

MEGALIVING! 30 DAYS TO A PERFECT LIFE

The Ultimate Action Plan
for Total Mastery of Your Mind, Body & Character

By Robin S. Sharma, LL.B., LL.M.

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HAUNSLA

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MegaLiving! 30 Days to a Perfect Life
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The author has made every effort to provide an authoritative study on this subject but is not providing any form of professional advice. It is highly recommended that the reader seek the assistance of a trained medical professional where there are any concerns as to a new program aimed at physical improvement and excellence.

Dedicated to my wonderful wife Alka for her affection, to my brother Sanjay and his wife Susan for their inspiration and to my parents, Shiv and Shashi Sharma for showing me the way to MegaLiving!

For my son Colby.

Someone has well said, “Success is a journey, not a destination.” Happiness is to be found along the way, not at the end of the road, for then the journey is over and it is too late. Today, this hour, this minute is the day, the hour, the minute for each of us to sense the fact that life is good, with all its trials and troubles and perhaps more interesting because of them.

Robert R. Updegraff

MegaLiving! 30 Days to a Perfect Life

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Preface

This Revolutionary Book Will Change Your Life!

WE ALL have the potential for a Perfect Life. We all have the potential to achieve great things and live a life filled with joy, accomplishment and pure bliss. In some of us, this potential is slumbering deep inside, waiting only to be tapped and tested. The most noble of pursuits is to ignite this fire for personal mastery and life excellence. This book is the only tool you will ever need to do this.

There is a story of a weary traveller who met a wise sage on a mountain path high in the Himalayas. The traveller asked the old man where he could find the path which would lead him to the top of the mountain, his ultimate destination. The sage thought for a moment and then replied: “simply make certain that every single step is in the direction of the mountain top and you will get there.”

When your every thought and your every action is directed to your ultimate life goals, you become unstoppable and assured of great success and happiness. When you cultivate your mind, body and character, your life takes on powerful dimensions that you never thought possible. This book will provide you with all that you need to put far more living into your life.

Part I of MegaLiving! contains the leading principles of personal mastery and successful living. Part II will reveal to you the 200 Master Secrets for making your life a magical dream while Part III contains the revolutionary 30 Day Program to a Perfect Life. This book will do wonders for you. Read it, apply it and share it. A Perfect Life is yours for the taking.

Robin S. Sharma, LL.B., LL.M.

MegaLiving! Achieving Mastery of the Mind, Body & Character

*Some men see things as they are and say “why”;
I dream of things that never were and say “why not.”*

George Bernard Shaw

THE ULTIMATE CHALLENGE

There are people who make things happen. There are people who watch things happen. And there are people who say, “what happened?” The **MegaLiving!** program will quickly make things happen in every aspect of your life. You will learn the finest strategies and techniques available to profoundly improve your mind, body and character. This book will show you, in a very exciting and practical way, how to put far more living into your life. There is no doubt that you have within you incredible powers to achieve anything you have ever dreamed about. Whether it is mental, physical, emotional or financial mastery that you are seeking, this book will show you precisely how to get there. MegaLiving!, which contains the revolutionary results of over ten years of research into the secrets of successful living offers you a highly effective collection of powerful, yet easy to use tools that you can use today to live with greater satisfaction, peace of mind and vitality.

This book contains the master keys to dynamic living. You have the potential for a perfect life, this is certain. And if you commit yourself totally to this program for 30 days, you will receive the following benefits:

- i) a deep sense of well-being and happiness
- ii) strategies to erase the worry habit and have far more confidence
- iii) richer relationships that really last
- iv) little-known skills for self-mastery and peak performance
- v) an understanding of the powerful Eastern secrets of longevity
- vi) boundless energy, enthusiasm and glowing health
- vii) greater serenity, tranquility and a radiant personality
- viii) tools to achieve lasting prosperity and financial independence
- ix) proven techniques to take control of your destiny.

Today is the first day of your perfect life, a life that is yours to shape into something truly wonderful and lasting. The past does not determine your future and a change towards personal excellence can happen in the blink of an eye if you will make a firm commitment to raising your life to its highest level. This program is for winners - people who know that their lives are more than their current circumstances, no matter how successful they might be at this moment. The fact that you have invested in this program sets you apart from the vast majority of people and demonstrates that you are determined to be a peak performer and condition your mind, body and character for lifelong excellence. Accept the challenge to tap into the richness of your personal potential and dare to be great!

The First Step

Now shut your eyes, take five deep breaths and picture this scene taking place many years into the future: you are in an elegant dining hall, surrounded by those closest to you (who are dressed formally and beautifully). The candles shimmer on every table and the importance of the evening wafts through the air like the aromas from the kitchen. This is your testimonial dinner, an opportunity for the people who know you best to speak about you as a person, your achievements and your contributions to those you love and to society in general. Reflect on what you would like them to say. At this dinner, in the twilight of your life, do you really want to hear that you have lived in an uninspired fashion, without passion and without concrete accomplishment? How would you feel on hearing that you did not even come close to meeting your mental, physical, financial and spiritual potential? How would you feel on hearing that your dreams,

however lofty, went unfulfilled and that you never did supercharge your life because you were always too busy trying to pay the bills and so very tired at the end of your day?

With MegaLiving! you are getting a second chance to powerfully change what you will hear at your testimonial dinner. This book is your most important wake-up call! If you follow the program daily, think about it seriously and apply the concepts regularly, making a decision from the core of your heart to live your life in a magical and special way, you will hear very sweet sounds at your testimonial dinner. The guests will happily testify to your exceptional personal effectiveness, your dynamic personality and compassion for others, your unique zest for life and your outstanding accomplishments. Becoming the very best you can be is life's most noble pursuit. Self-mastery is the DNA of life mastery. If you want to lead a corporation, learn to lead yourself first. If you want to manage a team or a family, learn to manage yourself first. Success on the outside begins with success on the inside and if you truly want to profoundly improve the quality of your outer world, you must first improve your inner world. There is nothing more noble than learning to explore the unlimited potential of your mind and becoming the very best that you can be. This is the ultimate challenge of the MegaLiving! mastery program. Accept it with great energy and welcome yourself to the new reality of a Perfect Life.

THE POWER OF LIMITLESS LIVING

Deep within man dwell those slumbering powers; powers that would astonish him, that he never dreamed of possessing; forces that would revolutionize his life if aroused and put into action.

Orison Sweet Marden

One of the most essential truths to recognize is the fact that the only limits on what we can achieve in life are those we create and place on ourselves. Circumstances are the creation of people and not the other way around. Peak performers, as opposed to the weak performers, have trained themselves to shape the events of their lives rather than being shaped by them. Think of the current limitations in your life, the obstacles preventing you from attaining your dreams and that state of

bliss you so much desire. You have interpreted each one of these circumstances to be a roadblock or negative element in your life when this is not the case.

One of the most fundamental of all strategies for success is also one of the most simple: there is no such thing as a negative circumstance, only a circumstance that you may learn from. There are no mistakes in life, only lessons which will allow you to grow and advance higher on the path of self-mastery. If you set limits on yourself such as “I am too young to be a multi-millionaire,” “I am not smart enough to be a world leader,” “I am too lazy to start my own business” or, “I don’t have enough money to do this,” your spirit will slowly die and you will fulfill your negative prophecy. Stop being a prisoner of your past - become the architect of your future. Every event happens for a special purpose. Every problem is a special challenge from which we can learn and prosper to new heights of achievement. Every moment is perfect in nature, whether you realize it or not. If you recognize this age-old truth, you will accept every experience with gratitude and you will see the opportunity in every event, no matter how challenging it might appear initially. If you don’t understand this principle, you will never realize the wonderful destiny that is yours for the taking.

The mind has immeasurable and vast potential that remains untapped in most people. It has been said that even the best conditioned thinkers use only about 25% of their minds. What happened to the remaining 75%? Indian yogis living high up in the Himalayan mountains have disciplined their minds to the point where they can control their so-called involuntary processes such as their heartbeat, digestion and nervous functioning. These wise sages of the East have been dipping their fingers into the vast pool of mental potential for over 5000 years and have refined mastery of the mind into a science. Through a combination of meditative techniques and breath control these yogis are able to withstand enormous amounts of physical pain and go for extended periods without food or sleep. Such is the power within every one of us. Mothers whose children have fallen under cars have, in the heat of the moment, lifted the vehicle to save their little ones. Seventy-year-old men have run marathons and

climbed mountains. There are simply no limits for a person who accepts no limits.

The human mind and spirit can perform miracles if properly used and conditioned for excellence. And yet most human minds remain uncultivated, unexplored and unchallenged. On an average day, the average person thinks about 60,000 thoughts. Even more startling is the fact that 95% of those thoughts are the same as the ones you thought the day before. Limited thinking patterns must be exploded and you must exert your tremendous mind strength to develop the habit of Limitless Thinking. Throw off the shackles of your old thinking patterns. All successful people have come to realize that your thoughts form your world and you truly cannot afford the luxury of even one negative thought. The first step to a life full of wonders is to see that your outside world begins with your inside world and every single thought must be one that will take you farther along the path of a perfect life. Your thoughts can create magic and every thing you have ever wanted. Today's thoughts build tomorrow's dreams.

Mahatma Ghandi, a frail, weak man roused hundreds of millions of his countrymen and brought down an empire with passive resistance. And yet he started out as a very average lawyer with a small law practice in South Africa. It was the pain of injustice which sparked his determination to improve his world and like all high achievers, Ghandi started to work on himself first. He started building his mental toughness and creating enormous discipline in his life. At an early stage, he realized a cardinal rule for life mastery: success on the outside begins within. Armed with the self-knowledge that his cause was just, this little man in the white loincloth led his country to independence.

Arnold Schwarzenegger was a young man when he entered the gym for the first time. He had skinny legs, a shrunken chest and small shoulders and came from a background where financial resources were always slim. But Schwarzenegger's inner resources were always abundant. Shortly after his first bodybuilding session he turned to another bodybuilder and promised he would be Mr. Universe in five years. The bodybuilder laughed, but look at Schwarzenegger now. Here is a man who refuses to accept limitations on what he can do and the success that he will meet as he bounds through the rose garden of life.

As Napoleon Hill wrote in his wonderful book, *Think and Grow Rich* : “whatever the mind of man can conceive and believe he can achieve.”

So an immediate challenge for you is to weave your new habit of Limitless Thinking today. The mind is like a muscle, if it is weak it can be conditioned for strength. If you currently worry too much or live in the past, this negative habit can be erased through the exercises you will learn in the 30 day program at the end of this book. At this point, simply remember that you alone are responsible for every thought you think every second of every minute of every day and if you do not like it, you have the power to change it. MegaThinking!, the powerful habit of thinking without limitations as to what you can do, have, feel and enjoy, arrives through gradual and steady conditioning of the mind. Positive thinking is pure habit and is not easy at first if you have allowed weeds to take over the garden of your mind. But the prosperity mindset can be developed as any other habit. Habit is like building a cable: each day the action is taken, the cable becomes stronger until the point is reached where it is unbreakable. This is the point that you must and will reach with this program. As Emerson wrote: “what lies behind us and what lies in front of us pales in comparison to what lies within us.”

Now sit down and identify on a piece of paper those thoughts and thinking patterns that have held you back and limited your life in the past. Awareness of your limitations is the first stage in banishing them from your mind. Effective people are precisely aware of their weaknesses as these are the weakest links in the chain and must be eliminated. What beliefs have kept you from success, happiness, love and self-mastery? What habitual thoughts are keeping you from the peace of mind, rich relationships and ideal health that you deserve? Note them and make a decision to eradicate them from your mind. It will be hard at first and you will wish to give up but with a little persistence they will be erased.

Once you note the limiting thoughts and consciously remove them from your consciousness, it is key that you replace them with an alternative that energizes you, motivates you and fills your dreams with hope and passion. This age-old principle of the East operates from the fact that at any one instant, your mind can only hold one thought. If

the thought on the picture screen of your mind is a disempowering one, quickly replace it with a positive one. With time, the negative thoughts will be few and far between since a great law of nature is that *positive always dominates the negative*.

Picture yourself in your mind's eye as you hope to be, having all you ever dreamed of having. Make a "Dream List" of everything you desire in your lifetime. It might seem silly and wasteful to think such positive and powerful thoughts in your current circumstances but there is phenomenal power in believing in positive mental pictures.

THE PROMISE OF MegaLiving!

Infinite riches are all around you if you will open your mental eyes and behold the treasure house of infinity within you. There is a gold mine within you from which you can extract everything you need to live life gloriously, joyously and abundantly.

Joseph Murphy, Ph.D.,
The Power of Your Subconscious Mind

The MegaLiving! 30 Day Program for Life Mastery is not a fad or quick-fix course that will sustain your interest for a couple of weeks and then take its place in the closet with all the other personal development manuals you have bought in the past. It is a detailed piece of research containing secret gems for life mastery prepared by studying the success strategies of both the East and the West for over a ten year period. You have dynamite in your hands whether you realize it or not.

MegaLiving! is a complete program for the transformation of your mind, body and character starting today. You have a golden opportunity to be a true master of yourself and your existence. You can make your world the bed of roses that you have always dreamed of, the decision is yours alone. If you want this kind of a magical existence, the golden key is to remember that your mind is the sole author of your success. If you master your thoughts, you master your mind. Once you master your mind, you master your life and when you master your life you master your destiny.

Past experiences, failures or trouble spots have nothing to do

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