

## *Your Wish Is Your Command Notes from Kevin Trudeau's audio CD series*

Disc 1: The Four Basic Concepts to Achieving Success (pt. 1)

The Four Basic Concepts to Achieving Success

Who do you listen to?

Teachability Index

The Training/Balance Scale

The Four Steps to Processing New Information

Who do you listen to?

How to achieve your desires and do so quickly

Who do you listen to?

Many books, audio programs, seminars, etc. have been published in other (non-English) languages

Have these authors' own info work for them?

Most teach theory, make stuff up and have made their money teaching people how to make money

They haven't made any real money based on how they say you can make millions

Privilege and wealth were traditionally safeguarded from the public (secret societies)

Keep secret knowledge within their own groups

Who do you listen to? (cont.)

Super wealthy

Don't write their own books (they have ghost writers)

Don't want you to know their true success secrets because they don't want competition

They give you wrong info to achieve little success

Wealth is genetic; you're not entitled to wealth

Why should you listen to Kevin Trudeau?

This really does work

Easy to learn and apply

Fast results

Not his information; proven; passed the test of time

Who do you listen to? (cont.)

Listen to people who have what you want

Andrew Carnegie

Started U.S. Steel

Member of the Brotherhood

Wanted this info to get out (Henry Ford didn't)

Kevin left the Brotherhood (secret society) and reached its highest level

Members of Secret Societies have left their secret societies and support Kevin

The Four Basic Concepts to Achieving Success

Who do you listen to?

Teachability Index

The Training/Balance Scale

The Four Steps to Processing New Information

Teachability Index

How teachable are you?

We go up and down in our index

Willingness to learn and do things different

Willingness to accept change and do things different

What are you willing to give up?

What are you willing to invest in time and money?

Teachability Index (cont.)

Teachability Index

Consider this all of the time

You're always 'getting' the info (you never 'get' the info)

2 dimensions (on a scale of 1 to 10)

Willingness-to-learn

Time, money & effort you're willing to invest

What are you willing to give up to learn this?

Willingness-to-accept-change

Don't stop being teachable

Teachability Index (cont.)

" I'll do whatever it takes to learn this"

Are you happy with where you're at?

If you want things in your life to change then you have to change things in your life

Insanity – doing the same things but expecting different results

You're going to have to change the way you think

Apprenticeship

Virtual apprenticeship program

Mentorship (1-on-1 training); learn directly from 1 person

Lifelong training with a mentor; your always an apprentice

How do you qualify to become an apprentice?

Do you know what you don't know?

You must be teachable, coachable

Believe it but question it until you understand why it's true

Methods of Learning

Information is shared in workshops, books and one-on-one

Knowledge coming from reading

Leaders are always massive readers

Is s/he a Society Member?

The elite class wants to keep the info for themselves

Keep the masses illiterate (unable to read)

Phonics were taken out of U.S. schools and replaced by the Look-See Method

Secret societies

Skull & Bones (at Yale University) started the CIA

Illuminate

The Brotherhood

Very secret membership and existence

Secret knowledge is shared about how the universe and planet work; how to leverage this info to have a fulfilling life

Disc 2: The Four Basic Concepts to Achieving Success (pt. 2)

Increasing your teachability index

Members of secret societies (Masons and Skull & Bones)

Books that are about stories (myth, fables, etc.) contain theories that never happened in real life

How can you know if you have a high teachability index (TI) ?

What favorite thing are you willing to give up?

Increasing your teachability index (cont.)

Determine where your TI is right now

Acknowledge your TI may be low

Constantly assess your TI (it will vary as the day transpires)

Get your TI up

It's up to the apprentice

Teach apprentice a little something based on his/her current TI à increase belief in what their learning increases à TI increases

Expose apprentice to people who have what s/he wants à increase desire à TI increases

Increasing your teachability index (cont.)

Listen to the entire Your Wish Is Your Command (YWIYC) CDs multiple times à increase TI each time you listen to them

Listen to this series in 20-minute intervals with breaks for best results

Can play Baroque-style classical music in the background as you listen to these CDs à Alpha state

Your goal should always be the first thing in front of you (your 1 st objective)

Should be the next step that you need to follow in whatever process you're following

Increasing your teachability index (cont.)

Who do you listen to?

People who have done it in real life

It's proven to work (it's not theory)

Members of secret societies are taught in stages/levels

Learning from a person (apprenticeship)

Mentor will not take an apprentice further until his/her TI was high enough to learn

The info on these CDs are basic information

Barely scratching the surface

The Four Basic Concepts to Achieving Success

Who do you listen to?

Teachability Index

The Training/Balance Scale

The Four Steps to Processing New Information

The Training/Balance Scale

One side of scale: what goes on inside your mind, how you think and feel, the "why"

thoughts, thinking, desires, dreams, goals, attitude, mental processes, objectives, vibration, intention, energy, emotions, motivation

Other side of scale: what you do, the “how”

actions, movements, techniques, strategies, action steps, plans, activities, physical actions

The Training/Balance Scale (cont.)

As you learn information you should learn both

Don't spend equal time with thinking and actions

The thinking part is 99.9%; thoughts are the most important part

Focus all of your attention on the thoughts

Work on the thinking process

The parasitical elite class is the majority who live off your labor

The Training/Balance Scale (cont.)

Working for someone else = slavery

97% of Americans die with < \$1,000 in the bank; work their whole lives making others wealthy

99% of Americans die with most of their desires unfulfilled

When your attitude is right the facts don't count

What you think are facts aren't facts (they're people's opinions)

The Training/Balance Scale (cont.)

Your TI should be on the forefront of your thoughts

Continually assess how teachable you are at a given moment

Most people fail because they're always concerned about the “how”

When the thoughts are correct the “how” doesn't matter

The Four Basic Concepts to Achieving Success

Who do you listen to?

Teachability Index

The Training/Balance Scale

The Four Steps to Processing New Information

The Four Steps to Processing New Information

Unconscious incompetence

You don't know what you don't know

You know the info but have to consciously apply the info

Conscious incompetence

You know what you don't know

Conscious competence

You know what you know

Unconscious competence ß objective

You know and it happens automatically

Manifesting your desires at record speed

Disc 3: The Power of Repetition, Study and Discipline

Introduction

How do you get to unconscious competence?

Doing it over and over again at the conscious competence level à create neuropathways  
(patterns, energy channels)

Knowledge bank, knowingness, internalized, part of you, don't have to think about it anymore

Observing someone else doing it

Mentor – apprentice

Learning from someone who's doing it right; success breeds success

Associating with people who have what you want

What did you observe?

Introduction (cont.)

Main reasons why people fail

They're not listening to the right people

Low teachability index (to learn and to change)

Spend too much time with the "how"

Spend inadequate time at the conscious competence level

You can only build as high up as your foundation is deep

Whatever you want you can manifest it in your life by giving the command

The Power of Repetition, Study and Discipline

You need to know the four basic concepts to achieving success at the unconscious competence level

Who do you listen to?

Listen to people who have what you want

Teachability index

What is your willingness to learn?

What are you willing to give up?

What is your willingness to change?

Are you willing to do something completely different?

You have to rate very high in both areas

The Power of Repetition, Study and Discipline (cont.)

Training/balance scale

2 sides: thoughts & actions

Thoughts are most important

Four levels of learning

Unconscious incompetence

Conscious incompetence

Conscious competence\*

Unconscious competence

Do things repeatedly over and over again at \*

Observe and associate with people doing it; mimicking and modeling

The Power of Repetition, Study and Discipline (cont.)

Kevin still has a mentor and is still an apprentice



One-on-one meetings, phone calls

How can you be an apprentice and observe from a book?

Stories

The power of books is known

Read books based on your need and weakness

The Power of Repetition, Study and Discipline (cont.)

If you want to become a master you have to be a master of the basics

The four basic concepts to achieving success are not as simple as you think

Master the basics; focus on the fundamentals

“ I’m not afraid of the 10,00 strikes you know that you’ve practiced only once; I’m deathly afraid of the 1 strike you know that you’ve practiced 10,000 times”

The Power of Repetition, Study and Discipline (cont.)

The biggest secret is not that there are a lot of secrets but only a few basic concepts; the key is to master them

When to stop learning about the basics? When you want to learn just a little more and you love the idea of learning the basics

Build bigger neural pathway à chemical rush to continue to learn more

The Power of Repetition, Study and Discipline (cont.)

Teach me more about \_\_\_\_\_

Ask a lot of questions and observe a lot

Be on your toes for your mentor to quiz you so that you can move on to the next level

Disc 4: How to Be, Do and Have Anything You Want

Introduction

Do we learn more by teaching? You can’t learn anything you don’t know by teaching it

Risk of teaching others wrong info

Master the material first before you teach it

You’re an apprentice and you should be learning until the day you die

Keep listening to CDs, reading books, observing, etc over-and-over again

Information becomes new every time you experience it

Introduction (cont.)

You have to qualify to be in 'the club'

Need to master what you've learned before learning more

Process

Listen to CDs and read books

Participate in live training/seminars

One-on-one training with a personal mentor

Learn by doing; apply it in your real life; do it yourself

Teach/be a mentor

Five basics

Who do you listen to?

Teachability Index

Training/Balance Scale

Four levels of learning

Master the first 4 basics/focus on the fundamentals

Introduction (cont.)

When the student is ready the teacher will appear

When you are 100% teachable

Focus on your dream not the "how"

Practice doesn't make perfect; perfect practice makes perfect

You have to practice the right thing the right way

Drills

How to manifest your desires

Earl Nightingale

1960s LP called The Strangest Secret

"You become what you think about most of the time"

Andrew Carnegie (member of the brotherhood)

Pioneering don't pay

Decided to reveal to the world some of the secrets to Napoleon Hill

How to manifest your desires (cont.)

Napoleon Hill (apprentice of Carnegie)

He observed over 20 years:

Henry Ford

Thomas Edison

Firestone tires

Carnegie pointed out what Napoleon observed and what he didn't learn by observing

Wrote a manuscript focused on money: The Law of Success in Sixteen Lessons (1926)

Members of the secret societies banned & curtailed it à Think and Grow Rich (1937)

How to manifest your desires (cont.)

“ Whatever the mind of man can conceive and bring itself to believe, it can achieve”

The Secret by Rhonda Byrne

1 st book to popularize on a mass scale the Law of Attraction

~ 50M books about this law sold but faded away; 95% of people saw no results à negative publicity about it being a scam

Watered down (key ingredients purposefully missing)

How to manifest your desires (cont.)

The Law of Attraction does work

Whatever you can conceive in your own mind whatever you wish for, as long as you believe it, it will happen

If you continue to think like you've always thought then you'll continue to get what you've always got

If you want things in your life to change then you going to have to change things in your life

How to manifest your desires (cont.)

Don't get fixated on the “how”; 99.9% is thoughts (the “what” not the “how”)

The brain is a transmitter and receiver of vibrational frequencies

Every cell in your body emits a different frequency

Every thing is made up of energy and emits a different frequency (vibration)

The brain emits frequencies which, when focused, are picked up by other brains and passed through the ether to effect other physical matter

How to manifest your desires (cont.)

The mind is outside of your skull but in your brain

Energetic field that surrounds your body

Frequencies pass through all known matter

Smaller than the smallest known particle

Radio transmissions travel in a straight line; brain frequencies bypass space and time instantaneously back to another human

When you emit a frequency that frequency comes back to you

How to manifest your desires (cont.)

The Law of Attraction – whatever frequency you emit that same frequency is drawn to you; there is a magnetic pull; quantum physical law

Karma

What you sow you reap

Senior law to the law of gravity (physical law)

Defies all physical laws

The 'genie in the lamp' is your brain

Your wish is your command

How to manifest your desires (cont.)

2 keys

How to put out the frequency of what you want

How to make that frequency strong enough with a strong enough magnetic pull so you get what you want

Disc 5: The Four Concepts of Energy Frequency Revealed

The Four Concepts of Energy Frequency Revealed

Law of Lift

Senior to the Law of Gravity

The elite/ruling class and industry titans believed that they were genetically programmed and superior over the masses

Royal families

Those who controlled the monopolies on the necessities of the time (food, salt, railroads, banking, oil, etc.)

DNA (maintained due to inter-marriage) vibrated at a higher frequency

The Four Concepts of Energy Frequency Revealed (cont.)

“ I get it” (you know it all) → your teachability index goes to zero

“ I get it so far and I know there’s so much more I need to learn”

“ I’m grasping” “I’m understanding it”

Catch yourself whenever you focus on the “how”

Elite class doesn’t want the masses to rise up or know these secrets

The Four Concepts of Energy Frequency Revealed (cont.)

Everything is made up of atoms

What holds the electron in orbit around the nucleus? energy/frequency/vibration

Everything is made up the same materials; combinations are different

The number of potential combinations of frequencies is almost infinite

Different vibrational frequencies resonate from different things

Concept #1

Everything you see is made up of vibrations

The Brotherhood only talk amongst themselves

Complete different conversations with Brotherhood members and everyone else

Concept #2

Your brain is a transmitter and receiver of energy at different vibrational frequencies

We can transmit any frequency we want with as much or as little power as we want

Everything is putting out a magnetic drawing-in of similar vibrations

Concept #3

You have the power and ability to create any frequency with your brain and transmit it to other brains and affects physical matter

Slowly or blast it

Higher frequency levels from the brain vs. other radio transmissions; travels in all directions across the globe virtually instantaneously with no power loss; affects everything at the same time

Vibrations are always constant unless something affects it

Concept #4

The Law of Attraction – vibrations that are the same attract

Senior to any of the physical laws (e.g. law of gravity); the most senior law; the most powerful law

Homeopathic remedies

Contain nothing but have different frequencies/vibration

Treat what ails you with the frequency of the thing that ails you (like cures like)

Concept #4 (cont.)

A vibration will attract a similar vibration

Like attracts like

Closer vibrations match à stronger magnetic pull

Whatever frequency we put out is being attracted to us

You are transmitting frequencies with your brain 24/7/365

Everything is there in your life based on what you've transmitted with your brain

2 caveats

Whatever frequency you transmit is being attracted to you

The speed at which it comes into your life depends on two factors

What is the intensity/power of your transmissional frequency?

Needs to be transmitted at power and intensity

How often are you transmitting that frequency?

Needs to be transmitted almost constantly

Your wish is your command

Your wish for something, find a frequency for that what you wish and then command it to come

Your command = when you transmit a frequency with your brain

Increase the intensity and power and keep it going for as long as possible

You become what you think about most of the time – Earl Nightingale

You get what you think about most of the time

Disc 6: Feel Good Right Now!

Introduction

The Law of Attraction works whether you know about it or not

What you want wants you

Need high willingness to learn

Are you willing to give up money to learn this info?

Willingness to accept change

Feel good right now

Napoleon Hill's keys to success

Define your dream

Clearly know what you want

Get a burning desire for its achievement

Whatever the mind of man can conceive, and bring itself to believe, it can achieve

Define your dream

You must always have as a goal to feel good right now; this is your 1 st objective

Feel as good as you can right now

Feel good and keep feeling better

Feel good right now (cont.)

Feel good – being outrageously happy (as an emotion not a body feeling)

Being happy, content, settled, secure, confident, grateful, blessed, bliss...whatever it is (there's no one answer)

This 'feel good now' is your major indicator that you're on track

Defining your dream

Be specific

Be general

“ I just want to feel good”

Feel good right now (cont.)

Burning desire for its achievement

High power and high intensity broadcasting

Think about it all of the time

“ I need to have a black Mercedes”

Make sure you're on the right (correct) side of the training-balance scale

The Law of Attraction takes care of the “how”

Creates events, circumstances and people to create what you want and to make what you want happen

Affects variables and shifts things around to create a situation for you based on your desires

Feel good right now (cont.)

Don't base all of your decisions on what you only see on your 'radar screen'

The vast majority of what's available is off of your radar screen; you can't see or imagine it

So stop looking at your radar screen

Blocker: if you don't believe 100% that you'll get it

Duration of transmission won't be frequent

Intensity and power of transmission won't be very strong

Feel good right now (cont.)

You're putting out a counter-transmission

Simultaneous intention and counter-intention transmissions

How do you get the high desire and high belief?

Your 1 st goal (to feel good now)



Use your feelings as your guide/gauge to see if you're in the 'sweet spot'

You need to define what you want but it has to be something you can believe in

Feel good right now (cont.)

Exercise: write down anything and everything you want (if money wasn't an object or if you knew you couldn't fail)

Start with goals/dreams/desires that you can believe in

'sweet spot': a dream/goal/desire that you really, really want that you believe is achievable

Gets you excited and you absolutely believe you can get

Sweet spot has to be in both areas (high excitement and high belief)

You feel good just thinking about it

Feel good right now (cont.)

How good would you feel when you get it?

When you get to unconscious competence, the "how" becomes irrelevant

Soon, any dream you have, your belief is high because from experience, things happen for you

Success builds confidence

Seeing something work → increase your belief

Ask and you shall receive

You get not because you asked not

Feel good right now (cont.)

Process

Anytime you think of something you desire write it down in your dream book (spiral-bound notebook)

Which ones get your juices flowing?

What is your belief level?

Is it in the sweet spot?

Focus on what you want, believing you will receive it

Feel good right now (cont.)

Exercise: in your mind picture what you want in color; listen to the sights, sounds, smells; think about the emotions you'll have; add yourself into the picture; imagine you already have it and are experiencing it; feel the emotions

If you felt bad during this exercise: this goal is not in your sweet spot

Disc 7: The Immense Power in Letting Go of the "How"

Introduction

Your thinking is what creates things in your life; the "how" is irrelevant (and off your radar screen)

Sit in a place of expectation that it already happened

Initially you're going to have to use conscious competence

Basic procedure

Define what you want

Specifically

Generally (it's better if you're not too specific)

Just "feeling good" (it's best if you let the universe give you the best feeling)

99% of the stuff is off of your 'radar screen'

Don't put a time limit on your goals

The universe will deliver it with the perfect timing because you're ready

You're ready when you have no more doubt

Introduction (cont.)

It will present itself at the right time

Sweet spot (when you're "lined up")

High, intense desire that you want it

Believe that you already got it

You're happy & excited that you're doing the technique

Your emotions will tell you what to do and when you're lined up

Basic procedure (cont.)

You must have a burning desire for it

A real, strong want

High intensity and high power

You need to transmit that frequency over a specific duration of time

You have to be feeling good when you think about what you want (transmitting the frequency)

As often as possible for as long as possible

Basic procedure (cont.)

Don't worry about the timeframe (when what you want is going to come); don't set a deadline or time (calendar) limit

You must believe and have no doubt

Doubting = focusing on the "how"

When you think about what you want (when you transmit the frequency), how do you feel?

When you think about what you want you will feel better, get excited, no doubts

Basic procedure (cont.)

Getting excited with anticipation because you know it's coming

Don't worry about the "how" or "when"

As if you already got it

If you start feeling bad

Your want is not in line with your best interests

You're starting to doubt

Focusing on the "how" or "when" or only what you can see

Basic procedure (cont.)

What you can see (what's on your radar screen) is irrelevant

99.9% of what will take place to cause what you want is off of your radar screen

Success in life is nothing more than a decision away

A twist or turn along the way that you don't anticipate means you're getting exactly what you need and what's best for you

Letting Go of the "How"

You have transmitted frequencies of what you want and what you don't want

You (and only you) have created everything in your life

How do you feel when things happen to you?

You were thinking about experiences or circumstances earlier that gave you those similar feelings that you experience when bad things happen to you

Letting Go of the "How" (cont.)

When you think of a negative situation you put out 'negative vibrations' what will come back at you at a later time

Don't focus on what you don't want to happen

Don't have negative thoughts or feelings

Ultimate objective: feelings

You get what you think about most of the time

The little thoughts that you don't think about a lot don't worry about

The 10-Second Miracle

The moment you understand that you take 100% responsibility for everything in your life and know without judgment you can change it just as fast or faster

You'll never become a victim again

You stop using "mysticism" (blaming outside influences on your circumstances)

The masses have been controlled by getting them to believe it's not their fault

They have no power or control to change it

Letting Go of the "How" (cont.)

You are a creator with 100% creative ability

You are the creator of your own destiny and your own experience

How do you increase desire (a "burning" desire)?

Reduce doubt that you'll get it / increase belief

Doubt (lack of belief)

Focusing too much on the "how"

Only looking at what you can see

You can learn how to feel what's there  
Letting Go of the "How" (cont.)  
Looking off the radar screen

When you're feeling good (putting out good vibrations) you don't think about what you don't want

You don't put out vibrations of things you don't want

If you're feeling bad to any degree

You're thinking about what you don't want

You doubt you'll get it (you believe you won't get it)  
Letting Go of the "How" (cont.)  
How do I feel better?

If I do feel bad, what specifically can I do so that I feel good?

When you transmit a frequency the first thing that gets attracted are matching thoughts

Adding power and intensity (strong desire and belief)

Things start coming into your radar screen à thoughts pile on one another à faster and bigger  
Letting Go of the "How" (cont.)  
Don't use the Law of Attraction in the opposite way

Thinking negative thoughts à attracts more negative thoughts à you think more negative thoughts

You are unconsciously competent when it comes to thinking negative (it happens automatically)

Conscious competence is required for ~ a month to develop new neural pathways thinking positively  
Letting Go of the "How" (cont.)  
Magic starts happening in your life when the positive energy ball > negative energy ball

Think and believe in your statements

Success is a decision away  
Disc 8: Tools and Techniques to Raise Your Energy Frequency  
Introduction  
How to stop yourself from thinking negative thoughts?

Positive ball of energy > negative ball of energy

You will be at the conscious competence level

Keep listening to these audio CDs daily

Focus on these techniques

Thinking the right thoughts → transmit the right frequencies → intensity and power

Intensity and power increase when there's a lot of emotion attached to a large thought

Introduction (cont.)

Duration – the longer you think about it

Other, like-minded thoughts are attracted first

Attract the right (positive) thoughts

Based on how you feel determines whether you're thinking the right thoughts or not

Feel bad? Objective then should be to feel good

Feel good? Objective then should be to feel better

Review

Getting what you want

Define what you want

Burning desire for what you want

High emotion and high expectation

Feeling good? You're believing

Excitement → complete expectation (as if you've already received what you want)

Tools and Techniques to Raise Your Energy Frequency

Feel good now is the #1 challenge

Always monitor your emotions

Attract like-minded thoughts → unconscious competence level (happens automatically)

Things you can try to feel good now

Eat good food

If you're body feels bad it's going to be difficult to feel good

As close to as nature intended (fresh; organic)

Eat 3x/day

Tools and Techniques to Raise Your Energy Frequency (cont.)

Eat fresh fruits & vegetables daily

Avoid artificial sweeteners, HFCS, MSG, processed foods, fast food restaurants

Whole food supplements (concentrated food sources) [www.qnlabs.com](http://www.qnlabs.com)

Avoid prescription and non-prescription drugs

Do cleanses, fasting, colonics

Electromagnetic chaos eliminators

Exercise (go for a walk outside and look at things far away)

Tools and Techniques to Raise Your Energy Frequency (cont.)

Mini-trampoline

Inversion table

Read books every day; listen to CDs

Leaders are always readers

The "master mind"

When you get together psychically with others your mind attracts other like-minds

Synergistic effect

Creates another mind

Coming to an event more powerful than watching one

Tools and Techniques to Raise Your Energy Frequency (cont.)

Going to seminars

Listening to music (your favorite songs)

Singing

When something unexpected occurs, turn around your first (negative) reaction

“ I have no idea how, but I know this is going to work out to my ultimate advantage

Go for a walk

Feel good right now no matter what the situation

Feel good → change vibration → change situation

Tools and Techniques to Raise Your Energy Frequency (cont.)

Hugs, shaking hands

Laughing (throughout the day); smiling (all day long); reading funny books, watching movies, TV

Massage, sauna

Pet

Create something with your hands (paint, arts & crafts)

Dance

Cook

Tools and Techniques to Raise Your Energy Frequency (cont.)

Thought Field Therapy (Gary Craig)

The Callahan Technique (Dr. Roger Callahan )

When you transmit an opposing vibration it blocks energy in the body and you feel horrible

Solution: think about something you want that you believe you'll get

Tools and Techniques to Raise Your Energy Frequency (cont.)

Dream building

Looking at things that you could potentially want

Robb Report, DuPont Registry

Expand your possibilities

Going window-shopping, browsing, drive-bys

The closer you can get to the item physically the more powerful this technique is

Going to a car dealership, sit in the car, test drive, etc.



Physically believe or imagine how you're going to feel when you have that item  
Tools and Techniques to Raise Your Energy Frequency (cont.)  
The appreciation drill

Do every morning and night

Be thankful for what you have

What am I thankful for?

Transmitting vibrations of love and appreciation

Vibration relates to a feeling; you'll receive feelings matching the vibration you're putting out  
Tools and Techniques to Raise Your Energy Frequency (cont.)  
The simplest way to create a magical life (without going crazy) is just to transmit feelings without any specific attachment to a thing or time

You can focus on a specific thing that you want but balance it out throughout the day by focusing on your feelings

Feel good now

It's OK to say "I don't know how" you'll get what you want  
Tools and Techniques to Raise Your Energy Frequency (cont.)  
Perform this exercise for at least 1.5 minutes multiple times throughout the day

You get what you think about most of the time

Feeling good allows you to increase desire

Focus on what you want not what you don't want

Create a Dream Book/Journal/List

3-ring spiral binder to write down your dreams

Don't type, write them down

Only 8 movements when you type with a keyboard

You're feeling the thoughts when you write; 10,000 hand movements à 10,000 neural pathways  
Tools and Techniques to Raise Your Energy Frequency (cont.)  
Forces you to think of things you want

Rewrite/clean it up occasionally

Dream Board

Post/draw pictures of what you potentially want

Add yourself to the pictures

Forces you to think about what you want

Get you to think about what you want most of the time and feel good when you think about it

Tools and Techniques to Raise Your Energy Frequency (cont.)

Technique

Think about what you want as often as possible

Feel good about it when you think about it

You believe that it will happen; in the sweet spot

Think of various ways to do things that will force you to think about what you want most of the time

Always be reminded of what you want so that you'll think about it and feel good about it

Don't worry about the timeframe

Tools and Techniques to Raise Your Energy Frequency (cont.)

If you're thinking about one particular thing

The feeling (vibration) is specific

The universe will not only bring you what you want but will also bring you circumstances, events and people that will give you the same/similar feeling (when you think about this item you want)

Focus on one thing all day: feel good now

Not feeling good? You're not thinking about the right thing

What can you feel good about?

Tools and Techniques to Raise Your Energy Frequency (cont.)

Sometimes you need to clean things up before you build a new structure

Sometimes things have to be destroyed prior to rebuilding

Disc 9: Your Beliefs Become Your Reality

Introduction

Are you surprised at the results? No, because you expect it

You experience it in your mind first

Example of during one of the Star Wars movies, on Dagobah, after Yoda lifted Luke's X-wing out of the swamp, Luke said, "I don't believe it!". Yoda replied, "That is why you failed."

Introduction (cont.)

Example of the story in the bible when Jesus walked on water; Peter started to then doubted then began to sink

What you really want you'll get; what you really don't want you'll get that too

Whatever you're thinking about you'll get

Reminders

Feel as if you already achieved it

Throughout the day always work on your emotions and work on feeling good all the time

Your Beliefs Become Your Reality

If you're doing any actions to make something happen and you have negative emotions, your actions will be fruitless

Your actions (towards accomplishing what you want) should be enjoyable

The thought process comes first

99.9% of the "how" is off of your radar screen

When a 'bad' thing happens it's never a bad thing

Your Beliefs Become Your Reality (cont.)

Evidence of how you're thinking

How are you feeling?

Feeling good? Your thought process is right on line

Feeling bad? Your thought process is not right

What are you saying?

Are you looking forward and creating tomorrow with anticipation?

Words are very important

They show you what you're thinking

They help focus your thoughts

Your Beliefs Become Your Reality (cont.)

Develop neural pathways and speech patterns à predominate thought patterns à predominate, constant vibrations à more like-minded vibrations

Example phrases you can say

“ Everything always works out for me”

“ I'm lucky” “I'm blessed”

“ Everything will work out fine”

“ This will ultimately work out to my benefit”

Your Beliefs Become Your Reality (cont.)

What if nothing seems to be happening?

Don't put a timeframe (or time limit) on things

You have to care (but not that much)

Watch what you transmit

Other thoughts will come in that mimic that emotion

Physical experience of circumstances, events and people that allow you to feel that emotion

Emphasis on time à doubt à focus on what you don't want à process is hindered

Your Beliefs Become Your Reality (cont.)

Don't look at bad things as being bad

Acknowledge it for what it is

Focus on what you want (not what you don't want)

When you think things are bad it forces you to clearly define and focus on what you want

You have the best opportunity to create things in your life when things aren't going well and to focus on those things and create more of it

Your Beliefs Become Your Reality (cont.)

Everyday life is going to give you experiences (things you do want and things you don't)

Determine your preferences

More clearly define what you do want à dial in the proper frequency à transmit it

When something bad happens: the bigger it appears bad, the worse it appears, it allows you to really focus and transmit a beam with massive power and intensity of what you do want

Your Beliefs Become Your Reality (cont.)

What you're vibrating most of the time is what's being attracted into your life

Too depressed?

Too many neural pathways and habits on focusing on the things you don't want

Worry = negative goal setting (what you don't want to happen)

All you want to do is feel a little better (move up on the emotional scale, e.g. feel angry)

Start thinking just a little better thought

Your Beliefs Become Your Reality (cont.)

Feel good now = feel better now

Don't focus on feeling spectacular

Words

The words you use are irrelevant

When you speak it's the attachment of the vibration to the word that is important

Use words such that when you say them, you feel good; they make you feel better

"everything always works out"; "all is well"

Your Beliefs Become Your Reality (cont.)

Speaking is important

Choose words wisely

Don't say something that makes you feel bad

Don't lie

Your transmitted vibrations are picked up by other brains and it affects physical matter

Better to put out a general vibration which reflects your ultimate objective in life

You can't assume that things happen are good or bad

Your Beliefs Become Your Reality (cont.)

Let the universe use the best method (the “how”) to get you to where you want to go

Why do I want this? Keep asking why to get to the real reason

What you think is the best method ultimately isn't

When you start wanting things and getting them most people think this is not what I thought it would be

Your Beliefs Become Your Reality (cont.)

Writing things down

White paper

Blue ink pens

Goals, wishes, dreams

Do not enter things into a computer

Write out your desires

How can you predict the future with this?

By creating the future

You're feeling it because your anticipation increases

Your Beliefs Become Your Reality (cont.)

Your feelings are your tracking system

When you're feeling good only good things will happen

You're going to be just fine

Timing of getting what you want

It's completely irrelevant

Things will come at the right time

Enjoy the process (anticipation)

Review

Clearly define what you really want

Don't get hung up on the method (no timeline)

Freedom & flexibility for the options that the universe may present itself to you

It's all about the feeling; you have to feel good about thinking about it

The best emotion is anticipation (what you want wants you)

Review (cont.)

You can have, be or do anything and everything you want

You have established multiple neural pathways in the brain that are giving you what you don't want

Created them with your thoughts first

You've created everything in your life with your thinking; nothing happens by chance

You can create everything you want in the future

Review (cont.)

Is your focus on the lack of something in your life? Are you creating more lack?

How do you feel when you think about it?

Good

Bad: lack of it; you're stopping yourself from getting it

Always monitor your feelings

This technique will work with anything and everything in your life

Review (cont.)

The stuff doesn't really matter; what matters is how you feel

Life is like a rollercoaster (ups & downs)

You become what you think about

Your #1 objective is to feel good all of the time

The better you feel → the better your thoughts → better vibration

You're thinking about what you want most of the time

Review (cont.)

Just feel good all day

You're thinking about your desires and believing you'll receive them

## Disc 10: Having a Chief Aim and Depth of Vision

Introduction

5 basics

Who do you listen to?

Teachability index

Training/balance scale

Four steps

Master the 4 basics

99.9% is thoughts

Whatever feeling an event gave you that's what you vibrated

Introduction (cont.)

How do we apply this to money?

Many scenarios to make money

Find a technique that gives you the feeling you want

Making money

Define what you want: you must want money

Specify a specific amount of money (dollar amount) with no time limit attached

General: "some" money; "some more" money

Feeling: "I want to feel secure in my finances"

Careful how you word what you want: use positive language; don't focus on the negative

Always be fine-tuning what you want

Your goals may/will change over time

Making money (cont.)

Chief aim – primary focus; goal

You must always have a chief aim

What are you thinking about most of the time?

You're not focusing on anything



You become what you think about most of the time

Key: you can't (won't) live a balanced life; you must be focused on a chief aim most of the time

Making money (cont.)

You must be obsessed with what you want

That's the only way you can focus, clarify, broadcast, etc.

Burning desire (massive obsession)

Looking at pictures of stuff you want, reviewing your dream book, dream building to increase your belief level

It's all in the mind: success is in the mind; think about making money all of the time

Making money (cont.)

Think and Grow Rich by Napoleon Hill

It's all about thinking not doing

Doing what you love is not working

"Whether you think you can or can't...you are right" – Henry Ford

Secrets of the Super Rich US News & World Report (2008)

Perseverance beats education

Being obsessed with what you want, believing you're going to get it and not giving up

Make your own luck

By thinking of what you want the universe gives you circumstances

Gamble, but wisely

Follow your feelings; feel good now

Secrets of the Super Rich (cont.)

Know your market intimately

Associate with people and situations that revolve around what your market is

Focus obsessively and work, work, work

Chief aim, think about what you want to happen all of the time; work is pleasurable

Timing is everything

See the potential in things; what could things become; depth of vision; seeing things further down the track

Secrets of the Super Rich (cont.)

Luck is created (circumstances, situations and people given to you by the universe; will put you at the right place at the right time)

Take action

It's not just (or mostly) about the money

It's about how they feel

The vibration is making you the money not the effort or genius or skills

The universe is putting it into your life

Making money (cont.)

Successful people are thinking about what they want all the time and feel good when they think about it

Life is really all about a feeling inside you're looking for

~ 500 billionaires in the U.S.

Those with the most money aren't in the news

Making money (cont.)

If you're employed by someone you're limited on the amount of money you can make

You may not know when circumstances present themselves to you (other business opportunities)

Your job is not the place for making serious money

You can use these techniques to raise your earning power at work

Real money comes from a business of your own (brick-and-mortar; home-based) or your own company (generates money; investments)

Making money (cont.)

2 ways to make money

You earn money

You're limited by time and your own efforts

Duplicate your efforts (additional hires)

Money is working for you

Investing

Creation of super-wealth

He's using certain language patterns à embedded commands à planting seeds à giving you things to consider

Additional pointers

One of your chief aims should be to focus on reducing or getting out of debt

Debt is bad; credit is good (home mortgage; appreciating assets)

Debt is owing money borrowed on depreciating (or no) assets

" I want to be debt-free"

Save 10% of what you earn and put it into an investment vehicle (and never touch it)

Additional pointers (cont.)

Reduce taxes you pay

Form a corporation

Every savings in taxes is real cash to create more money

Reduce insurance premiums

Shop around because you're overpaying

Use corporations for credit lines and other people's money (OPM)

Tax advantages

Lines of credit

Additional pointers (cont.)

Character traits of people who have money

Develop a pleasing personality

How to Win Friends and Influence People by Dale Carnegie

You'll attract like-minded people

Work on improving your communication, persuasive, sales and negotiation skills

Learn how to ask questions and listen (talk less, listen more)

What, when, where, who, how and why?

Additional pointers (cont.)

Manage your priorities

It's not time management; it's priority management

Use a priority management system

E.g. from Priority Management; do not use the computer-based system; use a paper-based system

Read (books) everyday

Leaders are always readers

Positive focus, raises your level of belief

Additional pointers (cont.)

Listen to CDs (audios) everyday

Attend live events, seminars

"Master Mind" is created

Associate with like-minded people who have what you want

5 years from now your income is going to be the average of your five best friends

Master Minds are created; thoughts develop income

Brains are synchronized

Get some new friends! Learn from them.

Disc 11: How to Plant and Nurture the Seeds to Success

Introduction

You create everything in your life

Everything you've created can be changed

You'll have in your life the emotions that you are broadcasting

Thought – vibrational frequency; attach an emotion to it to get things with the same emotional frequency

No "bad" experiences: don't focus on what you don't want or the lack of what the want

Introduction (cont.)

You know what your thoughts are by how you feel

When you feel really good your body changes to reflect how you feel

When you're feeling bad just instantly change your physiology (manually adjust your facial expression, your posture, etc.) → your emotions change → your thoughts change → your vibrations change → attract more positive vibrations

How to Plant and Nurture the Seeds to Success

Most people think they are thinking about what they want when in fact they're thinking about the lack of what they don't have

How do you feel? Already received it?

How do I handle disappointment or failure if somebody says no?

You feel bad because of your habits: your focus goes to the lack (neural pathways)

Each failure brings you closer to success

How to Plant and Nurture the Seeds to Success (cont.)

Incorrect vibration

" I caused this...do I need to change my vibration?"

Prerequisite

" Something incredible better than I could have imagined is about to happen"

Ideally you want to feel great all the time

Real focus: you feel better than where you were all of the time; feel a little better using your thoughts or use other techniques

How to Plant and Nurture the Seeds to Success (cont.)

How do you handle criticism?

Instantly use the Callahan Technique, the Gary Craig technique (etc.) to blow out (change) the neural pathway

The next time you're criticized you won't feel that badly; should be a non-issue; maybe there are some things that you could do better

Many neural pathways ingrained in you that are activated when bad news is heard; have to establish new ones

How to Plant and Nurture the Seeds to Success (cont.)

Focus on your chief aim most of the day, most of the time in an obsessive way as if it's already yours --> feeling really good

Put focus and attention on something long enough so it germinates

Like a seed: have to water, cultivate & fertilize it before it grows

How to Plant and Nurture the Seeds to Success (cont.)

How long should you do something before moving on to something else? At what point should you stop or quit?

If it's in line with your thoughts you'll feel great

If the enjoyment goes away or if it's no longer fun, then quit

Have you got off-track with your thought patterns?

How to Plant and Nurture the Seeds to Success (cont.)

How do I stay motivated?

If you focus on what you want (chief aim) and have a burning desire for its achievement

You're happiest when you're in the process of achieving your goal

Read books, listen to CDs, attend seminars, dream-building

Follow your own desires; always follow your bliss

How to Plant and Nurture the Seeds to Success (cont.)

Are joining MLM/direct sales companies a good idea?

Does it excite you?

Follow your own bliss

Global Information Network

What about other money-making opportunities that are advertised?

Follow your own bliss

Use in combination with these techniques

How to Plant and Nurture the Seeds to Success (cont.)

I have no idea how to make any money. What do I do?

99% is the thinking process

The "how" is irrelevant

What holds people back?

The technique is easy

Patterns, neural pathways and negative thoughts à doubting or limiting yourself

Analogy of the elephant trained young by being chained down à eventually gives up trying

How to Plant and Nurture the Seeds to Success (cont.)

Self-imposed limitations

“ Whether you think you can, or you think you can't--you're right” - Henry Ford

You don't have to know “how”

Do you really know what you want and can you clearly describe it?

If it's not clearly defined you can't put out a vibration

If you have to think about it you haven't clearly defined your dream

How to Plant and Nurture the Seeds to Success (cont.)

You should be able to describe what you want and feel good about it

The more specific it is the better it's going to make you feel thinking about it

You have to have the feeling as though you already have it

You have the creative power within you to make all of your dreams come true

Reasons you don't have what you want

Not defining the dream properly

When you think about what you want you're thinking about the lack of it (what you don't want)

Based on how you feel

The cavalry is not coming over the hill

There's no savior that's coming

The reason you are where you are is because you created it

Reasons you don't have what you want (cont.)

The 10-second miracle

You need to take 100% responsibility

You can create anything in your life

You can have, be or do anything and everything you want in your life

Need to want it and categorically believe that you already have it

Get lower goals in the sweet spot so you can believe that you can get it

Disc 12: Additional Tools to Add to Your Success System

Introduction

You have to physically, consciously apply it

Over time that big ball of negative energy will get smaller

The neural pathways will get less and less used

Over time the positive ball of energy will get bigger

Everything starts going your way

Introduction (cont.)

Positive habit and pattern

Every time you think a thought you are broadcasting a vibration and attracting a like vibration into your experience

Every time you feel a feeling you are broadcasting a vibration and calling forth more things into your life that give you the same feeling

Where do you go from here?

Keep listening to these CDs

Everyday read at least a page in a book

Reread them

Listen to CD packages

Join the Global Information Network

Each month you get (4) CDs and a book

1 st option on new opportunities

Getting in at the beginning at the ground floor make the most money

Where do you go from here? (cont.)

Access to live events for networking, information sharing, like-minded people (mastermind principle)

Online access to seminars



Network marketing opportunity

Personal mentor (1-on-1 guidance)

Become a mentor yourself

Recommended books to read

The Magic of Thinking Big

See You At The Top (attitude)

Ask And It Is Given (99% on track)

The Secret (the law of attraction)

The New Psycho-Cybernetics (the mind)

The Law of Success in 16 Lessons (money)

Think and Grow Rich

The Magic of Believing

Recommended books to read (cont.)

9. How to Win Friends & Influence People (pleasing personality)

10. The Go-Getter

The Power of Positive Thinking

The Game of Work

Rich Dad Poor Dad

Hung By The Tongue

The Tongue: A Creative Force

What You Say Is What You Get

Recommended books to read (cont.)

Reading books everyday is so significant

Keeping Score: How to Manage Your Life and Business Through Statistics

Use physical graphs on the walls to see your progress

Chart the following (weekly and cumulative)

Gross income (\$ deposited into your accounts)

Looking at it daily à focus à get it

You get what you think about most of the time

Where do you go from here? (cont.)

Home-study courses

Master of Passive Income

Do something once, get paid from it forever

Power Partnering Super Summit

Partnering, joint ventures, strategic alliances, bartering

This is the beginning (not the end) of the teaching and learning process

Starting point

You now have everything that you need

Where do you go from here? (cont.)

Learn it by doing it

You experience a result every time you do it à fine-tune it

You'll get to a level of proficiency and expertise incredibly fast

Many people who learn this never go beyond because they're happy with the results they're getting

Where do you go from here? (cont.)

2 types of people at the highest levels in the societies

Those that add value to society

Those that live off the production value of others

Adding value to society à highest level of bliss

You'll find out at a certain point that it's not what you have but it's who you become that's important

Where do you go from here? (cont.)

Life is about feeling good right now

Live life feeling really good

Our goal is that you learn how to apply this and that you make these techniques work for you in your life

You can have, be or do anything and everything you want

With this power and this information may you never be the same

Disc 13: Exploring Societies, Feelings and Vibrations

Q&A

How do you know when you're in each of the 4 steps of learning new information?

When you become aware that you don't know something à level 2 (consciously incompetent; consciously aware that you don't know something) à teachability index kicks in

Level 3 (consciously competence): you know how to do something but you must consciously think about applying it to make it work

Q&A (cont.)

If someone wasn't in a society and didn't have direct access to this info, how did they achieve levels of success?

Don't assume that; everyone on the Forbes 400 list is a member of at least 1 society; they don't keep their society memberships a secret

Young Presidents Organization (YPO): sharing of information among like-minded people

Q&A (cont.)

Societies' benefits

Gaining information and knowledge so that you don't have to figure it out on your own ("this is the way it works")

Associations: the people you meet (networking); future deals are much more easily facilitated; "you scratch my back, I'll scratch yours"; "it's not what you know it's who you know"

These principles still work

Some people who succeed just figure things out

Q&A (cont.)

Some people who succeed fail dramatically

They change what they're thinking about: protecting what they have because they're afraid of losing it à change their vibration à focus on not losing what they have

When somebody is putting out a negative vibration for a while and wants to change it, does the negative vibration still hang out there?

The moment you change the vibration the result is instantaneously different

Q&A (cont.)

The “10 second” miracle

The manifestation may take longer

If there is no evidence (or contradictory evidence) that something is going to occur but you still believe, that’s when the magic occurs

Faith is the substance of things hoped for, the evidence of things not seen

Q&A (cont.)

When you throw out a vibration, the whole universe is conspiring and creating tens of thousands of events to create that situation in your experience

The importance of your vibration is feeling (not necessarily the thing itself)

We may not know what the best thing is for us but we know how we want to feel

Q&A (cont.)

If you get into a car crash, you and the person involved in the car crash had the same vibration

When you got into that car crash, how did you feel?

Whatever feeling that car crash gave that person, what else have you been thinking about that gave you a similar feeling?

The universe starts bringing into your experience people, events and situations that will give you similar feelings

Q&A (cont.)

When you feel grateful à more things in your life so you feel grateful

If something negative happens how am I controlling my thoughts?

Everything that happens in your life are just events/circumstances/experiences

There’s really nothing good or bad

Everything that’s happening in your life is just an indicator of what you’re vibrating

Q&A (cont.)

The indicators are good; “thank you for telling me”; they are indicators so that you can change your vibration

If you are aware that everything is going to be fine, whatever circumstance happens now you don’t and can’t comprehend the rational reason why that is a good scenario

What about the vibrations of inanimate objects?

All made up of atoms and electrons; combinations are different due to different vibrations  
Q&A (cont.)

An electron ~ a vibration (air)

Things can be manifested out of “nothing” (energy all around us)

How is it that some people can do this easier than others?

Gripe sessions: like negative thoughts attract more like negative thoughts

Kevin learned this stuff when he was ~ 12 – 14 years old (didn't have a lot of “baggage” to carry around)

Q&A (cont.)

Bigger the ball of negative energy (subconscious thoughts) → will have a harder time

Analogy to an overweight person working out at the gym for the first time → harder time than someone who's less overweight

Only use these techniques initially on something that you can believe in

Focus on getting your positive ball of energy bigger → negative ball gets smaller

Tipping point: positive ball of energy > negative ball of energy

Q&A (cont.)

Callahan Technique

Whatever happens in your life is caused by whatever you are vibrating

You can't stop yourself from vibrating energy

We are vibrating our subconscious and/or conscious thoughts

Whatever we're vibrating (feeling) we're attracting that exact thing in our existence

We are vibrating creating everything

Q&A (cont.)

You can choose to focus on something specific and have it come in

Taking 100% responsibility for everything that happens in your life because you are creating everything in your life

#1 disease of the mind: mysticism (a person looking outward for a cause in their life)

These techniques work 100% of the time

Law of attraction

Whatever you're vibrating in coming into your experience

Q&A (cont.)

You create your entire experience with your own thoughts

Is there a 'machine' that can help you detect your negative vs. positive ball of energy?

How you feel

One senior wish you should have: feel good right now

The words are irrelevant; it's the feeling associated with them

Q&A (cont.)

Some things we do when we feel bad to try to feel good

We're masking/eliminating pain; this is not the goal; focus is on what you don't want (the pain)

Focus on feeling good vs. eliminating pain; can do things to feel a little bit better

How can I feel a little bit better than this? (baby steps)

Anger is a better than feeling depressed

Go as far as you can see and when you get there you'll see further

Q&A (cont.)

Focus on what you want (don't focus on masking the pain)

What can I do to help somebody who's in trouble?

You work on yourself first and raise your vibration

Your vibration will affect them (their brain)

Friends will come and go

Your income is the average of your 5 best friends

If you're around a lot of people with negative energy can that affect you?

Q&A (cont.)

Energy always affects others

Positive vibration is much higher than a negative vibration

What goes on around you doesn't have to affect you

More wealth was created during the depression than at any time during the history

Every day is always the best time to do anything

Just have to believe that it is

Q&A (cont.)

Whatever you believe the evidence validates it

If you believe you can or you believe you can't, either way, you're right (because the evidence will validate it) – Henry Ford

The evidence came into your experience because you believed it

“Everything always works out for me” (future thinking)

Everything that comes into your experience you vibrationally created

Q&A (cont.)

You can choose whether you want it or not

If you don't like it, shift it

What do I want?

Every negative experience primarily is there to help you clarify what you want

If you know what you don't want you can clarify what you do want

Acknowledge it and focus on what you want

What appears to be negative generally isn't so; it's there for a reason

Listen to these CDs again and again