
Lost Secrets of Manifestation

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The Lost Secrets of Manifestation

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Lesson 1: Ask, It is Given

"Ask, it is given." I know you have heard it a million times. You may think this is only true in stories and movies, and it will never happen to you. But I can tell you that this is a universal truth that works for everyone, including you.

Today I am going to reveal to you the real meaning of this truth, and the step by step process that you can use to live by this principle. Before I tell you the techniques, I would like to discuss with you why this law works perfectly and why this is an absolute truth.

Scientists have been studying the human brain for centuries. They know the anatomy of the brain very well, but they have failed to locate the place in our brain where our thoughts come from. They probably will never succeed, because thoughts come through our brain, but they are not manufactured in our brain. Where do they actually come from? They come from a pure unified mind field, where everything is manifested. Some people call this field the Universal Mind, or Cosmic Mind, some call it God, or source energy. They basically mean the same thing. It is the unified field that is the origin of thoughts, the origin of you and me, and everything in this world. We are all extensions of this field, and we are all one with the field. Think of the ocean and the waves. When we see waves, we see millions of different patterns, and we think they are all different and separate from each other, but in essence, they are all extensions of the ocean. We are extensions of the unified field in the same sense.

Since we and the unified field or God are one, then our thoughts are God's thoughts, our desires are God's desires. Do you think God will fail to fulfill his own desires? Of course not. Then why should we worry about our desires? Whatever we ask, it is given.

Then the logical question is: Why am I still living a life of struggle? Why am I still experiencing anxiety and unhappiness? The answer is simple. **No matter what you are experiencing now, you have invited or asked for at some point in the past.** Any time you have a thought of anxiety and worry, you are asking for more of the same. We are always asking unconsciously, and most of the time, we are asking negatively.

We are living in a negative world. Most people think negatively all the time. We don't need to blame anyone; this is the way life works. Without overcoming these negative forces, we are unable to grow; just as without overcoming the gravitational force, we could not climb up a mountain. Then the question is, how to overcome these negative forces or negative thoughts? **We overcome them by replacing them with positive ones.** It is easier said than done; I know very few people can do it. Over the years, I have learned some very profound and powerful techniques from the world's best masters. These techniques are very easy to apply, but very powerful. I guarantee you, as long as you apply them, you will quickly see benefits within days, sometimes instantly!

Get your intentions clear!

In order to receive, you must first ask, and you must get clear on what to ask. We have 60,000 thoughts every day - which ones are important? And many of the thoughts are in conflict. Imagine you have a thought of going to London, but at the same time you have another thought of going to New York. Then which one should the universe fulfill? In fact there is no way it can fulfill either, there will be no result. So getting clear on what to ask is the first important step.

Technique No.1: Intention writing

The first technique for getting clear on what you want is what I call intention writing. This technique is from Brian Tracy, but I have modified it a little bit so that it works better for me. Here is what you do with this technique. Every morning when you wake up and every night before you retire, write down all the things you want in the form of intentions. And here is what it should look like.

"I intend tonow. I accept this or something better"

If you want to have a new BMW car, you should state

"I intend to manifest a new BMW car now. I accept this or something better."

I don't recommend that you change the wording, because I

believe this format is very powerful.

After writing down all your intentions, write these words "***please make these or something better happen in the ways that are for the highest good of me and of all concerned. Thank you, thank you, thank you.***"

Do it exactly like I say, don't change the words and the format. I don't have enough space here to explain why these words are so important, but trust me, you will see your results when you use it.

Technique No.2: Make a deal with your inner CEO

This is a technique I learned from [Bob Scheinfeld](#). Prepare a small box, and put it in a private place where only you can access it. Write your top desires on pieces of paper, and put them into the box. You have to make a deal with your higher self (or God, Bob calls it your inner CEO). The deal is, whatever you put into this box is important for you.

By using the first two techniques, you will be able to post your request to the unified field successfully.

Get connected to the unified field

Technique No.3: 15 minutes short meditation

Meditate for 15 minutes in the morning and 15 minutes in the evening. Simply focus on your breathing, and when you find your mind wandering, bring it back to your breath. This technique will help you reconnect with the unified field, and restore your energy. The unified field works best for you when you feel the connection. This simple technique will make a huge difference in your life. Trust me on this.

The next two techniques will help you clear all your negative blocks, and work harmoniously with the field; therefore speeding up the process of manifesting your desires.

Technique No.4: 17 seconds of flip switch

This is my favorite technique, I learned it from the legendary [Dr Robert Anthony](#). It dramatically changed the quality of my life,

and will change yours as well. Most self improvement programs fail, because they don't work in the moment. When we have a negative feeling, we must correct it in the moment, don't allow it to accumulate. This is exactly what flip switch does. From time to time during the day, take at least 17 seconds to think about good feelings. Think of the people or things that you feel good about, and feel grateful for. Think of anything that makes you feel good, and focus on that for 17 seconds. You can do this when you are feeling bad, so that you can feel good; you can also do it when you feel good, so that you will feel even better. I suggest you make a list of things that you feel grateful for, or things you enjoy doing. Look at that list several times during the day, and focus on it for just 17 seconds. You will see dramatic changes in your life.

Technique No.5: 3 minutes Power Pause

This is [John Harricharan](#)'s famous 3 minute power pause technique. It works like a charm. Before you do this exercise, make a deal with yourself that no matter what problem you have right now, you will leave it alone and take only 3 minutes to think about whatever you want to think. In this 3 minutes, you can think of anything. The exercise consists of 3 steps: ***step one: disconnect from your problems.*** Once you have made the deal with yourself, this step is done. ***The second step is to think of how you would feel if your desires had already come true,*** really experience it in your mind. ***The third step is to say thank you,*** and feel grateful. These are all done within 3 minutes.

Simple? Then do it.

Trust the Process

You will find there are times when you worry about whether your desires will be fulfilled. When this happens, you must remind yourself of the truth.

Here are things I tell myself to remind me of the truth.

"The life in me is inseparably connected with all life that exists and is entirely devoted to my personal advancement"

The second script I use is from [Dr Robert Anthony's "Rapid manifestation"](#) program

Here it goes: ***That which I seek is seeking me. I let go of how it will come to me and I focus on my heart's desire. My higher self within me knows how to make it happen, so I just relax and let go. Everything that is necessary for the fulfillment of my desires is lovingly and harmoniously drawn to me. I accept this or something better. I am ready, receptive and grateful, and so it is.***

Apply these techniques, and I guarantee you will see wonderful results within days.

Lesson 2: The Ultimate Secrets of Truly Effective Affirmation Techniques

Affirmation has been used by successful people for centuries. It has helped many ordinary people achieve extraordinary results in their lives. It has turned many failures into successes. It has made many miracles happen in the history of human evolution. However, the majority of people who use affirmation find that it doesn't work. Why is this the case? What are the elements that people have missed when they use affirmation techniques? I constantly ask myself these questions, and seek for the answers. The result is, no one book gives the complete answer. Some tips given in one book work for a specific situation, but not for others. Other books give other tips that work for other situations, but not for this. I have tested and filtered out the ineffective ones, and left only what I call the ultimate effective technique secrets.

The purpose of affirmation:

Before I give you the effective techniques, I must make you understand the true purpose of affirmation. Simply stated, the purpose of affirmation is to pass a command from the conscious mind to the subconscious mind. The subconscious mind has the ability, in anything it accepts as true, to do whatever it takes to turn it into reality. The purpose of an affirmation is to pass a message to the subconscious mind, and to make it believe the message is true. So this brings us to the first element of an effective affirmation.

1. The affirmation must be believable to the subconscious mind

Most of the affirmations people use, fail at this first stage. They tend to give an unrealistic message to the subconscious mind, hoping for a positive response. If you are financially broke, and you say to yourself "I earn \$100,000 per year", is this believable to your mind? If your body is totally out of shape, and you say to yourself "I am very attractive", is this believable to your mind? I doubt it.

What if you are currently broke, and you want to make \$100,000 per year? What if you are out of shape, and you want to make yourself attractive? I find the best and easiest way is to use the word "I choose" in your affirmation.

Instead of saying "I earn \$100,000 per year."

Say "I choose to earn \$100,000 per year"

Instead of saying "I am very attractive"

Say "I choose to feel that people find me attractive"

Do you feel the difference?

2. The subconscious mind seeks for proof

There is a misconception that the affirmation must be repeated thousands of times before it can be installed in the subconscious mind. This is not necessarily true. You can use the repetition method to embed your affirmation, but there is an easier way. It is, at the time you find the proof, state your affirmation. Many people stay in poverty because they associate pain with money. Whenever they spend their money, they think of their bills, loans etc. This will automatically lead to ultimate pain. It is the feeling you attach to money that makes you rich or poor.

How can we turn this to our advantage? Instead of feeling pain when spending money, what if we associate pleasure with it? Next time when you go out shopping, at the moment you take out your money or credit card, say this affirmation to yourself "I always have more than enough to spend."

See how you feel. This works because the subconscious mind sees the proof. As long as you have some money left in your pocket, this affirmation is always true, so the subconscious mind will believe it.

How about if we combine the first and second methods together and make an affirmation like this: "I choose to feel that I always have more than enough to spend." Say this at the time you spend your money. See how you feel. You don't have to repeat it thousands of times, a few times of real life proof will make your subconscious mind believe it.

3. The affirmation must trigger feelings

A fact about the subconscious mind is that it does not speak in words, you can only communicate with it through feelings, and emotions. There are two methods that you can use to trigger your feelings. The first method is to use words that involve feelings. Words like “fun, enjoyable, comfortable, delightful” will work effectively. The second method is to use imagination. Visualize that the situation stated in your affirmation has already come true. See yourself in that situation and feel the feelings. (I will give more details for effective visualization in my future articles; stay tuned!)

4. The affirmation must obey the 3 Ps factor.

The 3 Ps are Positive, Present Tense, and Personal.

Affirmations must be stated positively. Instead of saying “I am not fat”, say “I choose to stay slim”. The reason for this is that before the mind knows the meaning of, “I am not fat”, it must think of what fat means first. So saying that statement will inevitably lead to the feeling of being fat.

Affirmations must be in the present tense. Many books mention this. However, I only agree to some extent. If you say “I have a luxury car”, your mind will not believe you. The reason I include this here is that once it is combined with the first technique, it will work perfectly. Now say “I choose to have a luxury car”. Your mind will do its best to bring it into reality.

Affirmations must be personal. Your subconscious mind only works for you, not for others. If you say “Ann loves me”, it will not be effective, because you have no control over Ann. Now say “I choose to feel that Ann really loves me”. This time you are in control, because you can control your own feelings.

5. Personal development affirmations should be stated in the comparative

“I am confident” may not be as effective as “I am becoming more and more confident”.

An even better affirmation might be “I choose to feel more and more confident”.

The reason for using the comparative, is because there is no end to how much more confident you can become. Otherwise, your mind may think you are already confident enough, and it will not need to do any more work.

These 5 techniques are the most effective ones that I have found from my research on affirmations. If you can use all the 5 techniques, I guarantee your results will be amazing. Even if you only use one or two of the techniques stated here, you will find your affirmations will become far more effective.

Lesson 3: The Easiest Way to Achieve Happiness

People always think that what they want is money, relationships, and material possessions, but what they truly want is happiness. Wealth, health and relationships are just the rewards of being happy. **Happiness is a state of vibration that is in harmony with the universe.** As you already know, the same frequency vibrations tend to attract each other, so the vibration of happiness is going to attract more wealth, better relationships and better health, since these things are going to add more happiness to your life, and they are in the same vibration. **If you go after money, you may not get it, but if you go after happiness, money will flow to you.** The same applies to relationships and health.

I believe the ultimate goal in life is to achieve a state of well being, or we can simply say happiness.

Is there an easier way to achieve happiness? The answer is Yes! and I am now going to show you how.

I have learned one phrase from Dr Wayne Dyer, that I will never forget. The phrase is **"How may I serve?"**. Dr Dyer said that before his seminars, he always meditates, and repeats the phrase as a mantra "How may I serve... How may I serve?". He never brings any notes with him, and when he speaks, the words just keep flowing to him. He knows exactly what to say, and what to teach. Dr Wayne Dyer is one of my favourite role models. He has achieved great success in almost every area of his life. I believe the one single most important element in Dr Wayne Dyer's success is this mantra **"How may I serve?"**

Ask yourself now **"How may I serve?"**. **This is the key to ultimate happiness and fulfillment in life.** I would like to share some of my own experience.

The most enjoyable thing in my life at this stage is writing articles that can make a difference to the quality of people's lives. Whenever I finish writing an article, I feel positive energy throughout my body. I sometime get puzzled myself! Where does this information come from? How do I write so many articles, having thousands of people read my articles every week? I have

finally realized the **secret is within this phrase "How may I serve?"**.

Every time I write an article for my newsletter, I sit in front of my computer, and ask myself "How may I serve? How may I serve?". Strangely, the ideas come, and I put my fingers on the keyboard, and words just start flowing.

I didn't understand how this process works, until one day I realized that the information does not come from me, it comes from God (or the Higher Intelligence), I am only a channel for the information to flow. **I am a channel that God has created to serve the world.** Because that is what I am here for, when I am serving, I feel positive energy, and I feel happy.

I have learned that my life purpose is to serve, and I think this is applicable to everyone. This is what God wants me to learn, this is also what God wants you to learn. You will only feel truly fulfilled once you realize this truth. **"Your life purpose is to serve"**. I am sure you have heard that **"If you seek happiness for yourself, it will always elude you, if you seek happiness for others, you will find it for yourself."** I know this is why every time I finish an article, I feel so happy, because I know that my article is going to benefit thousands of people, and it is going to change the world to some small extent. Maybe 90% of people will not take any action after they read my articles, this is the nature of human beings, but I know as long as they read them, their awareness will be expanded, and they will see a difference in the long run. For that less than 10% of people who do take action, I know my words are going to change their lives for the better. What a great thing I am doing! I am proud of it. I feel very happy about it.

So starting from today, find ways to help other people. Find some way to serve. You will get addicted to it, because **it is so enjoyable helping others**. Your help is going to change people's lives.

I often receive emails from my subscribers asking me for help. Can you imagine how happy I am after I've answered their questions? I know that this person's life is going to change for the better just because of my words. How wonderful that is!

Here is a secret I want you to know...

The person who benefits the most is not the one you give service to, but yourself. You may find it sounds strange, but this is true, and it is governed by the universal law of cause and effect. **Anything you cause others to experience will come back to you, and multiplied.** If you cause others to experience love, you will find more love in your life; if you cause others to have wealth, you will have more in your own life; if you cause others to succeed, you are guaranteed to succeed. **This is the law of the universe, and it never fails.**

So, whatever you want to experience in your life, cause others to experience it first. This is the most powerful way to attain your own desires, and the easiest way to achieve happiness.

Lesson 4: An Easy Way To Attain Your Desires

There is a hard way to get what you want, and there is an easy way. Which one do you choose? The answer is obvious, everybody wants the easy way, but most people are not even aware of the existence of the easy way.

Most of us have been told, since the moment we were born, that in order to succeed in life, we have to work hard and struggle. It has been said "no pain, no gain". For most people, life is just a long series of struggles.

If that is what you are feeling, I have good news for you! There is an easy way, which will lead to your ultimate destiny in the most stress free manner.

Listen carefully, because this is going to determine whether your life is fulfilling, happy and stress free, leading to a high quality of life.

Here is the ultimate secret of the universe: ***"Change the way you look at things, and the things you look at will change."***

Pay special attention to these words. Really think about what they mean.

Yes, I hear what you are saying. You have heard it a million times. Everybody knows it. If this is what you are thinking, I must warn you not to take these words lightly. I can tell you 90% of people read these words, and don't understand what they truly mean. You can tell by simply watching their lives. If you are not living a happy, fulfilled life RIGHT NOW, I can tell you, "You are not truly understanding these words". Then let's get down to a deep understanding of this golden rule of success.

As I have discussed in my earlier articles, we are living in a material world, which is made up of molecules, which are made up of atoms, which in turn are made up of subatomic particles. We have also discussed that ***these subatomic particles act at our commands, they come into existence only when we observe them.***

Let's see what scientists say about these amazing building blocks of this world. ***The subatomic particle is a kind of wave packet, which can be in the state of wave and particle simultaneously.*** We describe a particle by its location, and we describe a wave by its momentum. However, the subatomic particle can exist as a particle and a wave at the same time. This sounds very counterintuitive, but it is true. Either the subatomic particle becomes a particle or it becomes a wave, it depends on how you measure it. If you decide to measure it by its location, it instantly becomes a particle, if you decide to measure it by its momentum, it instantly becomes a wave. It all depends on how we measure (or how we observe) it.

Deepak Chopra in his new book, "Spontaneous Fulfillment of Desires", describes a thought experiment by Erwin Schrödinger. Imagine you have a closed box that contains a wave-particle, a cat, a lever, and a bowl of cat food with a loose lid. If the wave-particle becomes a particle, the particle will trip the lid, and the cat will eat. If the wave-particle becomes a wave, the lid will remain on the food. When we open the box (making an observation), we will either see an empty bowl and a happy cat, or a full bowl and a hungry cat. It all depends on how we observe. Before we open the box, the bowl is both empty and full, and the cat is both fed and hungry. Both possibilities exist at the same time. Deepak says ***"It is the observation alone that turns possibility into reality."***

The whole point is that ***the basic building block of the material world acts at our command.*** At the very moment of our observation, it comes into existence. We are the creator of our world. Nothing exists without our observation.

How does that relate to manifesting your desires? Well, it has everything to do with manifesting your desires. Why does our life seem like a struggle? Why don't we get the money we want? Why don't we get the relationship that we have always desired? Why is our life filled with a long list of never ending problems? ***All these are because of our habitual way of observing the world.*** We have been conditioned that what we are seeing is reality, and we continue to live this way and continue to observe the same things happen in our lives. Let me tell you, ***your reality is not reality.*** Only you choose and observe it to be your reality. ***As soon as you realize your own observation is the cause of everything, then you can literally decide to***

create another reality. You can decide to observe another reality into your world, only when you choose to.

How do you do it? First, don't let your outer world delude you, this is not necessarily the reality. Secondly, observe exactly what you want in your mind, observe it with certainty and clarity, and then let it go, knowing that you have already created your desires at the quantum level. You simply let the universe arrange for it to come to you. When the opportunities come, don't forget to take action and express your gratitude. Everything begins with your change of the way you look at your world.

Remember ***"Change the way you look at things, and the things you look at will change."***

Lesson 5: The Power of Appreciation

There is a powerful force within each one of us that you can use to overcome any obstacles, no matter how bad the situation is. Once you know how powerful this force is and how it works, you will never have to worry about anything in your life, no fears, no worries, and no anxieties. Life becomes an easy and fulfilling process. You start to enjoy your life; you start to enjoy every moment of your existence.

Are you getting excited about knowing what this power is?

The powerful force that I am making reference to is "The power of appreciation."

Yes, it is the power of appreciation. If you want to win, and win big in life, you have to know the power of appreciation, and you have to know how it works, and live by it. **This is the secret weapon that you can use to win the battle of life, no matter how bad your current circumstances are.** Don't let its simplicity fool you. Just this one simple idea will completely change your life.

Ok, let me make a clear statement, let it enter your subconscious mind. **"No matter what circumstance you encounter, no matter what situation you are in, you always have the choice of finding something to appreciate in it, and you can immediately change your point of attraction at that moment!"**

Remember, the quality of your life is determined by the quality of this moment. And you have a choice in every moment. You can choose to feel depressed and unhappy, or you can choose to find something to appreciate, and change your point of attraction immediately.

OK, now you ask "How can I find something to appreciate?"

Let's do a simple exercise...

Stop whatever you are doing now, find something right here that you can appreciate. Go ahead, find something.

Have you got it? If you haven't, let me remind you of something. No matter who you are, and where you are, I can assure you that you at least have one thing to appreciate, just because you are

reading this. Have you got it? Yes! You got it... It is the internet! How wonderful it is that we can have access to the internet and find literally any information we want in minutes. Now, stop for a moment, and really feel it. What does that make you feel? Think about how fortunate you are, compared to those people living in third world countries where they don't even have a computer. Hold on to the good feeling for a few seconds, really feel it. If you can keep it for 17 seconds, your life will dramatically change. I guarantee you.

This is just an example to demonstrate how you can find something to appreciate anytime and anywhere. It is actually very simple, it only takes a few seconds here and a few seconds there, and your life will never be the same. You will find yourself full of energy and happiness.

Appreciate the food that you eat, appreciate the air that you breathe, appreciate the sunshine, appreciate the relationship that you are in, appreciate the room that you are sitting in. Appreciate everything.

Well, you may say "The food that I eat is not as good as what the rich eat", "the air that I breathe is not as good as the air in another city", "the relationship that I am in is not as fulfilling as it should be", "the room that I live in is not as big as I want". Maybe all these are true, but it is true only because you have chosen to perceive it this way. And the important thing is you can perceive it in a different way right at this moment. Ok, think about the food you are eating. DO you know there are millions of children in Africa who do not have enough to eat? (BTW, make a donation to those children at <http://feedthechildren.com> . I made a donation of 300 USD a few days ago; this is enough for 3 children to live for 1 year. I just feel great every time I think about this.) Think about the relationship that you are in. Don't you remember that last time your partner gave you a hug when you were facing a major challenge? Don't you remember all the wonderful things that your partner has done for you over the years? Instead of focusing on what he/she did wrong, why not focus on what he/she did right? More importantly, appreciate him/her; appreciate what your partner has done for you.

So you get my point, there are always positive and negative aspects to any circumstances or any people, you can either focus on the negativities and blame what is wrong, or **you can choose**

to appreciate the positive aspect and what is right. This will make a big difference to the quality of your life. I have to repeat, **don't let the simplicity of this idea fool you, practise appreciating here and there, and you will find miracles in your life.**

(Do you know that by donating \$2 to FeedTheChildren foundation, you can feed a child for one whole week, and ALSO you can get a free trial membership to the Success University site, where you can find lots of self improvement and business training programs? Click Here to check it out.)

Lesson 6: The Power of Feeling Good

Today I am going to share a powerful lesson that you can use to immediately achieve any success you want in your life. And I promise you that if you do what I suggest you do, your success is guaranteed.

You will have everything you want in your life and enjoy the total fulfillment that you deserve. Remember this... there is no limit to what you can have, be and do. Every thing you can imagine, you can achieve. And you are going to find out how to do it now... Feeling excited? Let's play a "what if" game. What if you could ask 100 of the most successful people in the world whether there was a single magic secret to success? What if they told you there was? What if they all gave you the same answer? Are you willing to do what they suggest you do?

Well I don't know what they will tell you, but I do know, from years of studying the most successful people, that there is one single most important factor that contributes to more of their success than any other factors combined, and anyone can use it to achieve his success no matter who he is, or what his current conditions are.

You must be eager to know what this secret is. Let me tell you now.

Listen Up!

The single most important factor for successful people is simply feeling good.

If success is really that simple, then why are so many people struggling?

That is a good question. We have been taught that in order to achieve something, we have to suffer first. It has been said, no pain no gain. But I tell you this ...That is ABSOLUTELY false.

Look at the life of a highly successful person. Is he suffering, is he struggling? If he is, then I can assure you that he is not successful in the area that he is struggling against. He may look successful in a certain area, but very unsuccessful in others. Have you ever

seen a multimillionaire who is suffering from bad health? Why does that happen? He has all the money he needs to hire the best doctors in the world, why is he still suffering from ill health?

Here is what's really happening...

He is highly successful financially, because he feels really good about himself in the financial area; he is unsuccessful physically, because he feels bad about his health.

The point I want to make is this. If you notice someone who is extremely successful in one area, then you will be certain to notice he feels great about himself in that area. He has been conditioned to feel good in that area, just like most people have been conditioned to struggle in some areas of life.

If you are still not convinced, perhaps you can think of it this way. How do you define success? It is certainly not just about setting a goal and achieving it. That is important, but it's only part of the story. Success in my definition and in most successful people's definition is about enjoying a state of well-being in every moment of our existence. It all comes down to a state of feeling good. You may not agree with me, you may consider success as having a million dollars in your bank account; you may consider success as being famous as a public figure. Then let me ask you a question: "why do you want a million dollars?", or "why do you want to be a famous person?" If you think hard about this question, you will find that all you want is simply to feel good.

Here is the big mistake that most people make. They think they are going to be happy once they get that million dollars, they think they will be happy once they become a superstar. But when they reach that goal, they feel a moment of excitement, and finally they realize that that is all there is. And then they set a higher goal, and wish they will be happy once they reach that goal. They will never be happy as long as they don't change their approach.

Then what is the right approach?

Since your ultimate goal is to feel good, then why not choose to feel good right now? How do you do that? It is simply by choosing to feel good at this moment. It is as simple as that. People have spent great amounts of money searching for techniques and

strategies to make them successful, but they forget that the most powerful tool is the most fundamental; it is simply feeling good.

You may say "it is easier said than done, how can I feel good if I am broke?" If that is how you think, here is my answer to you... There are only two kinds of feeling we experience every day. One is feeling good, and one is feeling bad.

Good feelings send a powerful signal to the universe, and through the law of attraction, you will attract people, circumstances and events to match your state of feeling good. Bad feelings also send a powerful signal to the universe to bring back people, circumstances and events to match your state of feeling bad.

Have you seen that?

Feelings are the causes, conditions are the effects.

You cannot get away from being broke if you are feeling bad. You only reinforce the cause.

So begin to feel good one way or another, no matter what conditions you are in.

At the moment you choose to feel good, amazing things will happen.

If you don't believe me, try it. You have nothing to lose.

There are certain techniques that you can use to maintain a state of feeling good. One of the best techniques is called flip switch, which was introduced by Dr Robert Anthony in his audio program "Know How to Be Rich". You can get a copy at <http://theultimatesecrets.com/robert.html>

Lesson 7: The Fastest Way to Manifest Your Desires

Is there a way to change your life condition, and manifest your desires at the fastest possible speed?

YES! Definitely! There is a secret that can make you manifest your desires in the fastest possible way you can imagine. I am going to share this secret with you now. Once you master it, and apply it to your own life, you will never experience struggle again. Your life will become magic. You can easily create the success you want; you can fulfill any desires in your life.

Are you ready to know what this secret is?

Here it is ...

"The fastest way to manifest any desire is to think, speak and act as if it has already come true."

You may have heard of this in many different ways, but you have never found a way to implement it into your own life. This is because you have never considered how powerful it is, and so you doubt it, and don't see the necessity for any action. Let me now help you to clear away your doubt, so that you can use it with 100% confidence, and produce 100% results.

Before I do, I am going to say a few words on the concept of truth. "Truth is powerful". Truth is a universal law, it's unchangeable, it has its own organizing power within itself. As long as you know the truth, your level of awareness will automatically increase, and will never fall back again. Once you know the truth, you will totally shift your own perception, and you will see the world very differently. Your life will never be the same again. Our entire life is seeking for the truth. Some people are luckier, they easily discover the truth, and so they can enjoy a stress free life based on the truth. Other people spend their entire lives struggling, but never find the truth. Actually, truth is simple, you only need someone to tell you, and you will immediately recognize it and wonder why you never thought about it before.

I am now going to share a few simple truths behind this principle.

1. YOU already have what you want.

You may have heard that **“Before you ask, it is already given to you”**.

Have you ever thought of what this really means? You may think that this is another religious belief, but from a scientific point of view, it is absolutely true. What it really means is that everything you desire, or anything you can possibly imagine, already exists in the cosmic field of all possibilities as a form of energy. The entire universe is a huge ocean of energy. This means you and I and everything else on this planet, including money, house, cars, or even the ideal soul mate you are looking for, are energy. What you may not know is that this energy acts on the command of the higher intelligence, which governs the entire universal system. What you may also not know is that you are part of this intelligence; you have every quality of the higher intelligence. Therefore you have the ability to command the energy field. You can create literally anything you can imagine out of this cosmic energy field. Remember **“You are the creator of your own life.”**

Since what you want is already given to you, it makes absolute sense to think, speak, and act as if all your desires have already come true.

2. Feeling is the language of higher intelligence.

Since you are part of higher intelligence, why don't you see any evidence that you are creating the life you desire? Why does life seem a never-ending series of struggles? Why is your life still full of worries and anxiety? If you have any of these feelings, this is exactly the answer. What you feel, you create and manifest. The universe will never disappoint you. Whatever you ask for, it will give to you. The problem is, the universe does not speak English, or Chinese, or any other languages used by human beings. However, there is a universal language built into our body system even before we were born. This language is universal; so the universe can communicate with any one of us. This language is our feeling and emotions. We have been communicating with higher intelligence every single second since the minute we were born. The universe provides us with everything we ask for according to our command. It is the ignorance and misuse of this

powerful language that gives us so much struggle and unhappiness. Think about it, if feeling is the language you speak to the universe in, when you struggle, and feel unhappy, what will the universe respond with? It has no choice but to fulfill your command by giving you more struggle and unhappiness. It always satisfies you.

Now you understand, no matter how miserable your current condition is, you must stop feeling miserable and unhappy, because if you don't, you are telling the universe that you want more misery and unhappiness. Instead, "Think, speak and act as if all your desires have already come true". This will trigger the feeling that is consistent with your desires, hence pass your command into the universe, and bring it into reality with effortless ease. The universe will never disappoint you, only you do. Be careful what you feel, because you will attract more of it.

3. The universe will take care of the details

Now I am asking you to "think, speak and act as if your desires have already come true". You may ask me how you are going to do it.

You don't have to worry, you will know exactly how at the exact right time and the right place. The universe will take care of all the details. Your job is to tell the universe what you want through the universal language of feelings and emotions. Your emotion is a kind of energy with a certain frequency. It will go into the cosmic energy field, find the exact energy that matches the frequency of your emotions, and bring it forth to you in the form of a book, a mentor, an opportunity, or a group of supporting people. It will find exactly what you need, but that is the job of the universe; it is already guaranteed by the universal law of attraction at the moment you send out your emotion. The only thing you need to do is to focus on you heart's desires, feel what you should feel, see what you should see, hear what you should hear, even smell what you should smell if your desires have already come true. Let the universe orchestrate all the details.

I hope by now you have already cleared your doubt. It is absolutely necessary for you to "think, speak, and act as if all your desires have already come true". This is the fastest way to bring it into reality.

The Lost Secrets of Manifestation

I wish I could share more of the truth with you, but space is limited. If you are really keen on knowing more truth about the universe we are living in, and how to scientifically use it to create the life you desire, you really need to get a copy of Dr Robert Anthony's life changing program "Know How To be Rich".
<http://theultimatesecrets.com/robert.html>

Lesson 8: Why have you not seen your desires come true?

I often receive emails, from people all over the world, asking me this question. "I have been doing every possible self improvement program I can get my hands on, and doing endless affirmations, visualizations and meditations, how come I still haven't seen my desires manifested in my life?"

My answer to them is always "You haven't known the truth".

No program will work until you know the truth behind it.

I have attended some of the best success and personal development seminars in the world. The programs are amazing; the techniques they taught in the seminars are very effective and very powerful. I'm a strong believer that these techniques work 100% of time if one can follow through exactly as one should. However, I have only seen a very small percentage of people actually follow through. The majority of people fall back into their comfort zone very soon after they leave the seminar hall. I was getting more and more confused. Why do people spend so much time and effort and go to so many great seminars, but fail to follow through? I thought it was because they lacked motivation, but I was wrong. I finally got the right answer. People go to seminars because they have dreams. They are driven by the positive results they might get from the seminar. The reason why people don't follow through after the seminar is because they don't like to take risks. They feel uncertain about the result they might get after they have taken the actions. "What if I put in so much hard work and effort, but it still doesn't work?". This is what's going on in their mind subconsciously. No one can give them 100% guarantee that the program will work exactly as they expect. They would rather not take any action, to secure themselves from any risk.

What if you could get a 100% guarantee?

If you plant a seed in the earth, do you worry about whether it will grow up, by digging it up every day to check? You don't, because you know the law of nature guarantees it will grow up. So you just sit down and relax, waiting for the seed to grow. People want to

feel secure, they want a 100% guarantee. If I tell you a self improvement program can guarantee your success 100%, explain to you how it is design based on the unbreakable law of the universe, will you be willing to take action and follow it whole heartedly? Certainly YES! One key element that is commonly ignored by most self improvement programs is the principle behind the programs. When you go to a seminar, the presenters always want to convince you, by certain results achieved by previous attendees, but this will never be 100% convincing, because people are different, and there are too many factors influencing one's success. What works for one case, may not work for another. **The only way to convince yourself is to study the principle of how it works, why it will work for you 100% of the time, and why it is guaranteed by the universal laws.** Once you understand these principles, you will automatically take action, and follow though till the end.

Clear Your Doubt by Knowing the Truth.

These laws and principles are truths, which work perfectly without exception. As I discussed in my previous articles, feeling and emotion is the language of the universe. If you feel uncertain about your future, or feel doubt about the results you might get from a program, the universe will fulfill you by keeping you in a state of doubt and uncertainty. This is why, the more you worry about what might not work out, the more you will find it is not working out. If you know the truth, and feel very confident and very certain about the results you are going to get, the universe will fulfill you and keep you in a state of confidence and certainty by giving you the results you want.

To truly manifest your desires, you need to start learning the principles of the universe. I have been reading and studying this topic for a long time. I read books on quantum physics, on metaphysics, on spirituality, but could not get the essence of it, until I found a revolutionary program by Dr Robert Anthony. Dr Anthony has the amazing power of explaining complexity in simple language that anyone can understand. This is a six week audio program called "Know How To be Rich". In it you will learn exactly how this universe works, and how you can use your thoughts to manifest virtually anything you can imagine with 100% precision. You can get a copy of this program at http://www.theultimatesecrets.com/cb/Robert_Anthony.htm

Lesson 9: What is the right action that will lead to your ultimate goals?

What is the right thing I need to do to bring forth my desires?

What actions do I need to take Now?

Am I doing the right thing or the wrong thing?

These are the questions that most of us are constantly asking ourselves in our minds. Most of the time, we are asking unconsciously.

We are constantly judging what we are doing, because we are afraid of making mistakes. Let me now show you how to choose the right action that will lead you to your ultimate goals.

First of all, let's discuss ...

The root of all procrastination.

Very often, people tell me "I have studied all the theories of success and read all the self improvement books, but I still don't know what to do."

Then they end up doing nothing, and getting no results.

No matter how many books you read, how many tapes you listen to, and how many seminars you attend, if you don't take any action, you won't have any result. Action creates result. You can't change this fact.

Inaction leads to endless procrastination, and ultimately leads to failure.

You must understand that no matter how bad the situation is, you can always take some action to improve it right now, even for just a little improvement. If you can't imagine how to make 1 million dollars, just make a commitment to make 100 dollars first. You might have heard of this phase CANI, It represents constant-and-never-ending-improvement. Success is a journey, not a destination. This journey is about improvement. As long as you are making some kind of improvement, you are leading to success.

Now you know you need to take some kind of action,
then...

What is the right action?

The answer is to ask your intuition. Your intuition will never fool you, because it is a message from Higher Intelligence. Your intuition always knows what is right and what is wrong.

Do you remember I said that feelings and emotions were the language of the universe? They are also the messages from the higher intelligence of the universe. When you feel a positive emotion, the universe is telling you that you are doing well, keep on doing it; when you are receiving a negative emotion, the universe is warning you that you are not aligned with your ultimate purpose, or life mission. You need to correct your action. This is the way the universe communicates with you.

Before taking any action, ask yourself, "What feeling will it make me feel once I have accomplished this action?"

Most of the time, your intuition will give you immediate feedback; you either receive a positive or a negative emotion.

Listen to your intuition, and do what makes you feel good, don't worry about making mistakes, because...

Everything is in its divine order

One of the most stubborn road blocks to success is fear of failure, or fear of making mistakes.

To completely remove this road block, you must accept a belief that everything is in divine order.

Look back over your life of the past 10 years. Did you make any mistakes? Sure you did, but without those mistakes, would you have the life you are living now? If you look deeply, you will find that those mistakes have inevitably created some coincidence that has led to your present life. There is always a connection between the things that are happening in your life. The mistakes were part

of your life journey that could not have been missed, so why did you worry at that time?

After my university entrance examination, I did not get a chance to join an old name university that I loved very much. Most people that knew me felt sorry for me, but I did not care, I joined the university of my second choice. A month after joining that university, I was offered a scholarship to study abroad in a much better university than my first choice university. Best of all, I did not spend a single dime on my tertiary education; even my everyday spending was covered by that scholarship. I would never have had this chance if I had joined my first choice university. I believe every thing is in its divine order, in my life nothing ever goes wrong.

If you want more of this kind of coincidence happen in your life, repeat this everyday when you feel doubt :

"Everything is in its divine order, in my life, nothing ever goes wrong"

To sum up, you need to make a small improvement everyday. Before taking any action, think of the feelings it will bring to you, and make the right choice based on your feelings. Then just do it, and believe you are doing the right thing because everything is in divine order.

Lesson 10: 3 Simple Steps Guarantee Your Success

Do you find your life joyful? Do you know your life purpose? Do you know what you really want in your life? Do you feel passionate about what you are doing? Do you know your real desires?

In this article, I am going to show you how to clarify your life purpose, and exactly what you need to do to bring your desires into reality.

Since school age, we have been taught what we should do, what we are supposed to accomplish in this game of life. We have been given a life path that everyone has to follow. We have to go to schools, get a degree, find a job, then go to work day after day. This is what everyone is doing, so this must be what we should be doing too. We just do it this way, and never question whether it is right or wrong. This is our fate, we don't have a choice.

Is that really true? We really have no other choice? No, absolutely not. We can choose anything we want. **Since God has given us free will, He must have given us the ability to use our wills.** We don't have to follow other people, we don't need anyone to tell us what we should do. We have the power to choose. We have the power to design our own destiny. The truth is if you don't choose, others will choose for you. You don't want to give your power to others.

People tell me they don't know what to choose. They don't know what they really want. They are afraid of making a wrong decision, and they end up making no decision. Let me tell you a secret, there is no right or wrong decision. Every choice or decision you make is right at this present moment, and is to your best advantage. People don't make their decision because they are afraid that they don't have the right information and knowledge. If you have this thought, please remember this motto, and repeat it many times a day, until it sinks into your subconscious mind. "I know what I need to know." **"I Know what I need to know!"**

Once you make your decision, the right information will come. This is not optimistic, this is the law of the universe. As I have discussed in my previous articles, everything in this universe is

made up of energy and information. Energy and information work by the law of attraction. There is no exception. The law of attraction works perfectly. Your thought is also energy. What you think, you attract. This is the law of the universe, it has worked millions of times, it must also work for you. The universe is always there waiting to help you, but you must let it know what you want, otherwise, there is no way for it to work with you. Once you've made your decision, the universe will take care of the rest. Because at the moment of your decision, you are sending out information to the universe, and through the law of attraction, it will bring back to you the right information.

People always wait for the right information or opportunity to come, but they fail to understand that the right information will never come unless they allow it to come. The universe doesn't know what information to send to you if you don't let it know what you want. **At the moment of your decision, you are setting the entire universe into motion.** This is a scientific fact.

You only need to make a decision, and the right information will come. It will come in the form of your intuition. Deepak Chopra once said **"if prayer is you talking to God, then intuition is God talking to you."** Be sensitive to your intuition; whatever information you receive, you must act upon it immediately. Don't wait for the perfect information to come, because what you receive is perfect from the universe's point of view. The universe is a perfect universe, it always provides perfect information. A wise man once said **" Everything in this universe is exactly as it should be."** Whatever you do with the information you receive from your intuition is to your best advantage, and is perfect in God's eyes. If you make any mistakes, it is because God wants you to learn something. Nobody can achieve success without experiencing any failure. This is the way the universe works. Don't be afraid of making the wrong choice. A guru once asked **"This is my way, what is your way? The way doesn't exist."** No, the way doesn't exist, so do it your own way.

I hope I have made it clear. You need to make a choice on what you want, and then wait for your intuition to show you the information, and then act upon it immediately. Ask yourself, **"what is the next thing I need to do in order to achieve my desires?"**, and your intuition will constantly provide you with the

perfect information you need. Do it your own way, your success is guaranteed.

Decision, Intuition, Action, these are three simple steps that guarantee your success.

Bonus Lesson: Powerful Techniques to Live With Your True Purpose

Whenever I ask people this question,

"What do you really want in your life?"

They will usually give me answers as follows.

"I want to have more success in my life."

"I want to have more money."

"I want to have a better relationship."

Then I ask them "What will success give you?" "What will money give you?" "What will a good relationship give you?"

They will always come down to one answer - "Feeling Good!"

Yes, **"Feeling Good" is the Ultimate Need of any human being**. Nothing is as important as feeling good. Therefore, the quality of your life comes down to one thing --your ability to feel good.

Did I say that? Yes, feeling good is an ability. It is like a muscle; the more you use, the stronger it will become. You either use it or lose it. Unfortunately, the majority of people today have forgotten how to use this powerful ability.

Today I will give you some powerful techniques. As long as you use them, they will awaken your ability to feel good. The quality of your life will increase dramatically, you will have a tremendous amount of energy, and live a life of total fulfillment. These techniques are so simple that you won't believe it. I only ask you to keep a ten-day commitment, use them for ten days, and see how your life will change. After ten days, you decide to keep them or not. I bet you will get addicted to it. Ok, let's begin.

Technique No 1: Flip Switch

Although we know the importance of feeling good, most of the time in daily life we forget about it. We are so busy dealing with the "important matters" we meet everyday, that we forget the more important matters of "Feeling good, living a stress free life". At the time we realize this, we are already in a deep state of negativity.

The Solution is to do a "Flip Switch" throughout the day.

What is Flip Switch? Flip Switch is a technique whereby you hold in your mind a positive image, a moment from your past when you felt really good, or just an imagined event that makes you feel good. Hold it for a few seconds. At the moment you do your Flip Switch, it will cancel out all the previous negative emotions. The key is to do it often. Don't wait until your negative emotions get big, and dominate you thoughts. Kill the monster when it is little.

Do this exercise throughout the day, and you will see the changes in your life simultaneously. I can't stress enough how powerful this exercise is, try it out for yourself.

Some people find it is hard to hold a image. My answer to them is, just pretend you see. The importance is not how clearly you see, but how strong you feel.

Technique No 2: Capture Magic Moments

We don't remember all the things that happen in our lives, but we remember some moments. Unfortunately, most people only remember the unhappy moments, and forget the happy moments. These unhappy memories only make them unhappy, and they don't even notice.

The purpose of this technique is to help you consciously memorize those magical happy moments so that they will make you happier. It is very simple, keep a magical journal, every night before you go to bed, and recall all the good things that happened in your day. Note down things you enjoyed, things you learned, and most importantly things you have achieved. **Every week, record your top achievements during the week, and every month, record your top achievements during the month.** You will be amazed at how many things you have achieved, and wonder why you did not notice them before.

Take the 10 day challenge; you will love the positive changes in your life. When you find your ability to feel good increases, you will really live with your true purpose.

Technique No 3: Be grateful for everything

Do you know what the most powerful emotional state that people can have is? Yes, that is gratitude. **When you are in the state of gratitude, you are in line with the source energy of the universe.** You get to see things clearly. Any obstacles become an opportunity for you.

People feel depressed, or unhappy, most of the time because they focus too much attention onto the problems they have, and forget that they have many wonderful things happening in their lives.

Be grateful for the love you receive from your family, your friends, your colleagues. Thank them in some way. Treat them a meal, buy them a gift, just give them a word of greeting, or just give them a prayer in your heart.

Be grateful to yourself, to your body. Say thanks to your feet for supporting you for such a long time, say thanks to your eyes for letting you see the beauty of this world, say thanks to your ears for giving you the beautiful sounds of the universe. Say thank you to every part of your body.

Thank the universe for all the blessings it gives you, and all the blessings you are receiving.

Be grateful for everything you have now, and you shall receive much more.

Technique No 4: The secret of giving

What you give you shall receive! You can see much evidence that shows you this is absolutely true. The wealthiest men on this planet are always the people who give most. The more they give, the more they receive. Bill Gates is the richest man on earth, because he gives the most. No any other person in history has ever given as much money to the world as Bill Gates does.

You must give the very thing that you want to receive. If you want money, you must give money. If you want love, you must give

love. The best way to stay happy and feel loved is to make other people feel happy and loved. Give love to everyone you meet, a simple greeting or a word of compliment will go a long way. At the very moment you show your love to other people, the universal law has already guaranteed you will receive it back, and it will give it back to you in the most amazing way.

A point to note is that you must give out unconditionally; don't expect return from the person you give to, the universe will orchestrate all the details.

Give love, and you will receive love!

Technique No 5: I am a VIP

Nothing is so important as feeling good. Your outer world is a direct reflection of your inner world. If you want to experience joyfulness, and richness in your outer world, you have to have a joyful, rich inner world. The only way to have a happy, prosperous life is to experience happiness and prosperity in your inner world. Nothing is more important than this.

Where can you find these wonderful feelings? Who can give you these good experiences? The answer is YOU! You are the creator of anything you experience in your life. **Only you can control your own feelings.** If you don't give permission, no one can ever influence any of your feelings. But what I find is that people always give power to their environment, they allow others to control their feelings. They feel bad because some bad things happen in their lives, they feel bad because others have done bad things to them. They blame the world, they blame others as the cause of their bad emotions. What they don't know is that others will never have any influence over their inner feelings if they don't allow them to. From this day onwards, take full control of your own feelings, never give control to others. You are 100% responsible for your own feelings. You decide to feel good every moment in life.

No one can make you feel bad if you don't allow them to. You are in total control of your own feelings, and you decide to feel good. The question is how you are going to feel good. You do this by treating yourself as a VIP, a very important person. Think about what you would do to a VIP. Wouldn't you do anything to make him or her happy? Wouldn't you do something good for him or her?

Wouldn't you put him or her as your first priority? From this day onwards, treat yourself as a VIP, do anything to make yourself happy. Treat yourself a meal; buy yourself a gift, give yourself a break from time to time. You deserve this, because you are your own VIP, no one is more important than yourself.

Technique No 6: The power of focus

I am sure you have heard sayings like "**What you focus on tends to expand.**", "**What you focus on becomes your reality.**", "**You are what you think most of the time.**". Basically they are saying one **thing** "**You become what you focus on.**"

We all want a prosperous life, we all want a life of fulfillment, but very few people focus on this. They only focus on what they are worried about, and in the end that is what they get. You will attract the very thing that you focus on. This universal law never fails, it works 100% accurately. If you focus on poverty, you will get it; if you focus on riches, you will get them. If you focus on happiness, you will get it; if you focus on sorrow, you will get it too. This law works perfectly.

The question is what should we consciously do to focus our attention on things we want. We have been taught to focus on the fears and worries for years. The answer is simple. We must use the same way that we used to focus on negative things to focus our attention on the positive things. What do you do when you are focusing on the things you worry about? You probably talk to yourself consciously or unconsciously. Most of the time, your self talk is carried out in a form of Q&A .

Q: "Why do these things happen to me?"

A: "Because I am stupid?";

Q: "Why am I so stupid?"

A: "Because I am a fool."

Do you find you have ever had this kind of conversation with yourself? The way to deal with it is to be aware of it, and use the same way to focus your attention on the positive things. Ask yourself empowering questions. Ask questions in such a way that

you will always get the answers that make you feel good. No matter how bad the situation is, ask yourself, "What is great about this?", "What can I learn from this?"

If you continually ask yourself, you will always find something great, and something you can learn. Will that make you feel better? You'd better believe it.

From now on, make a commitment- no matter how bad the situation is, you will always find a question to turn your attention to the positive. You become what you focus on!

Technique No 7: No Competition

Many of our disappointments and bad feelings come from competition, or comparison. We feel bad about ourselves; because we see others are doing better than we do. As long as we focus our attention on our weakness, we will never feel good about ourselves. We feel bad, because others are more handsome or more beautiful than us; we feel bad because others have more money, better cars, better houses than we have; We feel bad because others get promoted, but we don't; We feel bad just because others are happier than we are. As long as you compare yourself with others, you will always find someone who is better than you. And you will never feel good enough.

Instead of falling into this trap of endless competing, why not free ourselves, and live life in our own way. Instead of focusing on what others are doing better than we do, and feeling bad about ourselves, why not focus on learning from others and improving our own skills? Life is about growing, not about competing. Focus your attention on self-growth, go for the best, and you will finally see the big rewards.

In the Athens 2004 Olympics, the Chinese athlete Liu Xiang won the first gold medal in the 110 meters men's hurdles competition for China. He has made new Chinese history in the Olympic Games. When he was asked, if the four-time world champion Allen Johnson crashed out in the qualifying heat, whether his own performance would be affected, he said, "Not at all, I just follow my own plan, and perform for the best." In his mind, he does not care who is running against him, he just does his best.

Forget about competition, go for the best!

Technique No 8: Get in touch with your higher self

Nowadays, we are too busy in our daily activities. We even forget who we really are. We really need to find some time for ourselves; get in touch with our higher self. There are two ways you can do this. The first is nature. Find yourself some spare time every week, and take a walk in the park, or go to the forest. Listen to the sound of nature, and feel the power of it. See the greenness of this beautiful nature, and enjoy being with it. Feel that you are safe, and you are close to Mother Nature. The second way you can get in touch with your higher self is through meditation. There is too much misconception about meditation, and people tend to make it really complicated. Meditation is easy to do, and everyone can do it. The simplest way is to just sit quietly, and count your breath. Whenever your attention goes away, bring it back to your breath. The purpose of meditation is to clear your conscious mind, so that you can get in touch with your subconscious mind. There are some advanced meditation techniques that can manifest your desires fast. I will reveal them to you in my future articles. For the time being, practice this simple meditation, it will give you a lot of benefits.

Recommended Resources

Dancing with the Universe

<http://www.theultimatesecrets.com/like/DWU.html>

Brain Bullet

<http://www.theultimatesecrets.com/brain.html>

Stuart Goldsmith Inner Circle

<http://www.theultimatesecrets.com/sp/InnerCircle.html>

Your Instant Life Revolution

<http://www.YourInstantLifeRevolution.com/special/sc/>

Dr Robert Anthony's Rapid Manifestation

http://theultimatesecrets.com/rd/rapid_manifestation.html

How To Get Lots of Money for Anything Fast

<http://www.theultimatesecrets.com/rd/anythingfast.html>

Money Beyond Belief

<http://www.theultimatesecrets.com/like/mbb.php>

Subliminal Power

<http://www.theultimatesecrets.com/subliminal-power.html>

Power Pause

<http://www.theultimatesecrets.com/rd/power.html>

The Power of Positive Habits

http://www.theultimatesecrets.com/rd/positive_habits.html