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“Creating” A Bug Free Mind

The World's 1st Antivirus For The Human Mind

By Andy Shaw

*****READ ME*****

This is a VERY IMPORTANT QUICK note!

Thank you and congratulations on actually buying this book. However, right now you are in **REAL DANGER** of making the biggest single error made by most people who buy self-help / personal development books!!!

Right now you are in **REAL DANGER** of turning this from a self-help book into a *shelf-help* book.

So without delay... as you will shortly find out there is nothing you can do right now that is as important as learning this process... (but I don't expect you to 'believe' that right now, that will come later!)

Right now I've got to help you to not self-sabotage yourself, so without putting this book down, spend just two minutes and go to the introduction and just read the first few pages called '*Are They Just Bad Teachers, Or Is There Something Else Going On?*'

If you do that then this will be a 'self-help' book not a '*shelf-help*' book!

Just take a few minutes NOW to change your life...

Some site member feedback

When I started on this journey I said to my site members I'll be spending the next few months sharing with you some mindset stuff. I chose not to tell anyone I was writing a book at the start. So here's some feedback from some of the people who had the contents of these books shared with them about twice a week

"I joined Andy's site early in 2010 after being inspired by his way of thinking, his past journey and his goals for the future - especially HIS goals that include ME!"

....I have read many personal development books, and learned much from them, but I find that with Andy's approach, things just click into place. His blunt, no BS approach is fascinating in the way he reveals and unravels the "wrongs" that we have either been brought up to believe are true, or what we have just excepted as "The Norm".

Thanks Andy P.S. If this stuff was taught in schools, the world would be a better place."
- Geoff Beattie

"What many other so called gurus promise Andy actually delivers - clear, simple, no-nonsense, practical steps to building the life and wealth you always wanted. It's this simple - I have found no-one better at showing the way they get wealthy that anyone can follow." -

Andrew Leedham

"What fascinates me about the articles written by Andy Shaw is that the content is so obviously correct and makes so much sense, but somehow it is still stuff I have never thought of, and is very interesting. I can relate directly to the articles, and instantly apply the knowledge given into my everyday thinking. I can feel my thought processes becoming more and more positive as negativity is removed from my life. Many thanks Andy" -

Clive Pearson

"I've immersed myself in all of the motivation and mindset books for the last few years but Andy has managed to come up with a laser-focused approach that cut's right to the heart of how you actually make all that "stuff" work for you. So I'm really impressed. The value of this material will be limitless" Robert -

Robert Whyte

"I love the style of writing you have adopted, you are definitely talking to ME! I am working hard to apply what I am learning from your articles and can already see that I am making steady progress towards my personal goals. Thanks Andy for a new approach to silencing the nutter in my head!!!" -

Anne Nelson

Now Some reader feedback

*This book is amazing. It really is different to what I've read before and I've done a lot of sole searching and personal development. This is truly different. - **Steve Skowyrski***

*What many other so called gurus promise Andy actually delivers - clear, simple, no-nonsense, practical steps to building the life and wealth you always wanted. It's this simple - I have found no-one better at showing the way to get wealthy that anyone can follow. - **Brian Lunt***

*Firstly a wonderful and fulfilling experience already and I am still absorbing Creating A Bug Free Mind. I got the books in December and I have deliberately taken time to follow this material. I read your first book on property and knew you were a genuine good guy out there who could also teach. I am already noticing wonderful changes in my life. My partner has also noticed and true to your word slowly and surely I am becoming ever present and conscious. I am very grateful you have written this material and to you and all the members of the forum I am smiling and together we can wake the world. Thank you. - **Paul Baker***

*I read your books, it is an understatement to say they are great. I have read many self-help books and recognize most of it in your books. But I love your language. It is down to earth and no way to misunderstand the message. What gave me most from my first read was to allow myself to make mistakes. I am now happy to do mistakes and that has allowed me to take bigger steps toward my success. And I can see it is coming. - **Evakarin Wallin***

*Thank you Andy, your books had a fantastic, stunning impact on the way I think and handle my life. I have only read until the end of Chapter 11 so far as I took my time and reread all chapters at least three times. (And it took a while to master the techniques.) And yes, you are absolutely right, each chapter has to be reread over and over again as with the change of thinking comes a different understanding and lines which didn't seemed important at the first time become important the third, fourth, fifth.. etc.. time of reading. But you not right that a marker should be used to highlight certain lines.... As I ran out of two markers after the third time rereading and ended up with every singular line being highlighted...In my opinion these books should have been printed on red paper in the first place-as every singular line in it is important!! ;-)- **Karin K***

I bought your books. Now reading "Creating a Bug Free Mind", awesome stuff - gave color to my day, and the more I absorb the clearer my mind is. Thank you for sharing this with us. Though sometimes it "seemed" it was obvious for my mind to go in My direction, the thoughts were Cool, but after flying through the pages, I realized there was so much dust to clean, my mind was clouded, and there that little saboteur playing the piano of my ways. The info is simple, but I had to read again and again some of the chapters, to install the right piece of the thought and to get rid of the dust in some corners

*of my mind. I thought I mastered the "15second of the powerful thought" the first time, reading the "5 free chapters" you provided, but after I started to change my thought patterns from the book, I realized that it was just a trick of the yada-yada-nutter. So I made some steps back and played with that exercise for a while; then I get back with more power on My road. Really enjoying the books, and to be truthful, I thought the books will just be another shelf-development-stuff, and to my surprise, I got a lot for so little investment. It's like investing 40 pounds knowing I'll get 40.000 return; and I'm just at the beginning of your "first book". It will surely rise till the end and multiply when I'll get to the second one - "Using a Bug Free Mind". All Success. - **Julian Gudumac***

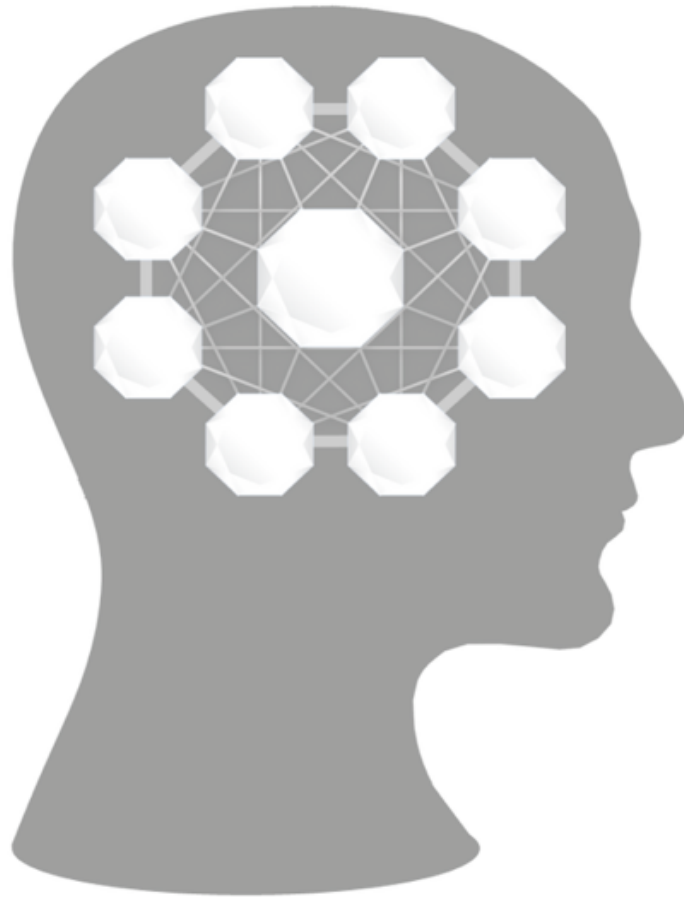
*My blood pressure was 222/140 and stress was killing me. After debugging my mind I am starting to see great improvement. You should do a medical version. - **Garry Chalker***

*I am not sure where to start Andy, I have read Think and Grow rich, about 50 times, the secret, Abraham Hicks, and your books have made me think more deeply than any other. There is loads of feedback I look forward to giving, but I feel that my priority right now is to finish creating my designs and absorb the books more. I have a list and would like to promote your book to them. - **Rebecca Jenkins***

*I started reading the 5 Chapters as soon as I got them but couldn't finish them all in one go. I ended up waking up in the middle of the night to read the rest because it had such a profound impact on me. I can't wait to get the books and truly believe they will become the classics of the 21st Century and impact on people's lives just as Rich Dad Poor Dad. - **Susan Beesley***

For many more testimonials please visit:-
www.ABugFreeMind.com/customer-feedback.htm

*~ This book is dedicated to my children who will always
teach me more than I can ever teach them ~
David & Sarah*



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“Creating”

A Bug Free Mind

The World's 1st

Antivirus For The Human Mind

Powered by Saltori Thinking

The Secret To Progress. Everything is just the illusion of progress until you have A Bug Free Mind... It is The Secret to Progress.

A Revolutionary New Approach To Achieving All You Want From Life

By Andy Shaw

Special Note: -

“Creating A Bug Free Mind” is book one of a two-book experience. When you have finished “Creating Your Bug Free Mind”, then the second book “Using A Bug Free Mind” will complete the process of change experience for you. Originally I intended for it to all be in one book. However, once I had written them I saw the power for you was much greater if you were to tackle one major life change at a time.

Also By Andy Shaw

Using A Bug Free Mind

Money For Nothing And Your Property For Free

www.ABugFreeMind.com

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Second Edition

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With Special Thanks

I would like to say thank you to my family Alison, David and Sarah and my friends Phil and Debbie Doolan who put up with me whilst I wrote these books.

Thank you to my friends Nicola Cairncross and Paul Fuggle who were always available to bounce an idea off! I would like to thank Jason Strachan for providing me clarity to explain what on Earth I was talking about. I would also like to thank David Birkett for his help clarifying some very important details which he helped me with after reading the whole system.

Thank you to my friend Mark Donnan, during our first meeting Mark pointed out to me something of key importance and he helped me to create the branding and understanding for Saltori.

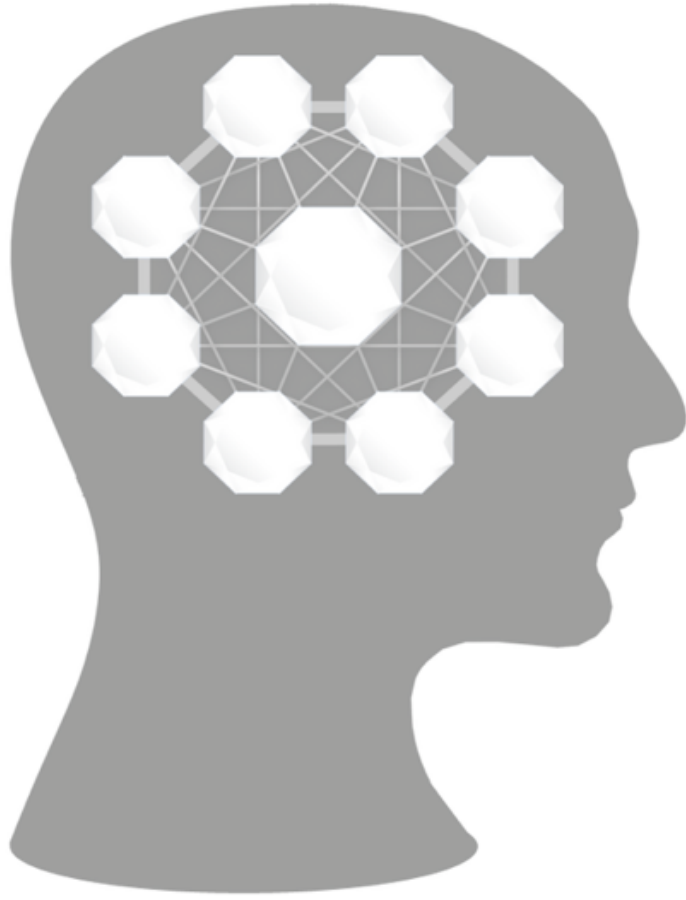
Thank you to my site members who gave me feedback and let me know what I was sharing was of the highest value.

Thank you to all of the people who will read this in the future. It was the inspiration I gained from knowing you would do so which made me decide to create and write this.

Thank you to all of the mentors and inspiration people I have had the opportunity to meet along the way. Learning is a two way street and as you share wisdom you also acquire it, so thank you to all those who have sought out my assistance.

There's a very special thank you to my Dad Allan Shaw who taught me how to teach the things I know so that everyone can understand them. Not just those who get this sort of stuff with ease, but the people who really need it as well. And it is because of the skill he gave me I can now explain to you exactly how to do it, so that you CAN change your life.

And finally a thank you to the person who made me bankrupt as without you I never would have taken this path and a lot of people's lives will be made much better thanks to your decision.

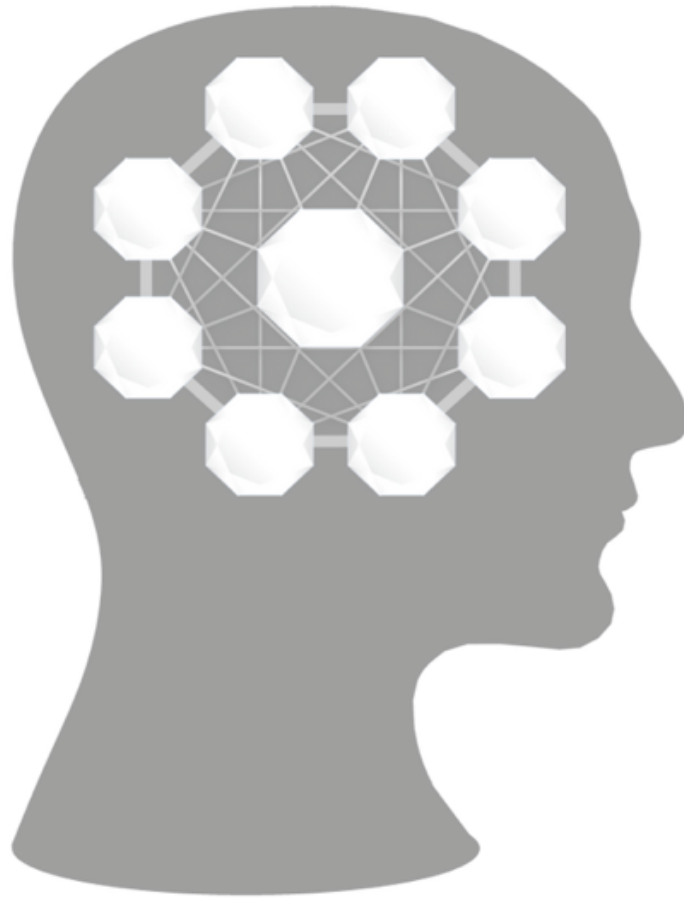


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How This Book Was Written & Why

Over a period of about three weeks I experienced the most amazing transformation of my mind. I went from being totally out of control to in absolute control. At the time my financial world was very publicly crashing down around my ears and yet I was in total serenity at peace with it all. I found peace in a way that I used to have as a child. I was not shut off to what was going on, instead I experienced every single graphic detail of it and actually enjoyed the intimacy and involvement of it all. No fears, no worries, no anxiety, no stress, just involvement and observation.

The inevitable happened and I was made bankrupt on December 21st 2009. During the period of about two months whilst this was all happening I received hundreds of emails from people saying they were amazed at how I could handle this all so well, and how calm I was. I had all this going on, but I was also crystal clear on my thinking, that this was a temporary situation and the only way it would be permanent was if I allowed it to be. Which obviously wasn't going to happen.

I considered, disappearing off into the business world and making another fortune, to re-emerge in three to five years time as another success. However, something had changed in me. I had found the secret to controlling my mind. I now knew what I could do, how easy it was for me to create by design, and how easy it was to go from being on top of the world to nearly buried by it as I actually saw how I had un-created by design as well.

I was at a time of great thought and I decided to share a few of my insights on controlling our minds, acceptance, surrender with a few of the members from a site I used to have. This was just to see what they thought really. They loved it and so I added some more and within a couple of weeks I understood what I had discovered - that everybody needed this knowledge, not just those who were on the verge of bankruptcy. Every living person needed a way to reset their mind and get control over it. I didn't realise right then, but what I had found was the missing piece, the piece of knowledge which we all instinctively know is right there. You know the bit that makes it all come together. We can sense it's there, we just can't seem to find it. Well I found it - I found it by accident like some hidden

treasure in the Jungle. Well I just re-traced my steps and figured out the map of how to get there and that's what these two books are about.

Once I knew I was writing a book I looked at how quickly I could write it. A few years ago I wrote my first 450 page book in under 20 hours, so I knew I could write it quickly. However, I also knew that I was still in the transition phase myself, whereby I had removed the bugs, but there would still be a tendency to reform old patterns. So I thought, if I wrote this book over the next few months, then I would get to spend a few hours a day cementing in the correct mindset in place. I was also sure I would discover new things along the way as well. So I set out in January 2010 to write this book. Around June time I realised that I wasn't writing one book, I was actually writing two. Looking back now it is obvious, but when I started out my intention was to create one system for the removal of bugs and one base system for structured thinking to run all software on. These evolved into what I call Saltori, which I explain in more detail shortly.

I finished the first draft of the books nine months later and have loved the entire journey. These two books are the culmination of my mind's work on the attainment of a successful life through an all encompassing structured thinking system. The first book 'Creating A Bug Free Mind' is the one that clears your mind of the junk, the hidden bugs and all the mental viruses which cause you to fail to succeed. It frees you of all of your dead mental baggage. The second book provides you with a base operating system for your life, so that you can now create your life by design. This works in a similar way to Apple, Linux or Microsoft's operating system, as in it is the foundation program for all you intend to do in your life.

Once you have installed this new structured way of thinking into your mind then you will stop living by accident and start living your life on purpose. On your true purpose and creating all details of your life to the design you 'want' it to be.

Andy Shaw

Author's Note

What if...

You know when you use a computer and there is a build up of junk on it so it starts to run slow. Then after a while it really slows down and you give up and either restart it, or it doesn't even give you that option and instead just freezes up? Yes it's annoying just before you make the decision to restart. But at least you know when you've restarted your computer it will be clear of bugs and it will be free to work unhindered for a good while. Well your mind is very similar to a computer, except you have no 'off' button. You can't just restart it in the same way, so there's no easy way to clean out the '*bugs*'

...but for a moment, just imagine... *what if you could?*

As you go through life your mind fills up with junk, which can not only be the junk we recognise as bad such as limiting self-beliefs, or the wrong assumptions we have made thanks to our misunderstanding of the results we received. Also junk can be truths that you hold on to that you '*believe*' to be true because experts tell you it is. Yet years later you find that all the things you did because of those wrong assumptions were all built on sand and it turns out the world isn't flat, but it's round. Almost everyone right up until the point of discovery thought the world was flat; they '*believed*' it was flat, however, Columbus '*knew*' it was round.

As we know, all this junk build-up causes your mind problems. You do various things to relieve the build-up to 'try' and restart, such as sleep, exercise, meditate, argue, etc. However, there is no reset button. These quick fixes are at best only a temporary bandage on the wound and have only relieved the core excess of junk. They haven't gotten down to the real problem. You see our bodies are mainly self-healing, however, our minds don't work in the same way... they can do, they just need the correct input together with regularity. Effectively our minds need to be maintained in a similar way to our body needing food and water. We can't expect to eat once and for all as our mind is not static and is either fed daily a diet of structured thoughts, or it is fed chaotically by accident instead. You cannot eat or drink once and for all, and a system for structured thinking requires a little maintenance to remain intact... Or it gets sick and your life becomes messy...

Though maintenance isn't the problem yet... The real problem though isn't the build up of junk, the real problem is an invisible one... It's

that when all this junk is in your mind, it bounces around in there, knocking into other junk and connecting with pieces of it and forming complete rubbish in the process! In the end all these bits of junk have grown into their own rubbish programs which make your mind run slower and slower. So these isolated bits of junk have now formed into bugs and viruses, and what makes matters worse is they have now become invisible to you. The junk you could have removed, as you placed it there, and therefore when you did the same thing again you would have noticed it when you got a different result. However, these bugs are now in and buried deep in your mind, created by your mind and designed to be invisible. As they are invisible you have no idea they are there. You know there's something wrong, that you are doing something wrong, but you don't know what it is. Maybe you've wondered many times why you cannot attain success at something; you spend your life trying one thing after another. You see a few people making a success but the vast, vast majority of people never get anywhere.

They and you don't get anywhere because your minds are full of invisible bugs. Huge obstacles, which give you the appearance of you being stuck! But in truth are forcing you to just repeat the same mistakes again, and again throughout your entire life. These bugs are like a computer virus, *they are a pollution to the way you think* and they nurture the *chaotic thinking* which is the biggest problem humanity has. They are the reason all of the businesses you've tried to start end up failing, or limping through. They are the reason why your relationships fail or struggle. They are the reason why, when you buy a training course which you know works for others, it still fails for you. They and the lack of a structured thinking system are the reason why your life is not as you would like it. Your frustration grows, however, the reason for it and everything else you have ever tried failing is very simple. **You are installing good software onto a computer which is infected with viruses. Your mind is full of bugs and nothing will work until you clear those first.** It's the magical missing piece, the REAL reason why.

Have you yet realised for yourself that despite you reading various books and getting smarter each year, that each year you go a little further backwards financially or you just seem to not quite get anywhere at all? Each year you feel you have taken a load of steps forward, but you FEEL like you're actually further away now than you were years ago? Have you yet reached the point of wondering IF all of this education and Personal Development stuff you do is actually helping you? Have you found that each year you just get more frustrated. Until finally at some point you know

you'll reach the point of saying something like, 'Well I've been trying for years and I guess I am just not successful, or ever meant to be successful.' So how close are you to resigning yourself to the fact that '*you can't do it*' and so instead you'll decide to do something you dislike and keep quiet rather than find and do something you love. So instead you live a life of quiet desperation by accepting mediocrity. BUT... You know there's an answer, you know you are close to it, but you just can't find out what it is. The answer is your mind is full of bugs and they are hindering you each and every step along the way. Unless you remove them then NOTHING you do, no new software will work, because you are installing good software onto a bad machine.

But what if you could just hit the reset switch and clear out all the junk? That would help, that's why people meditate and exercise etc. But you'll find that this only removes most of the junk. It doesn't remove the bugs and the viruses, as they are invisible and part of you so you cannot fix it if you don't know it is broken.

What's more your mind is like a tank of water, you cannot sort out part of the pollution by pouring in clean water. You have to clean the whole tank out at once or the pollution will spread to whatever clean water goes in, this is one of the main reasons why self-help books don't work as I will explain shortly. They are only cleaning some of the water in the tank... As soon as it's cleaned it's poured back into to a polluted system. So can you imagine for a second just how powerful it would be to be able to restart your computer? To be able to clear out all of the junk all the pollution, to have had an expert go in and remove all of your viruses, all of your bugs. Then you switch your mind on and it's there, silent and ready to do whatever you 'want' it to... All of the software is still on there, all of the good stuff remains without any of the bad stuff. Your mind is clear, free to do whatever you wish.

Now with this CLEAR mind you decide to load new software say learning to '*How To Trade*' Stocks and Shares for example... But it could be anything you want it to be... As with a CLEAR mind and a structured way of thinking then you can DO anything. As you are 'Trading' you see a bug forming (a 'poor' or irrational thought). Now because you have in place a structured way of thinking which amongst other things is effectively like the most awesome antivirus software on Earth. It identifies the bug a mile off and just rids it from the start without effort. So the new '*How To Trade*' software is able to just go in and work unhindered. It just works, it does its job. Before, the new software failed to start but now your mind has '**no**

bugs' and no '*chaotic thinking*' getting in the way. Now you are clear to think and whatever you choose to install into your life will now work.

Well can you imagine how powerful that would be? Instead of everything you touched failing, *everything you touch now turns to gold*. How would that make you feel? Little old you can now make anything work! Everything you do works, everything you touch turns to gold, you can do anything you desire... how would that *feel*?

But that's not realistic right?... Back to the real world where your mind is full of bugs and has no structured thinking system. But if only there was a way to restart your mind, to clear out the bugs and install some anti-bug software. *What could you do with a mind like that? What would you do with a mind like that?*

Well, *what if* there really was a way to reset your mind?

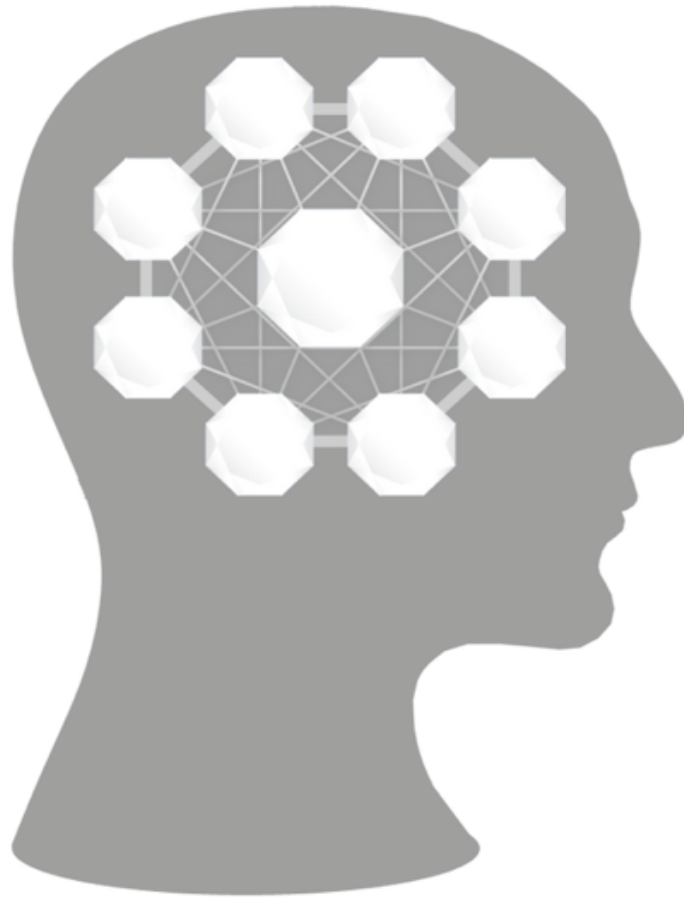
Far too magical I agree, but *what if*... what if you could?

Let's just say for a second that I could have found a way to do this, I know it's unrealistic and highly unlikely, after all, someone else surely would have come up with this before right? But let's just say I'd found a way that everyone could do it, no matter how clever they are; anyone who can read or listen has the ability to restart their mind, remove all the viruses, install the world's only antivirus software for the human mind. Would having a mind like that be worth your time?

Well what would you do with the time anyway? Until you rid your mind of bugs your entire life is on a continuous loop regardless! Until you put structure to your thinking you only have an accidental chance of succeeding to get what you 'want.' Face it... Right now if you are not a success then you are stuck and no new software will make it work. You would like to 'believe' that the answer lies just around the corner as you feel it is very close, and you are right it is, it's always been with you, but you've forgotten how to use it to get what you want. You can still use it by accident as you still have it, and that is the reason you are reading this is... you asked for the solution and you are now holding it. You now have to choose to ignore or to read on, and the problem of course is choice... So what are you going to do? Are you going to go back to drifting through a life of quiet desperation and mediocrity or are you ready to see how deep the rabbit hole goes?

Andy

Note: - To enhance enjoyment and understanding this book was first written between January to October 2010. But I re-visit it periodically and continuously improve the system.



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Introduction

Are They Just Bad Teachers, Or Is There Something Else Going On?

There's a powerful reason you're here now and starting this journey of discovery. The reason is you asked to, you asked for a solution and this is what you have found. You don't know right now if it *'is'* the solution, you just *'hope'* that it may reveal another piece of the *great puzzle*. And you are still not sure whether this books system will be worthy of your time. So I will show you what you will get from it in the best way I know how...

Side note: - Before I start, it is going to sound like I am highly critical of those in my industry, I am not what they share works and because of the way my mind works I am able to extract the success formula contained in every book I have read on 'self-improvement!' However, it only works if your mind is already 'set to succeed' and not set to 'stay where you are!' This is the universal flaw I discovered by accident when I asked the question where are all the successes then? This is the reason why self-help books work for successful people and fail to deliver on results for everyone else. They make you feel good and they teach you things, but unless your mind is in tune with your natural success guidance system then you have virtually nil chance of success with them (0.001% chance to be exact). However, I am grateful that they missed the fact that no one had taught someone how to get their mind right before adding good information into it. What they missed is effectively the prequel to all their wonderful information, that is what these books deliver to anyone who can decide that enough of going around in circles is enough. By them missing it, I have been allowed to come and produce these two books, which will enhance all they do and will do. These books will ensure that whatever you decide to learn and a lot of what you already have learnt will now actually begin to work.

Now I don't know if you have children...but let's imagine you do. And let's say tomorrow you send your children to a new school. As this school is meant to be the very best school in the country, it's like a SUPER SCHOOL almost! You've read all the convincing testimonials and case studies from all the other parents and you are very impressed! You think your child will go there, become super successful and will just fly through their exams! You know by you sending your children there that you are

giving them the very best start in life! At least, that's what you're expecting as you fill out the enrolment form and pay the considerable fee...

Now imagine that it's not just you who hear about this school either. But imagine MILLIONS of other parents hear about it and decide to send their children to this school too (as everyone wants to be successful and for their children to be successful too don't they?) Just imagine though that this school had no problems with class sizes and that every single pupil was looked after.

Now let's imagine the HORROR... and the sheer media frenzy...when in five years time the exam results are published. Guess what? 99.999% of all the children who attended this "SUPER SCHOOL" FAIL EVERY SINGLE EXAM!! ...And FAIL MISERABLY! 99.999% FAIL! Can you imagine the uproar? After spending all that money and investing all that time! The disappointment you would feel in having let your children down by sending them to such a bad school...

Now if YOUR CHILD was attending that school... Who would you BLAME? Would you be angry at your child? Was he/she just '*too thick*' to learn what was taught? No way! Of course you'd be furious at the teachers... thinking what kind of rubbish have those teachers been teaching my child all this time!

Now the reason I'm showing you this is because the same thing has been happening in the self-help/personal development industry for decades!! Did you know that LESS THAN 1% of people succeed with getting the life they desire after reading self help/personal development books or attending further training?

Actually the figure is a lot less than 1%... In fact 99.86% of people never manage to get their net worth to as much as One Million Dollars... And that is hardly rich is it?

So just 0.14% get to be worth a mere \$1 million! Don't you think that's pathetic! So with all this 'extra' education, the self help world gets nowhere, sure you learn a bit and you feel good, but what counts is results and they just don't show up.

You may want to read those last few sentences again as THAT IS A MASSIVE FAILURE which in any other industry would never be tolerated! But remember, that's the system that YOU ARE USING TO ACHIEVE THE LIFE YOU DESIRE! So how many books have you read on personal development? So these books are giving you what exactly? As they are not giving you the life you are after are they? So what actual

massive life changes have you got and retained after reading them? Think about it....

So who is to blame for this lack of results? That's the question!

Are the millions of people like you who read the personal development books all just *'thick as two short planks?'* Well after reading hundreds of self-help books myself, certainly I didn't think so. In fact after several years of research I came to the realisation that all the self help books out there were... written by teachers who were really clever and COULD DO IT, but unfortunately THEY CAN'T TEACH IT! Well actually they can, they can teach it to a very tiny group of people who either are already successful, or WILL BECOME successful from either theirs or another's teachings. You see success teachers currently can only teach the successful minority who still have their natural structured success thinking system. The unsuccessful majority who have lost their natural success system has no chance of learning it... NONE! Well they can learn it, and talk about it and even teach it... They just can't apply it!

I know what you're thinking, that's not true... some people succeed and you're right, under 1% do. The truth is... you don't want it to be true... As if it's true then the thought that you've just had in the dark corner of your mind may also be true... *That you cannot ever become successful...* Now that's a painful thought which you don't like to air too much... But the starting point for you and I is for me to get you to realise that the way you are doing it *isn't ever going to work!* You first need your mind right and a success guidance system in place... *THEN ANYTHING YOU WANT TO DO WILL WORK!*

But there's something in your mind that will let in things that later it intends to undermine, so I need to give you more evidence before you understand that what I'm telling you is actually right... Gone are the days of your early school years where you just took what the teacher said and made it part of you... Now your far too clever for that, so I need to get this past some very nasty little problems you have inside your mind.

But you're probably thinking, surely one of the Personal Development teachers can teach it to you... Well think about how many people watched the film "The Secret", over 200 million at the last count. Millions of people bought that book from all over the world, watched the DVD, went on to further education, etc ... Yet are you seeing millions of millionaires running around? No, me neither! In fact I don't know ONE PERSON who's read The Secret who actually has their ideal life!

You see, the whole self help industry says '*Well it's down to you, you've got to take action!*' Of course you have to take action, thank you for stating the bleeding obvious. *But for most (in fact all) people there's mental roadblocks stopping them, and it's the teacher's job to help people overcome their problem and succeed!* It's like your children's teacher, turning round to you at parents evening and saying, '*Sorry, your child failed every single exam! Honestly I did give him all the work, but he just didn't do it, so I couldn't help him...*' ...You'd go mental if you heard that wouldn't you? I know I would!

Look, this is a copout of epic proportions, and they turn it back to you simply because *they just don't know how to fix it!* They know their stuff works, so they assume it must be you... But your mind needs to be in the right position before it can become successful. They are teaching success from a successful position, you are attempting to learn to be successful from a position of Anti-Success... That is why you haven't, can't, and won't ever become successful at getting what you desire to get from life. But it's the teacher's job to get whatever they're teaching to work for their pupils! Or at least try! Isn't it? ...Otherwise what's the point?

And it's not as if they don't know that the children are failing, they have been failing for years, this is not something new... *However, they just don't know how to fix it so instead they blame you for not doing it...* and you look at them and think, '*they are far cleverer than me, so they must be right! I am a failure!*'

No, No, No... their method of teaching fails 99%+ of people who take part in their material. **They have to become accountable. It's not you, it's them! They just can't teach it to you so that you actually get it.** This is why you cannot actually make the law of attraction work. This is why you don't have Total Self Confidence. This is why you Fear Failure... But if 99%+ of children failed their exams then the teachers would 'try' something else wouldn't they?

No... they wouldn't! Why not? Because you, the parents, are not complaining! You are accepting their awful teaching methods as *the way it is* and that they must be right. *1% is not a good success rate!* I won't EVER accept that sort of failure rate. You expect me to go home to my wife and she says, '*what did you do today?*' I tell her, '*I sold 1,000 books, which means 990 people failed, but at least I got to help 10 people...*' Sorry this is not acceptable, just because everyone else does it this way I don't accept it and I never have.

The problem is what I said in the note at the start. These teachers can teach me because my mind is already '*set to succeed*'. So the books and the teachers work for me and so had I not really thought about the actual results of 99%+ failing then I may have missed the real story. You see those wonderful books work for me, but then I didn't need them to as I was 'set to succeed' but they sure sped up the journey for me, so they aided my progress after I was already a multi-millionaire.

However, if your mind is currently set to '*stay where you are*' then all those wonderful books are to you is '*The Illusion of Progress*', and that's why I created Creating A Bug Free Mind to be '*The Secret to Progress*'.

Now may I suggest you stop and read that last paragraph again. You may even want to stop and consider it for 5 to 10 minutes... Because IT IS THE REASON WHY YOU ARE STUCK, AND THE REASON WHY YOU WILL NOT GET WHAT YOU WANT UNLESS YOU UNDERSTAND IT AND MUCH, MUCH, MUCH MORE IMPORTANTLY UNLESS YOU APPLY IT!

I pondered on the whole situation for a long, long time and got very passionate about why people couldn't succeed despite there being first class information out there. Then finally I realised the truth about the mind has to be right before any learning can commence. Then when a persons mind is right you can learn anything and everything you want to and succeed at it.

To prove this is not just hot air. When I first set out as a writer I hadn't reached this understanding, but I knew that getting less than 1\$ of people taking action was wholly unacceptable. So I looked at ways to make more people take action and change their lives. Eventually I hit on a system of teaching which I thought would work and so I tried it out in my first bestselling book. And let me tell you, the results were staggering! 12.5% of readers of my first book sent in a record of their achievements - an average of £50,000 profit from a £20 book! (Approx \$80,000 for a \$30 book)

Forget the money for a moment. The important point is I had just got 1,250% better results than the best of the rest in the self help world! But it didn't stop there. They were just the ones who 'actually' sent in their feedback. Since then I've had hundreds and hundreds of people come up to me telling me how my book changed their lives but they just haven't e-mailed me yet. So this number is certainly much, much higher! According to US government information regarding petitions, they say for every letter, email, or phone call they receive, they know that there are another thirteen people who agree but can't be bothered to send a message in. Well if that

was the number then something like 150% of book readers would have taken action (obviously not possible). So we won't go getting excited about a number that's been conjured out of thin air. However, I think you can see that there was a significantly higher follow through with my work than with all others in the personal development world and that is because I recognise why you can't do it and developed my teaching style so that I can teach you...

Now, nearly 5 years later, and thanks to some unique teaching systems I've finally completed a structured thinking system which ANYONE can use to create their ideal life! You are holding part one in your hands now and it is the culmination of my life's work. I designed this system so that it will give you a 99% chance of success instead of a pathetic 99% chance of failure, like you get with most self help material. I'm not hiding behind any excuses here, it is my intention to help you create your ideal life, nothing less. It is in my own selfish interest to do so!

You'll Need Both Parts

There are two parts which you must address in order that you can create the life you desire. If you do not address them, then you are effectively adding good software onto a computer with a virus. Just imagine calling into a computer shop and saying *'My computer has a virus and I'm trying to load in this new How to Be A Success Software.'* What would the guy say? *'Well you can't load good software onto a computer with a virus.'* Well that is exactly what you are attempting to do with any making money, personal development and self help books. Your mind has bugs which it first begun acquiring in your childhood. They are invisible road blocks which prevent you from getting to the next stage in life.

In your life you'll feel like you are stuck, however, it is just that you are making the same mistakes over and over again, I will repeat this often in the book, every time you feel stuck, think, 'I'm not stuck, what lesson have I failed to learn?' What the first part does is shine a light on these invisible roadblocks. It shows you exactly where they are and shows you easy ways to not remove them, but to dissolve them. In the process it never allows them to form again, in other words it installs a powerful antivirus.

In this introduction I am almost scared to tell you what you will be removing from your mind as it will sound simply too fantastic. When you go through each chapter you will see mental roadblocks just dissolve, which you had previously thought were just baggage you had to carry for the rest of your life. Once you have finished and fully absorbed the techniques in this book then you will have 'Created Your Bug Free Mind'. From there

you have effectively cleaned your hard drive; you have removed all the bugs, you are 'virus free' and fully loaded with top-notch antivirus. Then the second book 'Using A Bug Free Mind' is the world's first success guidance system for the human mind. It is all about installing the correct base program (operating system - structured thinking system) or rather 'process for success' into your thinking. Once that is installed then anything you truly desire is certain to succeed (certain is a powerful word, I chose it on purpose). You will be able to make money, build businesses, attract the ideal partner, or just be happy where you are - you will be able to obtain whatever you desire. You will be able to design what success for you looks like and then simply obtain it. I know it sounds impossible and too simple, but it just happens to be what happens when you start living on purpose instead of by accident.

The problem is though, that unlike the build up of junk on your computer, you can't just re-boot your mind and start again...Wouldn't it be magical though if you really could restart your mind in the same way as you can restart your computer..? Just think what power you would have, what abilities you'd discover, what new things you could create with the software running without bugs!

What would you give for such awesome power? I'm not talking about the time it takes meditating for 15, 20, 30, 60 minutes to re-take control and then to re-start again with a fresh mind, which though very relaxed is still full of the same bugs. *Instead, what would you give for the ability to switch off the noise, to re-boot your hard drive back to new in a period of just 1-4 seconds whenever you noticed it was not running right?* What would that be worth to you? That's right, in just 1-4 seconds you can actually restart your mind in far less time than it takes you to restart a computer.

To really control ones mind has eluded all but the greatest sages that have walked our planet. However, if you listen to them, they all say that it is actually really simple; it just takes an understanding before they worked out that it was really simple. The understanding came when their minds were clear of junk. Some went on 20, 30, 40 year quests to learn how to control their minds. Now I don't know about you, but that's just *way too much effort* for me, in my entire life I wanted the end result with the minimal effort.

My journey led me on a voyage of discovery, I never set out to find a technique which enabled me to be able to switch off and re-boot my mind in just 1 - 4 seconds whenever I noticed it was not working properly. I

wasn't looking for that, I definitely wasn't looking for anything like that in fact. I had a problem, I realised that I had lost control over my mind (my hard drive). I had lost control of my '*natural success mindset*' and I needed it to be fixed. So I figured out how to do it and this book is a story of how I first re-booted my hard drive over a period of two to three weeks. Then how I went on a journey of discovery as I wrote these two books thinking I was writing one, but then realising I had written two.

Without realising what I was creating, I had actually discovered by accident a process for re-booting your mind almost with no effort at all. This technique enables the complete removal of worry, anxiety, stress, fear, overwhelm, depression... you name it...all the bad stuff, can you imagine the ability to just switch them off in an instant! Well just a few seconds?

It's too unbelievable right? I mean we all know people who are very together; the great personal development teachers we have all read for example. However, can we really create this sort of control ourselves?

Yes you can...

I discovered how to almost by accident and along the way I developed a learnable process in which anyone who has the ability to ask themselves the question "*why?*" can learn and implement. If you can think back to the days of your childhood when you asked the question, "*Why?*" all the time and drove your parent's nuts. If you can now just ask yourself '*why*,' then you can obtain this ability.

You do not need to be some guru mastermind who spends 20, 30 or 40 years learning to calm and control their mind, or meditate for countless hours a day. I am not saying meditating is bad, far from it. I am just saying if you 'want' the main benefit which you 'may' or 'may not' attain from meditation, and you 'want' it in the smallest possible amount of time then this is the solution for you.

What will it cost you? Well apart from the price of the book, you will experience the most rewarding journey which will be mentally challenging at times as you wrestle to remove crooked thoughts and replace them with straight thinking. It may take you a few gentle re-reads to absorb and accept certain things which although currently seem 100% real to you, may shortly be shown to be completely wrong (*...you're about to go on quite a ride!*).

If you are prepared to go on a voyage of discovery through your own mind then all the price you will pay is actually pure enjoyment. You will regain the mind you had before you allowed the world to corrupt it for

you... ***You will regain Your Natural Success Mindset...*** As I type this I am excited for you as I've been on this journey and have seen others do it too. This isn't a normal book on personal development in which you feel really good as you read it, in which you learn cool new stuff and you think, yes this is really helping me. Then six months after you have read that book you notice that actually your life is still the same... This book isn't like that.

As readers tell me regularly:-

I am not sure where to start Andy, I have read Think and Grow Rich, about 50 times, The Secret, Abraham Hicks, and your books have made me think more deeply than any other. - Rebecca Jenkins

You are about to read something very 'different'... You'll find within these books A LOT of information which you already thought you knew... But when you find yourself thinking '*I knew that...*' Consider this... '*Am I applying it?*' If the answer is no, then you only intellectually know it... As only if you are applying and living it do you truly know it. And as you'll soon discover intellectually knowing something is far worse than not knowing something. One of the things I do here is bring together the teachings of the ancients, I take from this person, that person... I pull together *what works* mix it with how I think and make it all fit together so that it *works for you*... We all know wisdom when we see it, but most of the time we can't apply it to our everyday lives. What I do is make everything applicable... Hundreds of tiny missing pieces are brought together in one all-encompassing system.

But the reason this system is something very different, is that it is a thinking system... No one has done one of those before, instead they teach you things which you place on top of chaotic thought and wonder why it hasn't worked. But I don't expect you to 'believe' that right now... And when I've finished the last thing you'll want is to 'believe' that... But I do expect you to just be curious enough to begin to read. After this your life will never be the same again, you'll change... It is impossible not to!

The problem you have been attempting to solve is invisible... Which makes it very hard to fix... So if you are wondering why you don't have the success - the life you desire, it is simple. Your mind has a virus... it is full of bugs. You know it would be insanity to upload some new software onto a computer which had a virus... yet that is exactly how you 'try' to create your success. That is exactly what you are doing every day!

I know it goes against the grain for me to criticise what clearly is such wonderful and beneficial information. But we have to face the fact

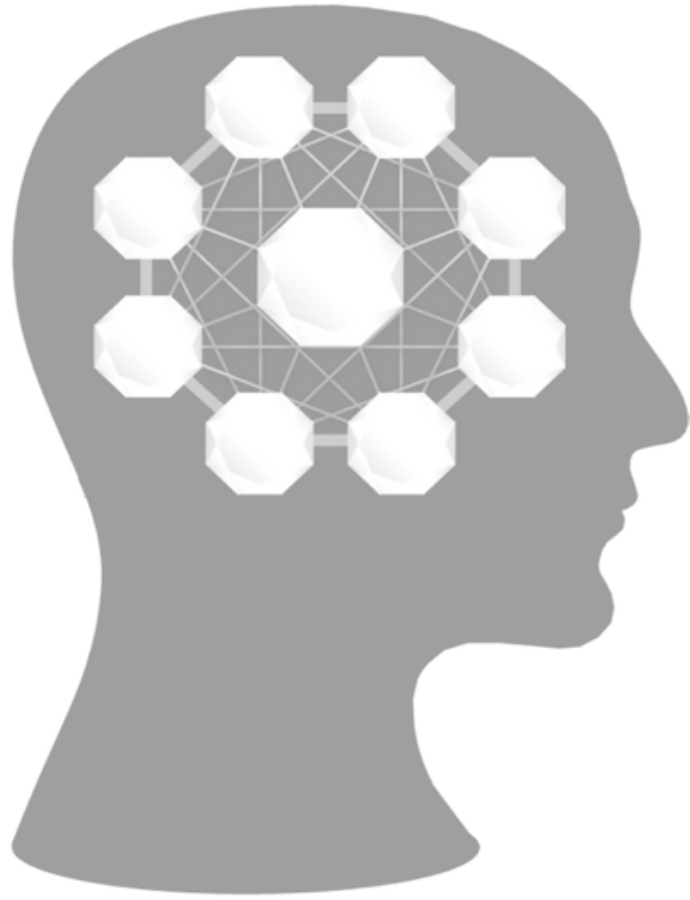
that this system, despite the quality of the information, that this personal development education system, simply fails to deliver. And it fails because of the teachers' inability to explain properly how to the students. I am a student and I am a teacher and I always will be. I can never finish my learning; I will never have learnt enough. However, because I now have full control, I can now program my mind to absorb the new software easily. I can create - I can manifest simply with no effort. And because of the feedback I have had from thousands of people and because of the feedback I'd like to get from you, I am able to get this system sharper and more cutting edge all of the time.

Some things you should know before starting - I repeat myself on purpose, it is part of why I get far higher success rate than other teachers and is a big part of the reason why you don't have the life you desire. As Bob Proctor says, repetition is the first law of learning. To me repetition is a master skill! I am not a hypnotist; I have never done any NLP training or hypnosis training, however, this book is like a light form of hypnosis. It subtly dislodges your hidden obstacles, it gets them to move and then you notice they are there. As you notice them so you recognise that they hold no value and as such they simply dissolve.

As you go through, if you are fortunate/unfortunate enough (your choice) to notice the repetition then use it as a waypoint to identify either an area you have already mastered or an area which you only think you may have mastered. If you do not yet have the life you desire then the problem lies inside your head in the assumptions you have accepted to be real. It is my job to get you inside your head and thinking. Then if you decide to create the life you desire, it's your job to look at your assumptions and observe them without judgement. At the end of this journey you should just know what is solid and what is an illusion. From that point anything you touch will work; you just have to remove the bugs then figure out what you truly desire.

So what will YOUR life be like in 12 months time? Will you just drift along as you are and 'hope' for the best? That's what 99%+ of the population do as they can't do anything else! But NOW, FINALLY... there really is another option you really can choose! So are you ready for something different? Are you ready to go the right way for a change and create your ideal life? Good - well before we start bear this in mind, you are going to feel angry and frustrated at times, you are also going to get pretty emotional as well. This is all part of the process in 'Creating A Bug Free Mind.' And it is all good! You will soon discover that good is good and bad

is good too... When you control how you think... Which means of course,
that it is ALL good!



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www.ABugFreeMind.com

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The Saltori System for Structured Thinking

The books *Creating and Using A Bug Free Mind* describe the step-by-step details for following the Saltori System for Structured Thinking. These books are powered by Saltori Thinking.

The Saltori System is a 'system of thought' which allows freedom from pain regarding the negative aspects of life. Then the attainment of dreams to those which change their thoughts by using this 'new way of thinking.' Saltori Thinking is structured thought applied without effort.

Why do we need a new way of thinking?

We actually need 'a way of thinking,' not a new one because we don't actually have one! We have no thinking system and so by default we have a *chaotic thinking system*. This is why we as humans are in so much trouble, there is no structure behind our thinking system. We are naturally benefits driven creatures and so we thought this was enough. It wasn't the next stage of evolution is simply a system for structured thinking and that is what Saltori is.

Thinking, or more importantly the way we think, is crucial to our success in life. Our thinking is what distinguishes us from the crowd. Thinking is what makes us unique as an individual and ultimately our thinking determines our desired and actual success in life. "Obviously" you might think, but that in itself is an accidental thought if it hasn't been evaluated consciously.

We think accidentally because we were not taught how to think. We are taught to walk, talk, read, write, cook, brush our teeth, clean up our mess, use a computer, drive a car and even fly a plane. We are taught to acquire such skills, as to make them automatic and almost sub/unconscious in their use. Yet the most powerful tool we possess, correct thinking, is left to occur 'by accident.'

Simply, we were never taught how to think, just what to think. It is the lack of a thinking structure which causes all pain in life and in effect pain to oneself and then onto others too. When you install a structured thinking system and use and maintain it, it becomes impossible to consciously cause pain to yourself and to others. Unconsciousness can still

occur as we are all human and we slip into unconscious action by default. But by raising our level of thought to a higher level, then less and less pain is created.

So we are taught to do virtually everything in life that is considered important enough to be worthy of an adult's time to teach a child. But we are not taught how to think, which is the most powerful tool we have for getting what we want to happen. This understanding has been preached and taught by every great teacher throughout time and is already accepted as the way it should be done. But why haven't we got a thinking system to apply the wisdom of hundreds of thousands of years of experience into our lives? Quite simply it's been missed... Or maybe no one could simplify the wisdom of our ancestors so that everyone could easily apply it...

So without a structured thinking system, when you think about it then it isn't any wonder that 99.999% of people fail to get what they want from life... Simply because they don't have a simple easy structured way to think automatically the right way, instead of accidentally thinking the wrong way. Instead of structured thought we just think by accident and we achieve, or in the main do not achieve, because we are using '*accidental thinking*' and '*not noticing*' (not observing or studying) our poor (low quality) thinking as it occurs.

These poor accidental thoughts lead us to our poor decisions, which in turn create outcomes which we didn't want, which in turn lead to a very messy life situation for the majority of people (at least 99.999% of people - so almost everyone, and at times everyone). Then the life situation causes worry, stress, anxiety, depression, fears, overwhelm, and serious self doubt (amongst a whole host of other 'mindset' ailments). And all because we are not taught to think correctly by thinking '*on purpose*.' Simply because we have no structured thinking system our thoughts are chaotic.

Saltori thinking is similar to say a language, English, French, German, Spanish... Each is simply a language which depending on where we were born we are trained to use. Saltori is just a thinking system to ensure that your thoughts make sense and create the outcome you desire, it just happens to be the first 'thinking language.'

To liken what is going on inside people's minds at the moment to Saltori... A person knows each of the words in the language but they have no structure to put them together. For example, a sentence may say, Peter walked down the hill to the shops. But if you only knew the words you may put them in the wrong order.... hill Peter down the to walked shops the... Makes no sense and was accidentally thrown together. Saltori sorts

out thoughts in the same way learning English sorts out our understanding.

It seemed obvious to me how to think, but then I was in the successful minority, one who failed society's hereditary programming. The challenge was there was no system to teach structured thinking to the majority who were/are not successful. Quite simply everyone had missed the fact that we needed one in the same way that Thomas Edison recognised that we all needed light bulbs.

So this is why I created the Saltori Structured Thinking System.

Saltori Thinking

Saltori to me means - *"Purposeful use of my mind's power to achieve health, wealth, wisdom and of course inevitable success."* To others it may mean a serene harmonious life. It is structured thinking to achieve order in your mind as opposed to chaos and anarchy.

Saltori is:-

- Structured thought applied without effort
- Becoming predominantly awake (being present)
- Thinking on purpose, not by accident
- Thought consideration
- Thinking consciously, not acting unconsciously
- Intending without need, without want, without hope
- Relaxed, harmonious, serene and above all happy living

Saltori thinking is a system for thinking about everything you allow into your mind. It is automatic thought evaluation which you are aware of not unconscious to. It sounds like it's hard work, but hard work goes against the entire understanding of Saltori.

The Saltori System of thinking is a number of simple thinking techniques which allow you to be proactive in your thinking and not reactive. It allows you to take back control of your unconscious thoughts and behaviour by simply noticing that you are in fact not awake but sleeping through life. Saltori thinking is about thinking on purpose instead of allowing thinking to happen by accident.

Saltori thinking is a way of living which simply means that whatever you choose to do with your life, it is harmonious, serene and above all happy. Saltori removes pain and installs a system whereby you seek out and find pleasure in everything you do, and in every area of life.

Some of the uses of Saltori Structured Thinking are:

- Know your true life purpose
- Effortlessly create any desired outcome which aligns with your life purpose
- Eliminate doubt, worry, negativity, fear, stress, anxiety, depression, overwhelm, and loss
- Eliminate or use procrastination
- Find true love
- Discover yourself, know yourself and master yourself

So Who Taught Us To Think?

We are supposedly taught to think by our parents, but were they right? Who taught them how to think? No one. So the way we think *'happened by accident...'* We are not taught how to think, we are just shown *'what to think!'*

I struggled for years with... *'why do we think it's supposed to be that way?'*

I was always questioning why people thought the way they did... Why I was supposed to think that way too? I didn't understand why they all just seemed to 'fit in' with the way everyone thought. When I asked people why they thought that, they'd come out with something like, *'Well that's the way it is!'* Or, *'I don't know, that's what I was told!'* Or, *'Everyone thinks it's this!'*

I knew I thought differently, but I couldn't ever explain what I meant to people. When I attempted to explain something, I'd be getting somewhere and then their thoughts would close in on the subject. At that point it wouldn't have mattered if the most powerful thing in the Universe had appeared and said, *'Look he's right...'* They still would've *'known'*, not thought, I was wrong.

Now this fascinated me more, why did people know things that weren't true? Surely there was a fault in this *'knowing'* things system we had for thinking. So I became fascinated about why we *'knew'* things that just weren't true.

People said to me things like, *'All this thinking you're doing is dangerous.'* Where did that come from? Was what I'd think, and of course it came from their fear of the unknown. So what was this irrational fear of nothing, a fear of something that wasn't there? All of these irrational

thoughts my parents, my peer group and my teachers all had, they all fascinated me...

But then one day a couple of years after I had made my first fortune and become very successful, I found something else to think about... I became fascinated by '*how I was able to succeed where others continued to struggle for success.*' On the face of it these people were no different to me.. I had no special skills, gifts or advantage and definitely not a privileged background... So why? Why could I easily succeed where others struggled? ... Up until that point I hadn't realised '*I was successful.*' And that my success had come about because '*I thought differently.*'

The Saltori System came about thanks to my interest in finding out why others couldn't succeed. Then when I discovered that I saw exactly how to take an unsuccessful person and show them how to turn themselves into a successful one... And how to take a successful person and how to turn them into an ultra-successful one.

The system involves an instant technique which is the tool to use to stop the build up of garbage/junk. Just mastering this tool can take moments to months depending on the individual and is a process to be enjoyed, but if applied relaxed can be mastered by most within a week.

This tool then provides a system for controlling your mind. Think about it as, *there was at best semi-organised chaos, at worst anarchy and now there's order.* Then the rubbish (garbage/junk) that's either been installed in there or created whilst in there must be removed in an orderly process. Once that is underway then removing the problem which caused the chaos and anarchy goes in next.

At this point you are in control of your thinking to a reasonable level and then it involves rooting out '*bugs*' in your system and continual repetition in the area or areas you need fixing... This is the same as with any tool, you pick it up and use it to complete the job. Learning it is useless, however, applying it until the problem is fixed results in the desired outcome (this is not rocket science but does involve common sense and when learnt it gives a person 'uncommon' sense).

Then you have to find out what you truly want, as without knowing that then you are '*living by accident*' not just '*thinking by accident.*' So you look at your past for clues, you experience your future and decide what it is you want to do with your life. Then you simply design a map of how to get there. Until this point of life you have been wandering aimlessly

about, occasionally going after something you noticed. This creates the map for your life.

Lastly and most importantly your mind is part of your body and your body requires maintenance. Just like you feed your body with food you have to continue to feed your mind with the way to think (or another way to look at it, is you have to keep your thinking system clean). This is just like doing a crossword puzzle or word search, or anything you do to entertain your mind. But you just feed it a little of what it needs to keep your structured thinking system in order.

The net result is the life you wanted. This is living on purpose and not living by accident... This is Saltori Thinking and these two A Bug Free Mind books lay down the process to attain this level of thinking which is very basically a structure for our natural uncorrupted thinking. Saltori through A Bug Free Mind gives adults the same natural success guidance system that we all had naturally when we learnt to walk.

For A More In-depth Description of Saltori just visit:-

www.Saltori.com

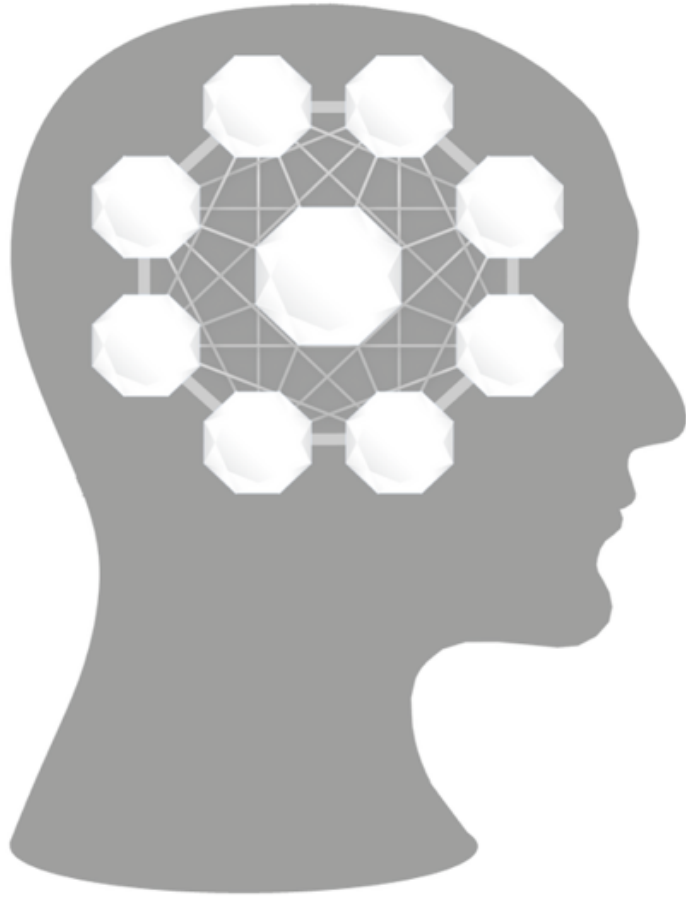
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Please Share Your Feedback - Thanks To It This System Will Keep Getting Better

Your feedback is essential to the continuous improvement of this system, please can you let me know what you think and leave your thoughts on the webpage below. Please feel free to share any inspirational thoughts as well so that they may inspire others. If I use any of them in a future book then I will send you a complimentary signed copy.

The Law of Reciprocation works exceptionally well with feed back; as you give it you will find that you always learn something else. So I look forward to hearing from you.

www.ABugFreeMind.com/Feedback



SAL (永) **TORI**

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How To Get The Most Out Of This Book

You probably won't realise it now but you will one day soon. You were supposed to find this book. You asked for the solution and you found this and even though you may not know it yet, it really is the solution. And yes I am certain that all authors think the same thing about their books too. Well you are the judge of this statement.

There are two requirements for you to get the most out of this book

1. You have to know this is the missing piece (that will come naturally soon - do not force it, let it come)
2. You have to read and apply what you are told to (yes, that's the hard bit!)

Here are some techniques to make this as easy as possible. The first thing is to just go with it and don't look to rush or to force things. Just let things unfold and observe them as they do. Read through the chapters as fast or as slowly as you like, the magic solution is not waiting for you on the final page of the book, the magic is written on every single page.

The point of reading this book is not to get to the end and feel that it was good. The point of reading this is you clearing your mind of all hidden bugs so that you can then create by design. You will not be able to absorb everything on the first read through. Stop and re-read a chapter if you didn't get it. If you didn't remember a chapter then that's because your ego doesn't 'want' you even knowing it for an instant and may have even blocked it out. We've all read books a second time and found more value in them and thought I don't remember reading that the first time.

Well in this book I go through and remove all of the layers of 'crud' which have built up over the years. Just reading any section will mean a massive improvement in your mindset as you will soon find out. However, it is when you have removed all layers fully that you find you attain a clarity which you lost when you left childhood, you will get back your natural success mindset, and it is natural... Don't let ANYONE tell you otherwise. You were born with a *natural success mindset*. However, life's programming screwed it up and continues to screw it up more each and every day. These books get you back to where you were before it all got messed up and give you a structured thinking system to replace the chaotic way you and virtually every other human thinks currently. So it is well worth your while to spend time thinking and re-reading as the upside will last the rest of your life.

This is no sales-pitch now, this really does do what it promised to do. The only reason it wouldn't is if you haven't 'absorbed' this information. There is no book around the corner, or a greener field which has the answer. You have it, you now just have to read and apply it. Remember you are not reading for entertainment, you are reading to learn how to change your life, so use this as a reference book.

If you are just skimming this now to see when you should add this into your reading list then... it is now... Well I would say that wouldn't I... But it happens to be true. As no other book in the world gives you a system for thinking... It's the first, a one of a kind and is why this is different... And before applying new information it is logical to put the system in to handle it first... So this really is the book for the top of your list as ALL other information follows on after this... I'm just being logical for you... Once you've read it then you'll agree with me... Right now you probably don't, hey, that's ok it is your choice... Just attempting to get past your gatekeeper!

Now there is a shortcut to extracting the value out of this book! The shortcut is to read this book only once, and you will remove probably 70% of your bugs - which is fantastic. You will tell others what a revelation this book is and how wonderful you now feel. I will have great success from it as you will spread the word. However, your life will probably not be much more of a success. It might be, but it is not something which is 'certain' yet. To get to certain means you have to remove the vast majority of the bugs. So a second read, would probably get you to 85%, a third to 88%, a fourth to 90%, a fifth to 92%, a sixth to 93% and maybe by 50 reads you are in the 96 – 98% bracket. Basically the exact figures do not matter; you will never attain 100% unless you attain enlightenment. And if you do that, then you'll realise that nothing matters anyway and won't be bothered about achieving success. So unless that is your goal then I would suggest aiming for over 90 – 95%. As it leaves you in a wonderful position and you will be an expert!

This is a process of life change - the vast majority is achieved in the first few weeks, however, the permanent change is cemented in over the following months and years. The point is, this is a real life changer, you will go through this process and discover the real you - what you really 'want' in life - and you will enjoy the process. Do you remember when you were learning something and it was so good that you wished it would never end? Well be careful to not rush through and think that you have learnt something when you haven't... *this book is about you changing your life*, your life is not a race to get to the end as quickly as possible and neither is this book. Read and absorb. The shortcut is *really the long route in*

disguise as unless you change, you will be forced to make the same mistakes all over again. Don't be one of the ones who leaves feeling wonderful at a 70% removal only to look at your life in five years time and ask what happened! Fix it now so that it is fixed and stays fixed forever.

Stop in the book whenever you 'want' to think. Go inside your mind as often as you feel necessary, time spent there is well invested. If you are struggling to get through pages because your mind keeps going off, that's a good thing. I remember when that happened to me with Eckhart Tolle's *The Power of Now*. It did my head in as it was too intense. I was frustrated as I wanted to read more pages but often I was stunned by a single sentence and I pondered it for the entire time I had allotted to reading. I ended up putting the book down and returning to it again several years later when my mind was ready to accept it. Just keep going, you are changing and change happens as it wants to, so just go with it. Your speed reading skills may well hinder you badly here. So be sure to absorb carefully as your mind needs time to adjust.

Don't forget to use a highlighter, trust me you are going to need one! This will help you later when you are reviewing it again. You'll see what bits you absorbed and how you changed and now are.

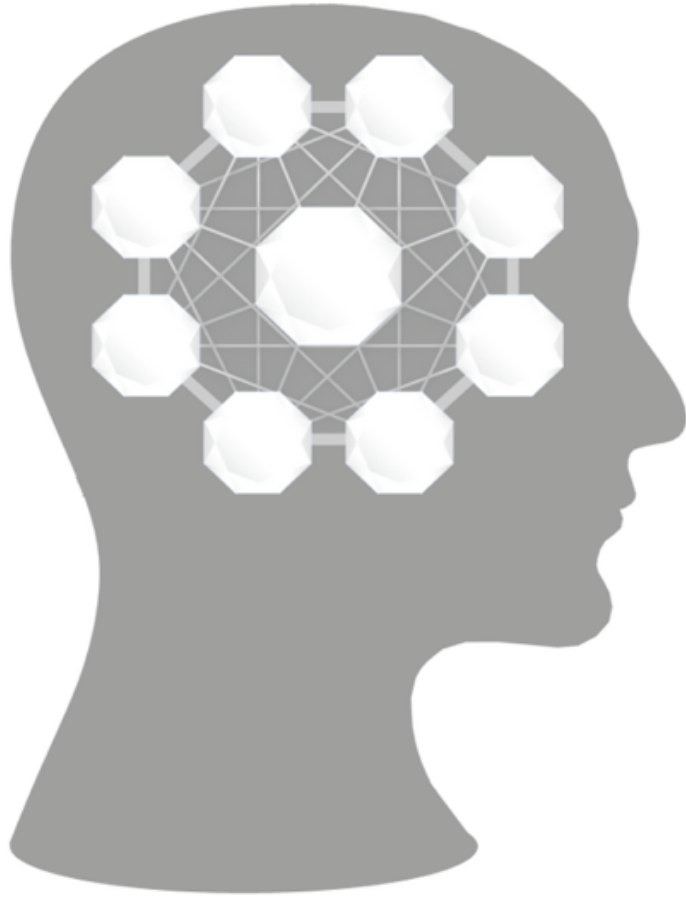
Let's get started...

Please Note: I use the word success a lot but success means different things to all of us. It can be success with money, success in your relationship, success with your children plus thousands and thousands more. So when I use the word success to get the maximum shift in your mindset please consider success to be whatever success means to you.

suc-cess  **[suhk-ses]**

noun 1. The accomplishment of an aim or purpose.
2. The attainment of popularity or profit.

I suggest you take a few moments now before you begin and just consider what success means to you, and if you feel like it then just allow yourself for a few moments to feel that you are actually going to get it.



SAL  **TORI**

www.ABugFreeMind.com

CHAPTER ONE



From Gold To Sh*t

*~ “Knowing others is
intelligence; knowing yourself is
true wisdom. Mastering others is
strength, mastering yourself is
true power.” ~*

Lao-Tzu

You Can’t Out-Give The Universe!

From 2002 to the middle of 2008 everything I touched turned to gold. Property, business, on and offline, health, life in general, you name it! Whatever I touched turned to gold. I had been in business for a long time before then. However, a life changing moment set in place a sequence of events that led me to discover exactly how to create certain wealth. I

didn't know that was the direction I'd taken, though I look back now and can clearly see it was. I had learnt exactly how to make the magic happen for myself - exactly how to create abundant wealth. And within five years I had learnt then uncovered a way of how to actually teach this magic to others.

It was actually in 1980 when I was just 13 years old that I first heard about how things actually worked, when my millionaire great-uncle Dave told me that one day I would be a success and become a millionaire. He told me I was going to have a fantastic life and I would help a lot of other people to do the same. Most importantly he said I was going to have great fun doing it. He didn't spend a lot of time with me as I was far too interested in playing with the air rifle he'd given me. But while we were on holiday for two weeks at his home in the New Forest I spoke with him a few times. He told me that I had most of the skills I'd require to become rich and that any skills I needed I would be able to find simply by asking for them. That, as if by magic, the people I needed would just come into my life. He said not to worry, I'd recognise them when they did, as they would have a sign on their heads. Indeed they did and still do!

Well quite a lot happened between 1980 and 2001 but it was in November when the big turning point of my journey happened. We were at lunch when my business mentor turned to me and said, 'Look Andy all your ideas are great, they just lack money.' Something switched in me and I just went, 'Oh I'd better go and make some money then.' Now up until that point, I had virtually forgotten what my uncle Dave had said to me. It had come back to me in my late teens because I lost my way in my teenage years as most teenagers do. It showed up occasionally over the years and then it came back to me later that evening. I suddenly realised that I had not achieved the goal that my uncle had set me, which was to become a millionaire. I had forgotten to do it!

So I went away and figured out how to make money, did months of research and then announced what I was going to do to make my fortune in February 2002, when everyone except my wife laughed at me. I came home from telling everyone at our board meeting in which they had all told me I was wrong and if it was that easy that everyone would be doing it. Alison asked me what I was going to do now. I said, 'I don't know, what do you think I should do?' She said, 'You're right, they're wrong, take everything we've got and do it.' My life turned again at that point and I got started. I didn't become a millionaire overnight, it took a little longer, but in approximately 7 months I was a multi-millionaire.

The decision I made to just go and create money led me to discover exactly how to create riches in property. However, it actually taught me how to create success; property was merely the vehicle I chose to do it with. But property and making money were not really what I loved to do. Yes they were great fun and I had fun getting them off the ground, but when they were off the ground I got bored with them and wanted another challenge. As my business mentor Mike said, I should be sealed in a box marked open ONLY if you need to get a business off the ground! He says I'm the best he has ever seen at that and praise from him counts. It wasn't until late last year that I finally figured out what I loved to do, and what I wouldn't ever get bored of doing...

So in 2002 I had learnt the skill of success, however, it wasn't for another three years that I would really see where there was a problem in the 'success industry.' It's a secret problem which the industry doesn't like to talk about. The problem being that most people can't create success, they can't find the right path to get on. I discovered after I was already rich that there were actually self-help books that taught people how to make money... That's right I had never read any of them; I created millions all by myself, this was through total ignorance and the education system beating me up with boring books. Up until that point I had probably only read 5 to 10 books in my entire life. When I discovered personal development books I just couldn't stop reading.

However, when I studied them I thought, wow this is great - with these books anyone can get rich. I then of course noticed that despite these books being everywhere and despite lots of people telling me how good these books were... that people simply weren't getting rich! There were millions and millions of books, but not millions and millions of millionaires! There were a few but they were the ones who would have made themselves rich anyway. There didn't seem to be any difference between people who studied personal development, and those that didn't, getting rich. Sure the people seemed happier, but they weren't any richer. So this puzzled me. Eventually I realised that the way the books shared their wisdom wasn't getting through to the vast majority of their readers.

Now, my dad was a teacher and I had always thought of that as a poor choice of profession as you weren't paid enough. However, my dad taught me different ways of learning as he helped me with my homework. He explained that there were always ways to teach it, and a lot of people's minds worked differently. You just need to teach in ways that the majority can understand, and then the majority will help the minority to get it as

well. He didn't say it, but I assumed that *it was daft to just teach the cleverest children and hope that the rest would get it.*

In 2005 I attended a seminar and heard that just 1% of people retired rich. In other words, people worked their entire life, struggled throughout, rushed around, continuously emailing and phoning and the financial basis of their lives resulted in a 99% failure rate! Now, I got incensed by this statistic, it really did anger me at the time. As how could we have bought into a system that had that failure rate? How could we be living our lives just 'hoping' it would work out tomorrow, next week, next month, next year? This statistic wouldn't leave my mind, and then when I thought about all the people who were reading personal development books, surely this statistic must change. Then I looked around, virtually everywhere I looked it seemed that there was this 99-1 ratio. But why? After all, I had made riches and I knew how easy it was to create.

Then when I was researching for this book to prove the 99-1 statistic I found the real truth... That the odds of success were far worse than 99-1, in fact it is 714-1 against you having a net worth of a mere \$1 million. We're not talking cash here, we are talking your home, assets, cash, everything. So this is a fair sum but it's hardly really rich. But then the odds of you becoming worth \$30 million which is an Ultra High Net Worth Individual (rich) are just 75,178-1... So if you're good with maths then right now you'd be wishing that the 99-1 chance was real. It isn't and it isn't even close. But for the purposes of this book I'll be using that to demonstrate odds.

Back in 2005 before I knew the real odds I resolved then to find a way to share what I'd learnt, to be able to explain what I'd worked out how to do. To put it into a language that produced far greater results than any other personal development book had ever done. I resolved to change that statistic for anyone who manifested my teaching into their life.

I left this idea to sit for a while, then in 2006 I attended a seminar in which the speaker said, you are not an expert until you write a book. By this time I had finally figured out I was an expert in property, even though I never intended to be, so I decided to write a book about how to do it. As I wrote the book I put in place a lot of different bits that changed the way the information was being explained. Money For Nothing And Your Property For Free was the right book at the right time so it was an instant success. The book went on to become the UK's best ever selling book on property investment and all this happened whilst we were still just doing our market testing. The book taught stuff in a different way. The results were fantastic,

the actual feedback showed an average of £50,000 profit per book reader and 12.5% of my readers had responded. This may not sound like much or much of a difference, but this was 1,250% better than any other book on personal development. At least I have not heard of another which has achieved anywhere near this. But it didn't stop there, there were a vast number who never emailed me but still come up to me today and tell me that my book changed their lives. And there were also a number of mistakes I made in actually getting people to read it once they bought it which I intend to have solved with this book.

But in the main my little experiment had worked. I had found a method, a style of teaching if you like, which created results for the masses, not for the minority. After that I got swept away by the fact that I was this 'property mastermind'. I didn't get into property because I loved it, I got into it for the money; I mean I did love it for a while but in truth I love getting things off the ground, which others find hard to do. I love simplifying things and showing people my system. I love making things work which other people can't, and getting to share in the pure joy of watching and hearing about them making it happen. Basically I get real pleasure knowing that I've helped them. My goal is always to make people £1,000 for every £1 they spend with me as I know and abide by the Law of Reciprocation... basically I know I can't out-give the Universe, however, I intend to give it a good go!

A Very Brief History Of Me

I trained as an apprentice cabinet maker as I was good with woodwork. My mum knew I was going to go into business later in life, so she wanted me to have a trade to fall back on when I screwed up (which she obviously knew was inevitable). Right from the start I was always taught to never enter a room without knowing where the exits were. People often say don't have a plan B, well I've always got ready B, C, D, E, F, G, H without any effort. They are merely alternate routes to follow if this route doesn't work out so well (I know there is an abundance of 'other options').

I finished my training, and then moved to another company for five times the money. When I got there I quickly became hated as I systemised that job, in the end making five times as much as any other worker. It was simple – I installed a system and applied it. Once I was fed up of being hated there, I went and learnt to install home improvements. I studied that whilst working for 18 different companies in three years and when I was sacked from the last company, I was earning three times as much as the next best fitter.

By this time I had all the skills I needed to work for myself, so at the ripe old age of 23 I thought I was a businessman and went to work for myself... boy was I in for a shock! I spent 11 years figuring how to get rich whilst building a business with well over 100 full time employees, and another 30–50 sub-contractors and part-time staff. I liquidated a business or two along the way in the school of hard knocks. Finally I got fed up of everyone telling me that 2% net profit was really good for this industry!!! I thought they were mad, either that or I was. So I got fed up trying, and getting nowhere, to become rich in that painful industry. Don't get me wrong, I loved the whole journey - It is just that I went into business to make a financial success and that business wasn't ticking the box.

So instead I figured out how to make millions from property and sold out the old business. When we decided we wanted to sell, then as if by magic within two weeks a major competitor asked if we were interested in selling... Well not really we said... but you may twist my arm! So we sold out of that business and we became full time property investors. I had a truly fantastic time for 7 years; I owned stacks of stuff including loads of Ferraris and Lamborghinis and had many unbelievable experiences... I became fascinated with doing business online... Worked on various niche product launches doing multi-million pound launches, always selling out in seconds not hours... I became fascinated with learning marketing.... I became fascinated about health and nutrition after losing over 140 lbs.... I'm also married to my lifelong partner Alison, we have been together since 1988 and we have two wonderful children David and Sarah. We live very happily in West Sussex in the UK.

Life was going great and I had developed multiple businesses all around the property niche.... Then the credit crunch literally stopped play and I was back to square one... BANKRUPT... I realised I had lost control of my mind so I went on a very, very enlightening journey... I fully regained control and my ability to create with just thought... Then decided to apply my knowledge to training others how to create by design and stop living unfulfilled lives.

How I Ended Up Bankrupt (Basically, How I Screwed It Up!)

The story of how I ended up going bankrupt is as important as the story of how I was a success, as I used exactly the same system to destroy my life as I used to build it. The problem is I used it unknowingly; therefore, I created my life by accident and not by design. This also shows the thought process, which led up to how I made my mental connections

and joined up the dots so that I was able to switch back on my 'success' engine, which up until I screwed up, had been going really well. I had experienced massive success, I was experiencing massive failure, and I knew I would experience massive success again. However, right then I was doing something wrong and I knew I had to fix it. So first I had to find out where I was doing it wrong...

I entered 2008 and I was on fire, one of my businesses had just been valued at over £17 million. I was in the process of releasing millions in equity and I had a new home study course coming out in the next few months. We were approaching our target of profit from just book sales before we went to the mass market. I was healthy, fit, keen, loving it all. I was just putting into place the start of a monster business plan which shortly saw us generating millions in sales online in just a few seconds. This model was set to change the game for foreign property ownership and at the same time generate an increase in tourism numbers for our chosen country of Cyprus. We had tested the system and it looked wonderful. However, right at the point of us starting this new venture the world of finance was changing. The very foundation on which I'd built all of the businesses was just about to turn to sand.

In July I really was on top of the world. Everything looked like it was all going to my plan, which was to produce a business model which returned significantly better returns for property investors and a vastly improved holiday for tourists, as well of course as an absolute fortune for myself and my business partners. Well, we were standing on the edge of a business that could easily have been modelled and sold around the world. I 'believed' it was going to be worth hundreds of millions. All I had to do was direct us the right way and then get out of the way and employ some very clever people to turn the raw business into a real business.

Also that month we had just managed to attain the Holy Grail in marketing and were making a profit on just selling the books without our vast back end sales funnel. We were about to launch on to the mass market and really vamp-up our sales. At this time my other business had experienced a 50% drop in sales volume because of the credit crunch, but I knew with us going to the mass market with book sales that we would have 5 to 10 times as many prospective clients and this was only a temporary setback.

Though things went downhill sharply in August, by September 2008 we knew something was really wrong. Earlier in the year when Bear Stearns went under, I thought we were on the verge of a meltdown, and now

Lehman Brothers going was awful news. I watched, as the world seemed to be oblivious to the abyss that we were standing next to. I remember thinking, well the game's changed now! However, the people guiding us in Cyprus were still convinced that it would all be ok and the banks would return to lending soon (actually they didn't change that view until May 2009). However, I was not convinced - I saw the people who pull the strings make wrong turn after wrong turn and thought this is going to get worse not better. But there was no turning back then, we were committed to making it work and so carried on.

So in October 2008 I saw for the first time how all that I had created could be wiped out by the credit crunch in a matter of months. I had left myself cash-flow exposed, as I was in the process of releasing millions from my equity when the banks pulled the plug on mortgages in March 08. The 50% sale of our business Passive Investments, which was looking like raising us approximately £8 million, fell through and so this was another big knock. Things went from bad to worse, sales in all businesses imploded and nothing new was happening. Property was no longer 'flavour of the month' and I was fully exposed with all of my focus on a niche, which the world now hated. It was mid-October 2008 when I think I first accepted the fact that this could fail. This is where I am pretty sure I let lack in, though I have not yet tracked it back to the precise instant, however, I will find it one day.

What technically killed my financial position off was a personal creditor who, for whatever reason, had decided in October 2009 that he thought he would stand more chance of getting his money if my estate went into the hands of a trustee, rather than having to accept that I could just not afford to pay now. I think he had been given some pretty poor advice, as to me the logical action was to wait and see. I had been a massive income producer before, so to me it seemed only logical that I would produce massive income again. Though at the time I could not say how, as I was going to have to create this again from the ground up. I didn't know how, I just knew I would.

Going back a little way, in early June 2009 I realised that I could no longer maintain my position and now I was going to financially live or die by the good grace of my creditors. There were about 80 personal creditors (from memory) who could make me bankrupt with various loans ranging from £15,000 to £500,000. All of them carried a personal guarantee so I was completely exposed. I had no problem with exposing myself when I took the loans out because as I wrote in my first book, the only way this system could ever fail was if all the banks stopped lending money... a Black

Swan event... and unfortunately, those sort of events happen from time to time!

I wasn't concerned about my institutional creditors, as I knew they would play the long game, so my only other concerns were the tax man and my personal creditors. If I was going to survive this I would fight one battle at a time. I considered making myself personally bankrupt but considered that to be a cop out, so instead I would get everyone's support and make the money again. Don't get me wrong it would have been far easier to go down the bankruptcy route from the beginning.

So, with making myself personally bankrupt off the table and nearly all my creditors being ok with a wait and see policy, I turned my attention to solving the problem. The current business plan was officially declared 'in the toilet', so I had to come up with a new plan. I looked into multiple different businesses, all of which I believed I could make work. I picked one - it failed, I picked another - it failed, I picked another - it failed. I had a process for finding quick results and knowing whether or not a business would work, so we'd put in a week or so of work go and test the market and see what results came back.

However, the results all came back as a failure, every one. Everything I tried to do failed, there wasn't even a glimmer of success in any of them. Things I had done in the past and succeeded at just failed fast. From everything I touched turning to gold, now everything I touched turned to sh*t. Now I am a very together person and this was doing my head in. I would have long conversations with Alison about it. I just didn't get it - how could all these things which had worked so well before, not be working now? Everything was not working where once everything was working... What had changed? What was I doing wrong?

In August, all bar two of my creditors had said, "we'll wait for you to sort it out". Don't get me wrong, they weren't happy about it, but they knew that either I would create money again, or eventually my property would, or at anytime they could always push the bankruptcy button. However, there were two who just didn't 'want' to know, they thought they would have more chance of getting their money if a trustee controlled my assets. They thought I had buried a big pile of money somewhere and that the trustee would find it.

I explained that they would be far better off waiting and seeing what happened as they could always push the bankruptcy button later. In the meantime they wouldn't be crystallising their and everyone else's loss; well, their minds were almost in as much trouble as mine was. Obviously there

was no pile of money and this has subsequently been proved. But they 'believed' there was, so one of them pushed the button and I was made bankrupt on 21st December 2009.

Now this creditor also knew that between my business partner and myself we owed around £5,000,000 to other personal creditors. So if they had received good advice then it was clear that there would have been an almost certain crystallisation of 80% minimum loss for everyone, and that was the best-case scenario! As they subsequently found out, 20% recovery was not going to happen. This sort of thing is why the banks don't like to make you bankrupt. They will play the long game and wait to see what happens; the long game isn't a nice game to play but the odds are a lot better on you winning.

Anyway, patience was lost and I was made bankrupt, which of course was the very best place I could have ended up given the then current situation - I was set free! About 8 weeks before I was made bankrupt it all became very public and the intensity of the situation was put into the public eye, however, by that time I was back in control of my mind. During October I had fully regained control, so when it was all kicking off and I was the devil with two heads, I was able to just observe everything. Despite my financial world crashing down around me, the hurtful accusations being said about me online, the obvious anger from all financially concerned and others in general. I was at total peace and contentment and this is simply because I controlled the illusions of fear and worry. This whole experience has forced me to look at my every thought and I have learned and re-learned so much about myself. Many people lost money, but I lost the most money. So I was the biggest financial loser yet - I was also by far the biggest financial winner. This whole experience I saw as the most wondrous gift and I was grateful for it.

Why? Because I had no debts and a perfectly functioning, streamlined, improved success engine sitting between my ears. What's more, I now knew exactly where the line was, I knew just how fast I could take corners in the future. So I had fixed my mind completely and was now just considering the exact ways I would like to use it again. I once again had full control of the power; I could use the law of attraction on purpose again. Of course I had been using it all the time; I was just using it to create the wrong thing. I was obviously not using it to create growth but to create loss. The Universe makes no bones about this, we use the law for good or for bad - it is our choice.

I was no longer rich but wealth is something that can never be taken away, it has to be let go of. Wealth is something you are, and I knew I would always be wealthy. I knew I would always make riches again, to me this was just a temporary setback - an opportunity to begin again more intelligently, as Henry Ford would say. But that isn't a line I just say, it is a way of living. And just in case I forget to mention it, I won't be doing the going bankrupt thing again, as I've had a go at this experience and it is something I only needed to do once. I do think though, with hindsight, that I actually needed to go bankrupt for numerous reasons. One of them being my own curiosity and relish in building the blocks up again. I loved that game as a child; the fun wasn't looking at the blocks constructed, the fun was building up the blocks.

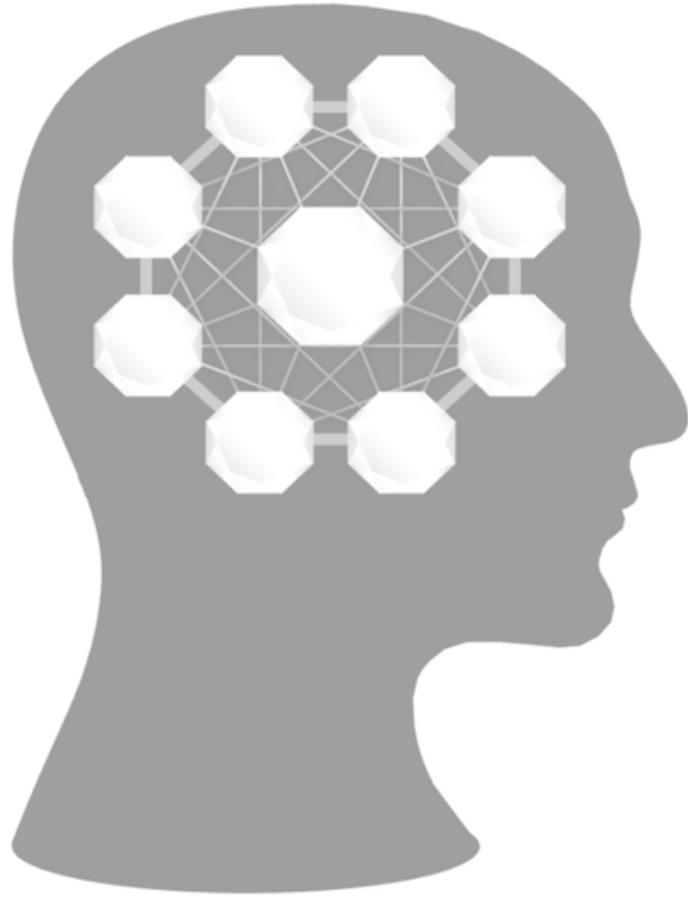
In 2003 I said to Alison, we've made it now, but wouldn't it be fun to have it all fall down and I'd get to make it all over again? She said to me don't you dare do that! She knew what I was like and she knew that's how my mind worked; I think subconsciously I probably desired this - I know subconsciously I created it.

When I knew it was all going to come crashing down, I went through the worst case scenario with Alison. Apart from saying to me that I did it on purpose she also said to me, *'I don't care if we lose it all, you made it once, you'll make it again. If we have to live in 'government housing' then it would only be for a short while, while you made us our first money again.'* For richer, for poorer!

We were poorer now for sure, as in 2009 I had to ask her to sell her Ferrari to ensure we had money. That was a fun conversation to have! I explained it was only temporary and that one of the first things I would buy her after we were through this would be another Ferrari.

So I went bankrupt, and just before going bankrupt, having all this public humiliation and personal threats made against me, whilst all this was going on, I was perfectly still and serene. I had never felt such absolute peace and calmness as I did at that point. I was observing everyone else and their stress, fears, anxiety, worry and yet none of it had any effect on me. It was not that I didn't care, it was just of no interest to me. It held no benefit for me so why would I choose to allow it in?

The journey of how I got calm, how I regained control of my mind and removed all of the invisible obstacles, started a few weeks before everything went public....



SAL (永) **TORI**

CHAPTER TWO



The Turning Point

~ "I can't stand no more!" ~

Popeye

Who Is Controlling Your Mind?

Side note: - I wrote in my first book that the backbone to wealth was property investing and whilst it is a very good strategy, it is not the backbone. The backbone is your mindset; a powerful positively driven mindset can actually create powerful real magic in creating the life you design. However, a powerful negative driven mindset can actually create powerful real magic in un-creating your life by-design too.

The journey started when I was at a point of my own life where I was about to become a complete financial disaster. The seeds had been planted for a while and it was about to collapse around me. I reached a point where I realised that where once everything I had touched had turned to gold, now everything I was touching was turning to sh*t!

It was in early October that I reached my lowest point, I couldn't cope with the continual bombardment of creditors. They were asking for explanations and intentions. I had already started to standardise my responses but there was a lot of individual work needed on each response, and each response required several replies and a lot of re-reading the responses to be sure everything was appropriate. Nearly all my creditors

were excellent and, whilst angry or disappointed, looked commercially on the situation.

But still, as there were so many emails and letters which all needed a response, the re-reading and the answering of emails was all having a bad effect on me. I was intimately aware of how bad the financial situation was and I was dealing with virtually zero income for 2009, which in previous years had not been below a million or two.

I was surrounded by negativity in the emails and the responses. Even the positive responses, which I was very grateful for, were still to do with the negative situation. The lack mentality and my life situation were doing their very best to engulf me. I can easily understand how people could commit suicide or just run away if they are in that sort of situation and let their emotions rule their decisions. It's like being trapped in a cage and waiting to be slaughtered. Frankly it is horrible and I send positive thoughts to all that are in that situation, whether it be from their own doing or not, but I do not feel sorry for them!

I do not feel sorry for anyone anymore. Not because I am nasty, just now I understand that this is a lack thought that can hurt and when I see situations where once I would have felt sorry, now I just see a positive outcome for them. I'll cover this in more depth later on in the book.

Back to the point, I was at an all time low and I realised I had lost my automatic success mentality where I was certain of the outcome. I was still able to segment off my days into 30 minutes here or an hour there of positive stuff. But my life situation was pretty much a nightmare for all outside of personal stuff. My mind controlled me by getting me to look at the future constantly or what mistakes and bad choices I'd made in the past. The past and the future was where I was living, the mind kept me out of the present moment as much as it could. Unfortunately I could not create a new future from the future or the past; I needed to be in the present as that is the only place where creation can happen.

There was no way my mind would slow down, let alone stop. It was a nightmare, a living nightmare, as I am someone who likes to plan everything and I often joke with people that I don't go to the toilet without a plan. But how could I plan for this? I was not able to plan my way out because I was continually having rocks thrown at me.

It wasn't just my creditors throwing rocks. Everything I was trying to do to solve the problem, all the new business ideas, were chucking rocks at me as well. Where once everything I tried went right, now it was all going

wrong. My mind couldn't understand what was happening, as it thought 'Well I am doing what I have done in the past, why is it not producing money now?'

The reason was that I wasn't quite doing the same things. The key element to creating wealth – where your thoughts are – was in the wrong place. I had a map, but it led to the wrong destination, so each time I tried I ended up in the wrong place.

At some point in October I suddenly realised that I was not doing the right thing, or the right thing in the right way, and that I had to figure out what was wrong if there was any chance of me getting this back on track. So I sent a letter to every creditor that came in which said amongst other things, 'Either make me bankrupt or let me go and 'try' and sort this out and I'll come back to you with my proposals the week commencing 25th January 2010.'

All but one said yes, and then issued the statutory demand which would lead to me being made bankrupt, which again was like a switch. I thought, this is bad but it is the right thing, as this person has now given you the excuse if you 'want' to say it's not your fault. But of course it was my fault, I can blame the credit crunch, I can blame the person who issued and say that this was a bad mistake made by them. Whatever, it doesn't change the fact that I brought about the situation in the first place by exposing my cash flow.

And more deeply than that, I brought about the situation with the lack mindset that I had. When Northern Rock collapsed I sat back and saw that the game was changing. I had been waiting to start a big re-finance for quite a while, whilst we were sorting out a business issue. That was resolved in October 08 and I instigated the refinance.

Then I first saw the possible effects of how the credit crunch could end up severely affecting us in February when the huge re-finance I was doing started to fail. It was not one deal but 60 small ones; they were unconnected and falling out of bed. This was not through our own fault but just through lenders withdrawing from the market. All of these things happened and I think somewhere amongst this started my lack mentality, where I started to use the Law of Attraction to create a lack of money. The Law doesn't care how it is used; it has no emotions, it doesn't care if you believe in it or not, we do not need to believe in gravity for it to be effective.

So in October I realised that something was very wrong with my state of mind but I could not figure out what. I decided that I needed to start doing the things again that I had done to keep or move my mind forward, which I had previously done in 2003–2007. I decided to surround myself in personal development.

I knew the answer would be there, I just needed to figure out what it was. So as it happened I had kept my favourite personal development courses out of the packing boxes. I remember getting them out and thinking to myself, are you kidding yourself or what? You don't have time to look at this personal development stuff, you've got a real world of problems to deal with. Then a few weeks later they would hold the key to my solution. I wasn't looking for them to have the answer, so much as for them to remind me where I kept the answer in my mind. The answer was in there otherwise we never would have created all of the success in the first place.

At the time we were still living in Cyprus and had a school run to do daily (a 60 minute round trip). So I took the children every day I could and spent time on the way back listening to audio self improvement programs. When I was in my free time, either in the bath, or after the children had gone to bed, I read more of these programs.

Then I reached a point, I don't remember the exact date. There was one program which was telling me to 'try' and hold just 15 seconds of positive thought as it would give me huge energy to move forward (it was the second or third time I had listened to this program). I was on the way back from school, and I had chosen my positive thought which always made me feel great whenever I thought about it, and all I had to do was hold it for 15 seconds. Should have been easy!

I couldn't hold it for 3 or 4 seconds without being dragged off by my mind to a problem I had, or what the future might hold, or a choice I'd made in the past that caused another situation. I suddenly realised that **I was not in control of my mind anymore!** I was not the thinker; my mind was in control of me (this is like the power tool being in control of the carpenter). I pulled the car over immediately and said out loud, **"I will think about this for 15 seconds before driving on!"** I had made a decision and was not going any further until I was in control again, if just for 15 seconds.

After several painful attempts I did it, and drove on. On the way home, every minute or so I held the thought again for another 15 seconds. Throughout the day whenever a problem began to become too much, I

stopped and thought about the positive thought and it gave me the energy to carry on and deal with the obstacle. Not only that but I usually had the answer I'd been looking for given to me as I came out of the 15 seconds.

I started to make it a habit and started to make notes from all the courses I was doing. I was making notes only about the things I felt I was doing wrong. I would then, as soon as I had finished the course or book, read it all over again. I can speed read, however, I was trying to absorb the information so I ended up creating what I called my Golden Book (see the appendix) which I used to remind myself of the key points all of the time. The elements I was taking from all of the courses were reminding me of the way my mind used to think. I was at an advantage to someone who has never created riches before, because I knew what it looked like when I thought the right way.

One of the most powerful, if not the most powerful things I have ever learnt, came out of these studies and it is a sentence that is actually the key secret to a happy life instantly and will remain with you forever when you learn it. It truly gives you immense power, it gave me enough power to handle bankruptcy and public humiliation as if it were all bouncing off an invisible force shield.

Now I bet you really 'want' me to tell you that sentence now, but I share that later on in the book. There is some stuff you need to find out about yourself before I share the simplicity of that and not have it wasted by you looking at it and ignoring it because it seems too easy. And if I make you wait for it then you just may appreciate it for the true power it can deliver for you.

What I learnt along my journey from lack back to abundance is that this cannot be rushed. It has to be taken slowly and allow time for your consciousness to regain control of your mind. There is a quick way, but you need to remove all the negative bits to ensure there is little to no chance of their return. It took me three weeks, to get to a level which is quite good. However, I expect it to take at least a couple of years to cement this stuff into place. Then I expect to need to remind myself every few months for the rest of my life. This is like servicing your car; your mind needs servicing too. The reason you are where you are is that you have been running your car (your mind) with the wrong types of fuel and not servicing it. Is it any wonder it's not doing so well?

The first question you need to ask yourself is, *"Am I in control of my mind, or is it in control of me?"* From now on 'try' and observe your thoughts. Don't judge them but just watch what you are thinking and 'try'

and think just a little better, or a lot better if you can. So listen to your thoughts, observe them and be a silent witness to them. When the opportunity arises, think better thoughts - there really is no limit to how much better you can think.

What I had to do was first regain control of my mind and that took me about 3-5 weeks to master fully. I knew I had to regain control of it, as it is from there that I created all of my wealth in the past so I knew that without that control I would never create the wealth I desired then. Being an ex-multi-millionaire I have the advantage of remembering how my mind was when I created wealth in the past and therefore I at least have a map of how to get there.

The Foundation Skill to Creating Your Life By Design

If you cannot control what you think about then you cannot create the future you desire. However, you do not need control to easily create the future which you ***'do not'*** desire as this you can and do by accident. During this process I intend for you to turn this natural 'by accident' skill on its head. So that by accident, and by design, everything you do creates the life you desire. You are going to turn back on your ***'Natural Success Mindset.'*** Does that sound good?

Ok, I'm going to go a little deeper on the power of the main point I raised in the last section. As this point doesn't just need to be read about, it needs to be absorbed and accepted fully so that it can then be taken advantage of and really, really exploited for the true power that it gives you. This power can be utilised for any desire you have and literally create the life you're after. And no I am in no way exaggerating – this point is the difference, the key you have almost certainly been searching for! But it may take a few readings to realise it. And it is also your baseline, when you feel out of control, you come back to this and you are back in control. The better you absorb this the faster you will be at peace and be able to create the life you desire.

On the path to riches, without control over this point, you are simply doomed to repeating the mistakes you made in the past or merely mediocre success at best. If you do not master this point, then there is no point in trying to obtain great wealth, as you will struggle forever until you recognise that this point is the very foundation that must be put in place to bring about everything else you study.

With this in place you are certain, and I mean CERTAIN to bring about your desires. However, you don't need to know how to master this

point to get great wealth as you can master it with ignorance too as plenty have. But I'm going to assume you would rather be aware and a master of it, than *'hope'* you can acquire it through ignorance. And this will surely help you if you are trying all of the stuff that you're learning and still it just doesn't seem to be working for you. Anyway, let's begin.

If you are really going to get the power out of the stuff I'm going to share with you then you're going to need to look inside and observe your emotional response to what I write as well. You are going to need to question your judgements and don't just accept what I write. Instead observe your mind's reactions to it, and then apply logic before concluding, or make a choice as to what you 'believe.' ***You are in fact not looking for conclusions; you are in fact merely looking,*** I'll explain that more as we go on.

Also I know looking inside can be a very scary place to visit, but without putting the bits right in there you'll never get what you 'want'. I could give you a bullet proof formula for riches and your mind would still find a way to screw it up just as mine did. So if you truly 'want' the life of your dreams, then your answer to getting it lies inside your mind.

15 Seconds Of Positive Thought

What I didn't say previously was that 3–4 seconds was actually an achievement in itself, as my mind was continuously talking and jumping between the past and the future, monsters in the closet, terrors waiting for me outside. In truth my mind was never silent. So 3–4 seconds, however awful was actually 3–4 seconds more than I had had in a long time! I also didn't cover the full power of this technique, this isn't something that you should or 'maybe' might 'want' to have a go at. This goes on your MUST DO list, (to do lists by the way are for the weak minded).

Where you 'want' to put it on your must do list is your choice of course as we all have free will. But without accepting this is a must do, and without actually doing this for yourself, you will simply be holding back the magic power that you have within you. So it is your choice as to when you 'want' to start utilising that power to deliver your desires...

Taking Back Control From The Nutter Who Is Currently Running Your Show

I'm betting I've poked the pain hard enough so you may actually do this tiny bit now...

Ok, so today you need to think of something from your past; something that makes you feel great when you think about it. It is irrelevant what others think, others do not matter – We are talking about you, others come later as you can't deliver anywhere near your full measure of help to anyone unless you've got yourself right first. You cannot give love if you do not have love.

The thought that was the one that did it for me and I think about it daily was, in 2001 I had got my Private Pilots Licence, and they actually let me fly aeroplanes! Having been a nutter on the road for years I couldn't actually believe they were even letting me learn to fly, let alone fly off on my own! Or worse, look after passengers. But they did and I passed and learnt some wonderful control over my desire to drive fast (and am over that now too).

Anyway, my son David was two at the time and I took him flying for the first time. Mum and Alison came too, but it was the sheer joy of seeing him in the back seat with the headphones on that really gave me pleasure and continues to do so. It was that thought which I tried to focus on for just 15 seconds.

But I couldn't even hold a thought that made me feel so good for just 5 seconds! Can you imagine how bad that felt? I was totally out of control of my own mind! Some nutter I didn't know was running the show and wouldn't even let me have 15 seconds to think about something that made me feel good! Finally this made me angry enough to demand that I was allowed to do this or I wouldn't leave the spot.

So if you haven't got the life you desire, then there's almost certainly some nutter inside your head making damned stupid decisions based on rubbish information. He may not be as crazy as my nutter, but he or she will be in there. If you doubt it then over the process of this book I am going to introduce you to your own nutter!

So now choose a powerful thought - one that, no matter what happens, no-one could ever take away from you.

Find yours now and hold on to it for fifteen seconds, don't move on until you have done this... *remember I'm telling you now to think about one of the most pleasurable things you've ever had in your life... this is not work, this is joy.* Go and enjoy it... can you hold on to it for 15 seconds?

Didn't think so!

Well keep going until you can; pull over, stop listening or stop reading and do it until you can! There is nothing more valuable than I am ever going to write than you regaining, or even gaining for the very first time, control of your mind.

Hold that thought for 15 seconds, keep going until you do and then keep repeating it every hour or so until you can turn it on at any time. You can't do this too much; the more you do it the easier it will be for you to do all of this stuff.

As a minimum 'try' it now for just 10 or 15 minutes and enjoy observing the madness that dwells within your mind. With observation comes great power as you will soon find out. I am going to show you some techniques next which will ensure you can do this. But first I suggest you 'try' and do it without these techniques as I developed them later. And you really must observe the madness before you learn to easily silence it. You need to make it visible now so that you can see through its camouflage as a protection, just in case you ever allow it back in again!

Actually you may in fact enjoy as I did, a day of just practicing this without reading on, as it may well have been one of the most crucial days of my life. That moment when I got angry and forced my nutter to hand back control to me for 15 seconds was one of the key turning points in my life... As someone who you have allowed to share his wisdom with you, I am saying to you if I could force you to stop now and spend a day practicing this then I would, as I know the benefit... But that, as with everything, is your choice!

Overpowering Your Little Saboteur

Welcome back. The first question is how did you do? Did you manage to regain control of your own mind? Were you able to regain control from the nutter who currently has it? Did you for the first time get to meet this little saboteur? Was it a rewarding experience? Or was it something that you just read and didn't really pay attention to? I expect that after a while you were able to hold on to that positive thought for 15 seconds, although it was actually a lot harder than you thought it would be. However, here's a way to make it far easier to go well past 15 seconds with no effort.

Go back to your wonderful thought and think about it more, re-live it. Remember how good that feeling was then and start to feel it... not just think it... Go back, and experience it again. With me I felt the surface of the aircraft, the feel of the door opening, how it felt when I sat in the seat.

The smell of the morning grass covered with dew. I remembered walking to the aircraft, doing the pre-flight checks while my family waited for me to say that they could get into the plane. I remember Alison putting David's earphones on and I remember the smile on his face and how excited he was. It was a moment; a picture in my life I will always love and if I chose to I could re-live that moment again and again and never get bored of it. The five minutes before and the five minutes after that moment I have now lived again countless times. What a gift you're getting... Permission to go back and experience again one of the most joyous moments of your life again and again.

This is just one technique whereby you control your thoughts, however, there are more to come. So let's begin, as with this skill you literally have built the foundation to certain wealth...

As for how you did, well if this is your first read-through then I'm guessing that at best, after a few attempts at holding a positive thought for a few seconds, you dropped the subject and went on with your life. After all why wouldn't you? That is what I did the first half a dozen times or more I learnt this technique.

But the question I should have asked was, 'why did I?' And I'm guessing, because I can only guess, why did you not consider that this was important enough to give more thought to? After all I had written earlier: -

*Well keep going until you can; pull over, stop listening or stop reading and do it until you can! **There is nothing more valuable that I am ever going to write than you regaining, or even gaining for the very first time, control of your mind.***

So did you think I was lying with that comment? Or did you do as we all do and just skim over certain text? Well I'm guessing that some people took the time and did it; they were able to hold one positive thought in their mind for 15 seconds. And I also like to think that a few have now got this as an '*on demand*' service, so at any point they can regain control of their mind.

But the majority of you probably won't have either done it, or have it on demand...why is that? If you didn't do it and you don't yet have the life you truly desire, then the question to ask yourself is '*why didn't I do that?*' Don't worry, I was expecting it...after all I didn't do it myself! But the point is I did in the end and that is where and when the change happened. That is where the power is, without that bit then you are building on sand and EVERYTHING you build will ALWAYS be built on sand!

Please get the importance of this; this is the foundation to the life you desire. It may seem insignificant or unimportant; you may be reading this trying to find the missing keys to the life you desire. Well I am handing them to you, the life you desire can only be unlocked with a still mind, so stop looking outside and start spending time in there. Teachers told you day-dreaming is bad, the teachers were wrong as I will prove later on.

And for the answer why you didn't do it, I'll quote from a great book that many of us have read and just skimmed over without noticing the true power of it:-

"To do things in a way you 'want' to do them, you will have to acquire the ability to think the way you 'want' to think. This is the first step toward getting rich. To think what you 'want' to think is to think truth regardless of appearances."

Every person has the natural and inherent power to think what he wants to think, but it requires far more effort to do so than it does to think the thoughts which are suggested by appearances. To think according to appearances is easy. To think truth regardless of appearances is laborious and requires the expenditure of more power than any other work a person has to perform.

There is no labour from which most people shrink as they do from that of sustained and consecutive thought; it is the hardest work in the world. This is especially true when truth is contrary to appearances. Every appearance in the visible world tends to produce a corresponding form in the mind which observes it. This can only be prevented by holding the thought of the truth.

To look upon the appearance of disease will produce the form of disease in your own mind – and ultimately in your body. Instead you must hold the thought of the truth, which is that there is no disease. Disease is only the appearance, and the reality is health.

To look upon the appearance of poverty will produce corresponding forms in your own mind. Instead, you must hold to the truth that there is no poverty. There is only abundance.

It requires power to think health when surrounded by the appearances of disease, or to think riches when in the midst of the appearances of poverty. But, he who acquires this power becomes a mastermind. He can conquer fate; he can have what he wants."

That was taken from 'The Science of Getting Rich' by Wallace D Wattles (Chapter 4-pg 19). Bob Proctor says he has read this book several hundred times and always finds something new. I suggest you read that section again a few times, I bolded up some bits to emphasise them, but all of it is important.

I first read that book in early 2007 and I highlighted a couple of bits from that page of text, but I didn't realise the power of it until just the other day. As it happens it wasn't the text that finally got me to 'get it', it was another reproduction of the work. But the point is that I read it and ignored it.

Why? Because my mind didn't apply it, it didn't realise the absolute power of it, and it didn't 'want' the very hard work of *having to think*. But the point is that this is it, this is the very foundation to building riches, if you cannot control your own mind then you cannot give it clear and consistent direction about where you 'want' it to go. Yes it's obvious, but we let go of the obvious without taking the correct action.

So can you at will control your mind? Right now I 'want' you to hold a consecutive thought of something wonderful for just 15 seconds...do it right now!

...Don't worry, if you can't do it yet (don't 'worry' at all, but that's for later on!), I couldn't, but if you 'want' CERTAIN wealth then you HAVE to acquire this skill. So keep practicing, practice until you can. You can practice some more in, or just after, your everyday situations; on the bus, in the car, on the train, wherever. Regain control of your mind...you deserve it, without it you will not have certainty, and *with certainty comes absolute power.*

That was skill number one that you HAVE to acquire. If you haven't acquired it yet, or you just 'want' to move on and in a few months time you think that nothing is changing - Why did I read that book? What am I doing on this website? My life is still the same! It will always be the same, you will always appear to be stuck simply because you haven't acquired skill number one. You haven't built a solid foundation!

No Mind – The Next Stage

When you practice silencing your mind, at some point you attain no-mind; it is when you literally think of nothing. No thoughts of any kind - the Zen people call this 'Satori', but that's far too clever for me so I'll stick with no-mind. This does not mean you are asleep or in a trance, no you are

just fully present, fully alert and fully aware. You will probably have experienced glimpses of this throughout your life and they have passed probably without much notice. However, the technique of silencing the mind's chatter together with some other techniques which I am about to show you will create the by-product of no-mind in the same way as continued practice of the martial arts creates the by-product of Chi.

This no-mind isn't something you have to be super-human to get either, all it is, is you switching your thinking off. I have taught both my children to do this, so you can learn it too; admittedly they didn't have as much insane chatter going on as we adults, but there was still junk in their minds.

When you decide you are going to bring in no-mind, don't try, just bring it in and silence your mind. I suggest you find your favourite spot in the house and that it is very quiet when you first do this so that there are no external distractions.

Once you do it, see how long you can hold it for. I play a game with David practicing how fast you can bring it in and how long you can hold it for? It takes him a few seconds to silence his mind before bringing it in and he can usually hold it for about a minute, which is of course fine. In fact the power of this is so great that once you can control it and bring it in on demand anywhere, you only need to hold it for a few moments to completely regain control and effectively restart your hard drive.

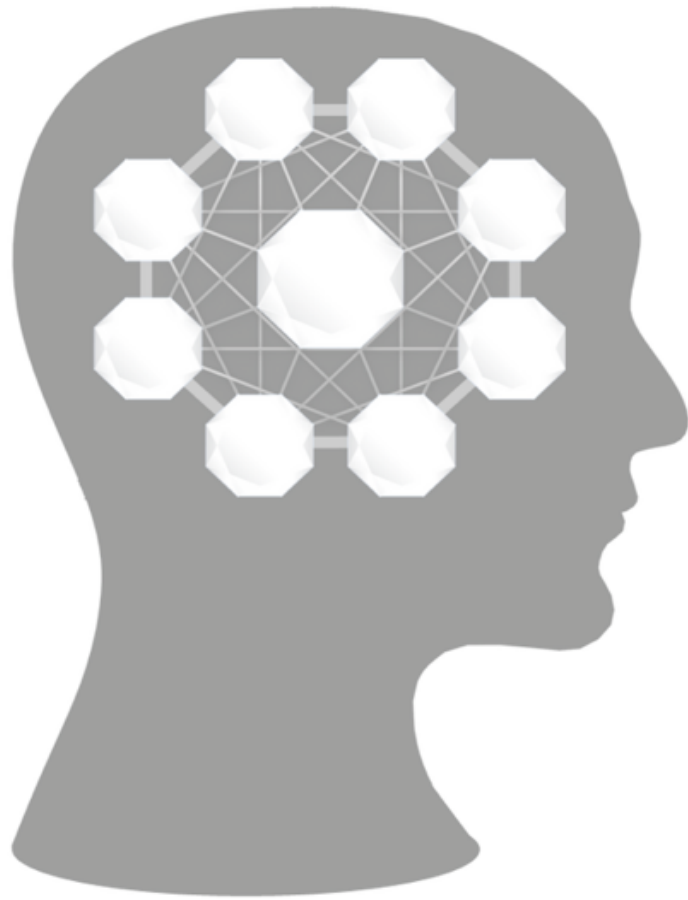
I practiced bringing in no mind in all sorts of conditions; on the train, in the car, in shops, in a bar, while playing music, while playing heavy metal music. I kept practicing and in the end there was no place that I could not still my mind in an instant. Now I haven't kept this up to that level, as I just don't need that level, but I trained hard enough that I could actually do that.

No-mind will just happen when you are ready. Don't struggle with it, and don't force it, just allow it to happen when you feel you would like to be able to.

I suggest you keep returning to this chapter, as if you get this and can turn it on whenever you 'want' to, then you cannot not notice the immediate change in your reality. This hidden obstacle will never be invisible again. Spend plenty of time building your foundation; you can't put the roof on a house until you have built the walls, and your walls need to have a solid foundation...

Side note: – I have mentioned repetition already, but repetition is a master skill. People complain when I repeat things, but the skill of repetition is essential to learn. It is not the things we are yet to discover that will change our lives, but the things we have learnt and ignored. Through repeating great stuff you will acquire the great power, do not be afraid to re-read a good book instead of read a new book. You are not missing out; in fact you've already missed out, so it is time to go back and re-read.

To those of you who can now control their minds for 15 seconds, did you experience the power? It felt good didn't it? Well the next part will enhance that feeling a lot - Next you are going to create an impenetrable force shield.



SAL (永) **TORI**

CHAPTER THREE



Becoming Indestructible

~ *"Shield's up, Mr. Sulu!"* ~

Captain Kirk

Having An Impenetrable Force Shield

~ Safety is something that happens between your ears, not something you hold in your hands. ~

Jeff Cooper

Well the second part of the technique to control your mind, is how to take that skill and turn it into an impenetrable force shield that will literally protect you at all times from the negative influence from the world about you and keep you aligned on your path to certain riches.

I would imagine that you have started to apply the 15 seconds of positive thought; after all the layers I have applied, I'd be surprised if you hadn't given it a go. If you didn't, by the way, then that is a dangerous sign as you are seriously fighting change. Until you decide to allow change to happen then your chances of success are, in my opinion, virtually non-existent. If you cannot decide to help yourself and think about one of the most wonderful moments of your life, then you have to of course consider why not? So I suggest you consider that for a while if you are serious about creating the life you desire.

But I'm going to assume that you've started to 'try' and apply the 15 seconds of positive thought. Then you have almost certainly observed the natural tendency of your 'nutter' to 'try' and stop you thinking the way you 'want' to. You've watched him and if you've mastered it you were able to control him and you should have started to feel a little weird that there has been a nutter in control for quite a while, and why haven't you noticed him before?

It doesn't really matter what has happened, what matters is that you can control him now if only for short periods of time to start with. What matters is the next part of the skill. You now need to hold 15 minutes a day of wonderful uninterrupted positive thought. Yes, you must spend 15 minutes of your day in uninterrupted thought about the things you love.

Side note:- If you are struggling to remember to apply the 15 seconds technique regularly enough then you need to create reminders for yourself to do it. Little thought provokers that you place around your home and work to remind you to think. These are pattern interrupts to get you thinking. Each time you stop and see one, just think and you'll become present for a few seconds. Then go back to what you were doing. This technique is little but often, and it gets your mind used to becoming present. Do not leave these thought provokers in the same place for too long because your mind will begin to see them as normal and they will not interrupt your pattern.

By holding 15 minutes of positive uninterrupted thought, you basically can instantly build an impenetrable force shield from the negativity; from bad media, misguided family, friends, work colleagues, etc. All of their influences on you will have no effect at all. Every day, you merely top up your energy shield with 15 minutes of positive thought.

I had public humiliation, imminent bankruptcy, people hacking my emails and spreading lies, people just lying, opportunists 'try'ing to capitalise on my situation... nothing could even dent the force shield. And it took no effort on my part at all; I was not strong, I did not need to be, merely they could not get through an impenetrable force shield I had built for myself with just 15 minutes of positive thought a day. In fact all of their negative energy actually just made it easier for me! So are you ready for some really powerful stuff?

Now I know what you are probably thinking, "15 minutes? Hell I've just had some of the hardest work I've ever had just being able to hold 15 seconds on demand!" And I'd agree with you, so here's how you do it – it took me 3

weeks from first reading about this to actually planning a way of doing it and then doing it.

Why is the 15 minutes so powerful? Well in that time, you are going to appreciate what you have and be grateful for what is coming to you. Gratitude and appreciation have the same effect and create great power. But more than that, thanks to the law of attraction, whatever we appreciate and are grateful for, we will get more of. So if you 'want' more of something, or you 'want' something you haven't got, then you just need to be grateful for it (more on this later on).

But firstly, you'll need a notepad which I called my Golden Book. I started with a notepad, and then over Christmas I bought myself a blank hard-backed book and I now write the most powerful things I find and 'want' to apply into my life in there. I have a book like this for all of my interests; this one is just for my self- improvement (the Golden Book technique you can find in the appendix section).

Ok, so now you have to brainstorm all of the things you have that you appreciate, and you should not have any trouble doing this if you have acquired the skill of holding 15 seconds positive thought. What I realised was no matter how good any thought was, I couldn't think about it for 15 minutes, so I simply decided to write down enough wonderful experiences I've had and then think about them in turn. It easily takes 15 minutes to think about the 79 things I came up with. Since doing this I could come up with 100 more easily. I often spend 20-25 minutes, or maybe much more, just reading my list of things I am grateful for. This is also the beginning of a habit of gratitude.

But if you are struggling to come up with enough you are grateful for then that's not a problem. Here are a few of the ones I came up with for myself. Also when I looked back at the list, out of the 79 things, not one of them was a material object...a lot of them came from the benefit of riches though!

They are the moments in life when we become present and grateful. They are your best moments in life.

These are taken randomly from my list,

- Me taking David flying
- When I took the children to Lapland and they saw Father Christmas
- Sarah bouncing about with happiness after I returned home at the airport

- When I let David chuck a paper aeroplane off the Eiffel Tower
- When my Dad told me he was so proud of me
- Being grateful for the view from the Empire State Building
- The feeling I get when I know I'm going to visit Las Vegas
- The feeling I had when I got property to work
- An afternoon at Goodwood Racecourse with friends
- Seeing Sarah in front of the killer whale at SeaWorld
- Seeing Alison happy
- Relaxing in the sauna
- Chatting in the sauna with David

I could go on, and on, and on...we all have little things to us that mean a lot. If for some reason you don't, then you are missing out and you need to get more into the now – which again will be coming up soon. So when you've written your list of wonderful things, you need to relax and read them to yourself. Maybe the next day, there is no rush – after all if you rush then you merely attract more rushing into your life and you don't 'want' that. And besides, as you will find out later on, there is no need to rush.

So when you are ready take your list and think about the items one at a time, remember the feeling you had when they happened and feel it. Really feel it again, it is a feeling that is easy to remember and repeat. Enjoy it for a while, as long as you 'want' and when you feel good and are ready, move to the next one, and so on. I have no idea how long it takes me to go through my list; some days I won't think about some much and then others I'll think about them more. I think it takes me 20–25 minutes, but I have no idea as time really doesn't exist when you're feeling good. Also when you spend 20–25 minutes on it, then achieving 15 minutes requires no effort at all. I practiced this daily for a few months and now I look at it twice a month, or anytime I feel the urge.

I am grateful for all the wonderful times and experiences I've had, so guess what? I'll be given more to be grateful for. One of the things in the list above hasn't happened yet, but I know it is a certainty and am grateful for it. I can imagine it happening without a doubt and therefore it is a certainty. On my grateful list there are several things that haven't happened yet, but I know they will and I am grateful for them.

I am not attached to the outcome of it; I just know it is certain. It is the one about Sarah at SeaWorld. She has never been, but I see that happening and so it will, without any force, without any effort. I have

merely made it clear that I desire that to happen and I am not attached to how it will happen, just that it will happen in the best way and at the right time. So how can I not be grateful for it? This is of course just skimming the surface. For now, enjoy creating your list. These are the very best moments of your life; if you can't enjoy remembering those then you have a real problem!

Avoid at the moment anything that leads to a feeling bad experience. We'll come on to overcoming those later, for now just positive emotive stuff. If you find that one thing leads to a negative thought, then you need to remove it from the list, jumble the list up and re-write it so that you remove the thought pattern completely. This is an important element, so don't underestimate the importance of re-writing and breaking the thought pattern.

Now, when you go into this state of gratitude and appreciation you will find a power that will just be in you. People will notice something different about you; you will be able to just handle situations better and more easily without getting angry. Your frustrations with little things will have subsided a lot. We will come on to removing them completely later, but for now be as present as possible and notice what others are saying about you and how you are feeling.

You have started on the path to complete control of your mind. The more you practice this, the more you silence the 'nutter' and the more invincible you become. When you have mastered the skill of instantly being able to hold a positive thought, and practiced the skill of 15 minutes per day of continuous positive thought, then you are well on the path to certain riches.

One more thing, towards the end, or at the end of your 15 minutes, have a go at bringing in 'no mind' and hold no thought at all. If you are ready and you can do it, then experience the power of 'no mind' and the calmness it gives you. This strengthens the shield as well. Then see if you can bring in 'no mind' at different times in the day. See if you can, at a moment's notice, shut your mind off but be completely present and aware... It doesn't matter if you can't do this yet, you will be able to with more practice, you are building your mental muscles... This is the same as working out in the gym... Your muscles expand there when you train, when you train your mind, then your mind expands – but without limit! When you realise you have limitless potential, then you can start to tap into it on demand.

Well that's lesson two, you now have a way to build an impenetrable force shield for use daily. And you have a way to regain control of your mind whenever you 'want' to and hold 15 seconds of positive thought. You also are now fully aware that doing these things is the work that virtually all people shy away from as it is the hardest work of all. You have now shone the light into this darkness, you have met the 'nutter' who dwells in the shadows of your mind and so now you know what he or she looks like you can banish this entity forever... if you choose to!

So there you are, regaining control of my mind was the foundation to how I started to turn it around. There is more to this, but I'm going to start to unravel a few of the background bits of noise first, so that when I share the rest of this it will be much more powerful.

Sometimes with no mind, if I have a lot going on and I demand silence, I see myself inside my mind holding out my arms in a way that says halt. I can see the thoughts '*wanting*' to rush forward and I simply say no, holding them back with my palms. At this point the thoughts just become patient. I do not know what the thoughts are, I just know they are there being patient, waiting for me to allow them to come in. They are like children who are getting unruly and I just say "no", they realise they are out of line and they calm down.

This is when I can literally hit the restart button on my mind. It can take as little as 1–4 seconds and my mind is completely clear and focused. Developing this skill may be something you should consider. But don't force it, just allow it to come. It is like a by-product of feeling grateful as you place each thought in your mind and are then grateful for it. Your mind enjoys it and then patiently waits for you to add the next thought... why not just not add one for a while?...

Do not 'try' to do this, just do this. 'Trying' probably won't work unless you are in the right state of 'trying', and if you do not have the life you desire then the chances are you won't be in that state. I'll cover the dangers of trying in more depth later too.

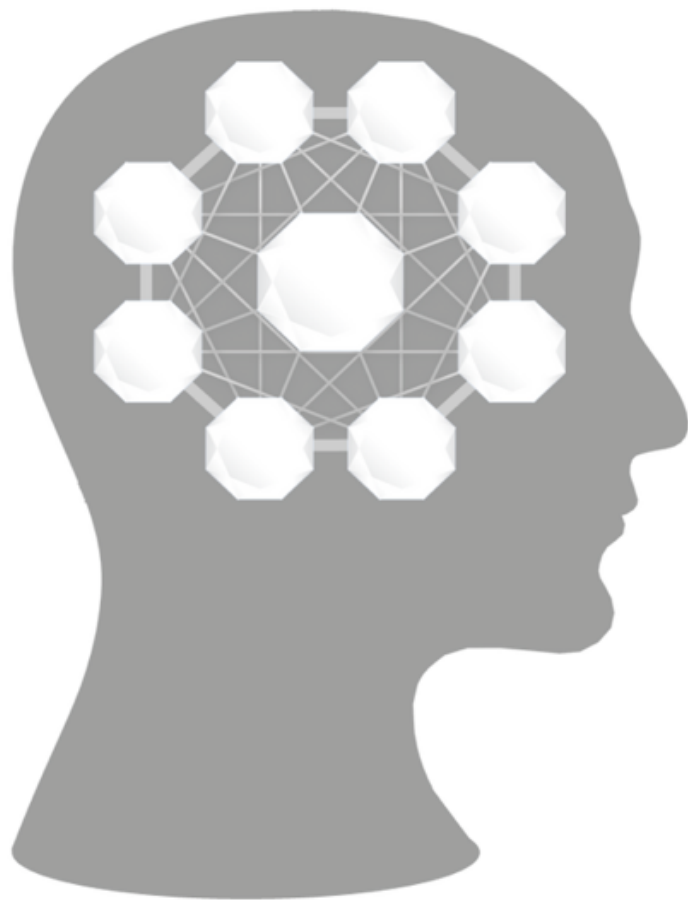
Summary of Techniques so far

- Bring in a positive thought which you are truly grateful for.
- You can expand around that thought – you can go deeper into the memory of it. You can go and experience it fully again as if it were happening now.
- You can create your list of what you are grateful for and spend 15 minutes a day being grateful – being grateful of what you are

grateful for creates more of that and allows less time to be filled with things which you do not 'want' (don't think about that too much, it is just the way it is).

- You can bring in no mind and re-start your mind. Just decide to do it, and keep doing it without annoyance, but just acceptance and sooner or later you will be able to do it. Just *know you will*, and expect to... But do not become attached to doing it, just know you will do it at some point... 'When' is of little importance as I will explain later. What is important is that you keep doing it and learn to bring it in on demand.

Once you are a master of these techniques which may only take you a few days or maybe a few weeks then you will develop an inner calmness which you will love. But if it is taking you longer then it will be because of one of the other things we are going to cover. Remember time doesn't really matter once you know you are on the right path. Time only matters when you are worried that this path may end up in disappointment and you have to start looking again. That will not happen if you just keep reading and applying and then you will soon discover that your success is not something which you secretly doubt will ever happen. But it is something that you will know for certain that you can create... I will get you to certain and beyond if you just do the training... But, that as always is your choice.



SAL 永 **TORI**

CHAPTER FOUR



Lightening The Load

*~ "Simplicity is making the
journey of this life with just
baggage enough." ~*

Charles Dudley Warner

Accepting What Is

~ Happiness can exist only in acceptance. ~

Denis De Rougemont

In the last two chapters we've put the foundation in place for creating riches and creating whatever success looks like to you. Without this foundation then anything built will be built on sand – you can decide how important it is to you to not build on sand... again!

We're going to move now to start unraveling some of the things that are holding us back and lighten our load somewhat, therefore allowing a swifter easier journey. Over the next few sections you'll begin to feel yourself get lighter as you literally dissolve baggage you are carrying which

you do not need. If you do not have the life you desire then it is because of this.

Imagine we are at an airport and the flight we are going on represents our life. For a second, imagine you are me. I am the one walking through the airport with either one piece of hand baggage or a laptop bag. I am taking it easy, as it is easy for me; I am not weighted down with the burden of heavy luggage. I am sitting in the bar having a glass of Champagne and am celebrating being on the journey. You, as me, look over to a person who has a huge rucksack on their back. They are pushing one trolley with ten bags on it and pulling another. They (you) are having a nightmare trying to get onto the flight. They are sweating, struggling and truly finding the journey hard. We are both on the same journey but my experience of it is wholly better than yours; you '*want*' to get to the destination, I am '*grateful*' for the journey.

Now you, as me, look around and you see it's not just one person struggling like this, but everyone is. They all have a heavy rucksack; they are all pushing one trolley and pulling another. They all just '*want*' the destination; none of them are content or are grateful for the journey. You, as me, look around the bar. It is empty as there is no-one there because no-one else has time to be grateful for the journey. Everyone just wants to get there; no-one realises *they are already there*, and that unless they are happy now then there will be more pain waiting for them when they arrive at their destination.

As you go through the next few chapters you'll see yourself putting your baggage down. You'll do this because you realise that you do not need to carry it with you any longer. You will be using less effort and accomplishing more. Your journey will start to become more enjoyable. So are you ready to lighten the load? I'll be coming back to how I turned my mind around after I've unraveled a few of the annoying bits of background noise that help to keep riches and success out of your life.

Before starting on this bit, I have got to make you aware of how important it is. If you can just take this and nothing else from this book then your life will change beyond ALL recognition. This is the simplest yet most powerful technique for the enjoyment of life. It can be here in under one second and can be mastered in a few days, or never ever mastered. Without learning this skill your life will NEVER be complete. *Are you getting how important this skill is?*

I am making this point because I clearly did not make it well enough when I wrote this article first on the community site. I put the article up and

no-one commented on it. Several times later, people asked questions where I referred to it and still no-one commented. I made the article free content and still no-one commented on it. I tell you this because without this you will struggle to enjoy your journey. So don't drift off because this is so simple, this is a BIG DEAL and worthy of your time.

Let me ask you, do you ever think about what happened in the past and you wish it hadn't happened? Do you ever worry about what will happen in the future? Well most people do, so it wouldn't surprise me if you did. But let's take the past first. *It has happened, therefore what can you do about it?* Nothing, after all it has happened. So it just is!

If something just is, then what is the point of being concerned about it? Is it because you *'want'* to feel bad? Is it because you feel you *'should'* feel bad? Is it because someone close to you keeps reminding you *'to'* feel bad about what you did?

Why do you think you spend now thinking about something you can't change and that makes you feel bad? Do you think that something you can't change and makes you feel bad will help you in **ANY** way now?

Of course not! How can it help you other than guidance to not do it again? Well that last lesson can be learnt by brief glimpses into the past when they are needed for guidance to prevent a repeat of the same mistakes again – that's one time that the past is very useful.

What's more, there is no need to feel bad, as those mistakes are an essential part of you; an essential part of your make up. They are the experiences that helped get you to the place you are at right now and you can't change them! Those mistakes were an essential part of the lives and experiences of all the people they touched... Those mistakes helped you all in some way, to find out how then you would simply need to think about it.

However... *you can change how you feel about them, as that is a choice.*

I have stacks of things in my life that if I chose to look at a certain way then I would regret, but do I regret them? No, they are my life's experiences and without them I wouldn't be at this exact point, and this exact point is where I deserve and need to be. There are plenty of things I look at and think, if I had gone left instead of right then this would have happened. But we cannot know the outcome of the different way, as there are literally an infinite number of possibilities.

So what happened just is, and the way to release the need to spend your 'now' time dwelling on a fruitless and unproductive past, is to just accept what is. Your acceptance of it frees up some of your energy.

After all, if you spend 20% of your mental energy dwelling on a past incident in your life which you cannot change, then that frees up 20% more energy you have to help create your life now and your future. Except it is not; it is actually 25% more energy if you 'want' to be smart.

So by accepting what is, you no longer need to '*give*' away your energy (and don't kid yourself if you think it doesn't take much energy to think about that business or relationship failure – doing that sucks creative energy like a vacuum cleaner). You do not need to dwell on the past, and therefore you are now back in the present after all, the present is where everything happened and will happen anyway.

Acceptance is the key, as whatever you resist will persist. Whatever you prepare against will become your reality. Whatever you fear and worry about becomes your reality. So just accept what is, as acceptance is letting go. By letting go it frees you of very heavy baggage and by lightening your load, your journey becomes easier and more fun. This is simple stuff, but the world of the unconscious minds misses it, because it is simple... They (you), or rather their ego's like to complicate things for them and likes to keep them trapped in the past.

Just think about a past experience which you regret, what possible benefit is there for you in regretting something? Once you realised you had done it badly wrong, then what are the chances of you ever doing it again? Let's say the situation came up where you could make the same mistake again in ten years, will you have forgotten about making the mistake? No, you learnt the lesson and can avoid it, in other words it is a piece of software which was installed onto your computer and when you need to use it in the future it will be there. You don't need to keep going to the computer twice a month to see if the software is still installed so that in ten years time you have checked that it is there 240 times. So every second of thought you apply to regret is of what possible benefit to you?

What's more is that as you become what you think about, guess what? You'll just create more opportunities to make the same mistake again. Then guess what? You'll get to live with the regret as well. So instead of putting down a piece of baggage, you pick up some more. This is a pattern of destruction, which keeps people stuck and not seeming to get anywhere – which is what their ego's want (that's right, your ego is not their to help

you, it is but not in the way you would like it to, so you are a slave to it). You have to accept what is if you really desire a fulfilled life.

Just because others think that you should think one way, does not mean you should. If something holds no benefit for you, then why would you wish to apply any thought time to it?

With this whole process I am trying to take your mind back to a time when things were simple, when you were a child and had a natural success mindset. Children are very present; they do not think about tomorrow, or yesterday, they think now. If you seek fulfillment then you desire to think like a child again. Creating A Bug Free Mind is all about wiping the junk, the bugs and the viruses out of your mind and giving you back a fully functioning super computer, which can create the life you desire with ease, this book gives you back the same success mindset you used to learn to walk.

I ask you, what in your past possibly deserves any more attention than returning to reference it for use now? If it has no use right now then 'why go there?' By not accepting it, you are carrying it, and while you are carrying it you will not have a pleasant journey... so the reason to carry it is???

Your little saboteur wants to! It seeks to remind you of your failures, and every time you think about them that's your own private 'nutter' showing them to you. Next time it happens just observe it happening and ask *'What benefit is there for me in thinking about this?'* Don't judge, just ask the question and observe.

You can shed all of your past baggage when you enter the state behind three magic words. Just imagine that, all your past mistakes wiped away in an instant with just three magic words. You don't have to live with regret anymore when you permanently enter the *state* behind these three magic words. Do you 'want' to let go of the past and stop living with regret?

Of course you do it would be insanity not to! Accept that your 'nutter' will tell you that it *can't be that easy*. Yes it can, it is a choice, you are currently unconsciously choosing to live with regret. You are choosing to, you may not be present when you make the choice and we'll deal with that later, but you are choosing to. So are you ready to make the choice and stop living with regret? Accept every past moment completely for the 100% fact that it has happened and that you cannot change it?

Are you ready for the power of these three magic words? Well you could go to the website and pay me a fortune for them then, because that

way you may appreciate their power more, as it has cost you (we only respect what costs us). However, I've already given them to you, they are magic and don't ever underestimate their power, as without them you will NEVER attain peace, tranquility and fulfillment, and trust me... You really want to attain them. The magic words are of course... Accept What Is.

Next I'm going to go to the level beyond acceptance of what is. Accepting what is, is powerful and without a shadow of a doubt if applied by people on its own, could change the world for everyone in an unrecognisable way. But the next level if it can be achieved as well, can literally take you to *another level of power*. But you have to have it all, each layer needs to be fully removed.

This is a complete package and each bug must be removed. Just because you've learnt it means NOTHING until you have applied it, and applied it, and applied it... Until it is your 'default' mode of thought... Until it is your 'habit', your 'way of doing it'. Learning it and being able to talk about it is *useless* to getting you to the life of your dreams... But again applying it is your choice, and you don't have to justify your choice to me or anyone... it's yours.

So...

Would You Care To Take A Glance At Enlightenment?

~ Knowing others is wisdom, knowing yourself is enlightenment. ~

Lao Tzu

In the last section I covered a little on acceptance, as we need to accept that things just are, and not carry around baggage that has already happened. There is a level that is much higher than acceptance though, and that is the level of surrender.

Ask yourself this question, *'What would happen if you had no regrets about your past?'* Have you ever tried to imagine what would happen if you *totally forgave everyone* who has been part of your life with complete disregard for whatever they did to you?

Of course not, why would we? We all hold on to our resentments to others as if they are some sort of valuable possession. Have you ever asked, *why do we do that?* The answer is simple. We have not looked at it before (we have very lazy minds, everyone does it), so we, being herd mentality beasts just follow the crowd.

Ok, this is just the beginning, but maybe you can start to see the level that you simply cannot forgive. Well you do realise that this lack of

forgiveness is holding you back like an anchor does to a boat. This is some seriously heavy baggage! Sure you can possibly find a way to accept your mistakes, but to forgive others well that's a whole different ball game!

By holding on to your resentment and anger you are literally perpetuating unhappiness, poverty, sickness, limitation and a lack mentality in your own life. So do you think any of that stuff will help you get rich or live a serene life?

Of course not, but we 'want' our resentment don't we? Well at least we do until we notice how ridiculous it is, or until we realise that it is not us that wants our resentment at all. It is actually our little saboteur who wants to keep hold of it. This is so that it can use it to keep you down, to keep you where you are, to keep you repeating the mistakes.

Well I have zero resentment towards the person who made me bankrupt; instead I am actually grateful to him. I have no animosity whatsoever toward all of the hurtful cutting things that were said about me, in fact I am actually grateful. I have no ill feeling to anybody at all because I surrendered these feelings as they weren't helping me attain the life I desired. I simply made a decision that they were of no benefit to me. I made a conscious choice. The funny thing is as soon as I surrendered them they became of benefit to me.

Now nothing stands still, and everything either takes you towards what you desire, or away from it. Those feelings clearly did not take me towards what I desired, so logically they held no benefit. So the point of me desiring to hold them would be? None, there is no benefit. It was obvious I needed to let them go, so I learnt the power of surrender and I'm about to show you how you can do it easily too. After all, we all really would like to be able to let this stuff go... If you said no, then you were not present, it was your ego. Say hello and smile every time you notice him or her as they become more visible to you. Appreciate it when they show themselves as they are sowing the seeds of their own soon to be defeat.

Firstly I'd imagine quite a few people will be thinking, *"How can I forgive that person? After all Andy, you don't know what they did to me."* Or there will be people thinking, *"If I give up my resentment then this person could harm me."* Well, no they can't harm you. The only way they can harm you is if you give them permission to. Therefore, I simply do not give people permission to harm me. And to those who can't let go of what someone did to them, well guess what? They didn't do it to them just then, ***they are still doing it to them today.*** Because you are giving them permission to. You are

allowing another person who did something bad to you before, to have control over your life today.

What's more, they don't even know it, you are the only one who does, and if you say they do know it, then is this person really worthy of your further time and consideration? Anyone who does something hurtful to another only does so when they are unconscious and therefore, how can you be angry at someone for doing something in their sleep?

If you really do desire or 'want' happiness and riches, eventually you will need to make a decision to give up all resentment. If you don't then you can't have a serene life – and trust me you really 'want' that! Also it is extremely unlikely that you'll ever become abundantly rich unless you surrender.

There is a slim chance, well less than 1% that you could create riches and still hang on to your resentment baggage... but what's the point? You'll get to the destination; you'll be rich and be able to say, 'See told you so!' Do you really think that thought is helping you get there? Maybe you think it motivates you, so you are unhappy now and then you'll be happy when you are able to say that. Well fortunately it doesn't work like that. To be happy, to get happiness, you have to be happy and you have to have happiness. But I don't expect you to let go of everything like that right now, so keep carrying that baggage if it makes you feel more complete. There'll be a time soon when you will look at it and realise that you should have put it down long ago. You'll turn away and it will have dissolved; one day you'll think, hey, when did I let go of that? It doesn't really matter when, just that you did.

So what you need to do is start to look at your resentments and anger toward people and just think about it, and start asking yourself, in what way is this helping me?

Then pretty soon you realise that you are simply wasting your life on something that is completely irrelevant to your future – it is then easy to let it go. But it can take a little while for your consciousness to watch and observe your ego trying to hold on to this sort of thing because it wants to (more on the power of observation in the next section).

You need to turn your attention to these ideas as well (and there are plenty of others I have not mentioned, you'll fill in those blanks as you start to look inside): -

- You cannot be wealthy if you resent wealthy people
- You cannot be successful if you resent successful people

- You cannot be happy if you resent happy people
- You cannot be X if you resent X people
- Do you get it?

Whatever you resent is a statement of what you lack – painful I know! But you didn't come here to hear stuff that didn't force you to change your thinking. You came here to learn how to create an abundantly wealthy and happy life, so keep going.

On the health side, resentment actually breaks down your immune system as well, and therefore helps you to die sooner... Now I think we are all agreed that we don't 'want' that... so what the hell does resentment actually give us? All I can think of is something to talk about...(well we need to get out more then!). There is, however, value in resentment, but you only receive that value when you give up resentment.

We should be grateful to them instead

~ As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ~

John F Kennedy

Why should we resent or be angry with anyone? After all they have given us so much; they have given us an education to show us how we do not 'want' to be. So we can learn from these people and use their bad stuff to help strengthen us!

The people we resent who are rich or successful or happy, let them be our teachers. Be grateful for what they have, be happy for them and you will be in the right place ready to receive. When you surrender to what is, and so you become fully present, the past ceases to have any power over you and your future.

This is the miracle of surrender, as when you fully accept what is, allow and accept what is to come, then every moment is the best moment. And if every moment is the best moment then that is enlightenment...

Too soon?

Maybe... I should have saved that for a while. However, I wanted you to see the power that you'll be getting if you can learn to surrender. One book I read described surrender as 'becoming transparent' to anything that came at you. In other words the problems just passed right through you and had no effect. Almost like you become slightly out of phase with everyone else, and the sort of things that once annoyed you no longer have any meaning for your life. (This is even more powerful than your force

shield, as if you are out of phase but still present then you're truly indestructible.)

Once you have surrendered then you are going to be free to absorb all of the things that take you towards where you 'want' to go, but at the same time you are not living in the future or any longer dwelling on the past. Instead you are fully present and enjoying the journey.

Good, bad, it does not matter, it is all part of the journey and will give you lessons that money can't buy. Thanks to surrender, you will be able to just pick all of the useful lessons up and apply them to yourself so that they increase the speed towards where you 'want' to go. Whilst now, as you have surrendered, you do not need to carry with you anything that does not help take you where you 'want' to go. Good, bad, it's all going to be good, everything is good once you have surrendered to everything.

I could write a lot more on surrender, but that'll come later on. Just know this, all resentment and anger is holding you back and is not serving you **IN ANY WAY**. It is keeping you living in the past, or the future. It is not allowing you the freedom to live in the present moment, which is where you are now. You do not have the life you desire, because you have not yet surrendered.

If it is too difficult to just surrender it all now, then just watch yourself and observe what is going on. See how your ego reacts to something such as an inconsiderate driver or something which just does not matter... Observe it... then ask yourself, '*How does me getting annoyed or resenting their selfishness help me in anyway attain the life I desire?*' So why not just 'try' and practice a little surrendering and let go of something which does not matter. See how it makes you feel and then maybe tackle in your head one or two of the bigger issues. Trust me, when you start the trickle of letting the waste leave your mind and accepting what is, then this grows to a flood of waste leaving. Then, as if by magic, it is all gone – and the only way this waste can come back, is if you let it in.

One last point I will cover on surrender before moving on. Surrender does not mean you cannot take action to change the situation. It does not mean that you cannot tell the person that you think they are wrong, it just means that it does not affect you. It is not that you don't care; it is just that this no longer serves you and has no benefit to your life.

Utilising The Power Of Observation Without Judgement

~ Every man who observes vigilantly and resolves steadfastly grows unconsciously into genius. ~

Edward G. Bulwer-Lytton

Very publicly last year I had to endure the public online resentment, anger from my previous site members, the fury and upset from my creditors, my brother-in-law who lives in the US contacting my wife Alison about an article he'd read about me in The Guardian online and asking her, 'Are you alright?'

Then my brother who lives in Tasmania, after reading an article in the Telegraph about me, basically saying to my Mum something like, well it doesn't surprise me and it is certainly all true as it was in The Telegraph. This was amongst other quite 'unfriendly' and definitely 'un-family-like' comments but then he is a reporter and I don't need to forgive him as there is nothing to forgive. To forgive would be to say, I am going to hold this over you so I don't really forgive you. However, that's not important, what is important is *the speed with which he rushed to judge*.

There were literally hundreds of comments made about me online and I'm sure if you 'want' to go and read them then they are still all there. However, I was staggered by the amount of frankly wrong information there was out there on me. And how quickly people just accepted it and made their judgements based on inaccurate and uneducated information, e.g. *'He's gone bankrupt 14 times'* – How that even deserved a comment was just so funny. I think for that to have actually been real, I would have needed to have been first made bankrupt as I was delivered in the maternity ward and then made bankrupt instantly after every bankruptcy ended. Do people actually think about what they are saying?

Of course not, there are keyboard warriors out there talking about it and churning up all sorts of disastrous thought patterns for themselves. Is it any wonder they cannot get to *'being a success'* when their minds are full of 'stuff' which doesn't help them. They give their dominant attention to criticism, anger and resentment and create it into their life in doing so... This really isn't rocket science and is in fact very obvious to anyone who is awake. Why do you think successful people do not 'need' to engage in this sort of activity? Because... *they are awake and know what they want*. Unsuccessful people are asleep and frustrated, they have no idea why they are frustrated, because they have never given it that much thought. But they are frustrated simply because they don't know what they want. This is the underlying problem with our species and we will cover how to resolve it for you later.

Previously to this, I had for years had people doubt that the money I made was real (after all there was so much of it, you could actually

understand their doubt). There was plenty of bad stuff before all of what happened that year. Now if you step into the world of the public eye, then you expect that sort of thing, it is just part of the package. However, this attitude drags you away from success and wealth creation, and it adds nothing to getting you to the life you desire. Even if it were all true it would not help you at all. Have you ever considered what future these sorts of thoughts are creating for you? But that's not what I'm going to cover next.

What I'm going to cover is an essential skill in your life and wealth building arsenal. It is something that, if you desire a completely contented and abundant life, is a skill again that you have to master. So let's get started...

Judgement Is Weakness, Observation Is Power

We are trained by the media, by our parents, by education, by work, to instantly judge things without properly observing what is going on. I know myself that if something has come out on a customer affairs program like Watchdog, I may have judged the company or person without doing *any due diligence*, and worse without having *any interest* really one way or the other in that which I am judging. So why did I judge?

The media trains and nurtures previous training and gets, with almost no exception, everyone to think this way. We therefore make decisions on situations when we simply don't need to. Then what's worse is that we pass on information to others that we have '*heard*' having done no due diligence on it whatsoever, other than listen to others who have done no due diligence either! I call this Bulls**t built on Bulls**t.

And now we (and I include myself here) go and pass on duff information to someone else, who in turn has done no research and makes a judgement based on the overwhelming weight of b****cks and bulls**t circumstantial evidence.

Now, on our way through life everything that comes to us either helps us get to where we desire to go, or it takes us away from it. Nothing stands still; it either helps or hurts (it is Black or White – there is no Grey).

Why is it we all judge 'usually harshly' and 'usually without any evidence', or even without just looking at the other side of the story? It is because we like conflict, we enjoy it, why do you think newspapers and the TV news only give us the awful stories?...Well because they are all in show business and they are giving the public what it wants.

A sort of quick story which goes to explain this:-

During the entire financial nightmare I went through last year, one of the many, many hurdles was that a mortgage lender nearly repossessed my mum's home. It was singularly the most expensive mortgage I had, being 300% more expensive than the next nearest. This was because it was on a fixed rate and as of Oct 2010 the mortgage would drop down to roughly one third of the amount. And me with no income, made this difficult to say the least.

So I knew I had to bridge the gap until the rate dropped, as I could then make the payments at that level, no worries. I decided that the way to keep the house was for Mum to move in with us, and then rent it out. Together, with our payment and the rent, that would sort the problem. Then when the mortgage reduced later on, I could move my Mum back in to her home (as it happens she is great to live with and no problem).

So what I did was rent the property out. I rented it for 12 months rent up front, no worries. I could now pay the mortgage lender and everyone was happy. Except the letting agent decided to keep the money...Yes, yes, I know it was illegal but they did it anyway and I am pursuing them legally at the moment. Anyway, they kept it.

We had been served a repossession order in October for 60 days. I had told the judge that I would be able to make the full payments from January and continue to make the 50% payments I was currently making, which is why he gave me 60 days to sort it out. In January the mortgage lender was still trying to repossess and I was going to go to court to stop the repossession. But the tenants who had just moved in and paid 12 months' rent were told that they were about to be kicked out.

Obviously they were not happy to say the least (and I know because they told me that they thought I was not a very nice person at the time). Even though they had no legal standing, they asked for a suspension of the order, this was about eight days before the repossession date. As it happened, even though they had brought the action, they were not permitted to enter the court unless I said they could. Well of course I let them in, I wanted to show them that I wasn't this two-headed devil.

I attended the court and the judge, who is supposed to *listen to evidence and then render his judgement*, jumped to his conclusion without hearing any evidence. His conclusion being that I had intended to fleece my tenants out of their 12 months' rent and let the property be repossessed and them be evicted.

Now fortunately, this extremely biased person who had jumped to completely the wrong conclusion, did not have time to hear the case. So I had to go and ask for another date which was in two days time. I had to listen to Alison on the way home keep saying how disgraceful it was that he had just *jumped to the wrong conclusion* and *wouldn't even allow me to speak*. This was Alison's first example of the legal system, and up until that point had seen it as a 'fair' system.

On the court date I went in and the judge asked me to explain myself and explain the situation. She heard the argument from the mortgage lender's side and as well as stating that the letting agent had acted illegally, came down 100% on my side and threw the lender's repossession out completely. Now the judges are supposed to be some of our most thoughtful people, but the first judge had called me *disgraceful*, and thought my actions had been *disgusting* and *deplorable* (nice thing for my tenants to hear).

Yet the second judge who had listened and observed what went on concluded that we not only had done nothing wrong, but that the letting agent had acted illegally and the mortgage lender had not acted reasonably. Her job was to make a judgement, so she had no choice about it as she was a judge. She observed and looked at all of the evidence first, then as she *had to judge*, did so based on *all* of the information.

The real secret though *is to observe without judgement*, as unless there is some benefit to us on our journey in making a judgement, then why do we need to? Isn't it far better to just observe and see what we can gain for ourselves out of our observations? And if observing itself serves up no value to us, then we do not make a judgement, we just leave the subject.

The truth is that the first judge broke the cardinal rule, he judged without listening to the evidence. He is supposed to be impartial and was not – that was his duty and he failed – in fact he did not even need to make a judgement at all did he? As he was not hearing the case, he simply could have kept his opinions to himself. Observation is power, judgement is weakness as the unconscious judge so perfectly demonstrated.

We fail as people when we get involved when we shouldn't and when we make judgements we have no need to make. To observe without judgement will give you power. Observation stops the lack mentality occurring in your mind when you force yourself to think about judging someone without evidence. Instead of judging someone, ask what benefit is there in this for me to judge.

Now, here's the powerful way to use this to improve your situation regarding the 'nutter' in your mind. Don't necessarily 'try' and change, just observe from inside your head your mind's ridiculous judgements on situations that you simply do not need to get involved in. Just sit back and watch the show, when you start to notice yourself judging people you don't know, then why not just stop it? Judgement is creating lack in your life, you are therefore allowing in the lack virus.

Just watch and learn, if you do only that then eventually you will teach yourself not to judge unless you HAVE to. Then you will have acquired the skill of observation without judgement. You will then be able to utilise this to more quickly evaluate what helps take you towards your desires, and what quickly pulls you in the opposite direction.

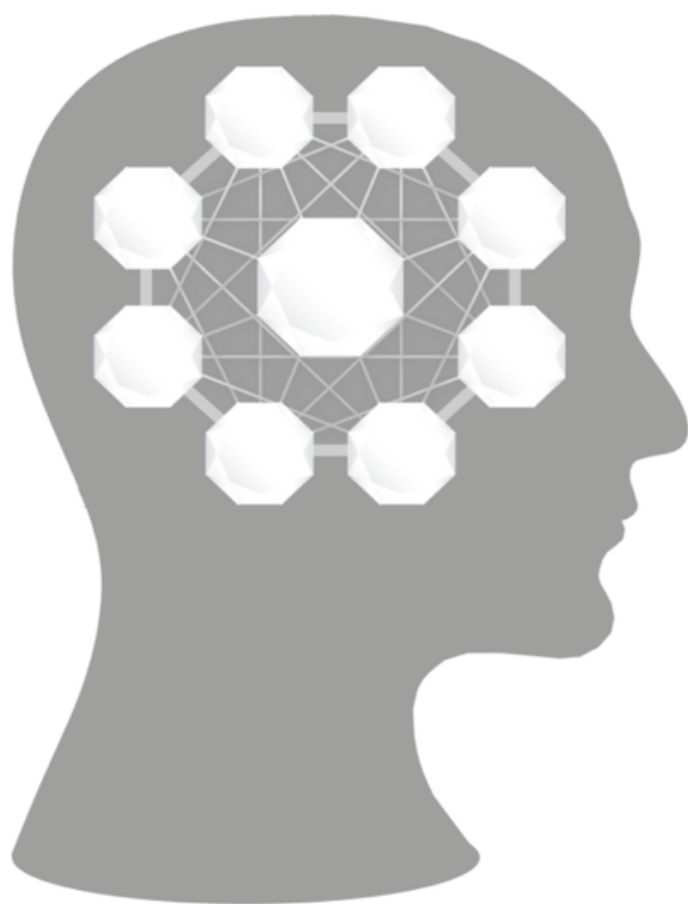
Spend the next few days observing yourself judging things that you do not need to even get involved in, let alone judge. Ask yourself, *'why did I judge? What benefit is there for me in judging someone?'*

And as for the tenants from my story? - Well now, they were at the hearing when the judge came down 100% on my side and said what she thought of their and my letting agent. They now know I had no intention of fleecing them and they do not think a great deal of the letting agent. The next day I sent them flowers, champagne and chocolates and they are enjoying living in their home. I am of course no longer the devil with two heads. Subsequently the letting agent lost in court.

Summary of Techniques

- Practice accepting what is, until there is nothing more to accept.
- Start asking yourself, what benefit is there for me thinking about this?
- Totally forgive people who have wronged you as there really is nothing to forgive if you forgive them.
- To not forgive is to allow the bugs of unhappiness, poverty, sickness, and lack into your future life... just consider, would your life be better with them, or without them?
- Ask yourself how does me getting annoyed and resenting their selfishness help me in anyway attain the life I desire?
- Nothing stands still, it either helps you or it hurts you, ask yourself does this help me?
- Practice observing without judgement inside your mind and in everyday life.

Now these can take you a few days to get to grips with or they can take you months. Some of these I mastered in days and some of them I am yet to master. Once you master these again you will feel relaxed and very serene. You will have literally lightened your load and removed useless baggage which prevents you getting what you truly desire. Look for anywhere in your life where you resent someone and go and see if there is any value for your life in continuing to do this moving forward.



SAL (永) **TORI**

CHAPTER FIVE



Curing The World's Biggest Disease

*~ 'All negativity is an
illusion created by the limited
mind to protect and defend
itself.' ~*

Ambika Wauters

How Negativity Consumes You And Gives You Emptiness In Return

~ Negativity can only feed on negativity. ~

Elisabeth Kubler-Ross

This layer of lack is one of the thickest there is. Not only that but this one is really a stubborn one for most people as it really is an addictive dis-ease. As Shirley MacLaine said, 'Dwelling on the negative simply contributes to its power.'

Negativity is basically resistance, or a refusal to accept what is. Accepting what is, is basically enlightenment. So negativity is just about as far away from enlightenment that a person can get, which is why I have such a passion against the negativity that surrounds and consumes so many lives. In the world of personal development, negativity obviously has no place as I'll explain.

Negativity covers a lot of areas, such as irritation, anger, impatience, depression, resentment, despair, envy, pain...Basically you name the bad side of emotion and negativity dwells there. Anyone who believes that to be near or around this sort of thing, is good or useful in some way is either just insane or unconscious. As no sane or conscious person would 'want' to let themselves be subjected to it.

The problem is our ego, as it 'believes' through negativity that it can manipulate reality and simply get what it wants. Our ego 'believes' that through negativity, it can attract a desirable condition or it can remove or rid itself of an undesirable one. Unfortunately, this is just insanity, as unhappiness does not create happiness. So why 'try' and create unhappiness in the pursuit of happiness? But that is what negativity directly does...if that isn't insanity then what is?

This is why a logical mind, or just one that is trying to become conscious, automatically turns away from negativity. Our sub-consciousness instinctively tells us that we are heading in the wrong direction and we need to turn around. The truth is of course that negativity does not work or deliver any real benefit to us. Instead of removing something we don't want, it keeps it in place and instead of attracting something we do 'want', it keeps it away. There really is nothing clever at all in negativity that can be a benefit to us.

In fact the only useful function of negativity (though not to the people studying the way) is that it strengthens the ego, which is of course why the ego loves it. The more negative the person, the bigger the ego and obviously the more deeply insecure the person. The problem is that negativity is like drug food in that it's addictive.

Once you've identified with it, you don't 'want' to let it go. And what's more, on a deeply unconscious level, you do not 'want' positive change. As positive change just threatens the identity of your ego as a depressed, angry, or hard done by person. This is quite common, and unfortunately quite normal behaviour in everyday negative people...it is also insane.

Now, there is nothing natural in negativity. It is like a disease in the body and just because we all accept it in people, does not mean that they are not suffering from a disease. Just because they are not coughing or running a temperature does not mean they are not sick. Negativity is a disease that kills life, it kills it every moment it is allowed to persist and it prematurely ends life.

But most importantly, it is not natural. Negativity does not exist in any other animal, in any other plant, in no other life on the planet...the only place it exists is in the minds of humans. Have you ever seen a negative Tulip? Or a dolphin that has low self-esteem? There is more that we can learn from watching a cat relax or a flower just be, than we can ever learn from the mind of a negative person.

Ok, that's enough negativity bashing...it is really difficult for me to not look at negativity and not find it funny, because of its pure insanity! To remove yourself from negativity is the very first step that must be taken if you are ever going to be truly happy. And as I will cover in much more detail later, every single goal or design you desire for your life is all just about the pursuit of your happiness.

So if you desire happiness, you have to give up negativity; you can't be truly happy and still harbour negativity... When you look at it like that it is impossible not to conclude that you can't have both. I suppose if you really wanted to 'try' and push the point then you could be happy sometimes and negative another. But that is just your ego saying I don't like being told I'm negative. Get over it, have the life you desire, or stay negative and be one of the 99% who never get there - it really is your choice. Well, now I've made you aware of it, it is. You had the same choice before but when you chose negativity you were not the thinker, as no sane person would choose that over happiness. The next time you say or do something negative, simply go inside and observe why. Don't judge though... just observe why.

So with that in mind, anyone who has entered the world of the people studying 'the way' (the personal development/self-help world) should surely have found that there is no place for their negativity... To have not done that would mean certain problems to come, and also of course that they have completely missed the point!

However, if you are still intent on clinging on to your negativity then don't make a judgement one way or the other. Just become the watcher; sit silently and watch your ego's handling of simple situations that

come along. See how your ego is constructing your arguments in such a way that now that you are looking at it, they are clearly insane.

Do not 'try' to just change, just continue to watch them and see them for what they are. Become fully aware of them and just as turning on a light destroys darkness, so your ego's control over your mind will be destroyed by letting your consciousness observe its bad behaviour.

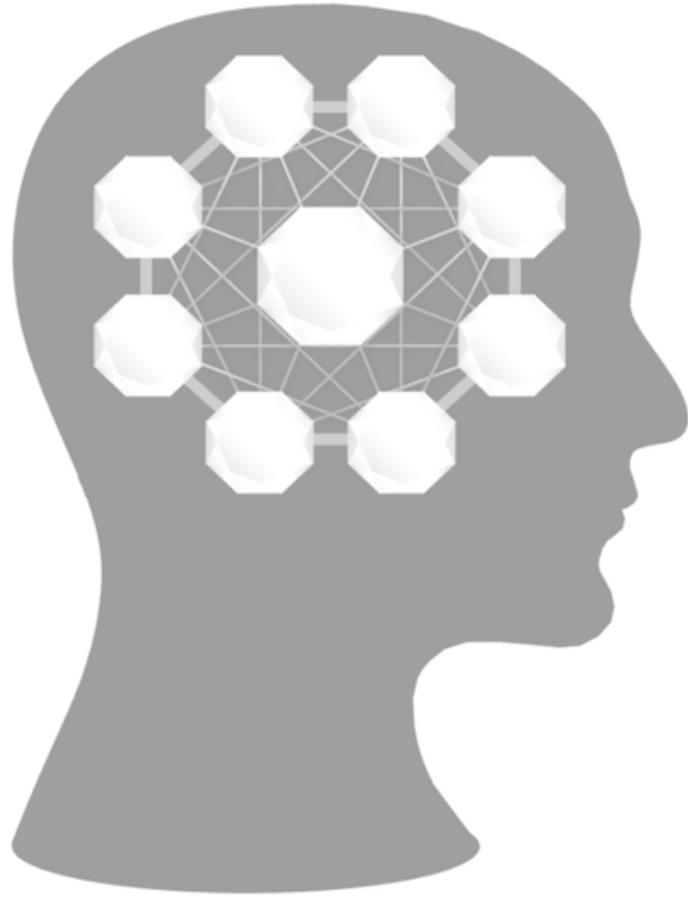
When you are ready then you will realise that all negativity will need to be cut out of your life. As negativity is a disease which spreads from a very little start, it can cause massive changes of thought. You don't need to force this and I am not going to tell you that you must cut out all the negativity. You'll figure that out when you finally attain the understanding that you cannot create the life you desire and allow negativity into your life.

There's no rush to change, just stay present and look for negativity, as when you identify it you weaken it. As you weaken it, it strengthens you. Just observe and stay observing. I studied positivity and success a lot and observed that negativity is not present in the successful people as there is no room for it. Whereas the unsuccessful *'believe'* it makes them more. The only benefit I found in negativity is it sticks a sign up and shows you where you've not been present. So the only benefit is transitory and only of use while you are killing this disease off for good.

There are many more layers of negativity which need to be peeled back and I will revisit negativity later on. First I have to explain some more things to you so that when we revisit negativity we will be able to slay this demon once and for all.

In the next chapter I am going to give you probably one of the *greatest gifts* which one person can ever give to another. I am going to show you how you never need to worry again. That's everyone, not just a few people who can follow my how-to-do-it system. After you have read the next chapter, no matter what worry faces you, you will have the strength to *not worry about it, or anything else, ever again*.

You don't 'believe' me? Well it does sound a bit too impressive, however, it happens to be true...



SAL (永) **TORI**

CHAPTER SIX



Why Worry?

*~ The secret of health
for both mind and body is
not to mourn for the past,
not to worry about the
future, or not to anticipate
troubles, but to live in the*

*present moment wisely and
earnestly' ~*

Buddha

Overcoming The Disease That Keeps 99% Of People Poor

~ How much pain worries have cost us that have never happened? ~

Thomas Jefferson

In this chapter I am going to unravel some of the most ingrained 'lack' thoughts that plague humans. As Lewis Thomas said, 'We are, perhaps, uniquely among the Earth's creatures, the worrying animal. We worry our lives away. As humans but for a few, worry is at our very core.'

Consider this, how would you like to never 'need' to worry again?

Well at the end of this chapter, I will have shared with you exactly how to remove worry from your mind forever! I will expose it for what it really is and give you back control over this area which you probably lost in childhood.

Does that sound too good to be true?

Well after this, for the first time since you were about eight you will have the option of whether you choose to ever worry again or not! You will be aware of the fact that you no longer need to and you will know what process you need to apply so that you do not do it by mistake any longer.

Before we start, just think for a minute about all of the things we worry about. From the little things about being late to the big things like will I be attacked or will I find someone to share my life? Or will I make enough money to live and pay my bills next week? Or will I ever be rich?

You name it, we worry about it... So just for a minute think about what worries you have coming up that you are trying to put into corners of your mind to protect yourself from having to face your worrying about them.

You know this is your time off. So you don't have to worry about them now, though you probably feel guilty because you are not worrying about them. But we'll deal with that later. You don't have to worry about

those horrors right now, so in safety you can just browse your mind and see what lurks there – You'll probably find that they may be kept behind a closed door and you don't 'want' to open it to reveal them. Some of them are scary right? If you are one of the few who didn't find any obvious ones then dig a little deeper. There's stuff you are almost certainly worrying about that has become so constant and so subtle that it is almost invisible and it's definitely now part of you.

Whatever... Consider how wonderful it will be to have the ability to not have to lock them away ever again, or not to pretend to ignore them again whilst secretly feeling guilty - To have the ability to just switch worrying off forever. To know that you no longer have to worry, so free up your creative energy and not have it drain away through futile destructive worrying.

Worrying is a disease of the mind; it is like cancer, if you don't remove it then it will kill you. Cancer kills you by growing and eventually crushes an organ into failure from the weight of its own growth. Well worrying works in the same way towards your health and it works in the same way to affecting the certain riches or the success you desire.

You cannot create the life of your dreams if you worry. But let's say you did somehow manage to create that life, yet you still worried. Then it wouldn't be the life of your dreams because you still worried. To not worry in the future, you have to not worry now. The future does not hold the cure for your worries, the present does and no matter what nightmare you are facing you can rid yourself of the worry of it almost instantly. And if you truly desire a great life, then you have to give worrying the heave-ho!

Right now you probably don't 'believe' that it is possible for you to stop worrying. Don't get me wrong, you are probably thinking, well I'm sure what he is going to say will help a little, but it won't work for me. Hey, I understand that. After all you've lived with worries of different sorts for your entire life. You may have paid a shrink thousands to 'try' and cure your problems, so for some guy you don't know to come along and say he can show you how to cure yourself in one chapter of a book is a pretty big stretch. But why not just go with it? Decide not to judge; decide to just observe and see what happens. You are going to read it anyway so what harm is there in not judging? We've already established judgement as a bad thing of course, so as you go through just observe how you react to the information.

However, I'll promise you this, what I'm about to share with you in this chapter is probably one of the greatest gifts anyone will ever give you, so let's get going. You can thank me later!

What Really Is The Point Of Worrying?

~ If you cannot help worrying, remember that worrying cannot help you ~

Unknown

In a nutshell – “We will have to deal with what we worry about at the time we have to deal with it, so what is the point in worrying about it?”

All that extra time, energy, negativity, concern, anxiety...you name it. And for what? What is the payoff? What do we get for having chosen to worry about it?

We get all the extra bad feeling for no benefit at all...

So why do we do it? It's not natural; no other species does it, so where did we pick this bad habit up from?

Well here's a little story about me and worry. Until last year I didn't really ever do worrying; people said that the Dire Straits song 'Why Worry?' was my song. For the first 5 to 10 years of working with my business partner he used to describe me as 'Joe Cool' because I simply did not worry. I instinctively knew it was pointless but I had to lose this skill before I recognised the value of it.

However, if you think me not being a worrier means that I am not an expert on worrying, then you are wrong. I observe a world of worriers; I just do not happen to be one. To think you need to be one to be an expert on this disease is of course madness. You wouldn't study a poor person to learn how to avoid being poor. You would study a rich person and get rich. Well in the world of worriers, I am indeed rich as I don't worry; I don't suffer with the disease. Apart from last year when I lost control, I actually think the only times I ever worried were when people told me I should, but it didn't feel right so I stopped it.

I have spent my life not worrying and I've observed the behaviour of the worriers which to me always seemed really weird as I used to think why worry? What was the point? It took me reading personal development books before I could understand why people worried, and by reading these books it made me appreciate the natural skill I had for not worrying ever.

Even when I was crippled with a sciatic problem, I had no worry as I knew I would find the solution to the problem without an operation. In fact I manifested the solution. A guy who had never practiced for over two years, mentioned to a plumber friend of mine that he could cure a back problem, I saw the plumber for the first time in over 3 years and he told me about this healer... He went on to cure me without any medicine or any invasive treatment at all. So much so that I can stretch further now (probably even without warming up) than I could after 10 years of weekly stretching practice... you figure it out. But today is not on manifesting, it is on worrying. I tell the full story of how I manifested that cure in the second book *'Using A Bug Free Mind'* as I explain the power to create whatever you desire. The point is, I didn't worry about what my life would be like if I didn't fix it, I just knew I would fix it...worrying would have given me nothing of value.

Well last year I let worry in for the first time and I got to appreciate what people go through when they worry. Wow, does that sh*t hold you back or what! How do you manage to do as well as you do with all that baggage that you are carrying around...

I was staggered by the scale of how something small, (let alone something big) really would hold back all my creative thought. My compliments to all of you worriers out there as you really do carry a heavy burden.

But it's time to let it go, as it does not serve you. It does not help you in any way; *everything you have in your mind either takes you towards what you desire or away from it – nothing stands still*. So if you 'want' the abundant life you say you desire then it's time to choose to let go of your worries and start moving towards your desires at a vastly increased rate.

First let's look at the payoff you do actually get from all your worrying, as there is just one. It is being socially accepted by the herd. You are one of the herd of worriers and as you show you are one of the crowd, then you are accepted quickly into the herd. It was my mum's 70th birthday yesterday and I watched how my mum and one of my cousins competed with each other over who had the most problems to worry about... Why did they do this? It is accepted behaviour... well no longer, not if you actually intend to get wealthy.

Think about it. You may need your friends' acceptance and you have found that by sharing what you are worried about; people start to feel sorry for you and accept you.

Side note – Trust me, you do not ‘want’ people to feel sorry for you. Right now you may but after finishing this process you won’t. Feeling sorry sends out negative thoughts; it attracts more of feeling sorry to the thinker and sends out negativity and lack thoughts to the receiver. Nothing good will come from feeling sorry, just send the thought of a positive outcome when you feel yourself feeling sorry...This takes time and practice and I’ll cover it in more depth another time – you can’t heal the world without healing yourself first...

Let me share with you another story about worry. The story is what happened with myself and my mum. Now my mum worries, and this in my opinion was really brought out by a life living with a partner who criticised and worried a lot, a pretty poor childhood and being brought up by worriers. I noticed her strength diminish where it came to not worrying after stopping her business over 20 years ago. Whilst in business she was in control, but when she entered normal life she began to be a worrier.

I moved her into her own home to help her stop having to live with a partner who encouraged worrying. Then through my financial worries I couldn’t afford to leave her there, so we rented her home out and she moved in with us. Even though she was a worrier now by habit, this didn’t bother her - Well she had always been a strong business person and she saw this as the way it was; a very strange dichotomy for someone who worried so much about nothing. Either that or she was just being strong for me.

It was late November early December and I had to fly back to the UK to deal with all sorts of problems. A big one was that my wonderful PA Lindsay had just got really ill (I think through the stress of it all) and her partner had made her quit. There really was no animosity in this by the way as I fully accepted it. Mind you, with me moving back to the UK within four weeks, the timing could have been a little better, but that’s just the way it is.

Well, if you can imagine, I was still trying to stop the repossession of my mum’s home, deal with countless problems, the constant internet stories, the wonderful but truly spineless individual who decided to hack my emails and my website, the impending situation of my bankruptcy, moving my dad into a care home, bouncing cheques, an average of 50 letters a day...countless situations that I really have probably already forgotten. I really could have been in a dark place, but I was not worried at all.

Anyway, now I’ve filled you in on a little of the back story. I was at home in the UK and I was living with my mum for the first few days since

1988. It was going very well but I noticed that she would worry about little things. She had accepted moving out of her home (a big thing) but small things would create a big concern with her. She came in one day and I was in the middle of something. I stopped to discuss it with her and she told me that she needed X amount of money for my Dad. I said no problem and wrote out a cheque. She was getting very worked up that we hadn't paid it yet and I explained that there was nothing to worry about and just pay the cheque in.

She then asked for a cheque for some money she needed and I gave her that as well. It was quite a lot of money, over £1,000. She was worrying about that too, so I said...look what's the point, stop worrying as there is no need. Well the next day, she came in to my lounge in a terrible state because she had lost the cheque I had given her for herself. I said to calm down but she couldn't; she got into a right state, raising her voice with fear and worry of what might happen. She started to cry...I thought what the f**k is going on here? I felt like I was in some low quality soap opera and there she was virtually shouting with panic.

My instincts took over at this stage; I had to stop this irrational and contagious negativity in its tracks now. So I screamed at her, *"Shut up now! Stop it; we cannot live together if you cannot control your irrational fears and worries!"* She was stunned to silence. I said, *'the worst case scenario is I have to stop the cheque and write you another...that's it.'* So sit down and we'll do that now. 15 minutes later, the cheque had been stopped (10 minutes to find the bank's phone number, 3 minutes to get through to a human being and 2 minutes to stop the cheque).

Fortunately she saw that her worrying had been irrational and our relationship grew stronger from this incident. She has relapses occasionally and my method of dealing with it is harsher than most, but I would not allow this sort of thing into my world. I could shield myself from it and so could Alison, but my children would be influenced if I didn't silence an irrational worrier.

I also care very much about her health. Now I know it is not my place to interfere with another's choices on health, but she is my mum and the point is that her worrying was literally killing her. Now we could go deeper and say well this was other stuff coming out. But who cares? There is no point in worrying at all as whatever is, is. So worrying gives us NOTHING AT ALL WORTH HAVING. Worrying make no sense at all as it has no benefit; it is also just a habit we picked up through imitation. What's more, it is a bad habit that must be removed if you desire to attain

certain wealth or other success. Just imagine for a second that I am right and worrying is just a bad habit which you picked up. Would you consciously choose to pick this habit up?

Well this habit can be unravelled. The first step is to *practice being a silent observer in your mind*. See when your mind starts to worry. Continue to let it happen and just watch it. Do not judge it, just watch it...look for the rational reason of why it is there and see what this shows you. When you feel the time is right, ask yourself the question...why do I worry? Practice this as you go about your day and the opportunity arises.

Be particularly present when you see a close friend, or someone you pass the time of day with each day. Observe what you are saying; notice when you say or agree with a worry. Notice when you use the word 'worry' or any of its other forms. Use that word as a trigger to observe what you are saying.

Kicking The Habit

~ Perpetual worry will get you to one place ahead of time -- the cemetery ~
Unknown

When I stopped and observed my mind and became the silent watcher of my thoughts, I found that I had to ask myself for the first time, why am I worrying?

After much thought, I found that it was for the same reason that I had kept doing so many things in my life which I had outgrown. As an example, one of them was the business I created in home improvements. It wasn't actually me that figured it out, my business partner realised it first.

We were still doing that business because it had become a habit - not because it made us money or filled us with a sense of being - no it was a habit, a bad habit. So when I asked myself why I worried, I found out that it was because I had acquired the habit of worrying. Worrying though is a socially acceptable habit.

Whereas to sink into personal development and study things like Becoming your own doctor, Creating wealth from thought, Science of Getting Rich, etc...These en masse are all socially unacceptable. Yes I know they are accepted in our niche, but widely they are looked at as 'airy fairy' sort of rubbish. Or put a better way, they scare people who are not interested or don't like to be shown what they should be doing. So if you like... what you are doing now by trying to improve yourself is socially unacceptable.

But there is another reason for why we worry as well, other than it just being a bad habit... Ask yourself am I worrying constructively, or is it out of fear? Fear of loss, fear of abandonment, fear of rejection, fear of failure, fear of what may not be in the future, fear of an event that is coming up? However, the event is normally far easier than that which we thought it would be anyway. How many times have you said to yourself, 'Well that was easier than I thought it would be.' I'm betting quite a few.

Now this does not mean do not give thought to a situation to decide on how best to handle it. That would be silly. Of course *give thought to the problem like you would any situation which needed to be resolved, but do not worry about it.*

Whatever your dominant thought will be, will become your reality. Everything that happens to you ends up being the best thing that could happen anyway. That is once you have understood the lesson your subconscious is trying to teach your conscious self. So really there is no point to worrying as whatever happens it provides you a benefit.

Did you get those? So what you were worrying about was the best thing that could happen to you as it was there to help you in some way, and what you worried about didn't turn out as bad as you thought it would.

Let me give you a real time example; I have a problem to deal with today, I can't write about it right now because I do choose not to think about the problem until it is the time I have to deal with it. Not that I am 'worried' or 'scared' by it, quite the contrary, it is just not the appropriate time to contemplate it. But I will write about it in the future when it has gone in my favour or against me – either way. The problem is quite large and very important so it matters a great deal that I get the result to go my way. I do not wish to big up the problem but I would guess that 99.9999% of people would be worried sick about this problem.

So later today I will spend a few hours looking at the problem and deciding a course of action through it. When I have decided on that course, I will apply it. I will clearly see the desired outcome for myself and all my work will be directed towards achieving that outcome. In a way I will then detach myself from the result, as I will clearly be seeing the outcome I desire and I know that I will have done all I can do in my power to attain that desire. If that is not enough, then it is not enough and I will not achieve the result I am looking for. Obviously this will be after several attempts and playing some pretty big cards, but if I do not achieve the result I desire then I will accept it as is and move on after drawing all the lessons I could from the situation.

If I was a 'normal' member of society then I would be in a blind panic about the situation. However, I am not. I will observe the situation and I will observe my emotional response to it. I will find the best solution available, I will apply it, I will wait for the result and I will deal with the next level of the problem as it comes. Coldly, logically and without any emotion, yet keeping my mind on achieving my desired outcome.

I will keep my desire in focus, but I am detached from the outcome as I know that whichever way it ends up going will be the best for me. I will also, after this has all finished, evaluate the situation and be grateful for having the opportunity to grow more by having it presented to me in the first place.

If I lose then I go forward armed with a stronger defence - if I win I go forward armed with a stronger defence and another victory under my belt. So either I win, or I win big...either way I win.

Now I have broken the external situation of the problem down and identified the result I will get. Later today or maybe tomorrow if I feel it is better to think on it longer first, I will delve into the problem and decide my course of action. I will deal with it at the right time in the right way and without any anxiety.

Ok...so there it was broken down; both results analysed and my course of action evaluated...At what point would any form of worrying come into that plan?

...At what point would any worry benefit me in any way?

There is no room for it as *it holds no value for me*

However, my habit from last year does not 'want' to die, so I have to currently work to control the worry demon. I can still feel it down below the surface trying to get out. But this is currently a good thing while I am still transitioning and I am grateful for it. Thanks to it being there I can recognise it easily, and therefore steer well clear of it. I know that I don't 'want' that; I recognise it and when I see something I don't like then the path to what I do like becomes ever more brightly lit.

By shining a torch on the worrier demon in me, I see that he is just an illusion; he is of no benefit to me or my life situation and therefore he has no place in my life. I turn around and follow the brightly lit path - Being grateful that I saw the part of my mind that worried and grateful that I was able to expose it to my consciousness. The worrier in me is just something

that I have allowed society, and my own lack of observance, to create for me.

People wonder why I am so strong and able to handle so much. It is simply because I control my mind; I am in control and it is not. My mind is there to provide for me, not me to provide for it. The power to control then becomes automatic and there is no need for me being strong, I just *am* strong - it is just there. When you acquire the skill of controlling your mind and ridding yourself of worry, people will see or feel the presence in you - the stillness.

If you desire to control worrying, start to look at it and shine a light on it. Then you'll see it is just an illusion; a trickster that is trying to control you. Don't 'try' and fix it, just look at it, use the power of observation and just look at your worries. If you worry at all, you are making the unconscious decision to give control of your mind over to a bad habit.

When you worry, you are out of control of your mind and your ego, your nutter, your little saboteur is running you; you are not in command. When you worry, you are actually unconscious as you are living in the future, not in the present. You cannot create the solution to your problem in the future; you can only create it in the present. Worrying takes you out of the only place from where you can fix the problem and puts you into a state of mind which sucks your creative problem solving energy away.

I'm going to cover the next few points relatively quickly and leave you with them. I'm not going to cover every single layer of lack around worrying – that would take a large book, so I will just point out the problems that will give your mind the signposts for you to eradicate the problem. In other words, I'm going to give you an invincible weapon, tell you what the enemy looks like and drop you behind enemy lines.

So What's The Biggest Illusion That Worrying Creates?

~ Worry: a sustained form of fear caused by indecision ~

Unknown

The more you study it, the more you will begin to realise that each layer is like a subtle incarnation of one of the previous layers which you will have learnt to remove by the end of this chapter.

So I'm not going to do too much (well that's my intention), but I 'want' to put a bright enough light on this little illusion so that you are able to start to see it in yourself. And by seeing it, you can see it for the self-created illusion that you have allowed in. From there, with what I have

already shown you and what you are about to see, you will be able to eradicate the worry demon from your life forever. This will literally extend your life if you can apply it.

And if that little gem is not enough, then without the acquisition of this skill set, you will not retain the riches you seek. And what is even worse than that, you will not live the fully contented life you deserve as you will still be worrying and therefore missing some of the best bits of life. If you have not yet created the life you desire then you can bet that worrying about stuff is one of the many reasons why.

So let's get started and lighten the load some more...

Our bottom line is that we think if we don't worry then we are going to get caught out. Why do we think that? Why on earth have we trained ourselves to think that garbage? Are we really that insane?

We think it because we haven't applied thought to the problem. Why? Because the worry demon has already shut off our rational thought pattern, which was the one I demonstrated to you that I was going through myself.

So if we don't worry we are going to get caught out? Well you can evaluate the problem without worrying about it. You can look at all possible scenarios without worrying about them. So if we get caught out because we did not apply enough thought to the problem, then that is different to being caught out because we didn't worry.

So where is the need to worry, or else we will be caught out?

Now, this awful thought pattern is the one that 99.9999% of the population use (including me at times in my life), and *it adds nothing to helping resolve the situation*. Actually it works as a really large obstacle to overcoming the problem that has caused the worry demon to come out to play.

The problem is we attract what we are trying to avoid – we end up living a self fulfilling prophecy – what we think about becomes our reality. We get caught out because we worried about it, that then reinforces the future need to worry more deeply... this is pure insanity. Worrying is insane!

Overcoming The Feeling Of Being Powerless

~ *Worrying is like paying on a debt that may never come due* ~

Will Rogers

The media tries its level best to convince us that there is no 'hope' and we are powerless (they know what the world's worriers 'want' to hear). The truth is something quite different; we are not powerless, in fact we are powerful. We are in full control of our lives whether we like it or not...we are responsible fully for them and there is no-one else to blame.

Whatever the situation, our choice of how we accept the situation we have had in our lives is just that... a choice. We choose the life we have and if you don't like the life you have then you need to get better at choosing...

So here's how to overcome the feeling of being powerless...

You now know worrying is a choice! You think you are powerless - you are not - you are all powerful. There are only two things in your entire life you do not have a choice about...One is that you will one day die, and the other is that you will have to live every day until you die....

Everything else in your life is a choice...you are all powerful. You can decide if you 'want' to be power~~less~~, you can decide if you 'want' to be power~~ful~~. Neither will necessarily change that situation where you feel you are powerless, as the situation is the situation and is a result of the law of cause and effect.

As T. Harv Eker says, "Sh*t doesn't travel at the speed of light, it travels at the speed of sh*t!" So just because you have made a conscious choice that you are going to be powerful now, it does not mean that a choice you made from your previous life situation will not come along to make it appear that you are now powerless. Which gives you the choice to think this mumbo jumbo does not work.

It does work... once you accept that you are responsible for everything. With acceptance of what is, comes absolute power. You have power to accept the situation as a result of a previous choice you made. Remember, whatever happens will actually be the best for you. You may not like to hear that and you may not agree with it but it doesn't change the fact it is true, and if you sat down and really looked for the benefits from every bad situation, then you would find them.

So you have become an alchemist; you have transmuted powerlessness into powerfulness simply by accepting what is. In other words, you choose to accept what is and therefore you become powerful. Your choice then takes you towards your goal instead of accepting that you are powerless, which takes you away from it.

Of course you always were all powerful; power is just a choice you make. I made the choice to be all powerful, and therefore I am. Nothing dents my confidence and with that, what chance do others stand when facing me? If they are right then they will win and I accept it and benefit from it. If I am right I will win, but either way I still win and grow more powerful (as I explained previously).

The problem is we attract, or rather create, what we are trying to avoid – we end up living a self-fulfilling prophecy – what we think about becomes our reality. So if you think you are powerless then you are and if you think you are powerful then you are. One takes you toward your desires and one drags you away from them.

It is your choice - To be powerful or powerless...tough decision!

If you feel powerless it is because previously you made the wrong choice, however, you did make it whilst you were asleep, so that can be forgiven. But you are awake now and cannot be forgiven again if you continue to stand by your choice to be powerless.

So now you are in control, you are all powerful. Next I am going to cover how to get over the 'little' problem of worrying about what others think.

Why Do You Worry About What Others Think?

~ *What worries you, masters you.* ~

Haddon W. Robinson

When I had all hell breaking loose and people were criticising me for my choice of actions, there was no way that it was possible for me to stop that. I had to accept that my choices had brought about their anger towards me.

There was no point worrying though about what others thought of me. Why? Because they were going to think what they wanted to. I worked out how to resolve the situation and I knew that it involved a timescale that wasn't now. What's more I knew that I was not this person that they said I was and I knew that this situation just was. There was nothing that could be done about it to resolve it; it just was and therefore, what was the point of any worry about it.

So was there any point to me worrying about what they thought also?

Of course not - Thanks to what I have unravelled previously, there is no point in worry. What I could do was control how my mind was affected by what they said and wrote. And as I said before I was probably at the most contented serene moment of my life when the storm was at its peak.

I simply would not allow what others thought of me to control my life in any way. It would have to be a choice by me to let this in and I chose not to. How could the negative things they thought and said about such a horrible situation, help me in any way to get to where I 'wanted' to go?

If you are looking for acceptance from your father, mother or partner, why are you doing it? Just love yourself; don't 'try' to make others give you what you think you want. They can only give you what you allow them to and they can only take from you that which you allow them; others have no power over you unless you give it to them.

Love yourself, then you won't need to seek love from others. You cannot control others' thoughts, be the person you need to be and you will without trying to obtain their acceptance. If they don't accept you, then meant as nicely as possible... who cares? If they don't then they are not worthy of your consideration. The only person in this world you can control is you. And most people do a very bad job of it!

If you are looking for others' acceptance, then ask yourself why you seek it? Are you being selfish? If you 'want' acceptance, then I accept you right now for exactly who you are, exactly what you have achieved to this point in your life and exactly all of the bad things you have done. And if that is all bad, then so what? The past is the past, it is not your future and it is definitely not your now. Don't let your current bank balance or your account of life so far be your judgement of what your future bank or life account will look like.

Get over yourself, conclude that you accept what you have done and that you love yourself now... you do not need anyone else's approval for your life; just approve of yourself.

Your worrying about what others think of you serves you in no way, and if it does not serve you, as nothing stands still, then it must be hurting you. Therefore it would be insane – that is insane for anyone not paying attention. It would be insane for any of us to worry about what others think. Unfortunately other insane people teach us that this is normal and therefore acceptable! Just because plenty of insane people think it is normal and therefore sane, doesn't make it any more sane.

But knowing that it is insane does not mean we don't do it. I still have to stop myself occasionally, but to worry about what others think is insanity. So if you are still doing it then congratulations, you suffer from temporary insanity, give yourself a certificate, well done! If you worry about what others think then I pronounce you insane. Congratulations, now get over yourself and get back to being as sane as you were when you were a child. You didn't care what everyone else thought, not because you didn't care, but because you never considered it. Why would you?... It was of no benefit to do so!

Now your 'temporary' insanity has been identified, observe yourself doing it without judging at first. Just watch yourself and grow out of this insanity as all it does is take you away from your desires; it will not take you where you 'want' to go. Your current insanity in this area will now start to dissolve because of the light you are now shining on it.

I trust you enjoyed being told you were insane when you thought of this. Because if you enjoyed it then you are not fighting it and it will be easier for you to go and observe. If you did not enjoy it, then it is your ego fighting it. That's cool too, now you can observe your ego in action. This is the thinker; you are currently slaving away for them. Just observe them and see how rational you think they are. Remember though, if you desire the life of your dreams then you have to get rid of this insanity, this bug has to go! You cannot live the life of your dreams if you are trapped in slavery to an invisible master.

Why Do You Worry About Making Mistakes?

~ Show me a person who has never made a mistake and I'll show you someone who has never achieved much ~

Joan Collins

Wow, this is a big subject - I could write an entire book on it. I have read at least two books devoted just to this point and it is covered briefly in most self help books. Talk about a bug which brings to a halt the creative process... If you don't have the life you desire and you worry about making mistakes then here's a clue... This is a visible, invisible virus which you are now going to remove from your mind.

What I'm going to 'try' and do is nutshell it and give you the power to enjoy your mistakes, thereby completely removing from you the need to ever worry about making a mistake again!

You currently associate a mistake as a bad thing; you have been programmed with this disability and the good news is you can have the program removed!

Mistakes are an essential part of life... "Yeah, yeah Andy, tell us something we don't know. I 'want' to get over worrying about them!"

If you think that, then I have just told you something **you don't know**...

If you didn't think anything, then re-read it again as the detail is where the solution lies here.

*Side note: - It also means you are reading too fast and not absorbing the life-changing gifts I am sharing with you... **There is no greener book out there**; all the answers to you creating the life your desire are here but **you have to absorb them**. **You cannot abdicate that part to anyone.***

I suggest you think about it, as if you know that mistakes are an essential part of life, and yet you are worried about making mistakes, then you do not know it. You merely can speak about it or can recall it from one or more of the dozens of personal development books you've read and not understood. You do not KNOW IT. If you knew it, you would not worry about making mistakes would you?

How does that make you feel? Go inside; observe how you are reacting to what I just said. Was it obvious? Was it annoying? Did it make

you angry? They are all good reactions - now think about them. Do you now know it? Probably not yet, but let's carry on.

I know mistakes are an essential part of life, therefore, I do not worry about them; if you worry about them then you do not know it! And that is where your problem lies. It is one thing to learn new skills and aspects of the mind. It is another to put them into place and apply them to develop the power they can give you.

Next time you worry about a decision you have to make, remember you are worrying and this must first be observed and learnt about before it can be removed. Then when you have observed this irrational and insane behaviour, you can start to remove it.

Why is it irrational? Well we know that mistakes are an essential part of life, so whatever result happens from our decision means that we will move forward in the right way. So where is the need to worry about making a mistake?

There is no benefit in any way about worrying about this. It does not take you toward your goal, it takes you away from it. Therefore, it gives you no benefit. Therefore, you do not need it in your mind. Therefore, all you need to do is observe it and enjoy removing this bit of instinctive, uneducated, thoughtless, response rubbish bug-ridden program from your mind.

Then, and only then, can you dare say to someone like me that 'you know this' as clearly you currently do not. Don't feel bad, don't go away feeling angry... neither changes the reality of what is. Accept when you are in the wrong, use it to help you become stronger... this is empowering stuff! Not only that, but it is like getting the house tidy for guests; you are making your mind the most welcoming place for success and wealth to flow into.

The whole point of reconstructing your mind and preparing yourself to accept success in, is that you have to remove the obstacles which you have actually placed in your mind that *'you know are true but are in fact false.'* You have to question and observe all of your current beliefs and emotions to see what lurks beneath them. If you do not learn that which you thought you already knew, you will probably find you will never reach your chosen destination.... So question what you know, or rather what you think you know!

As for me, I love mistakes. To me they really are an opportunity to begin again more intelligently, just as Henry Ford so wisely said. I am

devoting my time at the moment (and I mean as soon as I have finished writing this I will be going back to it), into finding ways to increase the speed at which I make mistakes.

I'm not making enough mistakes! I choose to make 100 times as many mistakes as I am making now. I am looking for ways to make 1,000 times as many because I know what lies on the other side of those mistakes...

I do not mean to foolishly rush in, in fact that is the last thing to do. I mean evaluate, and then when you have evaluated and logic pushes you into action, act. Do not worry about the inevitable fact that you will make some mistakes.

Side note: – This is why I love the internet business so much more than 'real world' business. I can have set up 10 businesses in the morning, have the tests in on them by mid-afternoon, closed down 8 of them and found 2 that are working and have an 80% failure rate! You gotta learn to love mistakes... Just imagine for a second, if I could launch 1,000 businesses in the morning, have 800 failures and a mere 200 successful businesses, then would that feel good or what to fail that often?

I have learnt more from my mistakes and made more money from my mistakes than you'd ever 'believe' possible. As James Dyson said, learn from your mistakes because you never learn from your successes. I look forward to making plenty more mistakes because without them how can I grow? How can I acquire that what I seek? They are an essential part of life...I know it and I live it... I use it to enhance my power. Not just that but I am grateful to my core for the wonderful mistakes that have helped me throughout my life.

A great quote goes something like – If you 'want' to increase your rate of success, double your rate of failures. Mistakes are your best friends; learn to love them, learn to use them and stop thinking you know it, and start knowing it. This is powerful stuff indeed!

Also when you say, 'I don't know what to do?' It usually means you are afraid of making mistakes... you now know there is nothing to be afraid of as mistakes are there to help you get to where you desire to go...

Stop Worrying, It Takes You Out Of Harmony

~ If things go wrong, don't go with them. ~

Roger Babson

Trust me, you 'want' harmony...that is just about the best thing!

We are nearly at the end of this chapter on removing your need to worry. It is not the last word on it however, as we all need re-tuning as almost 100% of people worry either a lot, or most of the time. So with that much negative influence, this subject will require your attention to prevent it.

I'm going to cover here stopping the worry and never letting it come back again! One of the greatest secrets of wealth creation is that of 'Harmony', I'll write more on it later. But for now you have to look at how worrying literally drags you straight out of harmony with your desires. As without you being in harmony with your desires, then you will not attain them. So you don't have a choice if you 'want' to achieve your desires, you HAVE to acquire the skill of how to not worry again.

You can of course choose if you like to ignore this, but if you are studying 'the way' and that is what you are doing, then at some point it will return you to this point you are at right now. So why don't you just re-read this chapter until you change your thinking and install the correct programming.

Here's an example, let's say that you have to worry about a business working as that is your chosen route to riches. Your worrying about it working or not brings about the very failure that you are concerned about. Your worries literally create what you are worrying about. Why?... Well because whatever you give your dominant attention to becomes your reality.

Worrying about something = That's what I am asking to happen.

The way to ensure success, does not involve worry. It involves slowly reaching a conclusion that you have to act because it becomes obvious to do so. From that point the business is a certain success. So why worry?

Well, because we think we enjoy it or we cling on to that myth which I discussed previously, whereby if we don't worry then we will get caught out...(insane or what?), all of these thoughts snap us instantly out of harmony and instantly start to take us off in the wrong direction.

Instead of worrying, why not, when you feel you are doing so, stop and relax. Observe your ego's desire to worry. Observe this nutter, this demon, as it seeks to destroy what you have created. Not because it wants to, it is just purely ignorant and afraid of the future so it seeks to keep you where you are.

To develop as an individual and to get wealthy you MUST do new things. Your ego doesn't like doing new things as it is outside your safety zone. So it comes up with all sorts of cr*p to 'try' and deceive you. To 'try' and evoke fear in you, to 'try' and keep you trapped in your place.

The way through this is to...

Relax, observe, allow, and surrender to what is. Allow your subconscious to retake control. The control it had when you were at the most enlightened point in your life. The point when you were a child and did not know what worrying was, when you didn't have an ego, just a complete thirst for life.

It is at that point that you can create best and we lose that point as we are educated away from our natural state of enlightenment by the world around us. Well, if you 'want' to create certain and sustained success and wealth, one of your desires should be to head back in the direction of enlightenment – forget about attaining it, that is not important, what is important is that you head in that direction.

Your ego likes it the way it is. It wants to protect you from change – but change is where your future lies, otherwise in five years' time you will not be any further down the road. So you need change...

Now here comes one of the most powerful things you can learn to ask yourself, so take this next bit slowly as there is hidden power here...

'What problem do I have right now?'

I'm not going to bother asking you what you have to worry about, as if you have read all I have written on this subject then you already know that worrying is POINTLESS and has no benefit to someone who seeks success. Worrying is, and always has been, completely irrational. Just because you've always done it does not mean that you have to continue and does not mean that it is right to do it. In fact, you can stop right now, this very instant and never worry again as you now know it is POINTLESS and of no value.

So I'm going to conclude this chapter with one of the most powerful things you'll ever learn... ***'What do I have to worry about right now?'***

As for your problems, you are either dealing with them or accepting them, as there is no worry...

I used to have that at my very core without realising it; this is what I did instinctively for years without knowing it. I was naturally a non-worrier because I had that little program run in my mind as soon as a problem cropped up. Then last year I let it in and had to re-install that program. Today it is at my core again and what a powerful weapon in my arsenal it is.

I was able to use that weapon when I was at the very height of my problems. As I had numerous problems, but I did not have any *at that very moment*, I would merely deal with them as the time came up. I would do all of my preparation of course as I would with anything I had to do. I would just not worry about it because I did not have the problem in front of me right now.

What I did was, I did what an animal does; it doesn't worry, it instinctively reacts when it needs to. *A problem is either being dealt with or accepted...so why worry?*

I'm going to go into this point further and remind you of it often. If you can get your head around accepting this very simple thing, you will never ever need to worry again, as you are either dealing with a problem or accepting it. Where does worry fit into nature?

At the start of this chapter I said that this was a system which anyone could apply to remove all the worries from their life. Books, courses, shrinks - devote mountains of work to cure that which is a huge problem, but that which after all is just an illusion. The illusion is created by the darkness of non-thought. To dissolve this illusion you merely need to turn on the light of observation and the darkness cannot persist.

Then you are free from ever worrying again - is there any greater gift I can give you? We shall see, as this was just one element.

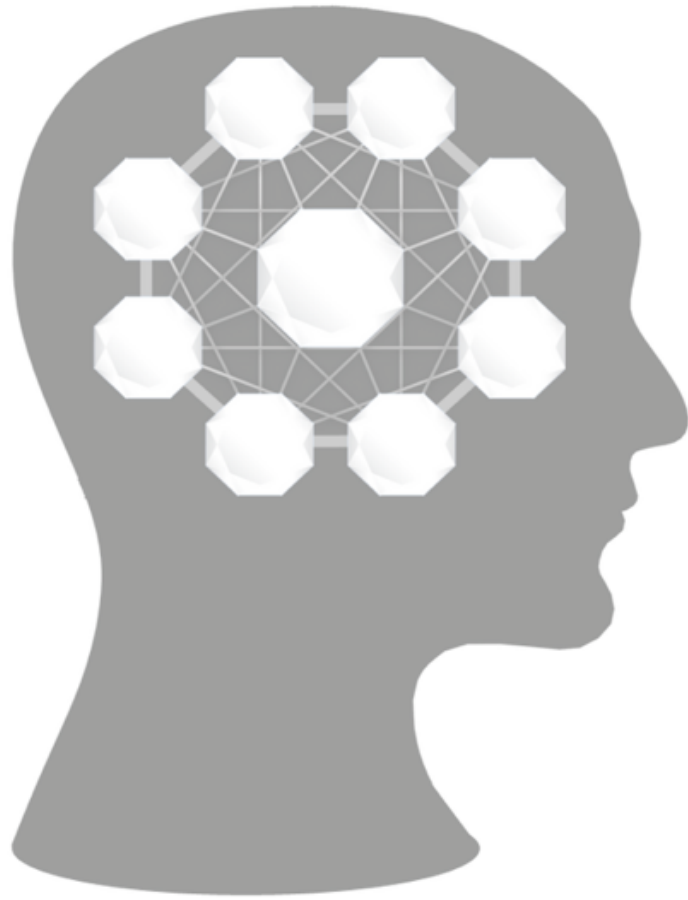
Ok - you think that was a large chapter? Well we did kill off one of the world's biggest problems! But wait until we move on to removing all of your fears later - that's a big subject! But for now, next we will cover exactly why you never again need to 'try' and please people.

Summary of Techniques

- Observe yourself when you worry; ask yourself if there is any benefit in you worrying. Will it help you to fix the problem?
- You will have to deal with what you are worrying about at the time you have to anyway, so what is the point of worrying about it now?
- Everything either takes me towards where I desire to go, or away from it. Where is this worry taking me?

- Remember, worrying gives you **nothing** of benefit.
- Practice being silent and observing your mind; think about your worries and ask why you think you should worry.
- Give thought to the problem like you would any situation which needed to be resolved, but do not worry about it.
- Accept your current worries. Just observe them, do not be angry with yourself for not being able to stop worrying. Just ask yourself why you worry, keep asking why until you get an answer.
- You can choose to be powerful just as you chose to be powerless, just by accepting what is.
- Love yourself and you will not need to seek love from others.
- It doesn't matter what others think. Just accept what you have done and be who you are; approve of yourself.
- Mistakes are an essential part of life and therefore are to be enjoyed, not worried about, as without making mistakes you cannot grow. Mistakes take you to your desires, success lies on the far side of mistakes. If you 'want' to increase your rate of success then double your rate of failure, mistakes lead to success. Worrying about, and not making mistakes, leads to you being stuck and wasting your life... which of course IS failure.
- Question what you know to be true and observe the answer. Do not judge - just observe.
- If you worry, you are asking it to happen. At those times stop and observe what your thought process is.
- Ask yourself often...what problem do I have right now? ... What do I have to worry about right now?
- A problem is either being dealt with, or accepted... so why worry?

This worrying habit is something which you have allowed in and nurtured with most conversations and in your email. What you have here is the antivirus to removing your worrying habit. You could choose to just stop worrying now, after all it is just an illusion and not real, however, the habit of it can take a while to remove and may even require some elements of control for quite a while.



SAL  **TORI**

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CHAPTER SEVEN



Going Against The Grain

*~ Failure is
unimportant. It takes
courage to make a fool of
yourself. ~*

Charlie Chaplin

You Will Always Be A Failure In Someone's Eyes

~ A man may fall many times, but he won't be a failure until he says that someone pushed him. ~

Elmer G. Letterman

You cannot please all of the people all of the time, sometimes you cannot please some of the people some of the time...Whatever! Who cares?... You shouldn't!

If you are trying to get approval from someone then you have to let it go. I know that is probably not what you 'want' to hear, but please hear

me out as this part is written just for those who seek approval. This chapter will set you free if you read and re-read, then accept, then change.

Freedom, or a self imposed prison sentence that will last the rest of your life, as ever, is your choice. You cannot force change in people and it is also not good to force change in people. Also if the person is unconscious, no matter what you do you will never force change. You could provide a signed statement of truth from the

Ultimate Power in the Universe saying that you are true and good and that you are also right. Then the unconscious person would still doubt it, and therefore dismiss it.

You are trying to scoop up air into the middle of the room!

Do you get it? You are then trapped and doomed to certain failure. By allowing yourself to achieve certain failure, you are unconsciously binning all the other concepts that you have accepted. Until you let go of your need to 'try' and force change in others, you will never attain harmony. You have to choose sanity or insanity, you cannot choose both.

So how do you let go of your need for acceptance?

Well, once again it is your ego that is trying to force the change and trying to control another person's mind, ***so you do not 'try' and change as that is hard.*** What is easy, well easier at least, is to become conscious and observe your ego and its ridiculous efforts.

Watch how your ego seeks to control another. There are those it will succeed with, but in its success you are actually failing and moving further away from your goal. As this is the paradox of the illusion of this misdirected success.

Your success will come when you let go of trying to get them to change, you are then free to live your life. Your example of a wonderful, serene and harmonious life will be a great lead to those others - the unconscious ones you previously tried to change.

Unfortunately, some of you will find that the person you seek to change never will. Well it is not your right to make them change anyway and you have no right even to try, so let go and accept their unconsciousness as it is. Your acceptance of this, and I mean true acceptance of it, will speed you on your way towards complete harmony.

You can still desire to see them change but your desire should also include, "but only if they 'want' to. All I will be is like a light shining the

way and I will exert no force on to them...” Now if you can do that then you are getting close to really achieving change.

When I was the two-headed demon who had ‘stolen’ everyone’s money, I couldn’t force change; I could just be who I was. I could not and would not force change in anyone; I merely shone a light on the truth.

Then comes some real truth from one of the many selling tips I learnt... “Some will, some won’t, so... what next?”

You cannot please all of the people all of the time. You cannot and should not ‘want’ to force change in others. Be the change, and if you are right then some will decide for themselves. But you cannot please everyone and the more people you know then the more you cannot please... it is a numbers game!

Well how about this then? I’d like to have millions of people that do not agree with me, because then I’d have tens of millions who do. And in those tens of millions I can help to encourage change. I fully accept that some people will hate what I stand for or what I have done, in exactly the same way that I fully accept that a lot of people will like what I stand for, and agree with what I have done. I just am.

If you ‘try’ and force change in others then you are moving away from your desires even though your ego thinks it is moving towards it. *So you simply need to observe your ego and your unconsciousness and in doing so, you’ll see how ridiculous what your ego is trying to do, is – This action frees you.*

By assuming control of your own destiny this will upset the status quo in those around you – and this will scare them. But the opinions of others are completely irrelevant to you; they are just not important. You can listen to them and if you feel they bring benefit to you then use them, and sometimes you’ll do what others ‘want’ you to. But you are the one steering the ship, thank them for their guidance and continue on your journey.

Other people’s values and beliefs are likely to be different to yours and you need to accept that. However, your easy acceptance of their views frightens them and threatens their ‘beliefs.’ That is when they can escalate their attacks on you. Just accept and be transparent to their unconsciousness; be the light and some will accept you, some won’t accept you, so what? You accept it and move on towards your desires. You have freed yourself from your prison.

When I started writing this book I knew that it would cause people to be confronted with new 'beliefs' that threatened people's foundations of 'beliefs.' I knew it would frighten some people simply because, when another person is confronted with your 'beliefs', it can cause an inner battle. Which is the, 'Could they be right?' Battle. Unfortunately this involves thinking and the unconscious do not like to think, as this, as we have already covered, is the hardest work there is in the world.

They think, 'Could they be right? That means I could be wrong!' Now a person who knows who they are, is not threatened in any way by an opposing view or another's 'belief.' If, however, you are insecure then you are threatened by the 'beliefs' of others. Let's use me as an example: I like logic but I mix logic with my instincts to form my opinions. I adjust my opinions or improve them as the point is disseminated further to give me a greater understanding. My core values are rarely changed, but if a logical and instinctive change came along, then after looking at it and evaluating it, I would change or dismiss it.

I do not hold on to any 'belief' that is fixed in stone, as I know nothing stands still. Therefore, all I can do is continue to study along the way and continue to question my understanding as the questions naturally come up. In doing so I am open to being completely wrong on my core values (admittedly it has never happened yet). However, on small points I am wrong at least 20% of the time.

I am not threatened by being wrong. I am not threatened when another is right. Why would I be...as their being right adds to the improvement of my life?

You have to please yourself first, you have to accept that you will be wrong and that is a good thing, and you will never win everyone over, sometimes not even the majority. Take a look at your life and measure how much of what you are trying to achieve is spent on seeking the approval of others. You need to realise this important truth, "You will never get the approval you seek," - because you are seeking it. The law of attraction teaches us this... we get what we seek. So all you will get is more approval seeking!

You simply cannot please everyone, that is a fact. Therefore, all you have to do is learn to please yourself and have a truly great, serene and harmonious life.

Are You Part Of The Blame Culture Too?

~ When you blame others, you give up your power to change. ~

Dr Robert Anthony

The media and the physiological response of society have trained us into becoming natural blamers. We blame others automatically, without thinking, then as we think we look for ways to reinforce our very hasty judgements.

This instant blame culture has to be let go of, acceptance of what is, frees you from this. Your ego insists that it must defend you even when you are wrong because if it doesn't then others will think you are weak.

Whereas when we shine a light on this we notice that the very opposite is true. By accepting full responsibility you automatically obtain a deep physiological strength that makes your defences impenetrable.

I was brought up in a blame culture. It was one of the hardest things to remove from my make-up. In the presence of certain people, it is instantly switched back on and usually my first reaction is half way out of my mouth before I have managed to catch it.

The problem is around those people who nurtured this blame culture, it somehow acts as a switch to reactivate my unconsciousness. This is not an excuse, it is merely pointing out my laziness, as I am aware of this and do not take appropriate actions to remain fully present when I am in that company.

As soon as I make the first mistake, it snaps me back into the present and I am able to regain control of my mind. What's more, if you are in the presence of people who are unconscious blamers, then there is no need to react to them. Let them blame, just go transparent and let their blaming pass through you. If it is you, then you accept that you were wrong and obviously will make the required changes to your thoughts. Therefore, accept what is and grow stronger, thanks to it being pointed out to you.

If it is not you and they are wrong and are just seeking to blame you so that they can shield themselves from the blame, as you are transparent you can let it pass through you by saying something like, "I'm happy to take the blame. Here's what I think we should do to avoid this mistake occurring again."

You end up becoming an example to the blamers, they see that you took the blame and survived, and in fact to them you grew stronger. The blamers then warm to you and learn from your example. You cannot push people into this, you have to lead and others will follow.

In fact this little secret will be, when it is accepted, one of the real keys to changing the world. This is real change happening. All the time that the world seeks to change and improve the world from the outside in (i.e. by force), then nothing much will change. Once the world gets it and realises that change must come from the inside out (i.e. no force is necessary), then we will actually see the world change.

By the way, I do not see me being able to change the world, but I do see me being able to change one person at a time. My goal is to change as many as I can and to show them that they can have a serene life which is full of all their desires. And that it is easy to achieve, if they 'believe' it is.

How To Stop 'Believing' The Rubbish You Are Repeating To Yourself

~ 'Who speaks, sows; Who listens, reaps' ~

Argentine Proverb

The ego is a cunning character and yours has probably succeeded in some way in tricking you into 'believing' that you are incompetent, stupid, weak, unworthy, evil...all of it. What a load of rubbish. All this means is that you end up with a very bad self image, which translates into poor self-esteem.

Now words can be very fast to read. Before going on here for a second, turn your attention to inside; do you 'believe' any of the following or is your self-talk ego saying any of this to you? – You're incompetent! You're stupid! You're weak! You're evil! You're unworthy of success (in wealth, riches, weight loss, relationships - insert whatever you 'want' here!)

I would suggest spending just a few moments or minutes on each of those questions. Be honest with yourself about the answers because you are right at the door of change when you start shining a light on this part of the ego's work to keep you where you are. You are now consciously listening to what your nutter is telling you, and when you do that, then the power of his/her constant badgering ceases to be there.

Then when you're ready read on.

~ Self-esteem isn't everything - it's just that there's nothing without it ~

Gloria Steinem

Some of us have very low self-esteem, some of us don't think we do but because we don't listen to ourselves very often maybe we have just missed the proper garbage the ego is telling us.

Until you wake from this living nightmare and make a conscious decision to stop believing this rubbish and change your pattern of thought, then you will not elevate your thinking above 'believing' that you are inadequate in some way.

The problem is that until you accept yourself for who you are, you will always be carrying a load of useless and seriously heavy baggage around. As Maxwell Maltz said – "Low self-esteem is like driving through life with your handbrake on."

Your self-acceptance is a must. You have to like and love yourself. Until you learn to love yourself then you'll never learn to love others. (I cannot express in words what you are missing out on if you do not accept yourself and learn to love yourself, as you really have to experience it for yourself to really appreciate it).

Accept who you are and where you are right now. Just accept it, as by accepting it you can release all that heavy load; you can release your handbrake. People say to me that they don't know why they can't achieve success, yet they haven't ever accepted themselves for who they are. Have you ever tried driving a car from 0 to 60 with the handbrake on? Trust me it's faster when you release it. And by releasing that heavy load, or handbrake, your journey will become so much fun you just won't 'believe' it can feel so good.

For example, it is 5.55am on a Monday morning, I got out of bed about 30 minutes ago and I felt fantastic, I mean really fantastic. I was really excited to start a new week and discover all of the new things I would learn.

Would you like to feel that good on a MONDAY morning?

Or is this how you feel or felt about Monday morning?... ~ *Monday is a lame way to spend 1/7 of your life!* ~

Well, you can feel great on a Monday, and it doesn't need to be a bank holiday either, you can feel it every Monday once you accept what is. Now, if you have been sold on the myth that you should forget about yourself and love others first, you'll probably find if you dig deep enough that this is the reason that life isn't what you really wanted. If you really do 'want' to help others then you simply must help yourself. First by accepting your mistakes, and secondly by creating the life you desire.

Only then, from having a life you are truly proud of, can you be of real benefit to others. In doing so, the leverage you will get on your results when the time is right for you to help others, will be enormous.

If you create an abundant self-worth then you become an expert on yourself... and when you are an expert on yourself, guess what?...You become an expert on everyone else as well. A conscious person knows themselves first; they pay attention to their own thoughts and in doing so they just get smarter. By recognising our own failures and accepting them, this allows change. This enables you to be of real benefit to others.

Don't be afraid to expose a weakness in yourself; by exposing a weakness it is the beginning of strength. All news is good news when we are learning about ourselves. Until you accept and love yourself, because you are spiritually whole, complete and perfect, then you will struggle like hell to get rich and be a success. Your results in life will be in direct proportion to your ability to accept the truth about yourself. And remember, other people can tell you their opinions about you but it is what you think about them that matters. As Ivan Turgenev said, ~ I agree with no-one's opinion. I have some of my own. ~

How To Change Quickly What Your Inner Voice Is Saying

~ Ego has a voracious appetite, the more you feed it, the hungrier it gets. ~

Nathaniel Bronner Jr

You know your inner voice, your nutter, your little demon, your ego, whatever we 'want' to call him/her, is talking rubbish to you about you not being worthy. So we need to keep the light turned on and make it crystal clear about our intentions.

Something to remember is that you actually are 'spiritually' perfect, always. There is though a difference between our spiritual side of who we are and what we do. Sometimes what we do is far from perfect! This difference is created from ignorance. The gap can be narrowed though by remembering that we are spiritually perfect.

So remind yourself and say to yourself as often as you like (if you can without being interrupted), "I am spiritually perfect." If you don't have the life you desire, then as you said that a little voice probably said, "No you're not!"

Side note:- if you are still struggling to hold the 15 seconds of consecutive thought then I suggest you go and watch the videos I did here www.ABugFreeMind.com/15seconds - Watch them and practice achieving this, as this has to be your primary aim if you truly wish to create the life you desire.

If you haven't yet managed to find a bit of no mind, then you may 'want' to take another look at them too. For all of you that have either experienced no mind, or can switch it on at will... isn't that so cool!

The problem is that by you affirming that you are perfect, your ego knows it is not, so it feels threatened; "How can you be perfect, you've done all of these things wrong!" – then follows a long list of actions of you being less than perfect...and at some point, usually near the start, you end up consciously agreeing with your ego. (Looking back now, I can remember myself doing that countless times).

Your ego is trying to fool you. It does not 'want' you to pause to reflect and look at yourself. It wants you *to feel guilty*. It wants you to blame yourself for all of your less than perfect actions (helped along by it of course). It is a spiralling disaster which you will have to break free from and regain control of your mind...without doing so, you will never have the life you desire.

So how do you do it? Simple, just keep telling yourself that you are spiritually perfect, *because you are!* Your spiritual side is perfect. It is the truth and you can tell yourself that. As you know, there is a difference between your spiritual side and your actions. You are spiritually whole, complete and perfect, so just remind yourself of that.

If you doubt what I am saying then you have found a personal turning point. What I mean by this is that if you doubt it, it means you question it, or rather you question it because it questions what you currently 'believe' to be true.

This is good news. It means you have found where to dig to unravel a layer of control in your mind. By thinking about this point, you need to go deeper and ask why you are questioning it. Be very careful to be the questioner and the observer, but not the arguer (avoid conflict and argument, just observe the way your mind debates/fights/struggles).

You 'want' to watch your ego here fighting for control, so just ask logical questions. Remember you have an advantage over your ego. He/she is made up from only the knowledge you have learned so far, and then made your own opinions of, whereas you may have just acquired new knowledge that the ego has not tainted yet. And with this new knowledge you can expose your ego and show yourself that you don't need it. This is your ego's greatest fear and it fights hard to keep you from figuring out that you do not need it.

Remember, this is one of the layers of crud, 'a bug' that is holding you back. Without removing the crud, 'the bug,' you will not live life to your full potential. You will also struggle to ever achieve your desires. All layers, all bugs must be removed.

So keep digging. If I were you I would stop reading at this point and start thinking, and questioning, as change for you could be at the end of your questions. This process won't take you long, and here's a little something to help you see just how perfect you are, yet how imperfect you've become.

When you were born, you were perfect on both sides. Is there any wonder we are drawn and attracted so much to a new born baby and children under eight? They move further away from perfection the older they get. Or as Patty in 'The Simpsons' said, "The older they get, the cuter they ain't!"

A baby is perfect. Your spiritual side is still and always will be perfect. By accepting that, and stopping your ego telling you otherwise, then you remove a layer of crud from your mind and you can move on with a seriously heavy load lifted – enjoy the process.

'Knowing Something' is not the same as '*Knowing Something*'

By now you have probably realised that all I said in my marketing of these books was an understatement, and that they actually ARE the magical missing piece you've been looking for. The piece that your ego has kept telling you is 'just around the corner'.

Well you know I am not big into rushing, but I am big into absorbing what's needed in the shortest amount of time possible and with the smallest amount of effort. Well in the next couple of sections I am going to share with you all of the techniques to speed up your absorption of this material. And I'm going to show you how to make it more part of your thoughts and easier to default switch to in times of trouble. But to do this you first have to wake up.

The 'waking sleep of the human race' affects us in more and more ways. As each day passes we fall a little more asleep. How this works is that our thoughts become ingrained, and depending on whose 'crap' figures you use (they are crap because how can they know?), over 90% of today's thoughts were the same as yesterday's.

In other words the more you think the same way, the more your body is run on auto-pilot. Now this is a bad thing, but at the same time can be a good thing too if you know how to use and apply our mind's natural tendency and ability to do this.

By now you will probably be experiencing some amazing thought changes in your mind. You will have learnt some amazing stuff which you probably wished you knew years ago. Well the good news is that there is stacks and stacks more to come and frankly you haven't even started yet. Of course I understand that you may be seeing that as bad news too, as you may be thinking you are overwhelmed or how are you going to learn all of this?

Because now you have almost certainly begun to notice how some things do not want to stick? So do you want to know why that is and how to make them stick?

Here's how it goes wrong... I show you something new, it is obviously right and then you go and apply it and think, wow this is fantastic... But then within a day or two, or even maybe just a few hours, you have noticed you are back doing or thinking the way you used to?

What's happening is you've fallen into your old habit and what you need to do is grow (cultivate) new habits. Currently you just know the new stuff I've shown you and will show you on a basic level, which is actually very dangerous as I will shortly explain. One of the very worse things people can ever do is to intellectually know something. As once we do, our minds switch off because *'they think they know it'*. What this means is that because you've learnt it, you 'assume' wrongly that 'you know it'. **This is your ego's most cunning trick to keep you trapped!**

Let's use a prime example, weight loss and extending our life... You know you should eat healthy right? And exercise well, don't you? You **'KNOW'** that!

So why aren't you doing it then? Pause to think on this for a moment as there is real wisdom here for you if you grasp it. I'm not saying eat healthy, that's your choice. I am saying when you say you know something, learn to stop and ask yourself *if you really do know it and are applying it*, or that you only intellectually know it?

The reason you think you know something when you don't is because your ego has fooled you into thinking you know it... Just because you can talk about eating apples or having a fruit smoothie, and discuss in depth the reasons to take this sort of lifestyle choice over coffee and a

pastry... Yet you still reach for the coffee and pastry. So what does that mean?

Well it means you don't know it after all. You just know it on an intellectual level, which is what's known in the personal development world as '*fu**ing useless*' for extending your life. Information without action is pointless and in most cases actually destructive.

So knowing and reading material, and learning more can actually be destructive. And if you do not have a success mindset then it is likely to be destructive... This is an amazing revelation if you can grasp its significance...

Do you disagree? You don't think what you know or rather what you think you know is hurting you? You think all that knowledge you've learnt is helping you... After all, that's what everybody thinks because that's what we are trained to think... Time for the Mark Twain line, 'When you find yourself on the side of popular opinion then it's time to pause and reflect...'

So you disagree and you think your knowledge is helping you... Well let's imagine for a second that you lived in a world full of disease and your species was killed off by various diseases... They didn't get to live to the sort of age their body could get to, instead they were killed off by disease long before their time. In that world they were also discovering new diseases all of the time.

Now let's say that you were desperate to avoid these crippling diseases in your older years. Let's say that you didn't want to die of cancer or heart disease or spend your final few years with the indignity of wearing a nappy (diaper)... Not that you can remember those last few years of course, the only ones who get to remember those are your suffering relatives.

Let's say that you were actually 'Awake enough' to notice that you didn't want to end that way!

And now let's say you'd never heard of fruit and vegetables, in fact they were new food from another planet. And someone came along and said to you, "*Hey if you only eat whole foods, take regular exercise and stop eating all of this processed food then basically you get to avoid nearly all ailments in life...*" You'd be like, "*Are you serious? All I have to do is stop eating this cr*p and start eating healthy, plus take some fun exercise... And that's it? That's all I have to do to avoid maybe all of those diseases?*"

Think about it... If you'd never heard of healthy eating, well... you'd be ecstatic. You would be amazed at how easy it was to almost certainly avoid all that pain and hardship. It would then be easy for you to change as you wouldn't want to keep poisoning yourself. BUT... because you already do '*know*' this, then the method is considered irrelevant and inconsequential, so you continue to eat crap and take little to no exercise.

You intellectually know *fit and healthy*, but until you are living it, then you '*don't know it*' so there is **no value for you in '*knowing it*'**. In fact because you think you '*know it*', you dismiss it and ignore it, and then two out of three of *you* die from cancer or heart disease alone. So no, '*you don't know it yet! Do you?*'

This isn't a beat you up on your poor lifestyle choice day, everything is your choice. This is simply about getting you to understand that your use of the word *know* in the wrong place is an obstacle preventing your success. What's happening is that your mind is self-sabotaging you, and your knowing something is actually destructive not constructive.

Now I've used the health analogy here to poke the pain a bit, as you know damn full well that this is obvious and that you are shortening your life by digging your grave with your teeth... But you don't like being held accountable...

No actually that's not true you do, your ego doesn't. You like being accountable but your ego convinces you that it's a bad thing. Or rather you like being held accountable while you're awake... As soon as you slip back into the waking sleep then your ego has control and you DON'T like being accountable. You want to strive forward and be healthy, but your ego will sabotage you within moments of moving away from your current thoughts...

Why is that?

But before answering that, let's have another analogy, as maybe health hasn't interrupted your pattern enough...

Let's look at self help material... Wealth creation... You go and learn the message from the book 'The Richest Man in Babylon', which is 'pay yourself first'. It's a simple message and anyone who has read the book knows that they should be paying themselves first if they want to end up rich... But if you read the book, then are you paying yourself first?

No, virtually no one does, but they know that's the method to use... So they intellectually know it, but they don't really know it... It's just their ego has convinced them that they know it. So they continue with their old bad habits... And whenever anybody else in the personal development world brings up that they should pay themselves first... Their default program runs and they instantly switch off because they remember they know it and therefore do not need to learn anything... Our egos are real cunning little characters...

I could list here the lessons from dozens of self help books, but I won't as I may have woken you up to it already and wouldn't want to bore you... But just in case I haven't woken you up to it, then go and pick up a book you've read and now 'know' and see if you learnt the principle lesson. Or that your ego has just convinced you that you know it... This is an awakening moment, when you realise that your thirst for knowledge is actually resulting in your failure to have the life you desire... You can learn as much as you want to when you have a bug free mind... But before you have one, you'll almost certainly find the knowledge destructive to your success...

So why is it then that we slip out of tune within moments of having learnt something?

Turning *Knowing it* to KNOWING IT

Well it's for a number of reasons, but the one I want to explain now is because you have ingrained habits. 90%+ of your thoughts were the same as yesterday, so why do you think pattern interrupting works so well in advertising? Why do you think you can remember your holidays so well yet forget the majority of your life with ease...? Habits of thought, or bad habits of thought in these cases.

So you have to interrupt the patterns in your day-to-day life as you do with your holidays. But it's more than that, you've probably experienced some amazing new thoughts and then noticed that you have instantly slipped back into your old patterns usually instantly, or sometimes after a few hours or maybe a few days. This is because your mind is designed to learn and grow that way. It takes things off your plate so that you can go and learn and do more.

This is a good thing, except when we use it by accident and not on purpose. We end up creating bad stuff when we should use it to create good stuff. You must know something before you allow yourself the pleasure and ease of telling yourself that you do know something... You

have to police your thoughts and watch out for the 'know' word. As just as it has the most awesome life-rewarding upside, it also has the most life-devastating bad side. You can't have a high without a low.

One of the problems with learning is that we learn something and then don't 'embed' it fully into our consciousness until a new habit is created. A habit (good or bad) is the default way your mind works. So you want your mind to default to good new programming instead of it going down the old way and end up with you repeating the same mistakes. So you have to build the habit of thought, knowing it to talk about... is useless!

This is why several re-reads of this material will have such a dramatic improvement in your retention of the wisdom. And yes multiple re-reads works very well, but so does you pattern interrupting with alternative techniques too. If you wish to *shorten your absorption curve* and increase the amount of the material you absorb to your core then you need to alter your current way of doing things (you need to pattern interrupt much more often). As you may have noticed with the health example and the wealth creation example, your current method of knowing stuff is pretty much bol**ks at getting you the result you're actually after, i.e. living longer, or living a rich life.

I take it you are after living longer and being wealthy, yes? Of course you are, it's obvious you are, everyone is after all... It would be insane to not be after living longer and not want to be able to live an abundant life... You **KNOW** this... It's just you're not prepared to do anything to make it happen right? (I'm just poking the pain a little and having a little fun with you. If you can't laugh at your insanity when you notice it, then the ego is fully in control.)

Now if you are still fighting this knowing something point, or maybe I've poked the pain a bit too hard with you on the health side, let's calm it back down a bit as your ego's annoyance and anger with me won't help you. But hey... you came here for results, not just to feel warm and fuzzy right? So, do you see your current way of doing this has resulted in your current level of results? Are you happy with your current level of results?

Shortening The 'Absorption Curve'

Now I'm going to tell you several things which you know... However, guess what? You don't know it unless you are applying it. It is shortly going to be your choice whether or not you do really know it or if

you are really only kidding yourself... Well it's not that important is it, your ego self-sabotaging you... Ignorance pays off now, you however, pay for ignorance in your future. And you are in fact paying for your past ignorance now with the life you are living... Change and insight come at a price today but pays dividends every day for the rest of your life... As always it's going to be your choice!

However, once my ignorance has demonstrated itself to me, then I cannot allow myself the pleasure of ignorance any longer... and I have to change (this is why they say ignorance is bliss). I am someone who has to pay the price now – but then again, I have an advantage... as I have my natural success mindset!

The techniques to interrupt your thoughts are simple so don't allow yourself to be fooled by their simplicity!

First you could just write what you know down. You've just learnt something so then make notes. Take your understanding and write it down. Either do it in a journal or on your blog. But write it down, something magical happens when you write something down.

This is similar to the Golden Book technique I share at the back of this book. As you write you are embedding it another way into your mind. This is solving so many things at the same time, like dominant thought, repetition, alternate use of the same content, your mind thinking differently as it writes it down. Always remember - you are looking to absorb it so that it becomes a habit. I cannot overstate the magic that happens when you do this... With me, I begin to write on a subject because I think I can share some wisdom... Then as I type, my subconscious mind opens up a far greater understanding to me... How do you think I wrote these books...?

This is why I provided site blogs on A Bug Free World, so when you write and share what you've learnt you probably get feedback and have your assumptions tested... They are either supported or disproved, both of which are excellent and shorten your absorption curve whilst ensuring that the right material becomes your default thinking!

This is accessing the magical power of feedback, as it literally 'Opens Your Mind'. But as you write, so you consolidate your new learning and strengthen the pathways in your mind. Using dominant thought, repetition, alternate use of the same content and your mind thinking differently about it as you type – Therefore either of these actions

make it harder for you to just drop this new habit. Told you a lot goes on when you begin to type!

There are other advantages of putting it out there into a group of like-minded people too. Like it's a safe environment of other weirdoes, weirdoes like you and me. Plus at the same time you are creating the wondrous power of accountability for yourself (more magic stuff!). You are stating what you've learnt. You are drawing a line in the sand and you now have a benchmark for where and when you were. Your journey then becomes of benefit to others too as they learn and hone their skills and create their new 'good' habits. The law of reciprocation then kicks in and by giving, you get more back...

This is very cool stuff. It is giving without expectation but knowing that you will get, you just don't know what... You just know it'll be what you need... I know this sounds like personal development wishy washy stuff... but I don't make the rules. I just take what works and use it to move me forward in life... I am in this for what I can get, and if giving gets then I want to give... Do you understand, this is about abundance and how to ensure you always get more... Very cool stuff!

Magic happens when you type as *you open up the doors to possibility* and you will be amazed at the insights and understanding that you get back. And as I said you may start to get feedback too. That's if you ask questions in your blog, as this helps cement in place the thoughts and throws up different angles and analogies. I cannot overstate the power of this bit as the breakthroughs I have seen have been nothing short of amazing. Not only are the answers that come back amazing but they are perfectly timed as well. You are asking for a solution from your subconscious mind and another member from the mastermind group has answered. They have helped you and you have helped them, plus many others. This is real giving, and getting more good stuff into your life! This is the power of the right environment and the wisdom of asking questions... This is the way we were taught to learn and it is how we evolved as a species... For some reason after we leave school or College we somehow forget that this is the best way to learn!

So the action of making notes for yourself about what you think is so incredibly powerful when connected to others, literally opens up possibilities as it provides more thoughts in symmetry with where you desire to go. This is harmony! You are providing more ways to think about the points you wish to absorb... You are giving your mind more data in

the right area. If you engage in this *then it is impossible to not create the new good habits*, the new default way you think.

As you engage, you are in effect *not putting it down till it's fixed*. The problem with learning in books is you read it, highlight it and think you now know it.... No, you knew it once for a brief instant... After that you intellectually know it. Then after that the chances are you'll forget it. If you've ever done any speed reading courses then they'll say that within 2 weeks 70% minimum of what you read has already been forgotten.

Now the problem gets worse for intelligent people because you can learn more quickly than someone like me. It is easy for you to learn and know, so you think you know it. No, you can recite it and you can talk about it. Your true habits demonstrate to you whether or not you actually know it.

If you're a slow learner then it is easier for you to absorb, because you think you don't know it. So you keep trying to know it... Then when you do know it, you've absorbed it. This is just how your mind works. So all we have to do is play to our strengths and observe our weaknesses. School wrongly teaches intelligent pupils that learning is easy to them... So they quickly assume they know it!

If you want life change then you have to think and act differently, thinking the same way won't work will it? If you want different results then you have to act in different ways. Just reading once and highlighting almost certainly won't work, though be prepared for your ego to tell you it will! Re-reading multiple times will work over time as it cannot '*not work!*' However, writing a private or public journal regarding what you are learning will alter the way you think in many ways and you will shorten the absorption curve.

And by you posing and *answering* questions on your blog and on the forums you will expand your thinking on a given point. Even if you get the answers wrong *that doesn't matter* as it's the action which counts as it forms different connections in your mind! Remember what you are looking for is to get back your natural success mindset. What I am doing is showing you ways to shorten the absorption curve.

Why do you think it is that colleges do so many discussions and get people to go and create work around a specific topic or point? Why do you think college beats school? Because it is around *the* subject you're most interested in!

The discussions and work we do expand our thinking around the points we are focusing on, thereby creating a new default thought process. This is not rocket science but it is sooo cool! Because it is sooo simple and sooo obvious and therefore, the only way not to get it is to not do it.

If you want to grasp a particular point, then go and write a blog about it, ask a forum question about it... Go and explore it like you did at school... We all had topics which we had to go and do... Occasionally we got to do one about a subject we liked and our understanding of that topic grew...

Just reading it and thinking you know it, or even thinking you don't know it so you'll re-read, is only one method. To get you to shorten the absorption curve for this wisdom, if that's what you desire, you just need to add in to the mix alternative learning methods. Another example is to play the audio versions on continuous loop in your car or on the train whilst you are reading the books and applying the lessons at home....

But don't just ask questions, answer them... Go to give, don't go to get and you'll see some magic start to happen when you do... I explain that more later but as you go to give to someone, you create a vacuum which is filled from somewhere. Not necessarily from where you gave, just from somewhere. In other words you give *'without expectation'* and you'll *'get'* as a by-product... Remember the key though is *'without expectation'*.

Not only that, you will invoke the law of reciprocation as you give, so the person you have given to will naturally want to 'try' and give back to you. As I said, this is how this stuff works... It is one of the laws which govern our nature... You can either know it's garbage and it not help you, or you can know it works and it helps you. Or you can sit on the fence as to what you 'believe' and you can use it anyway as it benefits you... Do you get it? You don't need to get it! You just need to apply it for it to work.

This is why mastermind community groups with people doing the same thing are formed...errrr they can help each other! As I said, this really isn't rocket science, though your ego seeks to tell you... *'You don't need that, you can just read, highlight and you'll get it from there... After all you're intelligent and the people on those sorts of things, well they need it... You don't...'* Do you see how your ego plays mind tricks with you? It's working against your success 24/7... How you defeat it is to spend more of your time working at beating it... It is a war and your life is the prize... One of you will win... The egos are winning in this world right now by a staggering margin. But the way to heal the world is to heal yourself first... which is

why I put the group together in the first place. As you learn, you share. As you share, you are shared with. As you spend time there being present your ego has less air time, so you spending time on this changes your thinking permanently... It just happens easily over a period of time.

Forget all the airy fairy junk about a community and all that bo**ocks. I am only interested in *you*, in getting *you* results. You want MASSIVE LIFE CHANGE, well so does everyone on the site and they know it comes from giving your dominant attention to mastering this wisdom to shortening the absorption curve. However, the mastermind community is not about the community, it is about *you*. It is a massive mastermind group working together.

One of the hidden benefits of teaching is that you cannot teach without learning more about the subject yourself. So as you help someone with an area you know, your knowledge and understanding of that area expands. This is what I mean about opening up the doors of possibility. You go to help and you can't help but get helped as a complete by-product.

This is the wondrous way of things and you can go with the grain and take advantage of it. Or you can shut yourself off to letting this abundant source of knowledge and wisdom into your life. As with everything in life it is your choice.

There is real magic when you write, there is real magic when you try and help someone by teaching them how they are not quite getting it right. You never know, maybe you're the one who's not got it right... So as you offer help to someone, then another person may jump in and offer help to you... You will have learnt because you freed yourself enough from your ego to write an answer and test the assumption that you are correct!

Now that's risky business to your ego, as you may actually learn something you know to be true isn't actually true... Why do you think your ego doesn't like you interacting and answering questions??? It doesn't want you growing so it tells you that it's more comfortable to not answer!

Why do you think I like to teach? Because I get better at doing it... As I teach I am having to give it my dominant attention so I am improving at it. As I give, I get automatically... and you can take advantage of this just by asking questions, writing your blog and answering questions... Nothing more, you will be pattern interrupting and expanding your

understanding... and as you do, you are taking back control from the little saboteur.

Ask yourself this simple but obvious question and see if you 'know' the answer yet? Do you think by spending your free time writing out your findings, asking and answering questions, that this will:-

- A) Allow you to have more or less time of dominant thought in this area
- B) That as you engage your mind you will expand your understanding in this area
- C) You will help others and therefore be helped as a by-product

It's obvious isn't it? ***But do you 'know' it to your core, or do you intellectually 'know' it?***

If you want an abundance of info which will be exactly the info you need ***that day***. An abundance of answers to questions you didn't know you needed to ask and an abundant source of inspiration, you may decide to expand your thinking past your current level of know and go and see how little you currently know.

One of the best techniques I've seen people use on the site was write a diary blog of what they learnt as they went through the experience of reading these books. For example:-

(Taken from a member's post)

Diary Blog Day 2

Read Chapter 2 up to page 21 where Andy says stop and practice holding the 15 seconds of positive thought.

The things that jumped out at me were:-

1) The importance of personal development. Andy's mind knew that the answer was here, but the nutter was telling him that he didn't have time to spend on personal development. I have found myself in similar predicaments, thinking "I don't have time for this", when I really need it.

2) The most important thing is to be in control of my mind. I have found when I get the 15 seconds going well that I feel really relaxed, my breathing slows and I feel at peace.

3) The journey to abundance can't be rushed. This is a great thing for me to learn as I am usually in a hurry, rushing about from one thing to another.

Sometimes simplicity eludes us because our egos try to convince us that it isn't easy, it's hard... It does this to keep you trapped in the past. If money is an issue then use the journal technique and work on this like a project you would at school.

If money isn't an issue then go down the A Bug Free World route and surround yourself with the mastermind group. But remember, it is your interaction which will aid you. Watching is ok, but getting out of your comfort zone a little will have some amazing results. All the details for A Bug Free World are available on www.ABugFreeMind.com/services/

Do you want to shorten the route some more?

If you are reading this book and not listening to it then you are missing out on a trick. When I dropped back into the world of personal development I provided my mind with continuous education, written and audio. I also wrote out my key learning points both on a word document and on paper. I surrounded myself with my core information. The core information together with what I knew formed these two books.

If you want to absorb the information more quickly then you need to give it to your mind in other ways too.

The first method is to start reading bits out aloud (just move your lips to the words if you don't want to say it out loud for any reason). As you do that and say them to yourself, it is coming from your lips and there is some magic present as you are telling yourself it. You know it is true and you are self-advertising good stuff not your ego's usual bad stuff. I cover self-advertising in depth later.

But for now the focus is on - if you want to learn it faster then stop, read it out and think about it... As you do this you are ingraining a new habit... This is how we used to learn our times tables at school, once two is two, two twos are four, three twos are six...

If you want to learn it then speak it... You'll retain more.

If you want to hear the right thing at the right time then listen to it. The books are like a work book. I've had people spend six months reading the first book five or more times and not getting to the second book because they so much want to absorb the material that they do not want to move on until they do.

Well there's other knowledge contained in the second book too and parts you will have missed from the first one. When I surrounded myself in a personal development bubble if you like, I played two audio programs on continuous loop for myself while I was reading other material (not exactly at the same time...). I would have it on in the car, I would have it on my iPod for when I was out of the car, I would have it when I was sunbathing, I surrounded myself with this material.

When I listened to the audios I didn't make notes unless inspiration struck, I made my notes when I was reading. But you do it which ever way you desire to. The point is in the first few months of this change you want this material everywhere so that it **IS** what you give your

dominant attention to. As you do this you shorten your absorption curve...

This is really all just obvious stuff when you think about it. The problem is our egos do not want us to think about it... They con us into thinking we are in control when they allow us to read a personal development book. As they know damned full well that the chances are, you'll read it once, learn something you didn't know, feel good about yourself and then con yourself into 'believing' that reading the book has made a difference to your life. It's a very neat trick!

Whereas in truth, all you have done is fill your mind with more stuff which you now '*know*' and don't apply. This means of course you don't know it. This also of course means that it's actually worse than *not knowing it at all*. As now *you know it, so you do not consider it worthy of your time*. This really is one of the ego's craftiest little illusions!

Your ego seeks to keep you trapped in an illusion, telling you that the magical missing piece is always in the next book, on the next page... Seeking to always keep you unhappy now and keeping you thinking if you could just get there then you would be happy... Am I shining enough of a light for you on one of its cleverest cons?

The only way to beat this demon is to *stop knowing* and *start applying, otherwise all of this good stuff I'm giving you will shortly be confined to the box in your mind where you know things which you do not know!*

To apply, all you have to do is write your journal or your blog, ask questions, answer questions, listen to this or read this if you are listening to it... Have this information in place of when you would normally listen to music...just for a while... You can listen to music too, just why not do a little of both instead?... 20 minutes of music, 20 minutes of ABFM audio...

When you sit to watch the TV and be hypnotised into unconscious thought, why not pattern interrupt for a few minutes first and think, 'I'm just going to listen to 5 or 10 minutes of this audio until it inspires me to think. Or, 'I'm just going to read 2 pages of the book' (remember you're not trying to get to the end, you're trying to interrupt your bad habits)... Then as you watch TV you'll be in two places, 1) you'll watching the TV, and 2) you'll be watching you watching the TV.

There's a hidden benefit in a few minutes of reading, listening or just logging in and seeing what others are saying. The benefit is that

because you are not attached to getting any great results in those few minutes then you are relaxed... And guess what? You'll be amazed at how often the exact thing you needed to read, hear or write will come to you or... out of you. This is you tapping into your subconscious with the least effort!

When you get the message you were meant to get (as long as you don't expect to get it that is), then you can spend a few minutes contemplating it before settling down for the evening to relax... This is you growing a new habit... So you should find that your greatest advances in understanding will come from when you are applying the smallest of efforts to get them...

Another advantage of the audio is you can just go off further into the book, but know you will still apply what you are learning as you get to it. So you can see what's coming and it will help you to remain motivated before you are able to no longer need motivation again.

Don't force things though, if you want to spend less time then do, if you want to spend more time then do... There's no hard and fast rules here... Even a 60-second read and a little bit of applied thought will have a massive long term effect when you interrupt daily... You know this already, or rather you intellectually know it... Do you fancy knowing it for real instead?

If you apply this for a week you will be astounded at the level of absorption which happens... I am against rushing as you know, whereas this isn't rushing, this is giving it your dominant attention. And whatever you give your dominant attention too becomes your reality... And of course will shorten the absorption curve.

I intend to...

Another technique which you may wish to consider is making an intention statement on the site. What this does is works on very subtle levels with your mind. I'll come onto the power of intention later on. But just know now that it is simply awesome power and you use it daily on auto-pilot. What I suggest you do is start small, don't go and come out with some fantastic intent which is unattainable right now (unattainable only because it's inconceivable that is, but we'll cover that in Using A Bug Free Mind!). Build your mind muscles with them.

Little things like:-

"I intend to remain conscious when I'm in the presence of my Dad and not get annoyed with him"

"I intend to finish reading and applying the techniques in Creating A Bug Free Mind"

"I intend to remain predominantly present"

"I intend to master no-mind"

Now when you know what you intend to do and you state it to others then it invokes a level of personal accountability... Remember when we are awake we actually like being accountable. We actually like it when we have someone keep us on track from getting where we are to where we want to go. However, this scares our ego as it only likes the past, the future scares it.

The idea is that you turn your intentions into tangible action and change your reality. This is creating a circle of success, which as you give it out it ends up coming back to you. Or as a site member called it *'The Bug Free Circle of Success'*.

Using this technique is expanding your mental muscles and is using a little bit of accountability power. It is growing your own personal respect and it is a pattern interrupt which changes your thinking pattern. As you do this, what happens again is you are giving the subject your dominant thought and surrounding yourself in creating the outcome you want.

Imagine your mind is like a container with only so much room for conscious thought. Right now because you do not use very much applied thought, you have left a vacuum in your mind. Now nature abhors a vacuum and basically how this works is; until you control **exactly** how you think... If you don't fill up the vacuum then your ego will fill it up for you. Right now your ego therefore fills it up with garbage, i.e. *'you're a loser, you'll fail, you've always failed.'*

But, as you fill up your life with all of this applied thought in the direction you want to go, then you remove the vacuum that is currently being used by your ego to fill up your life with garbage. So all you have to do is bring more structured applied thoughts into your life, and basically it makes it impossible for your ego to get any 'airtime' in your mind, as there is 'no room!' Simple stuff really, all you have to do is apply it and you'll get results.

This is daily tuning for your mind... We are taught to think that we feed our mind by giving it more knowledge... But if knowledge were the answer then the person who knew the most would be the most successful. Your mind being in tune with what you want is essential for success...

Every day your mind goes a little out of tune, it's like a high performance car's engine. So your job as the person responsible for keeping the vehicle in tune which will *'get you where you want to go'*... is to regularly tune your mind through small and easy pattern interrupts with correct applied thought. Consider this, you can't tune a car once and for all, you can't eat once and for all, you can't exercise once and for all... Your mind needs to be tuned and fed, and if you don't feed it some cool information daily on purpose then your ego will feed it some sh*t in your absence... That's just how it's working now and has been working your entire life... If you want a different result then you have to apply different thinking techniques... Simple stuff right, which you thought you knew!

Currently you have been taught this: - You must feed your mind with more knowledge. As we are told knowledge is the answer and more is better than less.

But knowledge without action is useless. And action without correct thought and planning is useless and probably destructive... But thinking is everything... Nothing happens without a thought! And you keeping your thoughts in tune regularly is essential for you in creating and retaining your natural success mindset... It's essential first while you're getting it back and then it's essential for keeping your thoughts in tune once you've got the damn thing back!

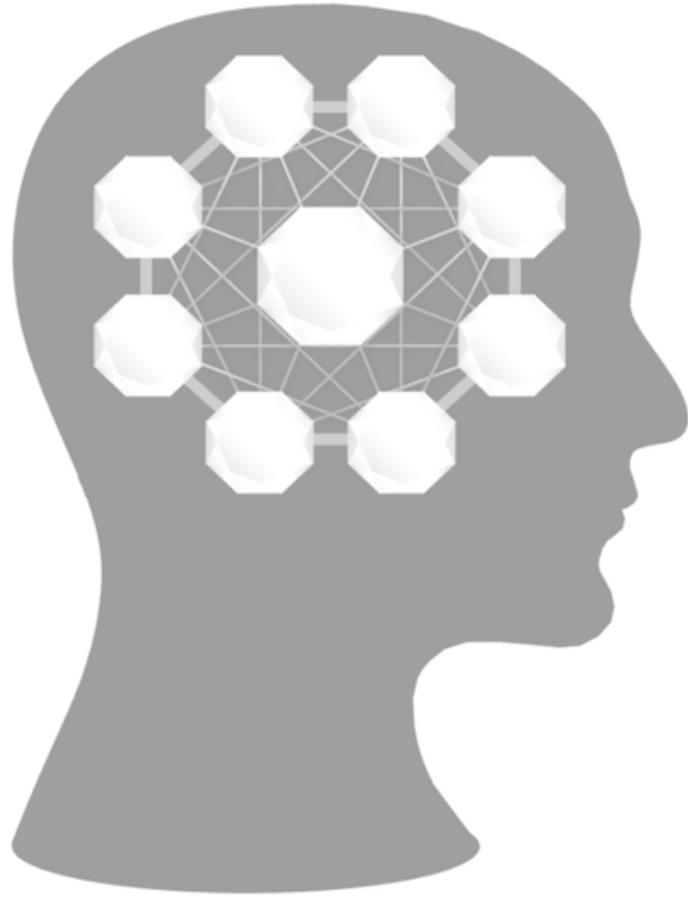
Summary of Techniques

- Trying to please other people is like trying to scoop up air into the middle of the room, so do not try.
- Practice at being wrong; enjoy being wrong, you can be wrong and still live through it.
- Don't blame anyone, including yourself, for anything. Do it for just one day (if you can) and see how it feels.
- Spend a few moments daily and check that none of these apply to you - You're incompetent! You're stupid! You're weak! You're evil! You're unworthy of success! If you find any answer comes back as yes, then ask why and observe the answer. This is your ego trying to keep you down and is not helping you to get anywhere. This thought is not helping you and if it is not helping you then it is no good and has to go.

- Accept yourself for who you are; feel fantastic. Feel fantastic on a Monday morning!
- Remember you are spiritually perfect, you always have been and you always will be.
- You have nothing to feel guilty for. Feeling guilty is non-acceptance of what is. What you did wrong before, you did wrong. It is not you now, unless you choose to do it again.
- Question what you currently know... Do you know the stuff you say you know, or can you find a few you actually don't know at all. They don't need to be fixed now, you just need to know you don't know them at all.
- Look for ways to interrupt your thoughts so that you can consider if you know what you are doing. Place thought provokers in your life at home and work to get you thinking about how you are feeling.
- Consider taking one thing you have learnt today and decide to embed that into your mind and make it your new default thought.
- Why not start either a journal or a blog. Or why not start both and see what happens when you open the door of possibilities up.
- Go and pose a question on the forum about a point you are struggling with and see if your knowledge expands as you write the question and see what happens when the responses come.
- Go and see if you can answer a question or add value by commenting. Share your wisdom and see what happens when you do. Don't expect anything, just go to give.
- Do you think by spending your free time writing out your findings, asking and answering questions that this will, a) Allow you to have more or less time of dominant thought in this area, b) That as you engage your mind you will expand your understanding in this area, c) You will help others and therefore be helped as a by-product. It's obvious isn't it? ***But do you 'know' it to your core, or do you intellectually 'know' it?***
- Consider writing a Diary Blog to put down what you are thinking about each day, you will be amazed at your progress in no time. This will demonstrate to you more clearly than nearly any other way how far you have come.
- Try reading some of the pieces which really resonate with you out loud. Try reading some of the pieces you don't quite get out loud. Try reading some of the pieces you would like to absorb out loud. Do so without the feeling of trying, but with the feeling that you expect to find something – observe your doubts as you do this, but don't fight them.

- Find a few minutes here and a few minutes there to give this information more of your dominant attention. Just before watching the TV in the evening, while you are in the car or travelling.
- Observe yourself watching TV, is it hypnotising you? I can assure you it is, but can you remain present while watching the TV? If you can, then for how long? Consider when you notice you've been hypnotised, that you actually used to be hypnotised 100% of the time when watching it... Just consider then, is what you are watching helping you or hurting you?
- Why not have a go at building your intention muscles for the things you would like to do in life. Put up a few intentions and see what happens as your intentions become reality and you grow a new level of self respect.

There were some really deep layers of crud in this section which society feels you should be thinking if you have or have not done certain things. Society is society and it has rules which we must fit into. But unwritten rules like, you should 'try' to please other people, you must always be right, you must feel guilty, everyone dislikes Mondays, are all just herd mentality which keep you in the herd. The herd does not live the life they desire, the herd does not know what is really going on, they know what the herd thinks is going on. People like you and me worry the herd because we do not need their protection and we question their unwritten laws, we see them for what they are... But in this chapter there were also the basics, the obvious little bits of learning techniques which we can apply that we instantly know will work for us. We also now know they will not work if we only know them and don't apply them... But that of course, as we know, is our choice.



SAL (永) **TORI**

CHAPTER EIGHT



SAL  TORI

The Perfect Competitor

*~ 'We compete, not so
much against an opponent,
but against ourselves. The
real test is this: Did I
make my best effort on every
play.?' ~*

Bud Wilkinson

How Your Own Satisfaction Is Killing Your Growth

www.ABugFreeMind.com

~ *Learn to be satisfied. It is just as easy as being dissatisfied and much more pleasant.*

~

Jacob de Jager

We have an in-built desire to attain our own maximum potential. But because we have this in-built desire to expand ourselves, our ego uses our own lack of progress as a weapon against us progressing, which of course makes us very unhappy when we look back and notice this distinct lack of progress.

We are continually looking at those around us; those in the media, as examples of how much they have attained and how much we haven't. We are using other people's attainments to feel bad about ourselves!!!

Is it any wonder that poor people don't like rich people? When the madness is that they are creating an image of something they hate but secretly 'want' to be. And in doing so they are making it impossible for themselves to ever become rich. Because, you will only attract into your life that which you truly like, 'want' and love.

They clearly hate the rich so they are saying to their subconscious, "I hate rich people!" Do you think then that their subconscious is going to go, "Oh I hate rich people, ok I'll make sure to keep us away from them and make sure we don't do the unholy thing of becoming one of them!"?

So they get what they actually asked for and that is to remain poor. Whereas, if you 'want' something, like becoming rich then you study it, admire it, understand it, then apply what you have learned in a certain way...simple really, trouble is unless we remove the bad programming first, then no amount of new stuff will work!

So if we 'want' to have what we desire, we must first learn to accept that our current position must not make us unhappy, because if we are unhappy about it, then we will just attract more unhappiness. Whatever we think about most becomes our reality; if we are feeling unhappy about something then we will create for ourselves more feelings of unhappiness about a similar thing.

The secret? Well the secret of course is to be happy always and therefore only think and attract happy things. Simple... off you go then as that's the secret! Now that you know that, what do you need to study anymore for?

I studied the martial arts for 10 years. I started in the martial arts because I was a child of the early eighties (loved the magic of Bruce Lee and

loved David Carradine in Kung Fu). I 'believed', as did 99.9% of the people who went to Kung Fu and Karate clubs, that there were 'Ninjas' lurking in every door and alley way and if I didn't know how to defend myself then I could get beaten up...or worse! So I must learn to defend myself!

Yes I know it's madness but at least I got some great training out of it and a wonderful experience. The lessons I am still learning from my experience there keep coming up throughout life, so a poor reason why actually produced a wonderful benefit.

One of the greatest, if not THE GREATEST, lessons it taught me was this...For years we all trained, trying to be better than the best person in the group, 'could I take him' was inner speak all the time. We were like a pack of lions looking to overcome the pride leader. Not everyone was like this but there were a few who were actually able to admit it and many more who couldn't but alluded to it.

Anyway, I was seven years into this before I realised that the only person I was competing with was myself and that if I had focused on just that, I would have seen improvements far faster. Why?...Because what other people do, or have got, doesn't matter.

We can't judge them as we haven't walked in their shoes. All they are to us is use as an inspiration and a 'waypoint'; in other words they indicate to us the way we should be going. I am always staggered that more people around me don't ask for directions, but then I suppose that is not the way for most people. Whereas whenever I get the chance to speak to someone who really knows their stuff I always ask for their inspiration...

For years I've tried to understand why people won't go and ask someone who has done something, but rather they would solicit the counsel of another on their level who hasn't and then base their decision on their current level of thinking...

Anyway, forget about the fact that X actor has this and achieved that, or X footballer has this lifestyle. We all have our own problems; they are all at different levels. Forget others like you forget the past. Only use them for reference of how they can help you move forward.

The problem we have to overcome is the fact that we are unhappy with the way things are... if we don't get over this, without knowing it we are using the law of attraction to create more of... *'being unhappy with the way things are.'*

Here are the 'beliefs' we need to consider –

- What I don't have is better than what I do have – the grass is greener
- Having more is better, you can't have too much – the eighties mantra I was brought up with was, 'he who has the most toys when he dies, wins!' – Wins what? A better mantra is, he who has lived every day of his life and has always been happy wins!
- When I Get What I 'want' I Will Be Happy – do you still 'believe' this? This is the rubbish that the poor 'believe.' If you 'want' to be rich, and I mean actually be rich, then you need to be happy first!

Ok, the last of those three poor beliefs requires a little more explanation. The problem is that we have been brought up to 'believe' that when we get what we '*want*' we will be happy. The problem is that it doesn't work that way...you have to be happy to get what you really 'want.' But I'll cover that more another time.

Each of those beliefs needs to be considered slowly. Think slowly, you don't need to do too much here, just question those thoughts and if it feels right then change them to: -

- I have what makes me happy, I am happy where I am and with what I have got, I am eagerly looking forward to achieving more
- I have a lot, I will always have more than I need
- I am happy now, I will be happy when I get more of what I desire

They are not perfect thoughts; they are just a hell of a lot better than the current set of 'beliefs.'

What I'm covering here is that this is based on the theory that if we work hard and solve all of the problems in our lives, that some day we will actually be happy.

Right, let's describe the madness of that...it's called the 40 year plan (or pretty soon the 50 year plan given the fact that the governments can't afford to pay the retirement benefits). We work for 40 years so that we can retire and be happy...does anyone think that this is a sensible plan?

No, people just think it is the plan that we all have to live by...Well it's a rubbish plan, so we give up some of the best years of our lives doing unfulfilling work and working with people we don't like so that one day, one day we can BE HAPPY!

Why not just be happy now? As whatever you think about becomes your reality, therefore if you are unhappy now, you'll be unhappy then too... What a pay off! You're 40–50 years in and you find that the plan was complete b****cks. Life is too short for this plan; wasting another day on not being happy is taking too long.

If you can't achieve this then I will be covering exactly how you can attain happiness instantly later on. We've been trained by all the small mindedness around us to think about things this way: -

- What Isn't
- What Should Be
- What I Don't Have

Then we have been taught to think about ways to resolve those three things. We have been programmed to produce failures. Our programming needs to change if we 'want' a different result. We mustn't continue to think, "I'll be happy when..." as we will never be happy. If we are waiting to be happy then we will get more of...waiting to be happy. Nearly all people's lives are about getting something! The real truth is that *there is nothing to get!*

Have you noticed that everything you've strived for and achieved, which at the time you thought was going to make you happy, was really what I'd liken to taking drugs. You'd get a high, then after that a low, and then you are back to the level you were on before.

Getting another thing will only give you short bursts of happiness. If it's a car you'll get a burst occasionally when you see it or drive it. But unless you are happy always anyway... then these are always short lived. I used to love cars and used Lamborghinis and Ferraris as 'Tarmac Covers' to prevent my drive getting wet when it rained. None of those cars brought me the happiness that the marketing eludes you will get when you own them (I'm over it now of course).

The reason why nothing you've ever bought will keep you happy for very long is that *nothing outside of ourselves can ever make us truly happy*. Happiness comes from within. *You have to be happy first to really experience happiness always.*

To be happy you have to free yourself from 'wanting' anything. As Buddha said, desire creates suffering, so we have to be really careful of the use of the word desire as well. But I'll cover the use of the word desire and the right state of mind to use it in shortly.

A Quick Technique – That Produces Massive Results And Solves Problems Without Any Effort

~ The sum of a man's problems comes from his inability to be alone in a silent room. ~
Blaise Pascal

Firstly, I do not do everything that the goal setting people say you should do each day. In the book 'Using A Bug Free Mind', I cover why I don't and why it is almost certainly best for you to not follow them as well. But here is a little technique for you that I apply every morning which gives me new and wonderful ideas and solutions every day without fail. All I have to do is remember to use it before getting out of bed.

Ok, the first thing an untrained mind thinks about in the morning is the problems you face today, or soon, or whenever; it thinks about problems. This is because we have been trained to think the wrong way, thinking about our problems and trying to find ways to fix them simply attracts more of thinking about our problems and trying to fix them... You don't need to 'try' and fix them as if, by magic, they actually fix themselves - but again I'll cover how to get them to fix themselves later.

However, this really quick technique will give you the answer to any problem or simply find a completely different way to look at it, which you never would have considered if you did not use this technique.

First you need a quiet mind. If you still wake and think about your problems then you are probably not ready to really get the power of this. If that is the case, you haven't employed the techniques I told you to do at the start on who's controlling your mind and you need to go and do them again. There isn't any escaping them, if you 'want' real change then you have to be able to regain control of your mind at anytime you 'want' to. That really wasn't something you can read and forget; you actually needed to apply the 15 second skill at least until you attained an ability to bring in 'no mind'. As from there you have the ability to take back control from your mind occasionally.

The rest of the chapters of course remove all of the bugs so that you can keep control of it. But today all you need is the ability to take control when you think about doing so. What this technique is, is simple... wake up... solve big problem!

Now I don't have an alarm clock - why would I? I gave that ridiculous thing up in the late nineties. I just decide when I 'want' to wake up and I wake up then... simple eh! Yes it does work like that if you know it

works like that; if you 'believe' it works like that then it doesn't, and if you don't 'believe' it then it doesn't... When you control your mind you can get it to do what you want it to, not what you are afraid it will do in your absence.

Anyway, if you are like most people and you do have an alarm clock then this will occasionally work, though nowhere near as well or as often – but you can figure that bit out. All I do as I am waking up is, I never think about problems (now I don't even need to tell myself not to think about them, I just don't), I think about things I need solutions for. But to start with I had to train my mind to stop thinking about problems and so you may have to train yourself in the same way.

Now you need to start thinking of how to find a solution (similar play on words to problem I know, but looking for a solution is better than overcoming a problem – tiny words and minute changes really do matter and have great power, as I am going to reveal shortly).

So as you are lying there between being asleep and awake, you ask for the solution for xyz, and then you simply let go of it as if you are waiting for the answer. Don't expect an answer, don't dwell on it. Look at the trees, the sky, see what a wonderful day you are going to have and be grateful for it. Just ask the question and see what happens.

Guess what? When you are in control of your mind the answer comes from nowhere! Often it is to go in a completely different direction from the one you were previously going in. When you've been given the solution you'll instantly feel awake and alert and you'll 'want' to get out of bed. First be grateful and thank yourself for giving you the answer...

Get out of bed and have a great day! Powerful stuff and a great way to start the day... I NEVER have to struggle to get out of bed, because inspiration comes and I instinctively see getting up as the thing I desire. This is applying the law of least effort to getting out of bed. Then at the end of the day you can go to bed knowing that you'll be able to find a solution in the morning, which of course means you go to bed feeling grateful. *The more time you devote to feeling grateful, the more you will have to be grateful for.*

Maybe start off with little things you require to be resolved first before building on to the bigger stuff... Remember this is a 'freebie' - you are resolving what could take hours in simply moments by asking your subconscious to solve it for you.

Your subconscious mind is simply awesome. Did you know it is estimated that our minds control the billions of functions that go on every

second? They handle massive complex problems like walking across the road and talking on a phone call at the same time! Not impressive? Well, all the super computers in the world can't handle all of the variables in just walking across the road, let alone talking on the phone, let alone the several billions of calculations that your body is making every instant!!! And we all do this, not just the Einstein's of the world, we all do it!

And it is estimated that none of us use more than 5% of our mind's capacity to control that little lot... The rest (the 95%) is our subconscious mind... Why do you think you get the answer so quickly? Why do you think inspiration just happens in an instant? There's a lot of brain power there for us to tap into. Our problem is that we are not tuned into it very well in our conscious state, whereas in the moments of falling asleep and awakening, we are very close to it. So all you have to do is ask it the right question at the right time, and voila! An impossible problem solved! Have a great day and relax knowing that tomorrow morning you'll have solved another big problem or rather found a solution.

Please Remind Yourself How Good You Are

~ One of the marks of excellent people is that they never compare themselves with others. They only compare themselves with themselves and with their past accomplishments and future potential ~

Brian Tracy

One of the skills I simply had to learn was to appreciate what I accomplish. I don't spend too much time on this as I'm usually more interested with what I'm doing than what I've done, but I used to be solely interested in what I was going to be doing. In the past I used to be totally uninterested in what I'd accomplished, what's more, I would be annoyed with myself for not having achieved everything I set out to do.

Of course this is madness, as without taking time to smell the roses and appreciate what I've accomplished, then I'll simply attract more of being uninterested with what I've accomplished. And annoyed with myself for not accomplishing everything...which of course I can never do.

...Whereas, now that I have learnt this simple skill, it's different!

Thanks to this simple change I appreciate the journey much more and therefore I also enjoy it more. Of course I desire to get to the destination, but that is only part of the story. I appreciate all the time what I am accomplishing, and then guess what? I am surrounded by more accomplishments! And I am virtually forced to appreciate them more.

Just the other day I decided to take time out and look at what we had created in just a little over two months of work. I was staggered - if you'd said to me you will accomplish all of this in 69 days, I would have said it was somewhat unlikely.

Well, have a look and see what you think. But before you look at my list, why not think about what you have achieved and give yourself a pat on the back - you deserve it. Do it more often and you'll find automatically that you will get more out of appreciating yourself and all of your accomplishments.

Whatever you do though, do not be angry with yourself in any way, even if you have not accomplished or even started on any of your main goals. Just praise yourself for any minor accomplishments and then decide that you will accomplish more for the next time you review it. This small decision will make a difference. As Peter Drucker said, what gets measured gets done.

Just out of interest, I have been doing this every month up until now, but from now on I think I'll do it every week as I think it will inspire me more.

What I have achieved since late January:-

- Set up a new membership site and attracted members
- Written some of the most powerful stuff I've ever written
- Almost finished planning out the remainder of the articles on mindset and goal achieving ready to write up
- Approx half way through writing one book
- Just started planning out another two
- Had the idea and done the basic mind map for one more
- And conceived the idea for three more!
- Started looking for an offline publisher so I can sell the books the standard way this time and generate offline leads
- Created multiple landing pages for my site
- Driven test traffic and split tested landing pages
- Written and tested several different auto responder series
- Created a survey and asked for feedback from people who did and didn't buy
- Implemented many changes thanks to the feedback
- Set up several cross-promotions with other list owners
- Attended two seminars
- Booked to attend two more seminars
- Read and re-read at least 15 books

- Cut television out by 95%
- Cut negative films out by 90%
- Listened to a lot more music
- Stopped listening to any news that is not relevant – just going to the proven experts
- Improved my environment
- Laughed a lot more
- Exercised 2 to 3 times a week - weights and aerobic
- Put down excess weight I had gained
- Had more time, yet accomplished much, much more
- Paid attention to what was going on inside me
- Observed my thoughts
- Analysed my emotions
- Observed my reactions
- Remained present nearly always
- Learnt to let go of the last big frustration I had – computer problems
- Had a fantastic time working always
- Came up with hundreds of cool ideas
- Learnt to communicate properly with my silent partner
- Employed my first outsourcers
- Systemised their employment and management
- Been more forgiving
- Been less demanding
- Been less competitive
- Relaxed more
- Struggled hardly ever
- Did less and accomplished more
- Created without doing – moved an object with my mind!
- Said thank you to as many people as I possibly could
- Been grateful every day
- Regained my ability to manifest what I desire
- Studied countless marketing tutorials
- Implemented several traffic generation techniques
- Set up over a dozen sales funnels for affiliate products
- Set up traffic generation for those funnels
- Researched four other small business models
- Researched 30+ niches and set up about 50% of the niches
- Presented a new product to a target customer to revolutionise his business and give him online domination

- Started working on two small projects with my son David designed to make him at least £10,000 profit in six months to a year
- Conceived a way to achieve expert status in multiple new industries whilst only doing the work once
- Completely sussed my time management
- Set up a plan with someone yesterday to go into a hot niche that helps people out
- Tested multiple services and products
- Studied – video marketing, article marketing, social media marketing, book marketing, podcasts, viral marketing, + many more
- Re-invested all of what I've created so far in creating a bigger snowball
- Today set up a new traffic generation method that in just 6 hours has generated 102 leads
- Done a deal to help myself and a friend today to promote to a list of over 300,000
- I quit at that point today as I thought the day probably wouldn't get much better. I then went and did a weight session followed by a sauna with my son...who was also ecstatic as he got his first girlfriend today
- I'm sure there's plenty more I've achieved as well, but this is what I just rattled off as my list is downstairs and I'm now relaxing for the evening

Ok, now here's a very important point which took me seven years to learn in martial arts, 19 years to learn in business, 12 years to forget, and then 31 years to remember!

>>>>> Life is not a competition with others <<<<<<

Forget what I've achieved there...they are not important to you (unless they inspire you). There are people out there like Donald Trump who make what I've done look like I've been a right slacker... and it doesn't matter! All that matters is what *you* have done.

For me, this is one of the greatest lessons I have ever learnt. You do what you 'want' to do and have fun doing it. It doesn't matter what others do unless it can serve you in some way...

If you do 'want' to achieve more, then simply learn to do less because, 'believe' it or not, the less you do the more that gets created. Also 'believe' it or not, even after doing that little lot, I still have plenty of time to

enjoy everything else in my life as well. I am never under pressure and I never rush...there is no need. In fact, to accomplish more, it is actually necessary to do less and to never be under pressure.

If the pressure starts to grow, I observe the pressure growing and continue to watch. If it grows more, then I just stop working altogether... and I do not go back to work until I feel there is no pressure. It cannot grow if I do not let it!

I simply go and read a book, take Alison out for a coffee, go and do some exercise, go and call up a friend, take the children out for a run and play... I do less 'productive work' and the work pressure simply evaporates! Without trying I become more productive... if you doubt this then take another look at the list!

So if you would like freedom from pressure and to appreciate the journey, then take account of what you have accomplished. Don't look at what you don't 'want' and expect that to change. Look at what you 'want' and be the change... you'll notice results happening fast when you do.

Are You Certain The Actions You Took Yesterday Were The Right Ones?

~ Never mistake motion for action. ~

Ernest Hemmingway

Before you read this section, be aware, I've saved it for a time where you have time to consider it fully... It is going to require a little thought from you and you know that's the hardest work of all. So if you feel you are worth the effort then read on.

However, don't have a go at me for beating you up a bit, for if you 'want' to attain certain wealth then you are going to need this stuff, and the sooner you get this out of the way then the sooner you'll attain that which you desire!

Ok,

Are You Certain The Actions You Took Yesterday Were The Right Ones?

How can you be so certain?

Are you sure it was you that made the decision?

Am I mad? Or am I just aware?

Is something you are accepting without questioning, the truth, or is it just an illusion?

Before I realised that I had lost control I never questioned my thought foundations. Yet in doing so it gave me clarity of thought, control over my mind and the wonderful gift of presence.

I always assumed that because I had considered my actions and was making rational thoughts, that they were helping me – every insane person does this without consideration. The problem was, I wasn't making rational thoughts...my reasoning was being badly affected by my other thoughts. My mind was a mess and I could not hold more than a few seconds on clear uninterrupted thought about a truly wonderful experience. Let alone an uninterrupted logical thought about an important decision!

So it was only after I realised that I was no longer in control of my mind, that I was able to realise my mind was actually not working with me, but working against me. As nothing stands still, it is either helping or hurting. I found out that we 'believe' we are automatically helping ourselves with our thoughts... yet we are then frustrated that we don't seem to have gotten anywhere. We say to ourselves things like, 'Hey, I've tried this positive thinking stuff and it just doesn't work!'

We do not question that our thoughts could be taking us in the opposite direction to the one we wish to go in... After all, why would we ever 'want' to go that way? So we just assume (wrongly) that we are doing it right... basically because we don't think about it at all!!!

Don't get me wrong, our minds have the very best intentions for us. They seek to protect us from everything... including ourselves... but they are just not capable of understanding something new. So they make decisions based on what they already know... and usually we 'want' to go somewhere where we haven't been before... This scares our mind so it looks for ways to protect us from our own desires, i.e. it works against us!

Therefore, we on the outside get frustrated that we didn't get where we wanted to go, simply because we don't understand our mind. This is like a bad workman blaming his tools! We don't observe our mind when it works against what we want, so we can't help it to help us... We just assume that it is helping us when in fact it is hurting us. How can it be helping as it has absolutely no understanding at all of how to get us where we 'want' to go? It is effectively just a tool, albeit a very powerful one.

As a tradesman I knew that just buying a new tool to do a job would not do the job. I had to become proficient in using the tool first.

Buying the tool, leaving it in the van, and never practicing or acquiring the skill to use it would not make the job just be done. I had to learn to use it and then the tool would perform magical things... but only after I had mastered control of it first!

Your mind is a tool that requires work for you to master it; it will not perform magical stuff until you have mastered its use! How could it? It is just a tool, and without expanding its capabilities, it is doomed to repeat the same mistakes it has made before. Another way to view it is as a computer; it is inanimate without someone controlling it. What's more, it can achieve more for us in less time when we put new software in it. But this software needs us to run it; it will never perform complex tasks without our attention.

Every person on Earth is given the power tool, the ultimate power tool. Yet virtually all of them never use it at all or use it to do things wrong. And of course hardly any learn to use this ultimate power tool properly... let alone use it to do all, or even most of, what it can do for them... Why would they as they consider they already know how to use it simply because they have the tool. But have you ever seen a tool that did not produce better results when you trained yourself to use it? No of course not, this is where master craftsman appear from, their results get better with practice. As you practice then you learn the way to use it best, you stop the mistakes. But if you don't learn to use it then you never get better, in fact you get worse every year at using the ultimate power tool.

Our ego, if you like, is an accumulation of all of the bits of junk programming which have bumped around into other junk and become bugs and viruses which have then created their own artificial intelligence. We then, not being present and not caring for our tools, have allowed this artificial intelligence to become the controller, the thinker.

So a lack of attention to what is going on = a repetition of the previous mistakes. I realised I had to change my thinking, I realised I had to regain control of my mind...

To do this I needed to ensure I had mastered this base skill set:-

Side note: Some of these you have been shown how to do already and others will be coming soon.

- Observe the nutter who had control
- Observe him without judgement
- Accept the situation as it is
- Surrender completely to it

- Achieve complete freedom
- Overcome the need to blame
- Utilise failure
- Utilise without thinking, the power of letting go
- Put an end to any resistance
- Observe and understand my worries, which transmutes into overcoming them
- Observe my anxiety , which transmutes into overcoming it
- Observe and accept the value in my mistakes
- Observe and accept without judgement those around me
- Overcome powerlessness
- Recognise the difference between illusion and reality
- Take back control of time
- Find complete harmony
- Be confident of every decision again
- Be happy always

There's more as well! But they were just the start!

I effectively had to look at my mind like it was a computer. It had been abused by stacks of people, all coming in and dropping their thought programs onto it at various different points in time. Some of which had sneaky viruses in, which corrupted good programs that were already running quite well in there.

I had to wipe my hard drive, then re-install the programs in their uncorrupted form... Except this time I could install software that was not only free from bugs, but it was the Ultimate software that would propel me like a rocket through life without effort. All the while enjoying the most contented, harmonious experience I could ever have desired (I'll explain that a lot more in Using A Bug Free Mind).

All I needed to do was wipe my hard drive and re-install the programs.

If you are struggling to control the ones which have been covered so far, then it probably means that you have not yet re-installed your software properly. What that means is for example; let's say you are still blaming someone else for something... even if it is small. This thought pattern needs to be removed if you 'want' the full power of what I am sharing with you.

If you have not accomplished all of the above then you need to go back and re-read the bits that are not installed properly, there's plenty of

time to do that! You know which ones they are, but here's the list again except this time it is asking you the question: -

- Did you observe the nutter who had control?
- Did you observe him without judgement and now can you, whenever you wish hold 15 seconds of consecutive free thought? Can you bring in 'No mind' whenever you 'want' to?
- Do you accept your life situation as it is?
- Have you surrendered completely to it?
- Did you achieve complete freedom instantly?
- Have you overcome the need to blame?
- Do you now utilise failure to speed up your success?
- Are you able to utilise without thinking, the power of letting go?
- Have you put an end to resistance?
- Have you observed and understood your worries? And have you learned to transmute them?
- Do you observe and understand your fears, so that you can transmute them?
- Did you observe your anxiety, and have you learnt to transmute it?
- Do you observe and utilise the value of your mistakes?
- Do you observe and accept without judgement those around you?
- Have you completely overcome powerlessness?
- Can you recognise the difference between illusion and reality?
- Have you taken back control of time?
- Have you found complete harmony?
- Are you now confident of every decision you make?
- Are you happy always?

Now remember, you chose to read this, don't have a go at me... You know what you have to do and unless you have achieved all of them, you know you have some re-reading to do. Re-reading is a master skill. Some of this stuff I was able to break on the first time, some it took a few times. Things like the need to blame I have to apply thought to still to make sure I do not do it. Some layers of dirt require a lot of scrubbing to remove completely. You are worth the effort. You will not be able to get the wondrous benefits I am going to share with you in Using A Bug Free Mind to their full effect or maybe even at all until you master this bit first.

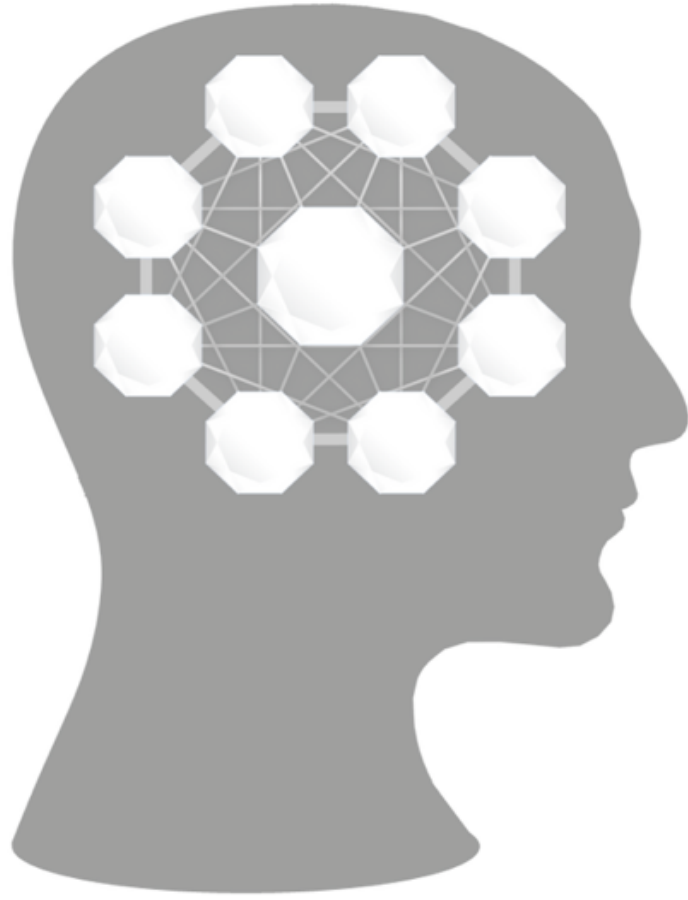
The outside world does not hold the answer for you; the answer is inside you and that is where you need to focus your attention. The next big thing is not what you get through your email. The next BIG thing is you! The answers for *'all of the above'* are already contained within the first few chapters, all you have to do is access the answer and overwrite your current programming. The quicker you do that the quicker you'll get where you desire to go.

Summary of Techniques

- You are only in competition with yourself; observe yourself when you see what others have achieved. Does this inspire you or make you feel small? If it inspires, then think about it often, if it makes you feel small, then ask why, as you are not competing against them, just against yourself.
- Check that you love that which you 'want' to become.
- Check your 'beliefs' - re-read that until you know you have removed the poor programming and installed the new software.
- Choose to be happy today and not put it off forever.
- Understand that there is nothing to get.
- Don't think in terms of problems, consider solutions.
- Train yourself to get the problem solved by your subconscious mind.
- Take note of what you have accomplished; if you appreciate what you have accomplished then you will get more of that. If you are annoyed at what you haven't done then you will get more of that. Which would you rather have?
- Are you sure you are headed in the right direction, check your assumptions, question your thoughts, why do I think that?
- Your mind is a tool which you have to master to use, spend some time considering if you are the one in control.

Thinking you are competing with someone else will always leave you 'wanting.' When you wake up and realise that you are only in competition with yourself, you will find inspiration everywhere. You will find it from what you have done, from what you will do, you will find it in what others have achieved. If they can do it so can you! However, you are not competing with them, you are only competing with you. You are an abundant creature who has the advantage of always knowing what others were capable of. Because of this, you can always do more and, therefore always win. Go back and see if you have changed your thinking, where you haven't simply re-read until you have. You did not honestly think you would get through it all in one go did you? These base skills are the

foundation of all that is to come - if you master these then the rest will be a walk in the park. However, if you fail to master them then you will not achieve the life you desire... the question is how much do you really 'want' CERTAIN success? Is it enough to master the base skillset?



SAL (永) **TORI**

CHAPTER NINE



Do You Really 'Want' To Wait Any More?

~ Desire creates the power' ~

Raymond Hollingwell

How Much Do You Really 'Want' Something?

~ Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything. ~

Napoleon Hill

Do you know that the thing you really 'want' you will never actually get, but the thing you keep asking for you are manifesting all of the time?

"Would you rather get what you really want?"

If you have been studying goal setting, personal development, or self-improvement for a while, then you are almost certainly one of the 3% of people who have actually set yourself some goals. They may be in your head, or they may be on paper, or on your computer, in a diary...wherever! It doesn't matter right now.

They may not be completely correct and they may be a little out of date now, but you have done something. Which is of course is a world apart from the 97% (according to Harvard research) who having done nothing. I'm going to come on to the art of goal setting and totally reversing your current associations with it in Using A Bug Free Mind, as this is powerful stuff and does work. Unfortunately though, you probably don't practice it,

and that is because the teachers have taught it wrong and you have associated it with the wrong stuff. We'll fix that for good in the next book!

But for today I 'want' to focus your attention on one incredibly small thing. So small that you use it every day without noticing the damage it is doing to you, your life and your goals. It is part of your life; it is contained within everything you attempt to do. You consider it your friend and your ally. Yet it is in disguise as it is actually a horrible cancer and you are ensuring it grows in you all of the time.

You obviously do not know it is a cancer and you consider it one of the primary things you have to do in order for you to have what you 'want.' Yet it is actually completely wrong to use it at all as it actually takes you away from your goals.

So because you are blind to the damage it is doing to your desire to achieve your goals it is actually one of the key principle reasons for failing to achieve them. Then comes your *disillusionment over your lack of achievement* and voila, you have failed!

Just think about it for a second - with every goal you set, you are actually *weaving into your goal a cancer that works to kill the goal!* You are killing your goals by installing a virus into the very goal, into the very intention!

What's more, you've always known this instinctively as well. Deep down you've felt it but haven't known what you've felt. As soon as I reveal it to you, you will be in a state of, *'well of course that's why I've not achieved this or xyz!'*

I'm going to come on to tell you what it is shortly. I just desired to get your full attention first, because if I didn't 'BIG' this up a little then you would probably not see the power of what I'm going to share with you here. And 'believe' me, this deserves to be 'BIGGED UP', as it is a VERY BIG problem which is currently invisible to you!

So often we take the little things we learn the wrong way. Mostly we don't pay attention to them at all and it amazes me how, the more I read a great book, the more wisdom I receive from it. Yet in a world where so much is overwhelming, most of us have moved on to the 'next thing' without absorbing the full power of what we have just been shown – so slow down, and prepare to take it in as this will be a game-changer for you...

Ok, so now I should have your attention. People say to me so often, *"Come on Andy what's the secret? What's the bit I'm doing wrong?"* and so often

they are looking for the magic solution, one little key that makes it all work. Well there are small keys and this is definitely one of them, but it is not the one thing that fixes all situations. It is just one essential ingredient that without it makes the recipe tasteless.

We have many, many little obstacles that we have placed in our minds by the media, friends, relatives, parents, ourselves, experts (who are considered experts so we trust them, but are actually wrong on some very key points). The point I am making is that your mind is very complex and to regain control of it you need to recognise that this isn't a quick fix; there is no-one magic key. It is the construction of so many small bits in the right way that will achieve a massive result. Quick test to see if you are in control of your mind yet...can you bring in No Mind NOW!

If no, keep practicing the techniques I showed you...it will come.

Remember, everything I have written so far on the art of controlling our minds; everything we do, every thought we have, either takes us towards what we desire or away from it. Nothing stands still! So by evaluating each action and thought by actually stopping and looking inside ourselves we are able to actually see whether or not something is working with us or against us.

"So how much do you really 'want' something?"

Do you 'want' a new car, 'want' a new house, 'want' a partner, 'want' to start a business, 'want' to be a millionaire, 'want' to quit your job? We are taught that we can have what we 'want' if we 'work hard' to get it or if we 'try hard' enough. Everything is wrong with what we have been taught, but for today I am just focusing on 'want' and 'wanting'.

Let's take this goal and explore it: -

"I 'want' to be a millionaire!"

"I 'want', and therefore state that I am not, a millionaire. I have not been one and therefore do not know what I have to do to actually become one, so doubt that I can actually become one! But I know that I definitely 'want' to be one and I know that I should 'want' to be one, as without wanting it how would I ever achieve it?"

This is not an extensive dissection either!

Using the word 'want' is saying to the Universe please give me more 'wanting', so guess what? Your goal is thus achieved; you are given more of 'wanting to be a millionaire.' Congratulations, you are now an expert in

manifesting more of what you 'want!' Now you know how to manifest bad stuff!

The problem is you are in the state of 'want' or 'wanting'. 'Want' implies that you lack what it is you 'want,' otherwise you would not 'want' it. It is not so much the words 'want' or 'wanting' that we should always seek to avoid using (even though I do avoid them most of the time), it is the state of 'wanting' that we must avoid ALL of the time.

The point is, that to achieve a goal we have to have vividly imagined the goal achieved. People say I'll 'believe' it when I see it; well this is wholly wrong. You need to 'believe' it first and then you will see it – this creates a state of acceptance. 'Wanting' is saying "I lack this." Now you are therefore using a lack statement in your goals and desires. So as I have said before, a lack statement can NEVER be taking you towards your goal, and as NOTHING stands still... it is taking you away from your goal.

So by stating you 'want' something you have woven in the cancer to your goals and desires and therefore they are diseased from the outset. Is it any wonder that they are rarely or easily achieved? Your 'wanting' something used to be your friend and ally. Whereas now you can see that by you 'wanting' something you are stating that you lack something. With every use of the word you are making it harder for you to achieve what you 'want,' because you are weaving more and more cancer in every time you are reapplying the goal.

And the Universe is of course giving you exactly what you are asking for - more of 'wanting' to be a millionaire. I know what you are probably thinking. Some of you will be thinking, 'I knew this, I just couldn't put my finger on it.' But some of you will be thinking, 'But I've achieved some of my life goals despite using the word want, or being in the state of wanting!' ... right?

We'll look again at this assumption (*always test your assumptions by looking at them!*). Look at your achieved goals and notice that you achieved them when you left the state of 'wanting' and moved to a state of 'acceptance that you could achieve them!' In other words you stopped 'believing you couldn't' achieve it and started 'knowing you could'... A powerful difference!

A quick way to visualise this is - you 'want' to be a millionaire but you have trouble envisioning you as a millionaire. Let's say I said to you, you need to set a goal of being a millionaire within the next 6 months, you would not 'believe' it possible. You would 'want' to achieve it but you

couldn't really visualise it happening. But if I said to you, can you set a goal and achieve getting yourself £100 or \$150 in the next 6 months, you'd accept you can do that easily. You'd say, "Well of course I can!" Your state with the latter is one of acceptance that this goal is achievable. Your state for the former is lack that it is extremely unlikely to be achieved, but nevertheless you'll 'want' it. Can you feel the difference between the state of wanting and the state of acceptance? Here lies powerful stuff.

Ok, now we are getting somewhere. You should have already started to notice the cancer that needs to be cut out... Yes it is everywhere, but it's easy to remove once you've shone a light on it and you can see where it is. All you have to do is look for thought provokers which make you think at the right time. Which make you notice that you 'have not thought'. Find ways to place things in your life to provoke thought about your thoughts. It is in that action that you are applying the 'little but often' technique to training your mind and therefore expanding its (your) capabilities.

So we need a replacement for the word 'want,' and the state of 'wanting'. The replacement is easy - it is 'desire'. I desire to be a millionaire. This goal is still not right by the way; I come on to the exact right way to do that in the next book. But for now can you feel the difference between these two statements?

I 'want' to be a millionaire

I 'desire' to be a millionaire

Re-read them a few times until you feel the difference.

It's a subtle difference. Your mind knows that 'want' is lack, whereas it knows desire is something it can achieve... So you have fooled the little demon inside your head! He now *'believes'* you can achieve it and so will work with you instead of against you. He is not out to sabotage this desire as he is ok with you desiring things.

Over the next few days look at your use of the word 'want.' Feel the difference when you replace a lack statement with an acceptance one. This should be quite a revealing time for you.

Now, The Buddha said that to be happy you have to free yourself from 'wanting' anything and he said desire creates suffering, so we have to be really careful of the use of the word desire as well. So as long as you remember what I've shown you before about *'Acceptance To What Is'*, this

should keep you grounded. Then you can really start to turn your goals to the direction you actually thought they were already headed.

Simply put... if you really do 'want' something then you have to give up 'wanting' it to get it!

Are You Waiting For Something?

~ Patience is waiting. Not passively waiting. That is laziness. But to keep going when the going is hard and slow - that is patience. ~

Unknown

On my journey throughout life I have found that most people are waiting. They think they know what they are waiting for but then they can't see it when it shows up. Then they glance back at the abyss of time they have wasted waiting. They have to become attached to the state of waiting, because if they didn't they would have to stare back at their life's missed opportunity cost and accept their real true failure.

They can only glance at the time they wasted as it is too painful to accept the failure. They are waiting for that opportunity to come along, or the right thing to happen that just makes the puzzle a bit more complete, so that they can step forward and move from their waiting state.

There are two types of people; waiters – those that are waiting for something, and non-waiters – those that only use positive waiting

Most people are waiters; it is only the very small minority who are non-waiters. The non-waiters are the ones who are doing it, making it happen, changing the world for themselves, their families and others. These are the 1% - you know their names as there are so very few of them!

...The waiters are the rest of you! And this is written for you guys, as yet another attempt to get you to stop waiting. You don't remember the waiters' names as there are just too many of them!

Before I really get going please don't let your ego take this the wrong way! This is designed to help your situation and share something valuable with you.

So why do most people wait?

Because of our training! We are trained to wait from a very young age. We are trained to stand in queues; it is just orderly in our society. But if we stick to this practice in our life situations, we will wait ourselves to death. To me, waiting is something that other people do. I am not

interested in waiting for an event to happen to me. I'd rather make the event happen.

There are three types of waiting: – The Good, The Bad and The Insignificant...

1. *Insignificant waiting*
2. *Waiting in life*
3. *Waiting for emotional direction or what I call "positive waiting"*

1. Insignificant Waiting

This is where you are waiting in line at the supermarket or waiting in traffic, etc. These are the sort of waiting that most people think is the wasteful waiting, and in fairness, if they are not used correctly they would be wasteful. But as I am not a wasteful person, I find these moments in life quite enjoyable and useful. I've learnt to be grateful for being forced to come to a standstill in traffic as it gives me a chance to bring in 'no mind' and just meditate for a few seconds or minutes. I use it to swing in and out of meditation.

Likewise, when I am queuing in a supermarket I find that time enjoyable as well. I am very grateful for the fact that I have learned the art of healing myself and not poisoning myself. I am grateful for the reminders I am constantly given when I watch people's shopping trolleys. Don't confuse this with judgement as I am not judging them (that would be wrong and unconscious thinking). I am just grateful for their shopping as reminders to me of foods I had forgotten I don't eat anymore.

Again I use this time to meditate and swing in and out of meditation. I am grateful again for the moments that these queues have given me, as they serve as a reminder to me to look inside myself to see what's going on. So queues to me are a tool for reminding me to stay present and feel my inner body. Queues to me are something to be grateful for, not something which annoys me... *if you change the way you look at things then the things you look at really will change!*

2. Waiting In Life

A lot of people are in this section. This is where the 99% of people who never get rich and who never have the life they desire, are well and truly stuck. (Stuck is the wrong word really, as stuck implies 'can't get out of', whereas stuck here means repeating the same mistakes and are unaware of it.)

You guys (99% of you) are waiting for something. But waiting is a trap that robs you of your life! Through ignorance and fear you allow yourself to wait. Waiting is a state of mind and it shows you are not in the present. Waiting means you 'want' the future and don't 'want' the life you have now. Therefore, waiting is complete non-acceptance of what is. As I have said before, acceptance of what is, is the most important thing you can apply.

Side note – If you are still struggling in any way, it is because you have not applied this yet and I suggest you re-read it. It will be the very best use of your time, as the instant you understand this and live it, you obtain magical powers! No I am not kidding or exaggerating!

Waiting creates conflict because you don't 'want' to be here, you 'want' to be there. This of course creates stress – inner turmoil. This type of waiting literally ruins people's lives!

You have to stop waiting to be fulfilled. You have to be fulfilled now. If you are not happy now then you will not be happy when you get there. If you don't get this point, anything else you learn is pretty much a waste of time, as type 2 waiting is just a waste of time! If you are waiting then you are wasting your time.

Until you stop waiting, you are not living in the present and you will only become conscious very occasionally (this is a very bad thing and you will never have peace, harmony, enlightenment, serenity – any of the really good stuff until you become predominantly conscious). You will only become conscious occasionally - like right now as you are reading this – because I've made you aware of it. But within seconds of stopping reading these words, you will slip back into your unconscious state because you are waiting for something!

If you don't 'believe' me then stop reading this now and spend the next 24 hours as the observer to your life and watch how you wait. Unfortunately you will be unconscious most of that time, but you will see some bits. Like you'll notice how you fill up your time with non-things so that you don't notice that you are waiting. The ego has some cunning ways of misdirection. Misdirection of course is the key to invisibility!

But if you do 'believe' me then read on.

What are you waiting for?

Are you waiting to start living? How much of your life do you spend waiting for the next holiday? Are you waiting to be important? Are

you waiting for that right opportunity? Are you waiting for the right person? Are you waiting for fulfilment? Are you waiting for enlightenment? Or... are you just waiting to die?

Start living – stop waiting! Live every moment, then go on holiday and live every moment – stop waiting! Become important (if that's your thing) – stop waiting! Create the opportunity – stop waiting! Create the right person (they are looking for you too!) – stop waiting! You have to be fulfilled now. Only the present can free you of the past. More time cannot free you of it (there is no choice here) – stop waiting! Enlightenment will never come to those that wait; to those that are patient, yes, but to those that wait, no – stop waiting! Please stop waiting to die. This is the highest level of unconsciousness there is!

'Believe' it or not, the fear of failure is so great that most people will wait for certain success before risking anything they have got... these people are waiting to die, they just don't know it... *are you one of them?*

There is never a need for you to wait for anything important other than what I mention in positive waiting. Everything else you are waiting for, ask yourself, "Why am I waiting for this?"

You are actually paralysed and the waiting has become a very bad habit. Successful people are ALL non-waiters. If you 'want' success, then your habit of waiting for that right opportunity to be successful has to stop. Otherwise, you will never be successful.

Or if you achieve some financial success, you will never be whole and enjoy it, as when you have financial success, you will be waiting still. Except this time you will not even know what you are waiting for and the inner conflict will cause stress, and you won't know why!

I had friends to stay at the weekend and they asked me what I 'wanted' (desired) and I said to them I desired to fail more. They were understandably a little shocked. Why do I 'want' it? Well I know that success lies on the far side of failure. You waiters desire to avoid failure at all costs. So you end up failing completely by giving your whole life up to waiting. Therefore by waiting, you lose or destroy your chances of success – you are making your own 'luck' and it's all bad!

Waiting of this sort equals complete and utter failure! Aren't you sick of just waiting and not knowing what to do? The solution of course is to just accept where you are now and stop waiting. If you don't stop waiting now, when will you stop?

3. Waiting for emotional direction or positive waiting

I am very pro-active and therefore I am a non-waiter. But because I am naturally pro-active I am able to react very fast as well to alter direction and fine tune. Being pro-active makes you into a great problem solver. Therefore, my risk is low. I am aware of the risks and I act to avoid them. Taking many opportunities has given me immense skill as I have practiced a lot. Waiters wait for certainty then miss it when it comes along as it is disguised as un-certainty. Non-waiters do not wait for certainty, but they recognise what is more likely to work than not because they have not spent their life waiting; they have spent their life doing.

However, there is a valuable time to wait. Quite often I am presented with dozens of opportunities and minor or major direction changes. At this time I use waiting. I wait for my intuition to point out the right direction for me. This is where I don't know what to do, so because I don't know, I don't do anything. But I make these opportunities my constant subconscious thought and give them over to it at night and in the morning when I am most relaxed. And of course they give me the direction and so my positive waiting is over. And guess what? Right or wrong, they end up being the best way for me!

So Obviously, What We Are Focusing On Is The Second State Of Waiting

All this type of waiting is a state of mind that says I 'want' the future; I don't 'want' to be here now. Well the future does not exist outside of the now. The future is not a reality as it *will* happen in the now. It is an illusion, therefore you are saving your very best part of your life for an illusion (I'll go deeper on this later).

But why do you think people can't handle it when they get what they think they 'want?' If they are not happy now on the inside, no amount of outside stuff will give it to them. Life is an inside out experience. Enjoy life now as it really is all you have got.

If you are in the second state of waiting, then in reality you are actually waiting to die even if you don't know it! I know it might hurt; the truth does... as you have probably wasted a lot of time being a waiter already. Don't be angry with yourself, don't fight it, as that just gives it strength. Accept it. Surrender to the fact that you have waited and wasted countless years and it is what it is...there is nothing you can do about what has happened.

But, you can change your future right now... it is not too late; it never is unless you know it is. If you are 100 years old and you realise you have wasted those years, what does that matter? If you live now fully, you have not wasted your life. You are never too old, unless you know you are.

You can decide that when you see yourself waiting to die; you will not accept that in the moment you are in, you will not accept it anymore. You will get out of the state of waiting and you will enjoy the moment, and you will get busy living instead of being busy dying.

This is not a dress rehearsal, this is your life! What really is the worst that can happen?? Get the hell outside and experience your life. You deserve it after all the years you have wasted waiting! Enjoy it now as it really is all you have. Put it off for the future and you'll get more of putting it off for the future.

Waiting is just one of the many guises of FEAR. Your ego is afraid of the unknown, so it convinces you to wait. In other words, you are unconscious and you are allowing your mind to run your life for you. All this waiting will do for you, is give you more waiting, which of course results in more unhappiness. If you don't like unhappiness, then why are you choosing it? Now that I've shone a light on waiting, are you really going to wait another one, two, five, ten or twenty years to stop waiting?

This is an unimaginable loss! Now you have seen it, only an unconscious person can accept it. So if you are conscious enough to know that you are too busy doing things to stop waiting (paradox or what?), then maybe you can be conscious enough to re-read this in a month's time and see what's different then.

Which of course will be nothing! As you are unconsciously waiting, whilst your ego is looking for ways to keep you at the level you are at now, so makes it easy for you to be a waiter.

If you don't do something different to snap yourself out of the disease of waiting, then you will just wait some more! Then even if you do something different, you have to watch what you do. Your ego can play a cunning game and disguise what you do as this may just be another form of waiting in disguise. There are many who wait, and this is not a holier than thou statement. Even though I am a non-waiter, I still catch myself waiting!

Aren't you fed up being a waiter and watching the non-waiters do it? Non-waiters make their own 'luck,' waiters 'believe' in 'luck!'

Waiting is to have already lost! So stop waiting, start living! Or wait some more, because now I've shown it to you, you are conscious of it and therefore you are now making a conscious choice to wait and avoid 'good luck.' So you are not ignorant of this disease anymore and you have to live with yourself and the choice you make. You can't be one of them anymore and claim you didn't know!

Mark Twain said, *'Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover.'*

Aren't you just sick and tired of waiting?

Why Do We Hope It'll Be Alright?

~ Give up hope or all hope is lost ~

Me (unless I read it somewhere!)

Why do we hope it'll be alright? Because we are trained from birth to think that is what we 'need' to do! Not only that, but nearly all experts who we have listened to about hope, have got it wrong.

Do you hope for stuff? I bet you do! After all, we are trained from birth and given this sort of personality defect from parents who were trained defectively from birth as well. We hope for stuff simply because that's what we have been taught by parents, friends, teachers, society's brightest minds, the media...everybody teaches this backwards.

Well just because everybody is doing something, it doesn't make it right. As Mark Twain said, *"When you find yourself on the side of popular opinion it's time to pause and reflect."*

Well it's time to look at the state of hoping for just a little time, so that we can shine a light on this insidious little demon and expose it for what it REALLY is! As if you don't give up hope, then you don't have a hope! Once I've shone a light on this monster for you, you'll start to view things from yet another different perspective.

You Are Letting The Devil In Disguise Into Your Life?

Hope is one of the most evil words there is as it totally lies to us. It really is the devil in disguise. For example: -

- I hope this works...
- I hope we will have enough money...
- I hope we will be alright...

- I hope I get rich...
- I hope I don't get hurt...
- I hope it's not too hard...
- I hope I do well...

We are trained to hope for everything in life! We are trained to hope that something or someone will save us, change our life, make us happy and bring us what we 'want.'

However, as soon as we enter the state of hoping then what are we really asking for? More 'hoping' of course. And hope is truly horrible! Why? Because hoping is a lack statement you are making, which says that I haven't got this and I hope something other than myself, can bring it to me.

Talk about weak; this is worse than the state of wanting that exists!

*~ Hope - Never in the field of human weakness has so much
been robbed of so many by such a small word ~*

So you are directly asking for more hoping! And you are stating that you are so weak that it is beyond your power to do anything about it, other than hope for it to get better. This is even worse than 'believing' in 'luck!'

I honestly can't remember the last time I hoped for anything. In fact it was probably when I was at school or college sitting my exams, as everyone else was hoping for a good result. So I seem to remember following the crowd.

Since then I have never knowingly used the state of hoping to acquire anything in my life. I obviously instinctively knew somehow just what a horrible state of mind it was to be in. But it was only when I was unravelling the layers of crud that had built up did I notice that other people hoped for things. It was the first time I'd ever looked at the state of hoping, and I noticed what a horror this state was and saw the scale at which this had been accepted by society as the right way to get what you 'want.'

Hope is something very dangerous as you feel it helps you to keep going. For example, statements like – "If you give up hope then all else is lost!" - train you to think this way.

Actually Hope = Never Attaining Happiness (Well That's Backward!)

Hope keeps you focused on the future and not on the now, in the present moment, which of course is the only place you will actually find

true happiness. So hope = never attaining happiness. Well that doesn't work for me as I know happiness can only happen in the present moment and not in the future. So you may 'want' to consider it not working for you either.

You cannot be in a state of hoping and be present, therefore, hope is the bastion of the unconscious mind. So if you are hoping for anything then you are unconscious when you hope! And as I've repeatedly covered from the very start, the last thing we 'want' to head towards is being unconscious.

Not only is hope a lack statement and a demonstration of how unconscious you are, but it also clearly demonstrates what you 'need', for example:-

- I hope this works – I need this to work
- I hope we will have enough money – I need to have enough money
- I hope we will be alright – I need to be alright
- I hope I get rich – I need to be rich
- I hope I don't get hurt – I need to be alright
- I hope it's not too hard – I need it to be easy
- I hope I do well – I need to do well

Need (of course) is a replacement word for 'want,' and as I've already covered, the last word to use if you 'want' something, is 'want', as you simply get more 'wanting.' Needing is saying I 'want' more needing, so (of course) we get what we ask for, and therefore we get more 'wanting, needing and hoping.'

Giving up on hope is essential to success. I make my own 'luck,' good or bad. I find I get more of it that way if I'm the one manufacturing it. I have always made it. Other horror words in this clan are:- maybe, tomorrow and soon. Hope is so highly praised by many but has no value or meaning to a conscious person.

Hope is just an illusion. Look at it for yourself. If you 'want' success, then give up hope as that certainly won't bring you your desires. Hope just produces the feeling of desperation and helplessness and lack of power. It also causes the fear of non-attainment... does the state of hoping have anything going for it? – Yes, but not for you!

If there is one word I would seek to remove from our language even more than the word luck, it is the word hope. Being in a state of hope

is just admitting that you are completely feeble and useless. The state of hoping is the same state as '*anti-success*'.

Hope is what keeps the world's suffering in place. We will not live happily ever after; hope won't give us that. All hope will give us is more of this devilish state of mind. It's that little rush of hope that it may get better, that keeps us going from one bitter disappointment to the next because it keeps us from taking responsibility for our inactions.

The truth is no-one is coming to save you; not me, not some other multi-millionaire. It is down to you...get over it. Accept it. You don't 'want' to be beholden to me or anyone else anyway. You 'want' to do it yourself. You can be in control (you can manifest and create your life) or you can 'believe' in 'luck.' People in the personal development world wonder why they haven't made it yet, despite focusing on themselves and learning all about self improvement. Well, after unravelling the illusions around hope, I'd say this is another layer of crud that is holding people back.

Hope, is wholly about the future and the future has to be understood for what it is. So if thought about the future is being applied wrongly then you cannot be in harmony, and without being in harmony you will not get what you desire.

Avoid the states of hoping and needing and wanting – then you can become detached from the outcome. In doing so, you will get what you previously hoped, needed or wanted (more on this later). So without hope you will get what you desire. ***Hope is complete non-acceptance of what is.*** It is non-detachment of what you desire.

Still Don't 'Believe' Me...?

(Doesn't surprise me as this one's been part of your life for a very long time!)

If you ever have the chance to read the stories of some of the most courageous medal winners, you read about their unbelievable acts of courage. Consider this - when they were in that moment in their life, right at the point of making it happen... where was hope?

Hope has no value in creating success.

~ Hope is the worst of evils, for it prolongs the torments of man. ~

- Friedrich Nietzsche

~ He who has never hoped can never despair. ~

- George Bernard Shaw

I went through six pages of quotes on hope and was truly disgusted at them. Some of our cleverest minds have not understood the insidious nature of hoping. And it is those very people that have helped keep this treacherous monster hidden. However, as you saw there were just a couple of people who understood it. Another way of looking at it is approximately 97% of the quotes from the famous and the influential had the wrong take on hope! Is it any wonder that nearly everyone has it backwards?

Whilst I was unravelling the state of hoping, I found I always look to see if there is any hidden benefit in there, which of course there is, but unfortunately it is only of benefit to the unconscious mind. All I found for us when I looked can be summed up in one sentence...

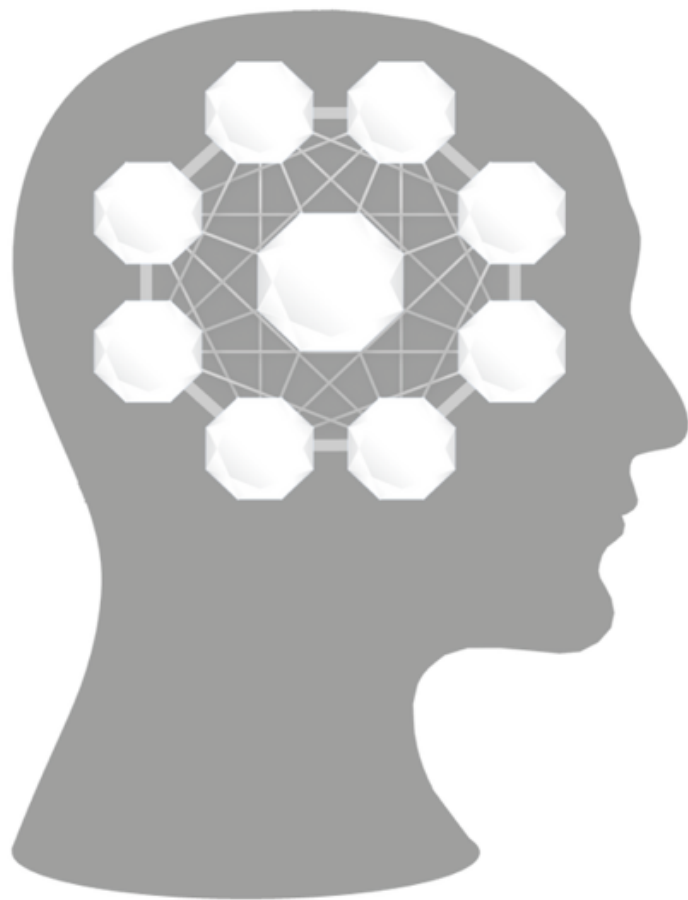
Hope is something for the hopeless!

Summary of Techniques

- Practice removing 'want' and 'wanting' from your everyday life. Notice how many times you use the words and change to 'desire' and start 'desiring' instead.
- Continue to notice your assumptions when you make them about other things. And when you notice you made one, then go and explore it; question yourself and ask am I right to assume this? Don't be afraid of the answer as it's all good.
- Are you still waiting in life? Have you resolved to stop waiting?
- Notice when you are waiting and see it for what it is, a waste of your life. Ask yourself, what am I waiting for? Remember this book is designed to get you out of being asleep, remove all the bugs and free your mind ready to have a new operating system added, which will ensure that there is no need to wait any longer. So by you reading and applying the lessons here, you are currently in the positive state of waiting. Later if you fail to act on the lessons or what is given to you in the next book, then you will fall back to the negative type of waiting which the vast majority of people do.
- Look forward to the times when you are forced to wait in queues as these are times when you can go inside and look at life, at yourself. They are moments of quiet meditation to be appreciated as a gift; they give you the present.
- Observe your words and the words of others. Watch out for the demon word of hope, observe its use and see it for what it really is, the devil in disguise.
- Go to a quote directory online and see just how many luminaries have got it wrong about hope and hoping.

- Give up on hope as it is the very last thing you 'need.'

Wanting will create more wanting, waiting creates more waiting and hoping creates more hoping. It is these little horrors which are robbing you of the life you desire. They are yet another cancer which must be cut out and replaced with correct thinking. Thoughts which are aligned and designed to get you to where you desire to go, not cancerous viruses which create pain and take you off in the opposite direction.



SAL 永 **TORI**

CHAPTER TEN



Running The Antivirus

~ *'Golf is a better
game played downhill.'*

~

Jack Nicklaus

**Accepting, Allowing And Having Are States Required For
Easy Riches**

~ Our entire life consists ultimately in accepting ourselves as we are. ~

Jean Anouilh

Previously I have covered the underlying nature of some seemingly inoffensive words that we use in our everyday lives. Society teaches us that some words are unacceptable or subjects that we just do not wish to talk about. But these words I mentioned previously are perfectly acceptable everyday words which we all use.

Yet it is those words that should also feature on the socially unacceptable list. I have advised you to avoid the states of wanting, needing

and waiting as when you use these words they are a statement of your lack. And of course we always are given more of the lack which we ask for.

The powerful way to transmute your wants, needs and wait into gold is simple. First, as I said, use the correct words where you can. But the most powerful thing you can do is to be accepting of your life situation. You 'want' to spend a lot more of your time in the state of having, allowing and accepting.

When you 'want' something without first thinking you have it, then this is the key to not getting what you want. Yes I know it sounds backwards and that is because we have all been trained backwards. What I am now showing you is how to think forwards, but coming from our perspective it looks like it is backwards thinking. It's not!

Your current backwards thinking is just another layer of crud that needs to be removed from your mind so that you can think freely and go in the direction you desire to go in. So first you have to accept what you have, then you have to 'believe' you have it, and then you have to allow it to then just be.

So You Have To Think You Have It Before You Can Have It

~ You have to accept you can have it before you can have it ~

Me

In the past when you have gotten what you wanted, it was not because you wanted it hard enough, it was because you shifted from a state of wanting to a state of accepting. You reached a point where you knew you could have it and so you accepted you could.

We all have moments like this in our lives. For me I have countless moments. One was where I had looked for a new home and we couldn't find anything we liked when we first looked. We looked at everything which was about twice the value of our current home. Nothing suited us and I also looked at the new mortgage cost and thought I can't have something that expensive.

Then I saw my friend buy a house which was nearly 3 times as much money as my current home. He was earning the same as I was and didn't have the equity I did. So if he could afford that, then obviously so could I. All of a sudden I accepted that I could afford it and I could afford more than I previously looked for as well.

I had a much larger deposit than he did, so I accepted that I could actually spend more than he did. In the end I purchased a home for four times the value of my original home. Three months before, this was inconceivable, except now I had moved from a state of believing I could not afford it, to a state of accepting I could. I had shifted to a state where I knew I could have it and so I 'allowed' it to happen. I have countless more stories of similar ilk and I know you have them as well.

What I would like you to do is to remember one of those times where your state of mind changed, probably without you noticing, from a state of disbelieving to a state of accepting. You changed to knowing you could have it and then allowed it to happen. Remember the time and feel what emotional shift went on inside you.

Don't move on until you have felt this emotional shift again. Your body can remember emotional feelings with a lot more accuracy at times than it does pictures. It is important that you can feel the change here. Get thinking and remember one of the good points in your life where you went through this process.

If you cannot think of one, then you are simply not allowing your memory of one to come up. So think smaller, think about maybe going on holiday somewhere you couldn't believe you would, or chatting to someone you never thought you would be able to. This process can have happened in a few minutes or even seconds. If you still cannot find one then it is either your ego attempting to halt your progress or you struggling and not allowing... sort it out!

It is important you remember because this is the feeling you are going to turn on at your command later on when we move into setting out your desires properly. The clearer your mind is and the more you can bring in no-mind will help you to switch this feeling on at will.

So stop and think for a few moments or as long as you need. I know we as humans don't like the hard work of thought, but tough. I think you are worth giving yourself a few moments to create a power button like this one is.

Side note: – Remember, keep practicing 'no mind'. Bring it in at various different times of the day. All you need to be able to do is silence the mind at a moment's notice and not have thoughts barge in. You are training your mind like an athlete trains their body. You will soon be able to train it to hold an emotion that literally produces results – creating without doing (more on that later).

Accepting With Detachment

~ *By letting go, we're not letting go our intention to manifest our desire! We are letting go the forcing of it* ~

Unknown

When you don't 'want' or 'need' something then you can be detached about the outcome. This is the law of detachment, and this will be another great source of your power which I will fully cover when we have finished unravelling the layers of crud that education, the media, and all people have applied to our minds.

To be able to utilise this other extraordinary power button fully you must first practice accepting the present moment as it is – there really is nothing more important than this bit! If you applied just this bit and surrender then you are in the top 1% of people having the very best lives. Just being there is what most search for in their quest of personal development and acceptance of what is, together with surrender as I have covered previously, gets you there. (This sort of stuff should be taught in schools!)

Whilst accepting your situation may not be the one you desire right now, you still have to fully accept it as it is! You keep your desire about the outcome you 'want' clearly as your intention, but you keep your focus on acceptance of now. If you can't do both easily then just focus on the acceptance. As without this, you'll struggle to ever stop repeating the mistakes you make.

Ask yourself again and often, am I accepting what is?

If you read that and said, "Yes" without thinking, then you've missed the point, and you probably are not. As every opportunity that comes up for you to think again on this point should be greeted with open arms like a life-long friend. You are not in school competing with the other children; questions are considered when you live in the present

My Entire Goal With What I Do Is To Make You Rich

"I desire for you to be rich. I also desire for you to create the life you desire."

Me

The reason I am doing this mind stuff success bit before I show you how to make money, is that I know from personal experience that

making money is the easy bit. You'll make money if you apply the stuff I'll teach – that's a no-brainer (well, I know it is. You'll still need convincing!)

But what I am after is to provide a better outcome for you than you ever thought possible. I am after you not just getting where you 'want' to go, but getting there and truly loving the amazing journey. In order to do that (as I really do have a map), I can speak with 100% clarity and personal experience that the journey is more fun when your mind is working right. And that's why I know that your time spent here, reading this mind stuff, is a better investment than anything you can get elsewhere.

Now, getting you rich can happen one of two ways; you can either struggle or you can achieve it easily. I can get you there both ways. You of course will need to 'believe' or rather 'know' for both to happen, but both will work.

However, You Have The Choice Of Doing It The 'Easy Way' Or The 'Hard Way'. The easy way is to learn and apply all of this mind stuff now, which is to do it slowly over the time it takes me to reveal and unravel it for you. It gives you time to think, pause and reflect. Or you can do it the hard way; read it, not engage your mind and wait for the money stuff to come along. It is your choice. I would like it to be easy for you, but I can only lead the horse to water. I can't make him drink.

What I'll teach you will get you rich, even if you don't engage in the mind stuff. But without the mind stuff you'll find your destination lacking and you may be forced, as I was, to slide down the snake all the way back to the start of the board.

Well thanks to the mind stuff, I now am playing the game of snakes and ladders again, but this time I am playing the game with no snakes on the board!

I still have to go up the board, but this time there are no routes back down. And the journey is full of ladders to speed me on my way! This is the power of the mind stuff! This is what I desire for you!

Snakes and ladders is a game played by all people who seek success. Though if you fix your mind first, the game is still played, except this time without the snakes.

I realised that to ensure I never let go of the mind stuff again, I had to create for myself an environment which ensured by default it was always present. So my way of ensuring this was to write it down, create books that

were evergreen *and create a community of people which I had helped and in doing so knew they would help me.*

I designed my future success around my own limitations. I chose work at the start as an investment in *a life of certainty*. Which means that there's not currently, and there's not going to be, any snakes on my game board as I designed it that way. To do this I had to ensure my thinking was correct before I started to play.

So if you would rather choose the easy journey to certain riches then you need to engage in the *art of thinking*. Don't just accept what I say. Ask yourself, ask your intuition and see (feel) for yourself what is right.

Tapping Into The Source Of Ultimate Power

~ Allow yourself to be inspired. Allow yourself to succeed. Dare to excel. ~

Vince Dente

I was looking the other day at what I do better than others in my peer group, and it is that I inspire people to take sustained action more than any other I know of. I went into that a lot more in the introduction. But my reason for bringing it up is that, you are at a key point to create the Universe's ultimate energy source. Inspiration = Perpetual Motion.

So what I am advising you to do is go back and take another look at your life situation and question yourself about every single element of it. Ask yourself again or for the first time – Am I accepting my life situation as it is, or am I resenting it in anyway?

To access the ultimate power, you need to accept your life situation as it is.

This really is the Tipping Point (the bit everyone is looking for, but then doesn't recognise when they see it). If you accept it, then you have shifted the direction into your favour. Now from there, picking up momentum going downhill is easy.

Look at it like you are on a bike. It's easier cycling downhill than on a straight, and a lot easier than cycling uphill!

Well my plan for you is the same as my plan for me:-

First get you onto a slow easy light downhill ride (avoiding anything hard). Then get you to decide which of the various locations you would like to visit as they are all downhill rides (can be more than one and you can't book a ticket on an airline without knowing where you 'want' to go!). Then

once we know where you 'want' to go, we can take (if we choose to) the steepest downward direction to get you to your desired destination.

But have you noticed that you can only go so fast on a bike? You can attain a maximum speed then you can't increase it much? Well, that's where I come in again for you in the same way as I am doing it for me.

I replace your bike with a faster one, then I change that for a car, then I change that and put you in a chauffeur driven vehicle, then you get to where you 'want' easily. My goal is a) to ACTUALLY get you there and b) to make sure that while and when you get there you have the best life ever!

The Best Bit Of The Journey

~ *The journey is the reward.* ~

Chinese Proverb

So back to acceptance. Was the best bit of a downward bike ride getting to the bottom or while you were going fast downhill? Obvious answer! If you love riding bikes downhill like I do then you'll probably have imagined riding down a hill that goes on forever. Well that's my desire for myself and for you.

Every time you reach a desire, you get off your bike and you enjoy it. Then when you are ready you carry on your journey to the next wonderful location. All the time you get to be travelling downhill to where you 'want' to go. You can go fast, you can free-wheel, basically it is the easy route.

However, right now if you are not engaging your mind then you are trying to travel uphill. This is what it is like to live with non-acceptance. I'll still get you to wealth this way; I'll simply give you an engine for your bike, but you will always need fuel. If you are going downhill then you can just free-wheel; no fuel is necessary. I implore you to take the easy route. Stop, think about your life situation, then accept it all as it is.

When you start to apply this technique you will all of a sudden start to feel that it is impossible to fail, it will feel certain. But forget trying to feel that; you just will start to. If it hasn't happened then 'rinse and repeat' until it does (re-read), as you are not the only person on Earth who this will not work for. It will be that you simply have not followed what I have said for you to do it correctly. So go back, re-read and question what I am saying and how it applies to you. Feel your emotions as you question. You will find your answers.

But for now I'll continue as if you can bring in no mind in the instant you desire it and that you have full acceptance of your life situation. So you have felt that it is impossible to fail – I love this feeling!

This certainty enables you to relax. Then when you relax and no longer need or 'want', you have placed yourself into a state of allowing. This is being in harmony and all of your energy is vibrating the right way. This is exactly where you 'want' to be.

On your first read through I doubt you will get to the fullness of this feeling. However, if you re-read and surround yourself with this information then you will access this exciting feeling. Once you know what it feels like then it is easy to reproduce it!

~ Serenity comes when you trade expectations for acceptance. ~ Unknown

Giving You Back Your Decision Making

Are you fed up making the wrong decisions that you thought were wrong when you made them? Do you think you are mostly in control of your decisions? Or do you think you are in full control of the decisions you make? After all, you are making them aren't you?

Aren't you?

Well, if you haven't yet got the life that you desire then it is almost certain that you are not making your decisions correctly. If you 'want' the life you are after then you are going to 'need' to take control of your decision making again.

So very shortly you are going to discover how your ego is actually influencing your decisions through negative false self-limiting 'beliefs,' and of course a strong desire to keep you where you are in life. You are also going to discover how to overcome its control over you so that you can start to make decisions without any more self-limiting 'beliefs.' Ok, ready to regain control...?

Have You Controlled Your Thinking Yet?

Yes I am going to keep bringing this up because without achieving it you are missing out FULLSTOP. Speaking as one who every day now is a little more in control of his mind than he had the day before... it doesn't get much better than this! You 'want' this! I mean you really 'want' this! You cannot create the life of your dreams without being in control of your mind, and if you are in the 99% which you probably are, then you have to get control over this or you won't get there...

Not to be able to stop thinking is a dreadful disease. However, we only think that a few people need help and go to a psychiatrist. We don't realise just how big the problem is of people not being able to stop thinking, because almost everybody is suffering from the disease. Therefore...it is considered normal.

Just because you can answer questions in a quiz, solve a crossword puzzle, are good at Scrabble, build a Rocket, design a computer, or any of the millions of other skills we can do, does not mean you can control your mind. Can you be free of your mind whenever you wish? Have you found the off button yet?

Your mind is a tool. A very powerful one, but it is there to be used for a task, and when the specific task is completed, you put the tool down. As an ex-tradesman, I had hundreds of tools. Some I used for one task, some for multiple. But after I had finished using them I put them down. My most powerful tools I had to be careful not to overuse, as they had a tendency to break or not work properly if they were overused and not given a chance to cool (calm) down.

We run our minds on full speed for every waking minute. Is it any wonder we create our own problems and the tool stops working properly? Well compulsive thinking is actually an addiction!

So what characterises an addiction? Simply: you feel you no longer have the choice to stop. The addiction seems stronger than you. The addiction gives you a false sense of pleasure, then that pleasure invariably turns into pain.

So if you don't have the off switch, guess what? You have an addiction. The first stage of any addiction is to recognise that you have a problem. Now I've never had what we see as a 'normal' addiction, e.g. alcohol or drugs (I'll call them common addictions). I used to be addicted to eating, but that still isn't really viewed as the addiction it is, so treatment is not as common place as it is for the common addictions.

I have studied addictions though, and an addiction needs care. It needs to be looked at and recognised for what it is. In observing it and no longer accepting it each day, we build up (new) different habits to take us away from our (old) destructive habits. However, nearly all addictions are mind created. They come as a crutch to some pain created from inside the head (I'll cover stopping creating pain shortly).

You don't see a rabbit with an addiction to alcohol. You don't see a tiger with an eating disorder. All of the addictions are brought about because the primary cause has not been dealt with. The primary cause being that we are out of control of our minds and it is time to take back control. Without doing that, you will NEVER get what you desire. You will never achieve freedom.

As humans are at yet another stage of evolution. This predominance of the mind is no more than another stage. However, we really need to move past the pain to the next stage urgently as the pain we are creating through our unconsciousness is stifling our race.

People perceive money worries as the biggest cause of stress, ill health, and view them as the ruination of their lives. Yet most people are not willing to invest the time in their own minds to remove their own ignorance to creating wealth! Let alone even acknowledge that they have a problem with their minds.

They freely admit that money is the problem, yet refuse to devote time to understanding the science of how to acquire an abundance of it. Now this on its own is insanity! Surely it should be at the top of their list! Well, at least even on a list!

As even if they haven't identified their minds problems, they have identified their money problems. This is pure madness. The problem is that they still 'believe' in luck, they think that luck delivers money to them and it is not in their control.

Unfortunately they don't have the time to think about alternative ways to create money. They're far too busy working at being stuck in a rut! They are far too busy watching a TV show that, 10 seconds after watching it, they will have forgotten! What's more they are ignorant to the very fact that they can change the outcome; that they have the power. And to you, if you are not living the life you desire, then you haven't made it enough of a priority to fix it yet...

Observing He Or She Who Must Be Obeyed!

We're now going to watch our little demon here. Remember, observe don't judge. Look at your emotions for the truth – the mind will lie to you, your emotions will not. Watch out for any kind of defensiveness when you read – after all, question yourself as to what you are defending?

The ego says to you I am in danger and I am threatened. This is the ego's first reaction to any threat. If you have this going on inside you before

we even look at it, then just relax and observe the irrational behaviour. By you observing and shining a light on it, you remove its power without effort.

There is no threat to yourself in looking inside. What is the harm in looking? If you don't like what you will see then that's why you need to look. Because it is the ego telling you that you won't like it. So look anyway. Break the rules.

When a thought or emotion comes up, ask yourself the standard question – *Is this 'belief' taking me towards where I 'want' to go, or away from it?* We could call this the internal bulls**t detector if you like. As now you are looking inside, you are not going to take any more self-created bulls**t that keeps you from having the life you desire.

If you start to think and lose control, then ask yourself are you present in the moment? By asking yourself, you bring yourself into the moment. From that point ask yourself whether this thought helps or hinders and your sanity will clearly shine a light on your insanity for you.

Removing Our Need To Argue

~ Discussion is an exchange of knowledge; an argument an exchange of ignorance ~

Robert Quillen

Any old ideas or 'beliefs' you observe that are not helping you to get to where you 'want' to go, have to be removed. This is without exception as the old ideas will fight the new ideas and cause internal conflict, which creates new bugs which will then need to be removed too. Also from this internal conflict comes disharmony, and when you are out of harmony you are moving away from what you desire. Or... you can keep some thoughts, if you don't 'want' the perfection, which is being in harmony... your choice.

Actually there are going to be some old thoughts you may well 'want' to hang on to. This is quite natural for your ego to 'want' to do this! As what you are doing by observing it is very scary to it! You shining a light on the darkness where your ego and your ignorance dwell is very scary for the ego. To the ego, death is always around the corner.

When you defend a mental position with which you have identified, it is due to fear of death; this completely irrational fear comes from the ego. To be arguing consciously, you have to not take a position, but be prepared to go to wherever the answer lies. To be arguing unconsciously, you have to be saying, I am right and I am sticking to my views no matter what you say

– this is a form of fundamentalism. Your ego cannot afford to be wrong. To be wrong is to die!

I am quite an exceptional arguer. Previously, before becoming conscious I could win an argument when I was completely in the wrong. I could change the point of the argument seamlessly when I argued against an unconscious mind. I could prod their ego and get them to argue about something completely different. I did this because I had to win. To lose was to die. If I won on another point then I also won the point I was previously losing.

That's how my insanity viewed it. In the last few months I have watched the insanity in others come out in their arguments and I am not annoyed with myself for being unconscious before in any way. That would be pointless. I am just grateful that I can now see I was unconscious when I argued.

If you 'want' a demonstration of unconscious arguing, then watch a politicians' debate. Do not mistake intelligence or cleverness for consciousness when you watch though. To be arguing consciously they have to not take a position, with that in mind is it any wonder that you have never seen a conscious politician?

Next time you argue, why not let it go instead. Not with some sarcastic comment like, 'whatever', or 'you win', or 'if you say so.' All of those comments and probably all the others you use are not helping you become conscious. Just let go, as the person you are arguing with is unconscious, so do you think they will get it even if you win?

Come up with a new line for yourself, something like, *'I do disagree with you, but I understand what you mean. How can I help you to get what you want?'*

Complete acceptance of the situation, by surrendering without sarcasm of any sort. You of course have won – but this should not in any way be your motive. Your motive is to end the unconscious conflict so that you can distance yourself from it as fast as possible. As this conflict is not taking you to where you 'want' to go, it is taking you away from it.

Your generosity here will also over time erode away at the unconscious arguer and in the end you will have led and they will have followed (that's if you still desire to be around them). You cannot be angry with an unconscious person as they are unconscious to it, so there is no point. To dispel your built up frustration, look at the sky, bring in no mind,

absorb a little nature, and the frustration will dissolve. You will notice that your ego will 'want' to stay in the darkness.

Life gets very easy when you remove unconscious arguing. There are no fights; you can state your position without the need to argue. When you are present in a conflict situation you have access to inspiration, and as long as you are not stressed or 'trying' to win then the solution will present itself. When you attain this level of control, you will win without intending to, and when you win your opponent will not lose. Because you will instinctively seek out a way for them to not lose.

Think Of Something You 'Want' – Why Haven't You Got It Yet?

It is because your ego (your unconscious mind) has contradictory intentions for you. Put more simply, you 'want' something and your ego 'wants' something else.

You think – "I 'want' more money" – Your ego says – "That is difficult or impossible to make that much! You are kidding yourself again. You have tried this before and failed." (ego's 'belief' = negative 'belief')

You think – "I 'want' to lose weight" – Your ego says – "It's too difficult, you are not strong willed enough! Look at all the times you failed to lose weight before, why don't you have a biscuit or five and you'll feel better and stop worrying about something that doesn't really matter." (ego's 'belief' = negative 'belief')

You can insert the relevant sentence here and just listen to your ego's response. Just insert what you 'want' and observe the ego. The problem is that these positive and negative messages cancel each other out, which results in disharmony and non-action.

How To Remove The Negative 'Beliefs'

~Whether you believe you can do a thing or believe you can't, you are right. ~

Henry Ford

Just look at the 'belief' (e.g. "It's impossible to make that much money") and ask, is this 'belief' helping me move toward what I desire? — Pause for thought! — If not, then change the 'belief.' It really is that simple! After all, if something is not helping then it is hurting. When you recognise the pain it is easy to stop it.

Patient – "Doctor, Doctor, when I hit my arm it really hurts"

Doctor – "Stop hitting your arm then"

The problem is we have not been educated properly to recognise these false 'beliefs' as pain and as taking us out of harmony and as taking us away from what we desire, so we have done nothing about them.

It is these tiny little 'beliefs' (bugs in our software) that have to be removed. I had to remove stacks of them in all sorts of areas of my life. If you need an example of what to change the 'belief' to, it is – "How can I make that much money? What new skills and techniques do I need to learn to create that sort of money? How much of my time must I give to acquire what I desire?" A conscious logical series of questions!

You cannot waste time thinking about changing negative 'beliefs'; it is the most productive use of your time. It is only a lack of time spent thinking about your self-limiting 'beliefs' that has created the problem in the first place. So invest time in thought as it is a very wise investment.

Managing Change

~ Change is the only constant ~

Proverb

Your ego really likes it the way it is. Its biggest 'want' is to protect you from change. Psychological reversal is where we 'want' one thing but do another/opposite. In other words, our struggling consciousness is trying to make change happen even though it does not get to ever be conscious, and our ego doesn't 'want' change so easily pacifies the weak minded with dogma.

It is like having your battery in backwards (I used to have this on the weight issue). When you move towards what you do 'want,' your ego moves you away from what you do actually 'want.' I could say that I chose to be fat, which is what I 'believed' for a long time after actually losing the weight. But in truth I was unconscious, so what choice did I really have?

Now if I was conscious and fat then I would be making a choice. After I lost the weight I decided to never to let my ignorance get me there again, so I educated myself on health and psychology so that I wouldn't go there again. I may head in that direction occasionally but will bring myself back as soon as I notice it and as soon as I choose to stop it.

Challenge your 'beliefs' – Ask yourself is what I 'believe' really true? Is my self-belief here in my best interest? Does my thinking here make my life easier or more difficult? Does my thinking this way get me what I desire?

Watch the words your ego uses and watch the words you use when you chat with people. Negative words are depressed, exhausted, afraid, stressed out, drained, etc. Positive words are excited, passionate, blessed, awesome, cool, etc.

Can you feel the energy change in the different words? It is that positive energy that you are after as it propels you where you desire to go? Make it a habit to ask yourself, *what's going on inside me at this moment?* Just asking that question will point you in the right direction.

The problem with our ego is that it is made up of ONLY past experiences and we are allowing it to use our past to create our present and our future. But we already know not to dwell on the way that it was, as that is not how it has to be. It is simply just how it was.

Let's look at the 'riches' false 'belief' that so many people have. I know anyone can achieve riches. Riches mean being content with your financial life, not wanting for anything, and being free of pressing financial problems.

If you 'believe' that you are never actually going to get rich, then why would you as there are far cleverer people out there that deserve it far more than you?... Oh sorry, I must have let one of your egos affect what I was writing....

Now even I've had that sort of stupid self-limiting 'belief.' I think it was in the 90's, but I still had it at some point. How would that 'belief' serve me in any way? It won't take me to where I 'want' to go, therefore, as nothing stands still it is taking me away from it. So it has no value to me; when I observe that it is pretty difficult to carry on with that false belief, and just by observing it I have removed its power.

But this exact belief is much worse than that. This belief is actually sticking a roadblock in the way as well. Get inside your head, listen to your ego, ask yourself *why can't I have (your desire), and listen to your ego's answers.*

You may wish to write them down. You'll be amazed at how ridiculous they sound when you put them on paper. Laugh at them, laugh at yourself! For you have let your ego run your mind.

Be grateful though, as no longer will you let him or her throw false 'beliefs' at you, because you have now seen what they look like. All you have to do is to remain conscious and observe them and you will, over a few short months, rid yourself of 99% of these laughable 'beliefs.'

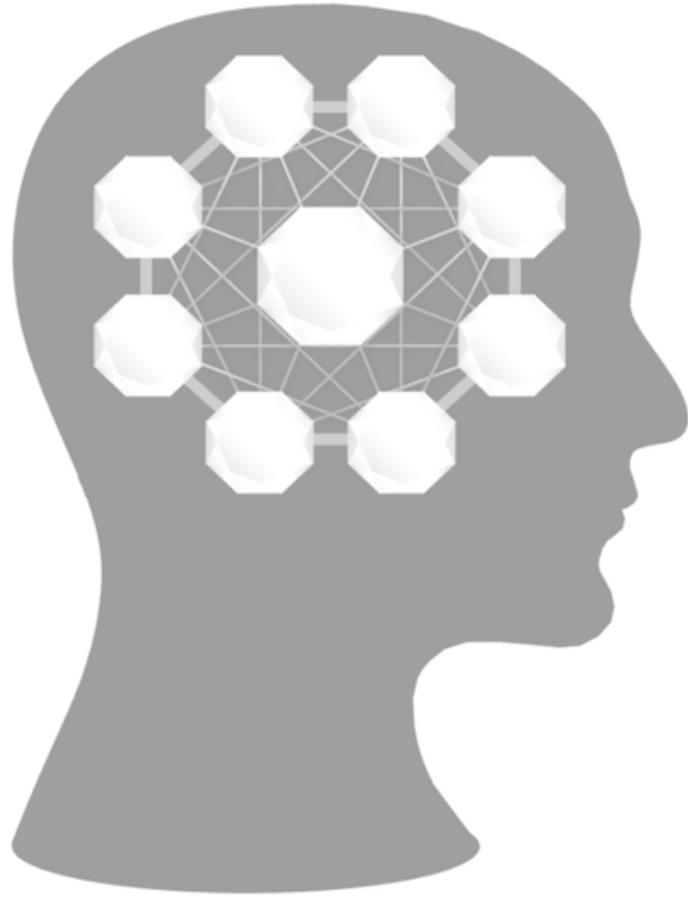
~ *The ego is not master in its own house.* ~ Sigmund Freud

Think for yourself. Your whole life depends on it!

Summary of Techniques

- Remember a situation where you attained the state of accepting when you knew you could have something. When you went from disbelieving to accepting you could have. Feel the emotional change of state.
- Practice being detached from an outcome; you can still desire it, you can still intend to have it, but let go of trying to force it. You don't 'need' it.
- Consider which of your 'beliefs' are making it harder for you to travel downhill to your destination. When you see a 'belief' come up in your everyday life, that is an opportunity for you to explore why you 'believe' it, and find out if it is of benefit to you or not.
- Consider often, am I doing it the easy way or the hard way?... Look at your answers and ask why.
- If you cannot bring in no mind, then you are not in control of your mind, it is in control of you. Go and re-study the techniques of controlling your mind and practice, practice, practice. This is the foundation to it all; you cannot create if you cannot control what your mind thinks about and how it thinks.
- Practice not arguing, practice giving control to the other person, practice losing. Observe the person who is seeking to engage you in argument. Observe their unconsciousness and decide to not engage.
- Recognise your desire to beat them in the argument and accept this fully. Surrender to this weakness and as you fully surrender to it you will find it transmutes into full acceptance and you will no longer need to win.
- Practice winning the argument without arguing and ensuring your opponent does not lose.
- You cannot waste time thinking about false 'beliefs'. Studying them and weeding out more of them will ensure you only have room for flowers in your garden.
- Ask yourself often, what's going on inside me at this moment?
- Ask yourself why can't I have (your desire), and listen to your Ego's answers. Write each answer down, go and then give thought to each answer and when you have considered it enough, laugh at how ridiculous it was; laugh at how funny it was that you gave control of your mind to your ego.
- Be grateful to yourself for every time you analyse a false belief.

As you go through this process of identifying your crooked thinking you will find that your whole life seems to start slowing down. As you relieve yourself of pieces of baggage you will feel your life just get richer. You will see how you never need to pick that baggage up again and how much more improved the remainder of your journey will now be. This is exciting stuff and there is simply awesome stuff you have yet to let go of. So when you are ready then move on, but remember there is no rush, you are on a certain journey now. The only way you can mess this up is to not do the work inside your mind... enjoy the process, enjoy your load getting lighter...



SAL (永) **TORI**

About the Author

I am married to my wife Alison and have been with her for 24 years now. We have two wonderful children and we live in a small village called Ashington, which is in West Sussex UK.

I went into business myself at the ripe old age of 23,...spent 11 years figuring how to get rich whilst building a business with well over 100 employees... I got fed up 'trying' and getting nowhere, so decided to get rich and became a multi-millionaire investing in property in under seven months...

I had a truly fantastic time for 7 years, owned stacks of stuff including loads of supercars and had some unbelievable experiences... I am still apparently the best selling UK author on property investing...

I became fascinated with doing business online... I worked on various niche product launches, doing multi-million pound launches and always selling out in seconds, not hours... I became fascinated with learning marketing.... I became fascinated about health and nutrition after losing over 140 lbs...

Life was going great and I had developed multiple businesses all around the property niche. I was in the process of selling part of one business for many millions and creating another which would have dwarfed all my previous efforts. Then.... the credit crunch stopped play... So I was back to square one BANKRUPT... I realised I had lost control of my mind, so I went on a very, very enlightening journey... Where I fully regained control and regained my ability to create with just thought again...

During a period of contemplation following my fall from riches I thought that others had not done a very efficient job of describing actually how to cultivate the state of mind required for success. So even though I had just failed spectacularly I knew that I could provide something of extreme value in this field. As quite simply, people needed to learn the secrets of how to ensure a happy life and have everything that they desired, because I still felt that a 99%+ failure rate was awful and I wasn't prepared to let a little thing like bankruptcy stop me from sharing this message. So I thought I would come up with something far more practical and created this process.

Also during my contemplation I realised that in all my previous businesses I had quite simply not thought BIG enough... The way I figured it was I could change the world by raising the intelligence (consciousness)

of everyone. I know it sounds like an insurmountable problem but it isn't, it just required thought to see a solution.

Basically you cannot change the world from the outside, people must want to change and that can only be achieved one mind at a time. As Albert Einstein said, *"Nothing will end war unless the people themselves refuse to go to war."* This mission may take longer than my life to complete, but that's ok as I only need to get it so far for it to grow in strength and thanks to wonderful people like Jack Canfield and Mark Victor Hansen I can clearly see that there is the possibility of touching enough people with my message so that a tipping point will one day be reached and I'm in no rush!

So I am on a bit of a mission to cure the problem of a 99%+ failure rate in personal development books and know that, as a teacher of it, we can all be better teachers. I designed this book to be the new standard setter and to help my fellow authors get much better results.

Personally my work is my hobby, I spend my time looking at techniques to create money as well as writing and sharing what I discover with the members on the A Bug Free World site. I love creating businesses and then handing them over to people far clever than me to run them. So I am currently working on several projects. One of which is now live with two more in the pre-launch phase at the moment, and another one in the early planning phase. Two of these exciting projects involve me co-authoring new books on mindset and business.

Basically I do what I love and I love what I do. If I don't like doing something then I don't do it. My core focus will always be A Bug Free Mind as this project is too important to my grandchildren's future to hand over to anyone. The world has a BIG problem and I can help everyone IF I can slow them down enough to read this process... As that way I make sure a good world is waiting for all our grandchildren. So this will always be my primary mission and you can help me by just passing on this process to others. And besides there is a lifetime of new learning I can enjoy thanks to the multiple applications this information has, as every area of life is touched by mindset so I can see me becoming more and more involved in various niche's that spark my interest.

I held off all speaking requests until December 2011 as I was not ready to begin speaking on the subject of Mindset and Psychology to various different niches simply because I knew what would happen. That I would be asked to speak more and more. Already I have been asked to speak on the Psychology of Investment multiple times now and because of that I have identified many new angles as to why 99.99% of investors fail to

get rich. The reason I held off was so that when I agreed to speak I would have time to delve into the subject and solve that niche's biggest problems which give me the opportunity to write short books which all feed back into the Bug Free Process...

My needs are the most important thing to me, and if I can see how solving another niche's issues are in my interest then I'll go to work on it and come up with some simplified solutions to whatever the niches problems are as frankly I've never not been able to solve a problem yet as long as I give it enough thought.

I have spoken on mindset and psychology for online businesses a few times now. I am now being asked to speak on Mindset and psychology for business education. I am open now to offers of speaking on the mindset element of other niches too. That's if the niche is big enough to warrant me devoting a few weeks of my time to solving the problems and creating a presentation. So if you have an opportunity you'd like to discuss, then please contact me here:-

www.ABugFreeMind.com/contact

One of the projects I am working on involves me speaking on a monthly web TV show called Wealthy Minds Decoded. It is all about How The 1% Think & Invest. It's a free web tv show. It was originally started as an excuse for myself and my friend Minesh Bhindi to get together for lunch once a month and do some masterminding. To begin with it was intended to be just some investment mindset tips and techniques for his students. But after we did the first show people loved it and wanted more. So we now do it every month live and then release it weekly for those who couldn't tune in. You can find here: -

www.WealthyMindsDecoded.com

Another of the projects I am working on involves dealing with professional sports people who are at the top of their game. In most sports all that separates the winner from the first four/five places is of course their mindset, and that's where I excel. So if a person can get themselves to the top 5, then I can easily work with them to get them to number one. So this new project I am excitedly looking forward to! Not really into sports other than Formula One, so getting to help some very clever people win... Should be pretty cool and great fun.

Another project in its early stages solves the issue of profit in businesses and uniquely provides longevity for all businesses who get involved. This should be very cool when it's released either late this year or

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spring of 2013. This project originally came about when I said on a trip to Dallas one day, *'You know what, we should manifest speaking in Las Vegas.'* Being open to an even greater manifestation means that we could be running a pretty cool new business venture starting in Vegas!

My day to day work at the moment is in the optimisation of A Bug Free Minds message and I am currently carrying out hundreds and hundreds of tiny changes to my marketing message so that I can get it right enough to release A Bug Free Mind to the world properly. Because right now I am still in just the very early test phases, so you are a very early adopter of this process. I have a very simple and effective strategy for achieving success in this venture, but I must finish the main optimisation before deploying that plan... Patience is one of the coolest skills I have ever learned... Took me nearly 20 years, but I have learnt it now!

Also I have conceived and draft written a novel to share the Bug Free Mind message to a much wider audience than standard personal development books can normally reach. I have written the basic story and will take a couple of weeks off maybe this year to finish the first draft of the book. I've done this with the intention of it being made into a film. I've have written a concept draft for a situation comedy, which even my children think is funny, so I'll find time to get that out when I've finished manifesting the person to help me get it to market.

My next projects for A bug Free Mind include a video course of the process as I recently saw the power diagrams can add to the message...So I'm looking forward to creating that. Next on the agenda are some live training events. Running a monthly Mastermind event, continuing to do the occasional one on one mentoring with Saltori. Doing some more live days to deal with some deep rooted bugs on Fear, Worry, Stress, Overwhelm, Depression, Anger, Negativity and possibly others.

Then I'll be doing a concise edition of Creating A Bug Free Mind to get the message into a much smaller book with the purpose of people wanting to get the whole process as you have here. I will probably use the traditional way of publishing to get that message out.

We are also currently working on doing webinars with key influential people in their niche's and creating presentations designed at making the companies customers more effective after they buy their products. These webinars go into their learning centres' and their customers are encouraged to do the mindset training to get the most from the products. That way businesses have less refunds and more happy

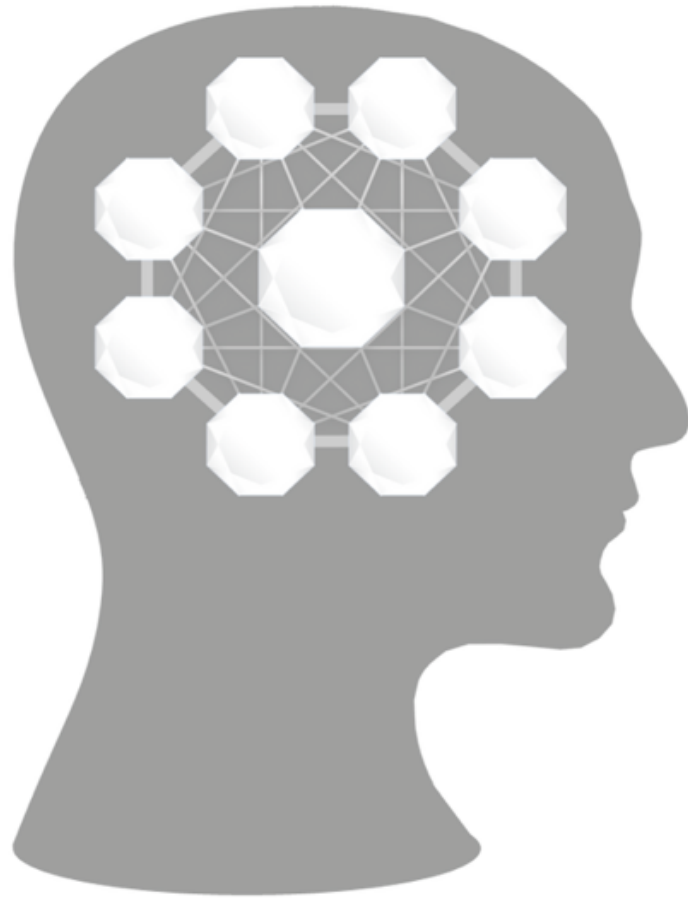
customers. So if you are doing enough business and you think I can help you then please contact me here:

www.ABugFreeMind.com/contact

So the future looks very bright indeed which of course I knew it would be as it is the future I designed at my darkest time. Failure is merely an opportunity to begin again more intelligently and I have certainly done that. By the time I release the next updated version of these books it will almost certainly be another two years time and my life will have moved on and grown even more. This is the future I created for myself in my mind when I slowed down enough to realise I wasn't using my mind.

But remember I am nothing special, I am just using the mind I was given thanks to the process I created for you here. It really can give you access to your natural genius too, if you apply it and continue to apply it. Have fun doing what you love, and remember if you are not succeeding, it is simply because you are not applying the techniques I've shared with you here... Continuous application results in certain success. You don't need to believe it will, in fact don't believe it will, but just don't doubt it will either... Instead just put one foot in front of another and keep going UNTIL you succeed. That way you'll get the very best from life.

www.ABugFreeMind.com



SAL 永 **TORI**

My Mission Statement

I enable people to make practical use of the way.

I highlight the illusion of progress for all who slow down enough to notice and then I provide small easy structured thinking techniques which reveal to a people the secret of making progress.

This enables them to actually make progress and live the life of their dreams not the current one of their nightmares. I continue to show them how to tune their mind to attain the peak performance state which they were born with. I continue to share with them ways to increase the rate of their success.

My desire is not to just make people feel good after they have read my 'stuff', but be able to have it as a simple process which they do implement into their lives. I continually use my gift of simplification to make it easier and easier for people to create abundant thought, thereby my systems enable the world to grow faster.

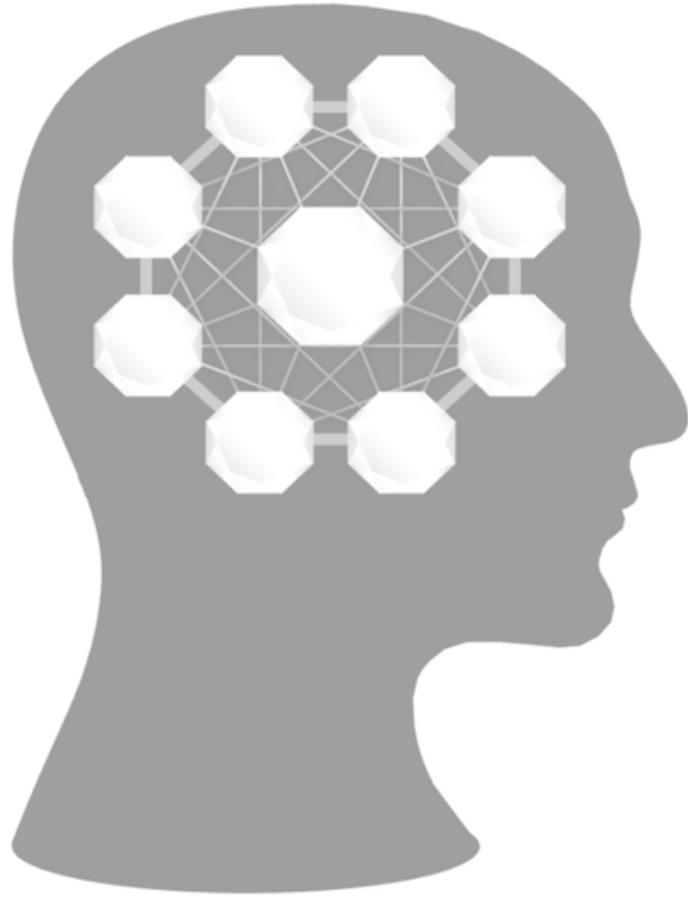
It is my primary purpose to be a master healer, healing the dis-eases of the mind and body. I do this by continually manifesting the greatest material for me to study and applying more thought to the problems than others are prepared to do. I turn my findings and understandings into practical, and above all, simple easy step-by-step guides which people follow and result in the life-enhancing benefits of their choice.

I receive ample financial and spiritual rewards for my gift of simplifying the process of application, which benefits all who have manifested my teachings into their lives. My gift of research, understanding and simplification is of benefit to anyone who wishes to apply the way.

I intend to raise the consciousness of the world by simply helping one mind at a time. I will do this by waking people from their sleep so that their mind works constructively for a better future for all without any effort other than just being present.

As I help an individual they will help me by desiring to help their family and friends, so the world I desire for my grandchildren to live in will be changed by us all, thanks to simply using the least effort possible.

Andy Shaw



SAL (永) **TORI**

Summary Of The Main Chapter Benefits

(A brief summary of what each chapter contains)

Chapter 1

From Gold To Sh*t

This chapter explains why I thought I actually had something special to offer the world of personal development. How I first uncovered my ability to create on purpose, where I found my inspiration to do this and why I love it so much. It's also got a very short biography of my life and reveals the thought process I used badly which ended up in my own bankruptcy.

Chapter 2

The Turning Point

This chapter covers the foundation skill you must obtain in order to create on purpose. It covers the 15 seconds of positive thought and no-mind. This shows how to regain brief control of your mind and extend your control, as well as the process you can go through to develop absolute control. This chapter also introduces you to the person who is actually running 'your' show.

Chapter 3

Becoming Indestructible

This chapter takes the lessons from the previous one and increases their strength. It enables someone to create an environment which will not allow in anything that is not wanted. It explains a system that makes it easy to be able to hold 15 minutes of positive thought. It also includes a simple technique to creating many of your desires.

Chapter 4

Lightening The Load

This chapter gets you on the road to a peaceful, serene life. It covers the power of acceptance of what is and surrender to all that is to come. This gets you to consider the benefits of forgiving people and explains the problems you create by not forgiving.

Chapter 5

Curing The World's Biggest Disease

This chapter explains the insanity of negativity. It shows ways to cut this cancer from your life and it explains just how damaging it is for you in creating the life you desire.

Chapter 6

Why Worry?

This chapter breaks down the habit of worrying and provides a process for you to remove your need to worry. It gives you a system which will enable you to handle any sort of pressure without the need to worry about it. If you worry about anything then you will struggle to ever make a success, so this process will free you from worry.

Chapter 7

Going Against The Grain

This chapter reveals some of society's unwritten rules for the way you 'should' think and shows how these rules are not just ridiculous, but how they are preventing you from attaining the life you desire. This style of herd mentality thinking is what keeps 99% of people poor. It covers various other techniques to aid and improve absorption of the material so that you can easily create new habits of thought.

Chapter 8

The Perfect Competitor

In this chapter you discover who you are actually competing with and why. You peel back layers of false 'beliefs', remove the poor programming and replace it with new software. You discover the futility of putting off happiness and you learn why you have to learn to use your mind and can't expect it just to work. You also learn how to find the solution for any problem and the value of appreciating all you have accomplished.

Chapter 9

Do You Really 'Want' To Wait Any More?

This chapter reveals some of the most well hidden viruses of them all. They are well hidden because they are in plain sight and indeed are considered by the vast majority of the world's luminaries to be right. Is it any wonder you do not see the hidden dangers contained in these little words which obscure the actual states behind them? They are the states of hoping, wanting and waiting.

Chapter 10

Running The Antivirus

This chapter explains how to get back to the state of accepting. How and why detachment is a must do. It gets you to expose your self-limiting 'beliefs' and gives you a process for removing all of them. It shows you how to never need to argue again and how to get your ego to reveal its secrets to you which it is using to keep you where you are.

Chapter 11

Now That's Painful!

This chapter deals with removing the deep emotional pain which has been left by something from your past. It can be big or small, but the process of removing it/them is the same. It looks at resentment and shows it for what it is; it demonstrates a process to remove all resentment and therefore enable clarity of thought.

Chapter 12

Has The Blob Caught You?

This chapter peels back the other hidden layers of negativity and provides you with the process for identifying and removing current and all future negativity.

Chapter 13

The World's Greatest Demons

This chapter goes into the world of the 'beliefs' which we/you are conditioned to never question. It peels back the illusion and misconception regarding charity. This goes against the grain, and as it does, it may not even be visible on the first read through.

Chapter 14

Who's Afraid Of The Big Bad... Illusion?

This chapter and the next delve into our understanding of fear. In this chapter you remove your fear of failure and see what fear really is. You learn exactly what you really have to fear and what you do not. It demonstrates the process for the removal of fears and the acquisition of a state of faith. It exposes what true failure looks like and demonstrates some of the errors made in teaching the process of 'the mastery of fear.' It exposes disappointment to the light of observation and reveals the fear of what others may think and how to remove that one. Lastly it looks at the relationship between fear and stress and then demonstrates a process for the complete removal of all 'bad' stress. As well as a technique, which diffuses stress in an instant.

Chapter 15

This Is A Game Of High Stakes!

Continuing on from the last chapter it goes further into the nature of worrying and the relationship between fear and worry. It looks at the value of worrying, whilst removing the habit of it. Then it moves on to observing anxiety and its relationship to fear. It exposes the bad side of it and the good side and provides a process for dissolving the bad side. Then lastly it looks at the relationship between fear and risk and exposes the paradox of risk. This explains who is actually risking something of value and who is not. It explains how to understand risk and how to use that understanding to move forward with the minimum of risk.

Chapter 16

Absolute Power

This chapter reveals the process which will provide you with nothing short of absolute power. Surrender is the key to achieving invulnerability. It peels away layers of resistance to expose the core problems. You can then surrender to all the little elements of resistance which you didn't even know you had.

Chapter 17

When Is Now The Right Time?

This chapter reveals the illusion of time. You get to start using a process which actually creates more time for you. You also learn some key questions which train you to become predominantly present. You learn the power of now and how that can be of great benefit to you moving forward.

Chapter 18

Are You Allowed To Do That?

In this chapter you learn the downside of 'trying' to do anything. It explains how to set yourself up to flow with things rather than to be an obstruction to them. It is about allowing; it explains the process of how to slowly stop your judgement of others and allow them to be. It shows you how to go and explore your own death and come back from it knowing what you need to make sure you live the life you truly desire.

Chapter 19

The Secret To Success

This chapter gives you the secret to success. It was yours anyway; you had it all the time, so it is not really giving it to you. It merely shows you where it has been hiding from you in plain sight. It is the thing which has eluded all of the great teachers for some reason and it is the answer you have been looking for. Though it also comes with a dark side as well, which unless care is taken, can be the seeds to your undoing.

Chapter 20

Achieving Harmony

In this chapter you learn the process of turning annoyances into benefits. You learn the power of feeling good and learn how to feel good in an instant, anytime you desire. You learn how to let go of blaming people. You learn how to get into a harmonious balance. You learn the goal behind all goals and you learn the hidden downside of being comfortable.

Chapter 21

The Unconscious Lazy Man's Way To Enlightenment

This chapter tells the story of the enlightening journey I took by mistake. I use it to explain the process of what is required to attain enlightenment and explain some of the misconceptions of what people think enlightenment is. It also provides you with a step-by-step process to attain enlightenment.

Chapter 22

Have You Been Sold The Wrong Plan?

In this chapter, you get to look at life as if you never 'wanted' to retire. It gets you to look at what you are doing and evaluate whether or not you are on a good or bad plan. It also covers the removal of bad competition and bad ways of competing, which actually take you in the wrong direction.

Chapter 23

The Law Of Attraction Doesn't Work! The Law Of Creation Does

This chapter covers the law of attraction and how to better understand it so that you can make practical use of it. It provides physical proof of its existence and gives simple steps showing you how to learn from how you have actually already been using it to create. Also how you can use those very creations, both good and bad, as the map to finding out how you can use it on purpose from now on. I.e. How to actually make the Law of Attraction work.

Chapter 24

Doing Less And Creating More

This chapter covers the start of the technique of achieving more with less effort. It removes the need to be busy or to rush. You learn to cement in place the technique of seeing obstacles as benefits. You start the process of learning to trust your instincts again. It breaks down one of the really well embedded self-sabotage patterns of the improper use of the word 'know'. There is also a checklist to apply, before doing any job you dislike, to remove the pain from the job.

Chapter 25

How To Kill Off Overwhelm For Good!

This chapter deals with the dis-ease of overwhelm. How to slow the buildup, how to overcome time management issues and then how to completely release all current and future overwhelm. You also discover the truly magical skill of actually creating more time.

Chapter 26

Re-learning To Trust Your Intuition And Ignore Your Mind

In this chapter you learn to reconnect with your intuition whilst listening and evaluating your mind's input. You learn the process of decision-making and how to treat yourself with the respect you deserve. There is also a technique for overcoming the ingrained tendency to judge people without reason. You learn how to stop feeling bad and you also learn how to give up needing to ever feel sorry again.

Chapter 27

So What New Skills And 'Magical' Powers Do You Have?

This chapter is designed to protect you from your ego's attacks when you are out of consciousness. It plants signposts in your mind which will snap you back into presence when your ego's subtle advances strike. It is designed to inspire you into understanding what opportunity awaits you if you become passionate enough about mastering the control of your own mind.

Chapter 28

Do You Think You're Worth The Effort?

This chapter explains the problem of choice and the problem of your attention. It shows the opportunity you have to help others with little to no effort. It shows you something which you actually manifested. It explains a little of what the power is in the next book 'Using A Bug Free Mind'. And it identifies for you the single biggest obstacle which you finally will have to face after removing all of your bugs.

Notes

**You can continue this by purchasing the full
Bug Free Mind Process from here:
www.ABugFreeMind.com/services**

**Creating A Bug Free Mind was written to be ‘the
World’s 1st Antivirus for the human mind.’ The Secret
To Progress.**

The job of this book is to give you the tools and mind power techniques which you can use to inspire yourself to transform your life.

It does this through first dismantling the poor thinking which you have currently been programmed with. It sounds intrusive but it's not, people describe it as the most wonderful journey through their mind.

Basically you use the process to explore your thoughts and it shines a light on errors of thinking. I get you to look at those errors which you thought were correct and then as you become aware of them you decide if that old thought was helping you or hurting you.

It is an enjoyable process which if you read it then you will learn from and be inspired by. But that is not my motivation for writing it... Any self-help book will do that. I have designed this book so that if you engage in the process so that it will perfectly guide you into regaining your natural success mindset.

The whole ‘Bug Free Mind’ process is sold in over 80 countries around the world and is available now:-

www.ABugFreeMind.com/services

The Antivirus

If your life is not going according to the dreams and desires you once had, then this is the process you must apply before it is too late.

This is an Antivirus for a person who has lost touch with their natural success mindset and would like another chance at getting it right.

You once had it, you've now lost it... All I do is show you the way to get back what you once had, which is why...

Creating A Bug Free Mind is The World's 1st Antivirus For The Human Mind and is THE SECRET TO PROGRESS

The whole 'Bug Free Mind' process is sold in over 80 countries around the world and is available now:-

[**www.ABugFreeMind.com/services**](http://www.ABugFreeMind.com/services)