



The Roadmap to Success

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Why Do Personal Development?

Part of the nature of humans is to be constantly developing, growing and moving toward a balanced and mature way of being. Our present personality is determined by both who and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional wellbeing, understanding and effectiveness, and to share this knowledge with others.

Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our spiritual inner nature is repressed. The animal rules. We make no room for unconditional love.

Even though the culture may have evolved with technological advancement and administrative complexity, human nature has not moved forward as it might. We are now paying the price for human selfishness and inconsideration. Going forward, the quality of our lives on this planet - even our survival - now depends on each of us taking responsibility for our personal growth.

The human being needs to awaken to the soul that inhabits each body and is our true self and source of inner knowing. Awaken through a process of self-discovery, leading to one's own, self-directed spirituality. We need to become mindfully conscious instead of ruled by the dictates of instincts, past habits and fixed beliefs. We need to throw away dogma, open our minds and reconsider. Instead of fear about our survival and competitive angst, we will then be motivated by compassionate understanding and creative love.

For those that do move forward, the next epoch - that is almost upon us as we move into 2012 - will be a celebration of human cooperation and shared love. It's our best hope for the future - and it's in our hands.

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Welcome to your free Roadmap to Success! We are excited to have you join us on this exploration of the concepts and principles that have so dramatically changed our lives, and the lives of our members.

While this roadmap is just an introduction, it provides enough detail to allow you to begin to apply these principles to your everyday life, starting today! Also, a wealth of additional information can be found on our website at www.universeofpower.com.

If you find that you are having any doubt about whether this process will work for you, we really encourage you to visit our very special (and free) discussion forum. There you can read the amazing success stories of our members, as well as the answers to some of the fascinating questions they have asked.

Once you join our website (on the left side of the [homepage](#)), you can post your own questions in the forum, and our staff of coaches will happily answer them for you. In fact, come visit anyway, even if you are already convinced of the amazing possibilities in front of you! You will discover a great community, and lots of bright minds having fun, sharing ideas, and much loving support.

Enjoy the report, and we hope to see you on our discussion forum soon!

Sincerely,

The Universe Of Power Team

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Take The Journey To Success!

It's always helpful to have a roadmap, especially to your own success and happiness. Without a roadmap, we all know that *some* people won't ask for directions (we won't mention any names), and will go round and round in circles, reaching their destination long overdue. Or they never reach it at all. What a tragedy!



My journey began with a lack of personal fulfillment, spawned by a lifetime of disappointment, despair, and depression. While outwardly portraying some semblance of success and happiness, inwardly something was still very wrong. I have since discovered what that something is, and I want to share it with you here. You too can discover how to fill that void, and how to create the life of your dreams.

Now it's Your Turn

By sharing the steps I have taken, I hope to provide you with road signs that will give you clear directions and an easier journey than I have had. I have waded through tons of material, spoken with many people, and have had to learn much of this on my own by trial and error. I hope you can avoid some of the mistakes I've made, and some of the misconceptions inherent in such uncharted territory. And most of this tremendous personal growth has happened within only the last couple of years. So please don't think this has to take the rest of your life...start now, and you will begin to see results almost immediately.

A Great Time to Be Alive--Really!

We humans are on the verge of learning such amazing things about ourselves, our minds, and our Universe—what an exciting time to be alive! Never before have we come this close to understanding our true nature and our incredible personal power. And never before has it been so *crucial* that we know this, just in time to turn our collective future around. We are finally beginning to realize just what miracles are made of, and how we can produce them for ourselves!

So let's begin our journey, so that you too can achieve true happiness, joy, and success!

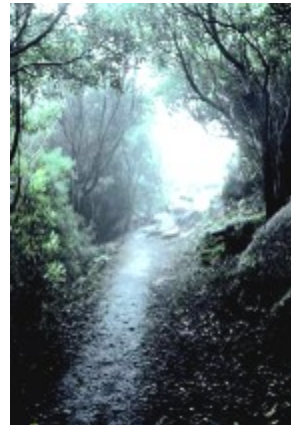
"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

Margaret Mead, 1901-1978
Anthropologist

Step One – Accept Responsibility

Whose Job Is It, Anyway?

The first step on the journey may be the most difficult. But once you take this step, the rest of the journey will probably seem a lot easier. In order to be able to create your reality the way you want it to be, and to achieve success and happiness, it's very important to understand that you have played an active role in creating your life as it is today (gulp!). Every single aspect of your life is a result of a past thought or action.



Our Thoughts Have Tremendous Power

Most of us have heard that our thoughts have some kind of power. But what does that really mean? How much power do our thoughts actually have? Where is the science to back this up? And how can we use this knowledge to create a successful life? Why does it seem to work for some people, but not for others?

The truth is that it works for every one of us, every single day. But many people either don't believe they have that much control over their lives, or they don't see how their own thoughts can be entirely responsible for the results they achieve, successful or not.

"As a man thinketh in his heart, so is he."

The Law Of Attraction

Understanding the Law of Attraction is most critical to your success. Simply put:

"I attract to my life whatever I give my energy, focus, and attention to, whether wanted or unwanted."

The Universe takes these thoughts as instructions, if you will, and then manifests what you think about into your life.

For instance, if you are often thinking about how much you dislike your current job, your job will become even *more* intolerable over time. If you worry about not having enough money, you are practically guaranteed to attract an experience of poverty or lack of financial success. If you're constantly worrying about having some extra poundage, guess where those pounds are going to stay? I would even go so far as to suggest that if you are worried about your spouse cheating on you, you're much more likely to attract that experience to your life.

What you resist, persists. What you fear, perseveres.

The Nature Of Energy

Everything in the Universe contains energy. Did you know that there is more energy in a cubic centimeter of the empty space in front of your face, than the energy contained in all the matter (the seemingly solid stuff) in the entire Universe? This is amazing! Your thoughts are pure energy. Energy isn't bad or good. It just Is. It never goes away—it constantly transforms into other forms. Nothing is actually solid—what appears solid is just energy and molecules vibrating. If you hold your hand out in front of your face, you may think you see something solid. But if you look at it through a really powerful microscope, you would actually see tiny molecules vibrating at a very high rate, with empty space in between them.

Our thoughts are one of the most powerful forms of energy known to mankind. They have the power to transform non-physical (un-manifest) ideas into physical (manifest) form. It's just a matter of learning how to harness that power and using it to your advantage. And the key to understanding and using that power is your own belief that it truly is possible. The truth is that you are *already doing it*, so why not learn to do it consciously?

You Give Off Good Vibes!

Your body is made up of energy, vibrating at various frequencies. It is a receiver and a sender of information far beyond the five senses. The human body naturally emits electromagnetic energy (and quite possibly even more complex forms of

energy as yet undiscovered). An electromyograph is a device that measures the electrical activity present in muscles, but it has also been used to detect the electrical presence of the human "energy field" by Professor of Kinesiology at UCLA, Valerie Hunt (*Holographic Universe*, by Michael Talbot, pp. 174-176).

Hunt's most startling research has shown that people who emit lower frequencies tend to function at a lower level of consciousness (around 250 cps, or cycles per second, which is approximately the level of the body's biological frequencies). These people also tend to focus on the material world, rather than on spiritual awareness. But people who are psychic or who have healing abilities will vibrate at frequencies of 400 to 800 cps. Hunt also found that people who have frequencies above 900 cps are considered "mystical personalities". In fact, she has encountered frequencies as high as 200,000 cps in highly mystical individuals, or avatars.

So when we hear about "raising our vibrations", or about someone who "gives off good vibes", there is actually a scientific basis for these remarks!

Energy Attracts Like Energy

Energy vibrates at various frequencies, and things which vibrate at the same frequency will naturally attract to one another, and will cause a vibration in the second object that matches the first one. Think about how a tuning fork works. If you strike a tuning fork in the key of F, any instrument nearby (piano, guitar) that has a string in the key of F will begin vibrating and emitting sound, along with the tuning fork. The same principle operates with any form of energy vibration.

A higher frequency opens the gates to what you want, whatever it is; and a lower frequency closes those gates. So you can be vibrating at a frequency that is of "allowing good to come to you" vs. "not being open to receive". And the higher your frequency, the more open you are to receiving the things you desire.

This explains why some people continually attract the same kind of unhealthy relationship, while others frequently attract tremendous wealth with relatively little effort. The first type is vibrating at a lower frequency that emits a vibration of lack: "Why do I always have unhealthy relationships?!" The second type is vibrating at a frequency of abundance: "Money flows to me easily and effortlessly."

Think for a moment about driving on a remote desert highway and scanning the channels on your radio for some good traveling music. Until you tune into a station, you will not hear the music. It doesn't mean it isn't out there, broadcasting to plenty of other people. It just means you haven't tuned your particular radio to that frequency. Once you do, your radio's receiver has matched the exact frequency of the radio station's transmitter. This same principal applies to attracting whatever you want (and don't want!) into your life.

What About Tragedy?

Okay, so this sounds pretty good so far. But some will ask, "Then how did I attract such-and-such a tragedy into my life? I certainly didn't think about that!" My personal belief is that we do attract every single thing that affects us as individuals. When these things affect others, I believe we may have made a "sacred contract" with those people, in some different dimension. For instance, when one partner in a relationship passes away unexpectedly, I believe that both parties on a soul level probably planned that early demise for a reason they both agreed upon. But I haven't figured out all the answers. I don't believe we ever get the entire picture, just enough glimpses as we go along to present always more opportunities for learning and personal growth.

Why We Exist

My belief is that we humans have only two purposes in life:

- 1) To know true joy by realizing that we are all connected, and by experiencing Oneness with the entire Universe. This also means that we are each meant to strive towards discovering our true purpose or mission in life, and to live our lives to our Fullest Potential.
- 2) To learn how to consciously co-create our reality with the help of the Universe—to realize that we are so powerful that we can manifest anything we can imagine into the Physical realm. A friend recently told me that we would never be "shown" our true power because it would scare the living daylights out of us. What a concept!

The Key Lesson

Like it or not, your life is exactly as you have made it. **You are the architect of your life, good or bad.** All of your problems were created by you alone, not by your partner, or your parents, or your boss. **And all of your successes were created by you, not by luck or chance.**

It is critical that you realize that nobody else is to blame for your troubles. Until you accept this as fact, and until you stop blaming others for all your problems, you will not be able to create a better life for yourself. I know it's a hard pill to swallow—it certainly was for me. But once you do, then a whole new world with unlimited possibilities will open up to you!

We could say that the bad news is that you have created the life you're living today...but the *good news* is that you, and you alone, are entirely capable of creating a better one!

So...is the status quo acceptable to you? Are you satisfied with the way things are going now? If so, just move along...and of course, you're more than welcome to return to these ideas anytime you'd like.

Or, are you ready for a change? Are you willing to become the master architect of a better life for yourself? Are you ready to make a decision that will change your life forever?

It's all up to you!

Should I Stay Or Should I Go, Now?

Congratulations! You're still here! And that takes a tremendous amount of courage, so please give yourself a huge *atta-boy* (or *atta-girl*) out of petty cash! Pat yourself on the back, because you deserve it!

Suggested Homework

Take a good hard look at your life situation as it is right now. Notice the nature of your relationship with your significant other, if you have one. If you don't, notice that instead. Observe the status of your health. Do you have any ailments at this moment? What are they? Think about your friends, or lack thereof if you'd like to have more of them. Consider your surroundings including your home, your neighborhood, even the car you drive. And think about your financial and work situations, desirable or undesirable as they may be.

For all of the positive things in your life, give yourself credit right now. You alone have created those wonderful things.

For all the negatives in your life, please know that although you were responsible for creating them, *you have full access to the powerful tools and knowledge to change them!* Good news, right?

Now think back in time, to five years ago. Has there been a significant change or improvement in your life situation since then? If not, why not? If so, can you point to a time when you made a decision that impacted your situation for the better? What was so different about that decision that made it so powerful?

Most importantly, what were you thinking about five years ago? I know, most people don't remember what they were thinking about yesterday, much less five years ago. But that's the point: If you are still thinking today in the same way you were thinking five years ago, then I would bet that your situation has not improved significantly. Be honest with yourself. This is the hardest part. And believe me, from here it's mostly downhill.

These are just some questions to get you thinking about the role you have played in creating your current life situation. Raising awareness begins with oneself, and being honest with oneself is the first step.

Now spend 20 minutes or so thinking about your idea of the perfect life. Wouldn't you like to have a life like that?

I have a deal for you. If you will accept full responsibility for your life as it is at this moment, and if you will learn the principles of the Law of Attraction, you will then be able to create the life of your dreams.

By accepting responsibility, you have opened a fabulous new window of opportunity for yourself. You can now take control of your ship, and guide it to wherever you want to go. Not to get too cheesy, but you are in the cockpit of your life!

In order to understand how you are responsible for creating your life, it's important to start paying close attention to your thoughts.

So what does it take to change your thinking?

Step Two – Your Beliefs Are What Stops You From Success

In Step One, we discussed a big key to success is taking full responsibility for your life as it is, as well as the immense power of your thoughts. So the next logical step is to begin paying very close attention to what you're thinking, and what you're saying. This exercise will lead you to an understanding of what has been stopping you from achieving success and happiness.

We will begin with the concept of limiting beliefs, then cover the obvious (but necessary) topic of positive thinking. Later we will address some critical factors that are often missing from teachings on this subject. Please bear with us while we lay the foundation, before we get to the really exciting stuff!

Limiting Beliefs

Limiting beliefs are those which hold us back from reaching our fullest potential. They come from a combination of our own past experiences, our family, our culture, our schools, our social or religious organizations, and most importantly, our very own thoughts. Limiting beliefs and thoughts often create a vicious cycle in our lives, as they feed on each other to keep themselves alive and well. In the process, they often wreak havoc on our lives and ruin our chances at finding happiness and success. Each has its own potent form of energy, and each has the power to dictate exactly how you live your life at every moment...if you let them.



The good news is that we can change our limiting beliefs if we want to.

Negative Thinking

When you think about money, for instance, what kinds of thoughts come to mind? For many of us, thoughts about money will tend to resemble the following:

"When I have money, I will finally be able to do _____ (take a vacation, buy a new car, etc.)."

"In order to have money, I just have to work harder."

"If only I had a better education (better job, more time, more connections), I would have more money."

"My family has always been poor, so I guess it's just in the cards that I'll be poor too."

"Rich people are greedy, selfish, and dishonest."

"Money doesn't grow on trees!"

"If I have money, then someone else won't."

Sound familiar?

But each of these statements only serves to push money away from you. Either you are pushing the possibility of wealth into the future, where it shall forever remain, or you are giving yourself reasons why you don't deserve (or shouldn't want) to be wealthy. Or, most importantly, you believe in a world of scarce supply and competition with others.

This last belief probably causes most of the social ills on our planet, because so many people think there's just not enough to go around. And that applies to money, land, oil, food, opportunity, power...everything! The result is wars, theft, poverty, and even murder.

Although I'm using money as an example here, these concepts apply to anything you desire, whether it's more free time, true love, excellent health, or a new job. Anything!

When you focus on your lack of money or good health or romance, you attract more of the same to you!

The Universe Is In Fact Abundant

The truth is that there is plenty of everything to go around, and we are each entitled to receive however much of it we want (providing we don't take it from someone else without their consent). It is our birthright to be successful, and to have an abundance of all good things!

This may be a difficult concept for many to grasp—I know it took me a long time to accept this as truth, because it went against everything I had always been

taught. Raised in a family with a powerful “poverty mindset”, wealth was always beyond my reach, always over the next hill. Yet when I got to the other side of one of those darn hills that pot of gold was never there! And I trudged up the next hill, and the next one, and the next one...

Eventually I realized I was actively pushing it away. In fact, I even caught myself turning down money! When people were offering me money (e.g., as part of a real estate deal) I would automatically respond, “No, that’s not necessary! You keep it!” Why would I do such a thing?

Because I didn’t feel I deserved success. I believed only exceptional people such as best-selling authors, or celebrities, or royalty deserved it. Not little ole ordinary me! That came partly from a lack of self-worth and self-confidence. But mostly it came from misconceptions about the nature of wealth and how the Universe really worked.

You Deserve It!

When I first came across the idea that we were born deserving abundance, I was frankly rather offended at the thought that it was our God-given right to be rich. But upon further reflection, it finally hit me that this might actually be true! And I realized it was probably my limiting beliefs which were causing such a strong reaction in me.

The truth is that we humans have in our nature the constant desire to expand our experience. We are always striving to be more, to learn more, and to build bigger and better things. In order to be fully “available” to do these things, we must make plenty of money, so that we may free our time up from the toil of constantly working for base needs such as food and shelter. Think about it: If you had all the free time in the world, and didn’t have to report to a job every day, wouldn’t you be doing something fantastic for yourself and for others?

What Would You Do With All The Time In The World?

What if you really wanted to learn to play the piano? If you had the money and the time, wouldn’t you buy the very best Steinway you could find, and spend hours every day making beautiful music? Or, if you felt you had an important message for the world to hear, wouldn’t you be spending your precious time writing a book, instead of pushing papers in a cubicle making big money for someone else?

If you think about it, isn’t your job here on Earth to reach your fullest potential? We could even go so far as to say that it’s unfair to hold yourself back from your best and highest “use”, so to speak. Because if it’s true that each of us has the

power within to change the world, then shouldn't we be doing that? Most of us don't even have the time to pay attention to what's going on in the nation, much less the world. That's because we're so busy working just to afford our survival!

How To Get By In Daily Life

If you find yourself anxious or worried (or any other negative emotion), take a step back and be the "observer", as if it wasn't you in there. In fact, it isn't you who was thinking those negative thoughts, it's your mind. Your mind is not you. It is only a part of you. And it's a very powerful tool for you to use when (and only when) it's appropriate. When it's running off at the mouth, so to speak, giving you all sorts of things to fear and worry about, it is not serving you.

So step back, and watch and listen to what you're thinking. Detach yourself, and you will be amazed at how much power it previously held over you. Perhaps you'll want to minimize its power by saying, "Well, isn't that interesting..." Once you begin noticing what it's doing, it will immediately start losing its power over you.

If you're worried, just stop and ask yourself, "Am I okay right at this moment? Do I have enough food and a roof over my head? Is my belly full?" I would bet that about 99% of the time, you ARE okay! But your mind is going to try to convince you that there's a bogey man just around the next corner, whether you're afraid of poverty or illness or a painful breakup. If it isn't happening to you right now, let it go! Because so far, it *hasn't* happened, and it's rather unlikely that it ever will. For now, you are okay, even if you don't feel that way in your head.

I have found it tremendously helpful to try to live in the present moment as often as possible. By watching my thoughts whenever I feel angst, and then by asking myself, "Has this happened yet? Am I okay right now?", I can disperse almost all of the negativity.

The Key Lessons

Paying attention to what you are thinking will help you gain much greater awareness of why you don't yet have the life you desire, and how you can begin to improve it. This may take some time, since our thoughts tend to become a habit, or even an addiction. Sometimes there is a false sense of pleasure from feeling bad—I know there were times when I actually enjoyed wallowing in my self-pity when I was suffering from depression, strange as that may seem (kind of like the

perverse pleasure of the pain from getting your teeth cleaned). But the pleasure doesn't last, because it was phony to begin with.

These negative thoughts do not serve you. They just create more of what is ailing you. So wouldn't you prefer to feel better almost all of the time? Let go of the addiction of negative thinking, hard as that may feel, and you will then be free to create whatever you desire.

Learning to become the observer of your thoughts will shed new light on them, and then they will lose much of their power over you. With practice, you can learn to catch the negative thoughts and choose to think more productive ones from that point forward. And over time, this positive mental attitude will become your "default thought pattern", which will then manifest good things into your life.

Another key point to remember is that the Universe is abundant, and there is no need for competition with others. Quantum physics proves that things only manifest in the physical realm when we observe them! This may be a difficult concept to accept, but in laboratories all around the world scientists are consistently proving that this is indeed the case.

So if we are forming the events in our lives simply by choosing what to observe, then why not create things the way we want to, for the future, simply by making different choices about what we want to observe? (We have lots of articles about Quantum Physics on our website – www.universeofpower.com.)

Lastly, do you think it's noble to be poor? Personally, I think it's our moral obligation to contribute to humanity and to our planet, as much as we possibly can. And that noble cause requires us to have our basic needs taken care of, in order to free up our time and energy for bigger and better things. If we're so busy just trying to make our monthly nut, then we don't have much left to give. So in order to fulfill our purpose in life, we need to become financially secure.

Now What Do I Do?

Thoughts with strong focus and repetition become beliefs, which in turn become reality. And that's because your subconscious mind has no way of discerning what are your thoughts versus what is "reality". So start by catching your negative thoughts and changing them into focused and positive expectations.

Here are some suggestions:

- Instead of thinking, "When I have more money, I will do such-and-such," try: "I am so happy and grateful NOW THAT I am wealthy and abundant."

- Instead of "In order to have money, I just have to work harder," switch to, "I am so happy and grateful NOW THAT money comes to me frequently and easily."
- Instead of "If only I had a nice man (or woman) in my life, I wouldn't have to work so hard or be so lonely," try thinking, "I am so happy and grateful NOW THAT I have all the smarts, time, and connections I need right now to bring plenty of money into my life, and I KNOW the right person for me is already here."
- Instead of "I sure wish I would lose these last twenty pounds", you might try, "I am so happy and grateful NOW THAT I am releasing these pounds forever!" (If you "lose" weight, it will surely find you again!)

This format works extremely well, because you are infusing your goal with gratitude, which is one of the most powerful emotions in the Universe. You are also placing it in the present tense, which clarifies your expectation about it happening, therefore helping the manifestation process come to fruition.

I think you get the idea of how to transform your negative thoughts into positive ones. So at this point you may want to spend the next couple of weeks observing what you think, and how you say things. For instance, eliminate the words "I'll try" from your language. Instead, make the decision either to do something, or not to do it. You can always change your mind later if you feel like it. But "trying" just gets you off the hook and keeps you from being accountable—to yourself and to others. I think you'll be surprised at just how empowering little changes like this will be.

Now, there's a lot more to the story than just "thinking positive"...

"Of all the beautiful truths pertaining to the soul which have been restored and brought to light in this age, none is more gladdening or fruitful of divine promise and confidence than this--that man is the master of thought, the molder of character, and the maker and shaper of condition, environment, and destiny.

"As a being of Power, Intelligence, and Love, and the lord of his own thoughts, man holds the key to every situation, and contains within himself that transforming and regenerative agency by which he may make himself what he wills."

James Allen, *As A Man Thinketh*

Step Three – What Do You Really Want? - Spell It Out

In Step Two, we discussed how important it is to pay close attention to your thoughts and words, and how you can change the way you think and speak to greatly improve the likelihood of achieving your desires. The next step is to determine what you really want in life, and then to go about the business of creating it. If you could imagine your ideal day, what would that look like? What would you be doing for fun? Who would you be spending time with? What kind of work would you be doing?

For many people, including myself, this can be a very difficult exercise. If it's difficult for you to do, one place to start is by figuring out what you *don't* want first. For many of us, the "don't wants" include working at an unfulfilling job, struggling to pay the bills each month, being lonely, or not having enough time to do what we want. If you write these down, then it's not so difficult to then write the exact opposite, and find out what you do want.

For instance:

- I don't want to work in this horribly political boring corporate job anymore!
 - I want to work in a highly creative, collaborative environment where I can truly contribute to the common goal, and I WANT to make a comfortable living while I'm there.
- I don't want to be lonely any longer!
 - I want a wonderful relationship with someone who truly adores me.
- I don't want to drive this unsafe and ugly junker car anymore!
 - I want a brand new Mitsubishi Eclipse with a V6 engine, leather interior, and a silver paintjob.

I'm using the term "I want" simply to clarify a point here. You will have better results if you don't use the words "I want" when you actually set your goal in concrete. Stating that you "want" something will likely just create more of a "state of wanting", and not the real goods. So it's best to say *"I am so happy and grateful now that I have..."*

Why Visualization Alone Doesn't Usually Work

We've all heard about visualizing what you want in order to attract success into your life. But the reason it doesn't work for many people is because there are often two critical ingredients missing: *clarity and emotion*. Without clarity and emotion, visualizing something you want becomes merely a wish.

Clarity Is Critical

Once you have a pretty good idea of what you want, the next step is to be extremely clear about how it will look and feel, **as if it has already happened**. For instance, let's say you want a new job. If you aren't yet clear on what type of job you would like, you may want to ask yourself, "What do I love to do? What am I really good at?"

What would your ideal day be like? Would you work from home some of the time? Or would you love being around lots of people all day long? Would you have a short commute? What would your boss be like? How much would you be paid? Would you be paid hourly or by commissions, or a combination of both? What benefits would you have?

More importantly, can you see yourself in that job, enjoying it? (If not, you probably want to come up with something different!) And even if you can't imagine being so "lucky" to find such a perfect job, don't let that stop you! Remember, in our Universe, anything is possible. It's up to you to imagine it, and then to create it, just the way you want.

Stick To It!

Once you decide you want something, stick to it until you receive it. Let's say you decide that you want a brand new Mitsubishi Eclipse, and then a few weeks later it hasn't shown up yet. So you figure maybe you asked for too much, and then you decide that perhaps you should ask for a used Honda Accord instead.

As far as the Universe is concerned, you don't really know what you want, so in a sense it becomes confused about what to bring you. And the end result is that you won't receive either one.

So it's necessary that you maintain clear focus on what you want, no matter how outrageous it may be or how undeserving you may feel about it. (These feelings will pass if you stick to this process, and if you pay special attention to your limiting beliefs, transforming them one by one.)

Emotion Puts Your Vision into Motion

Emotion plays two key roles in creating what you want. First, it feeds your desire, so that you are more likely to stick to the actions it will take to reach success. Secondly, it raises the energy vibration of the desire, so that the Universe is now in cahoots with you to create it. Recall that energy is the basis for everything in the Universe. Energy attracts like energy. So by emitting a vibration about a certain thing you desire, you actually send out a signal that says, "Come on over here!"

Emotion is imbued into your desire by using your acute sense of imagination. When you are visualizing a new house, for instance, it's very important that you feel what that house is like, with every one of your senses. Imagine the breeze flowing through your windows as you cook a tasty dinner in the kitchen. Smell the delicious aromas of the cooking (or the takeout, if you don't cook!). Notice the curvature of the sink, the shiny new faucet, the beautiful wood grain on the new cabinets. Hear the sounds of the birds singing outside the windows. Walk through every room in the house, feeling the flow of the layout. Lie down on the bed in the guest room and take a nap (on second thought, it might put you to sleep!). Walk out onto the patio and take a dive into the cool blue water of the pool. Can you feel the slight chill on your skin as you glide through the water?

Getting all of your senses involved brings emotion into the game, which causes your vibration to rise, which causes the Universe to match that vibration and bring you what you desire.

Ask the Universe for "What", Not "How"

The Universe is highly creative, far more so than most of us humans, because of our limiting beliefs. Your job is to figure out what you desire, but let the Universe determine how to bring it to you. Let's continue with the example of a new house. You have in mind exactly the house you desire. You know how many bedrooms it has, if it has a backyard, and what the kitchen looks like. It's clear as a bell in your mind.

Now, it is *not your job* to figure out exactly how you will get it. For instance, perhaps you think the best way to get that new house is to get a second job to save up for a down payment. And so you do that. But the Universe may decide that you should inherit this house from a distant relative instead. So let it bring the house to you that way! You will want to be very flexible about what you do along the way to your goal, and let the Universe do its magic for you. In other words, try not to fixate in your mind that the way you'll get the new house is only by getting that second job—the money for the down payment may come from another source entirely that you didn't anticipate.

If you try to dictate exactly how your desires will be fulfilled, you are in essence limiting what the Universe can do. And we know that the Universe is unlimited in its possibilities. Doesn't it know better than we do? So it's important to allow it to unfold, without your intervention.

Take Inspired Action!

That being said, however, you can (and should) take what I call *inspired action*. Oftentimes I will have a strong feeling that there is something I should do at a particular moment. Perhaps it's just watching a certain television show, where there is an important message I need to hear. Or perhaps I get the urge to call an old friend, who just so happens to need a piece of information from our website. And this friend is linked into a huge group of people who may also benefit from visiting the site.

Usually, whatever action I am inspired to take will lead to a new opportunity, or will allow me to meet a person I needed to meet, or some other thing that leads me closer to my stated goal. If you spend a few moments being quiet every day, you will soon find that you receive specific instructions (or they may appear as ideas) about what you should do next. If they feel true, then it's wise to follow them. You'll be surprised at how often they help you leap forward in your desired direction, no matter how miniscule they may seem at the time.

Make It Easy

Taking inspired action will often save you a tremendous amount of time and effort towards reaching your goal. For instance, let's say I want to buy some rental houses. I can send out 5,000 letters to homeowners, or I can pick up the phone and make 50 phone calls a day for weeks on end.

Or, if I am inspired one day to go visit the local bookstore, I may discover somebody in the real estate section looking for books on how to quickly sell his ten rental houses. This person may strike up a conversation with me, and voila, we have a deal!

Now which would you rather do—mail 5,000 letters, make hundreds of phone calls, or go to the bookstore? Taking inspired action, once you have a stated goal in mind that you are truly focused on, can make that goal become reality in a much shorter timeframe.

Suggested Homework

At this point you may want to spend some quiet time away from the kids, the dog, and the phone, and really think about what you want in your life. You may want to start with something relatively small, just to get your feet wet. Or, if you've already had some success practicing these principles, why not go for something BIG?!

Once you figure out what you want, spend at least 15 to 20 minutes every single day thinking about it in vivid detail. As mentioned above, envision it experientially, as if you already have what you want. Think of all the details, including smell and touch. It's especially important to feel the strong emotions related to actually having it. If it's more money you want, see your bank statements with thousands of extra dollars. Envision piles of checks in your mailbox, and/or piles of hundred dollar bills stacked on your dresser. If it's more customers you desire, see yourself shaking hands with someone who just agreed to do business with you. See your cash flow statements with much higher profits.

Once you're finished visualizing, write it down in as much detail as you had imagined when you thought about your desired goal. No matter where you are in your journey, if there are still things you desire that you don't yet have, you will want to do this every day, and write it down every day, until you have what you want.

Some people ask me if you can visualize more than one thing at a time. Certainly! But I would suggest that it should correlate with the amount of time you have to give focused attention to your desire. If you have 30 minutes or more a day to spend on visualizations, by all means, throw a few things in there! But if it's only five minutes, you probably want to focus on only one thing at a time.

The more you do this, and as you see your desires becoming manifested one by one, you will only get better at it. Your trust in the Universe, and in your own power, will grow and grow. This makes you an even better "magnet" for consciously creating whatever you want. I find that the more I do this, the faster things come to me with even less effort. Yes I work hard, but when I request something, or even someone who will help me accomplish my goals, they appear almost magically in very little time! I am always amazed, but I am no longer surprised.

Here's a little secret that most people don't know about...

If you will do your part, the Universe will do its part. It will collaborate with you, and it will contribute its vast energy to help you! It will bring the right people, the right opportunities, and the right events to you, at exactly the right time that you need them in order to fulfill your dreams.

But there are two catches...

Catch #1: You must do your part!

Catch #2: You must expect the Universe to do its part, and not rely solely upon yourself to do it all. Because if you don't expect help from the Universe, you will beat yourself up for not being "good enough" or for not "doing enough", and this essentially tells the Universe to take a hike.

That, my friend, is one of the best kept secrets in the entire Universe.

"Once you make a decision, the Universe conspires to make it happen."
~ Ralph Waldo Emerson

So...will you do your part?

Step Four – Choose Only One Outcome

Eliminate All Other Possibilities

Part of being clear about manifesting your desires is to allow only one possible outcome for each thing or situation you desire. If you eliminate all other possibilities, you are giving clear instructions to the Universe about exactly what you want, with no other options, no ambiguity and no confusion. It's worth repeating here that you do not want to dictate *how* you will receive what you desire. Let the Universe figure that out, and let it bring you what you want in the best and most efficient manner possible.

If you eliminate all other possibilities, you are in essence choosing only one from the infinite number of possibilities available to you. According to quantum physics, until something is observed by the human eye, it does not yet exist in physical form. It only exists as a possibility. The act of observation (or choice) makes it become physical. Therefore, by eliminating all possibilities but one, you are helping to take it out of its un-manifest (non-physical) form, and manifesting it into a physical form.

There is a wonderful scene in the film *What The Bleep Do We Know!?* in which Amanda (played by Marlee Matlin) encounters a young boy playing basketball. When she has her back to him, he has hundreds of basketballs all bouncing around him at once. But when she turns around to look, they "collapse" into one, which is the one ball she observes. And that is because on some level, she has chosen to see that basketball in that exact location. The same principle applies to anything you choose to observe or, more importantly, to *experience*. It is all a matter of personal choice!

Make the Decision

One of the most critical, and difficult, parts of this process is to make a committed decision that you *will create* that which you desire. **But nothing will happen until you make the decision!** You will want to see your goal as if it has already happened, as if it already exists.

Once you make the decision, and once you have eliminated all other possibilities, then it's absolutely necessary that you maintain your focus on it in a laser-like fashion. By doing that (through daily visualizations, and through your absolute expectation that it will happen), you are raising your vibration to attract all the

resources you need in order for it to become physical. As your vibration increases, it builds to the point that the thing you desire cannot possibly NOT happen. There is now no other alternative, as far as you and the Universe are concerned. The more laser-like your focus, and the more intense your desire, the faster it will happen.

Tying It All Together - The Three Keys To Attracting What You Desire

Intense desire is the spark that starts the engine of creating your reality and manifesting anything you desire in your life. It raises your vibration such that the Universe has no choice but to respond, by attracting to you that which matches your vibration. You will attract whatever is in the same vibrational frequency as you are, like tuning into a radio station.

Focusing attention on what you desire, and on all the details, clarifies your "instructions" to the Universe. It also helps raise your vibration by allowing your emotion to infiltrate the vision you hold in your mind every single day. Focusing your attention means you're taking inspired action towards your desire whenever you feel in your gut that there's something you must do. This may be a feeling that you should pick up the phone and call an old friend, who may have a piece of important information (or an opportunity) that you will need in order to achieve your goal. Focusing attention also means laying out your plan of action, but keeping that plan flexible in case the Universe should decide there's an even better way to do things. (But however flexible the plan is, the goal remains constant and fixed.) Never take your eye off the goal, and it will come to you.

Making the decision that this is what you truly want, and that you will settle for nothing else, creates the expectation that you will get what you desire. Once the decision has been made, you will feel it in your entire body. Your goal will live in your heart and your bones, not just in your mind. You will *know*, without a shadow of a doubt, that this thing you desire is on its way to you right now!

Move through the Fear

If you experience fear or doubts, try not to think about them for more than a few seconds. The longer you allow your mind to think about something, the more likely it is to start manifesting in your life. I have read that it only takes seventeen seconds for an idea to begin manifesting itself in physical form. So if you're having fears or doubts, try to keep those thoughts at sixteen seconds or less! (On the other hand, you will want to hold the things that you desire in your thoughts for at least seventeen seconds...try it, it's harder than you may think!)

If what you're trying to achieve is something big and scary, such as creating a new business, fear can be a sign that you're very close to achieving it. It can also stop you dead in your tracks if you let it, anywhere along the process. You will know which of these is happening to you when it happens, especially as you become more familiar with these principles.

The closer you get to it, the scarier it may feel. And that's a good sign! Recognize what it is (it's not real), and then step through the fear and continue on your journey. It's also helpful to ask yourself, "How am I right at this moment? Do I have enough money today? Do I have food and shelter today?" And then you will know that you are only fearing what you think *might* happen sometime down the road. It is not real!

Fear and faith are two sides of the same coin:

Fear is the expectation that something bad will happen at some point in the future.

Faith is the expectation that something good will happen at some point in the future.

So why not choose faith? It's all up to you...

No Doubt About It – It's Possible!

If you have any doubts about whether or not you can achieve what you desire, just remember this:

In our Universe, anything is possible!

It's helpful to think not in terms of what is possible for *you*, but in terms of what's possible for the Universe. Because if the Universe is capable of creating anything you can imagine, then by default, so are you. I found this little gem very helpful when I was having doubts about my ability to create our website. It opened up a whole range of possibilities and helped tremendously to alleviate my self-doubt.

Suggested Homework

Now it's time to create a concrete goal statement. This statement will describe in exact terms what it is you desire. Then write down the goal in the present tense, as if it has already happened. For instance, if you want an increase in income, you may want to write:

"I am so happy and grateful, NOW THAT the Universe is bringing me \$XXXX every single month."

Be careful about how you word the second part of the goal as well. If you say, "...now that I am earning \$XXXX every single month", that sends the wrong message to the Universe by dictating *how* the money will come to you. Once again, leave it up to the Universe how this will happen. The Universe may want you to win a raffle at the supermarket, so why would you want to actually work for it instead?? By allowing the Universe to "bring it" to you, you are giving it free rein to do as it chooses.

Once you have your goal clearly in mind, and you have it written down, sit quietly with it. Think about it, and feel where it resides in your body—it will live somewhere and feel a certain way. You may feel anxiety, discomfort, fear, or something else entirely in that part of your body. If that's the case, your goal is not yet quite right. Try another combination of goal details. If it's money you want, try another dollar amount.

Once it feels right, you will know. You will feel a shift, and a feeling of energy flowing that wasn't there before. It will move into your heart and your solar plexus, and then it will have unstoppable energy to feed the goal through to completion. If it resides only in your mind (or elsewhere in your body) it will be far more difficult to achieve, if not impossible.

Conclusion

I hope you have enjoyed this report – I know I had a blast writing it! I really hope that it has encouraged you to see the incredible possibilities of your own future in a whole new light. Can you see how your lifelong dreams can actually become your reality? You have the power to do this, right there inside of you, just *itching* to come out! Can you feel it?

My intention in writing this was to bring you inspiration, hope, and some tools with which you can start creating the life you truly desire. These tools have helped me turn my entire life around. And these days I live almost every day in joy and absolute awe at our amazing Universe.

What a fun and exciting way to live!

Peace and blessings,

Jessica LaRock

P.S. If you'd like to learn even more about how to create the life you desire, starting today, just turn the page or scroll down...

Embark On Your Journey Today!

If you're ready to become a Conscious Creator of your own life, then it's time to sign up for our [Quintessential Guide To Conscious Creation](#) E-Course. This powerful course will take you step-by-step as you learn how to become a **manifesting magnet**. You have absolutely nothing to lose (it's 100% guaranteed), and a world of unlimited possibilities to gain. After all, you're already creating your reality! So why not start today and learn how to do it *consciously*? (Read excerpts from the course starting on the next page.)

Give it a try, and you will soon discover that you have far more power than you ever imagined!

Many blessings,

The Universe Of Power Team

P.S. Don't forget to visit our free discussion forum and our website at www.universeofpower.com!

P.P.S. **Please forward this free report to everyone you know.** Send it to your friends, family, coworkers, anyone and everyone on your email list! Thank you for helping us spread this life-changing information far and wide!

P.P.P.S. **If a friend forwarded this report to you via email**, and you'd like to learn lots more about the Law of Attraction and the principles of quantum physics, we welcome you to join the Universe of Power today! We have even more free stuff to send you over the next few weeks. Sign up [here on this page](#) – it's *free!* (And don't worry, we will never ever share, sell, or abuse your contact information.)

You can also learn more about the Quintessential Guide by simply typing the following URL into your browser: www.universeofpower.com/QGCC.html

Excerpts from [The Quintessential Guide To Conscious Creation](#)

From the Introduction:

The goal of this course is to show you how you can create your own miracles on a regular basis, not by chance or luck, but on purpose. You get to decide what you want, and you'll consciously go about drawing to you whatever resources you need to make it happen.

This is the beauty of the Universe, and what we intend on teaching you in this course. It's not so much WHAT you do, but HOW you do it that makes the difference. This course isn't about jumping through a myriad of spiritual or physical hoops to "make" something happen.

This course – and the miracle of Conscious Creation – is about learning how to dance in harmony with natural, scientifically-based laws. And, it's like learning any kind of dance. When you first start learning the dance steps, you may feel awkward. You might even stumble over yourself and your partner (the Universe) until you've practiced the steps long enough to feel comfortable.

Then, as you practice the steps, dancing with the Universe becomes easier, almost effortless. You no longer have to "think" about each step, but flow from one step to the next with ease and grace.

As you practice, everything becomes easier. The world no longer seems so harsh and unforgiving. Instead, you see more beauty, more wonder, and you stand back in awe at the creation in which you are playing a major role.

* * * *

From Lesson One:

So, about this conscious creation thing. The truth is that we are always creating, but most of our creation is unconscious. If you really look at your present life situation, and step back one, two, three, or even 10 years, you'll see that everything you are and have now is a result of what you thought, believed, and did in the past.

It's neither bad nor good. It's simply what you created with a way of thinking and being in the world that you were taught by many well-meaning people. You were taught, and you gratefully accepted certain concepts about life. Because this is what you believed, you unconsciously looked for "evidence" to support your beliefs. Eventually, you "discovered" that everything you thought was true.

So, "reality" happens to match your experience of life! Now, if that isn't a miracle, I don't know what is.

* * * *

From Lesson One Auxiliary Section:

In the Sixties and Seventies, everyone talked about vibrations. If you were a cool guy, and people were happy to be around you, you had “good vibes”. If you were judgmental, or too serious, or in a bad mood, you had “bad vibes”. People would walk into a party or office situation and evaluate the vibes. This seems somewhat quaintly old-fashioned now, but what were they talking about?

Scientists are proving that everything *is* vibration. Superstring theory speculates that all matter is composed of tiny vibrating strings of energy; the differentiation between the different particles, electrons, protons, photons, etc., is not based on what they are made of; it’s what their vibration is. The sun, the planet, the soil of your garden, the moonlight, your table, your coffee cup, your dog, your body are all made of these same “particles” and forces—essentially, these vibrations.

Aside from the astonishing fact that everything physical from your fingernail to Mt. Everest is mostly empty space between almost imperceptible particles, these particles themselves are nothing more than vibrating energy.

* * * *

From Lesson Two:

If you’re running from a fear, or running from something you *don’t want*, or even if you’re chasing a dream that is actually someone else’s dream (your partner’s, for instance), you’ll give up at the first sign of a problem. Ah, but chasing a dream of your own! That’s what fuels a desire. It’s where you can see and feel the rich tapestry of life – colors are brighter and textures more sublime.

* * * *

From Lesson Three:

The 30-Second Commercial

After you read the following, close your eyes and try it for yourself for 30 seconds. Imagine yourself on a warm tropical beach. You’re sitting in a comfortable chair, a cold drink in your hand. A gentle breeze acts as a natural fan, keeping you at just the right temperature. You listen to the easy rhythm of the waves lightly breaking on the shore, not more than thirty feet away. You arise, and take a few steps forward to feel the warm water splashing over your feet. In the clear blue water, you can see hundreds of brightly colored fish...

Now, try it for yourself. The whole process takes only about 30 seconds. Stop if you feel the image slipping away. Now, don't you feel better?

You've just imagined something that, while it might not plant you on a beach in the next month, has sent out the "intention" of relaxation and ease. What you WILL draw toward you if you repeat this or similar "commercials" is more ease and more relaxation.

* * * *

From Lesson Four:

Say you're in a restaurant, having a nice chat with your friends. The server comes by and asks for your orders. It's a nice Italian place, and you haven't had a good Risotto for awhile, so you place an order for their house specialty, a side Caesar salad, and a glass of Pinot Grigio.

Naturally, you'll go back to your conversation without any worries about your food.

Or, does the conversation turn to the orders you just placed? Can you see yourself saying to your friends, "I'd better go check on that order. I'm going to the kitchen for a minute. Anyone else need me to check on their order?"

I certainly hope this isn't what you'd do. No, you'll go right back to your conversation without any concern for your order.

But, when it comes to the rest of our lives, we're constantly checking on the status of the orders we've placed with the Universe. And, if the Universe doesn't seem to be filling our orders in a timeframe of our choosing, we'll stand up and walk right out of the restaurant, going hungry if need be to prove a point.

* * * *

More From Lesson Four:

Gratitude: Gratitude is important because it raises your vibration – literally. Emotions are energy, and energy always attracts like energy. We encourage people to "practice gratitude" daily. LOOK for things for which you can be grateful. EXPRESS your gratitude and appreciation for what you have. GIVE the gift of gratitude to those around you.

Love: Love is the ultimate energy of manifesting. As one of my favorite teachers says, "Allow your heart to break a thousand times a day if need be." Love embraces all emotions and all circumstances. Practice loving yourself and loving your situation. Love, even if it means your heart will be broken. You will see SO MUCH MORE delivered to you by the Universe with a willingness to love fully.

Acceptance: Life is. You are. Things happen. Acceptance isn't complacency. Acceptance means not getting caught up in the story of events as "good" or "bad." Sometimes things don't seem to work out the way we want them to. Let go, and you'll make room for something better. Practice acceptance – be honest about your circumstances, your thoughts, and your beliefs. Only when you are finally truthful with yourself can you begin to change your circumstances.

* * * *

From Lesson Five:

Intuition is a faculty of your mind. It is something you can develop, like your ability to memorize poems or play a song on the piano by ear. Your FEELINGS and EMOTIONS are information. Yes, some feel good and some don't. Some feelings create a wonderful physical sensation, while others just plain hurt.

Yet, they are "guests" in your house, and they are helpful guests. Feelings can be INVESTIGATED in a way that helps you understand what to do next.

* * * *

From Lesson Seven:

An action that is inspired is one which you are motivated to complete. You are drawn toward it, as if aroused by some divine influence. You can't **not** take this action because it comes from some place deep within you. That action, of course, could indeed be a walk in the woods or a nap. While you're walking or napping, your unconscious mind is working out problems and helping you to see the next inspired action.

A Vision without Action is akin to clothing without thread, or a house made from paper.

* * * *

From Lesson Ten:

Every one of the things you see as you look around you came from somebody's imagination. Each piece of comfort, science, technology or entertainment was somebody's dream. Somebody *decided* to do it. They made the *commitment*. They *visualized* what could be. They *expected* it to happen. Based on those things, they followed their *intuition* into *inspired action*. And as a result we *have!*—iPods and ice cream sodas, insulin and incandescent light, solar panels and showers.

Ordinary people from Edison to Einstein followed their hearts and trusted the Universe to give them the insight and confidence to pursue their dream. It's not beyond any of us; we all have the same connection to the Universe of Power that these people had. We are each a tiny piece of the Universal hologram, our bodies and minds are made up of the magical energy that gives birth to galaxies. We are the Universe expressed in flesh, and each thought we have, each action we pursue, each dream that powers our visions, is an expression of Universal power.

Order [**The Quintessential Guide To Conscious Creation**](#) today to continue your *Journey To Success!*

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