come true, you already have possession of it. This is the fastest way to bring your desires into reality.

**Step five: Get connected to your higher self through daily meditation.**

Your higher self is part of the ultimate creative intelligence, it knows how to bring your desires into reality, but you must give it a chance to speak to you. The best time you can communicate with your higher self is at the time of meditation. Whatever message you get from your higher self, act upon it immediately. This is the most powerful assistance you can get. People always make the mistake of looking outside for the answers, the real answer is always within themselves.

I personally use a japa meditation taught by Dr. Wayne Dyer, this meditation really gives me the joy of creation. You can choose any form of meditation you want, even just sit silently for 20 minutes every day will greatly benefit.

**Step 6: Surrender.**

Each day before you go to bed, surrender to the universe by putting full faith in it, let the universe work on your desires even when you are sleeping.

Say this prayer before you retire.

"I let the universe take care of all the details and bring me what I ask for. I am grateful for this powerful assistance. I trust it 100%."

Implementing this 6-step manifestation process, you will never have to worry about not having your desires again. You will truly experience the joy of manifestation.



## **Bonus Lesson #2**

### **The power of inner dialogue**

Are you aware of your inner dialogue? If not, you can be aware of it at this moment. Just get quiet and listen, there is a voice inside you that is constantly talking to you all the time.

**If you have ignored the power of this little voice, you have been missing a great tool for developing your personal power.**

Your inner dialogue can be good or bad. If you have a positive thinking habit, your inner dialogue most likely is positive, and you will be very fortunate to enjoy the joy of positive living. Unfortunately, most people don't have a positive thinking habit; their inner dialogues are negative. Although they are working hard to improve their situations, they are literally pulling themselves back all the time, and wondering why there seems to be no progress.

How much success and how much fulfillment you get in your life is directly promotional to the quality of your inner dialogue.

Since the inner dialogues are so important to your personal development, we really need to have a better understanding of the roles it plays.

**Our inner dialogue is doing constant judgment and evaluation.**

Whatever we see, hear or sense, our inner dialogue will give us a judgment of good or bad, right or wrong, based on our past experiences. This is very important for our survival. If you see a snake, your inner dialogue will tell you it is dangerous, if you see a flower, your inner dialogue will tell you it is beautiful. Your inner dialogue plays a role of guardian, protecting you from dangers.

However this inner dialogue is not always helpful when it comes to developing your personal power. Do you have a habit of saying the word "can't". If you do, I suggest you eliminate this word from your language. This may be the most valuable suggestion I can give you. BE CAREFUL when your inner dialogue is telling you that you can't do something.

To protect you from danger, your inner dialogue has the tendency to avoid doing new things. Its intention is good, it is trying to protect you, but at the same time, it gives you too much limitation. In order to grow, you must take new challenges, learn to do new things. Suppose you want to make a million dollars but you never did this before, you search the entire database of your past experiences stored in your mind, and could not succeed to find a way. Your inner dialogue will conclude "You Can't". It will try hard to convince you that what it says is true, because it does not want you to be in danger. However, in reality you must learn new skills and new mindset of a millionaire in order to have the new experience of making a million dollars. You will never find the solution in your old database.

### **Replace negative inner dialogue with positive ones**

Don't take it for granted for whatever your inner dialogue tells you. Think it one step further. Is that what it says really true? Be aware of your negative inner dialogue, and replace it with positive ones. That is all you have to do to achieve a successful and more fulfilled life.

Since it is so simple, why isn't everybody doing it? There is only one reason and that is not everyone knows what is good and what is not good. This may sound like non-sense, but it is true. The majority of people don't know what is good for them and what is not. When people have a problem, they go out to seek for solutions. They buy books, go to seminars, seek for mentor ships, and hopefully these will solve their problems. Unfortunately, these things will never solve all their problems, unless they...

### **Change the approach.**

Only when they realize that the solution is not outside of them, but inside of them, they will start to solve their problems. If you forget everything I talked to you so far, remember this "There is a solution inside you to every one of your problems". You don't have to go outside to seek for solutions; the solution is already inside you. There is a part of you that is eternal, which knows answers to all your problems. You only need to get connected to it. Listen to this eternal part of you and you will never have any problems. This part of you knows what is good for you and what is not, because it knows how the entire universe works, indeed it is the universe itself.

I don't want to confuse you by talking too much about your eternal self, or true self, I only want you to know you can have access to this huge power of the universe. When you have it, nothing is beyond your reach.

Listen to your true self more and more, you will know the right answers more and more. Eventually, you will replace your negative inner dialogue with positive ones. You don't have to work hard on this, it happens automatically once you get into the habit of listening to your true self.

To help you speed up this process, I would like to share with you a technique I learned from Dr Deepak Chopra.

### **Positive inner dialogue exercise.**

Every time you look into a mirror, make eye contact with your image, and repeat silently the following sentences.

- (1). I am totally independent of the good or bad opinions of others.
- (2). I am beneath no one.
- (3) I am fearless in the face of any and all challenges.

These are some of the best inner dialogue you can have. Repeat them often; make them deeply embedded in your subconscious mind. You will see your life change automatically.

**Congratulations!** You have completed this entire course of rapid manifestation. I highly recommend you to print out this course and read it again and again until it the knowledge contained in this course becomes your second nature.

Don't forget to drop by <http://www.theultimatesecrets.com/robert.html> and grab a copy of “Know How to Be Rich” course. The information that we're discussing in this course is only a tiny fraction of what's being taught in Dr Robert Anthony's program.

Drop by <http://www.theultimatesecrets.com/robert.html> now and grab a copy while it is still available.

As always, if you have any questions, feel free to email me.

To Your Success!

*Song Chengxiang*