



What Would Your  
World Look Like  
If Your  
**Toxic Thinking**  
Didn't Exist?

Seven Simple Steps to Wealth,  
Health, Happiness and Love

**Chris Spink**

Bestselling Author

# **WHAT WOULD YOUR WORLD LOOK LIKE IF YOUR TOXIC THINKING DIDN'T EXIST?**

**Seven Simple Steps to Wealth, Health,  
Happiness and Love**

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## Introduction

G'day my name is Chris Spink I am a personal and spiritual growth explorer and I've been studying mind science and consciousness expanding practices for over three decades now.

I am truly passionate about empowering others so they can **STOP** their toxic thinking and **START** creating a life of increased prosperity, loving relationships, vibrant health and blissful joy.

Through using the principles I talk about in this book my wife Rhea and I, have become financially free. After living on a very small annual income and only working part-time, we managed in five years to build a multi-million dollar property portfolio.

We now live in a beautiful apartment overlooking the ocean on the majestic east coast of Australia. Travelling is our passion and we regularly travel this world experiencing diverse cultures and stunning natural places.

I am also the creator of two highly successful online home study courses. My extensive flagship course is called ***New Thoughts to New Things, Live Life by Design Not Default*** and I also have an introductory course called ***New Thoughts to New Things, Introductory Course***. If you'd like to learn more about these courses please check them out at this website.

<http://lawofattractioncourses.manifestyourdesires.com>

By downloading this book you've just taken a huge leap toward greater success in every area of your life. As you read through this book, I'm going to help you overcome the obstacles that have been holding you back from achieving success and living the life of your dreams.

I want you to have everything you desire and I know that you can when you overcome the number one biggest obstacle in your way. The number one obstacle to creating whatever you desire is your toxic thinking which is your negative self-talk and limiting beliefs.

Whether you want more money a better career, happy and loving relationships or strength, vitality and good health. If you can change how you think and therefore how you feel you will attract your ideal life.

Picture for a moment that you have in your possession a resource of full and complete power. Suppose you have the power and ability to determine the course of your own life? Suppose you could accomplish great things and obtain much wealth merely by using the power of your very own thoughts? What if I informed you that this does not need to be a "what if?" Suppose I told you that you possess in your mind the power to chart the pathway of the remainder of your life on whatever course you see fit?



Every person holds in their mind the power to create the experience of their life to attain whatever end they see fit. This power is known as the law of attraction.

## Step One: Understanding The Law of Attraction

The belief held by many theorists is that the universe is controlled by a set of universal laws; these laws can't be changed, can't be damaged and apply to every individual, no matter their age or nationality. These rules are the riverbanks which guide the flow of their lives on their quest to where they want to go.

The law of attraction is one such law. We know from science that we live in an energy based universe with energy based laws. The Law of Attraction draws to you the essence of whatever you mostly focus your attention on. Some people believe that the Law of Attraction is only working when they actually get what they ask for, and when they don't, the Law of Attraction must not be working. What they don't realise, is that the Law of Attraction is like the law of gravity. Gravity never takes a break and neither does the law of attraction.

This is why they are called laws because they are completely consistent. The law of attraction never stops responding to the vibration you express the most. It is common though, for people to get stuck in wanting something, where they constantly ask for what they want while continuing to feel frustrated because they don't have it. When this is the case, they unknowingly offer a higher vibration of the *lack* of what they want, and therefore, continue to get more of the *lack*.

So if the majority of your thoughts and feelings are focused on feeling good then everything you want will manifest. Have you ever been with someone who is so happy they appear to be radiating a "radiance which inspires happiness in all those around them? By the same token, have you ever before hung around with somebody who was so critical and miserable that they regularly produced a "negative vibration" which seemed to suck

the life and joy out of all those around them? In other words whatever you focus on is what you get.

For example, if you want to be pain free when you have pain, it is important for you not to focus on wanting that pain to go away because it feels bad, but focus instead, on feeling healthy, energetic and full of vitality.

We can often get impatient or don't believe the law of attraction works and then complain that the universe is not bringing us what we want. We then become discouraged and assume that the Law of Attraction doesn't work or that it is all just too hard. But this is not about hard work; it is simply about offering a consistent vibration around what we truly want.

The Law of Attraction is a universal law and science confirms its existence. In fact there is nothing in the world that disproves the law of attraction. Quantum physics has confirmed that consciousness actively plays a part in how physical reality is perceived by us; modern psychology and the latest brain research have also shown that how we think creates what we perceive and therefore, our reality.

"The Law of Attraction attracts to you everything you need, according to the nature of your thoughts. Your environment and financial condition are the perfect reflection of your habitual thinking." Joseph Murphy

## The History of the Law of Attraction

Before we go too deep into the modern applications of the law of attraction it is important that you understand that this is not simply New Age nonsense (most descriptions of the law of attraction refer to it as a product of a New Age Mentality). The principles of the law of attraction date back far beyond the new found popularity of the New Age.

The immortal Buddha was actually one of the first to introduce man to the law of attraction. He said, "What you have become is what you have thought." This was a principle that the people of the east were acquainted with for centuries before it began to sweep into the western hemisphere.



The concept of karma also may have drawn its roots from the law of attraction. Karma states that you will eventually be revisited by that which you have sent out into the universe. If you have practiced kindness and compassion you will receive in kind. Your actions and thoughts morph into physical entities, causing the universe to react in kind.

The law of attraction began to gain popularity in the western hemisphere in the 19<sup>th</sup> century, as people began to appreciate the power of positive thinking and apply it to their life. This new concept was first introduced to the general public by William Walker Atkinson, the editor of New Thought magazine, who published a book called Thought Vibration or the Law of Attraction in the Thought World in 1906.

As you can see, the law of attraction is not new. The concept that thought can have an effect on the course of a person's destiny has been taught by wise people throughout the ages, and has given rise to a whole new era of beliefs.

## **What Does Vibration Have To Do With Law of Attraction?**

The theory behind the law of attraction is the idea that energy magnetises to it, like energy in the huge expanse of space and time that comprises our universe. Everyone's being is constantly radiating energy out into space; the type of energy being radiated is identified by the emotional state of the person in question and might vary from day to day-sometimes even hour to hour!

This emotional energy is what is generally known as a "vibe" and is referred to as a vibration by scientists researching the law of attraction.

You do not have to have psychic powers to be able to feel the vibes that people emit; this energy is very real on a psychological level and will affect anybody, anywhere at any time. Our vibrations are typically unconscious feedback to some type of environmental stimulus; something has actually occurred which has triggered us to feel happy, or sad, or frightened, or perplexed, or stressed, and so on, and our subconscious feedback to this (since vibes are generated and projected from the subconscious instead of the conscious mind) is something that is seemingly beyond our control.

The possibility is that the individual who is emitting an unfavourable vibration does not choose to be miserable, nor do they want to inflict their unhappiness on all those around them by the simple fact of their being.

There are a lot of emotions which result in positive and negative vibes being emitted, and it is essential prior to advancing any kind of discussion

about the law of attraction that you comprehend exactly what each of these are (you'll understand the reasons for this a little later).

### **Good vibes**

Good vibes are produced from good feelings, such as:

- ❖ Joy
- ❖ Delight.
- ❖ Love.
- ❖ Fun
- ❖ Abundance (of anything that triggers positive feedback).
- ❖ Self-love
- ❖ Relaxation
- ❖ Confidence.



### **Bad vibes**

Bad vibes are generated from adverse feelings, such as:

- ❖ Frustration.
- ❖ Loneliness.
- ❖ Lack (of any of life's needs or luxuries).
- ❖ Sadness.
- ❖ Confusion.
- ❖ Stress.
- ❖ Anger
- ❖ Hurt.

As we pointed out earlier the essential concept of the law of attraction is the idea that like energy magnetises like energy. This suggests that if a person is giving off good vibes they will draw beneficial experiences to them and if they are emitting bad vibes they will draw bad things to them.

"You are a living magnet, attracting exactly what you focus on."

*“Remember, you attract to your life whatever you give your attention, energy and focus to, whether wanted or unwanted.” Michael J. Losier*



Whatever is happening in your life is because you are offering some vibration which is similar to the experience that is manifested.

The mind is an extremely powerful thing, and where the mind goes the feet will soon follow. The foundation of any success you obtain in life is not the ability of your physical body to overcome the obstacles but of your mind to believe that a way lies around them. "Where there's a will, there's a way." Where your mind can think that there is a method for the body to achieve its heart's desire a method does exist.

## **Quantum Physics and the Law of Attraction**

Quantum physicists have proven that thoughts are what hold together this ever-changing energy field into the 'objects' that we see, our thoughts are like the glue that holds this reality together.

Science tells us that atoms, the building blocks of everything in our world, are 99.9% empty space but that space is not empty it is filled with energy or information so no matter how solid our world appears it is actually almost pure energy and information. Through this understanding they have studied how consciousness does change the world and our bodies at an energetic level.

They discovered when they studied the small particles of subatomic matter that it was only when they were observed and focused on that these particles would even show up otherwise it would disappear back into the energy information field. So in essence the scientists have discovered that physical matter only exists when it is observed and given our focus and attention. Therefore they have in fact proven that our minds do have a powerful effect on physical matter. In other words our consciousness which is made up of our thoughts and emotions does indeed create our reality.

Everything you see in our physical world started as an idea. You literally become what you think about most. Your life becomes what you have imagined and believed in most. The world is literally your mirror, enabling you to experience in the physical plane what you hold as your truth ... until you change it.

Quantum physics shows us that the world is not the hard and unchangeable thing it may appear to be. Instead, it is a very fluid place

continuously built up using our individual and collective thoughts and emotions.

You and I are mostly pure energy. Energy that is constantly changing beneath the surface and you control it all with your powerful mind.

From a quantum perspective when we mentally and emotionally rehearse a wanted future it is not idle daydreaming. It is actually choosing a new future which we can observe into reality and intentionally manifest a desired reality. What we usually do because we haven't understood this, is we create by default, which means what we have been taught to think and believe by family and society and also by observing what is, which simply creates the same patterns and experiences to be repeated.

Now we know we have the power which creates worlds within our minds we can now choose to create how we want to experience our lives which means creating by design rather than by default, our design. By focusing more on what you do want and less on what you don't want you can observe into existence whatever you desire and reduce what you no longer want. So creating your reality the way you desire is not some fantasy but in fact quantum reality.

So you see, the law of attraction isn't a fancy term or new age magic; it is a law of nature that every atom of your body is constantly responding to whether you know it or not.

## Step Two: Using the Law of Attraction Successfully

After all, it doesn't do you much good to understand what the law of attraction is if you do not understand the best ways to use it to attain success in your own life. When you have understood the basics of the law of attraction you will be able to apply it to any area in your life.

The initial step in achieving success with the law of attraction is to accept responsibility for things that have happened in your life, both good and bad. This is commonly the most challenging part of accomplishing success through manifestation because we are instructed from childhood to think that our environment contributes in a huge part to the situations where we find ourselves.



*"Why is true success so relatively effortless? It might be likened to the magnetic field created by an electrical current through a wire. The higher the power of the current, the greater the magnetic field that it generates. And the magnetic field itself then influences everything in its presence." David R. Hawkins, M.D., Ph.D.*

The law of attraction can assist to determine the course of your future, and the successes or failure which you will create along the way.

### **Why Won't Law of Attraction always bring me what I want?**

As you will have gathered from previous sections, the law of attraction does not always work the way that all parties involved would like it to. Why is that? After all, the law of attraction is universal, why does it appear to only work some of the time?

#### **Four Typical Mistakes**

##### **1) Believing that affirmations and positive thinking is enough to attract what you want**

Most people only use affirmations and positive thinking only on the conscious level; this is why they are insufficient for them to work with the law of attraction. Our subconscious mind which holds our beliefs

overrides the conscious mind. It is necessary for the ideas to enter the subconscious as well.

The mind is constantly operating on two levels, the subconscious and the conscious. The conscious mind is being given hundreds of pieces of info at any given time from all five senses. This is an incredible quantity of information to work through, even from such an advanced computing device as the human brain. The mind would gradually go bananas if it needed to deal with every one of those details all of the time.

## **2) Becoming impatient**

The universe works at its own speed. Most people think if they have done a few affirmations or tried to change their toxic thinking, then they should see physical manifested evidence of these new thoughts quickly. When the evidence does not come they become impatient and believe the law of attraction doesn't work for them. What they don't realise is that by becoming impatient they slow down the manifestation of what they want and continue to create more of the lack of what they want.



## **3) Allowing your emotions to be led by external proof**

Your emotions are a very powerful part of understanding what the law of attraction is bringing to you next. Unfortunately we usually allow our conditions or external situation to show us what we should feel. In other words when something good happens to us we feel good but when something not so good happens we feel bad. We don't always realise that we have the power and control to choose to feel however we wish in any moment. We do not need our external manifestations to show us how to feel we can choose to feel good no matter what is happening.



#### 4) Not replacing your toxic thinking and limiting beliefs

It is those who have actually dared to dream, and count on the possibilities presented by these dreams, who have affected the best changes on the planet. If Henry Ford had not genuinely thought that mankind could ride in an automobile, do you think that the Model T could have been created? If women truly thought that they were predestined to live the rest of their life in the control of their dads and spouses, without any say in their lives that women's liberation would ever have occurred?



The removal of limiting ideas such as these is absolutely essential to the ability of the law of attraction to work as it is meant to. If you genuinely feel that the law of attraction is not working for you, take a minute to think about things that you are longing for. Do you truly think that these events can occur, or are you merely making idle desires? Do you secretly think that you have a "one in a million" chance of any of those things actually occurring?

In order to project the good vibes which are essential to draw the energies of the universe to you it is important that you be 100% confident in your capability to effect a change and willing to believe that all of the occasions occurring up to that point have actually been a necessary requirement to bringing these events into reality.

The secret to the Law of Attraction is the ACCEPTANCE of YOUR own responsibility.

*"...When the voice and the vision on the inside become more profound, more clear and loud, than the opinions on the outside, you've mastered your life"*

*Dr. John F. Demartini*

### **Change the Condition or Feel Better Now?**

The next thing I want to ask you is: Do you want change the condition or manifestation or do you want to feel better now?

What can you accomplish right now in the next five minutes is it likely that you will get that dream job or new car or the new relationship or the abundance you desire, or is there more possibility that you can create a feeling which feels better than where you are right now. Feeling better of course, and that is why you want the new car, dream job, perfect relationship or more money, simply to feel better. Can you give yourself the permission to feel good before you get what you want? If you can then you can have what you want before it manifests. And if you can achieve feeling better right now then you are on your way to manifesting everything that you want.

How you feel is simply the best internal guidance system that you have. How you feel tells you whether you are in alignment or out of alignment with your nonphysical Source the larger all-knowing part of you. When you feel good within yourself, you are perfectly aligned; and when you don't feel good, then you are out of alignment with Source in that moment. But this is not a bad thing because what it's showing you is that source or your Inner Being does not agree with your negative feeling or thought. If you feel unworthy or inferior for example then the bad feeling you have is because your Inner Being your Source does not agree with that thought and knows you are completely worthy.

How you feel is also showing you what your present point of attraction is, meaning what you will create next in your life so if you feel good you will be attracting and creating all the good things that you want into your life and if you don't feel good you will be attracting more of the same not so good feeling stuff. So in other words if you feel anxious, frustrated, discouraged, inferior, worthless or afraid, that is your current point of attraction, if you feel joyful, happy, healthy or loving then that is your point of attraction, and is what you will manifest more of, next in your life.

## The Three Steps of Creation

There are three basic steps to manifesting or creating your reality utilising the law of attraction.

**Step One** occurs as we live our everyday lives, and a negative experience happens. The negative experience provides us with the contrast we need to help us recognise that this is an experience we don't want, this automatically, tells us what we do want. It's not always easy to know exactly what we want until we experience what we don't want. For example, if someone is angry or mean to us, our automatic desire is for that person to be calm and kind to us, or if we face difficulty because we don't have enough money, love or happiness, this reveals to us we would prefer our lives to be more abundant in money, love and happiness.

**Step Two** happens after we experience what we don't want and acknowledge our true desire. Your Inner Being (the larger all-knowing part of you) instantly responds to what you want? Your Inner Being holds everything you have ever wanted in a vibrational reality and is ready to bring it to you in the perfect way. This vibrational reality is waiting to become physical reality and manifested into your life, as soon as you follow step three.

**Step Three** is your only active role in creating what you want. It is your role to align vibrationally with your dreams and desires. In other words, you need to find a way to get happy and feel good, no matter what, to attract what you desire into your life. Your Inner Being will then send you thoughts, feelings, situations and people at the perfect time for you to receive exactly what you want in the perfect way.

***So to clarify what these three steps to manifesting anything you want are.***

***Step one is automatic when we come up against what we don't want we ask for what we do want.***

***Step two is taken care of by our Inner Being, and therefore, we don't need to do anything***

***Step three requires us to feel good no matter what is happening. This is the essential key to manifesting your dreams and desires.***

So you will be concentrating on step three which will help you to align with your dreams and desires so that you will feel good and I promise you that if you can achieve feeling good most of the time you will manifest everything that you want.

## **Love Yourself As You Are**

The next thing that is helpful in manifesting everything you want is to know that you will never be complete or finished and happily you never will be. Imagine getting everything you want right now and not wanting anything else. That would truly be the end of this wonderful journey for you. It would be like eating all the great food you were meant to eat for the rest of your life all at once. I know I wouldn't want that. I like the way a nice meal comes just at the right time, and I can enjoy that meal in that moment and know the next one will come when I need and desire it. Fortunately we are eternal beings, that's why we will never get to a place where we are totally complete and so also we can't get it wrong.

Remember that the true essence of who you are is an extension of the nonphysical, expressing as form in physical reality. You are perfect and

worthy as you are; all you are doing here is having an experience of physical reality where you get to create whatever you choose. Once you know how. When you get what you want, you will simply want something more. Life continues to expand and grow. Your life is supposed to feel good to you because you have deliberately chosen to be here to create your dreams and desires.

You are forever growing and expanding, while at the same time, you are perfect where you are at any given moment. In other words, wherever you are right now is exactly where you need to be on your path to manifesting what you want. And when you get what you want, you will continue to want more and align with your continual evolution.

The basic understanding that is the foundation of this work is that well-being is our inherent state of being. We don't have to create well-being and we don't have to fix ourselves or the world around us to experience it; we just need to stop the resistant thoughts that hold us back from experiencing our natural well-being.

Also remember that the true essence of who you are is *Pure Conscious Awareness*, expressing itself as form in physical reality, and we are much more than we generally think we are. And so, in the broader scheme of things, nothing has ever really gone wrong and nothing needs to be fixed within you. I know it might not always feel this way but you are perfect and completely worthy of all you want.

We are here to help expand the universe. And we are doing a great job, so relax and know that all is well.

Embrace where you are now, love who you are and who you are becoming Source (which is your Inner Being) always accepts who you are and loves you completely and unconditionally. That is why when you don't feel good your feeling guidance system is telling you that your inner being does not agree with that thought or feeling. Your inner being is always loving and accepting you no matter what.

## Step Three: “Some Form of Meditation Is Essential”

Most spiritual and personal growth leaders and experts agree on this one important thing. That regularly doing some form of meditation relaxation or self-hypnosis which achieves a deeper slower brainwave pattern, is an essential part of spiritual and personal growth.

So firstly I'd like to teach you a simple relaxation process that will help you to relax and release any stress and tension that you might have right now. One of the simplest and most powerful tools I've discovered, for relaxation and meditation is focusing on your breath and being mindful of what is happening in the moment. So I want to do a quick and easy relaxation exercise with you now. This simple meditation will help you relax and release stress it will also help you to focus on whatever task is in front of you.

This will always help you achieve a feel good relaxed state of mind. I will explain it first then you can jump right in.

So in a moment, you are going to take a few slow deep breaths, to relax and release any tension you may have in your body or your mind. When you breathe in and when you have breathed in completely, I want you to hold your breath and just be gently aware of any tension in your body. Then when you breathe out, I want you to breathe out and let all the tension go in your body. You will do this three times. Read this process through first and then practice it on your own.

Sitting comfortably now in your chair or lying down, just gently close your eyes and relax.... Now I want you to take a nice slow deep breath in... Breathe in... Then when you've finished breathing in. Just gently hold your breath and become aware of any tension that you may be holding in your body.... Then breathe out and let go of any tension you might be feeling, let your body and mind completely relax, no need to think about anything and you can take a short rest from your responsibilities,. ... Now breathing in again... Hold your breath... gently becoming aware of any tension that may still be left in your body.... Then breathe out and release any remaining tension... just let it all go and enjoy this feeling of deep inner relaxation and peace..... And finally one last breath in ..... Breathe in... Hold it ... Then Breathe out and let it all go. All is well in this moment and you feel very relaxed, calm and happy. You have hit the reset button and are ready to really understand how the law of attraction and feeling good as you do now, can create your ideal life.... So just gently bring your attention back to the room now become aware of the things around you and opening your eyes.

You can use this simple mindfulness breath meditation any time you

are stressed or want to more clearly focus on what you are doing.

## Brainwave Patterns

There are **four brainwave patterns which all people have they are: beta, alpha, theta, and delta**. Let me explain a little what each one is. Beta is the normal waking, conscious state we are in every day; alpha is a relaxed, drowsy meditative self-hypnosis state; theta is the deep meditative self-hypnosis and light sleep state; and delta is the deep sleep or coma state. Each brainwave pattern has a particular vibrational range. Beta which is our normal conscious waking state is usually between 14 and 30 Hz. Alpha is a hypnotic state where positive imagery and affirmations can be placed into the subconscious mind and is where our brain is operating in the 7 to 14 Hz range. Theta is a deep hypnotic and deep meditation state where our brain is operating in the 3 to 7 Hz range. Delta is deep sleep where the brain generates brainwaves of 0.5 to 3 Hz this occurs during our sleep cycles at night.

The subconscious mind is a programmable hard drive like that in our computers into which our life experiences are downloaded. It is also very interesting to note science has discovered that Children from the age of birth to two years are in the Delta brainwave pattern. When children are 2 to 6 years old the main brainwave pattern they show is Theta. And from 6 to 12 years old the main brainwave pattern is alpha. So children from birth to 12 years old are basically in hypnosis the whole time and because of this are very suggestible. Children are in these deeper brainwave patterns most of the time and because of this they are highly suggestible. I think this explains why most of our subconscious mind patterns and beliefs are formed in these early years, as our minds are like sponges and the messages we get from our external world, both positive and negative, go directly into our subconscious mind.

This is also why we need a mind tool such as self-hypnosis or meditation to induce the brainwave patterns of Alpha and Theta to replace old outmoded and limiting beliefs with positive and powerful new beliefs, and why we commonly find it difficult to change these beliefs in the normal state of waking Beta consciousness.

I have discovered from my own personal experience and the experience of those that I have taught and helped over the years that the number one obstacle and block to being able to create your ideal life is simply the thoughts that we think over and over again and don't seem to be able to change. These thoughts become habitual and automatically played out within the subconscious mind in reaction to a situation or circumstance in our lives, and are, what form our beliefs.

In other words the number one obstacle to attracting whatever you desire is your subconscious limiting beliefs, which are also what forms our toxic thinking.

The subconscious mind is where our habits of thought or beliefs reside. The subconscious mind accepts life uncritically, and it will accept any thought that is placed in it without recognising if it is a positive thought or a negative thought.

A lot of people try to overcome their subconscious programming with their conscious mind and willpower but it just doesn't work, because the powerful subconscious mind always win out. Self-hypnosis can also help you change your daily negative self-talk to positive empowering self-talk.

When someone achieves an Alpha or Theta state, the subconscious mind is ready to be programmed. At this point, affirmations and positive imagery can be used to send effective messages to a subject's subconscious mind to facilitate a desired change. Positive imagery is especially effective because the subconscious mind works best with symbols and imagery.

The conscious mind is where we create and have new thoughts, visions and plans for the future filled with love, health, happiness and prosperity. As I said before the subconscious mind on the other hand is like the hard drive of a computer and our beliefs are like the software that make up our operating system and is where all our pre-programmed thoughts and behaviours lie. This is why having your dreams and desires in your conscious mind is not enough they need to be placed into the subconscious deep mind where they will continue to work in the background, like the operating system in your computer.

In self-hypnosis you have less negative and intrusive thoughts and you are in a more suggestible state, where you can place positive thoughts and create new positive beliefs. Self-hypnosis helps you to move past the conscious critical part of your mind which is your normal waking consciousness with all the mind chatter and negative self-talk that usually accompanies that. You move past the chattering critical mind into the operating system of the subconscious.

In self-hypnosis your brain will be in an Alpha or Theta brainwave pattern in the frontal lobe of your brain. Where you are in a deep state of relaxation and heightened awareness. When you enter self-hypnosis you enter slower more coherent brainwave patterns than normal waking consciousness. Also in scientific studies via an *Electroencephalograph* or EEG machine it is shown that in self-hypnosis there is a unification between the front and back of the brain as well as between the left and right sides of the brain which indicates that people are feeling happier and more whole.

Research has also shown that self-hypnosis is a skill that you can improve the more you keep practicing it.

## **Beliefs in the Subconscious Mind**

I believe access to the subconscious mind via self-hypnosis is the missing piece to real and everlasting change. Most people try to use willpower, motivation and action to change themselves but the only way to truly change your reality is to change the subconscious patterns of thought which are outmoded and no longer useful.

The medical world for some time now has understood about the placebo effect. The placebo effect is when the mind of a patient believes that they will get better when they ingest a sugar pill, which they believe is a chemical medicine.

Interestingly it was also discovered in 2002 in a medical study evaluating surgery for patients with severe debilitating knee pain, that even pretend surgery could have a placebo effect. Dr Bruce Mosley tested three different groups with severe arthritis in their knee. In one group Mosley shaved the damaged cartilage in the knee. For another he flushed out the knee joint removing material thought to be causing the inflammatory effect but in the third group he only pretended to do the surgery. The patient was sedated Mosley made three standard incisions and then talked and acted just as he would have during a real surgery. After 40 minutes Mosley stitched up the incisions as if he had done the surgery. All three groups were prescribed the same post-operative care which included an exercise program. The first two groups as expected improved in their range of movements and the lessening of pain in their knee. But the surprise was that the third placebo group improved just as much as the other two groups.

As well as the placebo effect biologists have also recently discovered an amazing breakthrough in how our genes function. Biologists used to believe that we were victims of our heredity and that genes controlled our biology without the ability to change. They have recently discovered that the majority of our genes are turned on or off by signals from our environment this new science is called epigenetics. (Epigenetics is the study of changes in organisms caused by the modification of gene expression by its environment.)

What amazed the scientists was the discovery that the environment which could change the expression of a gene, not only included the physical environment but also the emotional environment. For example if you are under stress this negatively impacts your genes. Research has shown under stress your body will shut down your growth mechanism and immune system and it also reduces intelligence.

Science now knows that many negative epigenetic changes in your DNA are caused through an environment of negative stress. This means that certain genes which may cause particular diseases or illness are switched on when the body or the mind are under harmful stress. It also means that if you can reduce stress and create a more beneficial state of relaxation, affirmation and positive imagery, then you can switch off the same negative genes so they will no longer show up in your body and switch on more positive health giving genes.

Cellular biologist Bruce Lipton discovered that the signals from our environment include our thoughts, beliefs and feelings.

If you have negative self-talk or beliefs it will and does affect your genes negatively if you can change those thoughts to self-empowering self-talk and positive beliefs then you can affect your genes and improve health and well-being. The new science of Epigenetics is one case which has proven beyond doubt, the powerful link between the body and mind.

## Neuroplasticity

Neuroscientists, who study our brains and nervous system, have also made important discoveries on how our thoughts and beliefs affect our health and well-being. They discovered that the neural pathways which are the physical pathways connecting neurons in the brain can double with repeat stimulation. This has been called neuro plasticity and was also not believed possible until it was discovered in the 1990s. Neuroscientists have even coined a term for this, it is self-directed neuro plasticity or SDN which means that we can choose how we create new neural pathways in the brain.

Neuroscientists have studied and believe that 95% of our daily thoughts are subconscious which basically means 95% of our day is spent in repetitive and automatic habits of thought. The subconscious does not mean that those thoughts are totally hidden just that they are automatic and so with the right tools the subconscious thoughts and beliefs can be changed. One of the best tools to do this with it has been proven scientifically is hypnosis. It has also been proven that repetition of a thought or idea in hypnosis will physically change and grow new neural pathways in the brain.

This forms the new subconscious thought which then becomes an automatic behaviour. But this time rather than being placed there in reaction to circumstances, or taking on someone else's thoughts or beliefs i.e. your parents, it is chosen by you, and so can be a positive health giving thought.

If you would like to learn a powerful self-hypnosis technique which will help you access your subconscious please see my online video course called New Thoughts to New Things, Live Life by Design Not Default by visiting this website.

<http://lawofattractioncourses.manifestyourdesires.com>

In the course you will learn how to access your deep mind your subconscious. Where you will be able to replace your toxic thinking, negative self-talk and beliefs. You will also learn a powerful technique to discover your own unique Personal Power Affirmation which you will repeat three times while you are in self-hypnosis. You will also be doing this daily so that your brain will have the chance to form new neural pathways of your choice.

Hypnosis allows the new belief to be placed into the subconscious deep mind where it will continue to work even when you are not aware of it. Once learned, this tool can be used throughout your life to change negative limiting beliefs into positive health giving beliefs. Self-hypnosis and the law of attraction will bring you whatever you want. Because if you can change what you focus on, that is, what you think about and feel most of the time then you will change what you are attracting into your life.

The subconscious is an emotionless database of stored programs. When a stimulus is perceived it will automatically engage the behavioural response that was learned when the signal was first experienced. In other words your buttons are pushed like someone pressing the play button on a program on your computer.

The conscious mind regularly tries to overcome the subconscious programming with willpower but to no avail, it is the subconscious mind which always wins out.

Remember when you learnt how to drive. Your conscious mind had to do and learn everything from the beginning. Now when you are driving the subconscious mind takes over with the programs learned in the beginning, and sometimes, while you are listening to music or talking to someone else, you realise your conscious mind was somewhere else and 10 km down the road you see your subconscious mind has controlled everything necessary in the car without any memory of it.

Neuroscientists and biologists are recognising at last that our thoughts, beliefs and emotions are shaping our brain and our genetics. Quantum physicists extend this understanding by recognising that our thoughts, beliefs and emotions are actually forming the world we see at a subatomic level. So science is indeed beginning to understand that we do

create our reality through our thoughts, beliefs and emotions and that hypnosis is one of the best ways to change our subconscious habits of thought, and so be in control of how we create our reality.

## The Deep Mind System Explained

I know that some of this science talk may sound a little dry to some people but I think it is extremely exciting to know that science is beginning to understand and prove how powerful our minds are in how we see the world and how we create our reality. So let's move on now and explain a little bit about the Deep Mind System which I teach in my online video course.

Inside my course you will learn a unique self-hypnosis and meditation system which utilises an ancient 2000 year old meditation technique called the Yoga Nidra. The Yoga Nidra will enable you to enter an altered state of consciousness, created by encouraging the rational and critical part of your mind to relax. The deep mind system is taught to you so you can learn it for yourself and use it anywhere and anytime you choose. Together with modern scientific adaptations, which increase its power and speed in attaining high levels of Alpha and Theta brainwaves. This is a very simple and natural process to achieve. When you achieve these brainwave patterns your conscious critical mind and negative self-talk will quiet down. This will raise your vibration and enable you to access your subconscious deep mind, where all your past programming and conditioning are held. Most of which was programmed when you were a child up until the age of 12 when you were in a natural hypnotic state.

The real power behind this whole process is that you are always in complete control. Once you learn this amazing technique for yourself it will enable you to access this beneficial state throughout your day and in stressful situations that pop up, without taking up hours of your time.

In this special mental state you have access to your deep inner mind, your subconscious, where you can now use affirmations and positive imagery, for whatever you choose, more powerfully and with complete success, to achieve anything that your heart desires.

The ancient art of meditation has moved out of the temple and into our daily lives. It's practiced by top class athletes, even taught in some of the most powerful corporations in the world. New discoveries in science suggest meditation which achieves the same brainwave patterns as self-hypnosis may indeed have countless benefits such as;

- Boost memory and treat depression.
- Slow the ageing process

- Access your deep inner mind, subconscious
- Decrease harmful stress and tension
- Improve physical and mental health and wellbeing
- Remove toxic thinking and limiting programming
- Improve cognitive abilities.

Electrical activity in the brain is produced as neurons communicate with each other. The synchronised signals are brainwaves. When you meditate or use self-hypnosis, alpha and theta waves increase and activity in some parts of the brain decreases, allowing you to focus. According to scientists after meditating for only eight weeks you would, be better able to concentrate, make faster decisions and remember more information. Most extraordinary though, your brain may even become more energy efficient.

Recent research from Harvard University showed that just eight weeks of meditation can physically change the structure of the brain. Everything we do affects the brain. So any skill we learn, anything we practice, will change the way our brain is structured. So over time, if you're repeating a practice - for example, self-hypnosis - it's going to strengthen certain connections in the brain and change the grey matter, for example, the density of the brain.

Grey matter is the darker tissue of the brain where most of the nerve cell bodies are. The Harvard research found that grey matter increased in key areas, such as the hippocampus, prefrontal cortex, and the temporoparietal junction. And these are the parts of the brain that help us to remember, to focus, to learn, to inhibit impulses and regulate our emotions. If we sat there daydreaming for 20 minutes, we'd be strengthening a different part or different parts of the brain and we get to choose what we want to strengthen. We've got a use it or lose it brain.

A handful of studies also show it may be good for our body by reducing inflammation and stress hormones. It even seems that meditation can even slow down the ageing process.

One of the most widely studied areas of meditation research is the effect on mental health. It has been shown that meditation is very beneficial for people who have depression. Most being able to reduce or stop using their antidepressant medication altogether. People who practice mindfulness meditation show better mental health than 70% of the population on average. People with depression and anxiety have even larger gains than that.

The data shows that it reduces depressive symptoms, but the big finding is that it halves the rate of depressive relapse. For people who've had three or more depressive episodes, if they learn mindfulness as part of their

treatment, they're half as likely to get depressed again down the track. A paper that came out last year, has found that it's as effective as antidepressants for preventing relapse, which is a pretty significant finding. What happens is, in theory at least and from what we can tell from the brain scans, when you've practiced a lot of mindfulness, both the prefrontal cortex and the hippocampus, those regions exert more regulation on the amygdala and dampen the effect of anxiety or fear coming up.

It has been shown that after doing mindfulness meditation for only eight weeks subjects exerted less brain activity to do better at memory tasks and that grey matter density in several parts of the brain had increased. One part of the brain where new brain cells are produced (neurogenesis) in adults was shown to grow by up to 25%, this was an amazing result. Only 20 years earlier neurogenesis in adults was thought impossible. These changes are not usually seen in adults but only in young people. It is as though the ageing process had been reversed a little in the brain.

Practising regular meditation or self-hypnosis will also give you peace of mind from your constantly chattering and judgmental mind where you can experience who you really are and be in direct connection and communication with Source. It has also been scientifically proven that when you use self-hypnosis in conjunction with positive affirmation and imagery it allows them to be deeply embedded into your subconscious mind where you're usual negative self-talk and negative beliefs are replaced with positive self-talk and positive beliefs.

You will only need to invest just 5 to 20 minutes a day and you will soon discover the significant changes in your quality of thoughts, your work and your interactions with friends and loved ones. This method is one of the most powerful ways that you can use to allow the laws of the universe in particular the law of attraction to work for you rather than against you.

All the experts in the personal development field agree that some form of meditation, relaxation or self-hypnosis is an essential tool that you need to help you increase your vibration and create anything that you desire. Imagine what that would be like to have anything you desire.

What if you had the increased prosperity, the loving relationships, the vibrant health and blissful joy that comes from creating your life the way YOU want it to be? Well that is what you will achieve once you master this simple and powerful technique and use it regularly in your life?

Wouldn't that feel great??

## **Step Four: Change Your Toxic Thinking**

### **Do You Need to Uncover What Caused Your Toxic Thinking?**

No fortunately you don't. You just need to replace your toxic thinking and negative limiting beliefs with new positive thoughts and beliefs. When you change your subconscious programming and beliefs you will begin to attract a new life with the law of attraction. In other words your thoughts will turn to things. So I believe your ability to make your dreams come true is directly related to your ability to feel good and the quality of your life is determined by what you think and how those thoughts feel.

However I think a lot of people would say that sometimes it is difficult to think positively and feel good when what is happening in their life is negative and doesn't feel good. But thinking and feeling differently is exactly what is necessary and with the aid of self-hypnosis, changing your negative self-talk and beliefs becomes an easy and effortless process.

If you are anything like me then you have tried many different tools and techniques to transform your life. I realised that the biggest obstacle to creating whatever I desired was my toxic thinking and subconscious limiting beliefs, but no matter how hard I tried with my conscious mind my subconscious beliefs just wouldn't budge.

It wasn't until I discovered self-hypnosis that things really began to change for me. Knowing that the law of attraction is always working in my life I knew that changing my negative thinking and limiting beliefs was the only way that I would get a different outcome in my experience. It's also been scientifically proven that self-hypnosis is one of the most effective mind tools in changing your subconscious limiting beliefs and improving your life.

When self-hypnosis is used on its own it is a powerful psychological tool which reduces harmful stress and can improve your health and well-being. But when used with an appropriate positive suggestion or affirmation and positive imagery it becomes an even more powerful tool to change a person's negative thinking and negative limiting beliefs. When this happens hypnosis becomes hypnotherapy. Hypnotherapy, which is self-hypnosis in conjunction with positive suggestion, allows the suggestion or affirmation to be placed deeply into the subconscious mind. Where it continues to work even when you are not aware of it.

You may have tried affirmations and found them not to work. This is because unless the affirmation is placed into the subconscious mind where it overcomes old limiting beliefs, it will not have the same powerful effect that using the affirmation while in hypnosis can have.

Self-hypnosis is easy to learn and can be used throughout your life to change negative limiting beliefs into positive health giving beliefs. The process is simple but it is not always easy to change your limiting beliefs and negative thinking as they usually have some momentum to them, so it takes a bit of practice to achieve.

Some people might think that hypnosis or self-hypnosis won't work for them or it's a bit scary, or they might have heard that hypnosis only works for a small percentage of people. And while there is only a small percentage of people who are highly suggestible, which means they respond very easily to suggestions which are given while in hypnosis. The way I teach my powerful self-hypnosis technique everyone can benefit and have the power to access their subconscious mind to change their limiting beliefs quickly and easily.

The other thing that people might find with self-hypnosis is that there is a little effort involved in learning it, but it is a very enjoyable and fun process, and once learned you have the ability to use it with positive effect for the rest of your life.

## Step Five: Unconditional Living

### Feeling Good Is the Key to Whatever You Want

Did you know that the most important thing you can do for yourself and the world is choosing to feel good? Feeling good is the key to whatever you want to be, do or have. You are the creator of your reality and the formula for creating everything you desire is simple:

Feel good + Law of Attraction = All Your Dreams and Desires.

Everyone wants to feel good and if you can choose to feel good first without conditions changing, you will become a master manifestor. Instead of needing the world and people around you to change before you feel good, you can feel good and watch the world change to match your good feeling.

So the old saying “I will believe it when I see it” is actually reversed you will see it when you believe it. But I don’t just want you to believe me I want you to improve the way that you feel and see for yourself if this works or not. Either way, if you wind up feeling better, wouldn't that alone be worth it?

The key to feeling good is not waiting for good things to happen in your life so that you can have a good feeling reaction to them, but letting the emotion of feeling good be good enough without having to see the manifestation first. What we usually do which stops us from having everything we want, is we focus on what is happening and allow that to show us how to feel rather than choosing to feel good without the condition being necessary. In other words feeling good unconditionally. I want you to know that at any moment you can feel better and it can be achieved in a very short time. Everything you want, you want because you think it will make you feel good, isn’t that true? So why not just go straight to feeling good right now.

Feeling good is a choice, not a reaction to circumstances. You might ask, ‘how do I feel good when I have a situation in front of me that ‘makes me feel bad?’ The answer to that question is that you can't look at a situation that feels bad and expect to feel good about it. Instead, you need to take your focus off the ‘not so good stuff’ by thinking more general positive thoughts, like, things are always working out for me, or I’m doing the best I can from where I am and every day in every way I am getting better and better.

So for example, say you have some sort of problem with your health or illness that is affecting your quality of life. It certainly doesn’t make you feel good. But what do we usually do, when faced with this sort of situation,

we usually focus on what's going wrong we usually talk about it to others or complain that you don't feel good.

So the only way to feel good in this situation is to take your attention away from your health problem or illness and focus on something that does feel good. Your mind can only focus on one thing at a time so if you achieve a good feeling about something else that is working in your life and you take your mind off the health problem then you have achieved a better feeling experience. The Meditation and self-hypnosis technique I teach in my course, can also take your mind off your problem and put you in the receptive mode where the law of attraction can begin to bring you more good feeling thoughts, experiences and better health.

We often think we need to 'get to the bottom' of a problem before we can feel good again. But the truth is, you will never find the underlying cause because as long as you continue to focus on the problem, it will persist. What you resist persists. So redirect your attention away from the problem and find a way to feel better. Let go of trying to change reality from the outside and start changing it from the inside. The result is that when you feel good most of the time, I absolutely guarantee that you will attract all that you want.

## Feeling Good Unconditionally

Everyone wants to feel good and if you can choose to feel good first without conditions changing, you will have attained manifesting mastery. Instead of needing the world and people around you to change before you feel good, you can feel good and watch the world change to match your good feeling. You can appreciate this moment right now without conditions having to change, just feel good for no reason.

We have been trained to react to situations. If the situation is something we want then we react by feeling good, on the other hand, if what is happening isn't something we want then we feel bad. What I am suggesting is having complete control over the way you feel by choosing to feel good no matter what condition is appearing, in other words feeling good unconditionally. Feeling good is the key to everything that you want. The formula again is feeling good plus the law of attraction equals everything you desire.

The more you practice feeling good for no reason the more you will realise feeling good is your choice. We are powerful beings and the greatest power we have is how we feel in the moment. It is all about focus and attitude, we as human beings have the power to change our focus, our beliefs and our attitudes and choose instead to be happy and feel good.

We've let the conditions of reality matter too much rather than knowing we can control how we feel unconditionally, and if we feel good unconditionally then we will get all the physical conditions we want. The biggest mistake we make in trying to manifest our desires is needing those desires to manifest first to make us happy. We think the condition will make everything right, instead of feeling good then letting conditions come to add to that, but not to be the reason we feel good.

The truth is we as human beings have the power to not react negatively in a negative situation. We have the power to choose how we feel and we can choose to feel good and take control of our lives.

One of the other ways we slow down the manifestation of what we want is because we jump into action too early, before we feel good and focus on our vibrational energy. Most people believe that it is hard work and perseverance that will bring them their goals and desires. We have been taught this throughout our lives at home and in society. But I'd like to suggest a different way, that before we act, we align our thoughts and feelings with Source and find a way to feel good. When you do this first you will find that inspired action will come to you, first in the form of other good feeling thoughts and emotions then you will run into the right people that can help you at exactly the right time and when you do choose to act it will be because it is inspired action, it will not feel like hard work it will feel good and simply be the next logical part of the process.

We often don't even realise the well-being which is occurring in every moment just to be alive. How the Sun creates the light and warmth of our world for us to survive. How the evaporation of water then creates the clouds which creates the rain which creates the rivers which give us our water, which is what we are mostly made of. The trillions of cells working together in our body to keep our heart beating and our brain working. We often take for granted everything that is working in our life so we can experience this wonderful world. So rather than focusing on what isn't working focus on and appreciate everything that is.

## Step Six: How to Feel Good Anytime

The easiest way I have found to be happy and feel good, is to wake up every day with the intention to feel good. The momentum of certain thoughts from the day before has stopped while you sleep, so this is the best time of day to set this intention. When you start your day feeling good, focusing on things that you appreciate, the law of attraction brings you more thoughts that feel good. When you practice appreciation for what is working in your life and notice things around you that you appreciate, everything begins to look brighter and more enjoyable. Every morning look for reasons to feel good. Find positive things from your past. Look for positive things happening right now. Look for positive things that you want in the future. Smile a lot. It is your natural state to be a happy person. It's natural for you to love and to laugh.

When you appreciate the things that are good in your life everything starts to feel better. You can appreciate how amazing our bodies are doing all the things necessary to keep us alive, like our hearts pumping our blood throughout our body without us even having to think about it, or how our planet continues to revolve around its axis as we revolve around the sun. There is so much that is working in our lives that we take for granted. But when we appreciate what we have, instead of complaining about everything we don't have, we simply attract more things to appreciate. Research also shows that when you are in a positive, appreciative mindset, it helps to achieve a higher success rate at work, better health, and peak performance in sports, a greater sense of well-being, and a quicker rate of recovery from illness.

As I was saying before one of the best times to focus on appreciation is after a good night's sleep. So I suggest that when you wake up you are in the perfect place to start your rampage of appreciation. Your thoughts from the day before have stopped and you can start to deliberately focus on thinking better feeling thoughts and appreciation.

Just start by looking around you and noticing things that make you happy. Hold your attention on one of these happy things and think about how wonderful, beautiful or useful it is. The longer you focus on it the longer your positive feeling about it will increase. Then look around and find another thing to appreciate and continue the process as long as it feels good. As you focus on appreciation and things that feel good it will become easier to maintain a higher vibration and the law of attraction will then deliver to you the thoughts, experiences, people and things to match your good feeling.

The more you practice feeling good and appreciation for no reason the more you will realise feeling good is your choice. You don't have to feel

good just because something good is happening in your life. I'd also like you to know that when you feel good and are in a state of appreciation you are also attracting all the increased prosperity, loving relationships, vibrant health and blissful joy that you want.

But I don't want you to take my word for it or just believe me. I want you to improve the way that you feel and see for yourself if this works or not. Either way, if you wind up feeling better, I think that would be a great thing don't you?

We can often get impatient or don't believe the law of attraction works and then complain that the universe is not bringing us what we want. We then become discouraged and assume that the Law of Attraction doesn't work or that it is all just too hard. But this is not about hard work; it is simply about offering a consistent vibration around what you truly want.

When you change your mind you literally change your reality. You get what you put your attention on whether you want it or not.

Through using these principles Rhea, my wife, and I have become financially free, in less than five years and can now choose whether to work or not. Before this we lived on very little and sometimes needed welfare to get by, although generally we felt good in our lives and didn't worry about money or not having enough.

We didn't know it at the time but this was the perfect mindset from which to attract wealth and well-being into our lives. We were not actually looking to become rich or wealthy, we were just living a comfortable and happy life, feeling as if we had everything we needed.

Over the next five years we managed to build a large property portfolio with some hard work and a lot of allowing. Now, with hindsight, I see that it was our feel good attitude and beliefs around money that attracted our new-found wealth. We were in the ideal emotional state to attract wealth and did so with relative ease.

## Your Feeling Guidance System

*Your feeling guidance system is the most important guidance system you will ever understand.*

Your feelings are your guide to your vibrational alignment with your Inner Being (the larger nonphysical part of you). So how you feel tells you whether you are aligning with your Inner Being or not. If you feel good you are in perfect alignment if you don't feel good then you are out of alignment in that moment. So how you feel, shows you what your present point of

attraction is, meaning what you will be creating next in your life. Your feelings are your indicator of your present point of attraction.

They are also the indicator of your alignment or resistance with your natural well-being. You can feel whether you are allowing your full connection with your Inner Being or not by how you feel. This is called your feeling guidance system. It is the most important guidance you have and it is always with you. If you feel good you are allowing your vibrational connection with your Inner Being and what you desire must manifest. If you are not feeling good you are resisting your connection and therefore you will manifest more of what you don't want.

This basically means that if you feel good now you will attract whatever you want into your life, whether that is perfect health, your true love, more fun and laughter or abundance of whatever you want. It will all come to you when you make how you feel the most important thing in your life. That means becoming aware of your feeling guidance system tells you when you're out of alignment with your Inner Being simply by how you feel. If you feel bad you are not in alignment, if you feel good you are in perfect alignment and what you want must come to you it is ***a law of the universe.***

You can choose to feel better any time you wish, just choose a thought that feels better.

### **Here are some additional tips that will help you feel good:**

- ❖ Get more sleep
- ❖ Drink more water
- ❖ Be alone more often
- ❖ Meditate and relax
- ❖ Find more things that please you
- ❖ Get outdoors more often
- ❖ Breathe more consciously
- ❖ Walk/exercise more often
- ❖ Have more fun
- ❖ Make time to pursue interests you feel passionate about

For this exercise, when you become aware that you are not feeling good about a situation that is occurring in your life, choose three things that make you feel good when you think about them. For example, holding your baby for the first time; your first kiss; finally getting that promotion or job you dreamed about; getting the key of your dream home; the fabulous time you had at the party last week etc.; it could also be something like flowers,

butterflies or sitting by the ocean listening to the waves. Your thoughts can be about anything you know which excites you or really gives you pleasure. When you are feeling bad, bring these images to mind and observe how your feelings change. Continue to focus on how these thoughts make you feel better and write down your experience afterwards.

Another exercise you could use is called the 'going general' exercise. You can use this exercise throughout the day whenever you feel things aren't feeling the way you want them to. Become aware of your thoughts when you aren't feeling good. When you feel bad you are usually thinking too specifically around an issue you have. So try and change your thoughts to more general ones such as, *everything always works out for me in the end; this negative feeling is helping me focus on exactly what I want by showing me what I don't want; I don't have to fix everything right now* etc.

Feeling good most of the time can be challenging for most of us. Shifting one's mindset and reversing your negative self-talk is not always easy, but I promise you that if you practice these things and start to feel good through choice not through reacting to circumstances, you will start to see the results in your life and you will be choosing to feel good along your journey. What could be better than that?

## Step Seven: Stopping the Momentum of Your Thoughts

### **Momentum of Your Thoughts**

What is momentum in regards to the law of attraction and creating your reality? Momentum is the law of attraction in action. Momentum is your habits of thought around a particular topic and is continually built up by thinking thoughts over and over again. What seems like a deep rooted belief that you cannot get rid of is simply a thought that you have kept thinking and so has a lot of momentum to it. Our beliefs aren't facts they are just practiced thoughts with momentum which have made them appear to be real.

For example most people have a particular momentum either positive or negative around money. You have built up this momentum over the years of your life and it probably started in your childhood in regards to what your parents thought about money. Then you have built on that by continually thinking about money in the way that you do.

The more that you believe a particular thing the more that it will prove itself through the law of attraction to manifest into your life. So when you have particularly strong negative momentum around a particular topic it continues to move in the same direction until you stop it.

If you can stop negative momentum before it builds up too strongly then you can change its direction. For example, imagine a spherical boulder perched at the top of a hill, you could easily push it to start it rolling down the hill, but imagine before it had moved very far you decided you wanted to stop it. At this point you could step out in front of it and stop it with very little effort. But once it gets going and building up speed you definitely don't want to be at the bottom of the hill trying to stop that boulder. And the same is true for you when you start thinking something that doesn't feel good, before it has built up momentum and speed, you need to get out in front of it and change the subject to focus on things that do feel good.

What can you do when the momentum on a certain thought or belief gets going strongly? You can start by using mindfulness meditation or self-hypnosis, this will quiet your chattering mind and thereby stop the negative momentum. Then you can use positive affirmation in conjunction with self-hypnosis to build up positive momentum and allow the law of attraction to bring you the things you want. Also in the same way after you have slept, when you wake up you can start again with a different more positive momentum.

You can also start to look for different more positive general thoughts like “things are always working out for me” or “things are getting better and better” and choose thoughts that feel good to you.

Usually when you try to take on something head on it's like trying to stop the boulder once it is rolling down the hill, all you get is a great big headache or worse. In the same way trying to fix a problem, which is typically what we have been trained to do, is a never ending process, you will never get to the bottom of it because the law of attraction just keeps attracting more and more about the problem. The solution is to stop talking about the problem stop focusing on it or thinking you can fix it, get off the subject, focus on something else and build up positive momentum in the direction that you want to go.

Momentum is always working in your life it just depends which way it is going it is either positive or negative. And it's up to you which way you're Momentum goes. When you are aligned and you feel good, momentum will always bring you more good feelings which feel wonderful. When you aren't aligned, momentum doesn't feel good but it does create desire for better things and better feelings which is why our lives are always getting better. So don't be hard on yourself if you find you have negative momentum happening on a thought or a belief.

## **Only Take Inspired Action**

Action which is our physical response to an experience or thought is the natural result of momentum and the law of attraction. You get what you think about, then you take action depending on what type of thought it is. If it is a negative thought you will take negative action. Negative action usually appears as trying to fix something or make it better and is hard work on the other hand if it is a positive thought you will take positive inspired action. Positive thought creates positive action that comes in the form of inspiration which feels good.

You act on the thoughts that are most in your mind at the moment. Only act if you feel good and you feel inspired to act. Inspiration which feels good is inspired from the larger nonphysical part of you, your Source. This is the part of you that contains infinite intelligence and knows the perfect way for you to gain all of the wealth, health and happiness that you desire. If you follow this inspiration then you'll be in the right place and meet the right people at the right time and will be led to all that you desire. It will be easy and effortless it won't be hard work.

Everything which happens to you and makes up your life experience is drawn to you by the powerful law of attraction's response to the thoughts you are thinking and the story you tell about your life. Everything the money

that you earn or want, your health and vitality, your loving relationships everything is happening because of the story you tell yourself.

When you continue to tell the story of things that you don't want you think you are saying no to them but with the powerful law of attraction and momentum you are actually saying to the universe come to me more of what I don't want. So you need to change that story, tell a new story of what you do want. The more you find to appreciate the more the universe will send you things to appreciate. Deep down you know this is true because there isn't anything in the universe that contradicts this simple truth.

If you let your dominant intent be to revise and improve your story your life will become an ever improving reality.

## In Conclusion

If you've enjoyed this book and want to take your skills and mindset to the next level, I encourage you to take my course New Thoughts to New Things, Live Life by Design Not Default. Where you will learn the powerful self-hypnosis technique I have spoken about previously, as well as learning a fun process to turn your complete list of dreams and desires, into a one

sentence positive statement called your Personal Power Affirmation. You will use this unique self-created positive suggestion in conjunction with your powerful self-hypnosis to help you replace your toxic thinking and attract your ideal life.

You will also be guided through a technique specifically designed to change your stubborn subconscious limiting beliefs that just won't budge and replace them with positive empowering beliefs. If you would like to know more about this extensive course please see this website.

<http://lawofattractioncourses.manifestyourdesires.com>

Looking back on the book now, I know you have learned and achieved so much. Starting with learning how the law of attraction works, we then moved on to how to love yourself as you are and about the three steps to creation and why feeling good is so important and feeling good unconditionally is the key to everything you want.

You have also learned about the amazing new science which is now discovering how powerful our minds are in creating our personal physical reality. Science such as epigenetics, quantum physics and the latest neuropsychology.

You then moved on to learn about a powerful and easy way to connect with your subconscious mind, which controls the majority of the way you behave. That is meditation and self-hypnosis.

If you would like to learn how to master the powerful mind tools necessary to help you achieve your ideal life please check out my course. With the aid of my guided meditation's and self-hypnosis you will be able to place your affirmations and visualisations into your deep mind where they will continue to work to bring about your dreams and desires.

Hopefully the most important lesson you have learnt is that by changing how you think and how you feel you can change what shows up in your life. You create your reality by how you think how you feel and your beliefs. So rather than focusing on what is happening in the moment, focus instead on how you feel and find the best feeling thoughts that you can find. With what you have learned here and with the help of the tools and techniques I have spoken about, you **can** change your toxic thinking and create a new life for yourself.

I want to thank you and tell you that I really appreciate your being here. Be playful and easy about this, have fun with it and don't make hard work of what you have learned. Trust that you are completely worthy and have access to the infinite intelligence that does surround you. With

everything you've learnt here let your dominant intent be, to pay attention to how you feel and reach for that unconditional feeling of alignment, well-being and feeling good and then watch what happens. If you can ignore the reality of what is, and put more emphasis on what you feel and feeling good, you will discover that you can be, do and have anything you desire.

I hope you have had many insights from reading this book, know that you have improved your vibration which is your point of attraction and you have created a new set point, you've rebooted your mind and so more good things will flow to you.

If you follow the guidelines set forth here you too will be able to unlock the power hidden within the depths of your own mind and chart the course for your own destiny.

## **Epilogue: Continue Learning with Chris**

If you would like to continue learning with me, and I'd love to share more of my knowledge and tools with you, as my valued reader I am offering my more extensive and masterful course "New Thoughts to New Things, Live Life by Design Not Default" to you for \$200 off that's only \$97.

This course is packed with new information, powerful new practical tools and the latest scientific research on subconscious beliefs and the brain. This course is valued at \$297 but I want to share it with you, my valued student, for \$200 off at only \$97. But one thing I want from you in return for such a deeply discounted price is that you do the practical exercises inside the course so that you can finally change your mindset to change your reality and create your dreams and desires. I know these tools and techniques work because I've used them myself successfully for many years, and have helped many others do so as well.

Click here to get the course now for just **\$97**  
<https://lawofattractioncourses.zenler.com/courses/new-thoughts-to-new-things&cpn=LOASuccess>

### **What students have been saying about this course:**

***"I reviewed my statement/affirmation at the end of the year. I am reminded how much has manifested since I completed my personalized affirmations. I am in a loving relationship. We have purchased a home together. I am no longer working full time which has given me much freedom to pursue the things I want to do. I highly recommend working with Chris."***

***Michelle***

***"This course is a great blend of spirituality, science, and practical experience. At its heart is the law of attraction.... Chris has enriched our experience of the law of attraction by bringing self-hypnosis into the mix. This practice allows us to create affirmations at a very deep level and manifest our desires much more easily. He gives us effective tools that we can use in our daily lives....."***  
**Sonja Kaleski**

***"Having been involved in the personal development industry for 10+ years, I can say that Chris' course is by far the most comprehensive of all the courses I've reviewed. The depth of his knowledge and expertise is matched by his passion for helping people expand their thinking, earning capacity, and zest for life. If you want to change your limiting beliefs to create your ideal life I highly recommend this course."***

**Susan Bock**

**"Soulful Coach"**

**[www.SusanBock.com](http://www.SusanBock.com)**

Click here to get the course now for just **\$97**

**<https://lawofattractioncourses.zenler.com/courses/new-thoughts-to-new-things&cpn=LOASuccess>**

Have you been struggling and working hard to make a better life for yourself, but you're still not getting the results you were hoping for? Then this is the missing link to what you have been searching for. You will learn to get out of your own way, live life bigger, experience more of what your life has to offer and what you have to offer the world. Don't go another day feeling like you have to struggle and work hard to create a better life for yourself.

At the end of the course you will have overcome the #1 obstacle to achieving ultimate success and transforming your life. It will provide you with all the tools necessary to create your life by design and not by default. And it will help you get into the good feeling state of mind necessary to manifest your ideal life whether that is; increased prosperity, loving relationships, vibrant health or blissful joy.

If you've been experiencing resistance or unfulfilled expectations, this proven formula will help you overcome what's standing in your way by:

- Offering a deeper understanding of how you turn your thoughts to things and how to change your life by changing your thoughts.
- Teaching you how to confidently use one of the most powerful and proven mind tools you can use to transform your life. This tool can also

be used as a meditation, allowing you to train your mind into a deep meditative state quickly and easily, reducing harmful stress and allowing you to feel more calm and relaxed.

- Instructing you in a fun process to turn your complete list of dreams and desires, into a one sentence positive statement called your Personal Power Affirmation. You will use this unique self-created positive suggestion in conjunction with the powerful mind tool to help you replace your limiting beliefs and attract your ideal life.
- Guiding you through a technique specifically designed to change your stubborn subconscious limiting beliefs that just won't budge and replace them with positive empowering beliefs.

Inside you will receive a video, transcript and audio of every lecture and audio guided meditations over six weeks

**More of what students are saying about this course:**

***"Chris, thank you for creating this course and sharing it with us! There are so many hyped up LOA courses charging in the tunes of \$1000's which probably doesn't deliver a fraction of what you teach in this course. I am looking forward to applying what you teach in my daily life and open to receiving the delicious goodies the universe has in store for me!"***

***Belle D***

***"Excellent course with the best exercise I have ever done to clarify my personal power affirmation. I am using Chris's guided audio which for me has been like a very deep meditation. The instructor is very kind and thoughtful. He responds to questions almost immediately. Highly recommended."***

***Susan Hara***

***"Finally - a REAL Map to Master the Law of Attraction"***

***Allison***

***"Since I have been doing your course and the guided meditations I feel a much happier person. My friends commented, that my eyes are shining and I seem like I am in love. I am constantly smiling, and feel fearless and totally positive and at ease with myself. Thank you very much Chris"***

***Uschi***

***"Thank you Chris for creating this course. I love your voice, the length of each lecture, and all the things I've learned"***

***so far..... I just did my first Yoga Nidra following your audio recording and I loved it!"  
Bridgett Pope***

I don't know how long I can keep offering it at this discounted price so please get it now and I'll see you in the course. But if you don't want to jump into the full extensive course I do have an introductory course that I sell for only \$47. You can get my introductory course here.

<http://lawofattractioncourses.manifestyourdesires.com/courses/new-thoughts-to-new-things-introductory-course>

Inside this introductory course you will also learn a powerful and relaxing self-hypnosis technique and learn ways to change your toxic thinking and begin attracting your ideal life.

Bye for now and know that things are always working out for you.