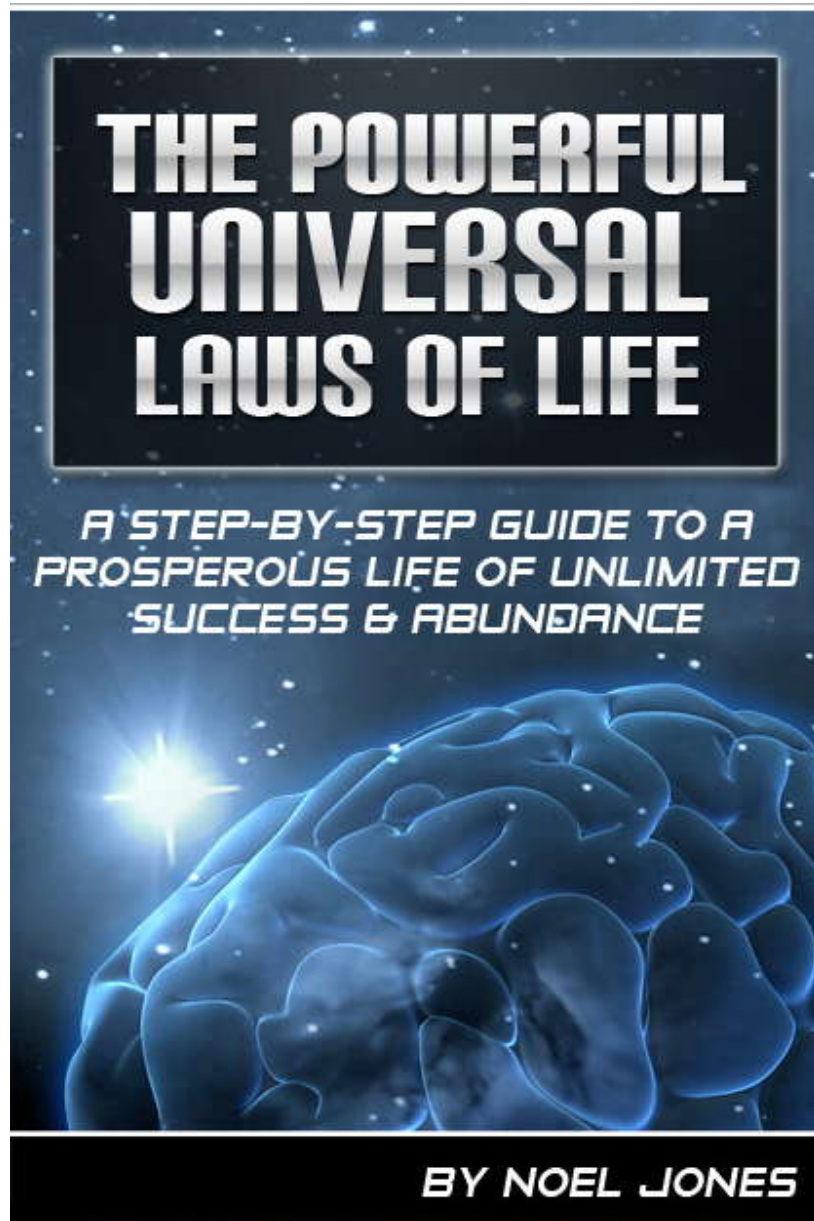


*Beyond "The Secret"...*

*Beyond Law of Attraction...*

**Are...**



By Noel Jones  
[Mind Power Secrets That Really Work](#)

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SHOW YOU HOW TO TAP INTO YOUR  
IN-BUILT GENIUS AND FINALLY START  
LIVING THE LIFE YOU WANT**

**About the author:**

**Noel Jones** is the editor of "Real Mind Power Secrets" Newsletter, and the author of many Personal Empowerment programs including the "Subconscious Mind Mastery" online course. Sign up for the "Real Mind Powers" Newsletter and get fresh, original, new articles and brand new inspirational videos every week. You'll learn new powerful mind mastery methods and techniques that will propel you onto greater achievements and joy in your life, and keep you up to date on the hottest new self improvement e-books and programs. For the serious only.

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# Introduction to the Powerful Universal Laws

In life, there are universal laws that govern everything we do. And these universal laws never err, not even once. These laws are so **perfect** that if you were to align yourself with them, you could have so much prosperity that it would be coming out of your ears.

We all know these laws exist, but the problem is, many really don't know much about them. They don't know what they are so they can get "in tune" with them. So we have to know what the universal laws are first, then everything else flows.

The purpose of this step-by-step guide is to get you closer to the source of your success by teaching you not only what these laws are... but **also How to Effectively use and apply All Six of these Powerful Universal Laws** to your life to help you become a powerful and prosperous manifestor of the abundant life you wish to experience...

Knowing about just "one" or some of the Universal Laws isn't enough. To truly live a prosperous life, (and to make your manifestation efforts *much* more enjoyable *and easier*), you must know exactly about how to apply these Universal Laws, and how to apply them in conjunction with each other!

So before we start, it is important to know that you, yes **you** - are the powerful creator of your own reality. Whatever you want to do, be or have in life, if you work in harmony with these laws, you will find plenty of abundance and

perfection abounding. It is failure to follow the universal laws that causes one to fail.

Now let us look at some of these laws and see “specifically” how they apply to you....

### ***The Powerful Universal Laws Consist Of The Following***

- **Law of Gratitude:** This is one universal law that states you must show gratitude for what you have. If you show gratitude, you also show your appreciate the things in your life, no matter what those things may be. It is just a matter of acknowledging them and telling the universe that you are glad you have them in your life. By having gratitude, you actually speed your growth and success faster than you normally would. This is because if you appreciate the things you have, even if they are small things, you are telling the universe that you are accepting of them and you are open to receiving, and will receive more.
- **Law of Attraction:** Not many people know the law of attraction because they were never taught it. However, successful people know the law of attraction and practice it everyday, either consciously or unconsciously. *This is why they are successful.* The law of attraction states that if you focus your attention on something long enough you will get it. It all starts in the mind. You think of something with strong emotion and expectancy, you manifest that in your life. What you are doing is you think of what you want, which is the cause, and the effect is the object or person you

manifest from your thoughts. For example, let's say you want \$10,000, you think of receiving \$10,000. You put an image of the money in your mind. This could be a mental picture of a check, or actual cash, or more effective is the visual "outcome" of what your life would look, feel, smell and taste like once you've acquired this money. But you think about it with an image. Now here is where the law of attraction comes in. When you dwell on this picture, you focus on it, and you put **emotionally charged expectancy** into it, the universe produces the results for you.

- **Law of Karma:** This law states that what you cause will have an effect. If you go out and do something bad, it will come back to you with something bad happening to you. If you do good for others, good things happen to you. By knowing this law, you will understand the power of the mind, and how your actions can speak for you in many ways good or bad. This power can hurt you or harm you, depending on how you use it. The principle here is to know you can create good or bad through your actions, because there will always be an effect no matter what.
- **Law of Love:** This is another universal law that our Higher Intelligence, God, or the universe, established for mankind. This happens to be the building block of all things. Love is more than emotion or feeling; it is energy. It has substance and can be felt. It takes on many forms. Love is also considered acceptance of oneself or others. This means that no matter what you do in life, if you do not approach or leave the situation out of love, it won't work. Everything in life is unified and by accepting this and working in harmony with it, you are working within the universal laws.

- **Law of Allowing:** This law states that in order for us to get what we want, we must be receptive to it. We just can't merely say to the Universe that we want something if we don't allow ourselves to receive it. This will defeat our purpose for wanting it in the first place. By working in harmony with this law, we are telling the Universe that we approve of ourselves getting what we want.
- **Law of Vibration:** If you really want something, you wish on it, and you use your thoughts to visualize it, you are half way there to getting it. In order to complete the cycle you must use the Law of Vibration to "feel" the part of what you want. You need to be in harmony with what you want, for it to work. ***Once you become in vibrational alignment with your desires, you can literally have anything you want.***

As you can see, there are universal laws and they were created for our good. For everything to function properly there has to be structure. Without structure, our world or universe in fact, would be in utter chaos. To go in harmony with these laws will bring you peace and prosperity. But to go in opposition to them will bring you only despair and frustration.

*If you study the laws and understand them, then cooperate with those laws, you will not only find yourself living in harmony with those laws, but your life will be in tuned to the universe in such a way that you would have fulfilling, abundant life filled with joy, peace, happiness, and good health.*

**If you examine successful people, you will find these traits.** They understand the universal laws and apply them daily. They may not acknowledge



that to you, but they do follow the laws. They do so either consciously, or in an intuitive way. But people who are not successful, those who struggle in life, are those who do not understand or embrace the universal laws. They may not understand what the universal laws are about because of the limiting beliefs they hold.

As you grow to maturity, you are constantly taught beliefs by your parents, teachers, and even by your peers. These beliefs just placed in your conscious mind and eventually enter your subconscious where they are processed and acted upon. Once they are processed, they are stored in your memory banks for later retrieval.

The only problem with non-successful people is that, in combination with the limiting beliefs they may have developed throughout life, they also don't fully understand (or are unaware of) these universal laws so they don't apply them in their lives. This is why their lives are full of frustrations, anger, fear, and resentments... instead of joy, peace, and contentment.

There is one truth that all people share to some degree or another. That is, there is a higher power and this higher power controls the universe and what we get out of it. The premise is that whatever happens does so for a reason. And our higher power is what guides these events and allows them to happen.

Those people who know this, and ***who purposefully direct their own lives***, are aware of these reasons and what results there from. They don't worry about what people do around them or blame others for their own mistakes or for being victimized. They know this can be a distraction and refrain from doing so.

Instead, they take the time necessary to **identify the cause**, which allows them to see how they developed their present situation. It is at this time they can determine whether what they experience is desirable or not. If what they manifested was desirable, they would acknowledge it and repeat the process. This is a form of the **Law of Cause and Effect (Karma)**.

Successful people don't sit around and say "I'll try." No, they say yes they will do it. They have the "I will" attitude. This is a **crucial trait to possess** if you want to accomplish your goals and achieve what you want in life. People of this type aren't afraid to say no. They think the thought and take action to fulfill their thoughts. They **believe in themselves** and act on it. This is why success comes to them so quickly and easily.

# Section One – THE LAW OF ATTRACTION

## Chapter One

# THE LAW OF ATTRACTION

*The law of attraction is the most powerful force in the universe.* It is a law that if worked in harmony with, can bring you much in the way of blessings and success. If you work against it, it can only bring you pain and misery.

People who are successful know the law of attraction, but not many people know how to use it properly (*or effectively*) to their benefit. This truth has been hidden for years. Very prominent people have kept it hidden from the lower class for many centuries only because some wanted all the fortune for themselves and did not want to share it. The outcome for these people was catastrophic. It is a known fact that if you knew the Law of Attraction, and acted in accordance with it, you could get anything you wanted in life.

Have you ever heard the old saying “like attracts like”? This is a law that means you attract what you are or **vibrate to**. So if you vibrate to goodness, goodness comes to you. Another way to look at this is by looking at yourself as energy. **Everything in life is energy**. Look under a microscope and you will see nothing but small atoms with space all around. And it is constantly moving. Nothing in this universe stands still. Atoms are constantly in motion. You can't see it but they are there and are in motion.

One form of energy attracts another form of energy. If you look at electrons, you will find one electron, which may be a weaker electron, is attracted to another electron. This is how electrons flow through wires.

The universal law of attraction is simple. We attract whatever we choose to give our attention to. It doesn't matter whether it is good or bad. If we focus on bad things, we will attract more bad things.

Ever heard of the expression “*everything happens in threes?*” The reason this happens is because when one bad thing happens, you are focusing on that bad thing so another bad thing or event occurs. As long as you focus on anything bad, badness will continue to manifest itself in your life. But the minute you stop focusing on bad and focus in on good, you change the pattern and now good things start coming your way.

It doesn't matter who you are or where you live. It doesn't even matter your religion or stature in life. The law of attraction is there and works for everyone. You just have to connect to it.

Do you know you have enough energy in your body to light a city for a month? If you could tap into this, you wouldn't have to pay your electric bill anymore! But the only problem is we are conditioned not to use those resources for the betterment of ourselves. We allow others to **control us**, tell us what to think, say, or do. ***If we could harness the power of our minds, we would be invincible.***

This is why for centuries, this law was kept secret from everyone. Imagine what you could achieve if you used one-tenth the power your mind possessed?

For years, we were brainwashed to follow a certain path. We couldn't think for ourselves. We had to just live day-by-day and solve problems as they came up. We couldn't use our creative mind to do the things we truly wanted to do. We were told that an abundant life was off limits and that we had to do what we were

told or pay the consequences. Ever wonder why this world is so screwed up now? It is because we have been inhibited for so long. If we knew the law of attraction and applied it in our lives daily, we would have so much power and control that it would be scary.

When we live by other's standards and just float along from day to day, we are creating that type of world for ourselves. We are vibrating that way for ourselves. We are attracting that type of lifestyle, that type of way of living. But if we **turned that around** and started living the life we wanted, focused on the good things in life and really applied the law of attraction in every aspect of our lives, we would be superhuman creatures with the ability to command the world. We could literally have what we wanted, and when we wanted it. **We would have total control of our lives.**

In fact, if you are sitting down right now, think for a minute about a magnet. If you do not have one nearby, close your eyes and imagine one. Notice when you take a magnet and hold it close to metal, the metal is attracted to that magnet. What power right? That magnet literally grabbed and pulled that metal to itself. Imagine what you could do if you were like a magnet. But you know what? **You are a magnet.**

Scientists have conducted much research on the brain and found there are neuro-transmitters in the brain that send signals from one stem and cell to another. These are electrical impulses that travel from the brain to the spinal cord, sending electrical impulses to the muscles in our body, forcing those muscles to move according to the way we want them. Because of this discovery, we have the ability to attract what we want by just using our mind.

**We have the ability to attract because we have more power in our bodies than what the energy is outside of us. Therefore, *if you use that power correctly, you can attract to yourself anything you want.***

This is why when you think about scarcity, you get more scarcity. If you think about love, you get more love. If you think about abundance, you get more abundance. It happens. This is how the law of attraction works. And to work in contradiction to it can only prove fatal at most.

Therefore, if you think of yourself as a powerful attractor, and you use this god-given gift, you will attract more of what you want in your life, simply by thinking about it, focusing on it, then acting on it.

However, **there is one ingredient you cannot leave out or the law of attraction won't work.** You must not just “think” of what you want, **you must also “feel” it.** *Put emotion behind it.* Then when you put the right emotion behind it, take action by executing your desires and the actions you take will go out to the universe, which in turn will give you your results. It happens every time *no matter what we think about.*

A formula that makes this principle easy to follow is TFAR (Thoughts, Feelings, Actions, and Results).

*Let me explain...*

If we want something in our lives, the first thing we do is think it. After we think it for a while (and this means placing images in our mind), we then transfer this to our heart, where we act on our thinking with feelings. Feelings we know are “emotions”. So when we *feel* something, we are using our emotions. After we have a deeply engrained feeling over the image or thought, we then act on that

thought and feeling by taking action. When we take the necessary action, the universe shows up and gives us the results we wanted.

**But we must act in harmony with it.** We cannot just think, feel, and act only one time. ***We must live for the result everyday.*** We must consciously and even subconsciously think about it everyday...

### **This is not a ‘one-shot’ deal!**

This whole idea of attraction does work. You just have to practice it. To become a more powerful and purposeful attractor, *you must practice the steps (that I’m about to show you) everyday.*

And since we are creatures of habit, when we get a hold on something and practice everyday, we develop it into a habit. This then becomes automatic. The law of attraction can become the same thing. If you use it everyday, on a regular basis, and practice it this way, you will eventually, *in a short period*, find that it becomes a habit that you will subconsciously practice.

**So - how can you use the law of attraction successfully?** How can you practice it? What steps do you need to take so your energy aligns with your desires? You may not believe it, but the “steps” you need to take are easy. But you must do them, **believe in them and believe in yourself**, or they will not work.

So are you ready to get tuned into the universe and get clear? Are you ready to work in harmony with the laws of the universe and become successful?



**Here are the steps you need to follow:**

1. **Get clear.** You must know “exactly” what it is you want or else you won’t get it! The universe won’t know what you are asking for, so how can it deliver. If you are in doubt, vague, or too general, you won’t get anywhere. So, you must know *exactly* what it is you want first. Only then will you be able to focus and concentrate on that thought.
2. **Vibrate to the level of energy corresponding to what you want.** If you want something and you think on it, feel it, and act on it, you must keep that level of energy going until you achieve the results you are after. You must form a mental image in your mind, **as vivid as possible**, so you can see it and feel it as if you had it in your possession. You must understand what it is you are seeing and look at it as if you can touch it. When you visualize it, you have to vibrate to it. Don’t just “see” the image, feel it, touch it. **Let it become a part of you.** If it is a woman you want, visualize the woman you are looking for. Picture her hair color. See how tall she is. Notice her facial features. Visualize yourself holding her, hugging her, or even kissing her. Then transfer this image to your heart and use your feelings to convey how you feel about this woman. For women, you can do the same for a man. Repeat the same process, the only difference is you will be looking at a man instead of a woman. Regardless of your sexual preference, you just have to visualize the person in front of you and see him/her as being there with you and **experience the joy** of that person in your presence.

3. **Attract what you want like a magnet *and allow it to be a part of you.***

If you focus on what you want but don't *allow* it to come into your life, it won't. You have to be willing to accept it and acknowledge it. Then when you act, it will occur. For many people whom I've worked with in these principles, the "allowing" part has always been the most challenging part of the journey. You can allow it by simply agreeing to it and say "yes" to the idea that you want it. Relax into the idea. **Don't be impatient!** Instead, *relax into the knowing that you are on the "right track" and that the universe "is" hearing your call and that everything is, right now, unfolding for you in perfect order.* **Turn your impatience into enthusiasm and excitement about the idea of seeing your desires unfolding!** When you do this, you are in fact *allowing it to come to you.* If you visualize receiving a check for \$1000, picture yourself accepting it while saying "yes" and "thank you." Hold it like it is yours. Embrace it. Tell the universe you acknowledge it and want it. **Tell the universe "thank you for giving it to me" and then accept it.** *This way you are allowing it to come into your life.*

4. **Take action to fulfill your request.** You must work in harmony with what you wish and do so without wavering. You must make a concerted effort to always focus on wanting it *and visualize having it.* When you do this you will start to discover "opportunities" and circumstances popping into your life that you didn't notice were there before! This is where your "intuition" can play a large part in making things happen for you. It is **not your job** to figure out "how" things will unfold; the universe will decide this for you.

What the universe *will* provide for you is “hints” and “urges” and opportunities. So, if you get a sudden urge or idea or feeling to act on something, then *follow through* on your urge to take action! By doing so, you will attract it without any obstacles in your path. Remember, when you think, you then feel. After you feel, you take action. This action gives you your results. It works every time, no exceptions.

**If you follow the above steps, and *practice them daily*, you will become a more powerful and purposeful attractor of your life experience.**

The truth is, the law of attraction is working in your life right now but you may not be aware of it or notice it. Whatever you do during the course of a day, whatever thoughts you think about, you are attracting. It is as simple as that. Think about it. Have you ever run across someone in life who seems *naturally lucky*? Where they appear to have money and good fortune follow them around no matter what they do, and everything they touch seems to turn to gold? *Do you know anyone like this?*

But... what about those people who seem to get what they refer to as “bad luck”. They always cry “Why me?” Why is this so? *Because they attracted it.* They vibrated to it, which caused it to happen. There is no such thing as “bad luck” or even *luck* for that matter. The outcome you have, whether it’s good or bad, is in accordance to what you are attracting. The first step to getting what you want is to **own it and accept accountability for what you asked for.**

## So.... “What am I doing wrong”??

You may be thinking to yourself “But I’ve tried focusing on my desires, I’ve used visualization techniques and imagined my desires manifesting, and acted in accordance and *STILL* nothing is happening for me!” You’re asking “What is it I’m doing wrong?” ... “Why is it I ask for one thing, and get something else?”. **This is because your vibration or energy isn’t tuned into what you wanted.**

Remember, the law of attraction is you get what you think most about – **and** become a vibrational match to.

### ***So... what is your ‘dominant’ vibration?***

Firstly, the law of attraction has no distinction as to what is real or imagined. It doesn’t know what is meant to be or not. It doesn’t know whether you should have it or you shouldn’t. It only responds to what you wish for, **and then come into vibrational alignment with** and gives it to you.

This means, when you think of something and you want it, and you say “yes, I want this object, person or experience to become a part of my life!” – then you are *allowing* this thing you want to become a part of your vibration. However conversely, if you think of something and give it the attention by repeatedly pushing against it saying “no, this is something I don’t want”... you are actually *allowing* this thing you *don’t want*, to become a part of your vibration.

**And every thought you have becomes a part of your “vibrational mix”.**

## *Relax... and Allow....*

When you use the law of attraction, you **do not worry about where it is coming from or how you will get it.** The Universe will take care of those details. All you do is your part and the Universe will do its part.

After you make your request (*and this is crucial*), **you cannot have any doubts as to your ability to get it!** You must have strong assurance that you will get what you asked for *no matter what*. If you doubt for one moment that you don't deserve it, you cancel out your request and won't get anything. **So, always focus on it, relax in the knowing that you are *allowing* it into your life... and never, never have any doubts about what you ask for.** The Universe is very giving. All you have to do is act in accordance with it, vibrate to it, and work along with it, and everything your heart desires will be yours.

The Law of Attraction is very powerful and forceful in the way it works. You can just think it, act on it, and bingo, it happens. But where it's true power lies is in being able to focus on an "exact" thing, event, or person you want in your thoughts.

### ***For example....***

Let's say your goal is to meet a beautiful dark haired man. You wouldn't just visualize any type of dark haired man. You would visualize a dark haired man with certain characteristics. And certain traits. You would want to visualize whether he wears glasses or not. You want to visualize the way he wears his hair. Is it straight or curly? Is he emotionally giving or caring? How does he treat you? What does it feel like to be close to him? What type of clothes does he

wear? How does he interact with your friends? Do you see the pattern? You want to **be as specific as possible** with your intent, or you may end up getting surprised and not get what you really want.

What if you wanted a certain amount of money? Visualize yourself getting a check for \$10,000 dollars. Or maybe you want to go higher. Or perhaps you want to go lower? You know what you want. But you have to gear your mind so you can vibrate to it. Otherwise, if you aren't clear as to what you want, the universe won't know and will send you money that may not be enough for your needs. So think about that the next time you desire money in your life.

As was stated above and before, the Law of Attraction works. You just have to accept it, act on it, and be in harmony with it. Do this and you can have anything you want.

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## Chapter Two

# HOW YOUR THOUGHTS CONTROL YOU

Did you know your thoughts control what happens to you? That's right. There have been many books written on thought and how powerful it is. Thoughts do affect us in so many ways. Thoughts help us create the reality we experience. Whether that experience is good or bad, all of it is determined by our thoughts.

Thoughts create our emotional state. They affect our health. Thoughts even influence what we do and say to people. No matter what the situation or circumstances, everything we do stems from thought. Then the thought turns into feelings, which turn into actions, to finally results.

**There are actually three classes of thoughts we experience each day of our lives. These thoughts include positive, action, and worry.**

We think each of these thoughts throughout the day. If we have **gratitude** for who we are and what we achieve, we have positive thoughts. If we dwell on a future event that hasn't even happened, we have worry thoughts. And, if we think about what we need to do for the day, like going to the store or shop for a certain object, we have action thoughts.

***Would you believe many of our thoughts are centered around worry?***

We aren't even aware of it at times but yet we do it. When we worry about something we have no control over, what we really have is fear turned inside. This is usually accompanied by some type of mental programming that tells us all the bad things that will happen before the event even started.



Some people think that if they don't worry, they can't prevent what will happen from occurring. They state that they are looking at the worst case scenario.

All types of worry are really just learned behavior that was acquired over time. And any thoughts that are learned can be unlearned very quickly. If you focus on positive thoughts instead of negative or worry thoughts, you would be surprised that your health would improve immensely. This is because **positive thoughts create healing, and produce joy in our lives**. Plus, positive thoughts reduce stress in our lives.

In order for you to be productive in life, you must learn to control your thoughts. You must learn to use the ***right types of thoughts*** that enter your mind daily. Also remember that not all thoughts produce actions that lead to results. Only those thoughts that we dwell on predominately are what will lead to results for us.

Because our thoughts are powerful and can dictate what happens to us, we know we must control them. But what happens in situations when we start thinking negative thoughts? This happens to all of us from time to time. You may be in a very stressful situation and find you are thinking the worst case scenario instead of thinking positively. While you are thinking negatively, you start getting a lot of emotions over those thoughts. You begin to panic. Your heart races. You start thinking of things imagined that could happen. You become irrational. What can you do in this situation? At this time you will need to stop yourself, remind yourself of the Law of Attraction, and get your thinking back on track.

**A great way to stop the process of thinking negatively**, and get your thoughts back on track is to stop and think out the situation. You don't know what will happen. You only know what *has* happened. So why are you getting all crazy over something that hasn't even happened yet?

Evaluate your present thoughts **and think of what your next thought will be**. You will find that your next thought will probably take you into a more level headed feeling instead of outright lunatic. By thinking of your next thought, you will find your mind going away from the bad thoughts and you will quickly snap out of that thought pattern you are in.

### *A Very Useful Exercise*

When you find yourself "trapped" in a whirlwind of negative thoughts and emotions, a very useful exercise is to take "pen to paper" *and just start writing!*

Your AIM here is to feel better! Therefore it doesn't really matter *what* you write... as long as your writing leads you onto *a better feeling than you previously had*.

Now, it's important to know that if you're in a state of depression or anxiety over a certain topic, **it's not realistic to "jump" from feeling totally miserable into feeling totally powerful and invincible!** So, understand that this is a *process*. And, the aim of this process is to "feel better" once you put that pen down.

Come back and repeat this process as many times as you like, every time with the aim to feel even better about the situation than you did before you

started. Take yourself out of the “now” and try to experience what you would like to feel like in your ideal state. You can begin with the statements “Wouldn’t it be great if \_\_\_\_\_ “.... “I would feel much better if \_\_\_\_\_”.

Once you do this, your thoughts and focus will “shift” towards a higher and better feeling because you are imagining yourself in a better and more appealing scenario. **This, in turn, raises your vibration to the universe!**

Every time you repeat this simple exercise you will be getting closer and closer to manifesting your desires, simply because you are “feeling” better.

As stated in this chapter, thoughts are dangerous, because they can lead you to get whatever you think. What ever you think, and feel, you vibrate towards; the universe receives your transmission and delivers. If you aren’t careful, you may not like what you get back.

## Chapter Three

# VISUALIZE YOUR THOUGHTS

If you believe in the Law of Attraction, you know that thoughts lead to feelings that lead to actions that lead to results. But you just don't think of a thought. **You must visualize the thought as an image.** For instance, let's say you want to buy a red convertible sports car. You visualize a red convertible sports car. But not just *any* sports car. It has to be a certain make and model. See this car in your mind and picture yourself in it, driving it, or having people in it.

What really helps is writing out a very detailed description of the exact car you want – down to how the steering wheel feels in your hands, what the hum of the motor sounds like. **Put all the feelings and emotions into it that you can.** If you continue to do this, you will finally get that car.

It is easy to visualize! Believe it or not, we actually use visualization every day of our lives. When we daydream, we visualize. When we fantasize about something, we visualize. The thing about attraction is that we don't just visualize for one time, we practice it daily, maybe even two or three times a day, depending on how serious you want what you are visualizing about.

**The only reason we haven't gotten anything from our visions before was because we didn't have knowledge about the *power of our visions*.**

If you look at people who are constantly in trouble or having bad things happening it is because they are always visualizing trouble in their lives. They are so used to doing it they don't know better. But for those who have success in

their lives, they focus on the good stuff and continue to do that. **They only visualize the good things coming to them.**

Visualization is used in all aspects of life from schoolwork to business. It has been silent for years only because of the unknown reason for it. Now even scientists are realizing the power of visualization.

The one good thing about visualization is it can be applied to **any** area of our lives and work every time. That is the power and flexibility of visualization.

Therefore, if you use visualization in your thinking and use your feelings and emotions to center that image, and then apply action to it, you will eventually see the results. Just try to focus on an exact image and not be too vague as to what you want. There have been people who have done general visualizations before and it has worked for them. They just trusted their Higher Intelligence, God or the Universe to surprise them with the results.

So how do we perform visualization? The steps are not that complicated. You just have to perform certain routines and stick to them.

**Here are the steps you can take to help you visualize:**

- **Sit in a relaxed position.** Take a few deep breaths until you are completely relaxed.
- **After being fully relaxed, clear your mind to nothing.**
- **Next, picture the thing or event you want to happen.** If you want a car, picture a car in front of you. But not just any car. Picture the “exact” car you want. Visualize every detail of the car from the front to

the back, including the inside and how you want it to look. Do this until you have this image locked in your mind.

- **Now, apply emotion to it.** See yourself driving down the street, shifting gears as you go. Picture yourself stopping at a beautiful beach with the one you love sitting next to you.
- **See yourself** getting out of the car and taking the keys with you. Lock this complete vision in your mind and send it to your heart for emotional processing.

If you apply the steps above *each and everyday*, you will find the car of your image appearing to you in some form or fashion.

No doubt, visualization is a powerful tool that can help you achieve the greatness, goals, or whatever you want in life, as long as you apply it to feelings and take action steps.

# Section Two – THE LAW OF VIBRATION

## Chapter Four

# THE LAW OF VIBRATION

In order for you to get what you want you have to vibrate to it. How does this vibration work? In order to vibrate to something you must have positive thoughts. If you don't, you won't get what you are striving for.

When you are in a positive frame of mind, you will vibrate toward what you wish to achieve. If you have any slight negativity, worry, or are unsure in the slightest degree, this doubting or negative energy can inhibit you from accomplishing your task, unless you stop them *immediately* and focus on positive thoughts.

Let's say you are looking to get a million dollars. You visualize a check for that amount coming to you. The only problem is you have a slight doubt in your mind you will get it. What will happen? Nothing. You won't get it because you did not vibrate to it. You did not hold the belief that you would get it and did not have a positive attitude about it.

The premise here is that if you aren't sure you want something or you have slight doubts about it, you won't get it because you are not in vibration to it. ***You are focusing on the doubts that it will ever happen instead of believing with a positive expectation that you will receive it.***

The Law of Vibration states that everything in life moves or vibrates. There is nothing that sits idle, even for a second. Everything in life is in a constant state of motion. Look in a microscope at an atom and you will see protons and



electrons moving in a circle around a neutron. No matter what it is, it is energy and energy is in constant motion.

Everything that vibrates does so at a certain rate. This rate is known as its frequency. The higher the frequency, the more potent the force will be. **Thought is considered the highest form of vibration therefore it has the highest frequency.** Being the highest frequency, it is considered as a powerful force in the universe.

To understand the Law of Attraction correctly, and be in more harmony with it, we must also understand the Law of Vibration.

The meaning of vibration can be considered as a moving backwards and forwards. It also can mean to oscillate, quiver, or swing. A perfect way to rationalize on this concept, think about this:

If you stick your arm out straight and keep it perfectly still, you will notice no movement. You will notice your arm not moving, but what you don't realize is that under that skin of your arm, the electrons that are contained therein are moving on a steady basis. And they are moving at a speed of about 186,300 miles per second.

Although the arm appears still, it really is in a constant state of motion. You can't see this happening because your eyes can't pick up such minute particles of matter. You can only see this happening if you had a powerful microscope to view it.

Now take a second and vibrate or shake your arm around. Your arm was already vibrating on its own, but you have stepped up the vibration or assisted it

to become stronger. The vibrating energy of your arm has increased dramatically.

**Those who think positively are in a good state of vibration.** Because they are in a good or positive state of vibration, good things will always come to them. They will always attract positive things or personalities. But those thinking negative would be vibrating negative energy. This is because they dwell on the bad and all that is pessimistic. As such, they will vibrate negativity. And because they vibrate negativity, they will attract anything negative in their lives. This means they will attract trouble, anguish, fear, rage, or whatever negative emotion is available.

If you want to control the results you get, you must control what you vibrate to. This means controlling your thoughts *because you only vibrate to the thoughts you have*. If you don't get what you want in your life, this is because you are ignorant of what you want. Or you are ignorant to the Law of Vibration. In electronics (if you know electronics – if not just play along), there are electromagnetic fields. If there are two electromagnetic fields working together, they are working in harmony or in resonance. When this occurs, the vibrating rate can easily be transferred from one to the other by way of electrons. The best way to describe this is by providing an example. Let's say you have a glass sitting on a table. There is a lady singing nearby. She hits a certain high note that cracks the glass; but no other note cracked that glass. Only that one frequency cracked it because the two frequencies were in resonance. The frequency of the lady's voice was the same as the frequency of the magnetic field surrounding the glass. See my point?

The same thing happens to your thoughts. **When you think of something, and vibrate to it, you are creating a frequency. That frequency goes out into the universe and reaches an object that also vibrates at that same frequency.** When this happens, the two are in synch. The electromagnetic waves your brain creates from your thoughts vibrate to the exact energy level as the thing or object that is in the universe you ask for. By concentrating on these thought patterns, you increase the energy level of those thoughts **and therefore the thoughts become more potent.**

Remember when you practice the Law of Attraction; you must inculcate the Law of Vibration. The two go hand in hand. There is no separation of the two. When you practice one, you also practice the other.

# Section Three – THE LAW OF KARMA

## Chapter Five

# WHAT IS KARMA

According to the Buddhist teachings, the law of karma says that for everything you do there is a result. Or as they say, for every cause there is an effect. This effect could be good or bad, depending on the cause.

Therefore, what the law of karma is telling us is that we all are responsible for our actions in some form or fashion. What we do or the actions we take will result in some form of result.

An example of this could be if we do a good deed for someone; the effect is kindness from the person receiving the good deed. Another example is that if we think bad thoughts of someone, our thinking will reflect in our actions, which will result in us either doing harm to that person, or saying something bad, which could result in hurt feels or resentment later.

But if we dwell on good, enhancing thoughts, we will only have the best of intentions and will treat the person, who is the center of our thoughts, with good will, hopefully resulting in a return of kindness of some type.

If the thoughts we have for someone else never materialized to the person (the person was not available to receive the actions), what would happen in turn is that those thoughts would turn into feelings, *but inward instead of outward*. Therefore, these thoughts would stay buried deep inside ourselves until either we find a release somehow or we find the person the original thoughts were for, and give off those thoughts, whether good or bad. This would clear us of our thoughts, but the end result or effect could still be disastrous for the other person.

**In order to live in peace and harmony with ourselves and the universe, we must live with positive energy, not negative. *For every action, there is an equal and opposite reaction.*** This goes along with the Biblical text that states, “we sow what we reap”. Therefore, what we produce or cause to occur we will get a result or effect.

The law of karma tells us that if we live in a body-consciousness, we are not pure in karma. For this level of consciousness only produces sexual lust, anger, greed, ego, and other negative emotions. Instead, we have to be linked with the Supreme Soul to have true karma, peace and harmony.

## Chapter Six

# UNDERSTANDING KARMA

Based on the previous chapter, the law of karma relates to cause and effect. But some people believe it relates to fate or predestination. However, this is not the case. **Karma means action.** It means to do something, but the action specified here is not mechanical action. **It is not unconscious or involuntary action. It is an intentional, conscious, deliberate, willful action.**

How is this possible? It is because every action must, no matter what, have a reaction.

So, based on the law of karma, when we do an act that is intentional, we reap the results or effect, either good or bad. Thereby, if we do an act of kindness, the effect or result will be some kind of kindness.

There are occasions where there is a delayed result. If this happens we don't know if the action is wholesome or unwholesome, at least till the result has been satisfied. Until then the cause can be wholesome momentarily until the result appears, at which the cause may now be changed to an unwholesome cause instead.

**According to karma, there are three doors of action. These three doors are body, speech, and mind.** If we break these down into groups, we have three unwholesome actions we must avoid for each group.

When we start with body, the three actions we must avoid are killing, stealing, and sexual misconduct. As for speech, we must avoid four unwholesome actions. These are lying, slander, harsh speech, and malicious

gossip. In the final group, which is mind, there are three unwholesome actions to avoid. These are greed, anger, and delusion.

If you avoid all ten unwholesome actions, you will avoid the consequences that result from doing them. **The reason you need to avoid the unwholesome actions is that they only cause suffering for those who are at the recipients of the actions.**

This is why those who do bad things continue to do bad things. In their minds, this is all they know. The root cause of their badness is in the thoughts they have for themselves and the way they carry themselves.

Whereas, those who are good and upright people, and practice this on an everyday basis, always have good coming back to them.

The old saying “what goes around comes around” is very true. This is also part of the laws of attraction and karma. To accept these laws, you accept the universal laws as set up by the Supreme Ruler of the Universe. Act in harmony with them and you will do well; act against them and you will suffer.



# Section Four – THE LAW OF GRATITUDE

## Chapter Seven

# THE LAW OF GRATITUDE

Are you grateful for what you have in your life? Do you acknowledge that everyday when you wake up in the morning? You should. Do you know that the Law of Attraction includes the Law of Gratitude?

**By having the Law of Gratitude, you believe firmly that the Universe or God, depending how you view it, is there to give you what you want when you ask for it. That you deserve what you get.** You relate to what you have and act in accord to it.

People who lack gratitude always seem to find themselves living in poverty or not having the lifestyle they wish to have. They look upon themselves as lower than anything else and wonder why they can't be better than what they are. *The primary reason for this is that they lack acceptance to what they want and do not show to the Universe what they want or deserve to have.*

There is no doubt that you get what you ask for and you get it in abundance when you put a lot of effort into it. By showing gratitude, you are showing that the effort you put forth was in tune to what you desired; and you will obtain more of that you wish.

You can tell people by what they have and by what they get just by seeing them and looking at how they dress, walk, and act. You can usually tell if they have gratitude by the way they present themselves.

This is why when you look at rich people, you notice they get richer. They have a debt of gratitude and show it everyday. This way, they are telling the

universe that they are glad they have all these riches and deserve them. The universe responds by giving them more.

**If a person does have abundance but does not show gratitude, he or she will eventually lose it. This is because he or she is telling the universe that they do not deserve it. When the universe perceives this, the universe stops delivering.**

**On the other hand, if a person lacks abundance, but shows gratitude for what he or she has, the universe will see that and will *in turn give the person more of what that person wishes*. This way, that person does not stay in lack for very long.**

If a person lacks abundance and does not show gratitude, he or she will continue to live with lack because they have not shown they deserve more.

This is why when we show gratitude, we are closer to God or the Universe than anyone else. And we get the rewards for doing so. Therefore, the more grateful we are when we get good things, the more good things we will receive. And in some cases, these good things will start coming more rapidly than before.

As you create new thoughts and act in harmony with those thoughts with “a show of gratitude” for having those thoughts, the closer you will be to getting that which you thought or ask for.

Gratitude has many benefits in that it can keep you from feeling inadequate. **It can keep your mind focused on the good rather than the bad.** You can think more abundantly by having gratitude. This is why you must obey the Law of Gratitude if you want what you seek abundance.

Think about this. **If your show of gratitude is strong, the results that come back to you will be strong. If your debt of gratitude is continuous, your supply will also be continuous.** If you start losing your attitude of gratitude, you will find you will lose ground rapidly and end up on the losing end of life. This is why having gratitude is so important. It is so important that it was made into one of the universal laws.

If you think about it, without gratitude, there is a “missing link” somewhere in our lives. We know that something should be there, but may not realize it until someone points it out. The fact is that saying, “thank you” for what you get is a big step toward having a form of gratitude. But this isn’t all there is about the Law of Gratitude. In fact, there is a good definition of the Law of Gratitude that states, **“If you are to get the results you seek, it is imperative that you should act on and obey this law.”** This means that if you do not obey the Law of Gratitude, you will not get what you seek. It is that simple.

Other than being grateful for what you have, what is the exact way that the Law of Gratitude works?

We have a choice. Whatever we put our attention or “emotional energy” on can be either good or bad. And, either way, this energy will eventually show up in our lives. This is one of the principles you must know and understand. *Neither the universe nor our subconscious mind knows good or bad.* Both aspects are treated the same. In this regard, what we focus on is what we get back.

**The importance here is on putting positive energy out to the universe.** This way, we are focusing on what we want and not on what we don’t

want. Gratitude is very powerful. It has a lot of high-energy positive vibration of thought. This is why I mentioned above that having gratitude connects you to the Universe or God, depending on how you look at it.

**Without gratitude, you have no power**, since the two connect together. And by using our minds for positive things, we are in reality using the power we have to produce the reality we want. So when we show gratitude, we are in fact *producing high energy positive vibrations of thought*. This high energy can only lead to one manifestation – great achievements!

If you set goals for yourself, **you must show gratitude for having accomplished the goals you put down**. When you do write your goals down, think of them as having been *already achieved* and be grateful for them being achieved. Your gratitude will be so powerful, so energized, that people around you can't help but notice that about you.

Those who are not successful or do not get what they want are in fact “pushing away” the success and are violating the universal law of gratitude. In fact, there are **four key mistakes** that people make with gratitude that cause them not to get what they want in life.

These four things are:

1. **Abundance:** Some people wonder if there is enough to go around for everyone. If your belief that the universe has only a limited supply, you are going nowhere in life and will never amount to anything. This is a major fallacy in life. In fact, there is more than enough abundance in the universe. It is endless. Our Higher Intelligence, or God, promised us that we would have abundance forever if we chose to have it. The universe is

energy. *Energy is everlasting.* Therefore, what we want comes from energy. It only goes to show that the universe will never run out of anything we want. It will always supply us with what we want when we want it. We just have to ask.

2. **A victim attitude:** This is a mistaken thought or principle that people have. It keeps us from having the gratitude we should have. When we think that we are powerless, we are in fact having the mental attitude that whatever happens, happens. We don't fight it, we just let it be. In other words, people who think this way believe they deserve what they got or believe that was the way it was supposed to be. Therefore, they limit themselves to what life has to offer. If it involves something they can't do anything about, they just let it be and state that is the way it was meant to be.
3. **Forgiveness:** You may not know this but forgiveness is also a part of the Law of Gratitude. This means you need to forgive anyone who did bad things to you in the past and even in the present, as well as in the future. This is especially true if you have a grudge against someone for a long time. The way you know you forgive them is by asking yourself if you can either wish them well or be grateful for them. If you can truthfully answer "yes," you have indeed forgiven them. **Forgiveness is so vital to our dreams in life that if we don't do it and hold any resentment, fear, or any frustration inside, it can literally block us from getting what we want in life. It can literally eat us from the inside-out.** Lastly, we must learn to **forgive ourselves** for what we have done in the past. If we can

look at ourselves in the mirror and say we love ourselves, we are on our way to experiencing the life we want.

4. **Stop thinking:** Unfortunately, people want to stop thinking after they get a thought in their head. They don't want to go beyond thinking and act on what they think. They go into the "steps" of thinking, but they never act on what they think. Therefore, the key to having gratitude is by acting out what you think. What better way to act than to give yourself or your time to help others?

Obeying the Law of Gratitude is vital in your quest for a prosperous and a joyous life. If you want success in your life as well as abundance, you will obey these laws *and when you do*, you can get whatever you want in life and be happy while doing it.

# Section Five – THE LAW OF LOVE



## Chapter Eight

# THE LAW OF LOVE

Love is another universal law that we must adhere to. There are different “levels” of love. But the one main feature of the Law of Love is that if we give love, we get love back. This is true in many cases. If we truly fall in love with someone, they in turn fall in love with us. When we fall in love, we don’t expect them to love us in return, although we would like them to. No, we love them for who they are.

We can show we are in turned into this law of the universe by simply doing the following:

- **Recognize and accept that we “are love”** as created by God, or our Higher Intelligence.
- **Show love to others.** Be gentle and show respect to others in the way we speak, think, and in our actions.
- **Don’t let your “ego” get in the way of loving others.**
- **Treat the ones closet to you with dignity and respect.** Above all else, show love to them. Don’t let any issues interfere in your love with your closet companion.
- **Always be centered and connected** with your inner being or spirit, whichever you prefer to call it.
- **When you love others, do so unconditionally.** Do not accept or expect love in return. Love others as they grow in spirit and in personal growth.

- **Keep your lines of communication open with your inner self and with others.** And do not forsake the thought or idea to display love to others.

The above points really sum up the Law of Love. Actually, life itself shows spiritual love. If we embrace it, grow with it, and get connected to it, we can have plenty of abundance in our lives. The Law of Love goes hand in hand with manifesting your desires and successfully applying the Law of Attraction to your life. We just have to *ask in love and accept it* when it comes to us.

# Section Six – THE LAW OF ALLOWING

## Chapter Nine

# THE LAW OF ALLOWING

You just thought about something you wanted. You have used the Law of Attraction, the Law of Vibration, and all the other universal laws to “request” what you want. Now you need to complete the cycle and use the Law of Allowing to permeate your very being, which will in turn accomplish the feat you set out for and will achieve what you wished on from the beginning.

Think about this fact. Everything in the universe is composed of energy, as you probably are already aware. This energy works in cycles. It is in a constant cycle or vibration.

If you wish to complete the process of the Laws of the Universe, you must use the Law of Allowing to complete the cycle of Attraction. This is where the cycle of energy comes in. When you use your thoughts to manifest something in your life, you are in fact telling the universe what you want. You put feelings and emotions into it. You vibrate to it. It becomes a part of you. Every ounce of your very being is tuned into it. Now, to complete the cycle of energy flow, you must complete the circuit by *allowing the results to occur for you*. **You must intent it to come to you unrestricted.**

The people, who do get what they want, use all the Laws of the Universe in precisely the right way. They are not only tuned into their own thoughts and feelings, but they ***feel it in their soul***. **They vibrate to it and they acknowledge it as already being a part of them.** They send out the signal to the universe that **they are one** with what they want and are claiming that they are allowing

themselves to receive it without doubt, fear, or worry. This, my friends, is what you need to do if you want to get what you want.

The Law of Allowing will work for you if you let it. What you must agree on is that you are *worthy* to receive your gift. That you are worthy to receive the prize you are after!

The problem with this world is there are just too many instances of anti this or anti that. People are constantly pushing things away. They are saying no to drugs, no to smoking, no to this or no to that. They are saying no to war, no to violence, and no to everything else.

What people don't seem to realize is that the Law of Attraction states that what you think about or wish for you will receive. If you think about war, you'll see more war. If you think about drugs, you'll see more drugs. The fact is, you are allowing these things into your life, and this is why you are seeing it.

No wonder people are constantly complaining that they don't have anything. They can't make ends meet. They can't get ahead in life. They can't do this. They can't do that. **For every can't there is another creation that is born.** If you say you can't afford this because you don't have enough money, you are telling the universe in fact that you don't have any money. Well guess what? The universe hears you and obeys. Your wish is my command and you get what you wish for. **You are *allowing* poverty into your life and this is why you don't have abundance.**

So how can you change this? How can you reverse this and become more abundant in your life? Simple. Just intent it. *You have to think about what you want, not what you don't want.* If you wish for more money, intent it. Don't go

around saying you can't afford something! You are telling the universe that you can't afford it. Therefore, you won't get the money you want. But if you switch that around and tell the universe that you do want it, that you do have the money, the universe will respond and give it to you.

The bottom line here is that you must remember to use all the Laws of the Universe if you expect to get what you want. You must complete the cycle of energy in order to complete the circuit between you and the universe.

This is the way the Law of Allowing works. If you work in harmony with it, focus your energy the right way, and tell the universe you want it and are ready to receive it, you will get it.

The best way to practice the Law of Allowing is by simply saying "yes" to things you receive in your life. If someone compliments you or says something nice to you, say "thanks." You are telling the person you are allowing his comments to be received. If someone gives you a gift, say "thanks." You are telling the universe and the person that you are allowing yourself to receive the gift. You need to do this with everything in life that you want to receive.

To fully understand the Law of Allowing, you have to look at it from the standpoint of resistance. **If you *resist* something, you will not get it.** That is as simple an explanation as you can have. When you use the Law of Allowing, you are saying that you have *no resistance* to what you want and the flow of energy will be easy and direct. There will be no stumbling blocks.

## ***“SO, WHERE TO FROM HERE?”***

The basic premise with the Law of Attraction, Law of Vibration, Law of Karma, Law of Gratitude, Law of Love, and Law of Allowing, is that when you practice these laws, *and stay in harmony with them*, you will prosper. You will have abundance. **You will have plenty!**

There is no denying it. Your thoughts control your actions. Your thoughts dictate what you end up getting from the Universe. If you ***believe completely*** that you will receive what you wish for, good things will come your way.

You must “accept” that which you wish upon. You must be tuned into the universe to get it. You must be in vibration to what you want. You must show the universe you want it by having gratitude for what you have received. You also must show that *you are allowing it* by being receptive to it and saying “yes” to it when it comes. By doing this, the universe will manifest it to reality and provide you more.

The main point with this guide is to draw your attention to the fact that there are universal laws available to help us. Your God (or Higher Intelligence), loves you and wants the best for you. By acting in harmony with their will and by obeying their universal laws, you will have plenty.

You just have to “start” the process with a thought, turn that thought in an image, send it to your heart for processing (this turns into emotions and feelings), act on your thoughts, and allow the results to come to you. By doing this you will receive results from your thoughts, **whether they are good or bad.**

The old saying is, “be careful what you wish for” or “you are your thoughts” holds true here in **every** respect. Therefore, watch your thoughts if you want the best that life has to offer.

If you would like a more advanced education in these topics, **I recommend Guy Finley’s incredible new program, [Secrets of Being Unstoppable](#).**

*Secrets of Being Unstoppable*, gives you over 14 AUDIO hours of inspiring new material that shows you how to realize and release the secret inner power most of us don't even realize is ours!

### **Within no time, you’ll:**

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- **Walk straight into moments that have always scared you.**
- **Follow through and achieve what your heart is yearning to do.**
- **Put the magic and meaning back into your relationships.**

Guy has worked tirelessly for nearly 30 years fine-tuning and honing this material. And now in this latest release, the staff at his non-profit Foundation have taken the very best of his individual programs and packaged them all into [one complete course](#).

The reason I recommend this so highly is because it's one of the few programs out there that actually delivers on its promise. There are a lot of experts who talk about living fearlessly, and about living from an indomitable spirit. ***But they never seem to answer the one question everyone asks:***

***"How do I do it?"***



In [Secrets of Being Unstoppable](#), you'll finally get the answer to that question. But even better than that, you'll find yourself holding the keys to an extraordinary new kind of understanding that will prove itself - by far - to be the greatest benefit of all.

I urge you to invest a few minutes of your time to read about the extraordinary insights, benefits, and new understanding you'll get from this program. You'll also learn about **a special collection of free bonus material** they're including right now during its initial release!

*I wish you much joy and success as you embark on this wonderful journey ...of a much more empowered LIFE!*

All the best,



Noel Jones

[www.RealMindPowers.com](http://www.RealMindPowers.com)

### **FURTHER RECOMMENDED RESOURCES:**

**I know that you want to further increase your knowledge about the power of the mind. I recommend the [Program Your Mind In Record Time](#) system.**

**[Click HERE](#) to read about the top seven uses of their system in your life.**

## ***Secrets of Being Unstoppable!***

*By Best-Selling, Self-Realization Author, Guy Finley*



**Secrets of Being Unstoppable!**  
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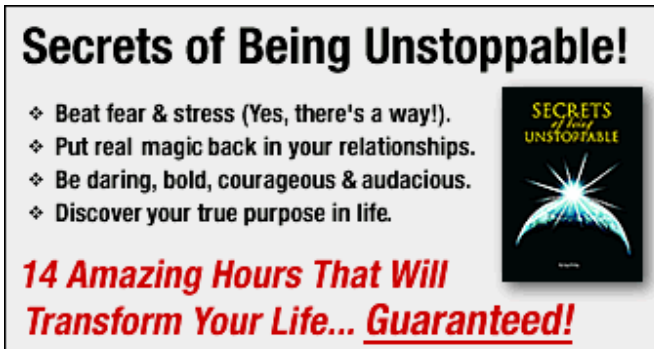
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- ❖ Be daring, bold, courageous & audacious.
- ❖ Discover your true purpose in life.

***14 Amazing Hours That Will Transform Your Life... Guaranteed!***