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ABOUT THE AUTHOR.



Mohamad Latiff, is the Webmaster and Founder of UltimateSecretsofSuccess.com, the one resource where he reveals law of attraction, personal development and business success secrets for achievers, internet marketers and aspiring entrepreneurs.

He has been investing thousands of dollars and over 8 years (as of this writing in the year 2008) into researching the numerous and various fields and technologies of personal development and human potential maximization.

He has also taught, coached, mentored and led various youth initiatives, including a free educational clinic for the financially challenged children of my local community, and I am now leading the Tarbiyah (Islamic term for holistic education and upbringing) branch of a Muslim youth organisation.

He may be Muslim by faith but he believes he can contribute significantly to the advancement of humanity through holistic education and personal development regardless of ethnicity, language, nationality, political leaning, religious belief or philosophical outlook.

He has written and prepared a holistic personal development and wealth creation series of books called “The Ultimate Success Package”.

Dr Joe “The Secret” Vitale, bestselling author of the ‘Attractor Factor’ said about his work, “Thought provoking and soul inspiring!” Find out what caused Dr Joe Vitale to say this. Click on the link below:

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Enjoy his articles!

Success Is A 5-Letter Word

Success. There is virtually no doubt that everyone wants to achieve it. But what are the secrets we need to attain true success? And how do we go about achieving true success? Everyone has their own definition of being successful but there is one major secret that will decide whether you succeed or fail tremendously in life if you choose to follow it.

That major secret is simply to have focus in whatever you do. How many times do we find ourselves in situations where we are overloaded with ideas? The key is not to discard these ideas, rather to consolidate them and then focus on just one or a few of the ideas.

Once we have focused on an idea, we must next remain focused to resist making too much changes. A few changes here and there is alright but making too much will only slow down your rate of success. Always remember that being focused means you must know the exact path or direction you want to and will be taking once you decide on an idea or a few ideas and not deviate away from it.

Focus is not just limited to our ideas or plans. In fact, focus is very much linked and very significant to embarking on a successful online business experience. When we create an online business, it definitely has to be very focused to attract the right traffic and generate sales. For example if we are doing an online business on baseball, a very competitive and general market, we can attain better success if we focus more accurately on promoting baseball products rather than just baseball alone.

Focus. The simple yet effective secret to achieving success. Do not stray too much from your initial idea and fight the temptation to make too many changes. There is no doubt that you will definitely reap the benefits of success and get more things done if you remain focused.

How Flipping Coins Can Help You Succeed

It is natural to feel disheartened or discouraged at first when you set out to achieve something worthwhile to you. You look at the situation around you, you look at your environment, at yourself, and you wonder, “How is it ever going to be possible for me to achieve whatever lofty vision of my life that I am now holding in my mind?”

You now seem to be a product of your environment than your environment being a product of you.

The truth is, it is a simple matter of flipping the coin, metaphorically speaking, because your situation now and the ideal situation that you want are both on the same coin, but on opposite sides.

Your decision to begin doing something about your life is akin to the flipping of the coin to the other side, to the side that you want. There is nothing complicated or difficult about it, except what you and your mind is making of it. All that stand in your way happen to be the same old set of problems and obstacles that have been facing you since you were born. These were the problems that you had refused to deal with earlier in life or those that you had not fully overcome. Now they have returned to face you again.

While you have been facing these same monsters all your life, and your efforts in avoiding or overcoming them have exhausted you, remember that their very existence in your life serves you. They serve to teach you valuable lessons, to make you stronger. They are your teachers, and like any other real, human teachers, what you get out of them depends directly on you.

Teachers are not here to spoon feed you, especially these teachers which come in the guise of problems and obstacles.

Teachers have a lesson plan, a syllabus, they have their own teaching materials to adhere to, and you as a student have no choice but to adhere to their plans if you wish to gain anything worthwhile from them.

Therefore, I tell you, flip the coin of your life from the side that says, "There is nothing I can do about my life right now" to the one that says, "I WILL do something about my Life NOW" and then do it.

How To Use The Law Of Natural Selection To Attain Success

Here's another simple, unjustly discarded but effective tip for success - keep doing something new every day!

Notice that I said "keep doing something **new** every day", instead of just "keep doing something every day".

It doesn't matter at first if you think you're doing things which do not seem to move you forward in achieving your goals.

If you keep doing something new which you'd never done before or had not done yesterday, you are sure to stumble upon a breakthrough that is going to propel you towards your success faster than you had ever anticipated.

When you do this, that is, when you keep doing something new every day in your attempts to hit your target, you are copying nature, you are actually putting the law of genetic natural selection to practical use in your life.

Now I won't go into the details of natural selection, let the geneticists and the expert biologists handle that, but the basic concept you can learn from the law of natural selection is that even the tiniest changes in the genetic make-up of a species from generation to generation will eventually yield the grandest and most profound results.

There's an old saying that goes, "If you keep on doing what you've always done, you'll get what you've always got".

This is true, unless, you keep on doing something new every day in your endeavour to achieve your goals. It can be something slightly new or something radically different from what you had been initially doing.

Become a scientist. Every day, take note of what you did and the results you have actually attained. Collect all the tips and advice you have acquired to attain success in your chosen field and list them all down in the simplest of terms on a piece of paper as some form of a checklist.

Let's label these tips and advice collectively as tactics. Pick one tactic or find a way to bunch a few tactics together to form one super-tactic and commit yourself to test out that tactic every day.

Observe your success with that tactic or super-tactic and log it in.

Over a course of time, review your success log and see which of the tactics seemed to have yielded the best results for you. Marry the most successful tactics together and see how you can create your very own step-by-step action plan.

Take a fresh piece of paper and forge your solid action plan for success and commit yourself to it. Define precisely what you need to do each and every day, the routine tasks that must be done to ensure progress towards achieving your goals. Break up your goal or goals into bite-sized easily attainable targets that you must meet every day.

Now as you commit yourself to this new action plan for success of yours, do not entirely abandon the principle of observing and logging your daily successes and failures (feedback) and continue to do so, modifying and adapting and evolving your action plan as you go along.

In time, you will forge out a clear path to success for yourself. This path belongs entirely to you and you alone. It is a unique algorithm that only you could have created and only you can make a success out of.

The Golden Rule And Another Secret For Success In Your Life

Most people who, when talking about success in getting whatever you seek in life through some form of goal setting and achieving technique that they normally would charge to teach you, would focus only upon the aspects or dimensions that deal with yourself and your actions.

Yet one of the strongest and most effective ways to getting whatever you want in life is to help others get what they want, whether or not what you want and what they want happen to be similar.

I believe you've heard of the golden rule - Do to others what you would want others to do to you.

If you've been living your life from a selfish or self-centred philosophy so far, and you've found yourself extremely successful living that way, good for you.

But let me tell you that your success in life will be magnified and grow manifold if you now choose to perhaps focus a portion of your life, your actions, your thinking, your time and energy towards the benefit of fulfilment or others.

Take a moment to briefly and generally examine the situation of your life right now. Ask yourself these questions:-

What is missing in my life right now?

What do I feel is missing?

What else do I want or need to make my life more complete or fulfilled?

What are the goals that I still have to achieve in order to move forward in my life in the context with which I have defined it?

If I already know my self-defined life purpose, will I say that I have successfully moved forward in realising that purpose more fully?

If I have not yet known my life purpose or do not yet have a clear one, how can I find out and know what my self-defined life purpose is?

Once you have asked yourself these questions, proceed to take a look at your past:-

Had there been any incidents in which I had successfully achieved what I sought out to achieve because I had helped others achieve what they wanted to achieve?

If there were a few of such incidents, how did I help those others who had sought my help in attaining whatever they had wanted to attain?

If there were none, then, perhaps there had been incidents in which I had not succeeded in getting what I wanted because I had refused to help some people who really needed help from me in getting what they wanted, is this true?

If true, how can I make amends by helping those people who had needed my help or helping others who will need my help in the future, to the best of my abilities?

If false, was my success in a particular endeavour in the past due to some selfish manoeuvres or a little trickery on my part? If so, had there been any negative consequences of these unethical actions of mine?

Alright. That was perhaps too many questions for you. If you find yourself very engaged in this process and your answers or ideas that are flowing from your mind seem to be a bit too much to handle, you may want to write these questions down and the answers you have found in your journal or some piece of paper.

Remember what Socrates said, which was also what one of my Imams (I am Muslim, but this teaching in particular applies universally to every human being) had said, "An unexamined life is not worth living".

How many days of your life have you lived in which you have missed examining your actions, thoughts and attitudes?

How To Get Anything You Want

Success, simply defined, means getting whatever you want. However simplistic that definition may be, most people would agree that a person who is successful in a certain field or area is so because he or she has managed to achieve something specific, and that something specific is a target or object which he or she had been wanting or desiring for prior to his or her attaining it.

Before we find out how to get anything you want in life, we must first get realistic.

What are some of the things which we may want but we truly and honestly know that we will never, ever get? Once you've got that list of impossible, unachievable things in your head and eliminate them, we may proceed.

Some examples may include: flying in the air by flapping your arms, make a pink mammoth materialise out of thin air, breathing in outer space, squaring a circle, etc.

Now what are those things which you've always desired yet have never come around to try to attain? These are things which you know are achievable for you, with a fair amount of effort on your part, yet something is holding you back from achieving them, either consciously or unconsciously, deliberately or not.

In order for you to get anything you want in life, you must make the rational decision to concretely define what you truly want and need. It is futile in the long run if you keep getting things out of your whims and impulsive desires rather than out of what you truly need to move you forward in life, in whatever context and whatever way you define that for yourself.

You can begin by asking yourself a few hard-hitting, honest questions about the direction your life is headed and your true motivations for desiring what you seek to have.

What do I truly want?

Why do I want it?

What are my true motivations for wanting it?

What are the real reasons for needing it?

What will I see after I've gotten it?

What will I experience after I've attained it?

What will change after I've achieved it? What will not change?

Who or what will I become after I've acquired it?

How will it affect the others around me?

The truth is this: getting what you want is extremely easy. It is already happening to you 24 hours a day, 7 days a week, 365 days a year. But it is the decision to truly define what you actually want that is hard for most people.

That excludes the actual process of going about attaining what you want, the prevention, evasion or overcoming of obstacles that hinder you from getting what you want and then keeping what you want once you've gotten it. Some things which you work for will simply slip away from your grasp if you don't do certain things to make sure they stay with you.

This is called maintenance.

Now that I've given you a harsh and much-needed reality check on what you truly want to get, let me address the basic elements or ingredients that go into making up the process of getting what you want.

1. A clear mental impression of your target. You already have this, hopefully, if you've asked yourself those questions suggested above effectively and ruthlessly. It is much better if your mental

impression is materialised in the form of a written paper stating your goal or an actual visual image of your target (photographs, pictures, drawings, etc).

2. A concrete step-by-step plan of action to get towards your target. This action plan must have been used by someone else to attain the same or similar thing to what you now want, meaning, it must have been proven to work. It must be duplicable, i.e. anyone on Earth with the same resources available must be able to achieve the same thing.

3. Action. Things won't move by themselves to work for you until you move them yourself, unless they are moved by someone else. Most people fail at this stage either due to a lack of motivation to move on after encountering a minor or mediocre setback. Or they fail to start at all - the problem of procrastination.

That's all there is to it - Target, Plan, Action. We need not go into the minuscule technical details of each and every element in this recipe for success as they are all just that - technicalities - which you will be able to find in more thorough goal setting textbooks, courses and materials.

Creative Visualization – Some Techniques That Really Work Or How To Make Them Work

This article explains the one thing you need to make creative visualization work for you, the facts you need to know about creative visualization, some simple techniques that I know to really work as well as one powerful creative visualization technique that I know will get results for you as it has for me.

Part 1: How to Make any Creative Visualization Technique Work.

What do you really want out of a creative visualization technique that you had just gotten out of a "Guided Imagery" book (maybe by Shakti Gawain) you borrowed from the library or a "Creative

Visualization” e-book you just purchased and downloaded online or a manifesting article you read by Abraham Hicks?

Results. Like anything else, you want results. You need results. Without results, you’d lose faith in the power of creative visualization to manifest what you truly desire in your life.

And faith, belief, conviction is what you need to make any if not all creative visualization techniques to work, no matter what they are.

It is not simply a matter of faith in the technique or belief in the person who taught you the technique. It requires belief in the process of creative visualization itself.

How do you make sure you believe in the power of creative visualization to work for you? How do you install such a belief in your mind, in your heart and in your very soul, so that it would drive you to make anything you do work and get results?

You need to arm yourself with the right mindset about creative visualization. And the right mindset can only come through right information. And hopefully the rest of this article serves to help you achieve that objective.

Part 2: The 7 Truths of Creative Visualization.

As it was said, “The Truth shall set you free”. Hopefully, with these truths in mind, you’ll be armed with a more powerful mindset and gain a more resourceful perspective from which you can go about your creative visualization work more effectively.

Truth # 1: Creative Visualization is simple, but not easy.

A teacher of a creative visualization technique may say that hers is a “Simple 3-Step (5-Step, or 7-Step) Process”, but once you read her book or e-book, and actually get down into it, you’ll find that there are many steps, many factors, many events, processes and things at work, much more than you initially imagined.

This truth encompasses all the other truths below.

Truth # 2: Creative Visualization involves more steps than you imagine.

There may be 3, 5, 7 or even more simple steps in a creative visualization technique, but eventually you will find there are many other sub-steps for each of these 3, 5 or 7 major steps that you have to do.

More of this is explained in truth number 3.

Truth # 3: Creative Visualization involves more factors (internal & external) than you know.

For one, like I said above, effective creative visualization work that actually manifests what you want, requires belief. That is an inner factor. It also requires you to clear away all your subconscious mental blocks that may prevent you from attaining what you desire.

External factors? creative visualization can only work within the confines of what is possible in your 'reality'. That is, when you use CV to ask for something, you must ask for something realistic. Don't ask for a billion dollars when you can't even scratch a cent right now (okay, exaggeration). Start slow. Move progressively.

And it also helps if you do your visualization work in an area where you are not easily disturbed or distracted. Common sense, isn't it?

If the ones around you (family, friends) are known to be a cynical, skeptical, pessimistic lot, stay away from them for some time before - and after - your visualization sessions. You don't want their negative vibes to poison your belief in the process.

What I meant was that you don't want their skeptical remarks, their cynical comments that stem from your willingness to do CV

whatsoever to replay in your subconscious mind while you're doing your sessions. Leave some 'buffer time'.

Truth # 4: Creative Visualization requires the right amount of belief to work. Not too much (as in obsession, blind faith), nor too little.

Though some claim that their technique requires no belief at all, what they are actually meaning is that their creative visualization technique requires just the right amount of belief for it to work.

Or they can actually mean to give you a placebo. Since you believe them that it requires no belief for their technique to work, you go about it thinking that there is no belief involved in it, then it actually works! Then you start believing in it, only to find that (for many cases, not all) its effectiveness wanes.

It's like dropping a ball to the ground. You just know if you let go of the ball from the grasp of your fingers, the ball will fall to the ground. You know that gravity is always there. You don't need to believe in gravity (what, all this while people and things have been floating around the Earth before Newton's time?).

Also, an over-obsessive belief in it is actually an illusion that stems from your lack of faith in it. Huh? "Too much" belief = lack of belief?

It's like this - all this while, you've been skeptical about creative visualization. Then you're told that you need some belief for it to work. Since you're so enthusiastic about making it work, you overcompensate your previous lack of faith and you actually believe - too much - until it kills its effectiveness.

Believing in something is like holding on to an egg (or think of something else fragile, like glass). Hold on to it too lightly, the egg or glass will fall from your clutch and smash into pieces. Hold on to it too tightly, the egg or glass will break in your hands.

So, you need just the right amount of belief for creative visualization to work.

Truth # 5: Creative Visualization is an art as well as an exact science.

All these internal and external factors, sub-steps, and concepts are making the creative visualization seem like an art as well as an exact science.

In fact it is. As you learn more and more techniques you will find that many of its teachers will present to you concepts and philosophies that will make you see more of it as an art.

The methodology of some creative visualization techniques will seem like it comes from some scientific procedure that you have to follow precisely and exactly. This is especially true of NLP-type techniques (one of which I will highlight later).

Truth # 6: You have to let Creative Visualization do its work, and at the same time, you have to work to get what you want to achieve through Creative Visualization.

While you need only the right amount of belief for CV to work for you, you also must put in some effort to attain what you want.

First, you need to trust in the process. Ask for what you want, then let it go. Let go of your 'How's and 'Why's. Don't worry about how you're going to get what you visualized for.

Then, through serendipity ('co' plus 'incidence'), when an opportunity presents itself to you where you can get a chance to obtain what you had asked for, go for it! Grab that opportunity, for it will pass like a cloud.

What, you don't expect for your 'dream mate' to drop from the sky right into your lap after you do your creative visualization work, do you?

Truth # 7: The quality and quantity of results you get from your Creative Visualization work is proportionate to the amount of feeling or emotion you put into it.

Emotion is energy. There is a wealth of material out there explaining why emotion is so important in the creative visualization process, and if I want to chip in, I think I'll have to do it in another page.

Emotion also comes from your belief. Your belief that you'll get what you want from creative visualization also comes from your emotions. It's a symbiotic process.

Since your emotions can help you to "believe more", and since believing is what it takes to make CV work for you, hence, you need to really feel for what you want!

When doing your creative visualization work, really feel the excitement, the joy, the euphoria that comes when you attain your object of desire. Really feel it as if you have it now. Emotions are timeless. They happen NOW, not in the future, not in the past.

You are in control of your emotions. Even if your entire world is dark and looks bleak, you can choose to be happy; only that you may not know of it. What, nobody is going to shoot you if you smile, right?

Creative Visualization Techniques That Really Work.

I know these techniques to work because I, or the people I know, have had direct experiences of results coming out of putting these creative visualization techniques into practice.

"Treasure Map"

Here comes the art part of creative visualization. The treasure map technique simply involves you creating a tangible picture of what you want.

You can either draw it, if you're good at drawing, or you can cut out pictures from magazines, newspapers, photos and create a collage of what it is you want to manifest.

Make it as vivid, colourful and realistic as possible. Place it somewhere you can see it and meditate on it every day.

I've personally experienced tremendous success with this technique.

My first experience with it was during my 'O' Level exams, this really big exam in Singapore, where I come from. From my semi-photographic memory of an 'O' Level Results slip (which I had gotten from a glance of my friend's the previous year), I drew an almost exact replica of it, only with my name and the results I wanted on it.

To cut a long story short, it was almost uncanny when I compared the actual results I got with the "treasure map" drawing I made a while ago:

Expected Results:

English: A-TWO

Malay: A-TWO

E-Mathematics: A-TWO

Science (Physics/Chemistry): B-THREE

Geography: B-FOUR

Biology: B-FOUR

Principles of Accounts: F-NINE (I can't help it, I really hated this subject!)

The Results I Got:

English: A-ONE

Malay: A-ONE

E-Mathematics: A-TWO

Science (Physics/Chemistry): B-THREE

Geography: B-FOUR

Biology: D-SEVEN

Principles of Accounts: D-EIGHT

The lower the number, the better the results. Even though I failed 2 subjects (no regrets, I accept full responsibility for my actions), my overall score is good enough for me to land the diploma course I wanted in a Polytechnic. I am living and breathing proof of that success right now!

Of course, my results are influenced by other factors (including how smart I studied, my mood when I was taking the examinations, distraction while I was doing my visualization work for this, the effectiveness of my prayers), but a 3 out of 7 success rate, or if you want to consider those that exceed expectation, a 6 out of 7 success rate is simply amazing!

I also practised this “treasure map” technique for my results with the “Image Streaming-Creative Visualization Hybrid” technique which I shall describe below.

“Image Streaming-Creative Visualization Hybrid”

As I had said it above, I used this image streaming and creative visualization hybrid technique to along with the treasure map technique to help me manifest the results I wanted. And it did.

How this technique works is that it employs more of your brainpower into your visualization work.

You see, when you create a mental image, you're using one part of your brain, that is the back part of your brain that deals with visual stimuli and images (the 'occipital lobe').

As you combine your mental images with mental impressions of sound, smell, touch and even taste, you're creating neural connections with the different regions of your brain that deal with these stimuli. The more you practise, the stronger these connections become, the more vivid and real your visualization is, and the more effective you get at it.

But what if you add another dimension to it? One very crucial element of image streaming (the brainchild of Dr Win Wenger of 'The Einstein Factor') is to describe out loud to an external listener, whether it is your listening friend or a tape recorder. You MUST describe your mental impressions and images out loud to qualify what you do as image streaming.

When you describe it out loud, you connect with the language regions of your brain, as well as the memory part of your brain, and the "sentence-construction" part of your brain, and many more. This brief explanation of mine is too simplistic to capture the very complex process actually involved.

The methodology of this "Image Streaming-Creative Visualization Hybrid" technique is discussed below.

The Most Powerful Creative Visualization Technique Ever.

I call it the T3000 technique, which stands for "Theta Total Transformation" technique.

There are variations of my self-devised method that go by other names, among others, "Electric Manifesting".

Here is how it goes -

1. Select what you want. Pick only one goal at a time. Write it down. Start with something relatively easy for you to accomplish

or obtain. A good example is the one that I used this with - exam results. It must be something that you have to and can work for, as well as something that is also partly dependent on chance. Be as specific as possible. All the conventional rules of goal setting and/or creative visualization apply here.

2. Imagine an ideal situation in which you're attaining the goal that you've stated. Can you imagine a tangible experience of yourself getting what you desire? If it is something abstract, like a 15% increase in your IQ, try to make it tangible, by imagining an IQ test score, and imagining situations where your heightened IQ is proven, such as being able to answer teacher's questions or finding quick answers to puzzles, etc. Again, the conventional rules of creative visualization (use all 5 senses, make it as detailed and realistic as possible) apply.

3. Instead of just having a "virtual reality" experience inside your mind, describe out loud your inner perceptions. What do you see, hear, smell, touch or taste? Describe them. In as much detail as possible. At first, it may seem awkward, and you may not be able to find words to describe what you're perceiving inside, but a little fabrication will help. As it is with any other skill, this image streaming and creative visualization hybrid technique will improve with practice.

4. You must also describe your perceptions out loud to an external listening device; it can be a friend, a tape recorder, or the microphone of your computer (with audio recording software ready or perhaps, a speech to text dictation software).

Here's how I did it for my 'O' Level exam results -

I described, partly from memory, all that I see, hear, smell or touch from the train station to the school hall where I collect my results slip. I described the locations I passed through, the smells, the sounds of passers-by, cars, the people I may encounter, the environment, and finally, when I imagine myself extending my hand to receive the 'O' Level results slip from my teacher (whom I

described also), I described out loud, and repeated, affirmed, a few times, the specific grades that I wanted.

To help you warm up with this powerful creative visualization technique, here's one good exercise you can do -

1. Take any object, picture, scene or just about anything that has a considerable amount of detail.
2. Observe it, whatever it is you chose, for 5 - 10 minutes. Really absorb the stimuli through all your 5 senses. Details. Details. It's all about the details. Notice the colours, the shapes, sizes, any patterns, how the different elements connect, contrast or complement with each other.
3. Look away from that scene for 1 minute. Then go back to look at it. Now press record on your tape recorder or get your listening friend again and, with eyes still open, describe the scene out loud.
4. Close your eyes. Describe the scene again from memory. Don't worry if you can't seem to remember everything.

You'll find that this exercise improves several things at once -

- i. Your visual memory. I don't know if you'll eventually develop a photographic memory after consistent practice; I haven't tried it to that extent before.
- ii. Your memory in general.
- iii. Your linguistic and descriptive skills.
- iv. Your visualization ability.

In truth, this is only a glimpse of my actual T3000 technique.

T3000 is a system that involves you in a holistic way. It is not just a creative visualization technique, it is a goal setting and goal GETting technique as well.

It will cover everything from initial conceptualisation of your goal to the inciting “trigger” event (just like in the movies) that then leads you to the course of action that you should take to the actual attainment of your goal and any post-goal matters after that.

The Easiest Goal Setting & Achieving Formula You'll Ever Hear

I had stumbled upon what could be the easiest goal setting and achieving formula you'll ever hear.

The formula is this:-

1. Know what you want to achieve. Not just 'know' by having a vague idea in your mind but set for yourself, in your mind (and you don't even have to write it down on paper, unless you want to, which is not necessarily better, but sometimes good in some ways), the specific physical (or visual) outcomes that would tell you that you have achieved your goal 100%.
2. Come up with a simple and straightforward plan of action that had been used by many other people seeking to achieve the same goals as yours, and launch your attack.
3. Keep attacking your plan of action, modifying it along the way should you encounter any setbacks or difficulties or changes of circumstance, until you succeed or you truly feel you're going nowhere and you stop to take a break and re-evaluate things.
4. If in Step 3. you achieve your goal, congratulations! If not, do an infinite loop by going back to Step 2. and never stop until you reach your goals.

It really is that simple! Trust me, Thomas Edison had to struggle with Steps 2. to 4. for 9,000 times before he achieved his goal.

Summarise The Ultimate Success Secrets On Only One Foot!

If You Were To Ask Me To Summarise My Entire Philosophy On The Ultimate Secrets of Success While Standing On Only One Foot...

I'd say this:-

The greatest,
the most best-kept,
the ultimate of the ultimate
success secret of all is . . .

There are truly no secrets!

All you need you already have.

All you want is already within you.

There is no such thing as failure.

You can never, ever fail.

Never.

Failure is an illusion. A label.

Remember, I'll say it again . . .

Failure is an illusion.

You can never fail.

There are truly no secrets.

How To Healthily Release Your Anger Without Attracting The Attention of the Dark Side.

Anger, if it's not healthily released, expressed or misused, can be a dangerous attractor for the Dark Side.

No, I'm not talking about the negative side of some esoteric, mystical life-force or energy field here, although you can describe it that way without being too wrong (or very accurate either), but negative consequences, experiences, events, circumstances, people or incidents which could suddenly and unexpectedly assail you.

You see, we live in a Universe of cause and effect. Yet don't let the simplicity of how that sounds fool you. The truth is, our Universe, inasmuch as you want to define it through your observation of it via your consciousness, is both a Newtonian system of cause and effect relationships as well as a random, chaotic system of bubbling, toiling and troubling quantum soup.

Whatever you do has an effect not only on yourself but to everyone and everything else around you, and the repercussions, reverberations, effects and consequences of your actions can spread throughout the entire Universe, in sometimes very large and sometimes very small ways.

But your actions leave an impression on the Universe nonetheless, and these impressions in turn may or may not come back to affect you, or they may affect other people close to you or even remotely related to you, "even unto the seventh generation".

The individual affects the collective and the collective affects the individual.

Call it Karma or Causality or the Butterfly Effect or the Quantum Equilibrium Process or Tikkun Olam, but this system is real and it works to provide some form of balance to the Universe.

Suffice to say, what you do to yourself or to others have effects in relation to your actions. What goes around, comes around. What goes up, comes back down. What you plant inside, reveals itself outside. What you push, pushes you back.

Whether what you get back in return is good or bad (according to your perception), depends, of course, on what you decide, when you first made the choice to do what you intended to do.

Let's say one day you get angry. You get very, very angry. Angry about, against, with or for what? It could be anything. You could be angry with another person, or yourself, angry about the whole world in general, angry against God, against the system, basically, you're angry, and it doesn't matter who or what caused you to be angry in the first place (the truth is, all anger comes from yourself, as is all other emotions), but you are very, very angry.

Your first impulse would be to direct your anger against something or someone, regardless of whether or not he, she or it had been responsible for that initial 'transgression' against you.

You just want something or someone as a punching bag, for you to vent your frustration.

By all means, it is healthy to express your anger in a non-destructive or at least minimally-destructive manner, and I'm sure you know of some methods to do that, for example, yelling your lungs out in a place where no one can hear you, jump, run, swing, punch (not people I hope), etc.

But I propose one very, very powerful way, a way that is not only neutralising but constructive. Not only does it erase your anger, it would also set in motion a series of events that would affect you and everything else around you in a tremendously positive way, it's almost miraculous. It'd be like turning fire into ice or snakes into harmless, cute squirrels.

My method is this - if you should ever get very, very angry for any reason whatsoever and you feel like venting that anger against something or someone and you know that your venting of anger would harm that something or someone and set off a negative chain of events, then stop and do this instead :-

Do something very, very good, beneficial, charitable, kind and helpful to another person or thing, in such a selfless and altruistic manner, that it actually hurts you (initially) to do it.

For example, if you one day happen to feel angry because you think your employer had somehow forgotten to give you due credit (and compensation) for your hard work, and gave that credit to someone else instead who you feel was less deserving, I want you to find someone perhaps in your company, or perhaps anybody you know, or even any stranger on the street, whom you know needs even more help than you and is in a worse-off position than you, and help him or her to the point that it would hurt you if you would help him or her.

Yes, don't you remember what one great teacher once said about offering your other cheek if you were slapped on one and giving your cloak also if you were robbed of something? What he probably missed out was the part where you would be compensated for what you'd offered, perhaps seven, ten, infinite times more.

The principle is simple:- If you feel unjustly treated, reverse that injustice into an opportunity for abundance to increase its flow into your life by altruistically giving yourself to another, until it actually hurts you to help another. What you get back in return will be infinitely more satisfying, more rewarding, more fulfilling than what you would have gotten if you had chosen the more reactive, immature and vengeful action. In fact, if the person you choose to give-to-until-it-hurts is the very person who had done you wrong in the first place, that would be even better!

Of Obstacles And Choices

As we all know, by now, hopefully, obstacles, setbacks, blocks, negative feedback and over-estimated performance expectations are a natural part of any enterprise or undertaking we have in life.

The key, then, which separates the best from the rest, the no-quitter from the quitters, is how to view these initial setbacks and failures. They have different words in their vocabulary to describe these situations.

And more importantly, they have different questions in their mind - whether they're aware of it or not - which are being asked by themselves whenever they'd encounter these instances.

You see, I've encountered a fascinating realisation, an observation of natural phenomena (not on Discovery Channel), of the patterns of all things - those which happened in my life, and those which I've noted from the lives of others in the past, or even those I've observed from fiction.

And what is that?

Truth #1:

There are infinite variables, possibilities and probabilities. Every point in time, every point where we are about to make a decision, and even every significant plot point in a story has a virtually unlimited number of alternative turn-outs.

The pattern of Cause & Effect is not a linear chain; as in Cause -> Effect.

It is more like a Web. One Cause can possibly produce many Effects, or vice-versa, an Effect can be the product of a combined number of Causes.

That much is obvious.

By the way, I didn't come to realise this fact from watching a certain pretentiously philosophizing action film currently playing this Summer. Please...

Truth #2:

By now, we should all know, hopefully, that there are both objective and subjective levels to every experience we embrace. To be prudent, one must have a balance of placing both objective and subjective labels to their experiences.

Which leads me to tell you to regard an initial setback which you encounter as objectively as possible.

No... Wrong... You should both experience it subjectively, feel the failure, the weight of it pulling you down.

This is good for you to learn from it. The negative experience of encountering a small failure serves to strengthen your memory to not repeat it again. So make use of it.

Then, after you've had enough of it, begin to take it objectively. The key is knowing how much and when to feel it subjectively and then objectively.

And when we are viewing this situation in as an objective manner as possible, we see it as merely feedback, a reaction to our actions, an effect of the cause which we trigger.

We find that it is also natural, it is almost supposed to be, but just not what we had intended it to be.

From here, we can jump straight to action, feeling light and free, not shackled by the subjective experience of failure which shines upon it in a negative light.

We can begin to take remedial action to fix, restart, traverse, get over or get around this failure.

How?

Back to Truth #1 concerning the pattern of Cause & Effect being a web rather than a linear chain.

What did I say? That a Cause can have multiple Effects. And an Effect can have multiple Causes.

Your intended result, your goal, your desire, your performance target, is an Effect.

If you did not get the Effect which you had intended for, then the Cause with which you've produced that Effect is not EFFECTIVE in the sense that you want it to match your initially intended result. However, it is still EFFECTIVE in the sense that it does produce a result, an effect, a reaction.

Therefore, if an effect which you've elicited is not the effect that you want, then you need to change the CAUSE!

In simple terms: If at first you fail, try, try, and then try again.

Other words: Never, never, never give up!

Here are some tips and some Effective Questions to go along with them:

- At every point along the path of your enterprise/undertaking/project, constantly ask yourself how this can be better. Ask what other options have you. How can this turn out a better or worse way.

Other words: Be open and flexible to other options.

- In the initial planning stage, plot all the steps and all the alternative steps you can take. Make a Plan B. A Plan C and a Contingency Plan. Complexity of plan depends upon the

complexity of your undertaking and the value of your end reward. Though this may not always be true.

- Ask some Effective Meta-Questions to aid you in learning from mistakes and setbacks and applying the proposed improvements and modifications to previously lacking performance standards.

Boy am I beginning to sound like a Six Sigma writer. ;-) Let me rephrase that for you in Plain Jane English.

Ask these questions to help you learn how to apply the answers and ideas you may get about how to improve the way you work so that you can bounce back up from your failure and continue.

The questions are...

What is really going on here? What is the truth behind this situation?

What do people tell me is wrong? What do people tell me is the cause of this problem? Are they correct? Are they 100% accurate?

What do I think? Is my view 100% accurate? How do I know?

Am I looking at it subjectively or objectively? How can I view it more objectively? Have I felt enough of a subjective emotional experience to this setback? Why must I now view it more objectively? What if I am viewing it objectively already?

What are the alternative ways to achieve my target? How else can I do/be/have (State Your Intended Goal Here)?

What will each alternative way lead to?

What are the positive and negative points about each path?

What will I gain and lose if I go a certain way?

How can I maintain an open mind to alternative methods which are in line with my principles?

Why must I maintain an open mind to alternative methods which are in line with my principles?

What would it be like if I am already maintaining an open mind to alternative methods which are in line with my principles?

You can think of some more questions for yourself, can you?

How To Simplify Your Life With The Help Of 7 People

“Everything should be made as simple as possible. But no simpler”

That is one quote that has been attributed to Albert Einstein. From a mind so brilliant? So complex? So groundbreaking?

No...

In fact, Albert Einstein was not that brilliant, not that complex a character, and his groundbreaking-ness (for want of a better word) is due to his (or his PR people's) marketing skills.

How many of us have read somewhere that he claimed to be terrible in algebra? How many of us have heard somewhere that he was one heck of a peculiar character indeed?

But my article today is not about Albert Einstein. That was just the appetizer. This essay is about simplicity. One concept which Einstein stood for, and perhaps, because of which, he became what he is today in History.

He was simple, but profound. His ideas were simple common sense, yet their implications are far-reaching.

A fine line has to be drawn between simple and simplistic. One conceals depth while the other reveals emptiness.

Being excessively complex is as a twin sister to being simplistic - the former only weaves a web of complexity and profound ostentatiousness to conceal a fundamental shallowness.

Enough with abstract concepts. The last paragraph itself has been a jumble of complex words. Let me get straight to the point - This is not just going to be about simplicity, but how you can simplify your life.

Now why would you want that?

Simply because we live in a time and place (Planet Earth) that just demands of our utmost productivity, efficiency, creativity, time and energy in order for us to survive.

This demand upon us simply cannot be ignored. Ignore it, and you'll be left out in the race for more cheese.

Ergo, we have only one option - to face it. To face this demand head on, and be prepared for it. How? By simplifying our lives.

If there are 100 of you reading this, and I ask how many people have a definite plan for their lives, and live it in an organised manner, I'd say about 20 or so of you would put your hands up.

Let us use the concept of "Divide & Conquer". No, it's not a new Real-Time Strategy Game where you get to play a Superpower nuking countries harboring WMDs.

It is rather a very good strategy that you can apply in your life.

An average human being, in his lifetime, has 5 to 7 identities going on. Not split personalities, but identities. For example, I am a Student, a Son, a Father, a Businessman, a Teacher, an Author and a Servant.

Those are 7 of my most important roles and responsibilities I have in my life, right now, personified as these 7 identities.

Do the same for yourself. Define your 5 to 7 identities. If you find more than 7 identities, then you'd have to cut down on some of them. The ideal is 5. 7 is okay.

List your identities and prioritise them. Give the No. 1 position to the most important identity of yours, which holds the greatest significance in your life. This is somewhere near who you truly are as a person, when and if all the other identities of yours have somehow been removed from you.

Now draft out a rough timetable or schedule of activities which you occupy yourself with for 1 week. If you have some activities which you do only fortnightly, then do it for 2 weeks, or 1 month.

What do you do on Mondays, Tuesdays and all the way to Sundays? Divide each day into 24 1-hour segments. Or 48 1/2-hour segments. Fill each segment with an activity that you'd usually do.

Go back to your list of 5 to 7 identities, now prioritised from the most important to the least important. Next to each identity you've listed, write the percentage (estimate) of a day that you become this particular identity. If there is an overlapping of identities, then the total percentage would add up to more than 100% and that is perfectly normal.

Does your most important identity enjoy the highest percentage of time devoted to it? If not, if another identity lower on the priority list has the highest percentage, then perhaps that should be your most important one, or you should start devoting more time to your most important identity.

But sometimes, your most important identity need not have the most number of hours. Now write the ideal percentage of time in a day that you should spend as each of your unique identities, if you were to re-prioritise, re-organise and simplify your life.

Now check if the percentage of a day that you should become a certain identity correlates with the number of hours you spend on an activity or activities as this particular identity, which you've recorded in your timetable.

If it does correlate, good. If not, why? Write down some reasons / problems that may have caused you to not spend the correct amount of time as the respective identity which you've defined previously.

Then ask yourself some questions; actually write them down, concerning how you can optimise your hours per day as the appropriate identity you've identified.

Like:

How important is this identity of mine to me? Do I really need to spend the most amount of time as this identity (quantity) or do I just need to spend a certain allocated amount of time as him (quality)?

Which of my identities overlap? What can I do to optimise the amount of time given for each of my identities?

How can I further reduce the number of identities that I have?
How can one identity of mine actually be an offshoot of another?

That's it! Identify 5 to 7 identities you become in your life, give the appropriate amount of time to spend as each one of them (while allowing for some overlaps), and then go and spend the allocated amount of time as each identity!

Every hour or so during the day, ask yourself: what identity, what role am I playing right now? Should I be playing this role right now? Is this the right time? Am I spending the right amount of time as this identity?

This kind of awareness gives you the knowledge and control you need to organise your life by living it according to your priorities.

How Questions Can Help One Focus

Focus. That is the single most important ability determinant of your success. The lack of it is also the single most common problem faced by a major portion of the general populace.

The average person cannot focus his or her mind on any one thought, task or thing for extended periods of time if he or she wants to.

Just try this - picture a circle of any colour you choose for at least 68 seconds. That's only 8 seconds over a minute. Do this without letting any other stray thoughts, images or inner voices intrude in your mind. Not even one speckle of a thought should creep in your mind, other than that circle of your favourite colour centred in your imagination.

Try it now!

Ouch! Treacherously difficult, isn't it?

I notice a few things after several unyielding trials at meditation and concentration exercises.

If I am focusing on an image or visual object in my mind, that visual object or image tends to "morph" into something else, shifting shapes, changing colours and moving about with a life of its own.

I think that this stems from our mind being bored by our forcing it to concentrate on only one perception at a time, after having been exposed to a life-time of perceptual cognitive bombardment.

It just fights to let other thoughts and perceptions come in to kill its boredom, like a baby that is quickly bored by one toy and wants to play with the next.

If I am trying to focus on a word, a principle, a concept or idea, the intangibility of that thought and vagueness thereof simply demands other related (and un-related) ideas and concepts to flood into my mind, thus killing my concentration exercise.

Either way, I'm trapped.

The supreme kind of focus that is achieved by meditators and the highly successful (meditators are not necessarily highly successful, and vice-versa) only comes about through disciplined training and diligent daily practice.

But I'm not going to tell you to go through that kind of rigorous training to sharpen your focus until it becomes as a laser beam.

Most people do not have the time nor the stamina to take the torturous path braved by those few. Maybe you're one of them, like me, maybe you're not.

Don't worry if you're from the previous group. It's not now, but not never either, just, perhaps another time for you.

But do we really need that kind of perfect and supreme concentration ability? To be able to only think one thought and let no other, not one inkling, come in? To focus so deeply and intently on one idea and be immune to distractions both inner and outer?

The answer is no. We don't have to shave our heads bald and don robes to sharpen our mind.

There is a way for you to help yourself focus your mind and all your resources on achieving a certain objective when you really, really need to.

It is through questions.

That's it. Just ask yourself questions about, relevant and pertaining to the thought, idea or thing you want to focus on. Only

questions relevant to the object of your focus. Nothing that strays too far away from the theme or subject matter.

Questions are naturally thought focusers. That means, by their very nature, questions are designed to make your thoughts focus on what is being asked about.

Just think of riddles or puzzles. I just got one in my email concerning the 3rd word in the English language that ends in “gry”.

Here it goes:

“There are 3 words in the English language that end in ‘gry’. One is angry and the other is hungry. Everyone knows what the 3rd word is, and everyone uses it every day. If you listened carefully, I’ve already told you what it is. What is the 3rd word?”

The question “What is the 3rd word?” got my mind thinking so hard, and all my thoughts, for that moment, so focused and intent on finding the elusive answer to that puzzle that it distracted me from the actual answer itself that is already presented to my face (for the answer, go do a search on Google or Dictionary.Com).

Or think back to a time when you were doing an English comprehension paper. I can recall myself doing my ‘O’ Level English Comprehension Examination paper. The article has got something to do with early child development and the human brain.

When you were trying to answer the questions, what do you do? You were searching for the answer in the comprehension article, right?

Or if it was a thinking-type question, you were also searching for the answer in your mind, in your memory, trying to find related ideas and concepts that could somehow match what the comprehension question demands.

If you were observant, I've already told you the purpose of focusing.

Okay, I won't play riddles with you. The chief purpose of concentration or focus is to search for something. You want to search for something, you focus on it.

Scholars, monks, philosophers, thinkers and writers who are in search of what they hold to be the Ultimate Truth, focus on it in order to find it. Some fail, some succeed; and the difference between the two is how much they know about what they are actually focusing on (or searching for) and why.

So here's one tip to help you focus better:

KNOW what it is you want to achieve with your focusing. What are you searching for? Where are you heading for?

How does one KNOW? How does one attain knowledge of something? One asks. Therefore, questions help one focus.

For example, you want to focus on a book that you're reading. You can't seem to understand what it is about, either because the author sucks or you are not focusing well enough on the contents and ideas presented.

Let's assume it's the latter case.

First, ask yourself some questions about WHAT information or knowledge that you want to extract from reading this book.

Second, think about HOW you're going to go about and retrieve that information or knowledge that you're seeking in the book.

Third, just for added motivation, ask WHY you want to or need to have that knowledge or information you're searching for in the book.

Fourth, formulate a few What, Why, How, Who, Where, When questions (whatever applies) to get you into “Search mode”; pretty much like a search engine, in order to get you to FOCUS on only those parts of the book that can provide you with the answers to your questions.

While you notice the CAPS that I wrote in the previous few paragraphs, do you see the connection now between focusing, searching for answers and asking questions?

Or let’s say you’re doing one of those concentrating-on-an-object exercises. You know, like candles, fruits, pictures and stuff. I don’t know what the purpose for these kinds of exercises is, other than that they help you train your mind to focus, somehow, albeit on seemingly unconstructive things.

First, ask yourself WHAT that thing actually is (I realise how silly this sounds, but I have a gut inner feeling that I’m on the right track, and I trust my intuition very, very much, and I don’t want to betray it). Okay, so, it’s an apple. Ask yourself what it is that makes an apple, an apple. What are the elements constituting an apple that determines it to be an apple.

Second, ask yourself HOW an apple becomes the way it is. Think about how it was originally planted in the Earth as a seed. Think about how it grows, with the proper nourishment of sunlight, water, minerals, nutrients and other things you learn in high school science.

Third, think about WHY an apple exists. (Laughing out Loud) This is where you can get existential-philosophical. What purpose does it serve in our reality? In this world? In the universe? Ask why is it red? Or green? Why is it juicy and crunchy? Why is it sweet? What makes it so?

Fourth, generate more questions surrounding that apple. The more you ask, the more you’ll find that you’re thinking deeper and deeper about that apple, and while you’re thinking deeply about

it, you're actually focusing on it, and you've exercised your focusing abilities, and hence have enhanced it, by an incremental percentage; and I think if you're focusing on it hard enough, you might just feel compelled to grab it and take a MUNCH!

Fascinating, isn't it?

I'll end this article with a few Meta-Questions:

Why must I focus on the most constructive thought at any given moment?

How can I focus on the most constructive thought at any given moment?

What if I am already focusing on the most constructive thought at any given moment?

How do I know I am focusing on the most constructive thought at any one time?

How soon can I be able to easily focus on the most constructive thought at any given time?

What is my purpose for focusing my mind on this thought I am thinking now?

How can I know that my purpose for focusing my mind on this thought I am thinking now is positive, constructive, optimal and serves to better my condition in the best possible way?

What am I really searching or seeking for while I am focusing on this thought?

What am I focusing on right now? (Ask this question from time to time, to keep track of your thoughts. Most people spend 99% of their time letting thoughts pass in their mind unchecked)

Why am I focusing on this thought right now?

Can you think of more questions already?

How to Distinguish Between Your Constructive & Destructive Inner Voices

It is always there, saying something, either guiding you or misguiding you, either motivating you or putting you down.

It's your inner voice.

If you've seen cartoons before, you've most probably noticed how, very often, a character is faced with a 'serious' moral decision. Should he pull the prank - or not?

Then, out of thin air, an angel and a devil appear by his two ears. Obviously, one will tell him to go ahead and do it while the other will exhort him to refrain.

This illustration can almost be likened to the two types of inner voices that you very, very, very often get. Even as you read this article.

They either help you or they don't. They either make you feel positive or make you feel negative. They're either constructive or destructive. They either bring about the best results or bring out the mediocre to worst results.

The trick is to first decide whether or not to listen to it at all. Some of your inner voices are utter gibberish. Ignore them. But sometimes they can lead you to a creative breakthrough. But that's for another time, another place, another article.

Then, if you decide to listen to it, determine if it is positive, constructive, useful, and will lead to effective results or if it is negative, destructive, useless, and will lead to ineffective or sub-effective results. How?

Here's how.

First, realise that the thing people commonly call your inner voice, or more precisely, your inner “perceptions” (those things in your consciousness that are not from your five physical senses) can come in many forms - voices, visual images, bodily feelings, emotions, memories, etc. It’s a whole myriad of stuff.

Appropriately categorise it. Ask yourself if it is an auditory perception (that which you hear), a visual stimuli (you see) or a kinaesthetic signal (that which you feel with your body). Or is it an emotion or just an intangible concept or thought?

Ask your deeper mind why it gives you this signal. What is its purpose for giving you this message? Is it trying to tell you something?

Then ask if this “voice” comes from that popular concept of your “Highest Self”, that deep, innermost idea of your best self, who is perfect, of supreme integrity, of utmost wisdom and is guided by the highest good, in accordance with the Divine plan.

Okay, so that sounded a tad New Age-y.

Anyway, just ask yourself, “Is this right? Does it feel right at all?” Listen to yourself. Do you feel comfortable with this voice?

“If I listen to this voice, and I do what it tells me to do, what will I get? What results can I expect?”

“If I don’t listen to this voice, and I don’t do what it tells me to do, what will I get? What are the implications of it?”

“Does the core message that my inner voice is giving me match the way it is delivered?”

Sometimes, an inner voice may seem or feel negative to you, but it is in fact constructive. Hey, not all good ideas are fluffy, positive, pink (or purple) and happy!

What I mean by positive and negative inner voices refer to the outcomes that will result from your listening to and implementing the inner voices that you get.

One important question to ask is, “How do I know whether this inner voice I am hearing right now is constructive, neutral or detrimental?”

Here are some more -

“What are the clues or signs or proofs that this inner voice that I am getting now is constructive?”

“How can I decrease the quantity and quality of my negative and destructive inner voices every day?”

“Why must I decrease the quantity and quality of my negative and destructive inner voices every day?”

“What if I have drastically minimised the quantity and quality of my negative and destructive inner voices already?”

The set of questions I’ve just given you in this article serve a few purposes -

1. They help you to decide whether or not to listen to an “incoming” inner voice message at all. This saves a tremendous amount of time and brain power. Unless, of course, you enjoy entertaining EVERY thought that comes into your mind.
2. They help you classify an inner voice into its appropriate categories - auditory, visual, kinaesthetic, emotional or abstract idea.
3. They help you decide if it is constructive or destructive. If it is the latter, you can ignore it.
4. Importantly, they help you reduce the amount of negative and destructive inner voices that you get every day.

Consistently ask yourself these questions every day for a couple of days or weeks and you will see a marked improvement in the quality of your daily thinking and questioning.

How to Use Questions to Liberate Yourself from Negative Emotions & Gain a Position of Power

Keeping negative emotions inside of you are one of the most important causes of failure. This is, of course, not to say that you should be Pollyanna-ish (one who is always positive and happy, even if the sky falls on his family).

Yes, some negative emotions are important, if not necessary, for you to feel, like grief when a loved one passes away, or a little guilt when you do something wrong to someone and you want to apologise. A moderate dosage of these kinds of “necessary” negative emotions is healthy.

However, the trap comes when you wallow in these emotions for extended periods of time. You just can’t get yourself to “move on” when you “really, really, really” want to.

No matter how much Pollyanna-ish positive thinking you apply, no matter how many times you repeat your affirmations, no matter how much you try to just ignore your emotions, they just keep coming back to haunt you.

Let’s now see how we can handle this...

First, we must examine the root cause of negative emotions. We must find the base upon which these negative emotions stand and uproot it from the terrain of your mind.

For most of us, the trigger that sparks off most negative emotions is usually an event - an external event that happened to us, which is usually beyond our control.

If it is an event that is beyond our control, why bother? It’s not your fault. Instead, it is healthier to focus on the things which exist within your sphere of influence, those factors which you are in control of.

By doing this, by only focusing on optimising your power over the things which you have control over, you are, in fact, contributing to the expansion of your sphere of influence, and therefore, you'll have more things that you have control over, thus, maximising your effectiveness.

The more you focus on what you do control,
The more things you can control.

The more things you can control,
The more effective you become.

A negative emotion could also be an event that is within our control. And this is all the better to handle. The trick now is to identify what had caused you to not attain what you wanted that then triggered your negative emotion.

Here's where you can use Effective Questions to ask yourself what had really caused you to (to put it bluntly) fail.

Ask the most important question - Why?

Ask "Why?" relentlessly, till you get to the core of the matter. Use "Why?" as your shovel to dig down deeper and deeper and deeper - do not stop - until you reach the base, the root, the real cause of the problem.

But what about those negative emotions that just "come out of the blue", without needing it to be triggered by an external event at all? If you can use the Relentless Why technique above with this, you'll find that somewhere from your past, there is an event that caused this negative emotion to occur.

And also, sometimes, quick fixes to external events that trigger our negative emotions simply cannot heal us of the wounds these emotions cause to us.

This is where more Effective Questions come in. Not affirmations, not positive thinking, not thinking blissful happy thoughts. You need some really deep, really penetrating effective questions.

Step One - The Clearing Process.

Ask yourself these:

How do I feel?

How do I really, really feel?

Am I sure I am really feeling this? Or is it something else? Another emotion that is disguised as this present emotion?

Do I want to feel this?

Whether you answered Yes or No to the above question, ask -

Why do I want / do I not want to feel this?

What would be the negative consequences of me feeling these emotions for extended periods of time?

Do I want these negative consequences?

How painful can these negative consequences be?

What would be the positive consequences of me getting rid of these emotions?

Do I want these positive consequences?

How pleasurable & delightful can these positive consequences be?

What would I gain from freeing myself of these negative emotions?

Would it be possible that these negative emotions are the very cause for my present state of failure?

Would it be possible that if I rid myself of these negative emotions, I would finally attain the success I desire?

Step Two - The Motivating Process.

Next, ask yourself these questions:

What do I want to feel?

What do I really want to feel?

Why must I want to feel these more resourceful, positive emotions?

How can I feel these more resourceful, positive emotions?
What if I can feel these more resourceful, positive emotions right now?
How would it feel like to feel these positive emotions right now?
Can I feel these positive emotions right now?
What do I have in my life right now that can help me to feel more positive about myself right now?
Who do I love, and who loves me, who can help me to feel more positive about myself right now?
What can I be happy about in my life right now?
Why must I maintain this positive emotion?
How can I maintain this positive emotion?
What if I am already able to maintain this positive emotion right now?

Only 2 phases - clearing the glass of the old water, and filling in the glass with new, cleaner, healthier water.

Do this, and you should have gained yourself a position of power and control over your emotional states. A power, if compared to other forms of power, that is incontestable.

“Ask and You Shall Believe” - How to Install any Belief You Choose in Your Mind

One of the most useful skills or abilities you can and should learn to develop is to install any belief - ANY belief - of your own CHOOSING deep in your subconscious mind.

Beliefs, as you should know by now, are the most potent THINGS humans have.

I'm not just talking about religious beliefs, which are an entirely different matter. I am talking about the beliefs one has about oneself.

You may be practising the most powerful goal setting, positive thinking, affirmation or creative visualization technique ever, but without faith in the method and faith in the truth that you really can change your life, it is all useless.

What do you believe about yourself? What are some of the beliefs that you hold, whether consciously or not, concerning or against yourself?

I'm sure there are some good ones and some undesirable ones.

Any belief you have can either push you towards - or obstruct you from - your goals.

What do you WANT to believe about yourself? What are some of the beliefs that you WANT to have concerning yourself?

Write these beliefs down in the form of statements resembling traditional affirmations, such as, “I am consistently taking appropriate actions that are aimed at improving myself daily”.

We're going to work on each of these beliefs that you want to install one by one. Choose one from your list, the belief which you feel is one that you most need right now.

Make sure you choose something which is relatively believable now, than something which is far out too inconceivable (like "I believe I can fly by flapping my arms" ... Okay. That was lame ;-)

Next, check that you really, truly, deeply want to install this belief into your subconscious mind. Employ the relentless effective questioning technique. Use every imaginable question to sort of "interrogate" yourself WHY, WHY, WHY you wish to install this belief.

Ask -

Why do I want to believe in this belief?

How can I believe in this belief?

What if I am already believing in this belief?

Do I really want to believe in this belief?

If "Yes", continue. If "No", go back and refine this belief you want to install. Or choose another from that list.

Next, check that this belief you choose can integrate with your current value system, without contradicting any beliefs you may currently hold.

You may not need to make your belief conform 100% to your system, as some beliefs are true some of the time, and not true the rest of the time. That's normal.

The Effective Questions to ask yourself are -

Does this belief contradict any other beliefs I currently hold?

Can this belief provide for me the kind of emotion I need?

How does this belief help me to move forward, even accelerate, in the attainment of my worthy goals?

What must I risk, let go or sacrifice if I choose to believe in this belief right now?

Is this belief appropriate in the context it is applied to?

What are the implications, whether positive or negative, of me installing this belief in my system?

If you find that after asking yourself these questions you are still comfortable with this belief, move on to the successive step of installing it!

To install this belief, you need a 2-phase process of Clearing and Filling, very much like emptying a tank of old water, and then filling the tank with fresh, clean water.

The Clearing phase of the Belief Installation technique consists of the following questions to ask yourself -

Are there any objections, conscious or not, to this belief at all?

What are the objections, counter-arguments, contradictory statements or conflicting beliefs that may prevent me from attaining the effectiveness I need when installing the desired belief into my system?

What are the blocks that I hold in my mind that may undermine this belief's effectiveness?

What are the Editor's objections to this belief I am introducing?

Can I find any specific events that counter-prove the conflicting belief (NOT the belief that you WANT to install)?

When have I found that this blocking belief (NOT the belief that you WANT to install) does not prove true in my life?

How many times has this happened (referring to the above question)?

Why is this objecting statement not true at all? How is this objecting statement not true? Is it even true 100% of the time? If it is true only for less than 50% of the time, can I consider it a valid statement of truth that I should believe in?

What are the chances of this conflicting belief proving true in real life? If it only proved true for less than 50% of the time, or not at all (0%), will I then still consider it valid? Or would I deem it null and void?

How can I reduce the chances of or even prevent from this conflicting belief to present its ugly head in real life?

If something that counters the belief that I want to install does happen, what will I do to remedy the situation? How can I evade it in the first place?

After the Clearing phase, comes the Filling phase. Think through each of the above questions deeply, taking a considerable amount of time if possible.

Add more questions of your own more or less resembling those I wrote above. It doesn't matter if you're actually asking yourself the same questions over and over again.

Ask these "Filling" Questions -

What will I gain if I believe in this belief?

What will I lose if I do not believe in this belief?

How will I feel when I believe in this belief?

What will I be like when I believe in this belief?

What will my world be like when I believe in this belief?

What will I be saying to myself when I believe in this belief?

How soon am I able to fully believe in this belief?

How do I know I truly and deeply believe in this belief?

How is this belief true?

What are the evidences, proofs and testimonies that prove this belief true?

What are the logical reasons for this belief to be true?

What are the emotional reasons for this belief to be true?

Does this belief “just feel right” for me?

Do I now realise that just believing in this belief gives me a certain kind of excitement or emotional uplifting?

What events have happened in my past that may prove that the belief is true?

How can I recreate the conditions that have caused that event (mentioned above) to occur so that I can affect another similar, more powerful result that will in turn strengthen my belief in this belief?

Again, in addition to the questions I crafted above, write down your own, even if it's more or less similar to mine.

The above processes of asking questions, thinking about them, and answering them, can all be done on pen and paper, or simply in your mind, while in a quiet, focused and relaxed state of mind.

Meta-Questions You Can Ask Yourself Daily

To add to or even replace your daily habit of repeating affirmations or reading motivational quotes, you can also help yourself to a good, healthy dose of Meta-Questions.

Meta-Questions are simply honest and focused questions that are designed to manoeuvre your thinking process into a more constructive, optimal (not necessarily optimistic) and pragmatic mental frame.

This especially helps when you are in the habit of waking up to generally very negative and pessimistic thought patterns in the morning. I know, because I am one of these people.

However, I've learnt to get around this problem by formulating my own set of effective questions to help me re-focus every morning on the big picture, my - corny as it may sound - "mission in life", and get me back on track.

Meta-Questions are one step above "normal" effective questions in that they not only aid in shifting your focus onto a more constructive plane of thinking, but they also add on to your efficiency and proficiency with the technique.

That means, the more you use Meta-Questions, the better you get at it. It's an exponential growth!

To start with, you can ask, "How can I formulate better questions every day?"

Then ask, "Why must I constantly think up better questions every day?"

And, "What will it be and feel like if the quality of questions that I keep asking every day improves?"

My favourite variation of this set of questions will be like this -

“How can I ask myself better questions today than yesterday?
How can I ask myself even better questions tomorrow than today?”

“Why must I ask myself better questions today than yesterday?
Why must I ask myself even better questions tomorrow than today?”

“What if I am asking myself better questions today than yesterday? What would it feel like if I am asking myself even better questions tomorrow than today?”

To make things even better, add these questions -

“How can I use these even better questions to improve every facet of my life every day?”

“Why must I use these even better questions to improve every facet of my life every day?”

“What would it be and feel like once I use these even better questions to improve every facet of my life every day?”

“How can I act upon the answers, ideas and insights I get from asking myself better & better questions every day?”

“Why must I act upon the answers, ideas and insights I get from asking myself better & better questions every day?”

“What would it be and feel like if I act upon the answers, ideas and insights I get from asking myself better & better questions every day?”

“How do I know if an idea which I think of will be the best and most optimal possible solution to put into action in the current situation?”

And the list goes on. I hope you know now how the pattern goes. You should be able to create your own set of Meta-Questions by now, from the extensive list of examples I provide above.

These questions work like compound interest. Only that you don't have to invest any money up front, and the returns are more rewarding - far, far more rewarding - than what dollars and cents can give you.

A good idea would be to print out your set of Meta-Questions as beautifully as possible; using your favourite publishing or image editing software, and put them up somewhere you can see them every day.

10 to 20 minutes of calm and concentrated contemplation upon these questions would suffice in expanding your personal power and effectiveness in your daily life.

I've Found The Cure For Negative Thinking

Just a week ago, I thought of this simply brilliant - or - simple but brilliant idea and I almost forgot to write it down somewhere. So there I was, for 7 days, trying exceedingly hard to squeeze new article ideas out of my brain. So I used some Effective Questioning techniques to help me a bit.

One thing you should learn about any mental enhancement technique is that the speed with which you obtain results from it varies from time to time and from situation to situation. However, the more you use it, the better you get at it.

Then, this noon, while I was having a lecture for my Productivity and Quality (2) module in school, and pretending to be taking notes, I hit upon this idea.

One of the most prevalent monsters out there in the world of self help or what-have-you's is ... (drumroll, please)

Negative Thinking.

That's right, ladies and gentlemen. You've been told - or rather WE've been told that we should avoid negative thinking like the plague. Between the devil and the deep blue sea, we'd rather watch re-runs of Teletubbies (at least those creatures seem happy) than entertain one single negative thought.

Ready for the tooth, the whole tooth and nothing but the tooth?

Avoiding negative thinking ain't not the way! Pollyanna-ish positive thinking simply won't do!

Before you throw your tomatoes at Mr Peale, STOP!

What, are we to revert to our old ways now? No, and Yes.

You see, I've learnt something these past few days (begin sentimental, touching music). The more we try to ignore negative thinking, the more negative thoughts will come to our mind. This is especially true if we've been incessant, notorious negative thinkers all our lives.

Old habits die hard. Old habits that are intangible, that are deeply rooted in the mind, die even harder.

My cure isn't really a cure, it's more like a prescription. It's a set of things you have to do to NOT stop your negative thinking, but rather, turn your negative thinking into more CONSTRUCTIVE thinking.

First, embrace your negative thoughts as a natural part of your being.

Let's face it. You and all your unique, beautiful, varied emotions, feelings and experiences exist for a purpose. Some people advocate doing away with anger. I say they're stupid. Anger is useful when appropriately needed. It's there, it's got to have a purpose for existing. Some people advocate doing away with your material cravings. I say they're crazy.

The key is to embrace it, to accept it, to acknowledge it, then, stop. Don't give any more power to it by surrendering your concentration on it unnecessarily.

Second, ask yourself some constructive, effective questions to help you find something - anything - to do. Something practical to deal with the situation.

Here's where Effective Questions come into play. Something along the lines of -

"What can I do about this thing? How can I remedy the situation?"

"What options do I have? What is the best option I have?"

“What is the best way to use what available resources of time, energy, thoughts and materials that I have to construct an ideal or at least more tolerable circumstance?”

Third, think one good thought for ANOTHER person, NOT FOR YOU, let it go, then, believe that your good thought WILL BE REWARDED, and returned to you TENFOLD.

Perhaps you have a problem with positive thinking because you simply can't do away with the belief that you don't deserve the best in life. You are in the so-called state of self-punishment.

So what can you do? Direct your positive thoughts towards someone ELSE, other than YOU.

You can do this to someone close, a loved one, but it's even better, and it will be more effective if you direct your positive thought to complete strangers, or people who do not have that much stake upon your emotional/social life.

Or try on someone you really dislike (not to the point of hate).

You shall be surprised.

You can also try on someone who doesn't seem to like you no matter how you treat him or her. Someone who treats you in a cold manner, or rudely.

Forgive that person (if it is appropriate), wish him / her good thoughts, and let go.

The 3 Most Important Questions You Can Ask Yourself to Change Your Life Starting Right Now

You're reading this for a purpose. You want something. You need something. You want to become something. You want to have something. You want to do something.

Two words only - You Want.

Human beings; You and I, are goal-seeking machines. Well, maybe 'machines' is too crude a word to use. Our brains are goal-seeking mechanisms.

Now let's think about this thing called "You Want"-ism. Let's say you want to be a more confident speaker.

What (effective) questions can you ask yourself that will lead you to the right thinking that in turn will lead you to the right decisions and the right actions, and lastly to your desired goal (becoming a more confident speaker)?

3 questions, actually.

"3 Questions To Rule Them All," I'd say.

These 3 questions are part of the fundamentals of the Effective Questioning System. They're the most important, and they are like templates for ANY goal or outcome you want to achieve.

The 3 Questions are WHY MUST I, HOW CAN I & WHAT IF I.

So you ask yourself these questions:

"Why MUST I become a more confident speaker?"

"How CAN I become a more confident speaker?"

"What IF I AM a more confident speaker?"

Can you see the pattern? Do you get the picture?

Let's take a magnifying glass and see why these 3 are the most important questions you can ask yourself.

First one, the WHY MUST I. Why is such a powerful question, in fact, THE most powerful question, because it is the arrow that points you to your PURPOSE.

When you have a powerful enough purpose, a highly motivating reason, a great cause, it will supply you with enough drive, energy, resilience, perseverance, whatsoever to almost literally PUSH (if not SHOVE) you to go out there and achieve your goal.

A great purpose, reason or cause (terms used interchangeably) is like the battery for your goal-seeking machine. If you have a powerful and long-lasting battery (Duracell, Energizer), your actions will reflect that amount of energy and in turn trigger the potent forces that will attain you your goal.

Next, the HOW CAN I.

For the mean-time, you may not really know how you're going to go about doing the actions needed to reach your outcome. Don't worry. You WILL find a way, if you got your first question, the WHY MUST I, right. And I'm not going to go into detail about how your unconscious will suddenly give you the answer you need.

The HOW CAN I is like the keywords you type into the Google search engine that is in your head. Unlike Google which takes a few seconds to display results (and even some that are irrelevant), your mental search engine may take anywhere from a split second to a few months (even years) to find the answers. Hey, I never said it was easy!

And once found, the answer to your HOW CAN I question is like a computer program, an algorithm, a specific set of actions to take, that will lead you to your desire. It shows you the way, it enlightens the path that you must take to get to your destination.

So your goal-seeking machine now has an in-built processor. First, it has a BATTERY, the WHY CAN I. Second, it has a COMPUTER PROGRAM, the HOW CAN I.

Next, we have the WHAT IF I.

The WHAT IF I question sends a command to your brain to generate a mental picture of your end goal. This is more effective than simply a visualisation as it draws upon the sharp focusing quality of questions to extract focused, detailed answers.

As you ask yourself the WHAT IF I question, you are telling your mind to come up with perceptions of possibilities, details, outcomes and results, in terms of your five or six senses.

It gives you an idea of -

What you will see when you have this goal.

What you will hear when you have this goal.

What you will feel, smell, taste etc. when you have this goal.

For your goal-seeking machine, the WHAT IF I is like a 3D multimedia model, or blueprint, of your desired outcome. It needs to know what the final product will look like and be like. Only then can it go on and create it.

So you have a battery, the computer program algorithm and the blueprint. All you need to do now is to flick the "ON" button. Now THAT is called ACTION. Without it, everything else is USELESS.

Positive Affirmations - Do They Really Work?

I will explain why positive affirmations work for some people sometimes, and why it doesn't for some other people, some other times. I will also introduce a powerful new alternative twist to positive affirmations that works - almost as instantaneously or quicker than what mere repetition of traditional positive affirmations can do for you.

The Missing Link in Positive Affirmations.

It happens almost every time, to almost every person who has at least tried a positive affirmations technique before.

You repeat to yourself, over and over again, "Every day, in every way, I am getting better and better".

Or maybe, if you're looking to lose weight (I'm looking to gain weight. Wait till you see how small my body is), you try this affirmation, "I am getting thinner every day".

Or even worse, this, "I am a thin and beautiful person". No, you don't want to! Believe me! Alright, weight-loss is not the topic of this article. Let me get to the point.

What do you see in common with the 3 examples of positive affirmations above?

ONE: These positive affirmations are extremely vague, abstract.

The statements you see above, which most of you (who are into the positive affirmations thing) repeat to yourself every day, have no specific, tangible value attached to it to make it progress-oriented.

Just look at the first one (invented by Emile Coue), "Every day, in every way, I am getting better and better". Getting better and

better at what? Fooling yourself? Messing yourself up? Sorry, friend, “... in every way ...”, to your notorious subconscious mind may include the two negative things mentioned earlier.

Or the “I am getting thinner every day” affirmation. Thinner in what way? In bone size? In brain matter size? The word “thinner” itself subliminally suggests lack, which is the opposite of abundance.

To make your positive affirmations more effective, you need a specific, tangible value to it. Such as, “Every day, in every positive beneficial area of my life, I am increasing my effectiveness, productivity and efficiency by 1%”. 1% improvement may be small, but it is workable.

But this is only one stage of the journey. As you read on, you will witness the evolution of this positive affirmation.

TWO: These positive affirmations are expressing something which is far from the truth right now.

Let’s say you have acne. I have acne. I still have after I’ve tried numerous prescriptions, from Proactiv to Oxy to what-have-yous. But fortunately, my condition is improving.

But let’s say you have really bad acne, like I once did when I was 15. Really, really bad acne. Scars, blackheads, whiteheads, red spots, rough, dry, itchy skin, with oily patches. Eugh... Sorry, I just had to implant the image into your mind to make you understand better.

And since you want to try this positive affirmations thingy, you say to yourself, “I have a clean and clear skin”, or “My skin is becoming cleaner and clearer every day”.

Now try saying that straight-faced to your friend... (Beat) I rest my case.

What’s wrong with these affirmations?

Number one, “I have a clean and clear skin” is one heck of an outright, outrageous, big, fat, ugly lie to say to yourself if you really have that bad case of acne described above!

And who is any worse to lie to than your good, old, beloved Self?

Number two, if you’re just going to stop at affirmations, and not do anything about your condition, you’re obviously not going to get anywhere!

What’s the missing ingredient here? Action. Which is what I’ll address in point number...

THREE: These positive affirmations are not action-oriented.

Every great achievement that has ever been accomplished in this world has been accomplished by action. Don’t go believing in the New Age “Zen”-ish “Go with the Flow” concept - even that requires action.

If you want to “go with the flow”, isn’t that an action in itself? “GO” is an action, isn’t it?

What’s the use if you only stop at dreaming (or the more constructive form, Creative Visualization), or doing positive affirmations, and not do anything to attain your desires?

Besides making your positive affirmations specific and more “truthful”, you can add an action-oriented dimension to it by suggesting what you’re going to do to get your desired results and affirming that you’re doing it well.

This may seem like making an initially short and simple affirmation into a prolonged and complicated one. You can break that one affirmation into many, if you like.

For instance, if you wish to gain weight, you’d say, “Every day, in every way, I am taking proactive steps towards achieving my ideal, healthy weight in a motivated and effective manner”.

The difference between “I am at my ideal weight” or “I am gaining weight every day” and the above is that the previous two do not deal with what you’re going to do to achieve your ideal weight and with the current reality (I’m all skin and bones) while the latter tells your subconscious mind everything (almost) it needs to know.

FOUR: These positive affirmations are not “Editor-Proof”.

What I mean by the Editor in “Editor-Proof” is the little voice in your head that you sometimes - no, constantly - hear.

You say, “I am getting better every day”. Your Editor says, “Yeah, right.”

You affirm to yourself, “I am opening myself to wealth and abundance around me”. Your Editor retaliates with, “What are you going to do about it?”

These kinds of attacks can weaken the power of your positive affirmations if they’re not made “Editor-Proof”.

Sometimes, your Editor can come up with a “pre-emptive strike” (ring a bell?) in the forms of negative self-statements like, “I’m a good for nothing. Nothing I can do to improve my condition will work anyway, so why bother?” or “I’ve failed many times before, I’ll surely fail again. I should just move on”.

While this Editor may be useful in some ways sometimes, like pulling you back to reality after a bout of unconstructive fantasising, you can reduce its hold over you if you want to get something out of your positive affirmations.

First, see your Editor as a friend, not your enemy. Albeit, a mere good friend, but not certainly your BEST friend. Approach your Editor as you would approach someone you’re not afraid of, someone you can easily deal with and influence, not an authoritarian figure.

Second, try to listen to what your Editor says in rebuttal to your positive statements. Write them down and think of re-writing your affirmations to evade the Editor.

A good way to do this, that is, to evade the Editor is to turn your positive affirmations into questions.

For example, if you are affirming, “I am at my ideal weight”, turn it into a couple of constructive, effective questions like:

“Why is it important that I must be at my ideal weight?”

“How can I achieve my ideal weight?”

“What must I do to achieve my ideal weight?”

“What would it be like, feel like, when I have achieved my ideal weight?”

Questions tend to shift your mind’s attention away from the possible blocks to your goals and focus instead on what proactive steps to do to achieve it.

Questions are like swords (because of their sharp, focused nature) to help you defend yourself against the Editor’s attacks.

FIVE: These positive affirmations do not address what I call the “3-Person Subconscious Truth-Verifier” concept.

The 3-Person Subconscious Truth-Verifier is simply stating your affirmations in the 1st, 2nd and 3rd person all at once.

Instead of just, “Every day, in every positive beneficial area of my life, I am increasing my effectiveness, productivity and efficiency by 1%”, you can also state -

“Every day, in every positive beneficial area of your life, you are increasing your effectiveness, productivity and efficiency by 1%”, and -

“Every day, in every positive beneficial area of his (or you can place your name here) life, he is increasing his effectiveness, productivity and efficiency by 1%”

What this does is to attack the problem 3-fold.

One, when you state the affirmation in the 1st person, you are affirming something which you yourself know to be true.

Two, when you state the affirmation in the 2nd person, you are feeding that part of your mind which needs outside opinion to help form what you see yourself as. A part of us needs someone to verify our worth, to praise us, to confirm outside what we believe inside. This helps to fill that need.

Three, when you state the affirmation in the 3rd person, you are also still feeding that need mentioned above, but taken to another level. This time, it's as if we are eavesdropping on other people's opinions about us.

It's a little tricky to explain. But this is the best attempt I can come up with. All you have to do is try it!

Hence, these 5 points form the missing link in positive affirmations. Next, let me introduce a powerful new alternative twist to positive affirmations that will work wonders for you.

A Powerful New Alternative Twist to Positive Affirmations.

As I've explained above, one of the major obstructions to the effectiveness of positive affirmations is the Editor which constantly rebuts you with negative or sceptical statements.

To evade the Editor's attacks, one can turn to questions. Why questions? That is a good question.

Questions are the laser of your mind. They help you focus, keep your mind's attention on one and only one thing - the answer.

It was Einstein who said that if he were to be killed, and had only 1 hour to figure out how to save his own life, he would devote 55 minutes into finding the right question. Then, he said, finding the answer would only take 5 minutes.

But still, I haven't answered the question of how and why questions can evade the Editor and help bring about the transformation that positive affirmations are supposed to effect.

You see, what we focus on, consistently, and attach importance and energy to (whether willingly or not), we get.

And since questions that are constructive, goal-oriented, proactive, and hence, effective shift our focus from the problem that the Editor may pose to the solution, we get the results of that solution.

It doesn't matter whether or not we immediately know the solution to our question. Our subconscious minds will surely find a way, if you pose the question to it clearly enough.

Like I said above, a question that is sharp and precise enough is like a sword that will cut through the depths of your subconscious mind right to the core, wherein lies your answer.

Compare this to the loosely crafted positive affirmations that do not address the 5 missing links above. Before these affirmations can reach deep enough inside the subconscious mind, they're attacked, stripped, torn apart by the malicious negative statements of the Editor.

Alright, here's how you go about the Effective Questioning technique.

1. Consider those 5 missing links written above before you create your affirmation.
2. Create your affirmation. It must be:

- i. As specific as possible,
 - ii. As close to the truth as possible,
 - iii. Action-oriented,
 - iv. Editor-Proof,
 - v. Stated in the 1st, 2nd and 3rd persons simultaneously.
3. Using only the affirmation stated in the 1st person, turn it into a question.
- i. Make a “Why” question from it. A “Why” question confirms your purpose, your reason, the motivating reason why you must have this outcome you want.
 - ii. A “How” question focuses your mind on the course of action you need to take to achieve that outcome. It focuses on the solutions.
 - iii. A “What if” question engages your imagination to foresee the benefits you’ll gain from the achievement of your outcome. This question focuses you on the goal.
4. Once you’ve prepared the 3 “I-You-He/She/Your Name” affirmation statements as well as the 3 “Why-How-What if” questions by writing them down on paper, you can put them to good use by either writing them down 15 times a day or repeating them to yourself while in a relaxed, alert state.

A More Effective Method Than Goal Setting

Traditional goal setting does not work as effectively as most 'experts' would have you believe.

This is because there is one factor, one key, a missing link, which, without it, you'd simply have no motivation to go about doing the things you are supposed to do to bring about the achievement of your goal.

And that is The Big Picture. Now, this is in my own words, what I've learnt from that audio interview I listened to a few days ago.

What do I mean by The Big Picture?

The Big Picture is like a Vision. It's an Obsession. A Passion. A Dream. A big, grand, bold dream that you have for your life.

In other words, it is a Purpose. A Life Purpose.

I know these may all sound like big words to you, but the point here is for you to have an ultimate purpose for all your goals in life. What most people have are goals for material objects or for career advancements or monetary gains.

Most people, and I didn't say ALL, merely stop at these 'bite-sized pieces', these small goals when it comes to goal setting. They don't continue on to think about why they set these goals and for what even bigger purpose do they set these goals.

Ask yourselves - why do I want this new Mercedes? Why do I want this big mansion? Why do I want to earn an extra \$100,000 a year? Why do I want to have so and so person as my spouse? Why?

Keep asking why. And again, most people would realise that it comes down to a feeling or sense of fulfilment, happiness, of being

loved, of being secure and safe, or of being free. Some people would just say, "I just want these things".

Well, all that may sound good and fine but do you truly think that once you get that Mercedes or that big mansion or the extra \$100,000 a year or that person as your spouse, you'd be truly happy, fulfilled, free, secure and alive?

Try and look back at one past goal which you have achieved. Take a look at one milestone which you've already gone through. Do you find yourself something saying something like, "And now what"?

Most of us do. That's because we don't have that biggest, ultimate, most grand purpose for our lives. The reason why we are born. Some people call it destiny, or phrase it as "God's place for you in the world". Whatever it is, don't think of it as something beyond your power.

This thing called Purpose or The Big Picture is a thing that is both within your power to choose and also outside your power to choose. It is the sum total of all your life choices from the day you were born up to this very day.

The proof that it is within your power to choose is the fact that you'd been making all the choices and decisions in your life all this while, asking for this and that, regardless of whether or not you get what you asked for, to build up an image, a vision or The Big Picture of your life, which is your ultimate life purpose - that reason you were born and the thing that you must fulfill in your life before you die.

Whereas the proof that it is also beyond your power to choose is the fact that you already have made all those choices before in your past and there is little or nothing you can do to alter those choices you've made in the past. There are some decisions we made which we can undo, but not without a significant amount of trouble, and there are many decisions we simply cannot undo.

This is the irony of human life and why it is beautiful to be human.

But if you are sitting right there where you are, reading this post, you still have hope. You do still have a chance. Create for yourself a grand vision of your life - why you are here on this Earth. Conceive big, bold dreams.

Imagine you are a historian or a scholar studying the history of your life. What would you like to be remembered for? What would you like to be famous for? What would you like to be associated with whenever your name is mentioned?

Write an essay about yourself, as if you were a historian in the future, looking back into your life. Include all the glorious things you have achieved, and even the flaws, the mistakes and huge failures you've made. But also include how you've transcended these flaws, mistakes and failures. Write about the difference you've made to the world, no matter how small (or big) it is.

Have you left behind a wonderful family? Have you left behind a legacy? Have you left behind a successful business? Or simply a happy memory in the mind of a person you've helped in a small or big way?

Now, after you've done this exercise, you may proceed with your traditional goal setting methods. Create sub-goals out of this Big Goal of your life. Create the secondary goals to this Primary Goal. Set the milestone goals that would define your ultimate life purpose.

What this does to you is create a certain insurance or feeling of security, because, although you may fail to achieve your small goals (no matter how bold they seem to be), you're still on track because you have not lost sight of your ultimate life goal.

These 2 Platinum Hours Every Day Will Change Your Life

You're saying to yourself, "If only I have more time to do what I want to do, my life will change!"

Yeah right.

Here's what I'm going to offer you:- The access codes to unlock that extra time in the day.

There are 2 hours in the day in which you are most productive, most creative, most motivated, in which, even if you're such a lazy procrastinator, you'll suddenly find yourself turned into a driven productive machine.

Spend these 2 hours well, and in a week, you'll gain yourself 14 hours of supremely productive and creative time. Within a month, you'll gain 60 supremely productive and creative hours.

And in a year, you'll gain yourself 730 hours of supremely productive and creative time spent on finally producing or creating that life-changing work of yours, whatever it is, be it a new business, your great novel, your masterpiece artwork, or simply the job that your boss asked you to do, which, if done, would probably cause you to be promoted.

If you can put a value to your time, how much will you gain every year? If you can spend 730 hours of extremely productive, creative, positive and life-transforming time every year, in which nothing but near-perfection is birthed by you, in which nothing but brilliance is produced by you, how much will those 730 hours translate to money?

How much is 1 productive hour of your time worth to you and other people? Set a lofty target. If, on average, you're worth \$10 per hour, double that amount, or triple that amount or multiply it by ten, because, in these 2 hours of the day, your brain is working

in such a synchronised, productive and creative manner, that whatever it is you produce will increase in value by at least 2, 3, 5 or 10 times.

How does \$73,000 worth of productive time every year sound to you?

Now, what if you don't want to limit yourself to only 730 hours of productive time a year?

Sure!

Spend those 2 hours of the day thinking, meditating and planning for the rest of the day. Spend those 2 golden - no platinum - no diamond - hours, invest in them, to make the rest of the hours of the day more productive and creative. Think about how you can make the rest of the day, maybe your usual office hours, as productive as possible, within these 2 naturally productive hours of your day.

Let's say you work 8 hours every day in the office. Okay, maybe it's too much to ask if you want to make these 8 hours supremely productive. Let's just take 6 hours out of these 8 office hours of yours to be seriously productive time. Add these hours to the 2 golden hours. You have 8 productive hours every day.

Now you'll end up with 2,920 productive, creative hours every year. What if you're worth \$100 per hour? That spells \$292,000 every year!

Now what if, after having gone through months or years of spending these golden hours every day, your productivity, your results and your ability multiplies geometrically, exponentially, and your time-value further multiplies?

How about \$1,000 per hour? Do you think after spending these 2 golden hours every day well for a few weeks or months, you'll be able to grow your value in time from where you are right now to

\$1,000 per hour? Sure you can! How does \$2.92 Million per year sound to you?

Now, finally, what are those 2 hours in the day?

The First Hour. What time do you wake up usually every day? Wake up 2 hours earlier, go wash your face (no caffeine!), maybe do some warm ups to wake yourself up fully, and spend the first hour thinking, planning, meditating or mentally creating.

The Second Hour. Spend the 2nd golden hour on mechanical, work stuff. Spend this hour on action. After spending that first hour planning and thinking, spend this 2nd hour on doing and actually beginning to implement what you had planned in the first place. You will somehow find yourself suddenly hard-working, motivated and driven to do things.

Now, if you can get your momentum right, that is, by doing things fast during this 2nd golden hour, you'll find that you'll continue to work and work and work on whatever you're working on, and you'll feel more and more attracted to this work, as if you don't want to stop and you flow with this work, become one with it.

The Power of Questions in Shaping Your Life

Take a good look at yourself right now. Gaze into the mirror of your self. I don't mean you to take it literally and get a glass mirror to look at your face.

Just take mental note of what you are, who you are, where you are right now, what you have done, and what you have, in all aspects of your life.

Without letting yourself be fooled by its apparent simplicity, ask yourself these questions, in terms of these 6 dimensions (physical, emotional, spiritual, mental, financial, social) :

What am I?

Who am I?

Where am I?

What have I done?

What have I achieved?

What do I have?

Why don't you do yourself a favour - grab a piece of paper and a pencil, write those questions down and begin thinking about the answers. Or you can just fire up Notepad or a word processing program of your choice and type these questions out.

Relax. Don't take this as some tedious "homework" or exercise. See it as a fun exploration in getting to know the most complex, fascinating and mysterious creature you've ever known...

You.

Written those questions down already? Answered them already? It helps if you write your answers down as well.

Don't worry about writing grammatically perfect English (or whatever is your language of choice) sentences. But do try to be as specific as possible.

If the answer to your question of “What have I achieved?” is “Nothing”, (just let me get out of that computer screen for the moment and knock you on the head... What do you mean “nothing”?!) think about why you just said that!

What do you exactly mean by nothing? Do you mean you’ve achieved nothing which you think is worth mentioning? Or are you just being excessively modest?

Be specific. Think of some very concrete, tangible answers to those questions, focused around the 6 dimensions I mentioned above.

Next, as you take a look at the piece of paper or the Notepad window (or whatever), think about HOW you’ve arrived at the situation you are in, right now.

Think about the specific decisions, actions, choices you made and the events that lead you to who and what you are right now. Surely the things that you have, do or be right now is a product of a set of important decisions you have made in life.

Even if it’s a coincidence, an act of God, a stroke of luck or a serendipity, you do involve some decision-making into it (like whether or not to follow on it when the opportunity presents itself).

Be very honest with yourself. Write down your findings for this as well.

Done that? Now pick just one of those crucial ‘decision moments’ you’ve written down. Pick the one which you think is the most significant in your life.

Now take a fresh sheet of paper, or open up a new Notepad window, and write down a headline for that crucial decision moment you’ve just picked. Below this headline, write a brief description of what happened when you made that decision.

Close your eyes for a while and recall that moment of decision-making. Relive it in as much detail as possible in your mind.

Now ask yourself what is going on in your mind as you make your decision. Just an instant, a split second, before you come to your conclusion, what is it that happens in your mind that lead you to your decision?

Do you find that, if you could really go back into it, you are ASKING YOURSELF QUESTIONS, consciously or not, about the effects of each option you have, about what action to take, etc?

Every time you think, every time you analyse, every time you want to make a decision, you ask yourself some questions.

Questions are the key to the door that will lead you to your answers - whether they're right or not. Now do you see the power questions can hold over the shaping of our lives?

If the present condition of your life right now is determined by the decisions (and follow-up actions) you made in the past, and the decisions you made were determined by the quality of your thinking before making each decision, then the quality of your thinking is determined by the QUALITY of the QUESTIONS YOU ASKED YOURSELF.

To live an effective life, you need effective decisions.
To make each effective decision, you need effective thinking.
To do some effective thinking, you need EFFECTIVE QUESTIONS.

Now do you see the Power of Questions in Shaping Your Life?

Think about it for today.

This Is What I Call The “Holographic Manifesting Technique

...or “The Matrix” technique.

Or “The Talking Manifestor” method.

What you need is a tape recorder or an audio recording software on your computer.

The idea is deceptively simple, but it is extremely powerful.

As you visualize for whatever it is you wish to manifest or bring about, you describe your imaginary experiences, in vivid sensory detail.

Use all your senses. Describe, as you record your voice to tape or your computer, what you see, hear, smell, taste and touch.

Imagine you’re a novelist describing a scene in rich sensory detail.

You will find that the more details you describe out loud, the clearer, more life-like and ‘real’ your visualizations will become.

This is great because, the more realistic and life-like your visualizations are, the more your subconscious mind will believe and accept that which you are imagining to be real. And this has a powerful impact upon the results you wish to acquire.

Try it today!

What you need is:-

1- Tape & tape recorder, or a listening friend, or an audio recording software on your PC.

2- Your voice.

3- Your imagination.

4- Your desire.

How to do it:-

1- Like any other visualization method, you need to bring yourself to a more relaxed state of body and mind. Use whatever method you like, be it deep breathing or counting down from 20 to 1.

2- Press 'Record' on your tape recorder, and begin to describe in rich sensory detail what you wish to manifest. Describe one imaginary experience of yourself having already acquired what you want.

3- Once you feel that you've described enough of the experience or object to be able to feel and know what it is truly like (and this is up to you to decide), describe out loud how you feel about it - Grateful? Joyous? Ecstatic? Describe your emotions, and the physical bodily sensations you experience as you feel these (ideally) positive emotions. This is important! Dwell on these feelings for at least slightly longer than 1 minute - about 68 seconds or more.

**“Thought Provoking and Soul Inspiring!”
- Dr Joe “The Secret” Vitale,
Bestselling Author of ‘The Attractor Factor’.**

Find out what caused Dr Joe Vitale to say this –

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