

# **Visualize And Attract**

**Positive Visualization Brings Success**

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## About Patric Chan:



Patric Chan is one of those "ordinary person" turned extraordinary despite his "interesting" background.

Living in a small island in Malaysia, never been to a college or University in his life before, have totally no network of association and starting from zero money, Patric is now an author, international speaker and entrepreneur.

Patric had shared the speaking stage with many millionaires and world-class speakers in several countries and co-authored a book with authors like Zig Ziglar, Brian Tracy, Robert Kiyosaki, T Harv Eker, etc at [MentorsAndMillionaires.com](http://MentorsAndMillionaires.com).

To help people around the world to achieve success, he specializes in breaking down complex success techniques and strategies into simple-to-understand concepts that can be applied instantly to their life. That is why, his concepts are based on the "Chan" do method -- Turning the "can't" into "Chan".

He's a strong believer of achieving success and creating wealth by learning from other successful people around the world -- Investing in your own self for total success.

Patric's You Chan Do It Personal Achievement Newsletter is subscribed by thousands of people around the world, and it is where Patric shares valuable self-improvement tips and information that will take the subscriber to the next level of personal improvement.

When not at work, Patric spends time with his wife, Emily.

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# **Introduction**

It is my privilege to enclose herewith Positive Visualization Brings Happiness to you. Would you bring into your life more power, get the power consciousness, more health, get the health consciousness, more happiness, and get the happiness consciousness. Live the spirit of these things until they become yours by right. It will then become impossible to keep them from you. The things of the world are fluid to a power within man by which he rules them.

You need not acquire this power. You already have it. But you want to understand it; you want to use it; you want to control it; you want to impregnate yourself with it, so that you can go forward and carry the world before you.

Day by day as you go on and on, as you gain momentum, as your inspiration deepens, as your plans crystallize, as you gain understanding, you will come to realize that this world is no dead pile of stones and timber, but that it is a living thing! It is made up of the beating hearts of humanity. It is a thing of life and beauty.

It is evident that it requires understanding to work with material of this description, but those who come into this understanding, are inspired by a new light, a new force, they gain confidence and greater power each day, they realize their hopes and their dreams come true, life has a deeper, fuller, clearer meaning than before.

## **The Power Within**

You might have watched the video, "The Secret". It expands on the power of positive visualization. While this concept is not new in the world, it is new in terms of the concept of personal business power.

This video "shows" how you affect the universe when you decide to bend it to your will. These concepts are large, but wrapping your brain around it is theoretically easy.

The secret to being successful is to "know" you will be successful. Mentally I have sought to make more than a million a year for quite some time, but

it is not until recently that I "know" I will do it. Your goals are just as simple. Once I set a goal, I must have no doubt that I will achieve it. Simply, I achieve all goals in my head before they become material in the world.

For most of us this not only sounds "odd", but it sounds "impossible". How can a person achieve a goal in his head before he actually does it? This concept is simple. The goal seeker must be convinced. The goal seeker must know that the goals are eminent. This means that the expectation is assured. Self-assurance on the subject must be absolute.

## **Mind and its Material**

Before you are able to think at all, you must have something to think about. You must have some mental "stock in trade". And this mental stock in trade you can gain only through the senses. The appearance of a tree, the roar of the ocean, the odor of a rose, the taste of an orange, the sensation you experience in handling a piece of satin--all these are so much material helping to visualize or form your stock of mental images--"the content of the consciousness", as the scholastic psychologists call it.

Now, all these millions and millions of facts which make up our mental stock in trade--the material of thought are gained through the senses, sight, hearing, smell, taste, touch, and so on.

## **Relation of Senses**

We are blessed with five senses: sight, hearing, taste, smell, and touch. Aside from them, we are blessed with emotion and a mind. These blessings should be used to build a good wealthy life.

Just like audio / video equipment, our eyes and ears can be used to receive data for our mind to spot opportunities or to select a business. To make this possible, you must focus your mind on thoughts aligned to achieve your goal. Using sight and sound as receptors, with your mind as a processor in money-making mode, you can create and simulate a

product, service, or business that will benefit not only yourself but many people as well.

Take the case of famous inventors like Alexander Graham Bell (the telephone), the Wright Brothers (the airplane), and many others who became sensible to new possibilities and discoveries.

You must learn to think outside the box and to be persistent in whatever endeavor we have ventured into, no matter how discouraging the results may seem at first.

When I was venturing into internet marketing in 2002, I was relating to my fellow friends how the internet has produced great second income for me, and how it has the potential to earn big bucks for them too. But almost nobody seemed to listen, even if I'm already relating to them my actual experiences. Talk about being totally closed to new opportunities and ideas! The few who listened were interested at first.

I taught them some basic internet marketing knowledge, but they did not continue implementing my teachings when they did not succeed the first time. How discouraging to see people giving up easily.

Success does not come overnight. Success comes to those who persevere and remain undaunted after encountering setbacks. If you truly want to be rich, stay focused on your target despite any obstacle that comes in your way. Sooner or later, you will realize your dream of financial freedom. See who gets the last laugh!

## **Imagination and Judgment**

The possession of trained perceptions, of a retentive memory and great powers of association are of enormous value; but only when combined with another faculty--imagination; and imagination is merely the power of recombining certain memories in such a fashion that the combination is new. Imagination is a faculty of the highest possible importance. Every splendid achievement, every invention, every business enterprise, every great poem, or book or picture, has been not only conceived but completed in imagination before it became actualized in fact.

And then it is necessary to be able to compare the mental pictures, gathered by the perceptions, remembered and classified by memory and association, so as to determine the relation of these memories to each other and their application to other ideas or mental images. And this valuable faculty of the mind is called judgment.

## **Conceptualization**

For most, this concept is foreign. The closest most people come to this concept is the religious concept known as faith.

Religious faith is one of the least understood mental concepts.

Some say that faith is the evidence of things "unseen". For many people this means nothing. Others say that things taken on faith exist, but need our "belief" concept to bring them to them fruition. I will depart from the religious comparison as many might find this comparison offensive, but I caution that I did not say that these two concepts are the same. I didn't say that. I said that "faith" is the closest thing most people have heard about in relation to the positive visualization concept.

For the rest of us, positive visualization is a concept that is more similar to wishing than anything else. Many of us consider wishing useless. I certainly do. To wish for something simply means you "ask" for it. For some with a religious background, you might ask God for it (not wishing but prayer). For some without a religious influence, they simply ask for something without a point of focus. New age people might ask the universe for it.

The end result is that most "wishing" is a half-hearted asking. To wish means you give your focal item minimal focus and that you expect minimal returns.

People wish for everything. People often wish by purchasing.

They purchase items that offer maximum returns for minimal efforts. It is obvious that life doesn't work that way. Some wishing items commonly are:

1. Weight loss devices
2. Beauty devices
3. Sex improvement devices
4. Health improvement/Healing devices

Wishing devices are all around us. They promise us maximum benefit for little cost or no time investment. The positive visualization concept is NOT wishing. If you think that then you are sorely mistaken.

Money most often comes through work and having a strong work ethic. Maximizing your effort requires maximization of all resources, but visualization is the key to managing your mind.

What if this tool is the key to finding the key “multi-million dollar idea”?

What value would you assign to this technique then?

Would it be worth 10k or 20k?

Would it be worth an infinite amount of money?

What do you think?

## **Visualization and its Power**

Building Mental Strength to Overcome Obstacles

How does a person achieve mental strength to perform a miracle?

How do you depart from “normal” thinking and step outside of your life? This is really the million dollar question. There are quintillion tools to help you build mental strength:

- Wealth-building tapes
- Money-making seminars
- Positive-thinking seminars
- Mentoring

But the most important tool of all is past experience. I know you are

grimacing. Past experience can be a cruel tool to measure the future, but it can also be a constructive one. How? It is simple.

If you put a positive spin on your past experience, then you can propel yourself to a positive future. If you put a negative spin on past experience, then you can only see negative in the future. So you simply must see the positive situation in today's experience.

Let's review some of the film's highlights:

- "I will receive unexpected checks in the mail."
- "Everything I touch turns to gold."

Can you say this to yourself? I almost can. I have tried 5 businesses opportunities in 6 years. One offline business and the rest are online businesses, all are profitable except 1. But my attitude shifted drastically during those six years. The first year for all of them was horrible. If I had a negative attitude, my businesses or income would not exist today!

## **Repetition and Personalization**

Repetition is just as much for you as it is for building your personal power (chi) characteristics. Repetition helps the sub-conscious mind accept these concepts and be at peace with them.

Repetition is absolutely required for those just starting into the use of this concept. Many people have to gradually believe that they are a money magnet.

We as people tend to turn to the negative more often than not. This is why the majority of people are poor and uninformed. You need to repeat these positive words on a daily basis to refresh yourself. That's why repetition is important because it breaks down the negative attitude that most people have merely by the nature of being human.

You see, most of us are stuck in a negative, low-threshold mindset. The only way to empower yourself is to free yourself from the grips of this mindset. For many people the refinement of a self-concept takes a

lifetime. This is why many people grow richer over a lifetime. You don't have a lifetime.

You want to grow richer now. Physical wealth is only one facet of a positive mindset. Physical power, strength, and vitality are also fruits of a "wealthy" mindset. Some tools encourage nightly renewal of the positive mindset before bedtime.

I would also encourage a similar practice. Now let's take a look at the subconscious mind and the limits it imposes on us throughout our lives.

Please remember that as a financial warrior that most people are negatively positioned in this arena. This makes you a BIG exception.

You need to mentally refresh yourself saying supportive words over and over. This is a common theme in subliminal suggestion, hypnotic suggestion and many other forms of suggestion. The only difference is that your suggestions will affect the world, and not only apply to yourself and your own body. This will be the definitive difference.

For many people the suggestions require the belief that your mind extends beyond your own body and out into the world. For some new age thinkers this concept is very familiar. For scientists this is not new.

The human brain generates a magnetic field as it is an electrical device, and as such that field does have a sphere of influence. Who is to say that that field has a finite range of effectiveness? For non-scientific, non-religious, non-new age thinkers this concept is even harder to grasp. So let's look at some similar concepts.

## **Chinese Philosophy**

Chinese philosophy believes that everything that exists has an influence on every other thing. This means that the placement of a vase or lamp can affect the lives of people around that vase. Things just happen for reasons.

Feng Shui is what we call the practice of placing object to create better harmony and flow.

But why do people believe this?

They believe this concept because they feel that "Chi" is the life energy that flows through all objects, time, space and people. Chinese philosophy believes that strong, healthy and positive chi will make you healthier, richer and stronger. Westerners have NO similar concept.

Chinese believe that chi can be channeled, and harnessed to produce physical, mental, and financial power. In their system, everything that affects the chi of a household affects every consumer/user of that chi. The final major concept is that chi "flows".

It moves from one object to the next object. Major inflows/outflows of chi are powerful. A man whose body has a large inflow of chi is able to produce large outflows of it by extraordinary displays of physical prowess. A man with major inflows of chi is able to produce great outflows of intellectual ability or financial ideas that can profit him millions or billions of dollars.

Phrasing your requests properly

You need to phrase your requests to coincide with your belief system.

What does your belief system say?

How do you request life more abundantly?

Do you believe what you say?

What is true wealth to you?

You need to find out what these factors mean to you before asking for them.

## **Reinforcement**

Have a set time to go over your requests or affirmations. You should do this daily for reinforcement. You should be able to say, "I will be wealthy." When you say it, you should know it will be true.

True reinforcement is a daily, rigorous task. Set a time each day to review it.

## **Belief Systems**

Whatever you say must be inline with how you think. If your phrases are counter to what you have been taught to believe, then you will not be successful. You **MUST** customize your affirmation to fit with your belief systems and theology.

The mind is an infinite wonder. It has the fantastic ability to transmute your desires into their physical counterparts. You can do anything that your mind can conceive, as long as you have the belief and will power to back it up.

Take the case of cancer patients who were given placebo pills. These are just plain pills that have no healing capabilities.

So how did they get well?

The power came from their thoughts. They were told that these pills contain the highest amounts of cancer-fighting ingredients which can effectively cure them in a matter of days.

See how powerful your mind is?

They believed that their health will be restored. They have registered in their minds that these pills will cure them of their illnesses. In the process, the belief embedded within their subconscious came to reality.

So how can you use your mind to achieve your dreams? One of the most effective ways is to use the "as if" principle.

Act as if you are the person you want to be. Act as if you are already in possession of whatever you long to have.

So what do you want to be? You want to be a success lawyer, doctor, athlete, or newscaster? Believe, think, act, and feel like one. You'll be much closer to your goal if you're constantly intact with your objective. Be obsessed with your dream.

For instance, you want to be as skilled as Michael Jordan, you'll master basketball techniques like shooting accurately, dribbling pass the opponents like no one can stop you, laying ups beautifully, slam-dunks and etc., you can dream about it, why not? However, it doesn't mean that if you want to have incredible power like Spiderman, you'll climb up the high rise building like Spidy. Not a good idea!

It's not enough that you act like one, but you have to actually ACT. Do what needs to be done. You might get so lost in your fantasy dream world that you've forgotten to take some action. Let your visions encourage and motivate you to actualize your purpose.

The problem with the people of the modern world is that they are too preoccupied with worries, anxieties, and negative emotions. As a result, they are adversely affecting their state of health.

White lies have become prevalent nowadays in order to ease the burdens or to persuade others to do things that they thought are unattainable.

There was once a weightlifter that couldn't lift weights in excess of 300 lbs. So his coach devised a clever idea and told him that the barbell he has to carry weighs only 300 lbs. With all his might, the weightlifter managed to put it above his head. After he puts it down, the coach told him that he has just lifted 350 lbs. of weight! It's all in the mind!

A famous person once said, "Whenever you think you can or you can't, you're right."

If you think you are poor, then you are; unless you properly condition your thoughts to the positive mindset. I know it's hard to think rich if your environment is not conducive to such way of thinking.

Use your imagination then! Visualize your house to be a mansion, your old car to be a limousine... Well you get the picture.

There is absolutely no limit with what the mind can achieve. But you have

to combine belief, will power, and action with positive thinking in order to arrive at your intended destination.

## **Reasoning Systems**

You have to believe that there is a mechanism that provides the power for this exercise. If you believe it is God's power then say so, if you believe it is chi then say so, if you think it is electromagnetic fields generated by your mind, then you should clarify that. Whatever you believe powers the mechanism should be called out loud.

Even in full trance, your requests need to make sense and the psyche of the person affected must be open to your requests. When you stand in front of a mirror and make your affirmation, your requests must make sense. If your requests make no sense to you, then they are a waste of time. Let's review a line of affirmation:

"I will have more wealth than King Solomon's mines."

This line is NOT a good line for me. Why? Because I like unlike most people have been to a gold mine, I didn't see 'wealth' there. Mentally I can't really imagine what King Solomon's mines looked like. But I have seen stacks of cash taken out of a bank under guard. So I can rationalize a line like this:

"I will have more wealth than 50 Banks of America."

This concept is real to me, and so I am really saying I will have more wealth than 500 6-foot by 6-foot by 6-foot stacks of cash and bank vault contents. (Probably about 100-500 billion dollars) A mine filled with gold doesn't look like refined gold. Gold mines look like they are filled with orange rust to me.

My mind does not translate that into money. Most people probably picture mines filled with refined coinage or "loot". This is a picture commonly used in lore or legends.

My mind can't process that picture because I know coining does not occur in mines. Mines are place for unrefined gold to be mined. Gold looks like

crap while this process is occurring and doesn't look like money at all. Having seen the process and understood it, this picture does me no good. Banks on the other hand do have MOUNTAINS of cash. Banks have mountains of real, tangible, useful cash, coins, checks, etc.

This is a mentally useful and powerful image for ME. You need to choose the images that are right for you, and explore your own pictures of wealth and money, as wealth and money is NOT the same thing.

## **Subconscious Thinking**

The subconscious mind or "lower mind" rules the nest. People have a hard time accepting it but it is true. Everything from your health, weight, growth potential and personal achievements fall in line with this mental superstructure. Our conscious mind simply "grafts" onto it. Subconscious thinking drives desire. Desire or emotional conditions greatly influence superego thinking.

The conscious mind is the only stopgap between our raw desires and the real world. In this capacity, it can't be discounted. The conscious mind makes us obey laws, respect others and have "manners" if you will. The conscious mind of law abiding citizens makes our civilization possible, but it does not drive the car.

Every other part of our lives from what we look like to who marry is driven by the subconscious mind. It creates or generates our emotions.

No man/woman can hold his/her conditions without the expression of emotion.

Our dreams are nothing but the subconscious mind billowing images to us via its graphic display mechanism.

The secret simply points out that the subconscious mind can be programmed and controlled like a computer, and that computer is the most powerful computer in the world. If you constantly put negative information in that computer, the news and outlook coming out the other side is horrible. One famous minister said:

“Expect a miracle!”

For many it is that simple. Can you expect a miracle? Do you believe you can have life and have it more abundantly? I do. You should too, because if you can't then your basic belief system should be challenged.

## **Your Own Personal Magic Make Miracles Happen**

You need a miracle. Perhaps this would be the perfect time for something miraculous to happen. Like a white bearded, handsome God shining light down on you saying “Hello down there. I remember you. Here’s an olive branch with your lifeline. Have this blank check and a gift certificate to Starbucks. Enjoy.” Wouldn’t that be nice? A juicy ripe miracle every time we needed one.

So what exactly is a miracle? Each of you has a different idea of what a miracle is. Before this point, you might have believed that miracles are only random acts of God. For some, a miracle is an unexplainable act that no human could possibly accomplish alone. Or maybe you simply define a miracle as, “something that can never happen to me.”

If your definition falls into one of these categories, or something similar, I am challenging you to set aside everything you’ve been told and consider that there’s something more to miracles that you’ve yet to learn.

So you see, a miracle is not necessarily an unpredictable act of God. There are so many types of miracles that if you opened your eyes, you could see miracles twenty four hours in a day. In truth, you already have the miracle gene within you, thus you are a Miracle Maker whether you know it or not.

Before you get into the core of how to create miracles, I think it would be best to define the miracle itself. After all, if you don’t know exactly what it is, then how can you begin to put it into action?

According to one dictionary, a miracle is “any amazing or wonderful occurrence.” Another dictionary says, “A miracle is a wonderful thing, a remarkable example or specimen.” The Latin word, miraculum, means to

wonder or marvel.

In its very basic definition, that's all a miracle is—something amazing. Can you create something amazing? I want you to stop and think of three examples of something amazing that you have already created. My list includes my wife, Emily and my organization. What is on your list? Write them down on a piece of paper and start to be own miracle maker.

You can add pictures from magazines and photos you've taken to give yourself an extra boost. If you walk down the street and see a house that looks just like the one in your dreams, take pictures of it, or draw it for your notebook. Refer to this journal frequently when you require motivation or you don't know if you can survive one more day. Keep a section for action steps, where you chart your progress towards your goals.

Carry your Miracle Making notebook with you at all times, for you never know when inspiration will strike. I wrote the beginning of my very first paid article in mind while driving over a bridge in a fierce rainstorm. Do not lose your great ideas. Promise yourself that you will not judge the results. This is your space where you are free to visualize and plan your future.

The purpose of your dream journal is to write it down and make it known to yourself. Taking the time to write it out, I've found, is a little more effective than just thinking about it.

Using your personal mission statement, write a motto, and say it to yourself daily. Continue to do this exercise until you have reached clarity. If you say it out loud and doubt creeps in, you haven't said it enough. Write it on several index cards, and carry your motto with you everywhere you go. Place one on your desk, one in your room, and another one in the bathroom. Organize your life in a way that you can't help but visualize your purpose. You can do this mental exercise with other things you want to accomplish as well.

## **Daily Affirmation**

Very few on this planet love the existence they lead. For many, life remains a brutal struggle for survival; rising beyond the mundane, seems a lifetime away and requires an immense effort to overcome extreme

challenges.

The daily affirmation is the basic tenet of hypnosis or self-motivation. This tool means different things to different people.

Most of us take it to mean daily light-hearted and wistful comments. The daily affirmation is the lowest level of hypnotic power.

It is done fully awake, without entering even a light trance and it affects the mind at a much higher level than traditional hypnosis. While hypnotists and others in the community often dismiss this form of influence as light and very time consuming to institute, the daily affirmation is effective. The daily affirmation requires rigor to implement, while deep hypnosis is effectual and instantly begins to take affect.

That's why it is important to use visualization to create your innermost dreams. Give yourself permission to create big pictures. Create it first in the inner realms, and you will then create success on the outer. Your level of prosperity is directly related to your inner visions of health, wealth, and happiness and the amounts you feel you deserve.

For this exercise, create some affirmations of your own and list them below.

- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_
- I am \_\_\_\_\_

Daily affirmations are an excellent tool for beginners, and they are good for introducing people to "self influence" and the power of the mind. Soon you will not be able to live without the positive effects of this tool.

## **How I Visualize and Affirm My Deepest Desires**

I wanted to be self-employed and run my own business since I really young. You see, I have a strong passion for that—to break free from employment. Everyday I would visualize walking into my office with a team of people working for me, I'll treat them very well and they're happy to be one of my team.

Beside, it's been a long time since I played basketball. But I have a passion for it. Everyday I would think that I am making jump shots from every angle of the court. Then I would also imagine that I've won the games that I play, I'm also the highest scorer in the game. I would really love to play again.

Then the opportunity came when I was offered business opportunities. When I started my own business, I was able to hire a good team of people to work with me.

What made the difference?

Well, that's the power of imagination & visualization. If you want to be a lawyer, visualize as one. Act like one. Think of what suit you're wearing, the judge you're convincing, the case you're handling, and the courtroom you're in. Visualize the evidences. Smell the victory. Make everything real.

You should also affirm. Believe that you are what you are visualizing.

So you want to be a lawyer? Tell yourself, "I'm the best lawyer in the world." Don't say to yourself, "I will be the best lawyer in the world."

Affirm strongly. Say "I am," not "I will," because "I will" suggests something that will occur only in the future. You have to experience it NOW, not in the future.

You must sink into your subconscious your deepest desire. The subconscious mind can do what the conscious mind cannot.

Here's the exercise that I used to do.

1. Get a comfortable & quiet place to rest.

2. Relax your whole body. Command every part of your body to relax starting from your feet up to your head.
3. Count back slowly from 20 to 1, where in each count you relax deeper & deeper. Upon reaching 1, you are completely relaxed.
4. Now affirm your deepest desire. If you want to be a lawyer, say, "I am the greatest lawyer in the world." As you're saying that, picture yourself to be the best lawyer ever, winning every case you've come across. You may say "I am now explaining to the jury my winning proposition" or anything that will affirm what you're conceiving in your mind as of the moment.
5. After about 10 to 20 minutes of continuous confirmation and visualization, count slowly from 1 to 20. Upon counting, slowly be aware of your surroundings. Feel refreshed and invigorated after doing this exercise.
6. I repeat this exercise everyday.

What you have just learned is a very powerful technique to greatly enhance the power of visualization & affirmation by imbedding it into the subconscious. What once is nearly impossible to achieve will become easier to reach from now on.

I remember what T. Harv Eker has said before, author of *Secrets of the Millionaire Mind— Mastering the Inner Game of Wealth*. He says that becoming rich is a matter of changing your attitudes and beliefs about yourself. He issues a warning in his book. "If you don't do the inner work on yourself and somehow you make a lot of money, it would most likely be a stroke of luck and there's a good chance you'd lose it. But if you become a successful person inside and out, you'll not only make it, you'll keep it, grow it, and become truly happy."

## **Hypnosis**

Please note that we have NOT strayed from the subject at hand. Hypnosis bears much in common with the tools of the secret. Hypnosis requires focus, visualization, and relaxation.

Hypnosis is done to focus inward and the results are within the hypnotized subject. Let's take a look at several uses of hypnosis:

- Appetite reduction
- Smoking cessation
- Obsessive/Compulsion relief
- Pain reduction
- Addictions

These are deeply root habits and compulsions. Changing the subconscious positively helps build a more powerful conscious or "waking life".

The basics of hypnosis are simple. Hypnosis is a trance-like state produced during deep relaxation. It gives the hypnotist access to the deeply influential subconscious mind. During this state, the subconscious mind is NOT a sponge.

A person who has hypnotized dozens of people can tell you that the subconscious mind can resist, lie and even counter commands given to it. The person must be willing to carry out commands. Let me give you a transcript from a session:

Hypnotist: Stella, where are you from?

Stella: I am from Texas.

Hypnotist: Stella, where do you go to college?

Stella: I go to South Texas College, STC.

Hypnotist: Stella, do you have a boyfriend?

Stella: .....

(At this point the session has strayed from its point. The point of the session was to cure her fear of confined spaces.)

Hypnotist: Stella, do you like men?

Stella: .....Yes.

Hypnotist: Stella, would you like to lose weight?

Stella: Yes

Hypnotist: Stella, do you eat anything other than fast-food like McDonalds, KFC, Domino's Pizza, and Burger King...?

Stella: No.

Hypnotist: Would you like to eat more salad? Salad is good for you.

Stella: No, I don't like the taste.

Hypnotist: Salad will taste like hamburgers. Do you understand when you eat salad, it will taste like hamburgers.

Stella: Huh? That makes no sense!

Hypnotist: .....

END OF SESSION

Now, let's see how you can hypnotize your own inner self...

## **Self-hypnosis for Your Own Peace of Mind**

Your boss ends the day with a stack of papers and instructions that you submit the report in the next 42 hours. Your significant other doesn't answer your calls. Your mother sends you guilt-tripping messages. Your landlady ignores you when you tell her a part of your ceiling is leaking. You feel a throbbing pain in your temples. Your credit card bills take over even in your dreams.

Easy does it.

Take a deep breath, close your eyes and unravel your thoughts.

Sometimes, taking control over a chaotic life, a stressful situation, a physical ailment or an emotional dilemma starts within you – your mind, your subconscious, specifically.

And communicating with your subconscious - negotiating with your own self - can be achieved through self-hypnosis. How to do it? Here's a sample basic procedure.

1. Find a venue conducive for relaxation: a quiet room, with the temperature comfortable and the lights just right (not too dim, not too bright). Light a candle and incense if you desire.
2. Surround your place with sound pleasant to your ears. Play relaxing music. Bring in a portable fountain. Hang some chimes where the breeze blows. The sound of music is soothing.
3. Find a comfortable position. Surround yourself with pillows, blankets, and the like. A caring, healing sensation eases stress.
4. Tell yourself: "I am light; I am comfortable, I am at ease. All my tensions, worries and anxieties are gone. I am light, I am comfortable, I am at ease." Repeat many times while breathing deeply.
5. Picture what you want your life to be. Visualize every detail, every situation that you want to happen. Imagine it so as if it is really happening.
6. Repeat no. 4. Breathe in and out, and imagine yourself being surrounded by a bright, luminous light starting from your forehead until it fills the room.
7. Wake up when you're ready.

Repeat this procedure regularly. This exercise helps you clear your thoughts. It may lead you to self-revelations that would help you assess the situation on how you live your dreams. It may or may not work, your goal may or may not be achieved – the universe has reasons humans may not fathom.

The important thing is this: self-hypnosis will help you become a better person – calmer, more attuned to yourself, and more willing to help others. With your tensions and worries away, who knows what you can do!

# Power Goal Setting

One of the most important things you can do is to set powerful goals. Now that you have made it clear to yourself and the universe, just what it is that you need and want, it's a good idea to visualize it over and over.

I set my first 5 goals in 2001 when I was still having my first business which is marketing seminars with my official business partner, Marco Robinson. That time I was 21 years old and I wasn't sure if writing down goals worked, but I was willing to test it.

I was writing down my power goals then. They were—

- i) To have a business that generates a consistent income so that I no longer have to worry financially anymore
- ii) Hiring a team of people to assist me so that I can be out of the business pursuing my dreams and living my life
- iii) To have my own book selling in the local bookstore and Amazon.com because it's a sense of achievement for all authors
- iv) To buy a 2-door sports car and live in a good lifestyle to impress those who have no faith in me
- v) To travel around the world freely to experience other environments and cultures and to open up a new world of discovery

The goals should have been impossible to accomplish, that what I first thought when I was 21. When you're 21, you would have all kind of goals regardless of whether it is possible to be achieved or not. I didn't expect to get results. In fact, I was thinking, this works for everyone but me. I didn't know for sure, but I was acting as if it could be true.

Four of the goals above are already achieved and the other one will happen either this year or 2008.

Make a list of the things you want but do not yet have. Maybe you want a

better job, a new car, a place to call your own, a good relationship, or a better spiritual life. Whatever it is, just list down "I want to be a ..." and "I want to have..." on a piece of paper or in your note pad.

Close your eyes and take a deep breath. Breathe out fear and limitation, and breathe in new ideas, opportunities, changes, health, wealth, and happiness. Imagine you have the most perfect life. Let's make this image more concrete and real.

Think deeply about what you want. It is not enough to say, "I want a career as a fireman." You must then describe every detail about life as a fireman. Describe exactly what you want, where you will live, how you will look, and what it will feel like.

### **My ideal job is ...**

Visualize. Continue to get even more specific about your life. How many hours do you want to work and when? What part of town do you want to work in? What do you want to wear while on the job? What type of boss are you compatible with? What types of coworkers would you enjoy working with? What type of salary do you want to make?

Then take it a step further. What type of neighborhood will you return to at night? What type of lifestyle will you live? Who are your companions? Be very specific in writing down your expectations and desires. Put this list on your mirror and other places that you look at frequently throughout the day.

### **What can I do right now to start making this dream a reality?**

If I could have any car in the world, what would I drive?

Visualize yourself at a car dealership speaking to an employee there. Really see yourself on the lot, scanning the vehicles. Then you find that perfect one for you. What color is it? What brand is it? What year was it made? Read the tag. How much does it cost? Forget about your doubts at this point. Envision yourself driving away in the hottest car on the lot.

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## **Describe your perfect car....**

So you want a new home? Create a picture in your mind that shows you living this new life. What does the new house look like? How large or small is it? How many stories would you have in your perfect home? What amenities come with it? How have you decorated the inside, and what are you cooking in the kitchen? What does the new place smell like? How does it feel to live in this future home?

Your fears and doubts have been supervising you and banning you for years. For just a moment, suspend and ban those fears. For one moment, let your creativity soar without question.

If you could be or do anything in your life, and if you had unlimited funds, and if there were no limitations, how would you spend your time? My perfect life would include:

What would you do, if you had only three years to live?

What would my life be like if I did these things? How would it change?

Now, turn your dreams into real life goals. Make a commitment to work towards those goals.

1. Write down your dream-turned goals.

2. Which of these things could you begin to do now?

Set your goals high!

Immediate Goals: (Today, tomorrow, this week) One Year Goals:

Five year Goals:

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Life Time Goals:

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Remember, just because you categorize a goal into a certain time frame, doesn't mean that's when it will necessarily happen. For instance, I've created five-year goal, and just by the simple act of knowing I'd have that, I was able to see it materialize in less than two years.

I was referring to the earlier goals I've set. It took me less than 2 years to systemize a business operation and move from home-based to office-based. And I was expecting this to be achieved in 5 years.

On the flip side, don't get discouraged if your short-term goal doesn't happen immediately. Perhaps there's another goal you need to accomplish first. Just stay focused, and knows that someday all of your dreams will come true.

Like, I've procrastinated to write my physical book for over a year now. It's been delayed but I was not frustrated because I understand how does the Universe works.

Use this same strategy to attract the relationship you desire. Create two lists. On the first list, create everything you want in a partner. What color eyes do they have? What color is their hair? What body type do they have? What types of clothes do they wear? What do they do for a living? What type of car do they drive? What is their life's purpose? What religion do

they practice? How do they smell?

In the second list, describe your ideal relationship. How do you communicate with one another? What activities you do together? Where do you go on vacations? What type of home will you live in together? What things can you create with one another? How do your life's purposes mesh?

What could I do today to attract my partner? What places could I go that I might find this person? Think and imagine of your life partner carefully, visualize that he/she is smiling and walking towards you, telling you how happy to be with you. These are exactly what I did and now, I'm grateful and gratitude that I have Emily comes into my life.

Now that you have set your power goals, go ahead and do so below:

I want to be:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

I want to have:

- 1.
- 2.

- 3.
- 4.
- 5.
- 6.
- 7.

## Wealth

Asking your mind to focus on wealth is a key part of the Secrets Video. For most us, we imagine stacks of money or luxury cars but wealth is actually NOT money unless we specifically ask for financial rewards or resources. Wealth can be stacks of gold, which is why the man touching the statue is an excellent vision.

But wealth is generally not considered money, but what money can buy. So to have more “wealth than Solomon’s mines” can be a misnomer unless you know what you are asking for.

A good analogy is that you may be picturing stacks of gold bars sitting in a mine, but your mouth is asking for a 1 billion-dollar yacht like the Onassis family has anchored in Greece. While the vision is quite good, you may not want a 1-billion dollar yacht. One of the main reasons I don’t think some people are successful when they use these techniques is that they haven’t thought out what they are really asking for AND that they haven’t rationalized the need for this tool.

I ask for wealth to achieve financial freedom, but not living a flamboyant lifestyle. I am not being greedy or insatiable. You need to concentrate and focus on your goals. Let’s take a look at some key words like:

1. Treasures
2. Wealth
3. Money
4. Attract money

What do these terms mean to you? Let's take a look at what they might mean to other people.

1. Treasure

Name 3 treasures:

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Name 3 forms of Wealth:

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Name 4 forms of Money:

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Name 4 ways of attracting money:

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I know this may seem like a trivial exercise but these are all the ways you are open to receiving your increase. These are all the ways you can attract money. If you articulate these ways of attracting money, you are far more likely to be paid.

Please do not just tie yourself down to making money through your business. Although your business is logically the most likely pathway, I have used this technique and been given thousands of dollars. Don't fool

yourself into thinking that you can only make money through your business.

Money can come from anywhere! Make sure you extend the wealth list! Name as many ways money can come to you as possible. I am a money magnet and sometimes I am amazed. Here are some examples of where I get money:

- I find money on the ground
- In old clothes
- Get unexpected checks in the mail
- Get money through my business
- Unexpected website sales (items not up for sale)
- Unexpected gifts from relatives
- Financial compensation from unsettled contracts (years ago)
- Unexpected funds from book(hardcover) royalties
- Unexpected reimbursements

## **Think And Act Rich**

Initially, we shall explore a few ways on how the rich act in accordance with their thinking and how we can apply these ways to encourage and guide us in doing the same.

Always keep in mind that you can attract as much money as you desire by knowing that it is all in the mind. It is what you choose to think, and act upon, that produces the money you want. What you think will be, will be.

## **Feel Rich And Be Thankful For It**

What I am about to teach you is a simple yet very powerful way of attracting wealth and prosperity in your life- thankful and gratitude. I choose to feel immense gratitude within me for that is what I want to see reflected in the world.

First, imagine what life would be like if you are rich. Don't just see it. Feel it as if you're already experiencing the luxuries and lifestyle of the rich.

Do you see yourself driving your dream car? What model and color is it? Touch the seat and feel its soft texture. Open the car radio and listen to your favorite music. Experience the joy of driving it towards your favorite place.

Maybe you could visualize a house. How many rooms does it have? Take a relaxing soak in the bath tub. Smell the food aroma coming out from the large kitchen. Play sports in your own private gym.

The important thing here is to believe that you are already rich. Now doesn't that feel good? By doing this exercise, you are unleashing the powers of your subconscious and directing it to give you what you're dreaming of.

But it doesn't end there. To make this even more effective, breathe slowly while still hanging on to this wonderful feeling of being rich, and say a small thanks to God, or to a Higher Power.

By being grateful, you are commanding the Powers of the Universe to work in your favor. You are confirming that you are graciously accepting your blessings.

Try it out. Believe and feel that you are already wealthy, and be thankful for it. Whenever I completed my speech on stage or achieving success in my online product launch, gratitude is the state I choose to be in, it does not need any reasons or justifications. I tell you, you will be astounded by the results.

## **Be Generous**

Many people think that rich people are selfish, that's why they have lots of money at hand. This may be true in some cases; however, there are a lot more individuals who are wealthy because they know how to give.

When you give something from your heart without expecting anything in return, you release a powerful force that will trigger your good deed to "bounce" back to you in amazing, and sometimes unusual ways. Tell you what; there are so much I can give as I am constantly receiving.

Whenever possible, be generous in giving to others. You will notice that what you receive, or the return, will be more than what you give. As humans, we have the tendency to reciprocate what we receive. But don't give for the sake of expecting something in return. Give freely from your heart, and the rewards would be greater.

The act of giving can summon the spirit of joy to come into your heart. How would you feel when you've given something to your less fortunate neighbors? Let me tell you that nothing could brighten up a day more than hearing them express their most heartfelt gratitude and seeing their smiles extend from ear to ear. I was given hope when I most need it. There comes a time I give hope when someone needs it most.

Giving is also a healthy habit. Many people do not know that or refuse to know. It could prolong your life by instilling within you an inner sense of peace and accomplishment.

What you give doesn't necessarily have to be something material. It can also be time, effort, talent, service, hope or even an affectionate feeling.

Just like all things in life, giving has its limitations. Being too generous can have its toll. Your kindness might be taken advantage of and people might abuse your good intentions. Beware of individuals who are continuously seeking your aid. It's better to teach them how to solve their problems than to always attend to their needs.

As one saying goes...

"Give them some fish and you'll feed them for a day. Teach them how to fish and you'll feed them for a lifetime."

Lastly, here's what I consider the most important rule about giving. Keep your good deeds to yourself. Don't announce to the whole world that you've donated \$100,000 to your favorite charity or that you've helped save a child from a life-threatening disease.

If you really desire to give, do it secretly and in private.

Some people would write "anonymous" rather than their own names when they've made a contribution. The universe smiles upon these individuals,

and they will get their just rewards in due time.

Consider this: If you are on the giving end, doesn't it mean that you are in a better position than the recipient? Doesn't it complement your character?

Minus all forms and territories, we are all one! (Smile)

## **Tap Your Potentials**

We all have tremendous potentials and talents like courage and brilliance. We must learn to tap into them, to put them to good use. Like it or not, we also have negative common traits. We all have some degree of self-doubt although at varying levels. Again, it all depends on us, which side of us we will allow to prevail.

In the world of money, being smart is not enough. You've got to be bold or daring. You have to actualize what is in your mind.

It is understandable that we feel apprehensive when it comes to change. Some are even afraid of change but we mustn't be. We must consider change, even at bad times, as an opportunity to improve our lives. Turn to your creative mind so as not to be swayed by the tide of depression. To be financially secure, you need to be creative and to take calculated risks.

Great opportunities are visible to the mind, not to the eyes. Learn to recognize an opportunity. Once you do, within the right time and available finances, it can make you rich.

Always remember that your mind is the single most powerful tool or asset you possess to gain financial security. Just like our body that takes nutrients from food and water, our mind must be continually energized with creative ideas and financial thoughts to create wealth.

Most of us work for the purpose of making money. More than this, we must work to learn.

## **The Wealth Visualization Mechanism**

When I first found out about the wealth visualization mechanism and I started asking around, I realized that every successful businessman had a version of this tool. It wasn't until I found a WORKING version of it that I started making money. When I upgraded my tool, my profits increased, but it seems only at the pace that my mind can adapt. Our vision limits our capacity. If you only see yourself making \$100.00 per week then that is your limit. You must extend your vision.

In order to do this more quickly and easily you should take the following steps:

1. Customize your technique to your belief system.
2. Understand what you are saying, and feed your capacity to understand.
3. Implement your tools daily.

## **Maximizing Your Mindset**

### **The Power Of Your Shower**

Your shower is a miracle resource. Use your shower to rid yourself of negative emotion by following this daily ritual. Replace your self-critical thinking with positive thoughts. As you stand under your showerhead, imagine that you are washing away your everyday self.

Let your worries and concerns dissolve under the stream of flowing water. Visualize the water pouring over you as light energy, cleansing, healing, and bringing forth the goodness you deserve on this planet. Start to believe that health, wealth, and happiness flow through you.

There is a captain who is steering your course—your Higher Self. Allow your true spirit to take charge now. Let that person with the mission and direction, the one who comprehends the larger picture, take control. You are no longer haphazard about accomplishing the things you set out to do. From this shower on, you have the power to create your larger life.

Recently, I have begun to use my shower power in the bathtub. I haven't

changed the name yet, but I find that as I soak in the water, I can do the visualization much easier, and invariably, answers and solutions come to mind so quickly, I don't even have time to wipe my hands dry before I am writing ideas down in my journal. I can feel a real sense of self and can absorb positive information like a sponge.

The idea is to visualize the coming day in detail and put an enthusiastic spin on it. See yourself dressing, driving your children to school, going to work, making phone calls, and pushing your agenda forward. Your life is working smoothly, and your self-esteem grows. What would happen in your new utopian life?

Everyday, you can create miracles in the shower as you wash your blues away—or anywhere else, for that matter. See yourself living the life of your dreams. Also, when I relax into my true spirit, I know exactly what to say, what to do and to whom I need to say and do it to.

Your homework now is to permit yourself to dream the impossible, and find ways to achieve it. Use affirmations to create the energy to make miracles. These are some of the ones that worked for me.

I am a magnet for money  
I am a magnet for miracles  
Only good, supportive, loving people come into my life  
I am a shining star  
Every day, in every way, life gets better, better and better  
I am committed to change  
I am a best selling author  
I am a healer and my work inspires others

## **Exercises**

Below you will find 4 key exercises for strengthening your mind and resolve:

### Exercise 1

Record 10 key phrases for making your mindset more positive. Record them in a clear tone of voice and play them back nightly before bed.

## Exercise 2

Do a daily affirmation in the morning before starting your day. Repeat your goals aloud and do so with a mate or family member. This provides emphasis and increases the personal power of all involved. This can be in the context of prayer or religious emphasis. Please remember that the customized verbal sayings are what you want to use.

## Exercise 3

Do positive visualization while performing your job or business. It is vital that you not lose sight of your goals or objectives during the day. This visualization will help you learn and grow. This is especially powerful for salespeople.

## Exercise 4

Say your daily affirmation in a mirror. This is especially powerful because it imprints the subconscious more powerfully. The mirror is a very powerful subconscious tool. It forces us to see ourselves, even when we mentally don't want to. Some people will have to work up to this, especially where health goals are mentioned. For people saying things in a religious context, it may be impossible without first cleansing sin. I strongly recommend this only for the advanced people. If you can do this right from the start without thought or emphasis, then you don't believe what you say. Think long and hard about this one.

These are some quick tools for getting started on using and applying the basic principles of the secret. While some of these tools seem controversial even, but they are practical and worthwhile.

## **Your Capacity to Understand**

For many of us, this is our limiting factor. Without a mentor, our capacity to understand is just about nil. A mentor makes business concepts real to us. A mentor also helps provide you with the "how".

When you visualize success, power, wealth and happiness, you do so without the "how".

For many people, this is very tough. Highly logical and analytical people

like me get bogged down in the "how". I floundered with this for 4-5 years until I did one very simple thing. I simplified the "how".

I did this until I realized that business is more simplistic than it is complex. I abandoned the deep and complex terms and went for the simple. This is what I'm capable in, breaking down complex success techniques and strategies into simple-to-understand concepts that can be applied instantly to your life. I became enthralled with simply selling a glass of lemonade.

Why?

Everything I thought I knew about business was wrong. School taught me that you borrow an ungodly amount of money and start your own business. You don't have to do that. The essence of business is as simple as purchasing incense for \$.25 and selling it for \$2.00. Business is not rocket science. So what makes one person a "genius" and other people "ordinary"? The concept is simple.

I learned that one person makes a better presentation, business persona and spends more time preparing than the next person. Perspiration and inspiration are the essences of business. I abandoned all the fancy personas and facades and spoke to people like the man I really am. I thought the fancier and more complex the presentation, the better I would do. People wanted just the opposite. People wanted honest, personable, and sincere talk. That is what I gave them and my business took off. The "genius" in your business exists inside your own head, and this tool can help you bring it out. You need to tap into it.

What does this mean for your capacity to understand?

The results are simple. To mentally become more successful, you need to build success on top of success.

To go from a negative position to a positive position, you need to change your outlook.

If you have a website that is failing you can do a few things like:

1. Talk to someone doing worse than you
2. Hire a coach
3. Get a pep talk from a loved one

#### 4. Review the sales you do have

Once you get these items done, then you might want to watch the Secrets video several times and repeat the words or review your own customized set of affirmations. Remember that success is inside you before it can ever be manifested in the world. If you haven't watch the Secrets, you can always get it at [www.Amazon.com](http://www.Amazon.com)

One of the most difficult things is to turn around a difficult situation. Many people are NOT on your side when you are losing money and sliding deeper in debt. People are usually only there when things are rosy.

This is another point where a mentor can have an amazing effect on your business. A mentor can give you pointers to turn it around, and increase your capacity to understand. Mentors also reinforce the success concept by giving you tangible examples of successful businesses, business operations and methodologies.

To be successful, you must surround yourself with successful people.

You need to cull the losers in your group, negative people and downers. Sometimes that negative person is a family member. It is very difficult to shut up your family. They may be losers because they have negative attitudes. Please remember that attitude reflects altitude. Poor attitudes will keep you down, and the end of the day will find you an underachiever. The jewels of the last Chinese empress are gold and jade instruments that she adorned her hair and clothing with. These are forms of wealth that were very uncommon amongst her people.

Wealth is usually the result of some prior act or something being made available to a few that is not available to the many. The concepts we have talked about are NOT common amongst the many.

You don't get rich without a vision. You have probably heard this so many times that you can repeat it without any effort. I am asking you. What is your vision? Do you have one? Do you really want to achieve your heart's desire? If so, how do you plan to do it? Are you willing to make it really happen?

# Conclusion

I have made my miracles happen one day at a time through my life. I believe with the power of positive visualization. All my perceived problems cannot affect me. They do not change who I am and what I am going to have. Try what I've suggested to you if you have lost your dreams and goals. This book will help you to overcome problems with your career, your relationships, or your life in general.

The plan will give you a solid foundation in case the rug or security blanket disappears. Use this when life slaps you in the face and forces you to get real, quick. Unleash your hidden stores of courage, dig deep, and build a foundation to assist you in surviving crisis and creating a healthier, happier and harmonious life.

I hope you understand that I am not talking about "wishing".

Wishing is asking for something with no effort, desire or even will behind it. I am talking about visualization, power goal setting, achievement and hard work.

These are the tools of the person who really wants to have mine of gold or a 1 billion dollar yacht anchored in Greece. Are you that person? Do you have a vision? If not, you need to catch one to maximize your profits. It is an absolute necessity. Take sometime and develop a vision now.

Success doesn't come easy. It takes heart and passion. It may also take some time before you can actually reap the fruits of your labor. Agree? But how do you actually survive this stage?

This is the moment when you're working extra hard to reach your goals.

This is also the instance when you're enduring whatever adversity hits you.

"The more you hate, the more you love."

What an ironic statement. Whoever said those words must have been drunk. The bottom line is this: It is extremely difficult to like or love something that you despise.

You take inspired and motivated action to get out of your present rut and start living the life you've always dreamed of.

Guess what? It's not going to be easy. The lesser concern I have over my bodily comfort, the more I can give of myself.

You will have to come out of your comfort zones to discover potentials and opportunities waiting for you. You have to conquer your fear and take calculated risks. You have to stay focused and persevere despite the difficulties you will encounter.

### **What are you waiting for?**

What do you need to make your miracle happen? Do you need to get sick or have the sky fall on you? No. You simply need to decide to make it happen. You've read "the secret" interwoven into Dr. Joan's life above.

What else do you need? I'll tell you. The true secret is that self-actualization is a journey of a thousand steps. You can only start that journey one stride at a time. Get off that bench and start walking! Good luck!

I've started a website for self-help, [www.eSuccessMastery.com](http://www.eSuccessMastery.com) since years ago and I've had the great fortune of being able to communicate and help many people around the world today. The new personal achievement program at [www.ycdiSuccessOutcome.com](http://www.ycdiSuccessOutcome.com) will be providing a free resource for attaining wealth.

My life has become an absolute miracle. From the moment I committed to making my dreams a reality, there was no turning back. I went on faith alone and now I can tell you it was worth every penny, every pain, every second of sacrifice and suffering. I have come so far. And as time goes on, I continue to live my dream of healing and inspiring others.

Remember the movie of *Alice and Wonderland*? As the scene goes in movie, the Queen is baffled by Alice's failure to be able to make things happen. The Queen tells her that she is able to do eight impossible things before breakfast each day. You too have this ability. Eliminate the word impossible from your vocabulary and replace it with possibilities.

Choose wisely today. Choose only joyful thoughts for joy is what you want to experience. Let go. Be free. Let the voice of your true spirit guide you.

This life is what you make it. I challenge you to dream the impossible, do the unthinkable, and live the fantasy life you've always wanted. I give to you, the gift of knowing how to visualize positively and make miracles in life.

If I "Chan" Do It, You "Chan" Do It!

**- Patric Chan**

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