



CASSIEL

3rd Chronicle
by
Cruise

Ripple Effect: Echoes of Fulfillment

The Path to Purpose: Change the Old and Create the New

Cultivating Change through Selflessness and Generosity



Native American Totems are deeply symbolic representations that serve as powerful connections to the natural and spiritual world. Each totem, often represented by animals or mythological creatures, embodies specific qualities and values such as wisdom, strength, or protection. These totems are not merely decorative but hold significant cultural and spiritual meaning, often passed down through many generations. Totems can be personal, clan-related, or serve as guardians for communities, reflecting a profound respect for nature and the interconnectedness of all living things.

Spirit guides, are spiritual entities that offer guidance, support, and protection. In many Native American traditions, these spirit guides often take the form of animals or ancestral spirits. They are considered intermediaries between the physical and spiritual worlds, providing insights and wisdom during various life experiences. Across different cultures and religions, spirit guides have their counterparts, such as guardian angels in Christianity, daemons in ancient Greek philosophy as the unidentified force that causes events, or transcendent knowledge of bodhisattva in Buddhism. All these beings share a common role in helping individuals navigate their spiritual journeys, offering comfort and direction in times of great need to those of physical worlds.

Sanskrit : बोधिसत्त्व

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The Spirit of the Bear Witnessed
the Creation of the Stone, that Man
Doesn't Recall the Making of...





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Acknowledging the Returning Seeker

Welcome back, dear seekers, to the third of four Chronicles.

First, take a moment to truly acknowledge the immense effort and courage it has taken to arrive at this point. What you have accomplished thus far is no small feat. Every step you've taken on this journey; from mere belief to profound knowing, is worthy of ones deep respect and admiration. Your determination has at the least, illuminated your path ahead and this deserves genuine celebration.

As we journey further into the Essence of Living in the Moment, remember to Embrace the process of Unlearning, adopting alternative vocabulary and purifying the waters that feed your Fountain of Thoughts. Just like weeding, as we tend to our gardens by adding vitamins and minerals, nurturing growth, we too can generate enhanced results by fostering this mindful practice.

Recognize that each step, no matter how small, is it's own iteration and the New Beginning to the next. It is not just the destination that holds importance but the journey itself. The progress you have made thus far is truly profound, and every decision, action, and moment of reflection has brought you closer on your way to finding solace and fulfillment in your Present Victories.

To those who have chosen to continue down this path of self discovery, let it be known that we have yet to speak of your future or the desires you hold dear. Your willingness to peel back the layers and explore the depths of your being are key and the actual cornerstones of the upcoming Tomb.

A New Beginning

The End of This One, is also the Beginning of the Other.

This Chronicle begins by confronting what has been, to this day, my most perplexing challenge. Now, I ask you to withhold your laughter, for when I reveal it, you may find it trivial compared to the mountains of adversities I've scaled in this life. Yet, therein lies the heart of this lesson. The struggle that has persistently eluded my victory is the seemingly simple act of ceasing my nicotine habit. After conquering hard drugs, alcohol, and even a consuming addiction to money, one might think this would pale in comparison. I have always held fast to the belief that no obstacle is insurmountable, no challenge too daunting, and no summit beyond reach and that remains true even now.

I often dreamed of writing my autobiography, imagining my wild adventures and triumphs against impossible odds brought to life in a series of movies. Yet, until now, I hadn't made sense of all that had transpired. I was far from realizing that this is precisely what I was writing. Reflecting back, we see clearly now that nothing happens without a trigger and that every mishap has its origin story. The eye-opening conclusion is that we've been in control all along, and when we are pointing fingers at others or external circumstances, we should have been looking in the mirror as we assigned the blame.

These pages hold the echoes of the past and the promise of what lies ahead. You are not here by chance. Just as I have wandered, sensing there was something more to it, you too have felt that sense of illusion. The wisdom within these sentences, are going to assist in guiding you, affirming that what you've been seeking all along, has been found.

If you've read *The Secret* and dismissed it as improbable, pause for a moment and ask yourself why you are here now, drawn to these words. Could it be that a vital truth has eluded you, veiled by the lens of your own bias? These books are not mere collections of ideas, they are half a century of research, crafted to awaken the clarity within you. The truths they reveal resonate deeply because they are the compass pointing toward the life you've always desired. Doubt cannot linger on this path; it must dissolve into certainty. If uncertainty persists, it is a sign to retrace your steps, reflect, and rediscover where you may have strayed from alignment with your purpose.

Returning to my greatest challenge, I've come to recognize that the obstacle itself was shaped by my own resistance. For years, I believed in my ability to achieve the impossible, yet this one "simple" thing cast a shadow of doubt. I often thought, "If I can overcome this, I can do anything." But with *the clarity of hindsight*, I see that I never truly desired to quit. Deep down, the comfort and pleasure it brought held me captive, making it less an obstacle and more a reflection of my own divided will.

Today, I understand that the very condition of "IF I did" was a limitation of its own making. By anchoring my progress to this condition, I unwittingly constructed an invisible wall. A barrier that prevented me from reaching new goals. My mind, tethered to this belief, either waited for its resolution or had already decided it was an insurmountable obstacle. Upon reflection, I realized the weight I had given to this imaginary hurdle was entirely self imposed, and its importance was grossly exaggerated. Through careful reasoning, I identified this as my Achilles' heel, making it a point of vulnerability that I could no longer ignore. To move forward, I had to reevaluate my assumptions and confront my doubts about quitting smoking. Only by challenging this self imposed narrative could I begin to believe again in the possibility of change.

This step is crucial for all of you Seekers as well. Identifying the failures and beliefs that silently limit you is vital. I'll share my progress in achieving this ultimate goal in later pages. Life, with its profound irony, often highlights our blind spots. Despite my pride in intellect and education, I clung to smoking even as I battled asthma, diabetes, and a heart condition. Not to mention severe vulnerabilities to allergens that led to hospitalizations. Oh I'm a real smart cookie now... Aint I !!! Or is there more to "That" then meets the eye? Since this may actually be it's own "Iteration" We will need to cover that later on.

Determined to overcome my allergies, I achieved one early victory with dogs. As a child, I begged for a puppy, promising my parents I'd outgrow the allergy. My resolve was unwavering. I kept the puppy close, rubbing it in my face, enduring the sickness for about a week. Then, as if by sheer willpower, I was no longer affected by its dander. This triumph gave me hope. Later in life, I attempted a similar approach with cats, isolating myself in an apartment with five felines for a week.

That experiment ended disastrously, I woke up in a hospital, confined to an oxygen tent. My reaction to horses proved even more severe, with collapses occurring instantly upon exposure. Reflecting on these challenges, I see parallels with my struggle to quit smoking. Like allergies, everyone has mental blockages limiting their growth, tethering them to an imagined boundary. For me, smoking was an anchor, dragging me down, restricting my movement, and holding me at a certain level of existence.

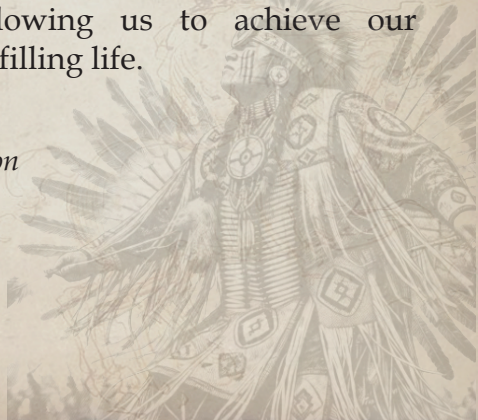
Looking back, I realize it wasn't the so-called failures themselves but the significance I assigned them that hindered my progress. This misplaced weight of importance kept me from fulfilling my promise of financial independence. Now, I understand that breaking free from these self-imposed limitations is key to realizing my true potential.

What became evident was that smoking was more than just a physically recurring action; it acted as a mentally limiting barrier. However, there's another, often more insidious obstacle: the actual emotional mental barrier. We all have moments in our lives that leave an indelible mark due to the intense emotional states we experienced. These moments can create significant emotional scars and identical mental and emotional blockades.

Recognizing these emotional barriers is crucial. These events, whether we consciously remember them or not, can hinder our progress and shape our perceptions of what we believe we can achieve. We are all aware of their presence and impact, but few can pinpoint their origins.

As we identify and understand these "emotional" mental barriers, we can move forward with actions to dismantle the limitations they impose on our lives. This awareness is the first step towards breaking free from the chains that hold us back, allowing us to achieve our true potential and live a fulfilling life.

*Note towards the Eventual Conclusion
Source of the Emotional Blockade
"Chronic Fear of Failure"*



These mental blockages are notoriously elusive and are often the primary reason individuals seek therapy. Therapists call it job security, as these deep seated issues provide ongoing challenges to resolve. During my own soul searching, I realized that becoming financially independent had become the condition, I had set for myself before allowing my two boys back into my life. The deep wound from seeing their disappointed eyes when I couldn't provide for them, and having them witness my downfall after the divorce, created a scar that will never completely heal. I use "completely heal" intentionally because, regardless of how I reinterpret the events, I can never reclaim the lost time I could have shared with my boys.

Let me illustrate further. Picture a river flowing freely until a partial barrier is dropped across its path. Over time, debris collects behind it, like branches, leaves, even larger objects, until the barrier becomes a fixture in the landscape. Nature, ever adaptable, begins to grow over it, blending the obstruction into the environment. The longer these items remain lodged, the harder they are to remove.

In the realm of the mind, this barrier symbolizes our mental blockages. Like the debris in the river, these obstacles accumulate slowly, layer by layer, becoming entrenched in our psyche. They integrate so seamlessly

that we often forget they were never meant to be there. The longer they persist, the more challenging it becomes to clear the flow of our thoughts and remove what is holding us back. Recognizing these emotional blockages is the first step to dismantling them, allowing us to restore the natural, unhindered current of our actions or should I say reactions.

The pressure of life's currents and natural elements solidifies these blockages, making them more challenging to address. To truly remove these entrenched items, we must dig deeper and address the root cause, at the initial barrier layer. The topic of fear, unfortunately employed as a tool, along with its effects and limitations, is thoroughly documented and could easily warrant its own box set of books.

In therapy and self-reflection, the process often involves uncovering and dismantling these original emotional barriers to release the accumulated debris. This journey requires introspection and a willingness to confront the deeper issues that have built up over time. By doing so, we can clear the path for more free-flowing manifestations. Most emotional mental blockages are notoriously elusive, especially after years of accumulating residue. These blockages stem from moments of shame, belittlement, frustration, or failure, among others. While some obvious traumatic events, like being taken advantage of sexually, are easier to identify and address, most emotional blockades are formed in silence, where the drama unfolds solely in one's mind.

In my case, years of accumulated guilt prevented me from reconnecting with my boys. I convinced myself that they were better off without me, making excuses that only worsened the negative impacts over time. This self-betrayal, coupled with the fear of failure and uncertainty, fueled these self-imposed excuses and obstructed my attempts to mend the situation.

Understanding and dismantling these mental blockages is crucial for personal growth. By addressing the underlying emotions and breaking free from these limitations, we can pave the way for a more fulfilling and liberated life. Recognizing these barriers and working through them allows us to reclaim our potential and create a positive path forward. Therapists call this a breakthrough when achieved.

Having experienced a similar situation with my own father, my mind understands the feelings that arose. Even though I have come to terms with it, the fear of the unknown outcome of such a reunion still holds me back. It's as if I prefer enduring familiar pain over risking its increase, knowing that I'm already at the edge of what I can tolerate. This fear of exacerbating the pain prevents me from moving forward, even though I recognize the necessity of facing these emotional barriers to achieve my own personal growth and healing.

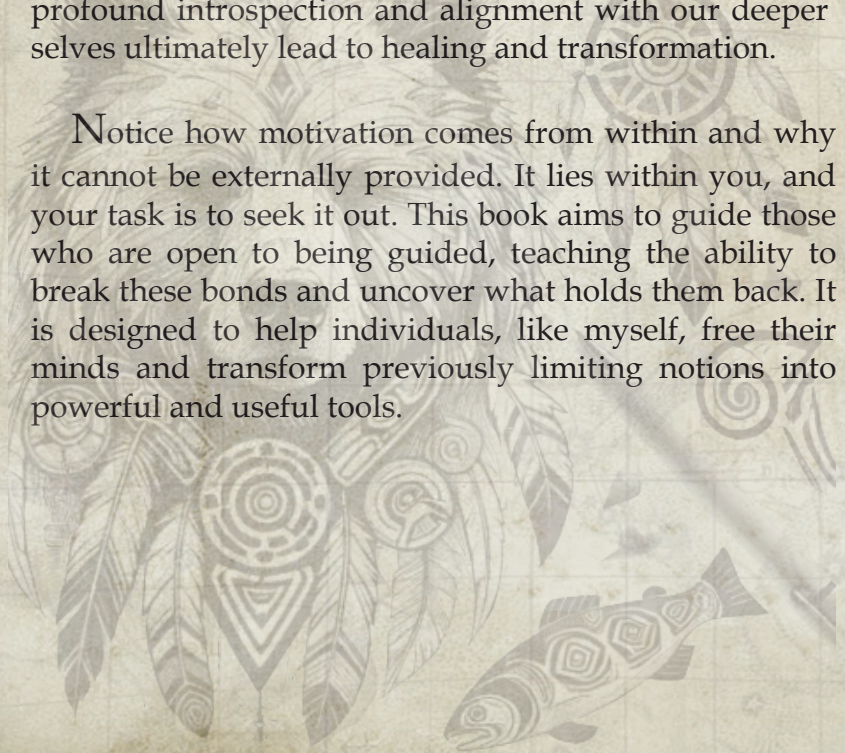
As already mentioned, our minds often constrained by self-imposed limitations, erect barriers that hinder progress. I know I'm not alone in striving to liberate my mind from past shadows. Many that are implicated in this journey, are seeking to overcome similar issues. A simple mention can initiate a snowball effect, benefiting those who recognize the struggle.

Reflecting on my journey, I realize that attributing the pain and suffering to the actual detrimental thought patterns that are holding me back, instead of blaming myself, rather than self-blame offers a new perspective. This shift allows me to take action without the usual accompanying limitation. By channeling negative emotions and redirecting them towards the patterns responsible for my failures, I know to commit more fully, using this energy to fuel my motivation. This transformation allows negative emotions to become positive, useful energy, creating more drive and stamina in the task ahead.

The balance you establish by cataloging your emotions is very useful indeed. Emotions are the most underrated part of the self-healing process. Locating the cause is only half the battle. Digging through the thick crust protecting the wound and exposing the emotions releases the built-up pressure, key to achieving your goals. Because some things you will have to work for, not everything is going to appear out of mid air.

In Native traditions, this process aligns with the teachings of vision quests and spiritual journeys. These traditions emphasize connecting with the inner self and uncovering hidden truths, much like Dr. Carl Jung's work on archetypes. Jung's theory suggests that understanding these universal symbols and themes in our psyche helps us navigate personal growth and self-realization. By recognizing and integrating these archetypes, we can transcend our limitations, much like Native practices that encourage seeking guidance and wisdom from within and the natural world. This profound introspection and alignment with our deeper selves ultimately lead to healing and transformation.

Notice how motivation comes from within and why it cannot be externally provided. It lies within you, and your task is to seek it out. This book aims to guide those who are open to being guided, teaching the ability to break these bonds and uncover what holds them back. It is designed to help individuals, like myself, free their minds and transform previously limiting notions into powerful and useful tools.



Joanne has been my guiding light, my soulmate, and better half. Her ability to deal with my constant ramblings and references to life-changing events, supporting my efforts, and acting as if things have already happened, has been invaluable. She respects my perspective without criticism or any attempts to give me a reality check. This respect allows me the opportunity to manifest my goals in a more fluid and even fashion.

Another reference in the context of Native tradition and Dr. Carl Jung's work on archetypes, is that this journey of self-discovery aligns with the concept of the inner quest. Native traditions emphasize connecting with the inner self and uncovering hidden truths, similar to Jung's theory of archetypes, which suggests understanding universal symbols and patterns within our psyche helps us navigate personal growth. Recognizing and integrating these "archetype like" layers enable us to transcend our limitations and achieve personal transformation.

This aspect of my progress is crucial. This support system magnifies my confidence and mental strength, enabling me to reach a higher level of awareness. Through this experience, I've realized the importance of providing you, the reader, with the moral support, tricks, and tools needed for your own personal journeys.

I must transition into the mentor I need to be, leading by example, to further my own progress. By doing so, I can help you break free from your limitations and in the process demonstrate how to achieve your own goals. One thing naturally ties into the other, creating a cycle of growth and empowerment that will enhance both our manifesting environments.

To continue my demonstration of the correlation between Native tradition and Dr. Carl Jung's work, this journey aligns with interconnectedness. Native teachings emphasize support systems and communal journeys toward wisdom, much like Jung's idea of the collective unconscious. By integrating these archetypes, we transcend limitations and communicate on a new level. This interconnected approach fosters a supportive network that enhances both individual and collective growth. I will delve deeper into my theory regarding this network and its mechanisms, likely in the second box set.

Many will think (thus believe) my task is to motivate you, but the true motivation to take control of your life resides within You. But the true drive to take control of your life lies within you. By picking up this book, you've already demonstrated a desire to learn, sparked by a personal connection to the topic. My role is to help you uncover what holds you back from committing. The key is understanding your "why." Immersion is essential here. The intentional overload of knowledge mirrors how true understanding, like learning a language, develops through use and practice. Additionally, understanding why you resist commitment can also be a powerful tool in improving your personal relationships.

My goal is to spur you into action and help you identify thoughts that hinder the application of your knowledge. Repetition, perseverance, and learning from failures are key to gaining the skills and experience needed for success. My aim is to guide you to believe that what you're reading will produce definitive results.

Once all facts are presented across the three box sets, you'll be better positioned to evaluate my credibility. Learning requires belief in the teacher's knowledge and expertise. Mastery comes from repeated practice until the science becomes second nature. For now, most of you are still struggling subconsciously with the fact that I believed in the Devil and are trying to establish if I'm a nut job or not... hehehe. In my defense, is it that much of a stretch compared to believing in a God? There I go with the G word again...

Native traditions Highly Emphasize the importance of guidance and mentor-ship in personal development. I don't consider myself one of the great leaders in this field yet, but I recognize that true leaders excel by motivating themselves and others to take action. They help individuals like yourself identify and overcome obstacles, fostering a renewed belief in their abilities. This belief, once shattered by the world that taught you, is vital and will eventually become the ultimate crowning achievement.

Sadly way to many of us are left to figure it out on our own in these days and ages. I hope these publications will one day help leverage the ongoing collateral damage.

In this chapter entitled "A New Beginning", we explored the fascinating concepts of recursion and iteration and their striking similarity to the notion of starting anew. If you recall, recursion is a method where the solution to a problem depends on solutions to smaller instances of the same problem. On the other hand, iteration involves repeating a process with the aim of approaching a desired goal, target, or result. Where the end of one, becomes the starting point of the other.

This parallel is intentional and far from coincidental. Just as the Power of recursion and iteration build upon themselves to solve complex problems or reach specific goals, our journey through life often involves *Revisiting and Refining* our own experiences. Each new beginning is an opportunity to apply the lessons learned from past iterations, (when strategically inserted) gradually moving us closer to our goals of personal growth. By understanding and embracing these concepts, we recognize that progress is a continuous, iterative process. Each small step, each iteration, contributes to a larger, more profound transformation. As we navigate through our lives, we can draw strength from this understanding. In simple terms, an iterative process involves doing something repeatedly, making incremental adjustments with each cycle to enhance the overall result. This method is commonly used in problem-solving techniques and in the end, will get you to manifest.

"If you believe in yourself anything is possible."

Miley Cyrus

"I do not believe in a fate that falls on men however they act; but I do believe in a fate that falls on them unless they act."

Buddha

"Rather than trying to convince others that you believe, you ought to believe in yourself and show them how to believe."

Cruise



Paying it Forward

The Undeniable Power of Fulfillment

Contemplate this: The dance of success is often choreographed in simple steps. The wisest of entrepreneurs have traced these movements, following the etchings left by those before them. When one has observed the triumph of another, belief becomes easy, and the journey's map, clear. This shared trail of achievement grows, each pioneer paving the way for those who come after, often surpassing the first.

Yet, the true artistry lies beyond mere replication. The essence of gratitude, the fulfillment of knowing you are on the cusp of greatness, and the art of making a difference eludes the confines of conventional blueprints. It is in these uncharted territories of the heart that one must seek the intangible: the emotional force of not taking life for granted, and the fervor of contributing to a greater cause. Unlocking these dormant treasures within, hidden by the shadows of the past, brings liberation. It is this inner freedom that will fuel your decisions and drive your chosen path. In moments of spontaneous generosity and acts of random kindness, the emotions you unearth are potent and life-affirming, a sacred energy that will sustain and inspire, perpetually inviting you to give more. It is in this rhythm of thankfulness, in giving and receiving that one's spirit truly dances.

I cannot stress enough the level of importance of being able to feel the following emotion and how feeling this alone will almost single-handedly determine your ability to get the job done. By discovering this emotion, you will find the correct predominant mindset you seek. The key word here is “predominant”, meaning with this emotion governing your thoughts, you can achieve the level of awareness necessary for the success you aspire towards an intentional reality.

I find that the feeling of fulfillment created when I pay it forward at the Tim Horton's drive-thru on random evenings has that exact effect on me. Jo and I felt immense love in a random act of kindness when we attempted to pay for the two extra-large triple triples we ordered at the drive-thru and found out that the vehicle preceding us had already paid for our order. I truly hope the stranger that did that for us understands how grateful we are. But unsure if they will ever realize the wheel they set in motion that particular night.

Now, we make a point of returning the favor every now and then, randomly choosing to pay it forward by picking up the tab for the car behind us. There's immense satisfaction in imagining their reaction, knowing well from personal experience the feeling created by this simple gesture, that snowballed into something simply extraordinary and totally amazing. (spoiler alert)

All the great life teachers, gurus, and motivational speakers of our times have arisen from our collective need for them. These individuals, who have shaped the minds and hearts of many, at one point or another, have sought wisdom and guidance from the skies above.

Each of us, in our own way, become a beacon of wisdom and inspiration for others, often without realizing it. We step up, hold the torch, and guide those who come after us. Bob Proctor was inspired by Wallace Waddles, just as my guiding star is Reverend Michael Beckwith and Anthony Robbins, who found his mentor in Jim Rohn. In turn, we will inspire others, leaving a trail of bread crumbs for the curious seekers to follow.

Observe how the universe responds to your desires, placing even a humble janitor like Tony on your path. Only those who seek guidance will notice and inquire further. This is the dance of life, where each of us plays a part in the unfolding story of human connection and transcending growth.

Throughout time, the universe has guided many to seek the wisdom of those who shine brightly in our realities.

Tony's counsel has touched the lives of prominent figures such as Nelson Mandela, Mikhail Gorbachev, Bill Clinton, Margaret Thatcher, Francois Mitterrand, and Princess Diana. Icons like Fran Tarkenton, Pamela Anderson, Quincy Jones, Erin Brockovich, and Anthony Hopkins whom have all also sought his guidance.

In the realm of sports, Tony has shared his wisdom with Serena Williams, Greg Norman, Chuck Liddell, Mike Tyson, Diego Sanchez, and Andre Agassi. Notably, he has worked with legendary sports teams like the Los Angeles Kings and the great Wayne Gretzky himself. These individuals, renowned in their fields, have all consulted Tony reaching out and asking for assistance.

Is this impressive list merely a coincidence? Or was it expected and predictable in nature? The universe, in its mysterious ways, responds to our needs and guides us towards those who can illuminate our path. Perhaps it is our collective quest for wisdom and growth that brings such remarkable individuals together.

You can be the judge of that.



How many of you are familiar with Mike Myers and the success he's garnered with his "shagadelic" persona? And how many of you have watched his "Love Guru" movie and realized that he knows more than he lets on? Reflect on this: until 2009, I wore many hats, but being a success teacher wasn't one of them. Yet suddenly, I found myself with newfound knowledge, elevated to the ranks of some of the greatest minds in this field.

Though my list of those who have sought my counsel isn't filled with famous names, I found myself addressing a younger and more desperate homeless crowd. You, the reader, need to understand that the desire behind the need is what forged me into the leader I am today. The emotional requests of those in need fueled my resolve to seek out those in dire need of much needed guidance.

Like those before me, I rose from a humble past because something clicked within me. In my case, it was a strange, obsessive compulsion to complete what I had so mysteriously started and recklessly set aside years ago.

We must recognize that our journey is not just guided by personal ambition but by the collective spirit. The wisdom of our ancestors and the teachings of the elders have always emphasized that we must use our gifts to uplift the community. It is this that drives us to transform challenges into opportunities, turning the needs of many into a source of strength and guidance for the few.

For these reasons, I will embody my role as a life teacher, using my skills to assist anyone interested in personal growth. By working through the new website and being available to those who seek help, I aim to help others see beyond their own beliefs. I won't just write this book and leave readers to struggle, unless they choose to. These books are like a mission statement, similar to Jerry McGuire's declaration. I am breaking free from the conventional system, offering my advice to those who believe in the possibility, just as I once had only one fan.

My task for now is to highlight that moment when you set aside "The Secret" and filed it under false, erroneous, or outrageous. My role is to help you recognize the mistake you made when you felt you were wasting precious time that could have been better spent or when you tried a few wishes and gave up on them too easily. Perhaps, like me, you once believed your desires would magically appear the next day upon waking? Or you waited years for them to manifest, only to realize that your wishes had already been granted, unnoticed until now? My task is merely to inform you, that you may have misinterpreted it all and that perhaps you were only missing a fresh understanding that what you seek lies in seeing beyond the immediate and grasping the subtleties that life presents.

I cannot emphasize enough that my purpose is to offer you a different perspective, helping your mind reassess what it has, by habit, deemed impossible. We need to guide your mind, allowing it to compare with a new level of accumulated wisdom, facilitating your ability to reevaluate your own capabilities.

In the spirit of our ancestors, I hope that this newfound knowledge, supported by a rich accumulation of facts and skilled story telling, will jolt and shake your understanding of the world. You need to see beyond your own limitations and recognize the impact these views have on your surroundings.

Understand that your misconceptions also influence and reinforce the perspectives of those who look up to you. This is especially true if you are, or expecting to be, a parent. By embracing the wisdom of our heritage and the collective knowledge of our people, we can inspire others to grow and thrive, breaking free from the constraints of the past and moving towards a future filled with possibilities.

Moving forward, to make this easier to understand, let me illustrate with a personal example. My struggle to quit smoking has not just been my own battle; it has also affected Jo's ability to believe in my promises.

I've said "I'm quitting," "I'm done," and "I've stopped" in many different ways, but my repeated failures have made it difficult for Jo to believe me, no matter how convincing I tried to be.

She unknowingly thinks, "I'll believe it when I see it." Her mind has heard my promises often enough without the supporting evidence that it eventually cataloged them as unreliable. This has cascading effects, causing her to doubt me even in matters completely unrelated to quitting smoking.

Even though I understand now that I don't need to quit smoking to prove to myself that I can achieve anything I set my mind to, I still need to stop smoking because it has become symbolic for both of us. I need Jo to believe that I can accomplish anything I desire. This is the medium through which I choose to demonstrate my resolve.

I believe that quitting smoking will also give my mind an added boost of confidence and provide the proof my unconscious mind needs to re-catalogue certain uncertainties as certainties. This will allow me to progress to the next level of awareness. I'll keep you posted on my progress and the results in my next publication. I promise you will be amazed at the outcome and my interpretation of its effects.

You must find that one thing which brings you the ultimate feeling of satisfaction and selflessness. Reflect on this as you dig deeper into it and you will inevitably realize that every individual who has achieved greatness has harnessed this unique emotion in a win-win scenario.

From the Great and Generous Kings of our past to our modern politicians and rock stars. From Brad Pitt building houses, to the notorious generosity of Taylor Swift, notice how they all, without exception, find their own way to evoke the emotion of fulfillment. There are far too many examples to list here, but understand that you will not succeed in mastering your endeavors without grasping this simple concept. It has been written about and explained far too often for you to be able to ignore.

Surely you have heard the adage, "Give and it will come back to you tenfold." If you haven't, I would gladly give you some personal coaching. I would call you a liar and show you the truth without hesitation. This principle underpins the gift exchange at Christmas and the entire concept of Thanksgiving. We've all been taught this, yet strangely, few of us practice it beyond the occasional act of politeness.

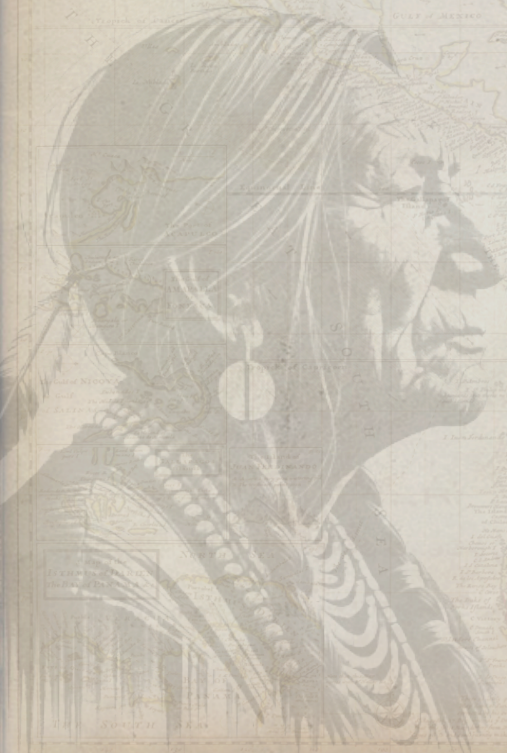
You must lead by example in this concept and inspire others to follow your footsteps. Why do you think it was said that the only thing keeping you from fulfilling your dreams is yourself? Do you believe it was worded like that by coincidence?

"Only those who have learned the power of sincere and selfless contribution experience life's deepest joy of true fulfillment."

Tony Robbins

"It is not in the pursuit of happiness that we find fulfillment, it is in the happiness of pursuit."

Denis Waitley



What a Feeling

Trust in your feelings and instincts are essential to your balance

Now, let us unveil the enigma that I truly am. By this, I mean I will endeavor to explain, to the best of my abilities, how I know "The Law of Attraction" to be genuine. It is not through logic, knowledge, or any conventional means. To elaborate, I will go into more detail regarding a previous reference in this box set, where Joanne called me into the room and said, "this sounds exactly like what you have been talking to me about." What I was attempting to explain to Jo back then, while discussing my research, began with a sensation I can only describe as a feeling I used to get when experimenting with my theories and beliefs, or while requesting Spirit Guide wisdom.

Later, I realized that this was also an item in my shoe box, and it related to how many individuals spoke of this gut feeling when asked to make a choice. I discovered where this fit into the puzzle as a whole, and I will explain that part later in this chapter. However, I knew with certainty that this was an integral part of my theory. For now, I will continue as I was explaining it to Joanne.

I experience a sensation that seems to originate not from my gut, but from the center of my spine. This feeling spreads throughout my entire body like a shiver, giving me goosebumps upon goosebumps. Every hair on my body

would react to this sensation, similar to the chills you get from witnessing an extraordinary performance by an artist whose rendition of a song deeply moves you. However, in my case, you can multiply that feeling tenfold. This peculiar phenomenon often occurred when I was faced with significant decisions or served as confirmation when I embarked on a particular course of action.

This sensation would manifest itself mostly when I contemplated one of two different possibilities in an upcoming decision. Eventually, I began to notice that whether I chose correctly or not, the decision accompanied by this feeling was always the right one to make. This was a lesson I learned the hard way, often regretting not having recognized it sooner. This feeling is inexplicable, but I have come to trust it implicitly. I would frequently create intentional delays, waiting for it to manifest before making an important decision. I confess that I have stalled many times in the hope of experiencing this feeling that never came. I later realized that the way I formulated the question in my mind often made the difference in whether or not I experienced this sensation. This, too, was a hard lesson learned, spending hours trying to understand why I did not feel the awaited event before making the logical choice. Later I would find out that it didn't come, simply because the logical choice, was not the right one to make.

These are the reasons, and they are indeed valid, are why I have come to trust this profound feeling. This also explains why I would go to great lengths, performing mental acrobatics, to find the right wording in my mind, that would finally allow this sensation to manifest itself. When this chill pushes its way through my body, my skin tingles, and I am immediately aware of its presence. I recognize it unmistakably, for there is a vast difference between this feeling and the simple chill created by a cold breeze. It serves as my confirmation, the answer to a simple yes or no question, indicating the correctness of the action I am contemplating. When I feel nothing, the answer is no, but when I do feel it, that is the correct move to make. Like having a spider sense.

The only downside to this extraordinary feeling is that I cannot force it to appear. Often, no matter how much I wanted it to happen and how many ways I attempted to phrase the question, I could not compel the issue and would have to make the decision on my own when it did not arise. It would sometimes drive me to the brink of madness when it manifested on the choice that made no sense at all. Imagine, if you will, receiving a job offer for twice your current salary and turning it down because this feeling, this inexplicable guide, appeared when you least expected it. It would make itself known only when I was consciously questioning whether I should keep my current employment, leaving me to trust in its mysterious wisdom.

I have made decisions that would seem incredibly questionable to most because of this feeling. Needless to say, I often received raised eyebrows and skeptical looks from others when I tried to explain it. But not Jo; she never flinched. She listened with genuine interest, her eyes reflecting a deep curiosity. For the greatest part of our relationship, she seemed to believe in me, giving credibility to my feelings. I imagine her mind was like a meticulous weaver, analyzing and waiting for the threads of confirmation to complete her tapestry of understanding.

Having a partner like Jo is like having your own personal trusted spirit guide, steadfast and unwavering. While I believe she trusts the reliability of my feelings, I think my theories took a back seat due to the lack of spectacular and impressive results. Over the past ten years, I often spoke of ideas and business plans that would bring us financial independence. Yet, each time, these grand plans yielded little more than a new job that barely supported our needs. Even so, having Jo by my side, with her quiet strength and impressive resolve, it still felt like having the wisdom of the elders guiding my path, also helping make every step less uncertain.

Some might call it following one's instinct or intuition, this path led me to one of the most heart-wrenching decisions of my life. In our journey to Newfoundland to resolve Joanne's custody issues, I had to leave my two sons behind in Montreal. This choice weighed heavily on my spirit, much like the burden carried by a warrior leaving his clan. I trusted their mother to provide a stable and nurturing environment, far beyond what I could offer at that time.

In Native American traditions, such sacrifices are not made lightly. Every decision is a dance with the spirits, seeking their guidance and wisdom. As I made this choice, I felt the ancestors watching over us, their whispers in the wind offering solace and strength. This journey was a rite of passage, a testament to the unwavering belief that sometimes, the hardest choices carve the path to a better future. My heart ached, but I knew that in their mother's care, my sons would flourish like the sacred trees nurtured by the earth and sky.

Here is the sad truth about the feeling. It worked great for the longest time and then less and less often. I started to wonder if I had made a wrong turn somewhere because I could not rely on it any more. I was making more and more decisions on my own. But every now and then, once or twice a year maybe, it would make an appearance, guiding me to choose one thing or another.

I had lost the ability to make truly remarkable and almost unbelievable things happen. The experiments I conducted for my theory ceased to work about a year or so before I met Joanne, around the time my divorce was pronounced. It was a downward spiral for me during that period of my life. The choices I made caused me to lose jobs, get kicked out of living arrangements, and end up living on the streets out of my broken-down car. It was a harsh reminder of my past struggles, back when I would be living off the streets, scavenging for food from McDonald's garbage containers.

Eventually, I moved into my father's trailer tent, parked in his backyard, and when I met Joanne, I was barely recuperating from this crash-and-burn situation. I had gone from being a network specialist with 15 years of experience, making salaries in the range of 50 grand a year plus bonuses and benefits, to doing telemarketing at 10 dollars an hour. I knew I needed to start everything over and, unfortunately, found myself back at square one. Before making the difficult decision to leave, I enjoyed a shared custody agreement where the boys would spend every second weekend with their father.

Returning to the guidance of the spirits, I found solace in the traditions of my ancestors. Like the elders seeking wisdom through visions, I learned to embrace the unpredictable nature of this feeling. Although it grew less frequent, its sporadic appearances reminded me of the sacred rituals that connect us to the spirit world.

My journey mirrored the trials faced by the great warriors of old, who endured hardships to discover the true path laid out by the ancestors. With Joanne by my side, I navigated these challenges, ever hopeful that the spirits would once again reveal their guidance in the moments that mattered most.

When I went bankrupt, this blessing turned into a curse and became a heartbreaking situation, to say the least. I don't know if you can imagine how it felt; it was like having my spirit ripped apart when I saw the look in my children's eyes as they witnessed what had become of their once proud father. I remember a Christmas when I had nothing to give them but the toys provided by the food bank. It was a simple set of plaster molds and some paint. I recall crying myself to sleep, trying to understand what had happened and where I had strayed from my path. The journey to get back on top of my game has been long and arduous. I cannot express often enough how much I love Jo and how much she means to me. Returning to why I am babbling about this feeling and these seemingly pointless items, believe me, this is not for nothing. This is a part of my past I would gladly leave out. Ten years have passed since I met Jo, and I have trusted every feeling along the way. I still wonder how I let so many years pass without using the knowledge buried within me.

Here is the point to this section of the story. When I watched "The Secret," that feeling I had longed for and missed so dearly came back. It was stronger than it ever had been; I had never felt it for such an extended period in the past. Usually, it was only a fleeting sensation, but not this time. These chills were present almost throughout the entire viewing of the movie. What I felt during that video was far greater in length and strength than all previous occurrences combined. For the past month and a half, I have felt it every day, often several times a day. I felt it when I took my notes, when I recorded my audio diaries, and yes, even now as I am typing this. It is such an amazing feeling, and given the intensity level I am experiencing, I am fully aware that what I am doing right now at this very moment is the most important decision of my entire life so far. This journey is akin to the sacred quests of my ancestors, who sought the guidance of the Great Spirit in their times of need, and in this moment, I am deeply connected to that ancient wisdom.

I know without a doubt in my mind that writing these books will not only bring me fulfillment by helping so many people and reaching crowds I never thought possible but also finally provide me with the financial independence I have sought for so many years without success. Not so much by the act of writing, but from the ten fold return that will follow these selfless events. I remembered simple

yet profound lessons from my own mentors, akin to the wisdom of the tribal elders, who often explained how one can be conflicted within their desires. Tony's words echoing the teachings of the ancestors explained that you cannot wish for a thriving business empire and simultaneously wish for more quality time with your family; these two aspirations often conflict in nature.

As the wise ones taught us, building such an empire may bring you closer to separation rather than unity with your loved ones in the immediate present. The time and effort you must invest in such pursuits would have the opposite desired effect. Sure, in the long run, you may achieve financial success, but at what cost? Would you still have your family to share it with? This is often the hard lesson learned by those who have succeeded. The question that stands before us is what price are we willing to pay to obtain our wishes? Or, is there another path, a vision that encompasses all our goals into one focused desire? Let our traditions guide us, as the ancestors once did, to seek balance and harmony in our aspirations, ensuring that our journey aligns with the wisdom that you have now been made aware of.

You see, most of us desire the nice house, the new car, and the in-ground pool, but we also dream of the boat and the log cabin by the lake. The list seems endless. As a result, we spread our focus too thin, wanting too many things at once. For me, the solution was to wish for just one thing: to become as successful an author as the idols

I looked up to. This singular wish would allow me to spend time with my family, writing my next book by the lake of our log cabin, and grant me the financial independence I longed for to buy the new Camaro, with a boat moored to the dock by the lake.

By focusing on this one goal, I found that it encompassed all my other desires. To top it off, I get to do what I love most, which is writing and helping others understand how to achieve a happy and fulfilling life. The feeling of fulfillment I get from thinking about the wellbeing of others is the most crucial part of this lesson, and it is what will make everything possible. This concept is akin to the Native American tradition of paying it forward, where the act of giving and thinking of others ensures a cycle of abundance and harmony.

Strangely enough, I had always secretly harbored a desire to be an author. I envisioned writing fiction, creating made-up stories like my favorite influences—J.R.R. Tolkien, Stephen King, J.K. Rowling, and Stephenie Meyer. Reflecting on it now, I remember how, on occasion, I would share my theories and views with a few trusted individuals. Without exception, they all suggested that I should write a book about these ideas. Perhaps I was in denial or simply lacked in confidence. I must take a moment here to thank them all for their interest, input, opinions, and support.

Returning to our subject, I started experiencing this feeling 15 to 20 times a day during the first 7 days after watching "The Secret." This took me by surprise; Jo couldn't shut me up. I would just babble away, and I'm grateful she was able to endure it for that week. I'm not sure I would have had the strength if our roles were reversed. Watching "The Secret" DVD provided me with three things: One, the answer I didn't even realize I was seeking, right there in front of me all along. Two, the inner peace and clarity to move forward. And three, a way to make my dreams of fulfillment come true.

Much like our ancestors who sought visions in sacred ceremonies, I realized that this feeling was guiding me toward a path I was meant to follow. The wisdom of the elders, the strength of the warriors, and the nurturing spirit of the healers were all embodied in this journey. Embracing this feeling fully, I set out to weave my own story, hoping to inspire others to find their own path to fulfillment, just as the Great Spirit guides us through the teachings of our own traditions.

"Believing" was the key ingredient, the answer that had been staring me in the face all along. Faith in myself and knowing my outcome was the missing link, the factor that led to the success in all my past achievements. Your ability to control your emotions and feelings will greatly aid you in manifesting your desires. This will be a valuable tool in your quest to control your life.

How you handle yourself with others, what you wish upon them, and how you react to situations will all be part of your path to greater things. Heed this warning though: understanding that nothing is impossible and that you can achieve anything you desire is a powerful feeling. But don't let it go to your head; learn to appreciate and show gratitude for all that is revealed to you. This critical point must not be overlooked. Gratitude, as shown in "The Secret," is important. One of my mentors, Dr. Wayne Dyer, has an exceptional grasp on this concept. His insights and vast knowledge are invaluable, and his teachings complement well the guidance of old. Just as our ancestors expressed gratitude to their kin, embracing this virtue will ensure your journey is blessed with harmony and prosperity.

For your homework, search and watch a few YouTube videos that resonate with you. He has also authored many well-written books that you could actually find very insightful later in your quest.

During my initial experiments, I noticed that predicting outcomes often led to achieving goals in half the anticipated time. So I initially announced this project to be completed in three years, around mid-2012. Given past predictions, I expect this will be no different. I estimate this project will be completed in half or in two thirds of the allotted time, meaning I expect this book to be finished between 1.5 and 2 years from now. The last months of 2010 through mid-2011 should be filled with life changing events for us.

The last half of 2011 and the beginning of 2012 will be the period where the real magic starts to happen, producing tangible results, but also events that will turn my existing reality upside-down.

You have your first prediction, right there. Let's call that my little freebie. In the spirit of our traditional ways, these predictions are akin to the visions sought by our ancestors, who looked to the future with hope and determination. As I navigate this journey, I am guided by the wisdom passed down through generations, trusting in the signs and the feelings that have led me this far. The path ahead may be uncertain, and the upcoming occurrences challenging, but with faith and the guidance of the Great Spirit, I believe in the fulfillment of these day dreams.

As a final note on this chapter, I wish to express how it is about time that someone gives the proper praise and appreciation to the many remarkable individuals that have shaped our ways over the years and that have been crucial landmarks in my ability to share this with you. By this I give honorable mention to; Antony Robbins, Professor Stephen Hawking, Dr. Wayne Dryer, Professor Brian Greene, Rev. Michael Bernard Beckwith, Oprah Winfrey, Dr. Lisa Randall, Jack Canfield, Bob Proctor, Abraham Hicks, Physicist Dr. Michio Kaku and Edward Witten among many others. The list should go on forever since it should encompass every single successful individual that has ever been.

In the concept of paying it forward, the feeling of kindness you experience isn't just a warm, fuzzy sensation. The physical aspect resulting from the action is what's truly fascinating here. A powerful energy wave, in a particular frequency range, affects both the recipient and the initiator. This connection goes beyond the emotional state, deeply impacting both parties at a physical level also. It has been known to invoke medical miracles, scientifically validated in biology, physiology, and physics.

When we open our souls and extend acts of pure kindness to others, our brains release endorphins. This morphine like chemical, produces emotions of exhilaration, euphoria, and utter satisfaction. According to researcher Paul Persall, such acts also cause your brain to release "Substance P," a neurotransmitter that blocks pain. These two powerful physiological processes have an immense influence on our body, mind, and spirit, transforming the way we experience life. This aligns with our traditional ways, where acts of generosity and kindness were seen as sacred duties, fostering harmony and well-being within the community. The ripple effect of such selfless actions ensures that the spirit of the benevolent action continues to thrive, bringing about healing and profound transformation for all involved. This is also a known way of life where actions of kindness and sharing are embedded in the oldest traditions for communities around the world, in places like Somalia and Djibouti, just to point out a couple.

Recognize that we are driven by emotions, and our ability to control them shapes our perception of the intensity in our achievements. This control determines whether we feel joy or disappointment and influences the outcomes we experience. Your ability to evoke new emotions daily, will define your capacity to attract similar events that make you feel the same way.

We often attract things that generate emotions we're familiar with. You might think it's challenging to attract wealth without knowing its feel, but even with limited finances, one can vividly imagine it. How can one appreciate complete happiness without experiencing utter misery for comparison?

Certain emotions we reserve for milestones. For example, many await graduation to feel accomplished. We celebrate that one prom night and it's over. Why wait five years for that empowering feeling? Celebrate each test passed along the way, generate frequently the feelings you want more of.

Live in harmony with your emotions and surroundings every day. Embrace each moment and the joy of small victories. This creates a life constantly in balance with your existence's rhythm, that establishes a new pulse.

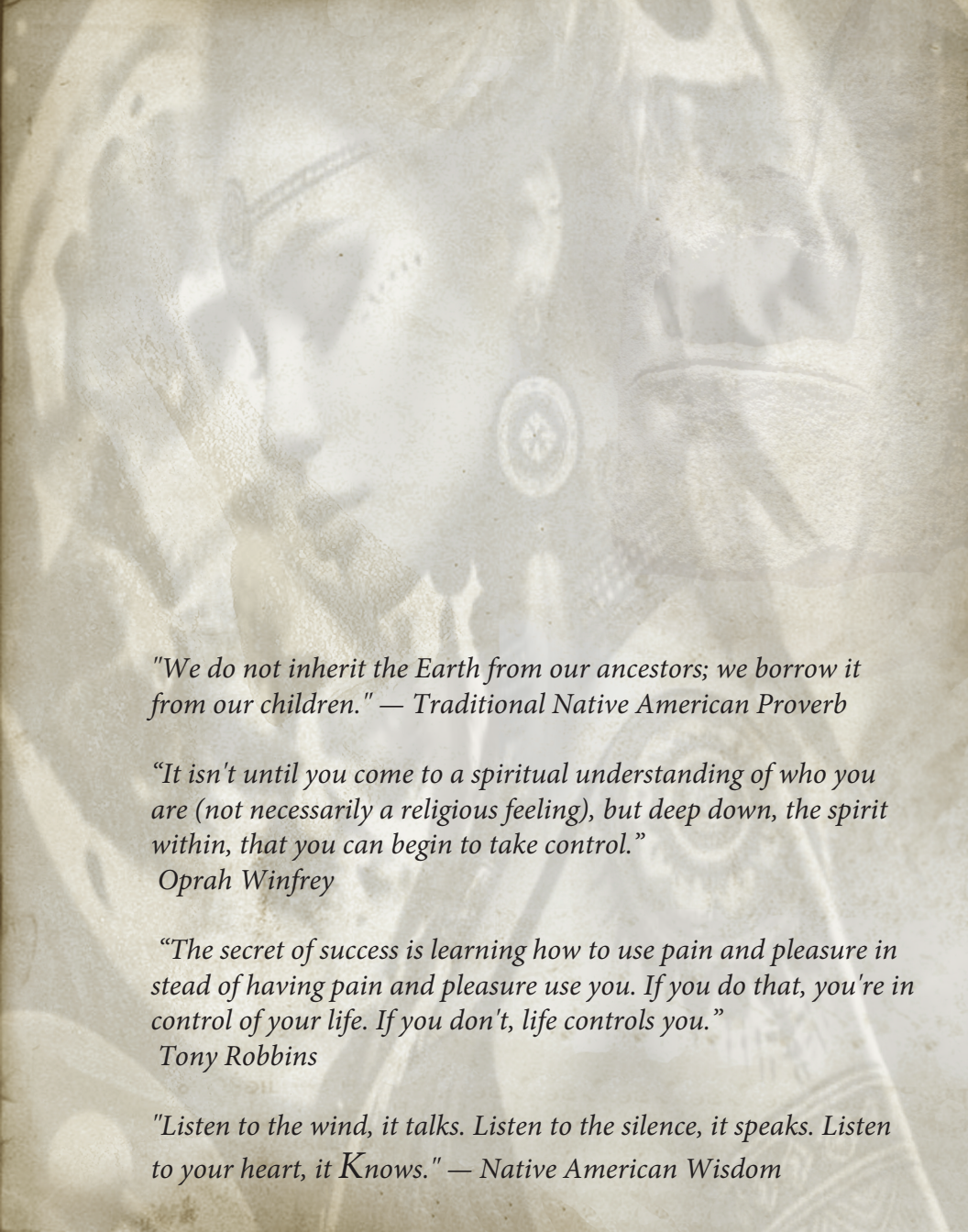
When we watch a football game as fans, notice the reaction we have when a player on our favorite team scores a touchdown. The reaction is intense and overwhelming. We leap from our seats, scream, and high-five complete strangers. Think about it: you had no part in that accomplishment, yet you react with such passion as if you had scored the touchdown yourself. However, when you achieve something remarkable, your reaction is so controlled and limited. Is that not because of how you were taught to behave or educated in modesty? Judging by your own experiences, aren't those who are most passionate and excited about what they are working on or talking about usually the ones who are most successful in their endeavors?

You must see by now the direct relationship between your emotional state and your results in any given task. Your level of emotional commitment determines your perception of things and your interpretation of the achievement on an emotional level. Much like the celebrations of victory and joy in our tribal gatherings, where each accomplishment was met with heartfelt enthusiasm and shared elation, we must learn to embrace our achievements with similar vigor. By fully immersing ourselves in the emotional experience, we honor the spirit of our ancestors, who understood that true success is not just measured by the outcome but by the depth of our emotional engagement and get this, also by the connections we forge along the way.

Wrapping up here, and circling back to when your team scores, why not get used to generating that feeling, and many more like it, on a regular basis? By learning to experience things differently and allowing yourself to feel these good emotions more often, you can remove the chains that hold you down and attract more of these special moments. It's all about relearning certain emotional habits and holding patterns. Take this in for example, when you stub your toe on the bed frame, you scream out loud swearing and cursing, with intense and passionate rage. So do you really want to attract more things that will make you feel the same way? Be like that about the things you want.

In the end, I believe that judgments and evaluations in thoughts are necessary for the catalyzing emotion to occur. But let's not dive too deeply into this fascinating subject and get back on topic with the next captivating chapter. Like our ancestors who celebrated every victory with unbridled joy, let us embrace the power of our emotions and harness them to create a life filled with remarkable achievements and profound satisfaction.

As we journey forward, let the wisdom not only illuminate our path but also imbue it with purpose and fulfillment. Just as our ancestors followed the guidance of the Great Spirit, let us embrace the teachings that lead us toward a life rich in meaning and contentment. With every step, may we find the strength and clarity to navigate our journey, ensuring that our aspirations are aligned with the harmony of our circle and balance of the universe.



"We do not inherit the Earth from our ancestors; we borrow it from our children." — Traditional Native American Proverb

"It isn't until you come to a spiritual understanding of who you are (not necessarily a religious feeling), but deep down, the spirit within, that you can begin to take control."

Oprah Winfrey

"The secret of success is learning how to use pain and pleasure in stead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you."

Tony Robbins

"Listen to the wind, it talks. Listen to the silence, it speaks. Listen to your heart, it Knows." — Native American Wisdom

To SEE or Not to SEE

Choices in actions and freedom of will

Back to the shoe box. The most obvious trend, the one thing that stands out among all the thought and research that went into piecing the puzzle together, is that all religions resemble each other in so many aspects. The one thing all of them feverishly point out is man's free will. Free will is a gift, given to see what you will choose to make of it. It is the ability to choose what you want or wish, and also a measure of how strongly each individual desires it. Is it really a coincidence that the frequencies emitted from this desire are the chosen vessel to convey or communicate through the universe? I do not think so.

The next question, or perhaps comparison, that comes to mind is this: What category does the law of attraction fall under? Is it, in itself, its own religion? Even if many attempt to compare and say yes, the answer is no. Although the building blocks of the law of attraction and my own publications are closely tied with great commonalities and resemblances, they are not religions in themselves or based on one in particular. However, both indeed find a valid foundation in many.

Much like the diverse teachings of different cultures, our traditions also emphasize the power of intention and the interconnectedness of all things. Embracing this wisdom, we navigate our path with a deep respect for the choices we make and the energies we emit, knowing they ripple out into the world, shaping our reality and destinies.

Another point that stands out, often overlooked in every single religion, is that there will always be those who believe and those who do not. This observation is based on my experiences. Some of whom do not, will often go to great lengths and use any means at their disposal to discredit those who do. Whether it's a religion, a theory, an innovative concept, or even just a great idea, I have noticed a distinct pattern in human behavior. There are those who succeed, and then there are those who try to ride the coattails of the successful, hoping to cash in on the attention brought to the individual or subject at that time.

Some will be positive and endorse the idea, while others will be critical or outright negative, attempting to disrupt out of pure jealousy or envy of such success. Sometimes, this opposition arises simply because the idea contradicts their own beliefs. It is worth considering that many conflicts throughout history have had religious undertones at their source.

Reflecting on our traditional teachings, we see a similar pattern. The stories passed down through generations highlight the importance of faith and belief, yet they also caution us about the skeptics and adversaries we may encounter on our path. Our ancestors taught us to stand firm in our convictions, to trust in the guidance of the Great Spirit, and to remain resilient in the face of opposition.

This brings me to my point rather early in this segment: there is a growing trend of attempts to discredit the law of attraction. My understanding is that there are even books published with the sole purpose of doing just that. Anyone can psychoanalyze a subject and put it under a microscope, dissecting it to reveal its flaws and defects. We all know that nothing is perfect, especially in a highly theoretical field of science like string theory. There are too many angles, interpretations, and differences in opinions regarding this branch of science, just as there are in religions and belief systems, to cover every aspect of the subject or provide irrefutable proof.



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Here we see that every belief system has its skeptics and critics. Our ancestors understood the importance of standing firm in their convictions, even when faced with opposition. They taught us to trust in the guidance of the Great Spirit and to remain resilient in the face of doubt. By embracing this wisdom, we navigate the challenges of our journey with courage and integrity, knowing that our beliefs and actions are rooted in a deeper understanding of the world around us.

What happens to those who are overwhelmed and disillusioned by the lack of detail and proof? Those who have difficulty committing to belief, whether born into it or not, often struggle with doubts. These are the individuals who will be reaching for my books, and any attempt to discredit them by throwing a controversial spin on the subject will be ineffective and futile. Remember, there is a fine line between disagreeing with a subject and tearing it apart to grab a piece of the pie for oneself.



In my experience and relevant teachings, we see the importance of constructive criticism and the value of offering solutions rather than just pointing out flaws. Our ancestors taught us to approach every challenge with a spirit of collaboration and respect. By embracing this wisdom, we can navigate the complexities of belief systems and theories with integrity and purpose, fostering an environment where diverse perspectives are valued, and meaningful progress is achieved. This approach ensures that our journey is guided by the principles of mutual respect and the "collective" pursuit of truth, within our sacred circle.



In my opinion, you can agree to disagree, but that does not make what you disagree upon any less valid due to the nature of the content. Conversely, it doesn't make the one being scrutinized correct either. Therefore, my response to attempts to discredit the law of attraction, or any future attempts to do so with my own publications, is that they are totally in vain. They will only serve to strengthen the reader's personal opinions on the matter. I can assure you that I will never read into any such attempts. My work will only help to reinforce the theory it supports in its own views. Those who believe will read one series of publications, those who don't will read the others, as expected of those who do not, but what about those who are unsure?

Like I already mentioned, this section is also about free will and what you make of it. What becomes of those who are undecided? There aren't only two camps in this decision making process; there is a growing group of individuals who want to believe but are unsure about the data provided to them. This group has placed this information in the analyzing section of their brains. They are still, to this day, either unable to make an educated decision on the matter of religion or have given up on the subject due to a lack of supporting data. There is such a lack of evidence and facts on the subject that the question remains in limbo, unable to be categorized by logic.

I know of these individuals because I was one of them. This group has grown in numbers dramatically over the last few years, and some have even gone to the extreme of counting themselves in a whole new category, sometimes referred to as the new religion. We will cover that and my own beliefs on religions in another segment or maybe even in the next book.

I firmly believe that if you come to a board meeting with objections and arguments against an item on the agenda, you should also bring alternatives and suggestions on how to improve the proposed motion. If not, it's better to keep your point of view to yourself. In one of my board meetings, you would be shown the door and asked to return when you are properly prepared.

Reflecting on more traditional ways, we see the importance of constructive criticism and the value of offering solutions rather than just pointing out flaws. Our ancestors taught us to approach every challenge with a spirit of collaboration and respect. By embracing this wisdom, we can navigate the complexities of belief systems and theories with integrity and purpose, fostering an environment where diverse perspectives are valued, and meaningful progress is achieved. This approach ensures that our journey is guided by the principles of mutual respect and the collective pursuit of truth.



For now let us get back on topic again and continue with the message I'm sharing with you now. This message is embedded in an endless number of quotes that predate "The Secret" publication or even my own existence for that matter. You can find the wisdom of this messages quoted all over our history books, by celebrities, religious representatives and renowned members of the scientific community to point out only a few. You will also find this message in television shows, movies, advertising and every category of literature, especially the more successful ones. I've seen it in my mentors and in the individual beliefs of teachers in our failing educational institution. I've noticed it in medical expertise and psychoanalytical documentation. You have been made aware of this message since the day you where taught to understand the language you are reading this in and the high lights of what I'm passing on to you; you have already heard a million times over.

When you begin to harness the impressive power behind the tools being shared with you now and become acutely aware of the teachings in every waking moment of your life, you will start to notice the extent to which this knowledge surrounds you. You will see it in everything and everywhere, even in places right under your nose, embedded in things you have been aware of without truly noticing.

You will gradually become aware of how much we are all in denial and how, in the past, we made a subconscious effort to avoid and not notice it. Almost intentionally, we have ignored the obvious. I guarantee your astonishment when your eyes begin to witness the world in a clearer and unclouded account of the everyday things you are used to being exposed to.

This awakening mirrors the journey of our ancestors, who sought to uncover the hidden truths and wisdom in their surroundings. By embracing this newfound awareness, we honor their legacy and tap into the profound insights that have always been within our reach. Let the teachings guide you, revealing the beauty and clarity that comes with understanding the deeper connections that bind us to the world and each other. Gives a whole new meaning to this familiar image...



Did you ever hear a parent tell you that you had selective hearing when you were younger? When all you heard was the teacher in Charlie Brown... Wo Whoa wo wot... until a particular word got your attention. Or tell someone you couldn't find what they sent you to look for, only to have them come over and snatch it up from right under your nose? Leaving you wondering how it was possible that you hadn't seen it there. That is exactly what this mental filter does; it serves this very purpose, and this from All your senses.



One example from my own experience is when I went to the car lot with the intention of trading in our hatchback for something with more style and air conditioning. Jo and I walked around the lot, and when we saw the Dodge Avenger, we knew that was the one we wanted. I had never seen this model before, but I just had to have it; it was too hot to pass up. We went inside, signed the paperwork, and once we drove the car off the lot, something amazing began to happen. Every second or third traffic light we stopped at, I would see a Dodge Avenger right next to us or on the opposite corner.

Until that make and model became significant to me, my mind filtered it out, and I didn't take notice. But now that I owned one and loved it so much, I was unable to avoid its presence any longer. This is a perfect example of how our minds filter information based on significance. This phenomenon aligns with our traditional understanding of how we perceive the world. Our ancestors taught us to be aware of the signs and symbols that guide us, to pay attention to what is truly important, and to understand that our perception shapes our reality. By recognizing and embracing this selective perception, we can open our eyes to the hidden truths and wisdom that surround us, enhancing our journey with greater clarity and purpose. So in the end choosing what is Really Important to ones self, has a lot more impact then originally intended.

Another example is when women become pregnant, they often experience a phenomenon similar to selective perception. Suddenly, they start noticing all the other pregnant women around them, realizing just how many there actually are. This heightened awareness is due to the significance of their own pregnancy, which makes their mind more attuned to noticing others in the same condition. Before this, their mind filtered out these observations as irrelevant. But now, with pregnancy being a central focus, they can't help but see it everywhere. This is a perfect example of how our minds filter information based on what is significant to us at any given moment. This newfound awareness aligns with our traditional understanding of perception, teaching us to be mindful of what truly matters in our lives. By recognizing this selective perception, we can better understand the world around us and the connections that bind us to each other.

The same thing happens to me now with the law of attraction and all the hints about it that are embedded in my surroundings. Now that I'm writing this book, now that the subject has become such a prominent part of my life, I can no longer even try to ignore the details I never noticed before. To be honest, I wish I could make it stop. I wish there was an on/off switch, because some days it is just a little too much to take in at once.

If you have seen "The Secret" DVD, you will recall the part when Cantley, one of the life coaches, mentions that things began to take the forefront and pop out of the background. Don't you find it funny that this detail about the movie didn't stand out for you before now? How only after mentioning this, did you think, "Yeah, that's right," and notice how more details come back to memory. But you remembered the fact that he wrote the "Chicken Soup for the Soul" series though.

This phenomenon mirrors our scientific understanding of how we perceive the world. This heightened awareness allows us to navigate our journey with greater clarity and purpose, embracing the wisdom and insights that have always been within our reach.

The reason we possess this mental filter is deeply rooted and well-founded. Imagine if you were to absorb all the details provided by your senses simultaneously, you would be overwhelmed, possibly succumbing to severe migraines or even an acute state of sensory overload. It would be too much data to process at once. I'm not suggesting that once this filter is lifted, you will see fantastical things like flying cars. Rather, you will experience a sense of relief, akin to wiping clean the lenses of your favorite tinted shades. This clarity brings a refreshing feeling of awe, accompanied by the thought, "That's a lot better." In French folklore, they refer to pink lenses, and call it "La Vie en Rose".

Allow me to elaborate on how this will impact every waking moment of your existence. It will change not only how you perceive the world but also how you articulate your thoughts. It will influence your decision making process when choosing what to speak of. You will begin to listen to yourself and mentally correct your sentences. I often whisper myself these corrections out loud to make them more tangible.

One instance of this occurred when I was discussing quitting my nicotine habit with my eldest son. He mentioned that it was an easy task, and I immediately retorted, asserting that breaking a 30-year habit was no easy feat. That's when I heard myself and realized I was convincing myself that quitting smoking was difficult, almost impossible. I quickly corrected myself, apologized to my son, and acknowledged that he was right. In the process noticing how many times I've told all the boys that Sentence. Two word meaning here for Sentence.

In the way of our ancestors, who taught us to perceive the hidden wisdom in our surroundings, this awareness guides us. By embracing this newfound clarity, we honor their teachings and navigate our path with greater insight and understanding. This journey of perception and articulation is also in alignment with other ancient wisdom.

There are countless examples of how this knowledge is embedded within everyday popular phrases, and well known sayings. I firmly believe that many authors have been aided by an understanding of these lessons, which has contributed to the success of their works. This new perspective on how words are used and uttered is both fun and exciting.

I engage in this practice with my close ones on a daily basis. We enjoy catching each other's diction faults and rewording sentences in a more focused and positive manner. We work to eliminate any negative references or statements that suggest something is unattainable, hard, or impossible. In fact, these words, along with "can't," have been almost entirely removed from our vocabulary. However, it is essential to be mindful of those who do not wish to hear it and are filtering out your endless optimism, as they may find this exercise extremely frustrating and annoying to say the least.

This practice aligns with the teachings of our ancestors, who understood the power of words and the importance of using language wisely. By consciously choosing our words, we can shape our reality and influence the reality that surrounds us. Embracing this wisdom, we honor the legacy of our traditions and navigate our journey with a greater sense of purpose and clarity. This deliberate use of language enhances our connection to the world and each other, fostering a more positive and empowered existence.

You can easily turn someone you care for and whom you are trying to help against you, pushing them so far away that you achieve the opposite of your intended effect. Individuals must genuinely desire to know this for it to resonate. They need to choose, of their own free will, to open their minds for this thought process to be effective in any positive way.

Everything proposed to the mind is subject to interpretation, and others may be quicker to judge and label you than you realize. This exposure to unwanted rejection can impact your ability to form your own opinions, as others will not hesitate to argue against your beliefs. Unless you are advanced in this process, such opposition could actually undermine your accumulated knowledge on the subject, having an adverse effect on your own self. This is why I cautioned you earlier about navigating this path alone and advised not to discuss it with anyone until you have begun to master your new skill sets.

This approach is deeply rooted with wisdom in itself. They understood the importance of patience and discretion when sharing sacred knowledge. They taught us to be mindful of the recipient's readiness and willingness to receive such teachings. By respecting this principle, we honor their legacy and ensure that our wisdom is shared in a way that is meaningful and impactful. This journey of self-discovery and mastery aligns us with the ancient teachings, guiding us toward a deeper understanding and appreciation of the interconnectedness of all things.

The point of the exercise here is to believe, and as we have already pointed out, it does not matter what you choose to believe in. It could be in any religion, in science, or something as simple as a gratitude rock to heal your firstborn son from what was explained to you by experts as an incurable disease. How possible is that? My answer is "Very Possible." The decision to believe must be voluntarily accepted and never forced upon any one individual or group.

In this example, the seemingly irrational decision to not accept a learned scholar's prognosis (a sign or symptom indicating the future course of a disease) often arises in cases of despair. It is a voluntary decision to not believe that there is no hope, thus using your free will to reject something your accumulated experience and analytical skills have tagged as impossible. Even if you know this individual to be more knowledgeable than you in this particular field of science, this is how some manage to achieve what are called miracles and are cured of terminal illnesses like cancer with out any other logical explanation for it.

However, this is also how forcing your way of thinking on someone you are attempting to assist can backfire, causing them to turn away from you and anything related to what you are saying. This can extinguish the little hope they have left and lead them to accept their seemingly inevitable fate.

In our Native American traditions, the importance of free will and individual choice is deeply respected. Our ancestors taught us that the spirit must be willing to accept and embrace belief for it to be powerful and trans-formative. By honoring each individual's journey and allowing them to come to their own understanding, we align ourselves with the wisdom being passed on. This approach ensures that our teachings are received with an open heart and mind, fostering Healing and Growth in a way that is meaningful and enduring. Through this respect for free will, we nurture the strength and resilience needed to overcome life's challenges and embrace the "Miracles" that lie within our reach. Quick note, I Love the use of that word in this context.

You must introduce minute amounts of information at a time. Allow them to analyze and process the results for themselves by witnessing the difference this has on you. Let them observe how this has positively affected your reality and who you have become. Just put the bait out there and let them nibble at it, feeling safe before they can take the leap of faith and get hooked on their own. There will always be those you cannot persuade, who will make it their mission to discredit your ways because they believe they are right and that everyone should think as they do without exception. Unfortunately, more and more people refuse to believe in anything unless physical proof is displayed tangibly before them.

As mentioned, in the vast tapestry of life, one must gently introduce others to this new horizon of thought. Rather than pressing them with forceful teachings, let them observe, like gentle winds witnessing the changes in your own life and happiness. Let the transformation within you serve as the silent drumbeat that piques their curiosity. Some may feel the quiet stirrings of envy, yearning for the same spark, yet hesitate to ask out of shyness or the weight of their own doubts. Recognizing these subtle glances and questions is key to guiding them. Let them be jealous, it will be beneficial for them.

From my experience, stepping into the role of a teacher or mentor for such profound lessons isn't as simple as it may appear. Guiding others requires patience, allowing them to find their own path, much like you did, and taking their first steps with less pressure and mostly independently.

In our second chronicle, the true essence of these experiments will be unveiled. You'll witness the proof, tangible and undeniable, with precise dates, times, and witnesses. An amazing sequence of consistent results will unfold, surpassing your wildest dreams to a point of sheer wonderment, a realm that even the wild imaginations of Wonka can't compare to. Then the question arises, how can you go out on a limb and declare such a bold prediction? But patience is our ally; for now, "Know Your Outcome and let's get back to savoring the flavor of the day.

I'm not trying to sell books here, even if it might seem otherwise. Let them purchase the other two books in the trilogy of box sets if they so choose, even if just as an initial financial commitment. This often motivates them to pursue the matter in more depth since it has cost them something, and they will try harder than those who did not invest anything.

This is also what the author's greeting to the reader letter is for, it was conceived with this exact scenario in mind. Feel free to detach and pass it on to any inquiring soul, or refer anyone you think could use such guidance to our website for a free download.

By all means, if you see someone who urgently needs this, lend them your copy and have them agree to donate to the website if they benefit from its teachings. This is an option I strongly promote, and it is interesting how those who benefit the most from a free digital copy downloaded from the net often donate more than the book is worth on the shelves, having witnessed firsthand the benefits and recognizing it's true value.



In the ways of our elders, sharing knowledge and wisdom was done with care and respect. They understood that true learning comes from within and cannot be forced. I *re-iterate* this iteration once more, by allowing others to witness the positive changes in our lives and offering them the resources to explore further at their own pace, we honor this patient and respectful approach which ensures our wisdom is shared, again making an effort to foster growth and understanding in those who are ready to receive it. Through this method, we create a space in our circle for others to join us on this journey of discovery, again guided by their free will and a demonstrating that exact desire to learn.

You, the reader, must first overcome your loss of faith by acknowledging there is an issue First. You cannot fix a problem until you *Admit there is one* to start with. This will likely be your biggest challenge to master the new skills being imparted to you in these teachings. You need to relearn the entire faith process and redefine even the concept itself.

Interestingly, the theme for this year's Winter Olympic Games for Canada was "Believe," which coincided with our best performances in the history of the games. Do you think there's a hint there? Or could it simply be because we hosted the games? Strangely, we hosted the games twice before and did not come close to the results achieved this time. Could it be that the athletes started believing more in themselves and refused to see any other possible outcome, instead of thinking the task impossible or too difficult? I leave that for You to judge.

In our Native American traditions, the journey of faith and belief is a sacred one. Our ancestors taught us that admitting our struggles and acknowledging our challenges is the first step toward overcoming them. They believed that faith is not just about accepting something passively but actively redefining it through personal experience and growth. By embracing this process, we align ourselves with the wisdom of the Great Spirit and the teachings of our ancestors. This journey of belief and self-discovery empowers us to achieve greatness, much like the athletes who found strength in the simple act of believing. Through this understanding, we honor our traditions and pave the way for a future filled with hope and possibility.

Let me warn you once more that disbelievers will stand out once you begin using this new gift, and they will call people like you and me losers out of simple spite and jealousy. Being unable to muster the faith required for the task at hand, they will try in every way they can think of to make you lose yours. Because they can't stand to see how happy and full of joy you are in your day-to-day dealings, they resent how this acts as a fertilizer on your quality of life. I often feel sorry for them, knowing there is nothing I can do but let them witness it, in order to help them. This is why I made it my mission in life to teach anyone who wants to learn more about this amazing way of life that so few have yet mastered.

In our Native American traditions, we learn that those who oppose us often do so from a place of pain or fear. We learned to approach these individuals with compassion, understanding that their resistance is a reflection of their struggles. So in the end it is all about inner peace and fulfillment.



You will unfortunately need to start giving less attention to the things that are out of your control, and focus on stepping up to the plate on the things you can control. "You are now a reflection of past thoughts, of the way you wanted things to be" this was a new concept for me too, in the beginning. I was not familiar with this idea but I quickly realized that this was very true. Everything I am, wither I like it or not, is a result of my wanting it to be so at one time or another in my past. This fact, was very revealing to me and helped enormously in my understanding of events up until now. Never again let yourself be the victim of becoming what others projected you to become or be subject to their intoxicating negative suggestions.

At the heart of our journey, we must respect the choices others make to shape their lives as they see fit. This is the essence of free will, and we must honor their paths. However, it's equally vital to stand firm in your own resolve. Achieving this balance in life is no small feat. But here's where the story takes a turn. It's no mere coincidence that when you reach that level of unshakable confidence, everything starts to align. It's as if the universe itself takes note and begins to work in your favor. The winds of destiny shift, and the path ahead becomes clearer, almost like a gentle nudge from the spirits guiding you. Stay true to this journey, and you'll find that the pieces of your life story start falling into place, crafting a narrative You're Never Really in control of. But do have the ability to nudge and influence.

The perfect example of this is in a work environment. There are unfortunately those who make it up the grape vine to the expense of others, by using any means possible to discredit their peers and use them as step ladders to reach higher. There are others who have no aspiration to move up and get promoted, everyone knows someone like this, those who are content with the way things are and do not like or wish for change. These individuals usually speak poorly of their employers and will encourage behavior that will hinder your advancement within the corporate structure. There are also the natural born leaders that advance with ease and that tend to make everything seem effortless. These individuals usually have only one goal and that is to make it to the top of the food chain. Then there is a group of individuals that had a plan with a determined path they would take to move into a pre-determined position, very comfortable with starting at the bottom to make their way up to the position desired.

Before I recognized my true calling as an author and a teacher of life's lessons, I was much like a traveler wandering paths that others had paved for me. The choices I made were practical, rooted in ambition, and aligned with the aspirations I believed defined my worth. But the moment of awakening came subtly, like a whisper carried on the wind, leading me toward a deeper understanding of purpose.

There was a time, not so long ago, when an opportunity arose, a role I had once coveted from the moment I joined my company. I had prepared for it, honing my skills and building a reputation that made me the obvious candidate. Had I pursued it, I know with quiet certainty that I would have succeeded. This confidence was not born of arrogance but of a lifetime of trusting in my abilities. In the art of interviews and self-presentation, I excelled. My path seemed laid out before me, clear and attainable.

But then something shifted, like the murmur of leaves before a storm. Instead of racing toward the goal I had once dreamed of, I stepped aside. I nominated a colleague for recognition, ensuring he received a commendation and a monetary prize. I withheld my own application for the position, allowing him to proceed unopposed. I watched as he claimed both the award and the promotion, and to my surprise, my heart swelled, not with regret, but with a quiet pride.

This wasn't a sacrifice born of reluctance but a choice that came as naturally as the sun rising to greet the earth. It felt as though the winds of my ancestors whispered in my ear, guiding me toward a deeper knowing. The choice wasn't one of surrender but a step in harmony with the sacred rhythm of life. The kind of rhythm that echoes in the beating of a drum or the flowing of a river. I was following something vast and timeless, a feeling as ancient as the mountains and as steady as the stars in the night sky. To this day, the memory of that choice fills my spirit with quiet peace, like the calming warmth of a fire after the return from a long, tenuous and cold journey.

Later, as I sat in stillness and reflection, I recalled a promise I had made to myself when this journey began. "This will be my last job," I had said, my words carried to the universe like a prayer spoken under the open sky. At the time, I hadn't grasped the significance of those words, but now I see them as a seed I planted in the soil of my destiny. Looking back, I realize that the path I was meant to walk was not marked by titles or ambitions. Instead, it was a path shaped by listening to the quiet calling of my spirit, a path that honors the wisdom of the earth and the teachings of those who walked before me.

For years, I carried the belief that a job, what some call a means to an end, was a path to security. But as I grew, I began to see it for what it was: a tether, binding me to a cycle that never truly set me free. To me, JOB came to stand for "Just Over Broke." It was a system that ensured survival but never allowed true independence. Deep in my spirit, I felt it was time to step away from that cycle and claim something of my own. Though I didn't yet know what that would be, I had resolved that this would be my last salaried employment. Like planting seeds before the first rains, I had made my declaration to the universe: I would work for myself and break free from living paycheck to paycheck.

Even as my current employer flourished, hitting record breaking numbers and receiving staggering investments, the pull of that path no longer resonated with me. The company was preparing to launch two new satellites, symbolic of their unprecedented success, and there was no shortage of opportunities for growth. Promotions, bonuses, stock options, all the rewards one might dream of, were mine to grasp. Yet, in my heart, I knew pursuing those rewards would lead me astray. It felt like chasing shadows, wasting precious time and energy on a path that wasn't my own.

The strange thing is how clear this knowing felt, as if carried to me on the wind. My spirit recognized that while the world around me saw a golden opportunity, my soul whispered, This is Not Your Path. The drumbeat of my heart aligned with the rhythm of my purpose, urging me to listen, to trust. And so, I watched as the company thrived, untouched by the financial storms of the wider world, and I let go of what I once thought I wanted.

I captured my thoughts in my audio diaries, a practice of speaking aloud to the universe as though my ancestors were listening. In one recording, I said, "I know what I want now. I'm done holding back and overthinking, convincing myself to stay small. I'm going to move with the certainty of the eagle, soaring toward what I know is meant to be."

These words were not just a declaration but a promise to honor the wisdom within me. Like the elders say, there comes a time when the call of your spirit grows louder than the clamor of the world around you. To ignore it is to dishonor the gifts I was born to share. The lesson here, one I share with you now, is to listen deeply to the whispers of your soul. The world may offer glittering rewards, but if they do not align with your purpose, they will never fill your spirit. True abundance is found in the freedom to live as your authentic self.

One of Anthony's most valuable lessons can be found in his interview with Frank Kern and John Reese in the Money Masters Series. Tony explains that when someone with potential takes action on an idea they truly believe in, it sets off a chain reaction. This belief increases their confidence and drives them to take further action. The confidence level directly influences the amount of action taken, which in turn determines the results. Greater initial confidence leads to more action and better results, while lesser confidence results in minimal action and poorer outcomes. This cycle can either build up success or lead to self-fulfilling doubts. This is a fact and can either spiral upwards or downwards. If you truly believe, you will take firm action, producing solid results, that will in return provide a boost in both the motivation and momentum.

Tony emphasizes the importance of visualizing and "*knowing*" your desired outcome with "*absolute certainty*". This approach aligns with the law of attraction, which asserts that you must act as if you already possess your desires. Tony has mastered this art, and he teaches it exceptionally well.

I highly recommend watching the video "Learn Success from Anthony 'Tony' Robbins, Frank Kern, and John Reese" on YouTube to get insights directly from the source. Any material by Tony Robbins, be it audio recordings, videos, or seminars, is incredibly valuable and will strengthen your resolve. (Your Homework)

Have you ever pondered why you haven't followed through with your idea or why you start tasks but never complete them? As mentioned earlier, there's one reason, but let's explore this from a more practical perspective.

Every morning, you rise to go to work because you know that failure to do so means losing your job. The security of a paycheck and personal stability compels you to act. Sadly this is engineered purposely. Similarly, you need to cultivate a sense of self-discipline to pursue your personal goals with the same fervor. Imagine this self-discipline as a sacred ritual, guiding you with the wisdom of the elders. You must find a motivating force that acts as a spiritual guide, holding you accountable, urging you to be punctual and productive. This force should push you to complete your daily tasks within the time frame you've set for yourself. This can be found in a like minded partner in life, or often in business.

Understand the consequences if you do not follow through, and hold yourself accountable, much like the natural consequences in the cycle of living the moment.

In my journey, I have discovered that imposing a form of punishment for failure can be effective. For instance, taking away an enjoyable activity that you use in a reward system, can serve as a powerful motivator.

Use your creativity to devise ways to encourage yourself to tackle the tedious and repetitive tasks you tend to neglect. Stop telling yourself they are unimportant and cease all these forms of procrastination, try using a reward based system. In this wisdom there is much mention of the self discipline required to reach what it is you seek to achieve.

In this way, like the rhythms of nature, you will find balance and purpose in those endeavors. Embrace the journey with a spirit of determination, knowing that every step you take brings you closer to the deadlines you set.

Understand that your delicate house of cards will never stand on its own without a solid foundation. Even the slightest miscalculation at the beginning can ultimately lead to your downfall. Recognize the importance of taking massive action from the start because you believe in what you are doing. Without this initial effort, you won't achieve the vital early results that fuel your motivation and drive further action.



Know that taking a break from your work is acceptable, but you must set clear boundaries for how long those breaks will last. Just as you schedule vacation time or a smoke break at work, make a conscious effort to return to your tasks promptly. Remember, you should be doing something you enjoy, so it shouldn't feel like work, even if you have to push yourself to do it. Be aware that it's always easier to procrastinate, so keep your eye on the prize and find effective ways to remind yourself of what needs to be accomplished in the now.

To achieve the desired results, rewards should act like a carrot hanging on the end of a stick, motivating you to take each little step that will eventually lead you to your destination. Dedicate as many hours to your personal goals as you would if you were clocking in at work. Apply the same level of dedication and drive that you used to achieve a promotion in your past job, but do it for yourself this time. By believing in your ability to succeed, you will undoubtedly surpass any goal you set for yourself.



"You can never cross the ocean unless you have the courage to lose sight of the shore."

Christopher Columbus

"A goal properly set is halfway reached."

Abraham Lincoln

"Setting goals is the first step in turning the invisible into the visible."

Anthony Robbins

"You must take action now that will move you towards your goals. Develop a sense of urgency in your life."

Les Brown

"Superficial goals lead to superficial results"

Attila the Hun

"Thoughts are the tools used to craft your masterpiece, use them wisely, as they can provide just as much as they can take away, wield them with caution for it is a double sided blade."

Cruise



Pointing out the Obvious

Knowing your Outcome is key

Preamble: By now, the seeds of awareness should be sprouting within you, their growth quiet but steady, like new life emerging after the first spring rains. You may feel like a traveler pausing along a well worn trail, suddenly noticing the vibrant wildflowers that have always been there, hidden in plain sight. This moment marks the dawn of a deeper understanding, a long awaited clearing of the fog that once veiled your vision, distorted by the selective perceptions you had been taught to accept.

We've spoken of the threads that weave through our everyday lives, threads so constant we forget they are there. Now, let us pause to reflect on these threads more consciously. The wisdom of the elders teaches us that the mind is like water, pointing out that it flows where it is directed, but it can also stagnate if left unchecked. Much of what surrounds us has been "deliberately" and "intentionally" placed there by the system, to direct our thoughts towards shaping our perceptions in ways we often failed to notice.

Think of the iconic figures previously mentioned, voices from a distant past whose truths continue to echo in the present. Their words have transcended time, like the lessons of an elder passed down through generations. But let us now turn our attention to the present, towards the symbols and influences of our modern world. By doing so, we enhance our ability to awaken from the conditioning that is set to blind us, allowing us to see with clarity and purpose through the organized chaos that is imposed.

As we explore these examples together, remember this: your open mind is the key to transformation. The progress you've made is a testament to your willingness to question, to notice, and to reconnect with your inner wisdom. This is the path of the seeker, the one who dares to look beyond the surface. And as you walk this path, know that the journey itself is as important as the destination.

Let us return to what we are now becoming more attuned to and take notice of the threads that are already woven into the stories that resonate most deeply around us. Have you noticed how many books, later transformed into blockbuster films, are steeped in teachings that feel timeless and profound? This is no accident. I believe strongly that this deep connection to ancient truths is a driving force behind their success, a quiet whisper to the innate subconscious state within each of us, as if the author of script is pulling on specific threads trying in a non obvious ways to get you to notice specific topics and embedded set plays.

Take George Lucas's Star Wars, for example. The concept of "the Force" is more than a plot device; it is a reflection of universal truths echoed in spiritual traditions across cultures. Consider the famous line, "Do or do not, there is no try," or the gentle guidance of "Use the Force, Luke." These aren't just words; they are known teachings, calling on us to trust our instincts, focus our minds, and believe in our own power. Even the Jedi, with their robes and ceremonies, echo the appearance and practices of spiritual and religious orders, subtly reminding us of the sacred traditions they reflect.

Now lets remove the fog and focus the lens and reflect upon Jediism, often referred to as the "Jedi religion," which is inspired by the fictional Jedi characters from the Star Wars franchise. While it's not a traditional religion in the conventional sense, it has attracted a following and even gained some legal recognition when it created an actual precedence. In 2001, a campaign encouraged people to list "Jedi" as their religion on national censuses, leading to the "Jedi census phenomenon." Since then, organizations like the Temple of the Jedi Order have promoted Jediism.

This phenomenon also highlights our susceptibility to simple suggestion, reflecting how deeply or conditioning influences our reactions. The writer attempts purposely in a subtle fashion, to remind us to question and be aware of these influences, just as ancient wisdom teaches us to see beyond the surface and understand how to use life's deeper currents. Does something familiar about the Jedi mind trick resonate at a deeper level withing you? I will go over George, again later when I provide you the seeker with 3 specific circumstances where it was used in real life situations, to influence my own intended outcomes. Then again I know others that would love to call that manipulation, but are fine with the corporate versions currently being used in advertising and product research though.

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Let us take a moment to focus on a single example, walking together through its details, so that you may see what will soon become apparent to you in your own time. Remember, this is but one instance among countless others. As your awareness grows, you will begin to uncover more on your own, in subtle patterns and hidden truths within the world around you, long overlooked but waiting patiently for your recognition.

When I first watched this particular movie, I walked out of the theater under the night sky with my stepbrother by my side. Even now, I can recall the feeling as vividly as if it were yesterday. It wasn't a fleeting sensation but a steady presence, occurring multiple times in the span of that evening. This was rare for me, so rare that its repeated occurrence could not go unnoticed.

The elders teach us that feelings like these are not random; they are messengers, much like the hawk circling overhead, its flight signaling something important below. Yet, at the time, I did not know how to interpret the message. There was no great decision to be made, no life changing moment unfolding before me. All I could sense was that what I had just experienced was significant to me in a deeply personal way.

Certain lines from the movie echoed in my mind, their words as persistent as a drumbeat. I found myself repeating them out loud as we walked through the steady rhythm of the rain, back towards the car. At first, I attributed no meaning to this repetition since it felt instinctual, almost automatic. But as we drove home in silence, I noticed how those words cycled through my thoughts.

Though my stepbrother seemed unaffected, I knew my experience had been different. The feeling, as I had come to call it, was unmistakable. It was a quiet nudge, a hint from within, urging me to pay attention to something I could not yet distinguish. Our wisdom dictates this a way of guiding us, using our emotions and instincts to point toward what matters most to us at a non cognitive level.

In that moment, I did not yet grasp the significance of what I felt, but I trusted it. The rain falling around us, the words circling in my mind, the stillness of the night as all of it seemed part of something larger, something meaningful that I would one day come to understand and learn to relate to.

That night, I couldn't shake the feeling that clung to me, persistent and unrelenting. When I returned home, it was as if my mind had become a spinning wheel, replaying the scenes from the movie over and over, each moment etched deeply, refusing to fade. It felt like the crackle of a fire that wouldn't die out, even when the wood was spent.

At the time, I didn't fully understand what was disturbing me so profoundly. Yet, despite my confusion, something stirred within me, like a spark of creativity that I shared with my stepbrother as we began discussing ideas for starting ventures together. The movie, if nothing else, had lit a flame of motivation and inspiration in both of us. It was as though the story had spoken directly to the parts of ourselves that were ready to awaken, pushing us to imagine something greater.

Let's revisit some of the lines that stayed with me, weaving their way into my thoughts long after the credits rolled. These lines may have slipped by unnoticed in the viewing moment, but they clung to my consciousness like the burrs of a plant, waiting for me to truly see them later.

Take, for instance, the scene where the characters are in the car, and Neo is faced with a choice. As he considers stepping out of the vehicle, they tell him, "It's our way or the highway." Then Trinity speaks, her voice steady and imploring: "Please, Neo, you have to trust me." He hesitates, asking, "Why?" Her reply cuts through the hesitation like an arrow: "Because you've been down there before, Neo. You know that road. You know exactly where it ends, and I know that's not where you want to be." This is also the fight or flight moment I so much reference to in more recent times.

This moment encapsulates a truth so profound that it feels almost rehearsed. It reflects the essence of one of my earlier messages, the importance of recognizing the well worn paths we tread in life, those roads we know too well, yet continue to walk despite knowing where they lead. Trinity's words are a call to awaken, to step away from the familiar and into the unknown, where growth and transformation await. How many times have you been told this resides outside of your comfort zone? The wisdom here is clear, so much so that it feels almost unnecessary to elaborate further. Yet, I urge you to reflect on these lines, as I did, and consider their meaning in your own life. Are there roads you continue to travel, even though you know they lead to places you no longer wish to be? If so, perhaps it's time to trust the voice within and follow the one urging you to step into the vehicle of change and chart a new course.

Most of you have likely guessed by now that we're referring to the movie "The Matrix." For those who haven't seen it, I strongly recommend taking the time to watch it in its entirety. In a pivotal scene, Morpheus and Neo sit face to face, and Morpheus offers Neo a choice between the blue pill and the red pill.

Morpheus asks Neo, "Do you believe in fate?" Neo responds, "No, because I don't like the idea that I'm not in control of my life." For the purpose of this exercise, I will adapt this scene to your current moment, adding "reading this book" to apply it directly to your life. I will also weave in some wisdom I perceive between the lines.

Morpheus replies, "I know exactly what you mean. Let me tell you why you are here. You are here because you know something. What you know, you cannot explain. You feel it; you have felt it your entire life. There is something wrong with the world (your life). You don't know what it is, but it's there, like a splinter in your mind, driving you mad. It is this feeling that has brought you to (read this book) me. Do you know what I'm talking about? Do you want to know what it is? It is everywhere; it is all around us. Even now, in this very (book) room. You can see it when you turn on your television. You can feel it when you go to work, when you go to church, when you pay your taxes. It is the world that has been pulled over your eyes to blind you from the truth."

I completely agree with the notion that we are born into an invisible prison, a mental construct that we neither smell, taste, nor touch. This prison is crafted by those who teach us limits and impossibilities, parents, teachers, and friends who themselves were conditioned to accept these constraints as actual reality.

We could consider these limits as chains that bind our spirits, forged by the educational system, media, technology, and even literature. This mental prison is designed to control our thoughts and restrict our abilities to shape our lives according to our own desires. While these boundaries may help us cope with reality, they also prevent us from realizing our true potential.

Regrettably, very few can be told about the true nature of this system; one must choose to learn and explore it of their own free will. This is why only a small percentage of people understand and effectively use the law of attraction. The powerful elites have long kept this knowledge hidden, as detailed in publications like "The Secret," which you can easily research. Many individuals have had their faith tested and now believe only in what they can see or prove. Does this sound familiar? Do you see parts of yourself in this description, as I did unknowingly when I stepped out of that movie theatre?

My books have been meticulously crafted through countless hours, retracing actual events. By exploring how these events were perceived when they occurred and comparing them with contemporary interpretations, I aim to allow you to see through my eyes. This journey invites you to reflect on your own past and realize that the wishes you made have indeed been granted, though perhaps in unexpected ways.

Consider the wisdom of our ancestors, who believed that everything in life is interconnected and that our desires manifest through the natural cycles of the world. The idea behind this section is to help you see that you have received what you wanted, even if it may not appear so at first glance. Just as the eagle soars high to gain a broader perspective, you must elevate your view to see the blessings that have come your way. Reflect on the old saying, "The Great Spirit works in mysterious ways," and think about how your wishes were granted. Upon immersing yourself in your memories, you will see that this saying holds profound truth. The universe listens to the desires of the heart and responds in ways that often surpass our understanding.

Remember, the path to understanding and wisdom is a personal journey. Like the flowing river that carves its way through the land, your life is shaped by the wishes and dreams you hold dear. Embrace this journey with an open heart and a curious mind, and you will find that the world has granted you more than you realized.

But now, I stand before you as Morpheus did with Neo, offering you a choice: Take the blue pill and continue to believe what you wish, or take the red pill, stay in wonderland, and let me show you how deep the rabbit hole truly goes. Remember, all I offer is the truth and nothing more. I am merely showing you the door; it will take a leap of faith on your part to walk through it. In time, you will come to understand the difference between "Knowing" the path and "Walking" the path. (Interesting choice in wording)

Do you see how effortlessly I interwove quotes from "The Matrix" with my own words to bring the sentences to life and make them relevant to the present moment? This seamless blend demonstrates how our perceptions can be shaped and reshaped. Just as the ancient storytellers used metaphors to reveal deeper truths, the wisdom in these quotes invites us subconsciously to read beyond the surface.

There are countless more quotes from this masterpiece, such as: "There is nothing that I can say or do that will explain it for you; you must see it for yourself." This quote, repeated throughout the movie, emphasizes the importance of personal experience and understanding. Do not mistake me for an obsessed fan of the movie; I only came to terms with the profound feelings it evoked in me as I left the theatre on that dark and rainy night.

Notice how only a select few in the movie are aware of their reality, while the rest remain oblivious to the system designed to make them accept their situations and believe they are in control of their lives. This mirrors our own reality, where many are unaware of the mental constructs that shape their perceptions. Fun fact here is how our ocular functions mirror what we perceive, meaning the images we capture with our eyes are apparently projected as reversed left to right and also up-side-down into the screens of our minds. Like the image of a binocular will reflect twice before they are processed and compared to be later carefully cataloged.

Consider the quote, "This is the construct, our loading program. Here we can load anything we need." Think of it as a wish board, where you can replace "need" with "want." Another quote, "This is what we call residual self-image; it is the mental projection of your digital self," aligns with the concept of visualizing your perfect self, as discussed in detail within "The Secret" publication.

These metaphors and analogies, much like the teachings of our ancestors, encourage us to question, explore, and ultimately, understand the deeper truths that govern our lives.

Let us ponder how "The Matrix," released on March 31, 1999, could reference "The Secret," published in 2006, or how the visionary minds of Larry and Andy Wachowski could have influenced my research decades before its release. Consider the quote: "The human body generates more bio-electricity than a 120-volt battery and over 25,000 BTUs of body heat." This is not mere fiction crafted for the movie. According to the Center for Space Power and Advanced Electronics, a NASA commercial center in Alabama, the human body, which is on average 15% fat, can produce 11,000 watt-hours.

This Center's findings reveal that the energy consumed by an individual is ample to power electronic devices, if a method to convert a fraction of that energy to electricity is developed. German scientists have found a way to transform body heat into electricity using circuitry that works at 50 millivolts. To put it in relatable terms, a sleeping person can produce 81 watts, a soldier at ease generates 128 watts, a walking person 163 watts, a briskly walking individual 407 watts, a long-distance runner 1,048 watts, and a sprinter 1,630 watts.



Reflecting on this, does it not qualify us as potent transmission towers, as mentioned in "The Secret"? This perspective aligns with the law of attraction. While I prefer not to use the word "seems," in this context, I encourage you to form your own conclusions based on the information provided.

Morpheus also says, "We have a rule; we never free a mind past a certain age. It is dangerous; the mind has trouble letting go." I find this to be true. The older one gets, the more the mind compares new information against its foundational beliefs, making it harder to alter habitual thought patterns. This explains why younger individuals are more receptive to new information, their minds are still categorizing and interpreting what to believe or reject in real time. Everyone else has a Bias.

One of my favorite moments in "The Matrix" is when Neo meets the Oracle. Notice how all the other potentials are children. Is it a coincidence? This detail speaks volumes about the receptiveness of young minds.

Let's try a little more interpretation shall we? "You are faster than this, Don't Think you are; Know you are. "Well like I haven't mentioned that often enough up until now have I Morpheus mentions repetitively how he is trying to free Neo's mind, as I am attempting to do with yours. That is the first thing you read when we began this journey. Morpheus said "Let it go Neo, fear, doubt, disbelief and free your mind. "At this point Neo doubts and looks down attempting to convince him self after seeing the incredible jump successfully completed with his own eyes. In my techniques I point out feverishly how if you even think for a nanosecond that you can fail, you will not succeed the task to your full potential.

Then to no surprise he fails the leap predictably, but why did "we" the audience know he would fail. Do you see how we noticed he was doubting and knew we were aware that he wouldn't succeed. Or did you miss that detail completely when you watched the movie the first time. We all know this yet we fail to put it in to practice. This knowledge has been repeated to us all countless times and passed on through literature and scripts for century's, yet we are conditioned to ignore it. A foundation of knowledge that we should be building on instead of attempting to relearn with each passing generation.

Many have sought the wisdom and infinite knowledge of the Babylonian libraries, yet I believe we have already surpassed that which we seek and fail to utilize its full potential. Our educational system, in my view, should not remain fixed and repetitive but should be imagined and adapted in a more proactive manner.

Consider the insight from "The Matrix," where it is pointed out that everyone in the system is against you. This mirrors our reality, where people often talk you out of your convictions, attempting to convince you that your goals are unachievable and that you are merely dreaming. They are quick to offer unsolicited reality checks, pointing out your present situation and your seemingly limited options.

Take, for example, Sypher's advice: "Wow, how do you wrap your mind around that? Little piece of advice, my friend, when you see an agent, you do what we do. You run." This perfectly exemplifies how parents, friends, and teachers set limitations and impossibilities for us at a young age, perpetuating these beliefs across generations.

Now let's once more draw a parallel with the wisdom of the ancestors, were we also find a similar understanding. Just as the ancient tales caution us about the power of words and beliefs, the stories in "The Matrix" reveal how deeply ingrained systems can shape our perceptions and actions. These narratives teach us to question, to seek deeper truths, and to recognize the influences that bind our minds.

By acknowledging and challenging these limitations, we can begin to break free from the mental constructs that restrict us, embracing the full potential of our wisdom and knowledge.

In case you have not already noticed; If I keep repeating that last sentence using different wording often enough and proceed in providing each iteration with its own validated context, allowing you to reach your own conclusion, I can actually get you to register that this wisdom I am referring to so often is indeed a fact and has no choice then to actually be wise...

What should worry you; Is not how you are currently being manipulated during our session, but more so how I am using the same techniques that the system has been using against you, with others well being and profitability in mind, other than myself doing it for your own good. Apologies I had to let that one slip... Don't be offended it happens all the time... literally.

Let's get back on track and ponder this... I have often found myself telling my own children that I am hard on them because "it's not going to be easy when they go out on their own to face the world," and I go on to explain how they will thank me later. But truth be told, how do you think it's going to be for them if I constantly tell them, "life is going to be hard on you"? Can we really aspire to believe life will be easy?

Consider the profound quote, "Do not try to bend the spoon, for that is impossible. Instead, try to realize the truth: there is no spoon. Then you will see that it is not the spoon that bends; it is only yourself." I will leave this one open to your interpretation, inviting you to submerge yourself in its much, much deeper meaning.

One of my all time favorite quotes is when the Oracle says, "And don't worry about the vase." Then Neo turns, knocks it over, sending the vase crashing to the ground. He apologizes, and she replies, "I said don't worry about it." He asks, "How did you know?" She answers, "What's really going to cook your noodle later on is, would you still have broken it if I hadn't said anything?" That is just pure genius.

Do you not have your own countless examples of moments when you mentioned something and then wondered if it would have happened if you hadn't said a word? Or at the very least, found these so called mind blowing coincidences absolutely remarkable?

Another noteworthy example is how our eldest was very clumsy during his teen years. When this trend repeated itself in our youngest, I constantly pointed out to be careful and not break any dishes. Almost without exception, he would follow up and break one. When I stopped pointing out the irritating fumbling they seemed unable to avoid, the issue resolved itself immediately and until now has yet to resurface.

Reflect on the common expression "Don't jinx it." This too was a piece of the puzzle that I had forgotten about and had yet to fit into my understanding. Was this not another remarkable coincidence? I do hope you are beginning to sense my sarcasm each time I use the term "coincidence." Love the C Word

There are countless movies, TV shows, books, commercials, and song lyrics where the creators seem to grasp the principles of the law of attraction and the ideas presented in "The Secret," even without having read it or being aware of its existence.

Take, for instance, the James Bond theme song "Die Another Day," recorded by Madonna. Released in late 2002, the single marked her 20th career anniversary, selling 167,863 copies and becoming the most successful Bond theme since Duran Duran's "A View to a Kill," which just happens to be my personal favorite. The song was included on her 2003 album and spent 11 weeks at number one on the U.S. Billboard Singles Sales Charts, making it her most successful title on the sales chart. Despite varied critical opinions, the song was nominated for both a Golden Globe for Best Original Song and a Golden Raspberry Award for Worst Original Song in 2002.

This phenomenon illustrates how things we have previously witnessed, but overlooked, can suddenly become as apparent as the lady in red in "The Matrix." Reflecting on this, you might start to notice the subtle clues and insights scattered throughout various media, pointing towards the powerful principles of belief, attraction, and the manifestation of desires.

By actively engaging with these revelations, you can begin to see the underlying patterns and messages that influence your perception and actions, much like recognizing the omnipresent lady in red. This awareness can lead to a profound understanding of how deeply interconnected our thoughts and experiences are, and how we have the power to shape our reality through our beliefs and Intentions.

Don't you find it intriguing how divided opinions can be? It's almost as if one group swears by something while another vehemently opposes it. And consider this: "Die Another Day," the film, coincidentally marked the 40th anniversary of the James Bond franchise, while the song by Madonna peaked at #1 in 12 different countries, including an eight-week stint at #1 on the World Music Charts and a record 11 weeks at #1 on the US Hot 100 Single Sales. Remarkable, isn't it?

Let's talk about another song from that album, also featured in a live performance on Madonna's live CD "I'm Going to Tell You a Secret" (2005). The fact that the title says Madonna is going to tell you a secret seems too fitting to be mere coincidence, doesn't it?

Now, let's recap what we've covered. "The Secret" DVD, a 2006 film produced by Prime Time Productions, consists of interviews related to the idea and power of positive thinking. It features individuals described as professionals and authors in fields such as quantum physics, psychology, metaphysics, coaching, theology, philosophy, finance, feng shui, medicine, and personal development, referred to as "secret teachers." The film and its subsequent book attracted interest from media figures like Oprah Winfrey, Ellen DeGeneres, and Larry King, along with substantial criticism from the mainstream press.

Here's the intriguing part: How did Madonna know about "The Secret" back in 2002? Is it just another coincidence? Think again. Listen to the lyrics of one of her songs, which I had heard many times over the years but only noticed the details in the bridge while driving to the casino one evening. After reading the book and reflecting, the clarity struck me:

If you want it
You've already got it
If you thought it
It better be what you want If you feel it
It must be real just
Say the word and
I'm gonna give you what you want

You can draw your own conclusions, but I wanted to highlight this as another example of how many famous individuals, even if not singled out, have used this law in the past. It underscores how more people each day realize the capabilities they have been taking for granted or unknowingly choosing to ignore.

I've dug deeply into how much can be interpreted from just a few excerpts of a single movie, but you will begin to notice the same pattern in countless examples from your own past, present, and future. You will witness the world around you with a more focused perception from now on. Things you previously overlooked will stand out glaringly, making you wonder how you missed them in the first place. As mentioned in "The Secret," what once appeared as background will suddenly jump to the foreground, no longer filtered out by your selective and limited perception.

The law of attraction has captured my attention, and I am constantly amazed by details I previously overlooked. This awareness isn't something you can turn off; it's a continuous revelation. I no longer believe in random coincidence; patterns are distinct and almost predictable, although the timing remains elusive. By shifting focus from "how" to "when," the path becomes clearer. As Tony Robbins emphasizes, the key is to "know your outcome." The crucial term is not "outcome," but the conviction behind "know."

Let's take a momentary pause and submerge ourselves deeper into another one of Antony's stories on YouTube. This particular story illustrates how an individual, who knew his outcome with absolute certainty, made the seemingly impossible possible. This is brilliantly depicted in the Rocky story, showing how Sly became the icon he is today.

Pause for a moment and search "Tony Robbins Rocky" on YouTube. Immerse yourself in this captivating 10 minute recounting of real events. Experiencing it firsthand is crucial to understanding its profound impact. Beyond its compelling narrative, it serves as a vivid illustration of the interplay between Yin and Yang and their practical applications in everyday life.

Note how the balance of the universe, or Karma, plays its role in the end. This detail is often overlooked when I ask for a simple recap of the lesson learned from this touching story. After listening, you will have a clearer mental image of the points I'm making in this chapter. You will be more than capable of connecting the dots by comparing these accounts with some of your own experiences and memories, to draw a conclusion from.

Wash, Rinse and Repeat

The Power of Habitual Thought Patterns: A Manifestation Blueprint

Even though "Believing" is the bedrock upon which our reality is constructed and moving from believing to "Knowing" is the intended target, the actual path to manifesting your deepest desires is paved with habitual thought patterns that enhance your focus and drive. When you cultivate an obsessive and emotionally charged focus on a singular goal, using the right words in the right mindset, you channel your energy in a way that leaves no room for alternative outcomes. The universe responds in kind to this unwavering intent, aligning circumstances and synchronous events to bring your vision to life. However if this is not of importance to you, you could actually miss hearing opportunity knocking at your door, if you don't start to notice the details you where unknowingly filtering out.

This journey begins each day with deliberate morning rituals, reinforced by midday refocusing sessions, driven by an afternoon of massive action, and concluded with an evening recap to refine your approach of tomorrow. Keep in mind that nowhere in this regimen do we mention break times or taking the time to actually enjoy life. Just because it is not mentioned does not mean you should overlook its importance.

Morning Rituals: Setting the Tone:

The morning is your sacred time to set the tone for the day ahead. Begin with a few moments of mindfulness or readiness by being grateful for another beautiful day as you acknowledge your health and well being, often taken by most for granted. Visualize your goal with vivid clarity, feeling the emotions associated with its achievement. What I mean here is create the excitement and emotional reaction, you will require to pull this day off. This practice steady's your mind, instilling a sense of purpose and unwavering belief, "knowing" clearly that your desire is already within reach. Follow this with positive "out loud" affirmations, that reinforce your commitment and creating a mental blue print that should inevitably guide your actions through out the day.

If you need an example try what Tony does. He calls it Priming and it is a very effective way to start the day. I know this because it is a good summary of what I do. Tony Robbins' Priming ritual is a powerful routine designed to boost your brain function, enhance your mood, and set a positive tone for the day. Here's a detailed breakdown of the ritual and its psychological effects:

Breathing Exercise: Tony begins with a forceful breathing technique. Sit comfortably, close your eyes, and take three sets of 30 breaths, pausing between each set. This deep breathing helps oxygenate your brain and body, reducing stress and increasing alertness.

Gratitude: Next, place your hands on your heart and feel its power and strength as you pump oxygen filled blood into it. Think of three things you're grateful for, whether from your past or present. This practice shifts your focus from what's lacking to what you already have, fostering a sense of appreciation and positivity.

Visualization: Imagine a colored light coming down and filling your body, healing anything that needs to be healed and strengthening the best parts of you. This visualization helps you connect with your inner strength and potential, reinforcing that mental blueprint for success. Send this healing energy out to the people you love and care about. This act of kindness and connection, enhances your sense of empathy and compassion, contributing to your overall well being and your first feeling of fulfillment of the day.

Celebrating Achievements: Finally, think about three outcomes or goals you want to achieve and imagine that they already are complete. Celebrate this feeling of achievement, allowing yourself to experience the joy and satisfaction of reaching your goals. Practice out loud affirmations with conviction and emotional intensity.

By incorporating Tony Robbins' Priming ritual into your morning routine, you can set a positive tone for the day, reduce stress, and enhance your overall mental and emotional well being. This powerful practice helps you "align" your thoughts, beliefs, and actions with your goals, making it easier to manifest your desires and live a fulfilling and intentional life.

Your Morning up until Noon is production time. Start with the activity you least enjoy or are not looking forward to taking on. Just get busy checking things off your to do list. Use your favorite playlist to keep you in a rhythm.

Midday Zen Session: Realigning Your Focus

As the day progresses, distractions can creep in and dilute your focus. Some unwarranted conversation can set you off and ruin the state of mind or emotional posture you require to execute. A midday zen session acts as a powerful reset, allowing you to reset your thoughts and intentions. It doesn't have to be full on meditation, take a few moments to breathe deeply, clear your mind, and revisit your visualizations. Find that happy place again. This practice serves as a gentle reminder of your commitment, reigniting your passion and sharpening your focus. It's a moment of tranquility that empowers you to face the afternoon with renewed vigor. Don't make it more than it needs to be, keep it short and sweet.

Afternoon Massive Action Push: Making IT Happen

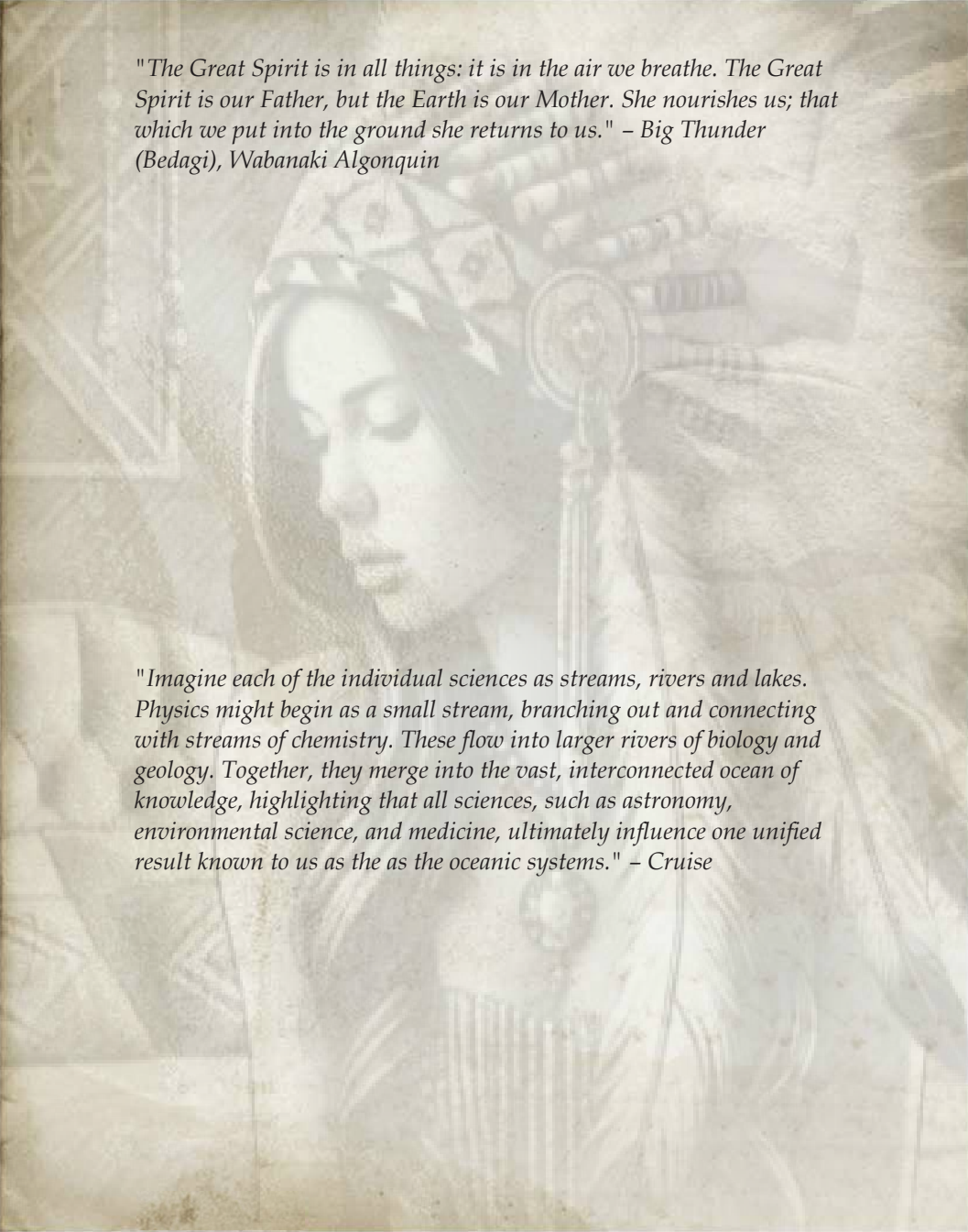
The afternoon is your arena for massive action. With your goal firmly in mind, channel your energy into deliberate and decisive actions that move you closer to your vision. Break down your tasks into manageable steps, each one building upon the last. This approach not only maintains your momentum but also reinforces your belief in your ability to manifest your desires. Remember, every action, no matter how small, is a step towards turning your vision into reality. Show off your progress and accomplishments with those who care. The sense of pride experienced from this creates a desire to repeat it.

Keep in mind we are creating new habits, this will eventually become almost second nature and automated. For now you must discipline yourself into action. Key to creating habit is repetitions. Initiate it every day around the same time, even on your days off. Be systematic and repetitive about this short list. Try not to laugh when you are stating things loudly at yourself in the mirror, repeat them on a more convincing tone, adding body language to the mix.

Evening Recap: Refining Your Strategy

As the day draws to a close, an evening recap becomes an essential part of your manifestation process. Reflect on the day's events, celebrating your successes and identifying areas for improvement. Ask yourself what worked, what didn't, and how you can adjust your approach moving forward. This introspective practice enhances your self-awareness, allowing you to continuously refine your strategy and optimize your efforts. To accomplish all your regular daily activities, along with your new habits, you will need to get better at multitasking. I will explain a few tricks and tools I use to do so, later in future publications. Remember by acknowledging your progress and learning from your experiences, you set the stage for even greater achievements.

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"The Great Spirit is in all things: it is in the air we breathe. The Great Spirit is our Father, but the Earth is our Mother. She nourishes us; that which we put into the ground she returns to us." – Big Thunder (Bedagi), Wabanaki Algonquin

"Imagine each of the individual sciences as streams, rivers and lakes. Physics might begin as a small stream, branching out and connecting with streams of chemistry. These flow into larger rivers of biology and geology. Together, they merge into the vast, interconnected ocean of knowledge, highlighting that all sciences, such as astronomy, environmental science, and medicine, ultimately influence one unified result known to us as the oceanic systems." – Cruise

By integrating these daily practices into your routine, you create a powerful framework that *supports* the manifestation of your desires. Habitual thought patterns, anchored by daily rituals, ensure that your focus remains sharp and the energy directed. This *disciplined* approach leaves no room for doubt, proving to yourself and the universe that your obsessive and emotionally driven campaign can lead to nothing else but the realization of your intent. Remember to balance your dedication with moments of joy and relaxation. Enjoy the journey as much as the destination, for it is in the harmonious blend of effort and enjoyment that the truly desired manifestations occur.

I Never said it wouldn't take an effort! But You need to understand it's really not that difficult either. In fact you need to think it is easy... for it to work. You need to get to the *point* where you "Know" it is. Because you will have done it before several times. You Need to Know the Outcome... Period. In the mean time I suggest; post-its and phone alarms strategically dispersed as gentle reminders. These are things I found effective and useful. If you say it's hard or difficult at this stage, you have completely missed the boat. It needs to become a love hate relationship, like going to the gym... you don't want to go but you do desire the end results. Yet it is a great example of changes that eventually also become intentional life styles.

Now you have your homework, time to execute.

CASSIEL - 3rd Chronicle

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