

**Discover Ancient Shamanic Wisdom!**

# **How To Have a Greater Spiritual Connection**

**and Create Wealth, Health and Happiness  
With Personal Power**

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## The Unavoidable Meeting

A very distressed man seeks the help of a wise elder. He had tried everything and nothing had helped. His only hope now, he thought, was to get help from a powerful wise sage. He had heard amazing stories about this old sage—about his incredible powers to read minds, see into the future and become invisible. It was said that the old man was in his 80's but had the vitality and strength of a man of 20.

There was a part of him that was skeptical about the sage's rumored magical powers, but deep down inside he wanted to believe in miracles. The distraught man knew that he needed nothing short of a miracle to help him turn his life around. He had never felt so desperate. He was willing to go along with whatever the old one asked of him. His imagination went wild as he thought about what the sage might do.

He drove four hours to meet the sage at his home in the desert. As he approached the sage's house, he walked almost dragging his feet and kept looking down to the ground. Before he had a chance to knock on the door, the sage came out of his home and invited him to join him for a walk in the desert. As they walked towards the east, the sad man could hardly contain himself. He eagerly began telling the sage his sorrowful story as they walked in the warm, calming desert.

"I lost my life savings in the stock market meltdown, I was fired soon after my investments collapsed, and, to make matters worse, I am single and lonely," said the distressed man. The sage replied "I see. So what do you think is the problem?" The distressed man, feeling rather annoyed, replied "What do you mean? I just told you my problems." The sage shook his head, as if in disbelief. "This is the greatest opportunity you've ever had to unravel the secrets of personal power. The trick is in what you continually choose. You can either make yourself miserable or make yourself happy. The amount of work is the same." The distressed man looked confused and replied "But how do I know what to choose?"

The sage suddenly stopped and looked at him straight in the eyes. The sage's eyes seemed like an infinite tunnel. "Listen to the faint voice within. It's always there to guide you." As the sage turned towards the steep slope in the distance, he waved good bye and invited him to come back some day to tell him what he had learned from his choices.

# Introduction

Many years ago, I decided to work in the money management industry after I took a leave of absence from my graduate school studies in psychology. My fascination with the powers of the subconscious mind and its ability to heal the body was what first led me to study psychology. At that time, I hadn't yet discovered how the inner realms of the subconscious mind could radically affect all of reality and not only health. I hadn't yet realized how the mind, when used in a certain way, could affect finances, business success, relationships and even spiritual expansion.

Without my knowing it, I was led on a long winding path to discover the secrets of mind powers outside of the field of psychology. It wasn't until I worked in the money management industry that I discovered the powers of the mind. During the day, I worked in the investment industry, and in the evenings, I studied ancient wisdom teachings. Back then, it seemed like I was living a double life and that these two worlds were far apart. Much later I was to realize the mysterious interconnection between the inner realms of the mind and finances, health and ultimate personal freedom.

For many years, I enjoyed working in the investment management industry learning about trading strategies, stocks, foreign investments and macroeconomics. I was really intrigued with how people created wealth. I must admit I was convinced that there were some secrets out there that the rich had access to. I thought that if I surrounded myself by the very wealthy in one of the most highly paid fields, I would discover the secrets to creating wealth and overall success.

I was not only intrigued about wealth, I was also very curious about poverty. I had a very modest upbringing growing up where my mother always struggled with finances. And, after years of financing graduate school with huge student loans, I really got to experience the pain of being in debt and living a humble lifestyle. I was determined to make money, get out of debt and live a joyful life.

My desperate desire to live a happier and different lifestyle led me to a stupendous path that opened up amazing opportunities for me.

It led me to discover the path of personal power and how to change my entire world in ways that I had never imagined. Without my realizing it then, my mission was to uncover how people can create what they deeply desire and transcend ordinary life. The world was to reveal its secrets to me.

### **What I Discovered In the Money Management Industry**

My decision to work in the money management business was fueled by my belief that if I surrounded myself by the very wealthy, I would discover the secrets to creating wealth and success.

Without much effort on my part, I got a job working for a high-profile money management firm that managed tens of billions in assets for high-net-worth investors and financial institutions. That was a whole different world from what I had ever known. I was amazed how people just invested millions of dollars in a single transaction.

I kept my eyes and ears open to discover the investment secrets. The more I learned and observed, the more questions I had. I began to see that creating wealth was a much bigger picture than I had ever imagined. It involved a lot more than knowing about hot investments or even having the money for investing.

I witnessed many portfolio managers under stress who barely met their investment goals, and a small number of portfolio managers who easily created wealth for their clients. I got to know people who accumulated huge amounts of wealth, but who later lost their assets through "bad luck." I met people who made their wealth after 30 long years of "hard work" and sacrifices, and others who easily created comparable wealth in just a few years. Some lived happy lives, but most lived in continual stress and anxiety.

Over the years I realized that there is far more to creating wealth than just discovering great money-making investment opportunities. In fact, all the money-making knowledge, investment strategies and business ideas that you'll ever learn will be of limited benefit to you unless you're prepared for wealth on the inside----unless you invest in yourself in a certain way.

The real wealth secret is to invest in yourself.

When you pour yourself into what you're going to discover in this book, you'll discover how to make things happen. You can easily learn the secrets to creating, and you can do very well at it. Everything in life is created by us either consciously or unconsciously. You're going to learn how to create with awareness, with your inner power. What you experience physically, such as riches, poverty and health, and what you experience emotionally, such as anxiety, inner conflict and inner peace, are interconnected and affected by your inner world.

Most people are distracted focusing on investing in things out there. What they don't know is that unless they change their inner world, what they will experience in their external reality will be limited and dissatisfying. Investing in your self will pay off like no material investment ever will. You will gain far more than only material wealth. You will grow your inner power and that's something that money can not buy.

## **Life Changing Insights From the Financial Market Meltdowns**

As many people lost their life savings and a big part of their investments in the recent financial market meltdowns, it has become clear that we can not rely on anything "out there" for financial security or any type of security. The economic breakdown we have witnessed is a wake up call. It is time to learn to depend on ourselves in ways that we never have before. It is time to think of new ways to create what we want out of life. Nothing external can guarantee you wealth, health or any type of security.

Money in itself does not ensure success. We all know of people and businesses with unlimited resources that have experienced financial disasters and those with limited funds that have grown into financial successes. Real success comes when you have inner power as your foundation. This type of power is a force within that you can use to solve business problems, improve your finances, attract a romantic partner, get insights on how to deal with a problem and create the life of your dreams.

It's easy to feel stress as we witness structures that we have grown to depend on crumble. But you can not afford to worry about your financial, physical and emotional health. If you fall into the trap of stress, you lose the opportunities to create an exciting new reality.

The secret to creating anything in your life---material or abstract---comes from connecting with your inner power. Your inner power, as you'll soon learn, is inescapably linked to Infinite Intelligence. This power is your birthright. It is not only for a chosen few. You can easily learn how to connect with a force that is higher than you, how to be amazingly inspired and guided to successfully create the future that you choose. Throughout this book, I will often refer to this Intelligence as Great Spirit or Spirit, names used by Native American Indians and shamans to refer to the Creator Of All.

It may seem strange to write about philosophy and money, but as you'll soon discover, you can't separate your financial reality, or for that matter any aspect of your life, from your awareness of the larger world. It's all interconnected.

## **Creating Consciously**

You will learn how to create a more satisfying financial future using the principles, tools and techniques that are shared in this book, and you will learn far more than that. You will learn not only how to change your personal world but how you have the power to make positive changes in the world.

To understand what I'm about to explain to you, let's first take a moment to reflect upon the state of the world. We have seen world leaders, chief executive officers, and leaders of different organizations make decisions that lack wisdom and which have hurt people and the planet. The choices that have been made, by our "leaders" as well as by us individually, have resulted in much chaos and destruction. Too often decisions that we make are driven by limited thinking and fear-based emotions.

To free ourselves from this path of chaos, we will need to become aware of how the world operates. Ancient wisdom teaches that everything is interconnected by a web of energy. The thought or action of every single person affects the whole. There is no separation between you and me, there and here, the above and the below. How we treat others and every being on the planet has repercussions for all of us. There is no escaping the effects of our choices.

I once attended a workshop in the wilderness that was led by a Native American elder who noted how science is now beginning to confirm what ancient wisdom has taught for eons. Physicists, for one, have come to realize that the universe is interconnected in much subtler ways than had once been believed. Quantum physics tells us that the observer and the observed are not separate; the observed is affected by the observer and vice versa. Chaos theory maintains that the world is so delicately balanced and interdependent that a butterfly flapping its wings in China affects weather patterns in New York City.

We can't afford any longer to make decisions—financial or otherwise---without wisdom and awareness of how the world operates. The time for creating our future unconsciously, without awareness, is over. It's time to be inspired from our higher selves, from a higher force. In that way, we are empowered to make wise decisions that benefit us, others and the planet as a whole.

As we learn to create what we desire with greater awareness, we stand to gain much more than only material satisfaction, we will also grow emotionally and spiritually. As we connect with a force that is greater than us, the universe will reveal its secrets to us. In this way, we enter a new

world where life becomes more joyful and easier as we are guided on how to achieve our deepest aspirations with inspiration and wisdom.

It is far too common for people to make their fortunes unconsciously rather than consciously. When people make money unconsciously, it is difficult to truly see outside-the-box. To them, the world is limited to the physical realm. They do not see the big picture, the web of connections between the physical and spiritual, the integration of all things. As a result, their success will be limited to what they achieve and experience in the physical plane, and their ability to help the world will be limited as well

### **Creating Consciously Is Not Only Very Practical, It's Empowering**

It's not only practical but very empowering to create consciously. Whether your goal is to achieve something material or abstract, you will more easily be able to accomplish what you set out to do when you're inspired and connected to a higher power.

Everything flows much more smoothly when you become aware of your inner power. The universe supports you in mysterious ways. Rather than working hard to achieve your aspirations, you make progress and attain your goals with more ease. It is as if you become linked to a flow of energy that moves you step by step forward. You tend to be at the right places at the right time, you meet the right people, and the right ideas just flow your way when you need them.

What happens when things flow?

The practical benefits are far ranging---from better health, slower aging to happier relationships. Stress disappears or at the very least dramatically decreases. Did you know that when you are relaxed and feeling at ease, your body can not be in a state of dis-ease? When you're not feeling stress, your body can't produce stress-related chemicals that cause disease and pre-mature aging.

As we connect with our hearts and with the Spirit that moves through all things, we let go of our egocentric-based concerns. We become free to tap into our inner power and make changes in our lives for the better.

## **Layers of Teachings**

Without a doubt, a highly effective way to learn and integrate new and life-transforming knowledge is to learn it in different ways, from unique perspectives and multiple times. That's why I will be introducing you to various teachers throughout this book.

Each teacher has a unique style of teaching. Some will tell stories and be entertaining, a few will be academically oriented, and others will teach from a spiritual, shamanic perspective. They teach different levels of empowering principles according to their purpose. You will naturally be drawn to the teacher(s) that are right for you today. People are instinctively drawn to what helps them achieve their purpose at a given point in time.

Don't worry if you don't understand something right away. Often in the process of learning, we won't "get it" right away at the conscious level. In such situations, the knowledge we acquire bypasses the critical thinking level and goes directly into our sub-conscious mind. There, in the sub-conscious, the seed grows. Then, one day, as we continue to learn, we have an "aha" moment where we get what we need to understand.

When you learn the ideas shared in this book from various perspectives, you will understand the teachings at a deeper level. There are layers and layers of interconnections for you to discover. Yet, a single idea can be powerful enough to radically change the direction of your life.

The best any teacher (or anyone) can do is help you connect with that higher force within you and strengthen the faith in the power of yourself.

## **What's the Purpose of This Book?**

While the book, on the whole, focuses on helping you to create financial freedom and achieve your goals, it does much more than that. Its ultimate purpose is to help you expand your awareness of reality and to help you achieve deeply-inspired goals with wisdom, happiness and speed.

Creating wealth is not unlike manifesting anything else in life---a relationship, the dream job, increased self-confidence or inner peace. When you learn the secrets to creating, you can apply that knowledge to any area of your life—financial or otherwise. The principles are the same.

As you achieve the goals you have in front of you today, you will progressively grow and expand your life's vision and purpose.

This is the beginning of a new path. You can think of it as starting a journey. Keep your eyes wide open. And, above all, keep an open mind so that you don't miss the amazing things that you will encounter along the way. Changing your life will require you to suspend doubt and rigid beliefs. What you will learn will surprise you and perhaps even shock you.

You are about to discover your personal power---your inner power that is linked to the Spirit that moves through all things.

# I

## **Start Changing Your Reality With Your Inner Power**

"You can have all the knowledge and skills in the world, but if your "blueprint" isn't set for success, you're financially doomed."  
--T. Harv Eker

The classic books on wealth accumulation, [Think and Grow Rich](#) by Napoleon Hill (now in audio) and [The Science of Getting Rich](#) by Wattles, explain that creating wealth requires having the proper mindset. I absolutely recommend these classics to get a good introduction on the power of the mind.

Having the right mindset is key, and it will help to build your foundation. You absolutely need to start any goal with a success mindset. But that's only part of the formula, as you will soon learn. Before we go any further, let's go over how having the right mindset can positively help you build your foundation. It is without a doubt an essential part of creating the life that you choose.

### **What's the Right Mindset?**

T. Harv Eker, a bestselling author and one of the world's top trainers in personal development, has a very entertaining and insightful way of explaining how a rich mindset can change your life. His book, [Secrets of the Millionaire Mind](#) has been listed as #1 on the NY Times, Wall Street Journal and USA Today bestseller lists. He reveals 17 specific ways that rich people think and act differently from poor and middle-class people.

Harv examines the hardwired programming around money that everyone has, which unconsciously determines our financial success. He teaches that unless you change your inner world, your finances will never change. Lack

of money or lack of anything is not the problem but a symptom is what is going on inside. In other words, he teaches that your outer world is simply a reflection of your inner world. If you choose to change your financial situation, you will need to change your thoughts and feelings about money.

We all have a personal money blueprint ingrained in our subconscious mind, which determines our financial destiny. It is a result of our past "programming," mostly from when we were young and extremely impressionable. We all have, to some extent or another, limiting beliefs that keep us stuck.

To learn more about how your inner world creates your outer financial world, click on this free audio. It's an introduction to his *Millionaire Mind Seminars*. <http://tinyurl.com/moneymindsetsecrets>

In this audio, Harv teaches people how to master the "inner game" of wealth in order to create outward success. His mission is to help people realize their full potential by applying the principles he struggled to learn the hard way. If you grasp even a few of the principles of success that he outlines, you will be on your way to financial freedom. I highly recommend his books and seminars; they are not only greatly insightful but entertaining as well.

To receive special reports that reveal Harv's 11 Secrets for reprogramming your mind for financial success, [click here](#). You'll learn how limiting beliefs affect your financial reality and what you can do to change your financial blueprint.

A common limiting belief, for example, is the idea that what happens to you is completely out of your control. In contrast, an empowering belief reflects the idea that you have power to create the life that you dream of.

Successful people believe they are largely in control of their lives and they take responsibility for what happens to them. They are aware that their thoughts and feelings shape the results in their lives. In contrast, people who feel unsuccessful and dissatisfied with life tend to be those who don't take responsibility for what happens to them. They have a tendency to think they are victims and believe that bad things happen to them. People who play the role of a victim do not accept that their thoughts and feelings

affect their reality and they often feel sorry for themselves. Their perception is that things out there (e.g., the economy, investments and people) are responsible for what happens to them. That type of thinking only triggers anxiety and worry, emotions that drain your personal power.

To achieve maximum success in what you pursue, you must take responsibility for the good and the not-so-good that you attract in your life. When you don't take responsibility for your life, you live in a world where your very own limited beliefs imprison you. To not take responsibility means a life of hardship. People who live their lives being a victim tend to live their lives passively since they do not believe they have the power to influence their reality. This is a poor mindset that will not only hurt your finances but all areas of your life.

Ancient wisdom teaches that taking responsibility for everything in our lives is a powerful key to becoming empowered. It enables you to be free. It gives you power to create the life of your dreams.

How do you know if you are living your life as a victim? Ask yourself two questions: Do you tend to blame others and things out there for your problems? Do you tend to continually complain or talk about the bad things that happen to you? If you answered yes to either of these questions, you are stuck in the "poor me" world.

There's far more to say about mindset and the power of thoughts. As you keep reading, you will travel along new paths that will expand your perception of money and reality in ways that you never imagined.

### **Why Do We Have Limited Beliefs?**

Deep rooted belief systems about money, ourselves and life in general, are often unconscious and they almost always originate from childhood. If you grew up always hearing narrow-minded ideas about money, such as comments that there is never enough money, that only greedy people desire money or that money is not important, you probably adopted limiting beliefs about money.

Many people grew up believing that money was bad. Money is neutral; it is a form of energy. It is not good or bad. How you use and perceive money is what makes it a helpful or harmful force in your life. It's but a tool. It's the intent behind the tool that counts. Like fire, it can be used to create comfort in your home or to destroy it.

Be open and think expansively about your money goals. There are various ways you can improve your financial situation and lifestyle once you open your mind up to the possibilities. When it comes to money, most people will focus on creating more money. There are other goals, however, that can greatly enhance your lifestyle, such as:

- creating the same amount of money you are making now but in half the time and with much greater happiness
- creating less money than what you are earning now but doing so in a way that allows you to use your creative abilities in unique ways.

## **Going Beyond Having the Right Mindset**

Movies such as "The Secret" and "What the Bleep Do We Know" have attempted to teach people about the power of the mind and thoughts. Many have seen these movies, read the latest books on the "law of attraction," and attended seminars on motivational and positive thought techniques. Yet, not many have actually been able to successfully use the power of their minds to make changes in their lives for the better.

For most people, success has been far and few between. Why is that? What is the missing link for creating outer transformation?

Becoming aware of your limiting thoughts is crucial, yet it's not enough. Just thinking and affirming positive thoughts will not enable you to consistently achieve your goals. You will need to go a step further.

To create what you choose, you must energize your goals in a certain way. In this book, you will learn why many people, despite their knowledge of

motivational and positive thought techniques, have trouble achieving what they desire. You will soon discover what the missing ingredient is.

You have the power to change your entire world from the inside out. Success, financial or otherwise, is not a result of education, social status or anything out there. It comes about through expanding your awareness and growing your personal power.

## **Thoughts and Energy**

To make things happen takes personal power. And, to have inner power requires an understanding of the relationship between thoughts and energy. Einstein's theory of relativity taught that energy and matter are interchangeable. Matter is nothing more than a form of energy; it is slowed down or crystallized energy. This truth has huge implications for everyday life.

Everything is energy. Everything that you experience with your physical senses once existed in the world of thought, in a realm that is infinite and that is not bound by time or space. Visible forms of energy, such as money, your clothes, and the car that you drive, once were invisible. They were once thoughts that coalesced into form and density until they materialized on this physical plane.

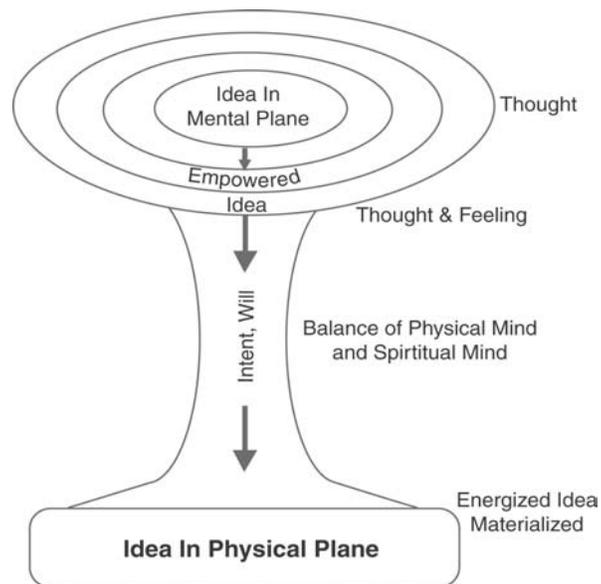
Thoughts are powerful forms of energy. They are your hidden allies that you can use to make things happen. But before thoughts can transform into visible forms of energy, they must be energized in a certain way.

It doesn't work to just have a financial goal or dream and then not empower it. If you have a financial goal, but spend most of your waking hours worried about how you're going to achieve it, sad that it hasn't happened yet or doubtful if you can even accomplish your goal, you are sabotaging your efforts. The moment you start to have limiting thoughts about your goal, you push the results away.

To materialize your goal, you must empower your idea with the continuous feeling and knowingness that your goal has already happened. In that way,

you help to give energy and life to your goal. And, you must sustain your intent with the power of your physical and spiritual mind. (In the following chapters, you will learn about these two minds). As you energize your goal continuously, you enable it to materialize on the physical plane.

Below is an illustration of how thoughts and goals become reality in our physical plane.



Just as thoughts can be your allies and can help you materialize a deep longing, they can also be your enemy. You can materialize empowering thoughts, just as you can materialize limiting, fear-based thoughts. As a matter of fact, fearful thoughts tend to manifest more than ideas that make you happy because most people focus on anxiety-producing thoughts for long periods of time and constantly ruminate about them in the back of their minds. This level of attention and focus only serves to energize fear-based thoughts and materialize them.

There's truth in the law of attraction. What you focus on does expand. That's why you need to continually be aware of your thoughts. Thoughts are a powerful force and need to be treated with respect. Many people

sabotage their goals without even being aware that they are doing so. Awareness of the self is key to empowering yourself to make things happen. The formula is simple yet powerful: Thoughts lead to emotions, emotions lead to actions, which lead to results.

## **The Power of Emotions**

We were all born with a vast amount of energy that, if not depleted, can absolutely be used to create a stupendous life. The problem is as time goes by, we lose our energy. We lose our power over time not because our body ages but because we simply haven't been taught how to build and conserve our inner resources. Daily life gets in the way and we allow ourselves to lose huge amounts of energy when we get weighed down by heavy emotions such as sadness, worry, anxiety, and self-doubts —emotions that deplete our vital energy.

How often have you let someone or an event drain you of energy? When our energy becomes depleted, we simply don't have enough strength to take charge of our lives. Drained of energy, we stay in the same old rut day after day.

Ancient wisdom teaches that to achieve extraordinary results in life we must be aware of energy to grow and sustain our personal power. A huge way to build up your energy is by being impeccable with your thoughts and by raising your emotions. In high vibratory states, such as joy and inner peace, energy is increased. Think back to a time when you felt extremely optimistic and ecstatic. Did you feel tired and defeated or did you feel energized? There is amazing power in thoughts and emotions. They can empower us or drain us of life's energy.

Most of the time, we're not even aware of how we give our power away day-to-day through our thoughts and interactions with people. Unless you've really done your inner work, chances are you're holding limiting and false beliefs about yourself that are keeping you stuck without even knowing it.

What drains our energy and holds us back are ultimately the beliefs that we hold. Our limited views of the world and ourselves came mostly from those

close to us such as our parents, family members and friends but also from society. We never learned to question beliefs and ideas that we acquired growing up. We just accepted them.

You will need to be continually aware of your thoughts and beliefs if you want to become empowered to change your life. As you become impeccable with your thoughts and increase your personal power, you will start experiencing life on a different level.

### **Science Supports Ancient Wisdom**

There is growing research in medicine, physics and other fields that support what ancient wisdom tells us about the relationship between thoughts and physical reality. Shamans for eons have taught that everything in life is interconnected by a web of energy. There is no separation between Spirit and you, between your thoughts and your reality.

Shamanism predates all known religions, psychologies and philosophies. You can think of shamanism as a set of tools and techniques developed over the ages that allow people to learn consciously how to bridge the apparent separation between the physical world and the realm of the invisible.

The groundbreaking research of Dr. Masaru Emoto, a scientist and visionary, has shown that human vibrational energy, thoughts, words, ideas and music affect the physical appearance and molecular structure of water. Mr. Emoto has visually documented molecular changes in water by means of his photographic techniques. He researched how thoughts and words affected the formation of distilled water crystals, using words such as love, war, Mother Theresa and Adolf Hitler.

He discovered that water crystals reveal changes when specific, concentrated thoughts are directed toward them. He found that when water is exposed to loving words, it transforms into beautiful, complex, and colorful snowflake patterns. In contrast, water exposed to dark thoughts, such as war and hate, forms incomplete, asymmetrical patterns with dull colors.

Dr. Emoto's research has helped people expand their awareness of the power of thoughts. His work is particularly interesting when you consider that both our bodies and our planet are made up of mostly water. If water in a laboratory can be transformed by thoughts, imagine how your body is impacted by the thoughts that you continually hold.

How are your daily thoughts and feelings affecting your wealth and health? Imagine what we are doing to the planet by the thoughts that we collectively hold. And, if thoughts can change the physical structure of water, what else can they affect on the physical plane?

To learn more about Dr. Emoto's research, visit his website: <http://www.hado.net> His books, volume 1 and 2, entitled [Messages from Water, Vol. 1](#) explain his fascinating research and contain photographs of water crystals taken under various conditions. For eons, shamans have taught that water is a living, breathing and thinking being. Dr. Emoto's work serves to support the idea that water is alive and sentient.

Physicists and researchers, such as John Hagelin and Hassim Hareamein, have studied the effects of consciousness on reality. They both have dedicated their lives to studying the principles of a Unified Field theory and its applications to life. The Unified Field is the deepest level of physical reality discovered by science. It is a universal field of nature's intelligence that governs the vast universe with perfect order. Among their many findings, they have discovered a link between higher levels of consciousness and universal intelligence.

Hassim Hareamein recently produced a documentary that takes you on a journey through humanity's evolution, exposing a unification of the forces of nature, evolution and consciousness. To learn more about his documentary, visit his website at: <http://www.theresonanceproject.org/>

Gregg Braden, who you will learn more about later in this book, is another researcher who bridges ancient wisdom with science. He has cited study after study in which modern science is now proving what the ancients have been saying since the beginning of time: There is an unseen web of energy that connects us all. A growing number of scientists call this web of energy the Mind of God.

So if thoughts are alive and affect physical reality, what can you do to improve your finances and life in general?

For starters, you will need to become continuously aware of your thoughts.

## **Self-Observation**

To create what you are inspired to do, you will need to continually do self-observation to monitor your thinking and beliefs. If you are continually harboring limiting thoughts and fears about money, for example, your probable future will reflect money limitations. Your beliefs about money will either attract resources to you or push them away.

What type of beliefs do you have about money? Are you a money magnet or do you tend to push money away from you?

Stop reading right now.

Before you read any further, take the *Money Beliefs Questionnaire* that is at the end of this book and assess what your beliefs are about money today. Take a few minutes to quickly answer the questionnaire. When you finish, smile. You have said "yes" to taking action and "no" to procrastination.

Don't worry how you score on this questionnaire. It serves the purpose of helping you become aware of your thoughts and beliefs about money today. Be honest with yourself. Awareness is the first step to change. Once you become aware of your relationship with money, then you can start making changes to create a different reality.

After you read this entire book, complete the Money Questionnaire again. Compare your responses from the first and second questionnaire and note how your responses and awareness have changed. You are learning how to become your own best teacher.

## **Money Can Be a Great Teacher**

Money can be a great teacher. It can, for example, teach you about being judgmental, about gratitude and fear. It is very common for people to be judgmental about money and to label it as either good or bad. Avoid the trap of having an either/or mentality. When you label something as black or white, you limit yourself and the possibilities in your life. Experiment using "and" in place of "either" and "or". Avoid having judgment about people who have a great amount of money or those who have little money.

People who have deeply-rooted limiting beliefs about life or themselves tend to be those who struggle financially. It won't be easy to attract financial freedom when you believe it's not important or that you don't deserve it. Treat money as a good friend. Welcome it into your life with a smile, appreciation and gratitude. Money is a form of energy, and it will be drawn to those who are drawn to it.

A common trap is for people to be stuck in linear, "cause and effect" thinking. People often believe that events have to follow in a certain order. For example, people often believe they will become happy only after they achieve their financial dreams. A shaman would say to abandon this limited form of thinking. You are actually more likely to achieve your financial goals once you discover happiness, rather than the other way around.

We all know people who live in fear of not having enough money. Their fear makes them hold on to money as much as possible. It is very difficult for these people to spend money---even on themselves. In their world, there is never enough money. They have a low comfort zone with money and their relationship with money shows it. They fear losing money because they perceive that there is a limit to how much money they can have. Their perception of life is based on lack; it is based on poverty rather than wealth.

Then there are those who have a high comfort zone for money. These people do not live in fear of losing money. They know that if they lose what they have built, they can make all the money back and more. These people

understand--consciously or unconsciously---the principles of creating wealth. They have the mindset that there is always enough to go around.

With your beliefs, you can learn to attract money into your life or push it away----regardless of how much investment knowledge or how much money you have today. We've all known people who have money leaks. No matter how much money they create, they have problems holding onto it. It disappears through unexpected expenses, lawsuits, bad investment decisions and "bad luck."

Choose each day to have empowering beliefs about yourself and those things that you want to attract into your life. Each day you create your reality. It's your choice.

Below are a few examples of limiting and empowering beliefs about money:

<b><i>Limiting Beliefs</i></b>	<b><i>Empowering Beliefs</i></b>
I don't know how to make smart investment decisions.	My knowledge and intuition helps me to make smart investment decisions.
I'll never be able to save money and start an investment plan.	I can save money, and I am creating a successful investment plan.
If my Internet business makes money, I might be able to buy a house.	I am thankful that I am creating huge financial success with my business.
Creating wealth is a struggle.	Creating wealth is an adventure and I am enjoying the process.
Money is not important.	I value money and all the material gifts I have in my life.
Only greedy people want to be rich.	Everyone deserves all the riches in life including money.
It is too expensive. I can not afford it.	I prefer to spend my money differently.

## **Be Impeccable With Your Thoughts**

Since all things originate in the world of thoughts, you must master your thoughts if you want to create what you desire. You must be impeccable

with every thought that you hold and every word that you speak out loud. More often than not, the greatest challenge will be being aware of what you say silently to yourself. Often people act and speak in confident ways around others, while deep inside they are criticizing themselves. They may not even be conscious of this quiet criticism, which can make self-observation tricky.

Wealth, health, success and whatever else you choose will not be created by focusing on the opposite---poverty, disease and failure. What you desire is brought into being by thinking, feeling and acting as if you already have achieved what you have set out to get. It is easy to think rich, for example, when you have wealth in your life. But if your life today is not filled with what you desire, it requires tremendous discipline to maintain the thought that you already have what you have chosen.

To think and feel as if you have already achieved your goal when the apparent reality shows otherwise requires personal power. Those who can develop this type of inner power will achieve far more than just financial gains.

The Law of Attraction teaches that what you focus on expands. That is why you must be impeccable with your thoughts. Nevertheless, as you will soon learn, just thinking and affirming positive thoughts is not enough.

\* \* \* \*

Exercise #1: Do the Money Questionnaire at the end of this book, and become aware of your relationship with money.

Exercise #2: Keep a journal and for 21 days observe yourself. At the end of each day, reflect back on your day and write about it. What type of thoughts did you indulge in? Were they mostly limiting or empowering? If you could do it all over again, would you change what you thought, did or what you said? You can rate your day using a scale of 1-10. A rating of 10 indicates that you felt the day was satisfying and 1 indicates a day that was dissatisfying.

If you had a superb day and would not want to change anything, give that day a 10. If you had a horrible day and you wish you could change how

you thought and acted that day, give that day a 1. In the beginning, you might find that most days are not 10's or even 8's. As time goes on, you will probably notice that more and more of your days are getting higher and higher ratings. The mere act of observing yourself will expand your awareness, and that will help you to make changes.

You could do this exercise focusing on specific areas of your life, such as finances. For example, reflect back on what kind of thoughts and feelings you indulged in concerning financial matters.

## 2

# The Magic of Investing In Yourself

“Whenever the internal dialogue stops, the world collapses and extraordinary facets of ourselves surface, as though they had been keep heavily guarded by our words.”

--Teachings from a Yaqui Indian shaman

If you read the previous chapter, you’ve learned that everything on the physical plane once originated in the world of thoughts, in the realm of the non-physical or Spirit. Everything physical has a spiritual counterpart.

You now understand how powerful thoughts are and how your thoughts affect all aspects of your life. For this reason, you must learn to control your thoughts. You can not afford to indulge in limited thinking of any kind. To create what you deeply desire, you will need to be impeccable with your thoughts and increase your inner power. Your mind has a direct connection to the invisible world of Spirit and by tapping into this link, you become empowered to achieve extraordinary results in your life.

Before you pursue any goal, invest a little time to become aware of how your mind works and its connection to the non-physical world. As you’re about to discover, this awareness will help you to master your thoughts and create what you choose with greater speed, ease and wisdom.

### Your Two Minds

The mind is best described, I believe, by using a simple model that I learned from two extraordinarily powerful Native American wise elders who possessed a rare ability to simplify the most complex bodies of knowledge. They taught that man has two minds. We have a physical mind and a spiritual mind.

When we were born, we were equally connected with both minds. But since we live in a world that focuses only on the physical mind, it has become dominant and the only mind that we acknowledge. Since we have not been taught how to access and use the spiritual mind, it has become dormant, hidden deep within us. Sometimes we get a glimpse or hear a whisper from the spiritual mind, but on the most part we are completely unaware of our spiritual mind.

We have a physical mind which knows only of things of the physical realm and a spiritual mind that is a link to all things outside of the physical realm, to infinity. When we spend most of our lives using only the physical mind that we have learned to rely upon, we become stuck in a limited realm. We are living but a small part of what life is all about. We are only aware of half of reality. We must then learn how to use the spiritual mind to reach our full potential and break free from what holds us back.

You will have the greatest personal power when you learn how to integrate both your physical and spiritual mind into your everyday life.

### ***Your Physical Mind***

Your physical mind is the mind that you consciously use everyday and throughout each day. It is the intellectual mind, and it's ruled by logic. It's the mind that society has taught you to develop and to focus on. This rational mind feeds upon logic and does not accept that which can not be explained and proven in the physical world.

It is limited to understanding the world through rational explanations. This mind relies on science and technology to make sense of the world. Your physical mind is stuck in linear thinking. It perceives the world through limited beliefs such as cause and effect.

Your physical mind communicates to you primarily through words.

Your physical mind helps you to exist in the physical world, but it confines you to this world. It is limited to what can be experienced with the physical senses. It is cut off from Infinite Intelligence, from infinite possibilities. It depends upon rational explanations. This mind keeps you in check. While

it helps you day to day in enabling you to function in society, it restricts you. It limits your personal power and can hold you back through heavy emotions such as fear, worry, doubt and depression.

Your physical mind and its limited thoughts and belief systems can most definitely sabotage your plans to accomplish your deepest dreams. By relying on this mind alone, you will make it unnecessarily challenging to achieve your goals--- financial and otherwise.

### ***Your Spiritual Mind***

Your spiritual mind is the mind that you are not typically conscious of. For most people, it is greatly underused and rarely acknowledged. This mind is limitless and infinite. It is not restricted to logic and rational explanations; it is not limited in any way. The spiritual mind is connected to the source that creates all.

Your spiritual mind communicates to you in a different language than the physical mind. Rather than words, it uses mainly language such as feelings, images, intuition, hunches and signs.

This mind is based on intangibles that can not be understood from a logical perspective, and for this reason, society does not teach people how to develop this mind. Your spiritual mind helps you live your life expansively, without restrictions. It frees you from the self-imposed boundaries and limits.

It helps you to perceive a world beyond what your ordinary physical mind and senses allow you to perceive. This mind knows of the power of faith that opens doorways to infinite possibilities. Your spiritual mind inspires you to advance and to take risks. It builds your personal power.

### **The Battle of Your Two Minds**

There is an ongoing battle going on all the time within you, and it's your two minds competing with one another.

Your spiritual mind is continually trying to communicate with you to guide you to achieve and experience an extraordinary life. It wants you to become aware of your tremendous power and to achieve what some people would call miracles. It wants to answer your most pressing questions and guide you to live a truly extraordinary life. The problem is that we rarely are aware of what our spiritual minds are trying to communicate to us.

The physical mind is over-trained and over-used. It speaks to you constantly, drowning out the communication from your spiritual mind. The spiritual mind is continually trying to communicate with you through images, intuition, symbols and other non-verbal ways, but the physical mind is so overpowering that most people just can't tune in to it. It's like trying to listen to someone who is whispering to you while you have the radio blasting with loud music.

It's a constant battle because your physical mind is afraid that if you become aware of your spiritual mind that it will lose its dominant position. And it will. Once you learn to tap into your spiritual mind, your physical mind will cease dominating you. You will still use it, but it will not continue to control you.

Both minds serve you, but they help you in different ways. You do not want to ignore either mind, but rather use both of them. Your greatest power will be realized when you learn how to integrate both your physical and spiritual minds into your everyday life. Since modern society has not taught you how to use your spiritual mind, you will need to learn how to access it.

The most important secret in life is this: Your ultimate power is within--- not outside of you. You have the power to create your world. It is only you who can change your life in the direction you choose.

Let's go deeper into discovering how you're your inner world operates.

## **Your Four Levels of Awareness**

According to behavior scientists, we have four distinct states of mental awareness: beta, alpha, theta and delta. In each of these levels of awareness, there are distinct brainwaves. Each level corresponds to different abilities. As you'll soon learn, these states of mind awareness are tied into what you just learned about the physical and spiritual mind.

### ***Beta***

In the first state of awareness, beta, your brainwaves oscillate the most--- between 14-30 times per second. This is the state where most people spend virtually all of their waking hours. It's associated with stress and stress-related symptoms such as worry, fear, insomnia, confusion and physical disease. In beta, you are bombarded with never-ending thoughts. Have you ever tried to meditate and noticed that you could not quiet your constant mind chatter? That's the beta state.

Research has shown that when a person is in beta, they are at their poorest potential for learning. Also, a person's ability to reach creative solutions and breakthroughs is at its weakest in this state. The beta mind is stuck in restricted, linear thinking. It indulges in perceiving the world as either/or and black and white.

Beta is your physical mind.

If your conscious state of awareness is only in beta day in and day out, you will be at a great disadvantage and your ability to create the life you desire will be limited. Most people, including world leaders and even many spiritual teachers, are stuck in the world of beta. Their thinking processes are confined to the realm of the physical mind.

As your mind quiets down, it starts to produce slower brain wave activity. Your mind progressively travels first to alpha, then theta and lastly to delta.

## ***Alpha***

In alpha, your brain frequency slows down to 7-14 pulsations per second, about half that of your beta mind. Alpha is often experienced when we are in a relaxed dreaming state. When you slow your brain frequency to this state, you gain access to greater mind powers. In states of alpha, you have a much greater potential for creative breakthroughs, problem solving, learning and for programming your mind for success.

Alpha is your link to your sub-conscious mind. The term "sub-conscious" indicates that it operates below your waking awareness. You can think of the sub-conscious mind as a bridge between the physical world and the spiritual world. Deeper levels of alpha help you to access your spiritual mind that lies deep within you.

Not so many years ago, the idea of a sub-conscious realm was a very questionable one. It is only with the advent of modern psychological research, the recent interest in ancient mystical knowledge and especially the advances in the physical sciences that we have begin to understand the power of the extremely intelligent sub-conscious realm.

## ***Theta***

By detaching even more from your external reality, you enter the theta state. In theta, your brainwaves oscillate at a much lower pace, down to 4-7 cycles per second. This is the mind level we all enter just before falling asleep and just upon awakening from it. Here, you begin to enter a realm that is very powerful. At a deep enough theta level, you can do what your physical mind tells you is not possible.

In deeper states of theta, your connection to your spiritual mind becomes stronger. You begin to detach from logical and linear thinking. In this world, you experience a reality that is free from the confines of time and space. The deeper you travel within, the closer you move towards creation, towards the Spirit that moves through all things.

In this realm, anything is possible.

## ***Delta***

The deepest level that we know is the state of delta. It is a domain that is extremely powerful. In delta, your brainwaves oscillate between 1 and 4 times per second. Few people are aware of this other world. When most people enter delta, they lose conscious awareness, fall asleep and dream. This powerful mind level is available to all but very few have been able to consciously tap into it.

This is the realm of shamans, mystics and sages.

Delta is the domain of mystical and magical experiences. It is a level of high vibration. Delta is really a doorway to the unknown, to infinity. Delta is a direct bridge to the divine, to the Creator of all things, to Universal Intelligence.

## **Your Mind Is Your Doorway To Infinity**

As you've learned, most people spend their waking hours in the state of beta, which keeps them from accessing and growing their personal power. Beta is your physical mind. Alpha, theta and delta, in contrast, are connected with the world of spirit; they are your doorway to your spiritual mind, to infinity.

As you go deeper within, you can connect with higher regions and get closer to the Source, to Great Spirit. As your connection with Infinite Intelligence becomes stronger, you become more empowered gaining insights, guidance and abilities that were formerly outside of your reach. Then, you will be in a much more empowered position to make changes in your life.

It's not important to remember the details of the different mind states. The important point is to become aware that you can use the powers of these deeper levels of your mind to create a better world for yourself and for others.

Ancient wisdom teachers, such as shamans and alchemists, teach that we are part physical and part spiritual beings. In other words, each of us has a spiritual counterpart. We all have a Higher Self, a higher force that enables us to evolve. Ancient wisdom teaches that our purpose is to discover how to become one with both worlds, how to fuse the physical and spiritual together. To reach our greatest potential, we must live in balance in both worlds.

We must learn how to use our two minds. It is through the spiritual mind that we will get the guidance we need to live deeply happy lives, to make wise financial decisions, to heal our bodies, to choose partners for our highest good and to get insights on difficult life decisions.

When you make the journey from the beta mind state to the vast domains that exist beyond it, you will discover who you are and how to get to where you need to go.

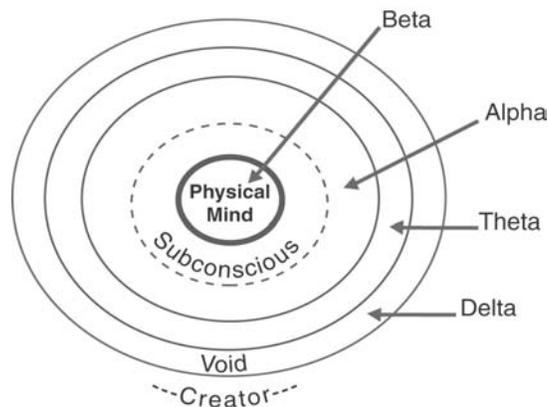
### **Going Beyond the Sub-Conscious Mind To Transcend What We Believe Is Possible**

Shamans teach that life is like spheres within spheres. Our inner world, that is, our mind, is like a map. As we take inner journeys, we pass through different spheres along the way. As we travel, so to speak, through these spheres, we reach different destinations and realities. The various levels of mind states that you learned about earlier in this chapter are connected to the different spheres.

The deeper you travel within, the more spheres you will pass through and experience.

The illustration below shows how your inner world is like a map. As you can see, the deeper spheres are connected with higher mind states. This knowledge was passed down by an Apache shaman, by the name of Stalking Wolf, who dedicated his entire life to studying all the world's religions, philosophies and finding the common thread in all spiritual teachings.

In the core of the spheres, is our physical mind---the mind of the ego. It is the mind level of beta, of limited beliefs and thoughts. This is where most people spend all their waking hours. The walls of this sphere are made up of doubts, fears, logic and lack of belief. These walls form a mental prison. They keep us confined to a limited reality, to limited possibilities. By remaining stuck within these walls, we are limited in our awareness of how the universe operates and what we can accomplish with our lives.



As long as we remain stuck in the physical mind, we can not be whole or connect with our Higher Self. Spending our waking hours only in the state of beta is not really living at all. In the world of beta, life can be suffocating and empty. We become disillusioned in this world, knowing that there should be more to life than what we experience.

In the illustration above, you can see that just beyond the physical mind is the beginning of the sub-conscious mind. Ancient wisdom teaches that the sub-conscious serves as a bridge between the physical mind and the vast domains that are beyond it. We can easily cross the sub-conscious mind into these other domains or realities while being fully aware. The sub-conscious mind is but a bridge that we need to cross rather than stay on, contrary to what many people believe.

In the next sphere is a world that houses our instincts, our deepest memories, the power to control our bodies and minds. This sphere is

associated with alpha. The sphere beyond alpha is associated with the mind level of theta. Things that never materialized in the physical realm live here. Here all things are possible. Here you approach the limitless powers of Creation.

In these vast domains beyond the physical mind, there are no limitations of time or space; we can perceive the unimaginable. We become free of beliefs that hold us back in every way.

The furthest sphere is called the Void. It is associated with the deep mind levels of delta. It is the final sphere of power before the Creator. The deeper you go within, the more you connect with Infinite Intelligence, the level of creation. As you pass through the void, to the level of creation, you discover that there is no end, no final point. The Void is also referred to as infinity.

Shamans teach that these spheres are separated by veils. We can learn how to pass through these veils by quieting our minds and holding the intent to connect with the Creator. If you stay stuck within the state of beta, the physical mind, you will never allow yourself to explore the vast and stupendous world that exists beyond its walls.

In the next chapter, you will learn various practices for accessing the higher levels of mind and connecting with Spirit.

## **Connect With Your Higher Mind and Change Your Reality**

As you move towards the higher realms, or the deeper levels of mind states, we get closer to the Creator Of All Things. And, the deeper within that you place your conscious thoughts, the more powerfully energized they become and the faster they can manifest. That is why you should be very careful which thoughts you hold, especially when you are in a deep state of mind. If you are focused on manifesting inspired goals, that will serve you very well. However, if you tend to focus on restrictive and disempowering thoughts, manifesting will be to your disadvantage.

Did you know that when you watch movies, television programs or listen to certain types of music, your mind easily enters the state of alpha? That is why television and other similar mediums can be so effective in influencing people's behavior on a mass level. When suggestive thoughts are conveyed to us when we are in deeper levels of awareness, our sub-conscious mind will accept them as our own, whether they are our thoughts or someone else's.

Be aware at all times of what type of programs you tune into. Think twice before you decide to watch a movie. Watching dramatic, violent and fearful scenes on television or in movie theaters has a great impact on your inner sub-conscious realm and can affect your reality.

# 3

## **Five Ways To Access Your Higher Mind**

“...Human beings, vegetables, or cosmic dust, we all dance to a mysterious tune,  
intoned in the distance by an invisible piper.”

--Albert Einstein

To get to the deeper mind states of alpha, theta and delta requires deep relaxation and focused intent. In this chapter, you will learn about practices, techniques and tools that you can use to access higher mind levels. Most of what you will learn has been passed down by shamans, wise elders and sages over the ages. You will also learn about modern mind technology that integrates ancient wisdom.

There are various practices that you can do to quiet your mind and access deeper levels of awareness. I will cover five very powerful practices: 1) shamanic journeys 2) nature exercises 3) remote influencing 4) praying with power and 5) vision quests.

These practices have very practical benefits and can be used to enhance every aspect of your life such as business, relationships, finances and health.

Just like a carpenter needs to have many tools in his tool box to get a job done, you'll also want to have many tools to choose from. A carpenter needs more than just a hammer and a saw to build a home, and you too will need various tools to transform your dreams into reality. You will need to dig deep into your toolbox to choose what tools you need at different times to accomplish what you choose.

## **How You Benefit**

As you learn to relax and surrender, your physical mind will begin to quiet down and your spiritual mind will emerge. The more you become aware of your spiritual mind, the more it will start communicating to you and guiding you along your path.

During a deep state of relaxation, you can request a healing, ask for answers to important questions and advanced knowledge on any matter.

The deeper within that you position your conscious thoughts, the more powerfully energized your thoughts become and the more easily they materialize. That's why you should be very careful as to which thoughts you hold when you are in these deeper states of mind. Since your thoughts are very powerful at these deeper levels, you are advised to hold only positive and expansive thoughts and avoid all negative thinking. In other words, focus on the solution, not the problem.

There are also many physical benefits to eliminating stress. Did you know that when you are deeply relaxed, your body can not create dis-ease? It can not produce stress-related chemicals that cause disease and premature aging. Stress produces acidity in your body, and when the body is too acidic, disease and infections proliferate.

## ***The Shamanic Journey***

A shamanic journey enables you to enter a meditative type state, but it is not really "meditation" as meditation is understood and used today. Most meditations are limited or ineffective. Common meditation practices require the person to sit or lie still, and when deeper levels of meditation are reached, the person falls asleep or is nearly comatose. Also typical meditation practices can not be used in a dynamic, moving way.

A journey is not an end result, but a bridge to the outer realms or what are also called spheres. The objective is to avoid getting stuck on the bridge, as is the case with common meditations. You want to cross this bridge between the sub-conscious mind and the other realms. Once you do, you

need to be active rather than passive. Ask for guidance, communicate with your higher self and express appreciation for any help that you receive.

Here's a brief description of how a typical shamanic journey is done: When you are first learning to journey, you sit down or preferably lie down in a relaxing space. In the beginning, it is best to close your eyes and have relaxing music in the background to help you focus on the steps. You follow a relaxation process that includes breathing exercises and releasing body tension. You then imagine a place in nature, such as a forest or desert, where you walk down a path until you reach an entrance, such as a cave opening or an arch that is part of the earth. Once you walk through the entrance, you will enter a deeply relaxed state, such as theta. As you reach a higher mind state, you then pose your question to your spiritual mind. You can ask for guidance on any matter concerning yourself. There are certain steps that are part of the journey such as exiting the same way that you entered and giving thanks for the help that you receive. It is advisable to follow a step-by-step guide when you are first learning to journey. After you do a journey several times, you can do them by yourself even while you walk.

The shamanic journey is used for communicating with Spirit and retrieving information from the deeper realms of the mind. From ancient times, shamans have used the process of journeying to travel within to access answers, insights, guidance and help from the spiritual realm. A journey can last as long as a half hour or just a couple of minutes.

Before beginning a journey, you are advised to focus on a specific question or a subject that you need help with. You can pose your question in one of these ways:

- > Will X be a wise decision for me and my family?
- > How will the problems in my relationship be resolved?
- > How can I make money in an easier and stress-free way that brings me happiness?

In *Awakening Spirits*, Tom Brown Jr., teaches a very powerful journey called the Sacred Silence. Tom's book provides step-by-step instructions on how to journey. In the beginning while you are learning, you will need the

help of a partner who will read the instructions and guide you through the Sacred Silence. Tom's books are available through this website:

[http://trackerschool.com/store/store\\_products\\_books\\_browse.asp?cid=2](http://trackerschool.com/store/store_products_books_browse.asp?cid=2)

While the Sacred Silence begins in a sedentary and relaxed physical position, you will eventually learn how to do this shamanic journey while you walk, run and talk. When Tom was a young boy, he learned the Sacred Silence from an Apache shaman, healer and scout, by the name of Stalking Wolf. The teachings of Stalking Wolf, which are available at the above website, are a must read for anyone interested in learning about shamanism. From my view, his teachings are the most simple and pure that you will find.

### *Understanding the Messages You Receive*

Remember, your spiritual mind communicates to you primarily through feelings, senses, symbols and visions.

Learn to pay attention to your body and use feelings for guidance. Let's say you want an answer to an important question such as "Is it in my best interests to go to work for X company?" During a shamanic journey, you can pose your question and tune in to how your stomach responds. Often people will feel a sense of relief in their gut area when they get an answer from their higher self that indicates to go forward. If your stomach feels tense or tight, then that is probably an indication that you should think twice before proceeding. A tense feeling tends to tell you to be cautious and that what you are considering is likely not in your best interest.

The insights and guidance that you receive during a journey will help you feel lighter and optimistic. The feeling of optimism helps energies shift making it easier to build successes.

Think back to a time when you had a feeling that you should avoid something or when you sensed that you should do something? This is an example of your higher self communicating with you. Often, people will get just a sense of knowing, without any doubts, what needs to be done. Your spiritual mind will help you to do something that is important, it will help protect you and will give you whatever you need.

I remember once I had a feeling that I should put away a credit card that was in my pant's pocket. It was a sense that I should put the credit card away in my purse right away or else I might lose it. I neglected to pay attention to this feeling. Later that day, I went to a store and reached back to my pant's pocket to get the credit card, and it wasn't there. I looked everywhere for it and never found it. This is a small example of the importance of learning to pay closer attention to our inner voice.

Practitioners of the shamanic advising technique often report with amazement the depth of knowledge that they receive. In many cases, you can get results after the first or second journey. Don't be surprised if you can see something about a situation that you never saw before. The more you practice, the better you will get at it.

Here's another small example of how your spiritual mind can communicate with you. A friend of mine was once in a very difficult situation. He had to attend a very important business meeting to sign documents, and he was not going to be able to make it due to delays at the airport. He walked over to sit in a quiet part of the airport and closed his eyes to do a journey. He wanted to calm his mind and figure things out. As he journeyed, he saw an interesting vision. He got a picture of a happy receptionist greeting him and telling him that his timing was perfect. He also saw a bear standing next to the receptionist. When he finally made it to his client's office, he was pleased to learn that his client had made some last minute changes to the contractual agreement that were in his favor, and that his client had needed the extra time to edit the contract. Interestingly, his client was a very large robust looking man; in some ways he resembled a bear.

You can also use colors to represent a "yes" and "no" answer. Before you ask your question, decide which color represents "yes" and which represents a "no." Pose the question and see which color appears in your mind as you are in a deeply relaxed state. Some people report seeing the words "yes" or "no" appear in huge letters while they are in a meditative-type state.

Everyone has a unique way of receiving guidance from Spirit. Some people will get a strong feeling in their gut area, while others may see visions or pictures in their mind for example.

## ***Quiet Time in Nature***

Everything is alive, and every creation vibrates at different levels. From a shamanic perspective, the web of power that connects us all together applies to all creations such as the trees, rocks, the four elements, animals and the clouds, just to name a few. Nature has a very high vibratory rate. When we connect with nature, it helps us connect with Great Spirit, the Creator of all things. Shamans have long taught that nature is a doorway to the world of Spirit.

All of the truly enlightened spiritual teachers, such as Jesus, Buddha, Mohammed, spent time alone in nature to connect with their Higher Self. Nature is a portal, so to speak, to the higher spiritual realms. Shamans have long understood nature's powers and they use various practices to connect with nature. Trees, rocks and plants, for example, all have a divine purpose. They will gladly serve us when we ask them respectfully and thank them for their help.

The more we connect with nature, the stronger our link to Spirit becomes and the higher we raise our vibratory energy. Spending even a few hours alone in nature can take you into deeper states of awareness such as theta. Nature is an extremely powerful ally, and it needs to be treated with respect and gratitude.

Nature helps us to raise our emotions to high vibratory rates. A person who is experiencing a great deal of stress and unhappiness, for example, will have a very low vibratory rate. High vibratory emotions, such as joy and trust, raise your vibration as well as build your energy and personal power.

### *Talk To the Trees*

A very powerful practice is to walk alone in nature, such as a forest, with no time constraints. Use all your senses to absorb everything around you—sounds, colors, smells and feelings. Allow yourself to be overwhelmed by nature, its smells, colors and energy.

Walk using "wide angle vision" where you use your peripheral vision rather than focused tunnel vision, which zeroes in on a specific object. To

understand how this works, stand up and stretch your arms out to your sides. Now, as you are standing looking straight ahead, move your fingers and observe your moving fingers in the periphery. Contrast this type of vision with tunnel vision, where you are focusing on a specific object in the distance such as a squirrel on a tree. Using wide angle, peripheral vision helps you to expand your awareness.

As you walk in nature, practice talking to the trees. That's right, talk to the trees. You might find this hard to believe but this practice was taught by a powerful shaman who considered it to be a very effective exercise for releasing unwanted emotions and connecting with Spirit. As this teacher explained it, nature is a doorway into the unseen and eternal. When you connect with nature with your heart and spirit, you become connected to a higher force that protects you and guides you.

Talking to the trees is a powerful practice that you can do when you are feeling angry, confused or any emotion that is draining your energy. Communicate with the trees with heartfelt passion. Tell them all your troubles and worries as you would tell your best friend. You can sit in a quiet area and talk to the trees or you can take a long walk and speak to them. If people are around, you might want to speak in a hushed tone rather than out loud. Nowadays, if people see you talk by yourself they will probably just think you are on a cell phone.

Talking to the trees is often more empowering than talking to a friend because with people we tend to hold back and not express ourselves completely. We often check what we say because we are afraid to hurt someone's feelings, we are worried what they might think of us or we are afraid to let someone see the dark side of us. When we do not fully express ourselves, we can't be honest with ourselves and can't face aspects of our being that we need to deal with.

Talking to the trees gives us the freedom to pull out all the stops and fully express ourselves. Often, when you start to speak, what comes out is like a fountain, and you express things that you didn't realize were bottled up in you. The mere act of expressing what's suppressed inside of you can be enough to resolve the issue that is concerning you. As you hear yourself, you get feedback and often the very answers you were looking for.

Many years ago, I was in a challenging situation. At the time, I was working for a company, and I greatly wanted to leave and change my entire lifestyle. I also wanted very much to be in a relationship. I wanted some very big changes in my life. I was not sure how I was going to do it as I didn't have any prospects for a new source of money or for a romantic partner. I definitely was sad about my situation, and I felt physically drained because of it.

I decided to talk to old trees. I had nothing to lose.

Every week end for several months straight, I would spend at least two hours on Saturday and Sunday walking in a local forest preserve first thing in the morning. As I walked through the little forest, I would talk to the trees with my thoughts. I told them of my dreams. Every time without fail, I would leave the forest feeling incredibly more energized and optimistic. When I communicated with the trees, I felt they absorbed all my heavy emotions. I always left the forest feeling noticeable lighter. In a matter of several months, I resigned from my position, found my beloved partner, happily started my own business, moved out of the city and to an island. And, my health noticeably improved once I made this huge life change.

Talking to the trees, especially the very old ones, will cleanse you, lighten you up, increase your optimism, heal and inspire you. The next time you have a deep need to talk to a best friend or to pray, spend time in nature and just let your heart express itself. Feel the power of spirit in everything around you; it's very easy to do when you are in nature.

If you are ready to do serious work in learning about the power of nature, I recommend spending extended time in nature under the guidance of a teacher who has lived in the wilderness and who is trained in shamanism.

There is a school located in the East Coast that I highly recommend. It was founded by Tom Brown Jr. Tom is America's most renowned tracker and wilderness survival expert. When Tom was only seven, Stalking Wolf (aka Grandfather), an Apache elder, shaman and scout, began teaching Tom the skills of tracking, wilderness survival and awareness. Today, Tom shares

his wisdom and knowledge to those who want to learn these sacred, almost lost, teachings that were passed on to him.

I recommend all of the books written by Tom Brown Jr. In his books, he explains how nature is a powerful doorway into the world of Spirit. At his website, you can learn about upcoming classes and workshops: [www.trackerschool.com](http://www.trackerschool.com)

### ***Remote Influencing***

Remote influencing, as it is taught by the teacher that I will introduce you to, is a very powerful method for consciously accessing the deep states of theta and delta. In many ways, it is like the shamanic journey.

To understand remote influencing, let's go over its foundation—remote viewing. Remote viewing is a technique for gaining information not available to the ordinary physical senses. It allows a person to use his or her intuitive abilities to perceive objects, places, people etc., which are hidden or separated from the viewer in space by distance.

While remote viewing became known to the public after the 1970's, it actually has been around for a very long time. Native Americans have been using remote viewing for thousands of years. While they didn't label it as "remote viewing", the ancient wise elders, such as Sitting Bull, and scouts, such as Geronimo, used mind technologies to time travel, walk without leaving foot-prints, be invulnerable to bullets, find medicine plants and discover miraculous cures.

Of course, they approached remote viewing in a different way than how it's commonly used today. To the elders, it was a sacred technique and was used in unselfish ways. These types of practices were often used along with fasting, prayers and vision quests.

Remote influencing, an outgrowth of remote viewing, refers to an advanced practice by which you can powerfully influence reality by mind-power and high vibratory energy. It enables you to manifest your goals by teaching you how to control your thoughts and increase your energy. If you're

wondering if this is difficult to do, the answer is no. We all can influence our future when we open up to our inner power.

I highly recommend the [step-by-step audio programs](#) created by Gerald O'Donnell for several reasons. First, his program is unique in that it teaches students how to reach deep theta and delta with full waking awareness. Students learn how to influence reality from these very deep levels of mind. He teaches you how to go far beyond the sub-conscious mind to manifest what you deeply desire.

Gerald has integrated secrets of ancient wisdom with modern scientific findings to positively maximize people's ability to manifest what they are inspired to create in life. Unlike the majority of self-help gurus who only scratch the surface, Gerald has an amazing awareness of the secrets of creation.

Manifestation techniques have been around for eons, yet success has been far and few between. Why is that? What is the missing ingredient?

The secret to influencing---to transforming your reality is in how you energize your thoughts. The deeper you travel into the depths of your mind, the greater will be your ability to connect with your inner vision or Higher Self. The closer you get to delta, the closer you'll be to accessing the level of creation. Delta is a doorway into a powerful level of reality and high vibration. By connecting with Spirit, you will be guided on how to manifest and achieve goals with greater speed, ease and wisdom.

The key is to become aware that you are a part of Spirit, not separate from it. Live your life focusing your attention on this idea. You have the power to create.

To learn more about how to remote influence your reality and your future, [click here to get a free e-book](#) written by Gerald O'Donnell.

## ***Praying With Power***

You can add power to prayers by using feelings and images with your words. You can't become the words, but you can become the vision that the words produce.

A very effective prayer is a declaration using the words "I am now enjoying and grateful for... (fill in the blank with a description of your image)." The powerful "I am now" decree puts you in the present rather than in the past or future. Often people will pray for something and not realize that they are focusing on the future or on something negative that they don't want in their life. By focusing on the future or something you don't like in your life, you will delay the outcome of what you want to happen. Use the power of now to communicate that you are ready today for what it is you long for.

When using "I am" only use positive thoughts; negatives are best placed in the past. By speaking as if what you want has already occurred, you give your prayers power with feelings of excitement, gratitude and happiness.

Praying outdoors in nature, especially during sunrise and sunset, will empower your words even more. The practice of "talking to the trees" that I explained earlier is a powerful form of prayer.

In his recent book [Praying with Power: How to Use Ancient Shamanic Techniques to Gain Maximum Spiritual Benefit and Extraordinary Results Through Prayer](#) Jose Stevens, Ph.D., teaches how to use ancient shamanic techniques to gain maximum benefit and extraordinary results through prayer. He provides specific prayers for manifesting, life challenges, health, healing and dealing with fears. Jose and Lena Stevens are founders of an international school and consulting firm dedicated to the study and application of shamanism and indigenous wisdom. They offer private consultations to help individuals and businesses.

From personal experience, I think that we can absolutely speed up our personal growth with the assistance of mentors and wise individuals who can help us see the big picture that we often miss.

In addition to providing consulting services, they also offer free monthly commentaries that are filled with words of wisdom. Their free commentaries reveal opportunities you can take advantage of each month to eliminate stress and improve your personal life, relationships, work and health. I commend them for offering this invaluable free resource to the world. You can learn more by visiting their website:

<http://www.thepowerpath.com>

Gregg Braden is another teacher who brings wisdom of our past into everyday life for the purpose of helping people evolve. He is a renowned scientist and scholar who has extensively researched the power of praying. For nearly two decades, he has journeyed into the remote mountain villages, monasteries, and temples of Tibet, Peru, and Egypt to study ancient texts and spiritual traditions. He combines wisdom with the groundbreaking discoveries of modern science to bring us a radical new understanding of prayer, time and space relationships, and how we relate to our world.

In his illuminating audio program called *[Speaking the Lost Language of God: Awakening the Forgotten Wisdom of Prayer, Prophecy and the Dead Sea Scrolls](#)*, Gregg cites study after study in which modern science is now proving what the ancients have been saying since the beginning of time: There is an unseen web of energy that connects us all. A growing number of scientists call this web of energy the Mind of God.

In this audio program, he teaches you how to choose the quality of your emotions, feelings, and thoughts so you can make the leap from one future possibility to another. He is an absolutely gifted speaker.

### ***Vision Quests***

The vision quest is perhaps the most powerful practice that we can do. It is a timeless spiritual practice that has been taught by shamans from all parts of the world.

The traditional vision quest is one where the questor goes out alone in the wilderness for a period of days or weeks and fasts from all familiar things---

food, water and all communication with people. Traditionally, the questor sits in a secluded area and remains there until the quest is completed. A vision quest can also be as simple as an afternoon alone on a hillside.

Why would someone choose to spend days alone in nature and fast from food and water?

When you spend extended time in nature, your physical mind starts to quiet down and your spiritual mind emerges more and more. Modern society is filled with noise and technology that keeps people in a low vibratory level of consciousness. Even the people around you, most of whom live in the state of beta day in and day out, can keep you from breaking free from low levels of awareness. When you spend extended time in nature with the intent of experiencing spiritual growth, your mind will naturally connect with the high vibratory levels of nature.

As you quiet your mind and surrender to nature, you tune into the web of power and strengthen your link to the Creator of all things. Many questors get visions, insights and clarity about difficult issues in their life during times of solitude in nature. A vision quest will test and develop your personal strength as well. Above all, it is probably the most powerful practice to help you gain insights into the big picture and to help you map out your life's path.

When Jesus spent 40 days in the desert, it was a vision quest. Fasting is a traditional practice before and during a vision quest. It is seen as a personal sacrifice and a sign that you are serious about asking for help. Fasting also helps to cleanse the body and purify the mind to prepare it for extraordinary knowledge.

In [Rational Fasting](#), an almost forgotten gem, Arnold Ehret explains that fasting was used by the high priests of old Egypt, by saints who performed miracles and by many of the greatest geniuses of history. In this book, he recounts an interesting story about Pythagoras, the famous Greek philosopher, mathematical genius, scientist and mystic. According to Ehret, when Pythagoras traveled to Egypt to learn more about the "secret sciences," he was not allowed to enter the school of the High Priests until he

underwent a fast of forty days. He was told that the fast was necessary in order that he could grasp what he was going to be taught.

Ehret taught how fasting not only can heal the body in miraculous ways but can increase intelligence and open one up to spiritual truths. His clinical research showed that fasting alters your mind, your thinking, your aspirations and ideals for the better. Personally, I think there is no better source to learn about fasting than by reading the classics by Arnold Ehret.

Even if you are not ready or drawn to do a vision quest, I highly recommend Ehret's books. His teachings about creating superb health and healing disease are simple yet profound. His books are extremely inspirational. If you ever read any of his books, you will know what I mean. You can not very easily pursue goals in life without physical energy and health to keep you going.

To learn more about the vision quest, I recommend [The Vision](#) by Tom Brown Jr. Also, if you are inspired to do a vision quest, I recommend doing your first vision quest under the guidance of a very experienced teacher.

The vision quest has become an almost forgotten sacred practice and there are very few teachers today who can teach it. I can recommend only one school at this time that takes students out on vision quests. The co-founder, Malcolm Ringwalt, studied under Tom Brown Jr. You can learn more by visiting this website: <http://www.visionquest-spiritualretreats-womensretreats-yoga.com>

Nature and our minds have been given to us as powerful allies that will help us manifest our deepest dreams, evolve into enlightened beings, help us heal ourselves and the world. Books cannot do what direct experience will. Go out there and do. Don't just read about what you can do. Apply the knowledge and practices to create the life that you are inspired to live.

### *More Words of Wisdom*

Before I end this section, I want to pass on to you a very important piece of wisdom. Practices and techniques, such as shamanic journeying and remote influencing, are very powerful and effective teaching devices, but

they are just that---training tools. They are tools that we can use in the beginning to learn from, but once we learn from them, we must abandon them. We must not become dependent upon them. The ultimate goal is to connect with Spirit using our thoughts and heart alone.

## 4

# Letting Go Of What's Holding You Back

“...We maintain our world with internal talk. We also choose our paths as we talk to ourselves. Thus, we repeat the same choices over and over until the day we die... A warrior is aware of this and strives to stop his internal talk.”

---Carlos Castaneda, *A Separate Reality*

There are several techniques that you can do to release negative and limiting beliefs, memories and patterns. How do you know when you need to release? When something or someone drains your energy, you need to release whatever serves as a trigger to the energy leak. When you think of your past, does it fill you with regret, blame and sadness? If the answer is yes, then you need to release the heavy energy that is weighing you down. People or events that trigger emotions that drain you are connected to your past, to old patterns and wounds.

To the extent that you are held down by old beliefs, patterns and wounds, you are not free to move to the next level. You need to have enough energy and personal power to create and make changes in your life. That's why you must dredge the old out once and for all. The anchors that keep you down are your fears and attachments. Whether you need to let go of self-pity, regret, impatience, anger, sadness, greed, or arrogance (to name a few) face each one, forgive and let go. It does not empower you at all to rehash the past with judgment, regret or blame. If you are ready to face your past, do it from a place of acceptance and forgiveness.

By stopping your energy leaks, you reclaim your energy and become free to move to another reality. You can discharge the energies of any old wounds and habits. As you clear yourself of obstructions, you increase your personal power and all areas of your life will benefit. Imagine how your relationships would improve, for example, if you felt more optimistic and happy about life in general.

Many of your beliefs, such as those that you have about money or lifestyle, are deeply imbedded in the depths of your mind. Much of what you believe about yourself and your world is based on what you learned as a child, when your mind was very impressionable. Beliefs that are deeply imbedded beyond your sub-conscious can not be easily undone unless you access them consciously and replace them with thoughts that you energize even more.

The techniques that you will learn in this chapter have been passed down over time by wise elders such as shamans. They will help you to release limiting beliefs and heavy emotions that keep you stuck. Interestingly, many modern therapies, such as those practiced in hypnosis, modify ancient techniques and give them new names.

While many of the techniques that are taught here focus on money, you can use the same techniques for all areas of your life such as your health and relationships. The principles are the same.

### ***Erasing Limiting Beliefs That You're Aware Of***

Remember that what you focus on expands. When you hold limited beliefs about money, such as "It's hard to make money," then that's what you're likely to attract---hardship in generating money. Unless you purge yourself of limiting beliefs and emotions that weigh you down, you'll find yourself repeating a vicious cycle.

Awareness is the first step to change. The more aware you become of your limited thinking, the more empowered you will be. If you've done the Money Questionnaire in this book, you've begun to expand your awareness of your money beliefs.

Below is a technique that you can use to release money beliefs or any other beliefs that you know hold you back. It also can be used to work through any turmoil you have in your day to clear your mind.

## ***Recapitulation***

Be sure that you are ready to free yourself from old issues before you do this exercise. Sometimes people want to hold on to heavy-binding emotions for various reasons. People often are attached to being a victim and feeling sorry for themselves or blaming others. To do a recapitulation, you must choose to release heavily loaded emotions. Be sure to complete all the steps.

Step 1. Sit down in a quiet and relaxing space, and write down all the limiting beliefs you have about money in a journal or notebook. Write as many limiting thoughts and beliefs you have as possible. (Refer to the Money Questionnaire if necessary). Your thoughts can be in a form of a list or even a narrative. Write down events or situations in which you had negative experiences with money---those that you wish were not in your memory. Go back in time and relive any memory that left a mark on you. Examine every detail and feel how those memories impact you today. The act of writing down past memories will help you brainstorm and become aware of hidden thoughts or belief systems that you have about money. Keep asking yourself what you really feel about money.

Step 2. Feel with your whole being. Does your stomach feel tight? Do you feel sad and heavy? The more feelings that this exercise provokes, the more you will get out of this practice. The objective is to infuse the notebook or paper with all of your feelings. The more emotion you feel, the better. By bringing these deeply-rooted thoughts and feelings to the surface, you are beginning the process of releasing them.

Step 3. Get ready to release. There are various exercises that you can use to discharge limiting beliefs. Below are two exercises; use the one that you are most drawn to.

In this exercise, you use the earth and nature. Burn the paper (or notebook) that contains all of your limiting thoughts about money. It is important to infuse the paper with all your restrictive beliefs and feelings about money. Focus this energy onto the paper so that it absorbs all your negative feelings and thoughts about money. The act of burning is a symbol of destroying old beliefs that no longer benefit you. Bury the

ashes in the earth. Shamans teach that the earth absorbs harmful energy and transforms it.

In this exercise, you use the breath. First, inhale and bring the energy of your memories into your awareness. Use your will to pull energy into your awareness so you can process it. Then, as you exhale, imagine that you are releasing the binding energy that is attached to your memories. You never lose the memory; you lose the heavy energy that is attached to the memory.

Here is a more detailed breathing exercise: Facing your right shoulder, slowly inhale as you sweep your head towards your left shoulder. As you inhale, focus on the memories that you have brought into your awareness. Then, exhale and release as you sweep your head back towards your right shoulder. As you exhale, feel the heavy energy leave your body.

You will feel lighter when you release heavy loaded emotions.

Step 4. Once you release the heavy energy of old memories and beliefs, replace them with empowering thoughts and beliefs. Write down opposite statements to those limiting ones that you wrote in step 1 or use empowering affirmations. For example, if you wrote a story about your life and your negative experiences with money, then write a story that is the complete opposite. Write a script about how you choose your life to be today. You are creating your life with your thoughts.

It may seem odd in the beginning to write something like “I am creating financial freedom easily, and I am deeply enjoying the work I do” if you do not quite believe that today. But go ahead and lie to yourself. In [Secrets of Shamanism: Tapping the Spirit Power Within You](#) by Jose Stevens, PhD and Lena Stevens, the authors explain that the mind and body need to be tricked and cajoled into letting go of old patterns that they are used to.

Repeat this practice as often as necessary. And, always give thanks to Spirit that guides you. When you feel sadness, fear, worry or some other heavy emotion that drains your energy, it is a sign that you need to release

again. Details about this exercise can be found in [\*The Toltec Path To Recapitulation: Healing Your Past To Free Your Soul\*](#) by Victor Sanchez.

The more you replace limiting beliefs with empowering ones, the more free you will become and the sooner you will be able to alter your relationship to money or whatever it is you are trying to change. Repetition is the key. Recapitulate for at least eight days.

As you work on yourself, there will come a day when whatever upsets you or bothers you today will no longer do so. You will stop giving your energy away to someone or something that drains you. Then, you will have taken your power back and you will increase your inner power. You will become free as you take responsibility for your life.

The more energy you put into your practices, the more power you will gain from them. They are not to be done in a mechanical way. Feel your emotions as you do the practices, and use the power of your will to help you release.

### ***Release Using Empowered Affirmations***

To stop repeating the same old patterns, you must stop repeating the same thoughts that create your reality.

Thoughts can be your allies, when used with awareness. They provide instructions to your subconscious mind. When repeated enough, they will create your reality. Over time, your continuous thoughts transform into beliefs. Empowered beliefs will help you to release limiting beliefs. Always remain aware of the power of thoughts and treat them with respect.

In [\*Journey To Ixtlan\*](#), Carlos Castaneda recounts an interesting story where his teacher, Don Juan, a Yaqui Indian enlightened being, tells him to lie to himself.

“From now on, and for a period of eight days I want you to lie to yourself. Instead of telling yourself the truth that you are ugly and rotten and inadequate, you will tell yourself that you are the complete opposite, knowing that you are lying and that you are absolutely beyond hope.”

Carlos looking very confused asks his teacher what would be the point of lying like that. His teacher goes on to explain that by doing life differently than what he has been taught, he can hook himself into another reality.

Affirmations can be powerful, especially when used in meditative-type states and/or with release techniques. However, affirmations can be ineffective and even destructive when used without awareness.

How do you use powerful affirmations to get maximum results?

1. Know how to create effective affirmations.
2. Energize your affirmations to empower them
3. Be aware of the power of time.

### *Create Effective Affirmations*

Before thoughts can transform into visible forms of energy, they need to be continually energized with feelings. When you say your affirmations, express the statement as if what you desire has already occurred; feel the joy of having accomplished your goal. The emotion of joy is very powerful as it has a high vibratory rate.

Below are examples of weak affirmations vs. powerful, energized affirmations. See the notes below to understand why each statement is either weak or empowering.

<b>Weak Affirmations</b>	<b>Empowering Affirmations</b>
A) "I want to get rid of my debt in the near future"	B) "I am creating huge financial success for myself in an easy and enjoyable manner. Within 12 months, I will celebrate that I have been able to pay off my car loan."
C) "I hate my job and wish I didn't have to work so hard to make a living. "	D) "With the help of Infinite Intelligence, I am now happily making the same amount of money that I'm earning at ABC company by working only part-time, just three days out of the week."

*Weak Affirmations*

- A) "I want to get rid of my debt in the near future"
- C) "I hate my job and wish I didn't have to work so hard to make a living"

Affirmation A --- is too vague and is likely to produce vague results at best. Even worse, this affirmation focuses on what you don't want--- "debt" and by focusing on what you don't want, you're likely to actually create more of it. Train yourself to focus your attention on what you choose in your life and to avoid thinking about what you don't want. Put your energy into happy thoughts. Also, this affirmation focuses on the future rather than now. By focusing on the future, you delay producing the results you choose now. You are telling the universe to give it to you in the future rather than now. You could be waiting a long time.

Affirmation C --- focuses on what you don't want in your life. With this type of affirmation, you are likely to continue to experience what you are trying to avoid. Changes will happen faster when you are in a place of acceptance of what is and when you stop fighting with what you desire to change. What you resist will often persist.

### *Powerful Affirmations*

Words have power, and they are alive. Treat them with respect and use them as your allies to attract what you choose in your life. Avoid words such as "don't," "can't," "but," and "won't. Do this experiment for a month. As you talk with friends and those that come your way, avoid saying these words as much as you can. Use substitute words in their place. For example, rather than saying "I'd like to go there, but I can't afford to." You can say something like "I'd like to go there, and I'll make plans to do that" or just "I'd like to go there."

Below are examples of how you can use the power of words to attract money into your life with ease. The goal is not just to create money but to create it with ease, happiness and wisdom. Make your own affirmations to find a job, unexpected sources of money and all types of opportunities.

B) "I am now creating huge financial success for myself in an easy and enjoyable manner. Within 12 months, I will celebrate that I have been able to pay off my car loan."

D) "With the help of Infinite Intelligence, I am now happily making the same amount of money that I was earning at ABC company by working only part-time, just three days out of the week."

Affirmation B and D --- use the powerful "I am" decree and these words put you in the present ("I am now") rather than the past or future. When using "I am" only use positive thoughts; negatives are best placed in the past. By speaking as if what you desire has already occurred, you give your affirmations power with feelings of excitement, gratitude and happiness.

It may not seem logical to repeat statements that you don't entirely believe in today, but remember that breaking free from your self-imposed boundaries requires that you let go of linear, logical, cause and effect thinking.

### *Energize Your Affirmations To Empower Them*

Focus on your affirmations throughout the day, especially when you're in a relaxed state. When your mind quiets down, and you access deeper levels of consciousness, your thoughts become more energized and more powerful. When you are in a deep state, such as theta, your sub-conscious mind is more receptive to commands. (Refer to chapter 3 for practices that help you reach deeper mind states).

It's especially important that you focus only on what you desire and avoid all thoughts about what you do not want. Be keenly aware of your thoughts and only hold those thoughts that you choose to materialize. Get into the spirit of what you desire. Feel as if what you desire has already happened. Then, let it go.

Relax and trust that your goal is now in the process of being materialized. Many people have difficulty with this part. They keep themselves from relaxing and trusting because they are filled with doubts. Be aware that by associating heavy emotions, such as tension and worry, with your goals, you are making it difficult to materialize what you desire.

### *Be Aware of the Power of Time*

Don't allow yourself to be discouraged if nothing seems to happen when you practice affirmations. Reserve judgment. Keep at it. It takes 21 days to break a habit. It takes 40 days to make a new habit.

From a shamanic perspective, sunrise and sunset are very powerful times to focus on your goals and affirmations. Humans are plugged into the natural world. We don't function separately from it. We are deeply connected with it. As such, the earth and the natural rhythms affect us. For example, when the sun goes down, we naturally start to wind down and get ready for sleep.

At dawn and dusk, our brain waves (rhythms) are closer to theta. Theta is linked to the world of spirit. And, when we are closer to spirit, we have a stronger effect on the material plane. Thoughts are invisible forms of energy that live in the world of spirit. As you give them energy, especially during deeper states of mind, you help them to materialize on the physical plane.

That doesn't mean that you only focus on your affirmations during those two times of day. It means that you take advantage of those times to give your affirmations extra energy or power. You need to say and feel your affirmations, as explained above, regularly throughout the day. If you say an affirmation just once or twice a day but for the rest of the day fill your mind with negative thoughts, you'll eliminate the power of your affirmations.

If you choose to get a new job and you say a positive affirmation about finding a new job, but then follow it up with a series of disempowering thoughts such as "There are no good jobs." or "Nobody's hiring during this bad economy..." That kind of thinking will push away what you want and will lead to unpleasant results such as not finding a job.

You need to be continually aware of your thoughts. They are powerful forces and will affect your life for the good or for the worse, depending on how you use them.

### ***Erasing Limiting Beliefs That You're NOT Aware Of***

You've learned about being aware of your thoughts and the importance of releasing limiting beliefs that hold you back. But we need to go even deeper now.

No matter how much you observe your thoughts, you will harbor some limited beliefs deep in the recesses of your mind that you will not be aware of. Beliefs that are deeply imbedded beyond your sub-conscious can not be easily undone unless you access them consciously and replace them with thoughts that you energize even more.

The deeper you go within, the easier you can reprogram old embedded limiting beliefs and replace them with new expansive beliefs. A powerful way to release deeply imbedded beliefs that you are not conscious of is to get into a deep meditative type state and then do release exercises. Earlier in this book, you learned about different ways to access meditative-type states. Choose a practice that you are instinctively drawn to.

When you are in a meditative state, simply have a talk with your Higher Self and ask for help in releasing all thoughts and emotions that are holding you back—those that you are aware of and those that you are not aware of. Feel as if you are having a conversation with someone that you trust completely and that you know has the power to help you. You can also use empowering affirmations such as: “I am now releasing all thoughts and emotions that hold me back, and I am now creating the reality of my deepest dreams.”

In the next chapter, you will learn about envisioning. But for now, here is a simple envisioning exercise.

When you are in a very relaxed state, imagine all your limited beliefs and heavy emotions just float out of your body as you breath out. Imagine that as you breath out, whatever it is you want to release rises far up into the sky and forms into a cloud. See this cloud rise so far up into the sky until it becomes smaller and smaller. Imagine seeing this cloud become so small until it disappears. As this cloud floats away from you, it takes all those heavy emotions and images with it. As it disappears into the far distance, feel the relief of being free from what once made you feel heavy and weak. Always give thanks to your Higher Self for helping you.

Interestingly, some people see their stuck energy as a dark cloud that rises up into the sky and disappears as it moves towards the left. Be open and let your mind reveal what it wants to.

If you prefer to listen to an audio and to be guided step-by-step into a meditative state, I highly recommend the powerful [remote influencing program](#) created by Gerald O'Donnell. His audio lessons powerfully help you to deprogram and cleanse yourself of past memories that hold you back. He integrates ancient wisdom with modern scientific knowledge in his unique teachings. You will learn much more than releasing techniques. For example, he teaches people how to experience the Void and to reprogram DNA for healing rejuvenation.

There are many exercises you can do to release. And by all means, if you are inspired, create your own exercises. The best approach is to learn the

practices as they are taught, step by step. Then, after learning the basics, experiment to find new ways that feel right for you.

I once taught the recapitulation to a woman who was suffering from recurrent feelings of sadness and self-pity. Over time, she was inspired to create her own variation of this practice. She wrote down all her complaints, frustrations and fears on a piece of paper and then tore up the paper into tiny pieces. Since she loved the ocean and swam regularly, she went out for a swim in the ocean and released the tiny pieces of paper in the ocean. She repeated this practice several times, each time feeling a great sense of relief that helped her to overcome debilitating emotions. She used the power of a release technique combined with the power of nature.

Repeat the exercises as often as you need to. It may take many practices before you can dislodge all the layers of stuck energy. The more you repeat saying, thinking and feeling empowering thoughts, especially in deeply relaxing states, the more your inner and outer world will change.

Repetition is necessary. Whenever you experience sadness, anger, worry or some other heavy-loaded emotion that is misplaced, it is a sign that you need to release more. Do release techniques until you no longer get upset about whatever issue is your hot button today. As you learn to stop these energy leaks, your inner power will grow and you will more easily be able to experience a different reality.

## 5

# **Empower Your Deepest Goals And Make Them Happen**

“A man not living his vision, is living death.”  
--Stalking Wolf

It's not enough to only write down your goals or say affirmations about your goals. You will need to energize them to make them materialize. The more you infuse a thought, or any thing for that matter, with focused energy, the more powerful it becomes.

What I am going to tell you now about achieving goals is something that is rarely taught. I want to pass on powerful words of wisdom that pertain to goal setting.

Often, we think we know what we want and we put our efforts toward achieving a goal without checking in with our Higher Self. The words of wisdom are this: Before you start working toward a goal, ask yourself if your goal is really in your best interest and for the good of those whose lives you touch. Listen to the communication of your spiritual mind. It is always ready to guide you with wisdom. When we are inspired by a higher force, the path to achieving our goals becomes easier and we experience far more fulfillment than pursuing a goal that is only self serving or not inspired.

Shamans teach that we all have the answers to everything we need to know. It is a matter of tuning into our spiritual mind and being open to what this force communicates to us through feelings, symbols, visions and signs. Sit in a quiet space and contemplate these questions:

\* When you think of your goal, does your stomach feel relaxed and relieved or tense and tight? Do you feel light or heavy?

- \* Will achieving your goal benefit others as well or is it only for your personal gain?
- \* Is it serving you or are you doing it really to please others and to get their approval?
- \* Is your goal based on recurrent feelings and visions or based on a whim?
- \* Is it moving you to a better situation where you can be more yourself?
- \* Is it coming from a connection to Spirit, a force higher than you, or is it from a calculation of your physical mind?
- \* Will it help you experience personal growth? Does it feel expansive or limiting?

Be aware that each choice that you make has power---the power to expand your personal power or limit you. Choose with awareness.

First, be inspired as you pursue your dreams. In this chapter, you will learn how to energize your goals with envisioning, by quieting your mind and using the power of belief and gratitude.

### ***1. Pursue Inspired Goals***

To realize a goal—financial or otherwise--- that is deeply important to you, you must first have an unshakable thought or idea of what you desire to accomplish. To merely have a fleeting thought is not enough to materialize what you choose. Pay close attention to recurring ideas, visions, symbols and feelings; they provide important clues for you.

Whatever your goal is, make sure that it is driven from your passion, not someone else's. It's very common for people to get lost in the maze of distractions and lose sense of what their heart calls them to do. Too often people spend a lifetime pursuing a goal that serves to satisfy the ego rather than the heart. People will lose track of their path and pursue goals to win the approval and recognition of family members, friends and peers.

Your goal will be more fulfilling in the end if it is not driven by external factors, such as getting approval of friends or getting praise by a business colleague. Be aware of the communications from your spiritual mind. The more your heart calls you to do something, the more energy you will have to achieve what you choose.

### *The Power of Raising Your Emotions To Joy*

When you think of your goal, does it make you feel deeply happy or do you feel a knot in your stomach? If your goal does not stir up feelings of happiness, reconsider it. You will be in a far more powerful position when you align yourself with goals that lift your spirits rather than those that weigh you down.

It may seem rather simplistic to focus on happy thoughts to create what you desire, but it works. By raising your emotions to a level of joy, your vibration is raised. As you vibrate higher, you connect to higher regions of your inner world and are in much closer proximity to the source of creation. Since we originate from this source, we access our greatest power as we strengthen our connection to it.

There will be lessons to learn as you move toward your goal; they will challenge your vision and strength. Your physical mind will confront you with fears, worries, doubts and other negative thoughts. But if your emotional center is strong, it will be much easier to keep pursuing your goal with inner strength.

Each person has their unique path to follow. A goal, no matter how big or small, is worth achieving if it helps you and others to grow emotionally, intellectually and spiritually. For one person, creating a little extra money from a side business will be enough to help that person experience the rich emotional satisfaction that achievement brings. For another, creating money to build international foundations for worthy causes will be what is needed for that person to achieve their purpose.

### *Pursuing the Big Vision*

We all have different missions in life yet we all share one mission in common. We are all here to help others and to evolve into enlightened beings. When you have a goal that is beyond the self, it will be more powerful than if it benefits only you. Living life to help others is the greatest inspiration we can have; it takes us to a higher level of existence.

There are everyday goals and then there are grander goals that help us achieve our life's purpose. As we achieve the smaller goals, those successes can help us expand our purpose.

How can you know what your life purpose is?

The Vision Quest, explained earlier in this book, is probably one of the most powerful ways you can receive guidance as to your life's purpose. The key is to quiet the mind and to surrender to guidance from your spiritual mind.

You can also gain tremendous insights into your life's purpose by continually asking yourself questions such as: "What do I need to accomplish in my lifetime?" "If I were to die today, would I be satisfied with how I have lived my life?" By asking yourself these questions, you open yourself up to receiving guidance.

### *Write Your Life's Script*

To accomplish a goal, you must have a clear picture of what you want to accomplish. The more clarity you have, the more effective you will be in accomplishing what you set out to do. An idea that is vague will produce vague results.

Write a detailed script about what you desire, and create this script from a place of power. Be aware of your thoughts and emotions as you write your script. If you find that you are indulging in energy-depleting emotions such as anxiety (perhaps triggered by a deadline) or doubt (lack of confidence), shift your state to one of empowerment. Practice the release exercises that were covered in the previous chapter.

It may seem paradoxical, but to make changes in your life, you need to accept what is in your life today. By accepting what is, you find neutrality and that will help you feel nonresistance. When you accept what is, you eliminate energy-depleting thoughts such as blame, frustration and victimization. To create what you choose in your life, you will need to grow your power as you pursue your goals. A plane does not run without fuel and neither do you.

Once you eliminate what weakens you, you are in a more powerful position to create something new. Be the scriptwriter to your own movie and write a scene in which you are living your life as you want to live it. State clearly what you choose.

If you want to buy a house, for example, be specific about the details of the house. Imagine the details of the outcome but avoid being concerned with how it will materialize. Is it a one or two story house? What is the number and size of the rooms? Imagine how many windows and doors it has. Mentally picture the completed house, both inside and out. Go all around the house; look over the exterior and the surrounding area. Go indoors and examine each room carefully in every detail. What are the colors of the walls, and how are the rooms decorated? Then, ask yourself what purpose it will serve. What does it represent or mean to you? What is the reason for its being? Explain the emotional and spiritual aspects of the home. Will it provide you with only shelter or will it also give you a sense of comfort, protection and inner peace?

Everyone can imagine. Some of you may be able to use your imagination more than others, but all of you can imagine. Right now -- see an elephant wearing a pink hat. How easy was that? Like anything else, the more you use your imagination, the stronger it will become. If you feel that you need help with developing your imagination, practice reading novels, which are great for stimulating the imagination.

One exercise taught by certain shamans is to build a small-scale model of what you want. You can use anything to create your model such as pictures and small objects to represent your goal. Having a concrete

representation of what you want makes your vision more solid and grounded in this reality.

As you focus on your goal, maintain a state of joy or feeling of happiness. Associate your goal with empowered feelings. Think about a time when you experienced great success, happiness or a sense of deep fulfillment. Whenever you think about your goal, link it with feelings of joy and happiness to give it more energy. The shaman's way is to build up inner energy and to give energy to what it is you choose to accomplish.

## ***2. Envision and Energize Your Goals***

The act of writing the details of the desired outcome or building a model of what you want will help reinforce the picture in your mind. However, words and symbols are not as powerful as envisioning with feelings. Words are a starting point to help you materialize a vision. Affirmations often do not work because people merely parrot the same goals over and over again without strong feelings behind their words.

### *Envisioning*

You will need to envision your goal. Envisioning is different from ordinary visualizing. When most people visualize, they see the picture of what they want but not themselves in the picture. While this type of visualization has some power, it is not enough. It is like sitting in a theatre and watching a two-dimensional movie. You are there, but not really part of the movie.

It is more effective to see yourself in the vision and to do so with details. Close your eyes and visualize the outcome of your goal. In the example, I gave earlier about the house, see yourself in the house, moving about in the house, and experience all the images with your five senses. Be in the picture and feel the textures around you, smell the environment, see the colors around you, hear what you will say to others in the picture, and taste it. This type of three-dimensional envisioning is much more effective than merely viewing your movie that does not have you in it.

### *Energize Your Envisioning To Speed Up Results*

Envisioning is very powerful. And, to empower it even more, practice your full sensory envisioning during deep states of relaxation. To get the absolute most out of envisioning, you will need to learn to relax physically and mentally while you focus on the picture of what you choose to materialize.

Why is this? A mind that is filled with stress--emotional or physical—cannot easily transfer a new positive mental picture to the sub-conscious mind.

The deeper within that you position your conscious thoughts, the more powerfully energized they become and the more easily they will materialize. Invest in yourself and practice techniques that you have learned about to reach the higher levels of your mind.

After you practice envisioning, release your idea to the universe. Relax and trust that your goal is now in the process of being materialized. Many people have difficulty relaxing because they are filled with doubts. Be aware that by associating heavy emotions, such as fear and doubts, with your goals, you are making it difficult to materialize your goals.

### **3. Quiet Your Mind**

When you quiet your mind by going deep into states of theta and delta, you can more easily access your spiritual mind. Quieting your mind will help you materialize your goals in two main ways: 1) You will be better able to receive answers and guidance that will help you with decision making, getting creative solutions and in building faith in yourself. 2) You will be better able to reprogram your mind for success.

#### *Receiving Guidance From Your Spiritual mind*

Your spiritual mind is continually trying to communicate with you to help you experience an extraordinary life. It wants you to become aware of your tremendous power. It wants to answer your most pressing questions and guide you with wisdom and power.

The problem is that people are rarely aware of their spiritual mind because their physical mind dominates their life.

The physical mind has been over-trained and over-used. It's like a full-blast radio that drowns out the communication of your spiritual mind. Your spiritual mind is continually trying to communicate with you with images, intuition, symbols and other non-verbal ways, but the physical mind is so overpowering that most people can't grasp what their spiritual mind is trying to communicate.

The trick is to quiet your physical mind and allow your spiritual mind to surface.

Let's say that you are starting a side-business and you're unsure about which products to sell. You can ask for guidance on which product(s) to sell. To get insights on your question, first do your research on the products that you are considering selling; gather information about pricing, other companies that are selling the products, customer feedback, revenue potential etc. Then quiet your mind doing some form of meditative practice. When you are in a relaxed state, focus on your question.

Ask your Higher Mind what you should do and notice any feelings, visions or other clues. Practice being aware of messages that you receive. Refer to chapter 3 to learn more about understanding the messages you receive from your spiritual mind.

Notice how your body responds when you focus on each product that you are considering selling. How does your stomach feel? Does it feel tense when you think of a specific product? If you feel tense, that probably means that now is not the right time to sell the product in question. If your body feels relaxed and you experience a sense of relief at the thought of selling a particular product, then that is probably a positive sign that selling that product may be a smart move. Feelings were given to you for a purpose; they are there to help guide you.

It does take time to master this technique and to truly quiet your mind. Nevertheless, these techniques can help train you as you work towards developing your inner power.

Remember, in a deeply relaxed state of awareness, such as theta, you can more readily receive images, visions or intuitions that can provide guidance to you. Your potential for breakthroughs and creative thinking is greatly increased when you relax and learn to listen to your body. I know of a well-known international investor who admits that he listens to his body when he makes investment decisions. His approach may not seem rationale, but it has helped him to become a billionaire and philanthropist.

### *Reprogramming Your Mind for Success*

The deeper within that you position your conscious thoughts, the more powerfully energized your thoughts become and the more easily they materialize. In deeper mind levels, such as theta, it becomes easier to reprogram old embedded limiting beliefs and replace them with new expansive beliefs. Also, it is more powerful to practice envisioning a goal during deeper mind states.

A friend of mine went to see a doctor about a growth on his nose that was concerning him. After getting a second doctor's opinion that he needed to immediately remove the malignant growth, he decided to do a deep meditative healing. When he went home, he went into delta and commanded a healing and expressed deep gratitude. He began to feel energies activating around his nasal passage where the growth was. When he went in for his scheduled appointment 2 days later, the surgeon was baffled to find that the lesion had totally disappeared.

When you are in deeper states, it's especially important that you focus only on what you choose to create and avoid all thoughts about what you don't want. You must be impeccable with your thoughts.

## **4. Belief**

Belief is a form of power, and like all power, it is in layers. It is a feeling of knowing that something will happen; there is no doubt. It is not thinking that you will achieve your goal; it is knowing with every part of your being that you will get what you desire. We all have had moments when we just

knew and felt something was going to happen. These experiences are far more powerful than merely thinking that you will obtain what you desire. Belief is a powerful force that can help you achieve what you yearn for.

Perhaps the most challenging lesson to learn as you go on your path to realizing your goals will be your ability to sustain belief in yourself. Belief can not be understood logically; it is understood with your heart, with your spirit.

When you have absolute faith, you let go of limiting belief systems. You start taking action with full conviction and trust that you will be guided to accomplish what you set out to do. You do rather than try to do. As a wise sage once said, "Trying creates impossibilities; faith creates possibilities."

Unwavering faith is a doorway into the world of Infinite Intelligence. Hold the vision of what you want with a belief that it has already manifested. Feel as if what you want is already in your life now. Think and believe in terms of the present, not the future.

If you have doubts about materializing what you envision, your message to Spirit will be conflicting and weak. Every moment that you indulge in any form of restrictive thinking, such as doubts, fears and complaining, you push your desire reality further away.

Trust in your Higher Self to guide you along your path. Your physical mind will attempt to discourage you, and you will need to be fully aware of the communications of both your physical and spiritual mind. Hold the belief that at the needed time, you will be given all that you need, including the help of others and resources, to accomplish what you must. You will not fail due to lack of anything. Once you connect with Spirit, the universal forces are working on your behalf to support you.

### *Fears versus Belief*

Fears are the main blocks to cultivating belief. When a fear-based thought emerges, acknowledge it and examine if the fear is real or imagined. Is the

fear there to keep you from growing or is it there to help you? Listen to your body. Pay full attention to the communications of your spiritual mind.

When thinking of your goal, do you feel optimistic, happy or energized? If so, that is a good indicator that you should probably continue on. But if you feel uncomfortable or tense when you think of your goal, reconsider it. You might need to change your goals along your path. If you are inspired to change course, have faith that something bigger and better will result from your new direction.

Fears almost always come with questions. They often start with "What if..." Train your mind to reframe the question into a question or statement that is expansive rather than restrictive.

Below are a few examples of disempowering self-talk and how to reframe statements to help build your faith.

<b><i>Disempowering Self-Talk</i></b>	<b><i>Empowering Self-Talk</i></b>
What if I fail at this endeavor and have nothing to show for it in the end?	How will I grow and become stronger just by taking action? What will I discover about myself that I can use the rest of my life?
What will my friends say about me if I fail and my idea does not work out?	I am thankful that I won't be like so many people who regret not pursuing their dreams.
What if I do not have what it takes to succeed in this goal?	I trust that the universe will provide to me all the resources and people that I need at the right time to achieve my goal.

## *How To Build Belief*

Here are three ways that you can build belief.

First, to cultivate belief when you do not have enough of it, train your mind to be impeccable with its thoughts. Avoid negative or weak statements such as "I hope I can" or "I don't think I can" and replace them with empowering statements such as "I am now in the process of..."

Remember the decree that starts with "I am" is very powerful. As you train your mind to focus on expansive thoughts, your reality will change.

Second, surround yourself continuously with inspiring resources such as nature, inspiring books and audio programs. Often, other people's success stories can be very inspiring and just what you need to keep going.

Third, minimize or avoid watching television and listening to the news. If you do listen to the news, do so just enough to get a general understanding of what's going on rather than indulging in all the details. Television, movies and certain music will put you in a state of alpha almost immediately. When you're in deeper mind states, your mind is easily swayed by suggestive messages that you receive. Fear-based drama and news will cause you to worry about your financial, physical and emotional health. It creates limited thinking, false beliefs and stress, which can weaken you and affect your reality.

When you set goals for yourself, make them believable for you. The universe does not make judgments about your goals. What matters is that you believe it is possible for you. That is why it is commonly advised to start with small goals and then set greater goals as you build your belief and confidence. But in reality you can start with any goal that you can believe in.

## **5. Gratitude**

One thing to do as soon as you wake up is to give thanks to the Creator Of All for your life and everything that is part of your life. You will be

astounded at how your day will flow when you start each day with a thankful heart. As you go about your day, smile to people that you encounter, and look up towards the sky often. Smile with your mouth and eyes. As you make eye contact with people, wish them financial freedom, health and happiness. You will be surprised at how people will respond to your positive thoughts.

The moment you feel gratitude you are on the track of power. Gratitude is powerful because it opens the heart and reduces the sense of separation between you and Infinite Intelligence, the creator of all.

The more you become connected to Infinite Intelligence, the more powerful you become as you tap into the power of creation. Gratitude does not just help you in getting what you deeply desire, it can keep you from falling into the realm of doubts, fears, and unhappiness.

When you think about the areas in your life that today appear to lack, you create more lack in your life. It will be difficult to create wealth if you focus on its opposite---poverty ---because what you focus on will magnify. Your dominating thoughts and feelings act like magnets; they attract people and circumstances to you which match your magnetic nature. Practice gratitude daily to avoid falling into a negative spiral.

When you are grateful, you are much less likely to complain and feel dissatisfied. Train your mind to dwell on what you are thankful for and not on what you are lacking in your life. The moment you allow your mind to dwell on dissatisfaction, you begin to lose ground.

Practice thankfulness when you see the image of what you desire in your mind. Be as thankful for it today as you will be when it has taken form in the physical world. If you can be sincerely grateful for that which exists only in your mind, then you know faith.

Gratitude is part of the natural principle of giving and receiving. One breath in (receiving) and one breath out (giving). If your driving focus in life is to only receive, you will interrupt the natural law of giving and receiving. When your aspiration is to receive as well as to give back to the world, your

goal will have more energy behind it. A goal that is beyond personal gain, will produce greater results than if it benefits only you.

Through gratitude you form a stronger connection to Infinite Intelligence. When your mind reaches out to Spirit and sends thanks for what you have received or believe you will receive, the reaction is an instantaneous movement toward you. The stronger and more constant your gratitude is, the more you will receive.

## 6

### **Stay On Your Power Path**

“No heart has ever suffered when it goes in search of its dreams because every second of the search is a second’s encounter with God.”

—From *The Alchemist*, by Paulo Coelho

It will be natural to experience challenges as you move closer to realizing your goal. Don’t be discouraged. Keep growing and moving forward. Use every opportunity to grow and maintain your inner power.

A wise elder once shared this wisdom: Always move *toward* your goal but not *to* a goal. He explained that by moving toward a goal, you allow yourself to be flexible and open to experiences along the way. Often, we put our blinders on when we are determined to achieve a specific outcome. As you move towards a goal, learn to appreciate the surprises that may come your way. If you need to change course, be open to that.

#### **Learn the Lessons and Keep On**

Part of the journey is to learn the lessons you need to master before you achieve your aspirations. A shaman would say that if you are having difficulty achieving a goal, you have not learned what you need to get. Always ask the sacred questions: “What has led me to where I am at today and why?” “What do I need to learn from this experience?” and “What am I feeling about this situation?”

A lesson can be anything from learning to let go of judgment, self-doubt, fear, resentment, greed, impatience to learning how to love yourself at a deeper level. Learn the lessons, grow and keep on. The sooner you learn them, the faster you will be able to achieve what you set out to do.

Some of the lessons might seem small, but no lesson is trivial if it helps you grow. Perhaps one of the greatest lessons we learn as we move forward to achieving our dreams is learning how to be present---in the now. Almost no one escapes the lesson of learning how to enjoy the journey as much as the destination. Most of us spend life either living in the future or in the past. As long as you are in the future or past, you will make it more difficult to attain your desires. The decree "I am now..." will help you be present.

### **Keep Building Your Power**

All the while you pursue your goals, you must continue to accumulate and store power. You have learned about the power of thoughts, emotions, higher mind levels and how to connect with Spirit. At least twice a day, make a conscious attempt to be aware of your link to Infinite Intelligence. Do exercises and practices to grow your inner power such as those that you learned about in this book.

When you start to feel discouraged or lack the will to follow your dreams, immediately take action to keep your spirit high. Joy is a powerful force that will help you accomplish what your heart yearns for. Immerse yourself with inspiring resources and spend time in powerful environments such as forests and deserts. Since most people are stuck in their limited beta mind, you might need to find inspiration outside of your circle of friends and family. You will need to build your power from high vibratory sources such as the books and audio programs that I have recommended throughout this book.

It will help you enormously to start each day with a feeling of thankfulness and appreciation of life. Have you noticed that when you start your day in a bad mood, the rest of the day seems to drag and often ends up being pretty awful? Avoid being in a heavy mood, especially at the start of the day. Once you get sucked into a dark mood, it usually will take you into a downward spiral. The moment you feel yourself getting into a bad mood, stop what you are doing. Do something that will lift your spirit.

Avoid or minimize the time you spend watching television or listening to the news. Mass media programming generally is fear-based and lacks depth of knowledge and truth.

### *Use the Power of Time to Empower Your Goals*

Reserve judgment and do the practices that you have learned in this book for at least eight days to get started. Then, dedicate more time to investing in yourself. It usually takes about 21 days to break a habit. It takes 40 days to make a new habit and 90 days to lock it in. Shamans teach that doing practices and exercises in nature, especially during sunsets and sunrises, adds power to spiritual practices.

### **Take Action and Get Ready To Receive**

Now that you know how to get insights, guidance and help from Spirit, you will need to take action on your inspired ideas. To make things happen, you need to take empowered action on the physical plane. If you only use your mind and spirit, and do not engage the physical world, your endeavors will be incomplete. From a shaman's perspective, the formula for optimal success requires a fusion of all three centers----mind, body and spirit.

In <http://www.attractmoneynow.com>, Joe Vitale provides several great tips and steps for attracting wealth into your life. In his book, which is available for free, he explains how to set effective goals and how to track them to ensure that you make progress toward your goals.

In addition to sound goal setting advice, Joe shares many effective and practical ideas that can help people achieve their financial goals. He explains, for example, the benefits of forming a mastermind group and asking for help. We all have had times when we have felt alone and overwhelmed about how to resolve a situation that was difficult to deal with. The truth is you are never alone. There are always others who feel as you do and who are experiencing what you are. Helping others and being open to receiving help from others can help you make huge progress in reaching your goals.

Take action everyday toward your goal. Avoid procrastination. Do every day all that you can do and work with calmness. Rushing or working frantically are stress-producing, and you won't be able to build inner power that way.

There will always be reasons why you think you should procrastinate. Your physical mind will try to keep you from advancing. It might tell you that you will fail, that you should wait to take action until you have more time or that you are foolish to follow your dream. Be aware of thoughts that hold you back. When a restricted idea or feeling surfaces, ask yourself if your action will help you to grow or if it will keep you stuck. Everyday move in a direction that is expansive rather than restrictive.

Make a list of all the items that you need to get done in order to complete your goal. Give yourself a date to accomplish this plan. Make a schedule and for each day, week, month and year, write down what needs to be done in order to complete the goal by the set date. Check it off as you finish it. Keep track of your actions to help you determine if you need to make changes to your action plan. The act of doing and completing something that is important to you is empowering. Most people just think about a plan but don't follow through with action.

You have no idea of the results that can happen from even the smallest act. When you send a thought out or take a small step, forces are set into motion on your behalf. You can never know all the ways that Infinite Intelligence will support you once you do your part. But you must do your part; you must do everything possible on your end. A huge future outcome may depend on you doing a simple act---it can be the very thing which opens the door of opportunity to great possibilities. Failure to take inspired action will only delay getting you what you want.

Your actions need to be charged with high-vibration energy. Infuse power into your actions by feeling that Infinite Intelligence is working with you and that each act you do is filled with power from this creative source. Every step you take can be strong or weak, effective or ineffective. Consciously choose what you think and how you act at all times.

You've learned the principles of creating with greater awareness, and how to use these principles to achieve financial and non-financial goals. You've learned about the power of inspired decisions and many ways to grow and maintain your personal power. Now you must apply what you have learned and open up to the stupendous possibilities of life.

Ancient wisdom can absolutely help us create a stupendous future and live an extraordinary life. Now more than ever we need to connect with Spirit and realize our inner power that is our greatest treasure. Even in the face of great challenges, we can, through our link to Spirit, create a future that benefits us, others and our mother earth. The choice is ours.

## **MONEY BELIEFS QUESTIONNAIRE #1**

In a relaxed environment, read each statement and quickly rate each one on a scale of 1 to 10. Do not spend a lot of time thinking about the statement, just read the statement and rate it with the first thought that comes into your mind.

1= 100% disagreement. 10=100% agreement.

### **PART I.**

- \_\_\_ 1. Making money is really hard to do.
- \_\_\_ 2. I don't know how to invest.
- \_\_\_ 3. People who are wealthy are lucky.
- \_\_\_ 4. Money is the root of all evil.
- \_\_\_ 5. Making money doing what you love is a fantasy.
- \_\_\_ 6. People who are wealthy are greedy.
- \_\_\_ 7. I will never be wealthy.
- \_\_\_ 8. Managing money is difficult.
- \_\_\_ 9. Money is not important. I don't care if I have plenty of it or not.
- \_\_\_ 10. It's impossible to save enough money these days.
- \_\_\_ 11. Becoming wealth is not for people like me.
- \_\_\_ 12. Wealthy people are greedy.
- \_\_\_ 13. I resent people who are wealthy.
- \_\_\_ 14. It takes money to make money.
- \_\_\_ 15. I'm not smart enough to make good money.
- \_\_\_ 16. Money is bad and causes problems.
- \_\_\_ 17. Having a lot of money creates stress.
- \_\_\_ 18. Having a lot of money will make me less spiritual.
- \_\_\_ 19. It's hard to make money in this bad economy.
- \_\_\_ 20. I think God will give me the money that I deserve.
- \_\_\_ 21. If I have money that means someone else won't have money.

Continue on to Part II of the questionnaire.

## **PART II.**

1. These are the reasons why I think money can be harmful: (list as many ideas that come to you.)
2. These are the reasons why I think money can be helpful: (list as many ideas that come to you.)

**Once you finish reading this entire book, take the entire questionnaire again on the following page. Once you have completed both questionnaires #1 and #2, read the instructions at the end of this section on how to score your results.**

## **MONEY BELIEFS QUESTIONNAIRE #2**

In a relaxed environment, read each statement and quickly rate each one on a scale of 1 to 10. Do not spend a lot of time thinking about the statement, just read the statement and rate it with the first thought that comes into your mind.

1= 100% disagreement. 10=100% agreement.

### **PART I.**

- \_\_\_ 1. Making money is really hard to do.
- \_\_\_ 2. I don't know how to invest.
- \_\_\_ 3. People who are wealthy are lucky.
- \_\_\_ 4. Money is the root of all evil.
- \_\_\_ 5. Making money doing what you love is a fantasy.
- \_\_\_ 6. People who are wealthy are greedy.
- \_\_\_ 7. I will never be wealthy.
- \_\_\_ 8. Managing money is difficult.
- \_\_\_ 9. Money is not important. I don't care if I have plenty of it or not.
- \_\_\_ 10. It's impossible to save enough money these days.
- \_\_\_ 11. Becoming wealth is not for people like me.
- \_\_\_ 12. Wealthy people are greedy.
- \_\_\_ 13. I resent people who are wealthy.
- \_\_\_ 14. It takes money to make money.
- \_\_\_ 15. I'm not smart enough to make good money.
- \_\_\_ 16. Money is bad and causes problems.
- \_\_\_ 17. Having a lot of money creates stress.
- \_\_\_ 18. Having a lot of money will make me less spiritual.
- \_\_\_ 19. It's hard to make money in this bad economy.
- \_\_\_ 20. I think God will give me the money that I deserve.
- \_\_\_ 21. If I have money that means someone else won't have money.

Continue on to Part II.

**PART II.**

3. These are the reasons why I think money can be harmful: (list as many ideas that come to you.)
  
4. These are the reasons why I think money can be helpful: (list as many ideas that come to you.)

## **INSTRUCTIONS ON HOW TO SCORE THE MONEY QUESTIONNAIRE**

Once you finish reading this entire book, take the questionnaire again. Note how your responses have changed from questionnaire #1 to questionnaire #2.

In Part I, circle each statement that you rated as 6 or higher and count the total. The more statements you rated as 6 or higher, the more limiting beliefs you have today about money and wealth. This assessment helps you look into the mirror to see where you are today.

In Part II, which of the two questions did you write the most about? Did most of your ideas reflect fears and worries about money or optimism and tranquility? What ideas dominated your mind? This section is another way to help you see where your focus is.

Change begins with awareness. If you are ready to make changes, choose wisely and from a place of power.

# Resources

## RECOMMENDED RESOURCES

Below is a summary of the resources that I have referred to throughout this book. Note that several resources below are free.

### ***Sources for Wealth Building***

- [Secrets of the Millionaire Mind](#) by T. Harv Eker.
- <http://tinyurl.com/moneymindsetsecrets> free audio by T. Harv Eker. To receive free special reports that reveal Harv's 11 Secrets for reprogramming your mind for financial success, [click here](#)
- <http://www.attractmoneynow.com> by Joe Vitale. This *free* e-book provides several great tips and steps for attracting wealth into your life.
- [Think and Grow](#) by Napoleon Hill. This is an audio based on the classic book by the same title.
- [The Science of Getting Rich](#) by W. Wattles. This classic book is available free at this time on the Internet.

### ***Sources for Personal and Spiritual Growth***

#### *Sources*

- *Awakening Spirits and The Vision* by Tom Brown, Jr. This book provides step-by-step instruction for doing a shamanic journey. It provides an introduction into the world of shamanism. His books are available through this website: [http://trackerschool.com/store/store\\_products\\_books\\_browse.asp?cid=2](http://trackerschool.com/store/store_products_books_browse.asp?cid=2)
- [Secrets of Shamanism: Tapping the Spirit Power Within You](#) by Jose Stevens, PhD and Lena Stevens. This book provides an introduction into the world of shamanism and many practical exercises that anyone can do.

- This [step-by-step audio program](#) by Gerald O'Donnell teaches advanced techniques by which you can influence thoughts and reality by mind-power and high vibratory energy alone. It enables you to manifest by teaching you how to control your thoughts and increase your energy.

You can download Gerald's free e-book called *Remote Influencing: Secrets Revealed* from the same link given above.

- [www.powerpathseminars.com](http://www.powerpathseminars.com)  
Jose and Lena Stevens are founders of an international school and consulting firm dedicated to the study and application of shamanism and indigenous wisdom. They offer private consultations to help individuals and businesses.

Free monthly commentaries are available on their website. The commentaries are filled with wisdom, tips and practices to help people enhance their personal and business lives.

- [Speaking the Lost Language of God: Awakening the Forgotten Wisdom of Prayer, Prophecy and the Dead Sea Scrolls](#) by Gregg Braden.  
In this audio, Gregg Braden teaches you how to choose the quality of your emotions, feelings, and thoughts so you can make the leap from one future possibility to another.
- [Praying with Power: How to Use Ancient Shamanic Techniques to Gain Maximum Spiritual Benefit and Extraordinary Results Through Prayer](#) Jose Stevens, Ph.D.,  
This book teaches you how to use ancient shamanic techniques to gain maximum spiritual benefit and extraordinary results through prayer. You will learn specific prayers for various purposes such as manifesting, life challenges, health and healing and dealing with fears.
- In [Journey To Ixtlan](#), by Carlos Castaneda.  
A novel that weaves ancient wisdom teachings as taught by Don Juan, a Yaqui Indian enlightened being. The teachings provide powerful knowledge and have great practical use for everyday living.

- [www.UnlimitedInnerPower.com](http://www.UnlimitedInnerPower.com)  
This website provides educational resources, many are *free*, to help people become empowered with life-changing wisdom and inner power.

#### *Schools*

- [www.trackerschool.com](http://www.trackerschool.com)  
This school teaches wilderness survival and spiritual teachings passed down by an Apache shaman. Students get the experience of living in the wilderness and doing shamanic practices in nature.
- <http://www.visionquest-spiritualretreats-womensretreats-yoga.com>  
This school is rare and takes people out on vision quests. The vision quest has become an almost forgotten sacred practice and there are very few teachers today who can teach it. The co-founder, Malcolm Ringwalt, studied under Tom Brown Jr.

#### ***Movies That Teach About the Powers of the Mind***

- *The Matrix*
- *What the Bleep Do We Know*
- *Peaceful Warrior*
- *The Secret*

## **About the Author**

Unlimited Inner Power was founded by Mary Rivas to teach people basic ancient shamanic techniques and wisdom together with modern scientific knowledge of the powers of the mind.

Unlimited Inner Power helps individuals build their inner power and achieve success with wisdom, happiness and speed. Although the core of the teachings is based on knowledge that has been passed down by Native American wise elders and healers, the teachings transcend culture; they are universal. Mary has a degree in psychology and attended graduate school in clinical psychology. For nearly ten years, she has studied with shamans. She offers consulting services to individuals.

To learn more, visit [www.UnlimitedInnerPower.com](http://www.UnlimitedInnerPower.com)