

MIND OVER MONEY

HOW TO PROGRAM YOUR MIND FOR WEALTH

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HOW TO GET THE MAXIMUM BENEFIT OUT OF THIS COURSE

The basic psychological principle I will teach you in this 30-day course is that small amounts of highly focused conscious attention can change anything in your life. You are only asked to devote ten minutes of your day to these lessons, but these ten minutes will make a remarkable change in your consciousness and your life. In order to get the most out of this daily ritual, there are a few simple things that you must do everyday. Please follow these guidelines in order to receive the full benefits of this program.

1. Get yourself a new notebook in which to do your exercises. In it you will write down each day's declaration and each day's exercise. You can also use this journal to write down any ideas that come to you as you do these lessons. As well, decide at what time each day you will take the ten minutes to do these lessons. Just after awakening or just before bed is ideal, but any time during the day is fine, as long as you make a habit of doing each lesson at the same time each day.

2. Before beginning each day's lesson, take one minute to CHANGE YOUR STATE. Pretend that you have more energy than you have ever had before. Stand up, breathe deeply, and do each lesson as if there is absolutely no possibility of failure.

3. Read each day's idea and declaration, and spend five minutes really letting the truth of these ideas sink in. Even if you cannot truly believe it yet, PRETEND that you truly believe it with all your heart. For only five minutes, feel, with true emotion, that you truly believe in abundant prosperity.

4. TAKE ACTION: Open your journal and write down the affirmation of the day. Read the affirmation once aloud, then write it in your journal in ALL CAPITAL LETTERS and FEEL the truth of the words.

5. Immediately follow through with the action of the day. It is highly important to take definite, immediate action each day.

DAY 1

THIS MOMENT IS YOUR POINT OF POWER

Have you ever heard the old joke that asks “How many therapists does it take to change a lightbulb?” The answer? “Just one, but the lightbulb has to *really* want to change!”

This may be a dumb old joke, but it is actually drenched with wisdom.

Unless you are truly prepared to change, unless you are thoroughly fed up with your current situation, no amount of self-help, therapy, or positivity will help. You now have in your possession the guide to a new way of thinking about your life: a way of thinking that stresses the idea that you *can* grow and that your mind *can* evolve to accept the prosperity that is your birthright.

Until now, for whatever reason, you have limited your enjoyment of life. It is time to leave that in the past. In the next 30 days we will sweep up the psychological debris in your mind and toss it out like yesterday’s trash. There are many excuses for accepting the security of our lives, even if that security is limited and uncomfortable, but if you are reading these words you are obviously ready to take the necessary action to make positive change in your life.

How does change happen? There is only one way. You must decide that continuing to live your life in the same way will cause you more pain than deciding to put out the necessary effort to change your life. You know very well that repeating the same limiting patterns of your life will only leave you dissatisfied. That is why you are reading this lesson. You are now ready to begin a new life. As they say, today is the first day of the rest of your life. Only you can choose the direction of your life. Today, choose growth over stagnation.

It is up to you. You must *decide* that you will change. You must *choose* change. You must realize that in this moment you have the power to choose the direction of your life. Seize this opportunity to choose growth, happiness, and prosperity.

You must begin today. Enter this moment. The past is dead. The future is a dream. It is only in this present moment that you can take the action to make the change. Do it! Do it now! Take five minutes, *right now*, to feel the truth of these words:

THIS MOMENT IS MY POINT OF POWER. THE PAST IS OVER. THE FUTURE IS NOT YET HERE. IT IS ONLY IN THIS PRESENT MOMENT THAT I CAN TAKE ACTION TO CHANGE MY LIFE. THIS MOMENT IS MY POINT OF POWER. RIGHT NOW, I CHOOSE TO TAKE THE ACTION NECESSARY TO CHANGE MY LIFE.

TAKE ACTION: Today's action you have already accomplished. By beginning this program you have changed the direction of your life. Remember to write down the above declaration in your prosperity journal and, if possible, repeat it aloud. Each day you should spend five minutes intensely focussed on the idea of the day. Today, take another five minutes to feel the positive change you have now introduced into your life.

**“To change one's life: Start immediately.
Do it flamboyantly. No exceptions.”
William James**

DAY 2

HOW TO STAY LIGHT YEARS AHEAD OF THE MASSES

CONGRATULATIONS! You have made it to day two!

If you followed through with your exercise from day one, and are now prepared to follow through with day two, you are light-years ahead of 99 per cent of your fellow humans. It is very easy to want to change, and it is very easy to begin a program such as this one to encourage change, but it is very difficult to commit to change and **follow through with definite action.**

Seeing you here at day two proves to me that you are willing to grow. Today you must *commit* to following through until day thirty. If you do, I guarantee that prosperity for your life is only a matter of time. And the more forcefully you commit, today, the faster you will see concrete, practical results. The simple act of psychologically committing to a new way of life will change your life instantaneously.

When you make the choice to definitely commit to making a change in your life, you begin to focus the extraordinary force of your willpower to draw towards you everything that is necessary to successfully make the changes you desire.

Properly focused consciousness is the fundamental secret to manifesting precisely what you want from life. The truth of our universe is that you draw into your life whatever you consistently think about. Unfortunately, we often allow our lives to be driven by the force of unconscious desires that were programmed into our minds many years ago. The good news is that these desires can be easily replaced with consciously directed focus.

If there is an area in your life with which you are unsatisfied, I can guarantee that you are consistently repeating negative patterns installed into your mind at some point in your past, and you have not made an effort to consciously change these patterns. Right now you have the chance to change your negative patterns regarding wealth. Right now, commit, for thirty days, to re-program your mind in order to avoid the negative patterns of the past.

Take five minutes *right now* and feel the truth of these words:
I AM COMMITTED TO CHANGING MY FINANCIAL DESTINY. WITH ALL THE EMOTIONAL INTENSITY I CAN DRAW INTO MY MIND, I COMMIT, ONE HUNDRED PER CENT, TO FOLLOW THROUGH WITH THIS 30 DAY PROGRAM IN ORDER TO ATTRACT GREATER LEVELS OF PROSPERITY INTO MY LIFE.

TAKE ACTION: Find a calendar. Mark the day you began this program, count out thirty days and mark the day that you will finish. Focus on this date and decide that nothing will stop you from following through until that day. Thirty days will pass whether or not you make a positive change in your life; today, commit to change.

“Those people whose aim is always low generally hit what they shoot at: they aim for nothing and hit it.”
Richard M. DeVos

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DAY 3

3 SIMPLE STEPS TO UNLEASH THE MAGIC POWER OF GOALS

THERE IS NOTHING IN THE WORLD AS POWERFUL AS CLEARLY DEFINED GOALS!

This is one of the most important secrets of life in physical reality. Have you ever wished that you could rub a lantern, release a genie and have all your dreams come true? That genie lives inside your brain, waiting to be awakened by the forceful commitment to your goals.

Remember this: your subconscious mind is the servant of your conscious thoughts. You have drawn to yourself all of the events and conditions of your life according to your beliefs and decisions. And remember this, for it has been proven time and time again: whatever you honestly believe about the world, your subconscious mind will draw to you in your reality. As simplistic as this sounds, it is true. Believe that you are poor, and you will experience lack; believe that you are blessed with prosperity, and abundance will magically flow to you. Skeptical? You should be. But before you dismiss these truths, give it a shot, for you will be honestly shocked by the results.

There are simple, definite steps to follow in order to convince your mind to manifest your desires.

1. Decide precisely what you want. The more specific you are, the easier it is for your subconscious mind to serve up what you desire. If, for example, you want a new job, decide exactly what you want to be doing, how much you will earn, and where you will work. Of course, you will always leave the details open to change, but this exercise convinces your subconscious that you are at least serious about your desires.

2. Write down your goal. The act of writing down your goal serves to clarify exactly what you want. It has been proven time and time again that people with written goals are far more successful in reaching them.

3. Repeat this goal to yourself several times throughout the day.

Create a short statement of your goal which you can imprint onto your mind whenever you get the chance. Simply begin with the phrase “I am now attracting...” and add your goal to the end. Or try “I am blessed with...” and add whatever you desire. You don’t even have to believe this will work. Simply repeat it to yourself whenever you have a spare moment and wait for the magic to begin.

Take five minutes *right now* and feel the truth of these words:

I KNOW THAT WITH CLEARLY DEFINED GOALS I CANNOT FAIL. I WILL AIM HIGH AND I WILL HIT MY MARK. I WILL CHOOSE THE DIRECTION OF MY LIFE AND I WILL INEVITABLY REACH MY GOALS.

TAKE ACTION: Write down, specifically, one simple goal for your life that you have so far not been able to accomplish. Since we are, for these thirty days, focusing on finances, write down a financial goal for yourself. Repeat this goal to yourself each day and honestly believe that it is true. Pretend that it is true, expect that it is true, and act as if it were true.

“The reason most people never reach their goals is that they don’t define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them.” Denis Waitley

DAY 4

HOW TO INSTANTLY CHANGE YOUR LIMITING BELIEFS

You have decided to change. You have committed to taking action. You have decided upon a financial goal. Now: in order to re-program your mind to accept higher levels of prosperity, you must discover what beliefs have limited your experience in the past, and you must consciously decide to change those beliefs.

If you do not realize it already, by the end of these thirty days it should be clear: your beliefs attract to you the life you experience. It is not your intelligence, your education, or your circumstances that have left you financially unsatisfied, but your limiting beliefs about what it means to have financial freedom. Sound strange? Ask yourself these questions, and answer them as honestly as you can. Remember, nothing is hidden from your conscious mind; if you search, you will find your limiting beliefs. What negative associations do you have regarding excess money? Do you feel that having money is a sign of shallowness, or that rich people are stingy or greedy? Do you feel that wealth will cause conflict in your life? Will it ruin some of your friendships? Would having too much money mean too much responsibility?

Whatever it is, you *must* find what has held you back from financial independence and you must, consciously, decide to change this belief. Ask yourself why you are not satisfied financially. What beliefs have held you back?

Try to get at your core belief about money. For example, a core belief for many people is “money is the root of all evil.” Around this belief develop many subsidiary beliefs that would automatically fall away if the core belief were changed. You must realize that money is not good or evil, but is a tool for expressing your creative energy in the physical world.

Realize that you are a good person who will use money for the good of many. Realize that you are evolving to a new level in your emotional, psychological, and spiritual development, and that financial abundance will allow the full expression of your evolved, more expansive personality.

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