

HOW TO CREATE YOUR FUTURE

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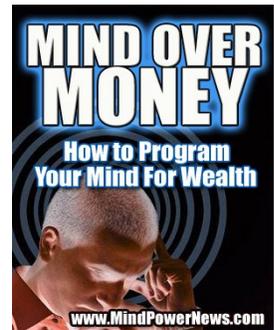
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# How to Create Your Future

By Ilya Alex, Author of [How to Program Your Mind For Wealth](#)

Would you like to learn an absolutely free method for reaching your next goal in only five minutes a day?

You don't need to buy anything, you don't need to own anything, you don't need to go anywhere and you don't need to have any previous experience to make this method work for you.

You already have everything you need. Just one brain, that's all you need. Let me show you one way to program your mind so that your goals come to you effortlessly.

Here is a simple technique which always works for me.

## Step 1: The Magic of Thinking Small

First, pick a goal that is just beyond your comfort level. Many motivational teachers will urge you to shoot for the stars, think incredibly big, and go for goals which are ten times as large as anything you've ever accomplished. This may work well for people who are already confident in their power to manifest, but for the beginner, or for the person who has not had much success using mind power, the idea of thinking outrageously big is a disaster.

For example, if you haven't had a date in three years you don't want to visualize yourself scoring with bunnies at the Playboy mansion. In theory all goals are definitely achievable, but in your reality you probably don't really believe it's possible, so it won't happen. Instead, pick a goal which is reasonable and can be accomplished within a few months. In this example, you might want to have just one date in the next three months. Not nearly as thrilling of a goal, but a fantastic step towards a better life.

Or you probably want more money in your life. Instead of visualizing yourself suddenly earning \$250,000 a year, start with a goal of increasing your wage or your sales by 10 per cent. Again, not exactly thrilling, but the point is you start small and build upon your success, instead of going for the home run and missing every time.

You see, after you reach that first goal you will have some confidence, and you can use that

confidence to step up to the next goal, slowly but surely building a better life in the process.

## **Step 2: Create a Declaration of Intent**

Once a day, every morning, write down the goal you've picked. Whatever it is you want to experience, just write it down once a day. A good format to use is a short sentence which begins with "I am now attracting...", "I am now creating...", "I will now..." or "I now intend..."

For example:

"I AM NOW ATTRACTING A LOVING RELATIONSHIP INTO MY LIFE."

"I WILL NOW SELL 10 PER CENT MORE PRODUCTS EACH MONTH."

"I AM NOW CREATING HIGHER SELF-ESTEEM AND CONFIDENCE."

"I NOW INTEND TO EAT THOUGHTFULLY AND BEGIN LOSING WEIGHT."

Of course, create your own wording for your own goal. The vitally important thing is that when you say it your emotional state agrees with the statement. For example, the reason an affirmation such as "I am now exercising every day" doesn't work is because if you are not exercising every day you immediately feel it when you say it. If you say "I am now with my ideal partner" you will immediately feel the lie even before you finish saying it.

However, a statement which begins "I am now attracting..." or "I now intend..." is true (at least while you are saying it) and holds no contradiction in your emotions. Of course, this is different for everyone, so find a wording that works for you.

## **Step 3: Celebrate Your Future Success**

After writing down your goal, mentally place yourself in the future, to a day where your goal has been accomplished, and feel the happiness and excitement you would be feeling, knowing that you have accomplished your goal.

Just pretend it is, for example, three months from today, and on that day you have reached your goal. Let's say that this future day is the day you start the new job you have been working towards, or on that day you weigh yourself and you are 10 pounds lighter, or on that day you leave for the vacation you've been dreaming about.

Whatever it is, just move forward in your mind to that day, and PRETEND that your goal has been reached, and FEEL the emotions which you would feel if you had actually reached your goal.

Feel the happiness, feel the success, feel the proud accomplishment of knowing that you can use your own inner power to change your life. Imagine what next goal you'll now go for since you've reached this first one. Plan a celebration for yourself, and imagine how great you will feel when you celebrate your accomplishment.

Just generate that positive emotion for a minute or two, and just bask in it for a few moments.

#### **Step 4: Ask For Help From Your Future Self**

Now, while you are enjoying that feeling, looking back to today from that future moment, ask yourself what single action you can take, today, to bring your goal to you faster.

The future you which has accomplished your goal knows what steps need to be taken. From this vantage point, you can ask yourself what is the next most practical action you can take.

When you get the answer, write it down, and take that action at some point during the day. Taking action, no matter how small, is the fastest and surest way of convincing your subconscious mind that you are serious, and will do wonders for the quick manifestation of your goals.

#### **Step 5: Choose the Same Thing Every Day**

Do this daily, until you are done. Work on only one goal at a time, and don't change goals unless you decide you no longer want the one you started working on. If you no longer want the goal, choose a new one and start again. But if you do want your original, don't stop until you have it.

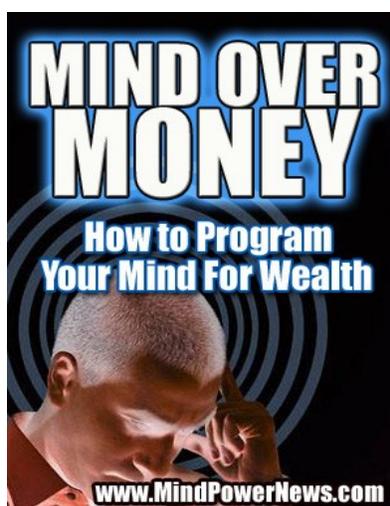
**WARNING: LACK OF PERSISTENCE IS THE NUMBER ONE REASON WHY PEOPLE DO NOT REACH THEIR GOALS.**

If you give up before you reach your goal, you obviously don't want it very much, do you?

Pick a goal that you cannot live without, and start again...

This technique only takes about 5 or 10 minutes with your morning coffee and works flawlessly. If you do it.

*Ilya Alexi is the author of Mind Over Money: How to Program Your Mind for Wealth. This simple 30-day training manual will teach you the little-known secrets of thinking rich in order to finally created financial freedom in your life and avoid the critical mistakes that keep most people trapped in a cycle of money problems.*



# Being Enlightened Gets You Everything In Life

By Enoch Tan, Creator of [Secrets of Mind and Reality](#)

Enlightenment is about seeing through the illusions of life and knowing what reality really is. When you are enlightened, you can have everything you want. Because you'll know the truth about what everything is, and what does it really mean to have something.

It is an irony of the world that the people who seek material things and desire to have them before thinking about enlightenment, tend to attain neither, but those that acquire enlightenment first are the ones who do. The desireless attain all their desires.

Being desireless is not about having no desire, but it is about having no attachment to desire. Attachment is the cause of all suffering. Suffering is burning emotional energy on the uncontrollable. The more you suffer, the more suffering you attract.

Letting go of all attachments is the way to end all suffering.

When you are attached, you are in a state of wanting or lacking. When you are detached, you are in a state of being desireless. Enlightenment is about knowing why detachment gets you your desire.

Physical reality is an illusion created by consciousness to rediscover itself. It is an illusion that you do not have what you already want, because you already have all that you desire in spiritual reality. Physical reality is a place for you to manifest anything that you are resonating with from spiritual reality. When you are attached, you are resonating with the spiritual untruth that you do not have your desire.

When you are detached, you are resonating with the spiritual truth that you already have your desire. You free yourself by being emotionally detached from choices. Many people fail to get what they want because they do not free themselves to have it.

You trap yourself when you are attached to choices. You think that it has to work a particular way rather than allowing yourself to go another way. Detachment from choices is what gives you true freedom of choice. You are able to choose again in every moment and are free to make a different choice if you will.

## **Detachment from choice is secret of flexibility.**

Stock market trading success comes to those who trade in an enlightened way. The masses are emotionally attached to choices and that is why they lose money when they hold on to failing stocks instead of selling them. They also fail to sell when the stock has reached a substantial level of growth because they are attached to seeing it grow forever.

The elite traders are not attached to choices but they buy and sell freely in a way that makes them more money than losing it. To be unattached is to be free.

Having the relationships you want also comes from being enlightened. What a woman really wants is an enlightened man. He is a man who realizes his true being as a free spirit. He is free to express himself to her and he is free from being affected by her.

Being detached is the attractive quality that makes a man uncontrollable by a lady. Being undefined by external factors is what makes him self assured. He is capable of loving fearlessly and loving without attachment. Enlightened loving is loving like a god.

Those who are enlightened get what they want by benefiting from movement and changes, whether positive or negative. It no longer matters to them whether the stock goes up or down. They have strategies to make money either way. It no longer matters to them whether which person likes or don't like them, or when their partner is happy or unhappy with them. They simply allow themselves to enjoy all the happiness and positive energy they experience from whoever, whenever and however it comes.

Enlightened manifestation of your desires is about getting the essence of what you want and not being attached to the form or channel. Those who are attached to form or channel will suffer more and more, and have less and less self esteem. Whereas those who are not attached will be able to enjoy more and more of the things they like in life, and have more and more self esteem.

Those who have more self esteem are more capable of having the success and relationships they want compared to the others.

Freedom from attachment is also the reason why the rich get richer and the happy get happier, while the poor get poorer and the unhappy get unhappier. Having comes from being. When you are being detached, you are resonating with having. When you are being

attached, you are resonating with not having.

That is why it has always been said that you will finally be able to have what you want when you no longer want it. It does not mean you do not want it, but you are no longer in a state of wanting it.

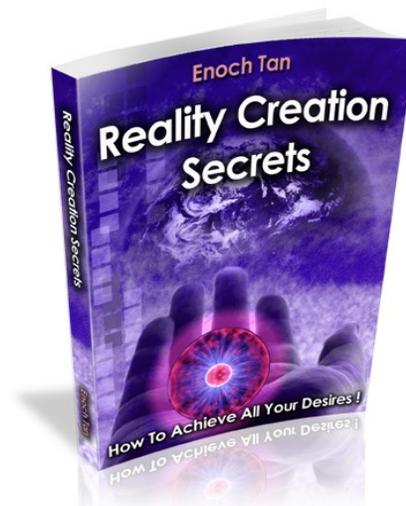
All that we want is peace and bliss. We think that when we have all the material things we want, we will have peace and bliss. But that is because we don't really know what peace and bliss are. It is peace and bliss that bring us everything else in life.

Peace is total transcendence. Bliss is an untouchable happiness. When we transcend all illusions of the material world, we are in a state of peace where we can manifest anything we want. When we have no attachments, we have a happiness that cannot go.

Enlightenment is the key to everything. The unenlightened may ask what enlightenment has got to do with making the money or getting the girl that you want. The answer is everything. When you are enlightened, you realize that it is not about getting this or that, but it is all about knowing what reality is, and who you really are. Then from that space of knowingness and beingness, you are free to create whatever you wish.

You're free to play with illusions without being trapped by any, as it is all just a game.

***Enoch Tan is the creator of Secrets of Mind Reality. "Discover The Greatest Secrets Of The Mind And Reality That Will Get You Anything You Desire, Almost Like Magic!"***



# Two Magic Words

By Jason Mangrum, Co-author of [Uberman! Almost Super Human](#)

Spiritual masters say that enlightenment can happen in an instant or like the blooming of a lotus flower. The same can be said of realizations, and learning.

As you read a book on any subject you will have moments that you stop reading just long enough to say "Ah ha!" or "Wow, that's how that works" or "that's why that happens!"

When you first look at a new math equation and it makes no sense, then later after you learn the process, you can look at the same equation again and you not only understand it you can solve it.

The point I am trying to make is this: There is a point where something is gained from any knowledge. First you are ignorant, and then you inquire, next you realize, now you have the power of that knowledge and can apply it to your world.

People will sell you courses and charge you thousands of dollars to beat around the bush and flush out the truth I am about to tell you.

I have used this method that consists of only 2 words to create anything I want usually within 24 hours if not instantly.

I have told these words to very few close friends, accompanied with the warning "Be careful what you wish for..."

There is only one guideline when using these key words and I will get to that immediately after I tell you what these words are.

All you have to do is know what you want to make this work.

## **I Command!**

Then put it in this sentence: I Command - (Then just state whatever you want).

I know it sounds too simple. Your disbelief in this might actually aid in its power.

You remain detached from the outcome because it just sounds too easy "This couldn't possibly work, I've tried everything" - your mind will say.

Good. What can it hurt to seriously give this a try?

"I Command" all day, everyday and I have come to realize the power I have over the outcome of my life. So have those I have told these words to through their own experiences with it.

Of course your mind may just dismiss the acquisition of your desires as coincidental. But does it really matter? After all you got what you wanted and never worried about how. If you honestly begin to use this take into consideration that this command once made is not concerned about the how it will happen. The power will just take the shortest possible path to accomplishment.

All things great and small are possible when you use the words "I Command", but whatever they are be prepared. Of course you can always change what you want if you realize it's not what you thought it would be. It is never too late in this world and nothing is final.

The only thing constant in this world is change. You can either be conscious of your creating or dragged along oblivious to it.

### **There is only one rule.**

One limitation and this is important if you truly want to apply this knowledge. "You cannot command something for or concerning someone else."

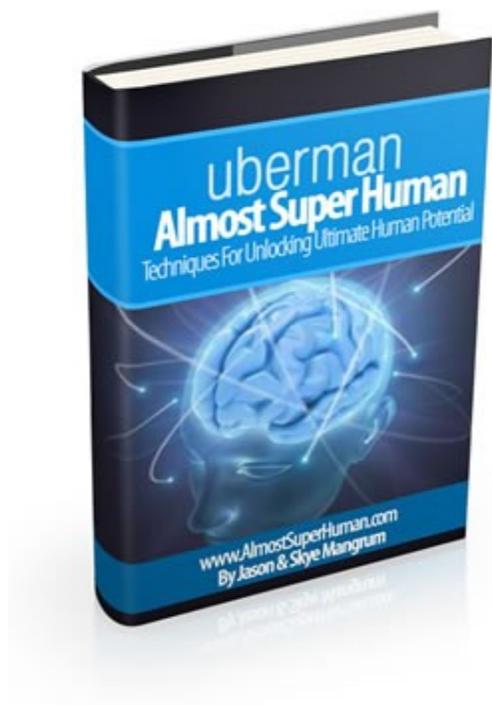
Such as: "I command so-and-so to fall in love with me" instead use- "I command my true love to make himself known to me"

That's it. These words are yet to fail and you can command anything within the realm of your imagination - nothing is impossible. All you have to do is command, and then look for the command to be fulfilled.

Now with everything I have noticed there is an evolution that happens after the "I Command" has proven itself to you. More and more all you have to do is clearly know what

you want. Soon the verbal commands aren't even necessary. I hope you have read something here that helps you. If you apply it be prepared to get what you want. Just be ready for the change.

**Jason & Skye Mangrum are authors of the new book "Uberman: Almost Super Human". Learn powerful techniques for unlocking your ultimate human potential for more wealth, better health, peace, freedom and so much more! Get 2 free chapters here...**



# How to Transcend the Roller Coaster of Life

By Jafree Ozwald and Margot Zaher, from [Super Manifestor](#)

*“The illiterate of the 21st century will not be those who can not read or write, but those who cannot learn, unlearn and relearn.” --Alvin Toffler*

You are an eternal being who has come here to experience the ride of your life! You’ve signed up to attend this roller coaster ride called life so that you could learn some amazing things and grow immensely. Being the infinite soul that you truly are, you cannot die, so there is nothing really here to fear.

To resist any experience you are given is just saying “NO” to this divine growth and forgetting you are an infinite being. Saying NO to any experience is simply a misunderstanding of the infinite Self, and you end up defining yourself as small, helpless and finite.

This is not the reason WHY you are here. You are here to say YES to each experience that arises, no matter what is given.

Saying YES to every experience may sound even more tortuous, yet when you are willing to explore all the feelings and thoughts you have each moment of the day, you reap the massive benefits from the highs and lows of your roller coaster ride. For each high and low contains a powerful gift for you, and this great gift is found when you are thrown back inside to find your infinite self and experience who you truly are.

And who exactly is that?

You are an eternal being that cannot be threatened, attacked or damaged. You are not this smaller ego self who has many opinions, needs, desires and struggles with mini-sufferings throughout your day.

This Bigger YOU is the one who sees and welcomes the greater life lessons found in each experience. Discovering this Infinite Self is the only thing that can truly welcome your entire life as one great beloved roller coaster ride.

*“The soul is the innermost being of man himself. The soul is contacted when one learns “to be still.” If one will use his power of thought to become tranquil, he will begin to be instructed by God.” --Anna Lee Skarin*

When you accept this roller coaster that you're on today, an overflowing abundance of peace, love and prosperity consciousness will eventually find you. You want to say YES to the highs and lows of life because you don't want life to be flat, stagnant with the same repetition of experiences. That would only bore you and become a redundant life with no deep growth and truly unworthy of living.

Just remember that you are an eternal being, a soul, who cannot die! There is nothing to risk! You have come here to experience all the experiences you can on Earth. Knowing this, whatever your mind is worried about, stuck thinking about, investigating, and pondering over and over is simply not worth getting caught up in.

This eternity inside you is much bigger and better than any thought or experience you will ever have.

Whatever we attain in this physical world will come and go in time, yet nothing can measure up to the immensity of this divine energy found within you now. Discovering this infinite source inside you is the ultimate freedom, and it is available for you to experience right now!

There is no need to look outside your body for it. Just stop whatever you're doing and look inside. Look beneath your socialized conditioning and the mental chatter that the mind gets wrapped up in.

Don't resist anything, welcome it all! In this you will unravel yourself and get to know that ever-flowing current of peace which is beneath your drama, tears and fears. Only if you truly stop and dive into your core will you find it. It has always been here now... always. This is the "goodness" that we are, and total freedom is your natural response to it.

"You are not inferior Beings in need of enlightenment. You are not insignificant particles in a vast, unending Universe. You are not misguided or forgotten children trying to find your way home...

*You are powerful Leading-Edge creators riding the most significant wave of expansion that has ever occurred. And it is our desire that you return to you conscious awareness of this so that your time in this physical body can be one of deliberate, conscious joy!" --Abraham-Hicks*

The greatest news of all is that you don't have to do a thing to find peace on this wild magical ride. You can simply relax into who you are right now. The roller coaster of life will still take you up and down, yet being relaxed, you will remain calm, joyful and centered.

When you are centered you naturally release any addictions to unsatisfying repetitive negative thoughts and behaviors.

To find peace, simply stop striving to get somewhere better than here, now. Stop trying to become someone super special. You already are that which you seek. You can just relax into this experience and let life guide you home. When you relax into yourself, the abundance of love that you are naturally flows out into the world.

We invite you to spend a few minutes today to meditate on welcoming the roller coaster ride of life. This will support your mind in remembering the truth of who you are, and allow it to rest deeper inside. Even just 5 minutes will help you calm the crazy wild horses of the mind so that you truly enjoy this ridiculously wild ride.

When you do relax and trust the process, you'll manifest higher highs and more enjoyable lows.

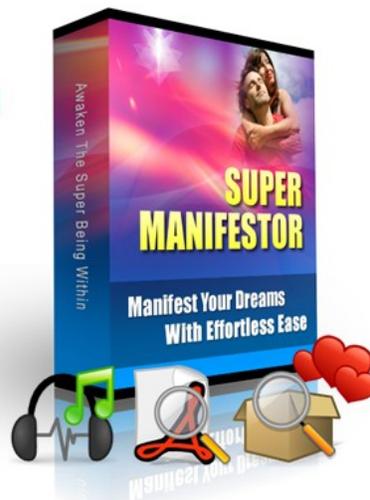
Since life can only mirror back to you what is happening inside you, as you shift your focus onto the divine eternal being you truly are that is what you will find in everyone you meet.

The power of meditating is something that you'll hear us talk about a lot. It is quite simple, and only requires you to become calm and centered, with a quiet mind, open heart and relaxed being. If you have challenges with achieving this state, we'll be letting you know soon about some powerful technology we've developed to help you get there. But in the meantime, just breathe, focus, relax... and enjoy!

**[Jafree and Margot are from the Super Manifesting Program. Learn the World's Greatest Secrets to Manifesting Anything Your Heart Desires here...](#)**

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# The Greatest Obstacle to Happiness

By Dr. Robert Anthony, Creator of [The Secret of Deliberate Creation](#)

Think of your present moment as your Point of Power, because it is the only point where you can exercise your full power. For most of us the present moment exists only as mental concept. If there is such a place where all the creative forces of the universe come together, how do we know it is the present moment? What evidence is there that this is true?

Consider this; all your hopes for the future and even your memories of the past can happen only in the present moment. The present moment is that one point where everything comes together.

We have been taught that those moments are separate from each other, but in truth, they all take place in the now. No matter what happens in life, it is always now, then now, then now - always in the present moment.

Nothing exist outside of the NOW. Nothing ever happened in the past. - It happened in the Now. Nothing will ever happen in the future - It will happen in the Now. When you think of the past it is stored in the mind as a former now. And, when you think about the past, when do you do it? - You do it now! When the futures comes - it comes in the now. And, when you think about the future, when do you do it? - You do it now!

The past and the future have no realities of their own. Their realities are "borrowed" from the now.

All unhappiness is caused by denial of the present. We think problems are caused by our situations in life, but attachment to the past and future and denial of the now is the real problem. Ultimately then, there is only one problem in life - not living in the now.

You cannot be unhappy and fully present now. It is impossible to have a problem when your attention is in the now. When you live in the now, a situation is either dealt with or accepted now. A problem means you are dwelling on a situation mentally without having a true intention or possibility of taking action now.

## Answers Come In The Now

Perhaps you are seeking answers to your questions or problems. Notice that sometimes you receive your answer, but most of the time you don't. Why? Because you are not in the

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