

# **Break Free Now!**

**How to wipe out all your limits & achieve your inherent unlimited potential for wealth, success & happiness now!**

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# **Why You Must Clear Your Glass First**

Stop everything you're doing right now.

Just stop.

Give your fullest attention to the words on this page.

I tell you, you will never go anywhere if you continue to give partial attention to everything that you've been doing, multi-tasking the way you might have been doing.

Now, here's why I want you to stop doing whatever you've been doing.

Before I can effectively help you bring you so much closer to whatever your goals are in Life, I need to show you the reason why you have

not been able to achieve all your goals smoothly is that you have actually been burdened by your limiting beliefs and your negative subconscious programming.

Like any hero on a worthy quest, there are bound to be obstacles, monsters and inner demons – otherwise, it wouldn't be called a noble quest and you wouldn't be a worthy hero.

You can't complete your quest with your inner demons burdening you and those obstacles and monsters standing in your way.

You need to let go of your inner demons, overcome your obstacles and get rid of the monsters standing in your way. Only then are you able to move swiftly and smoothly towards your destination.

To put it another way, let's say you have a glass filled with murky water. But your objective is to drink some healthy, clean water to quench your thirst.

What do you do in this situation?

Obviously, you have to clear the glass of murky water first. Then you fill it up with clean water. Now drink.

It is not true that cleansing ourselves of negative elements will leave us with nothing but a boring, clear, clean slate.

The truth is that we are all inherently positive potential. Clearing ourselves of the negative elements that have been limiting us automatically releases our positive potential and accelerates us towards our goals.

This is the Secret behind the Secret. This is the Master Key that unlocks and releases the shackles that have been limiting your potential to wield the potent Law of Attraction to bring all the good things you have ever felt you deserve in Life.

Throw away all the excess baggage that is burdening your vehicle. Clear your path of all obstacles and, once you have checked that your vehicle has been properly fuelled and ready, go right for your destination.

The mistake that most people on any personal development path usually make is to begin with the end in mind, get all fired up with excitement about the visualized end result and then boldly chase after their goals, till suddenly they come upon obstacles that they had not anticipated or dealt with earlier – and give up.

This potent process is useful both before, during and after your actual journey towards your goals.

It clears away all your unnecessary and limiting beliefs, fears and attitudes that are burdening you, it eliminates any unexpected blocks or monsters that may appear on the way to your destination and it also helps to seal in all that you have gained and done so that you don't inadvertently or deliberately sabotage all your efforts so far, so that your victory is permanent and everlasting.

It seems unbelievable that such a simple process can do so much good. I agree. Even now, I still cannot believe how powerfully effective this process is. But you know what? I have given up trying to believe and I just do the process anyway, every day.

## **The Simple Process**

The Simple Process is a marriage of 2 powerful and simple emotional clearing techniques that have been helping thousands of people let go of their emotional blocks and negative programming for decades. They are:-

**The Emotional Freedom Technique (EFT)** was developed by Gary Craig as an improvement and simplification of Thought Field Therapy. It has its fair share of believing practitioners and sceptical critics but it is not the object or the domain of this e-Book to discuss or debate the differing viewpoints people have of it.

What I know and what you need to know is that it has so far worked best (for me) on inner emotional issues and some minor physical issues that may have stemmed from an inner problem.

EFT works by restoring the balance of the body's energy fields that is usually disrupted when a negative emotion arises.

I am quite the agnostic when it comes to new age-y 'spiritual' energy fields, but the rational side of me thinks it has something to do with stimulating the parts of your body where the nerves are most sensitive such that tapping on them sends electrical impulses throughout your body and simulates some form of calming, focusing and 'releasing' sensations.

**The Sedona Method**, the other technique comprising the said Process, was developed by Lester Levenson and its purposes are quite similar to EFT in releasing negative emotions and limiting beliefs.

It works through a brief and simple process of self-inquiry – you ask yourself a couple of questions and repeatedly cycle through them until you attain a certain peaceful clarity that your negative emotion has been released.

The beauty of both techniques is that they don't involve struggle, do not require your self-discipline (except perhaps for your discipline to just do them consistently), do not demand you to have Zen monk-like willpower and do not need you to use any equipment at all (no brainwave audios, special headphones, writing instruments, Feng Shui-optimised spaces, scented meditation candles).

All you need is your body and mind as you are. You can even do this process immediately after a refreshing shower in the privacy of your bathroom.

In fact, I have often used this Process with great results after a warm and energising shower, in the privacy and comfort of my bathroom and nothing with me but my mind and body.

This e-Book is not meant to be the 'bible' or the authoritative source of the EFT or Sedona method. I am simply introducing my variation of both methods that I have combined into a Simple Process that has benefited me tremendously, which I would now like to share with you.

What the Simple Process can work on:

- Lack of focus
- Procrastination
- Lack of clarity
- Lack of motivation
- Worry, Fear, Doubt, Disbelief
- Any 'inner' thing that hinders you from achieving all you want

## The Simple Process Revealed:

1. There are only 2 parts to the process:

- i. Identifying the problem
- ii. Releasing the problem

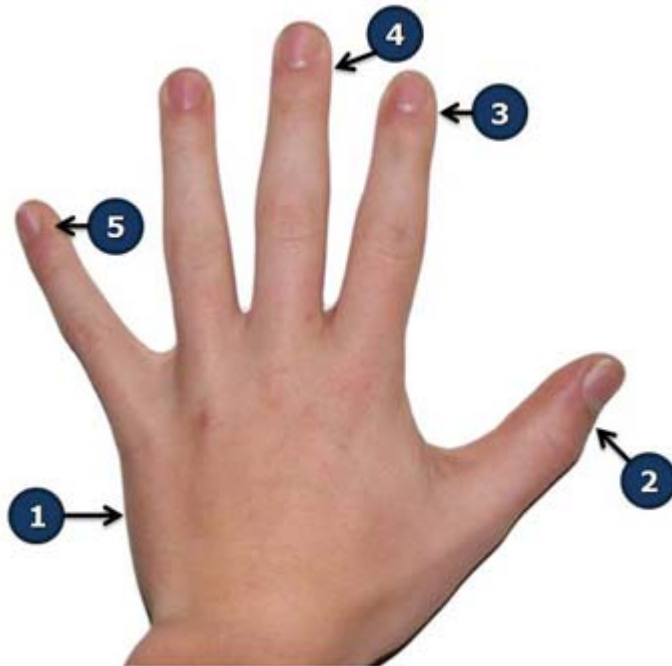
2. **Identifying the problem** involves framing or encapsulating the essence of the problem, negative emotion or limiting belief in a simple phrase or statement. It is important that you be clear and accurate in defining the problem or issue.

e.g. Instead of “I have a problem with procrastination”, break it down in your mind into smaller sub-problems that might be contributing to that bigger problem of procrastination, such as, “I don’t know what to do next”, “I find the tasks dreary and

boring”, “I don’t see the immediate benefits of getting the necessary work done”, or even, “I have always been a procrastinator – why should I change now?”. Go with the flow and use whatever your mind can conceive.

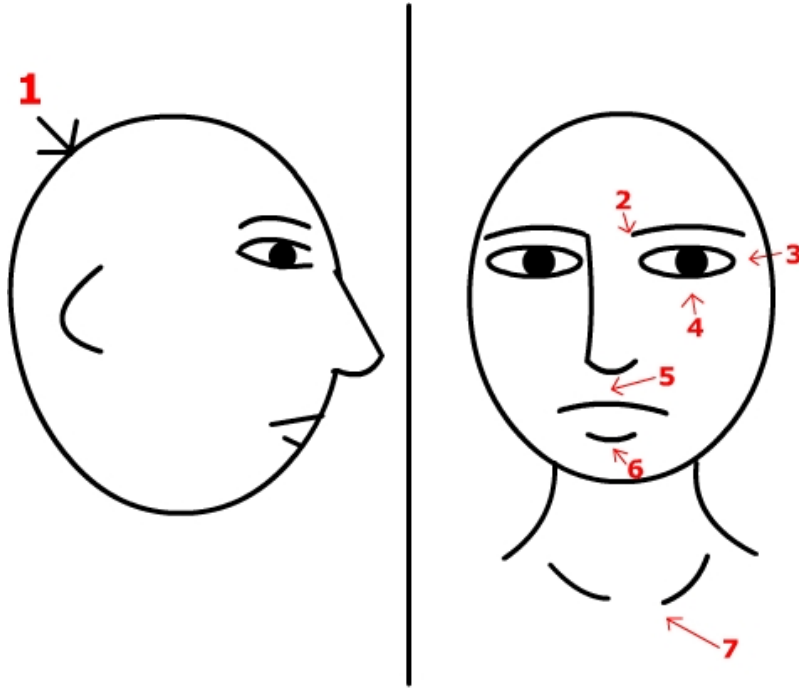
3. Use the following statement to capture the essence of your problem (you will go through each sub-problem that makes up the main problem one by one): “Even though I {state your problem here}, I truly, deeply and absolutely forgive, accept and love myself” e.g. “Even though I find the tasks boring, I truly, deeply and absolutely forgive, accept and love myself”

Using 2 – 3 fingers of one of your hands, gently tap on the following 5 points on your other hand while saying out loud 3 times the above statement as you tap on each point:



1. The fleshiest point of the 'Karate chop' part of your hand.
2. The outer side of your thumb at a point level with the base of your thumbnail.
3. The side of your index finger facing your thumb at a point level with the base of your fingernail.
4. The side of your middle finger facing your index finger at a point level with the base of your fingernail.
5. The inner side of your smallest finger at a point level with the base of your fingernail.

4. Next, in **releasing the problem**, you insert the phrase that describes your problem into the following 3 questions. Get a feel for the following 3 questions and you might find it easier to remember them:
  - i. Could I let this {problem/emotion/belief} go? Could I allow this {problem} to be here? Could I welcome this {problem}?
  - ii. Would I let this {problem} go? Would I be willing to let this {problem} go?
  - iii. When (will I let this {problem} go)?
  
5. Using 2 – 3 fingers of one of your hands, gently tap on the following 7 points on your body while asking out loud (or quietly to yourself) the above 3 questions as you tap on each point:



1. The top-back part of your scalp / your crown.
2. The inner side of your eyebrow.
3. The outer side of your eye.
4. Below your eye socket / on your cheekbone.
5. The middle of your "moustache" area.
6. In between your chin & your lower lip.
7. The inner tip of your collar bone.

6. Continue steps 1 to 5 of the Simple Process to work on the same sub-problem until you feel you have sufficiently cleared or released that negative emotion, belief or issue.
7. Steps 1 to 6 of the Simple Process form only one cycle. It might take more than 1 cycle to clear a particularly tricky issue you are facing. The best is to suspend your initial disbelief in the Process (or quit trying to 'figure it out' at all) and go through several cycles of the Process working on a problem that you are having.

## **Tips for Tapping:**

- Tap as gently as possible but do not merely 'touch' those points. If you find that it hurts to tap, then you should decrease the 'impact' of your tapping considerably such that it is more comfortable.
- To tap, use whatever number of fingers that is comfortable for you – only your index finger, your index and middle fingers or your index, middle and ring fingers altogether.
- You don't have to get the exact tapping spots 100% correct. Usually tapping about the areas around the prescribed tapping points will achieve the same results. Intuitively 'get' which are the best tapping spots for you as go along practising the process.

- You will actually find that the more you do this Process, the better it gets – you will feel even better in your later sessions than your earlier sessions as it is a cumulative process.

You should read up from the relevant authoritative sources of both techniques to find out more. You can learn EFT from the source, here:

<http://www.emofree.com/LearnEFT.htm>

Here's another useful EFT primer by a very experienced EFT teacher:

<http://www.bradyates.net/page8.html>

Click here to read a sample of the 3-question Sedona process:

<http://www.sedona.com/html/Sample-Of-Process.aspx>

# **How to Finally Break Free & Release Your Unlimited Potential to Achieve All Your Goals on Autopilot**

By now you should have gained an understanding of the Simple Process. Now all it takes for you to gain mastery over it is to practise it consistently every day, on whatever problems, issues or negative emotions that you may encounter.

After a couple of rounds of doing the Simple Process, you should be able to do it in only 30 to 60 seconds.

Now all that is required of you is to diligently and constantly practice this Process even if you may find that you have no problems to work upon for a day – don't be fooled by the illusion that you no longer

have any problems or issues to work on (these things will always be around).

The more you do the Process, the better you get at making it work on your issues and problems. The better you get, the more you are able to conquer your problems or even eliminate them altogether.

Remember in the 1<sup>st</sup> chapter I said that we are all inherently positive potential?

As you go about doing this Process, you will more and more find the above statement to be true.

You will either find the things that you normally do every day become easier and less stressful for you, or unexpectedly, good things and 'fortunate' coincidences tend to come to you automatically.

These 'lucky breaks' may come in the form of a dose of inspiration, an idea, a coincidental phone call or email from a friend or a place you may accidentally stumble upon that might give you a clue towards getting closer to your desires.

By the time you have sufficiently practised the Process, you should gain a certain level of mastery over it such that you find that there are certain tweaks, variations and evolutions that best suit you – and that is all good.

You don't need to follow every instruction in this e-Book to the letter. It is always best that you find a unique variation that works best for you. But if following my instruction 100% to the letter is the choice that is best for you, so be it!

Now we can afford to take this Simple Process and wield it in a more systematic manner to go after all the limitations, negative beliefs and unhelpful subconscious programming that might have been holding you back from releasing your inherent positive potential and achieve all that you can and want to achieve in Life.

1. Declare the next 21 to 40 days as the Days of Your Transformation. These must be days in which you can continuously pursue a program of self-assessment and cleansing of all your negative limitations without any interruptions in between. You need not set aside or suspend any of your regular activities (such as career, school or whatever it is that occupies your life), just set aside a few minutes (ideally an entire hour) every day to focus only upon clearing all your blocks and limitations using the Simple Process.

2. You may want to use a journaling tool to help you – it is not absolutely required, but it will be very helpful if you do use a journal or notebook and a set of writing instruments for the 21 to 40 days of Transformation. What to use your writing instruments for: you will write in detail all the negative emotions, issues, attitudes and beliefs that you may encounter for the day, every single day, and work upon eliminating them using the Process.
3. You will also write the positive things that have happened to you for the day, as well as any reinforcing and supportive beliefs, attitudes, insights or self-statements that you might encounter throughout the day. Separate the negative from the positive. Write each on its own side of the journal's page.
4. Besides the above, you will also write your desired goals and targets every day. There are therefore 3 elements to this journey

– (i) what you want to achieve, (ii) things that hinder you from achieving them and (iii) things that support you in achieving them. Each element will be written every day on separate pages of your journal.

5. You will go about your daily self-assessment sessions by clearing your blocks and limitations with the Simple Process first, followed by observing and recording the positive things that have happened in your day (or the previous day, depending on when you choose to do your daily sessions), and concluded by a revision of your goals. Note: even if your goals tend to remain the same throughout the days of your journey, just re-write them anyway, word for word.

## **Tips about writing your goals down:**

- Write them in the 1<sup>st</sup> person (using “I am” or “I have”), in the present tense, as if you already have achieved them.
- Deadlines are optional – it depends on how disciplined you are in meeting them. If you find yourself too stressed out by deadlines and have always been attaining your goals without them anyway, then do away with deadlines. If you have been good with deadlines, then use them the way you have been using them – realistically, of course.

## **Recommended Resources**

1) My Content Rich Ultimate Secrets Of Success Blog

<http://www.UltimateSecretsOfSuccess.com/success>

2) Incredibly Simple 10-Minute Exercises Designed To Release Your Inherent Brilliant Potential Within & Become a 'Guru'!

<http://UltimateSecretsofSuccess.com/unleash.php>

3) How to Finally Create Your Life by Design, through Asking Simple, Honest Questions. Imagine Wealth, Success, Happiness, Anything You Desire – Yours if You Just ASK!

<http://UltimateSecretsofSuccess.com/effequest.php>

## About the Author

I, Mohamad Latiff, am the Author, Creator and Founder of UltimateSecretsofSuccess.com, the one resource where I reveal personal development and business success secrets for internet marketers and aspiring entrepreneurs.

I have been investing thousands of dollars and over 7 years (as of this writing in the year 2007) into researching the numerous and various fields and technologies of personal development and human potential maximization.

Here's a link where you can find out more about me and my work:  
<http://www.ultimatesecretsofsuccess.com/success/index.php/about>

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