



*A 9-Module Self-Guided Study Course
on Hacking your Subconscious Mind to
Live Another Life*

BY

CAELAN HUNTRESS



MODULE 0

HOW I DISCOVERED THIS FORMULA

When I was a teenager, I changed my identity and disappeared. I have not seen my biological relatives for more than half of my life.

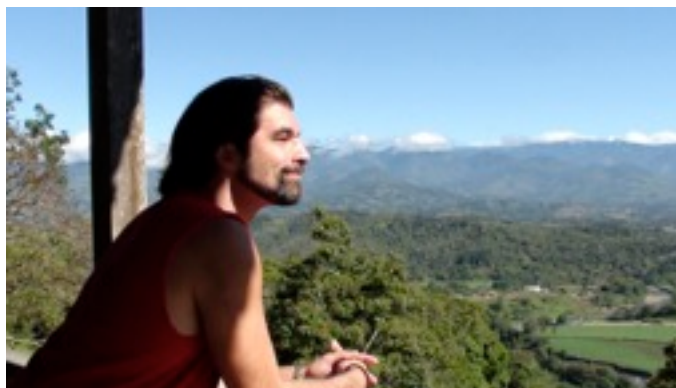
I've kept this secret for years - mostly out of habit. As this course will make clear, **changing habits** - it's the key to changing your life.

It doesn't mean it's easy.

I left my home, my family, my friends, and everything I knew, because I was trapped in toxic habits. All of my thoughts were negative. The best way for me to stop living a life I didn't want, was to create a better life, and go live it.

That's what I did.

Nowadays, my name is Caelan Huntress.



I went from living on the streets to running a successful web design business in tropical paradise.

I remember the mindset I had when everything was going wrong in my life. It was almost...seductive, the way I

would allow my emotions to plunge into despair. So many things had gone wrong in my life, I carried the burden and the pain of having an abusive childhood as the major component of my identity.



So I left it behind. My identity, the burden of being wronged, everything.

The funny thing about a habit, though, is that it sticks with you. My negative mindset didn't stay where I left the rest of my life. It came with me, and I had to fight against it, and tame it, in order to improve my station in life.

Over the last decade, I've seen how we can manifest more problems in our life by focusing on our problems. I've also seen the dramatic turnarounds that can happen with our lives, when we improve our thinking patterns, by ignoring what's wrong, and focusing on things that make for a better life.

My life has steadily improved as I studied, and implemented, the techniques and exercises laid out in this course.

Three years ago, I noticed my mindset slipping back to a negative state, and my life was beginning to stink again. I was stuck in a good job that I hated. If you've ever bought car insurance, you know what a boring and tedious process that is. Imagine doing that every day, working 60+ hours a week, hardly able to see your newborn children, and you've got a fairly good picture of why I was unhappy.

I changed my life completely, once again. I left the rain of Portland, Oregon for the sunshine in Costa Rica. I shed the mindset I had when I was younger, the mindset that had me living out of my car when I graduated high school. I've compared these mindsets to see how they differ.

If anyone had told me that someday, I would be living in Tropical Paradise doing work that I loved, surrounded by loving and happy family members, I could have easily disbelieved it; except, someone was telling me that, all the time. Every hour, of every day,

it was me.



I was consciously communicating with my subconscious. I found out how I could:

- Bypass all of my mental roadblocks
- Visualize my ideal life
- Use my subconscious mind to manifest it

Unfortunately, there was someone else telling me that there was no possible way I could do this.

Once again, it was me.

So, I chose which thoughts to think. And by choosing my thoughts, I gave my subconscious the fuel it needed to make a Phoenix out of my life.

Making a choice to overcome years of ingrained habits does not come easily. It takes sustained and consistent effort. It takes regular mental exercises. It takes a formula.

I've developed the Phoenix Formula to help others maximize their own potential, and live the life they were meant to live.

REQUIREMENTS FOR THIS COURSE:

- computer and email
- internet connection
- mp3 player or smartphone
- headphones
- Journal or notebook
- dedicated time to spend on the exercises



THE WORST THAT LIFE CAN BE

When your life is in the dumps, first, admit it. Allow the lame suckiness that is your life to be acknowledged and recognized. Don't feel trapped by it - just allow your life to suck. Fighting against the state of life that you have is exhausting; don't. Accept it as it is.



Then, consider the fact that within a short period of time, your life could be completely, 100% different than it is right now.

Forever.

You could be living someone else's life.

If that scares you, my friend, then you are **not ready** to leave the crap that is your life.

See, we manifest all the time. We are co-creators in this universe. (This isn't just woo-woo; we'll get into the science behind this in Module 2.) And this life you are living, it is your life, because you wanted it this way.

You may not know why you wanted specific aspects of your life to be the way they are; and most likely, you are not *consciously* manifesting the parts of your life that you do not like. But you are still manifesting them, whether you like it or not; whether you know it or not.

Until you are ready to let go of everything that you dislike about your life, you will not be ready to leave it.

Are you ready to live another life? Or do you want your life to stay this way?



THE BEST THAT LIFE COULD BE

The new life you wish you could be living is something you should be talking about. *To yourself.*

Affirmations are an integral part of this program. We will get into the reasons why they are so effective in communicating with the subconscious mind in Module 3. When you see breaks in the program like this one, stop what you're doing, and take an action:

ACTION BREAK: SAY THIS AFFIRMATION, OUT LOUD, FIVE TIMES.

"I AM LIVING MY IDEAL LIFE RIGHT NOW."

Taking action is *important*. It is, quite simply, the **biggest** reason why some people get nowhere with their lives (and with the Law of Attraction), it's because they are lazy. Thinking big thoughts only gets you so far. You must *act* to effect real change.

So, let's try this again:

ACTION BREAK: SAY THIS AFFIRMATION, OUT LOUD, FIVE TIMES.

"I AM LIVING MY IDEAL LIFE RIGHT NOW."

If, for any reason, you don't like your life, then change your ideals.



Because this life? It IS your ideal life. You have manifested this very life that you have because, for whatever reason,

this life is exactly where you really want to be the most.

"Back up, back up," you're thinking, "I didn't manifest all these problems!"



Yes, you did. Sorry to break it to you, there is nobody else responsible for your current set of circumstances except you.

Taking that responsibility, and owning it, is an absolute prerequisite for moving forward with this work.

If you don't believe you have the power to *accidentally* manifest all this crap that your life has become, then how could you *intentionally* activate a better version of your life?

Own your mistakes. Everything wrong with your life right now is directly because of your manifestation of the situation.

My turning point came when I stopped blaming my parents for everything. They may have been the ones to beat me, but I was the one who chose to define myself...as someone who was beaten.

Like any choice, you can always change your mind.

The good news is, most times, we humans are just too lazy about using our brains. We accidentally manifest our worries, instead of our dreams.

In this course I will show you, step by step, why that happens, and show you, step by step, how to change it for the better.

“The student who learns that power comes from within, that he is weak only because he has depended on help from outside, and who unhesitatingly throws himself on his own thought, instantly rights himself, stands erect, assumes a dominant attitude, and works miracles.” ~ Charles Haanel



INSTRUCTIONS FOR MODULE 1

If you've gotten this introductory PDF as a free download, you can purchase the full Phoenix Formula [at this link](#).

As you go through this PDF, if you are viewing on a computer, you can click on certain images in order to open website pages. For instance: Connect with us on social media here:



If you've just purchased this program, you will receive the first modules shortly. Until then, I want you to arrange your affairs such that you can take an hour of time to download and read the material.

You may print the worksheets if you like, or fill them in as an interactive PDF. I recommend using a journal, so if you want to continue writing beyond the space allotted, you've got plenty of blank pages; plus, it will be useful to review your notes and thoughts as you progress.

Make the time. Set the space for your interaction with this material. Make a cup of tea, or go out to your favorite cafe. Clear your mind and your schedule of distractions. Devote yourself to your own improvement.

Then, try the following exercise. You can either print this exercise, write your answers in your journal, or fill in the answers directly into the PDF itself.

Remember, you must **ACT** if you want this formula to work. Don't just skim the worksheets. **ACT**.



EXERCISE 0

POWER MANIFESTATION EXERCISE

Write down a goal you have in your life. Something you would like to accomplish within the next 12 months.

Now, write down a list of 5 **feelings you will have** from attaining this goal, on the left side of this list.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

On the right, write down a memory for each when you **did** feel that feeling.

Now, take a few deep breaths, and walk down memory lane. Spend three breaths in your first memory, three breaths in your second, and on down the list. When you are finished feeling all of these emotions, look back at your goal, and feel these emotions while thinking about your goal.

Hold this for ten breaths.



PHOENIX
FORMULA



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MODULE 1

- RELEASE ALL NEGATIVE THOUGHT -

“If you think in positive terms, you will get positive results. If you think in negative terms, you will get negative results.” ~ Dr. Norman Vincent Peale

☼ I RELEASE ALL NEGATIVE THOUGHTS FROM MY MIND AS THEY ARISE.

Every night as I was falling asleep, I fantasized about fighting my mother.

It's tough enough being sixteen. I dealt poorly with the added pressures I had during that age; my mother and I took arguments to a physical level. Yelling and screaming became punching and hitting. The battle overtook my life. I attempted my first rebirth when I was young, before I really knew how to do it well.

First I ran away. Then I got thrown out. Once I was taken back to the house in handcuffs, waited for the cops to leave, and then slipped out a window to escape again.





Every night after I closed my eyes, I rehashed the day's confrontation, imagining myself victoriously in the right, saying the choicest remark, delivering the final blow, leaving her speechless and unable to hurt me anymore.

It was the worst thing I could have done.

This confrontation with my mother, over whether I was legally or morally able to live in my car while I went through high school, dominated every spare thought and emotion that I had.

My mindset during classes, while driving around delivering pizzas, while I was falling asleep, were dominated by the difficulties of that enormous confrontation.

It defined my life.

I defined myself by the difficulty.

Which is *precisely* why it continued to get worse.

I was unable to live the life I wanted to live, because I was trapped in the life I was living.

Once I learned how to burn away all that did not serve me, I became a Phoenix, to rebirth myself as someone new.

Someone different. Someone without all the problems I used to have.

I've done this so many times, I've codified The Phoenix Formula to help anyone else who is trapped in a life they don't want, to learn how to remake it into something new.



ALL YOU NEED FOR THIS FORMULA TO WORK

Strictly speaking, you don't even need all nine modules of this formula. You only really need the first step, and the last - *Gratitude*.

Everything in between these two modules are only useful tools to help you understand and diligently use these two key steps, keeping negative thoughts out of your mind, and feeling grateful for your life as it is.

The seven other modules contain useful methods to trick your subconscious mind into helping you do these two things; release negative thoughts from your mind, and feel gratitude continually.

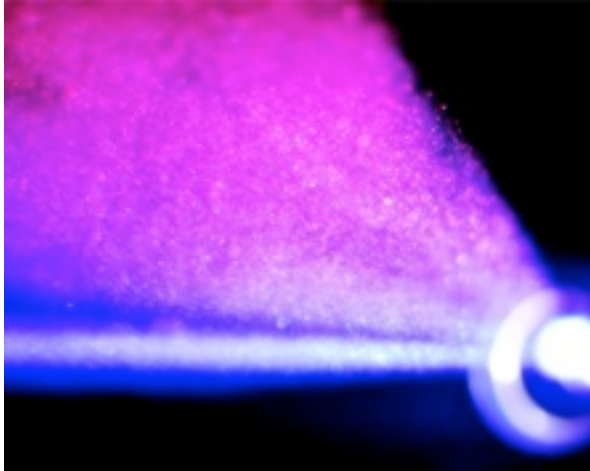
There are two necessary ingredients to The Phoenix Formula; the spark, and the ash.

We start with the most difficult of the two. The initial touch of fire, it hurts.





THE MAGNETISM OF DRAMA



As a rule, stories are boring without conflict, and your life wants to operate by the same rules.

(After all, we are living out the ultimate story. The only one in which we are the first person.)

Our ego, the part of us that is the 'I' separate from everything else in the

world, can easily define itself by a conflict, taking a side on an issue, crusading for a cause. The ego craves this sense of identification, and will encourage it, with or without an opponent.

You've seen this yourself, when you have carried on arguments with someone else, in your own head.

This is the most callous misuse of your mind that exists.

What's really the point of reviewing all the faults of someone in your life?

I cannot believe that he would think that is okay! First, he talks to me with no consideration, giving no thought to the fact that I am busy and focused on something else. And then, he just talks AT me instead of to me, expecting me to just drop everything to fix his problem! Every single time....

First, she said "You've got to make this change." And I said, "I only change the way I do things, when I want to." And she just said, "You need to do it now." Well, I SHOULD have said...

I was just listening, and not saying anything, but I really wanted to jump into their conversation and tell them everything they don't know about that politician. I would have said... etc., etc....

You may justify to yourself that you are rehearsing an upcoming confrontation, or preparing your arguments for the next interaction.



All you're really doing, though, is **reveling in a negative fantasy**.

The consequences of this habit are monstrous.

Think of someone you know who just *loves* to complain. They always have a new tale of woe about what's gone wrong in their life. Or other people's lives. Or theoretical people who must just hate how thus-and-so is so bad.

Their own inner monologue of confrontation has overcome their life.

And like an obliging servant, fate continues to bring more circumstances to negative people, in order to match the world they imagine is around them.

There's a very simple reason why.

OUR NEGATIVE THOUGHTS CREATE OUR REALITY.

(Even better than our dreams.)

Your mind is constantly working to assure your survival. The mind is so busy solving problems, it will easily forget the satisfaction felt from a beneficial outcome, in order to identify further potential threats to your security and comfort.

Simply put: Positive thoughts don't have the mental stickiness of negative thoughts.

Fretting or worrying over an upcoming situation can last for hours, days, or weeks. *Think about being 'gnawed' by an emotion.*

But the bliss? How long does that last? How much do you feel it?

Like you, I have experienced both.



And after comparing the euphoria of achieving a lofty goal with the desperation of losing everything, I've noticed a big discrepancy.

The emotional state attained upon a successful outcome of a situation is not nearly as strong as the negative emotions leading up to it.

Fear is stronger than love.

The dark side truly is more powerful.

All people have joy and despair in their lives. But in our fellow humans, through our media, through our stories, through the mechanics of our very minds, what gets retold, repeated, and reviewed by your mind is the heartache.

“Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know that this is the experience you need? Because this is the experience you are having in this moment.”
~ Eckhart Tolle

We've got a flaw in our wiring, as emotional beings.

We respond to pain before pleasure.

Fear of loss is more powerful to us than opportunity of gain.

This is not insurmountable. This is something we need to accept, and accommodate. Instead of fighting against this natural tendency, we can develop workarounds in order to use this flaw to our advantage.

We start with emotional observation.



IDENTIFY THE SHIFT TO FEELING NEGATIVE



Become an observer of your emotions, instead of a slave to them.

Cultivate the impartial, nonjudgmental part of yourself that checks your emotional barometer and records it in the memory log.

Allow yourself to acknowledge how you are feeling, without feeling guilty or wrong about how you feel.

It is easy to deny an authentic recognition of your current feeling, because we simultaneously have an opinion about whether or not this is the feeling we *ought* to be having. If we

subtly do not wish to have an emotion, we will often deny its very existence in our hearts, which can allow it to grow.

Whenever you're feeling off balance, stop what you're doing, take a deep breath, and ask yourself,

"How do I feel in this moment?"

ACTION BREAK: ASK YOURSELF , "HOW DO I FEEL IN THIS MOMENT?"

Allow yourself to answer calmly, non-judgmentally. Only when you have ascertained where you are can you make a strong plan for where to go next.



“It is not external events themselves that cause us distress, but they way in which we think about them, our interpretation of their significance. It is our attitudes and reactions that give us trouble. We cannot choose our external circumstances, but we can always choose how we respond to them.” Epictetus

REVERSING THE DOWNWARD SPIRAL

So, let's say you're feeling crabby. Depressed. Angry. Irritable. Whatever.

Only after you acknowledge it, you can actively give yourself the choice:

“Do I wish to continue feeling this way?”

Make the choice to change, and take an ACTION to change.



Most people get disillusioned after trying personal development techniques because they think something, or think about thinking something, but they forget to ACT.

When you're feeling negative, it's really difficult to remember all those lofty things you were thinking back when you were pleasantly reading this. You need a fast, easy-to-implement solution that shocks you out of a negative state, and allows you to get your bearings again.



My favorite solution is **the shower**.

It is a physical change of environment. It's quick. It makes you feel refreshed.

When I'm feeling overwhelmed and emotionally burdened from the loud yells of three children in my small house, I can't react as the best father that they deserve. I take five minutes and get into the shower. It's like hitting the reset button on my emotions, and I can segment into a different experience with my family.

Get in the habit of segmenting out of your crabby moods. Allow yourself to:

- **Ask honestly** how you feel.
- **Acknowledge** your emotional state.
- **Do something** to change it.

WHEN YOU FEEL NEGATIVE,
STOP,
BREATHE,
INQUIRE WITHIN,
AND CHANGE YOUR STATE.





DON'T WORRY, BE HAPPY.

Bobby McFerrin sang these simple words a cappella in 1988. They contain the key to **everything** outlined in this entire course. As a matter of fact, if you discarded the rest of this course, and truly engaged with the message of that song, you would become reborn.

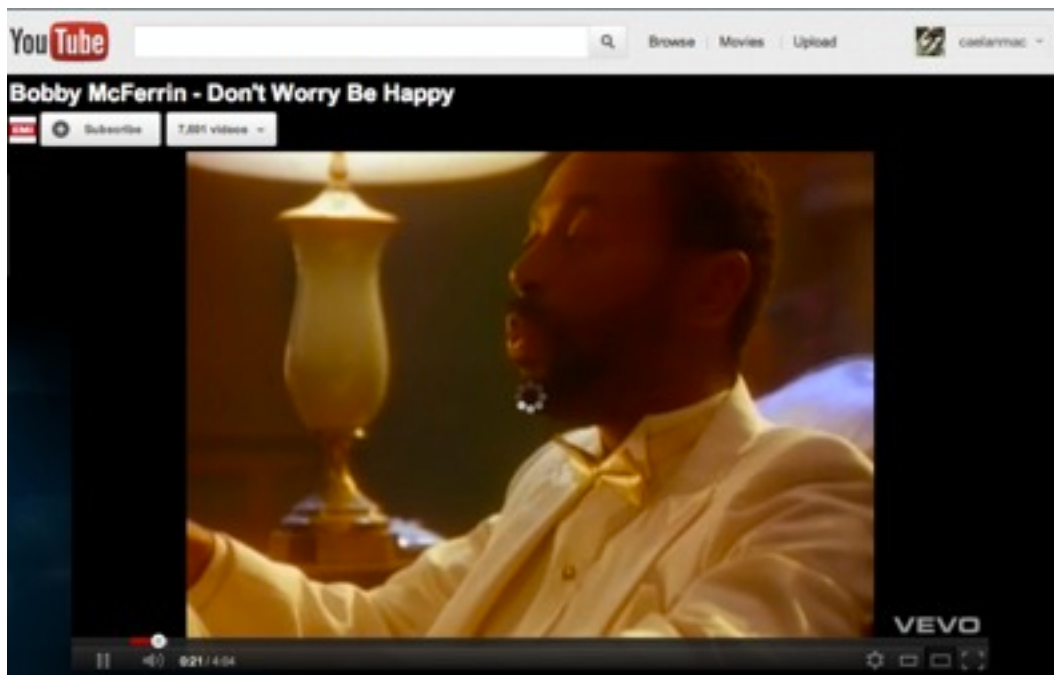
On a deep, basic level, we know this is what we *should* be doing.

“Don’t worry, be happy.”

We *get* this.

But implementing this state of mind is difficult, and cannot be attained without serious application of **mind over momentum**.

ACTION BREAK: [CLICK HERE AND DANCE!](#)



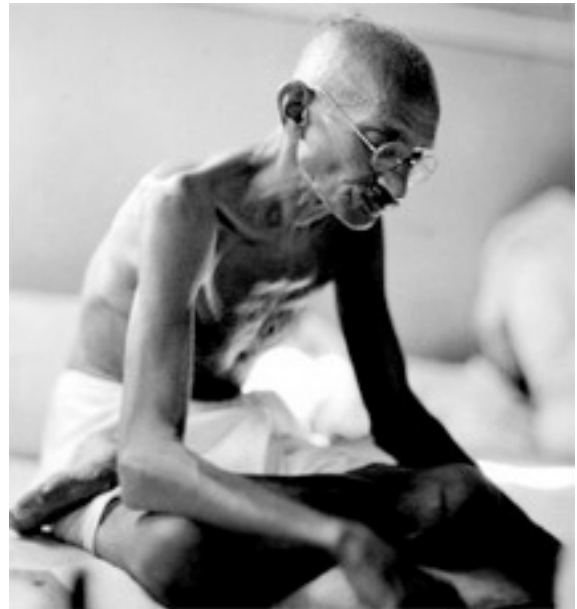


EXPECT YOUR SETBACKS. ANTICIPATE. PREPARE.

Even Ghandi had to deal with irritation. The Buddha was stung by insects. Jesus probably stubbed his toe. (Any carpenter will whack his thumb with a hammer once or twice in his life.)

Attaining an enlightened frame of mind does not mean that you are immune from negative circumstances. The real question is: how do you *deal* with negativity as it arises?

You know what is likely to set you off. You could probably make a list of five things right now. Use Exercise 1.1 to list five things that tick you off, things you predictably know will make you feel worse.



ACTION BREAK: WRITE THESE DOWN ON WORKSHEET 1.1.

So, these predictable things, there is a very good chance that you will encounter them again at some point in your life. Now that you **know** this is going to happen, you can squarely look ahead into the future, and **determine** what your reaction will be. Define a reaction that will be:

- Easy to remember
- Easy to implement, in the heat of the moment
- More beneficial to you than your expected negative reactions



EXERCISE INSTRUCTIONS

DO WHAT IS BEST FOR YOU

You know yourself.

What will make you use these worksheets, and do these exercises?

Maybe you like writing by hand. *Get a journal.*

You can write the exercise title at the top of every page, and write through these exercises with pen and ink.

Do you like keeping your responses digitally, with the modules? You can type directly into the pdf worksheets, and “Save As” to keep your answers intact.

If you’re really into binders, try printing out the worksheets and write your answers in them. You can [download all the worksheets in one packet here](#).





EXERCISE 1.1

PLAN FOR YOUR PEEVES

What happens, predictably, in your life that *makes you feel worse*?

Write down five things that tick you off on the left hand side. Someone leaving out dishes, parking wrong, saying a phrase you detest, etc.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now, on the right hand side, write down the *response you will have* the next time this happens to you.

Instead of reacting with irritation, anger, or frustration, you could:

- Take 5 deep breaths
- Laugh uncontrollably
- Sing “Don’t Worry, Be Happy”
- Visualize yellow light flowing from your heart chakra
- Ask a specific question that diffuses the situation (write that question down)

There is little point in feeling negative emotions when you can see them coming. Short-circuit this reaction by planning around it.

[illegible]

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IF YOU DON'T HAVE ANYTHING NICE TO SAY
(TO YOURSELF), DON'T SAY ANYTHING AT ALL.

***"A worry is a prayer for what you don't
want." ~ Anonymous***

When you are in a negative state of mind, it is sometimes **unrealistic** to ask yourself to shift to being positive.

But you can always be neutral.

Slip into a meditative state of mind, where you do not **think** or **react** to anything, for just a few minutes. (Let's try it now.)



ACTION BREAK: MEDITATE. CLOSE YOUR EYES, AND TAKE FIVE DEEP BREATHS. OTHER THAN COUNTING THE NUMBERS 1 THROUGH 5, TRY NOT TO THINK OF ANYTHING AT ALL.

Emmet Fox published an amazing pamphlet in 1931 titled '*The Golden Key*.' (You can [download it here](#).) The entire Golden Key to Scientific Prayer, says Fox, is to **stop thinking about the difficulty**, whatever it is. In its place, think about God instead. (Of course, characteristics of divinity serve just as well here: love, peace, infinity, joy.)

This is an *incredible* exercise. When you find yourself invited to fret over any problem in your life, make a habit to politely decline negative fantasies.

***"Stop thinking about what it is you fear." ~
Earl Nightingale***



EXERCISE 1.3

PLANNING FOR THE WORST

Think of the biggest worry that you have in your life right now. The one that causes you the most anxiety.

Now, what is the *absolute worst* that could happen? (Seriously. Let it out.)

-
- Is this something you could survive? yes / no
 - Is this something you could recover from? yes / no
 - Is this something you could turn to your advantage? yes / no
 - What are the first two things you will do if this comes to pass?
-

This is the easiest way to, literally, *face your fears*. Look them square in the eye to know what's coming. You will find nothing is impossible to deal with.

If this did come to pass, what core truths would remain unchanged in your life?



THE PHOENIX FLAME

☼ I RELEASE ALL NEGATIVE THOUGHTS FROM MY MIND AS THEY
ARISE.

ACTION BREAK: SAY THIS AFFIRMATION OUT LOUD. RIGHT NOW.

ADVANCED TRAINING: THE STRANGEST SECRET

In 1956, Earl Nightingale released the legendary recording *The Strangest Secret*. This 30-minute audio recording could arguably be marked as the birth of the field of popular study known as personal development.

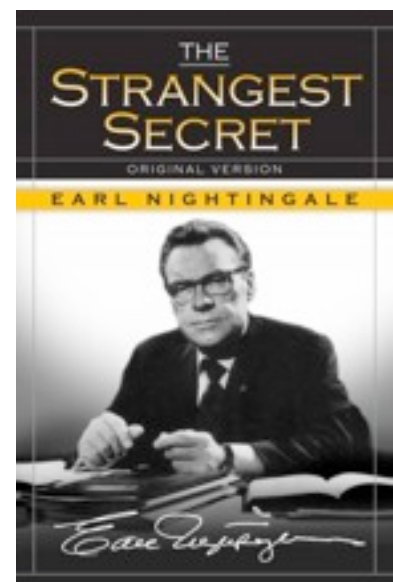
These ideas were available before the publication of this recording, but *The Strangest Secret* marks the first time that this method of consciously manipulating your own mindset had spread through mainstream media in a consumable, digestible, actionable medium. It was also the first spoken word album to become a Gold Record.

This short recording has helped salespeople, managers, executives, pastors, small business owners, teachers, and stay at home mothers to understand how the basic mechanics of our subconscious mind creates our reality. Nightingale distills everything down to one sentence:

“We become what we think about.”

“Throughout history,” he said, “the great wise men and teachers, philosophers, and prophets have disagreed with one another on many different things. It is only on this one point that they are in complete and unanimous agreement.”

[Listen to The Strangest Secret here.](#)





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MODULE 2

- YOUR SUBCONSCIOUS BOUNCER -

"Our subconscious minds have no sense of humor, play no jokes and cannot tell the difference between reality and an imagined thought or image. What we continually think about eventually will manifest in our lives."

Robert Collier

☼ I AMPLIFY ANY THOUGHTS I CHOOSE TO THINK THROUGH MY SUBCONSCIOUS MIND.

A lot of this course is just about moderating your self-talk.



The way that we talk to ourselves does more than just influence the emotional weather of our minds; it has repercussions in how we manifest.

Changing what we say to ourselves, though...that takes some cultivated techniques.

That's why you have a formula.



THE POWER OF HAPPY TIME

The first time I started actively experimenting with manifestation techniques, I was waiting tables at a posh restaurant in NW Portland.



If you've never waited tables before, it's a bit like a theater performance.

(This could explain why so many actors are drawn to the restaurant field for day jobs.)

Before the audience enters, you have to prepare the

space. Silverware needs to be polished. Tables are set. Beverages are prepared so they can be grabbed at a moment's notice.

In the industry, we call this "sidework." The first 30-90 minutes of every waiter's shift begins with sidework, and I noticed that my mood during this period reliably affected my income for the evening.

So I tried an experiment. I made sidework time my "**happy time**." I sang songs, I cracked jokes, I danced happily from task to task, and within three weeks I made \$400 in one night.

Then, I started to have these fantastic nights, regularly.

Nothing in the restaurant had changed. The menu and the clientele were no different. But somehow I was able to magically attract those infrequent tables of extraordinary tippers by changing my mind when my shift began.



EXTERNAL VS INTERNAL MANIFESTATION

If you have doubts about believing that your thoughts can manifest a cup of coffee or a million dollar check in the outside world, that's fine. That involves external manifestation; it gets into quantum physics, and there are other programs that describe this much better.

([Click here](#) if you'd like to read ahead on that topic.)

There are two types of manifestation encompassed by field of study now known as The Law of Attraction:

- External Manifestation
- Internal Manifestation

Unlike External Manifestation, which is

the power of your mind

on

the outside world,

Internal Manifestation involves

the power of your mind

on

your mind.

I think we can all agree that whether or not the mind has power over the external world, the mind definitely has **power over itself**.



Many people consider it farfetched that thinking pretty thoughts can bring about miracles.

Are you one of them?

Great.

Accept these doubts and focus instead on **Internal Manifestation**.

Because this, we know **how** it works, and we know **why** it works.

“It is psychological law that whatever we desire to accomplish we must impress upon the subjective or subconscious mind.”

Orison Swett Marden



YOUR SUBCONSCIOUS BOUNCER

Think about all the pieces of information your brain is processing right now. All of the sounds that you don't pay attention to, all the peripheral shadows in your field of vision, whether they are changing or not, these perceptions are currently being perceived and processed by your brain.

The temperatures and textures over all the different points of contact on your skin. Your heart rate. The hormone balances in your blood stream, and the performance of your gall bladder.

Any idea how many different pieces of information our brain processes every second?

400,000.

400,000 pieces of information.

Per second.

Your brain is this **massive** conduit of information, and your conscious mind is **completely incapable** of processing it all.

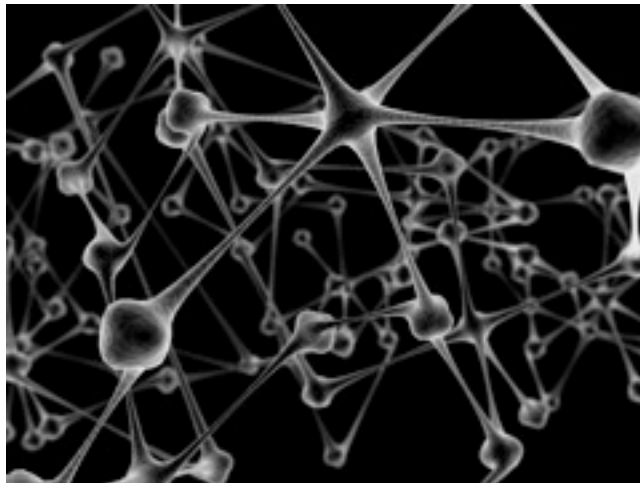
That's why we have the *subconscious* mind, which is where all of these things are monitored and processed.





Your conscious mind is only about 4% of your thinking capacity, and it has to be. If you were really paying attention to all of those things going on in your body and perceptions right now, would be able to process the abstract ideas I am conveying to you? Of course not, your mind would be too busy just handling the firehose of perceptions from your five senses.

So let's liken your conscious mind to a very exclusive party. There are lots of people that want to get in, and they would all have a lot of fun. But the capacity of your venue is small, and you have a bouncer at this party.



Your bouncer's name is RAS, which stands for **Reticular Activating System**. Your RAS is a network of nerves that goes between your cerebellum, your spinal cord, and your brain stem, and it decides which pieces of information get to go into the exclusive club, and who has to

stay outside in this big sea of data that is your subconscious mind.

Now, the good thing is, RAS follows your orders.

Completely.

He listens to you 100%, and according to the orders that you give him, he will filter through this huge guest list of internal information, memories, and perceptions to bring only the guests that you specify to the exclusive party that is your conscious mind.



If you tell RAS, “You know what, life is hard for me. I only make thirty thousand dollars every year. I’m overweight. I eat things that are bad for me. Nobody wants to date me. I’m depressed all the time.”

RAS will say, “Okay,” and he will go through his vast network of ideas and perceptions and bring only those thoughts to your attention that you have said that you want.

Your thoughts create your reality. And the best part is, *there’s a reason why.*

A BOLT FROM THE BLUE

Have you ever had an idea pop into your head out of nowhere? It’s because RAS found a couple of potential guests milling by the red velvet rope, and he said, “You, get in here, the boss wants to see you.” And out of two old memories and a strange, off the wall perception, like seeing somebody eating a sandwich while reading the newspaper, this reminds you of Bernie Franks, your sixth grade math teacher, who always said that morning is the best time to make somebody laugh because it sticks with them all day.



RAS has access to all these random pieces of information, and he will put them together to solve your problems.



You just have to **tell him** what you want him to work on.

You could be at a dinner party, and somebody way across the room says something about someone you've been trying to meet, and those words will penetrate the sounds of clinking glasses and laughing and conversations, and come right into your ear.

Have you ever had that happen?

Its because we **actually hear** all those faint sounds in the background, but you tell RAS that if somebody's not in close proximity to you its not important.

But your subconscious mind is still listening.

And if RAS hears something way out in the boonies that he knows you really want, he will interrupt whatever you're doing and say, "Hey, boss, you gotta see this."

MANIFESTATION MIGHT

Your subconscious mind is the most **massive supercomputer on the planet.**

This is the true seat of manifestation, of magic, and of creation.

Willing something into being with rational thought is not enough to get real results. You need the power of your gut to get things done.

Wallace Wattles wrote a classic essay titled '[How To Get What You Want.](#)' He describes the best way to access your subconscious mind:



"Think quietly about the sub-conscious mentality, which permeates your whole body as water permeates a sponge; as you think of this mind, try to feel it; you will soon be able to become conscious of it. Hold this consciousness, and say with deep, earnest feeling: "I CAN succeed! All that is possible to anyone is possible to me. I AM successful. I do succeed, for I am full of the power of success." ~ Wallace Wattles

ACTION BREAK: READ THIS. FEEL THIS. RIGHT NOW.

The object of your thoughts is 'magnetized' by your subconscious. You may have seen this term in Law of Attraction works by other authors; they often describe becoming a **magnet** for the things you want to manifest, and by holding the idea of it clearly in your mind, you attract it to you.

Once again, avoiding quantum physics and co-creation here, think instead about a red Subaru car.

(I know, for a fact, you just had a picture of a car pop into your brain.)

You may have had the experience of choosing a car to buy, and then seeing it everywhere you drive. Or purchasing a new car, and suddenly, you feel like the member of a popular club you had never noticed before.

The Red Subaru is washed away in the background noise, *until* you alert RAS to the fact that Red Subarus are suddenly important. Now you can see them everywhere!

You have **Magnetized** yourself to manifest a Red Subaru.



It may not magically appear in your life, but your subconscious mind will be more alert than usual to the subject.



BIG DATA

RAS helps you make things happen, by trolling this sea of data that your subconscious mind is processing. He has access to 25 times the data that your conscious mind does, and your subconscious mind works even while you sleep.

In Waldorf education, when a child is stuck with an emotional or personal problem, they are encouraged to “ask their angels” to take care of it while they sleep.

This is very clever, for our dreams can offer us solutions that the conscious mind cannot reach alone.

While your conscious mind is asleep, and the exclusive party is on hold until the next day, the only part of you that is thinking just happens to be the most massive supercomputer on the planet.

The paradigms held by your subconscious mind define the boundaries of *what you will allow yourself* to manifest.

It amplifies your beliefs...into being.



THIS IS WHAT YOU'VE GOT

I'll be frank with you. You have been manifesting all your life, and look at the results it has gotten you so far.

Look at your life.

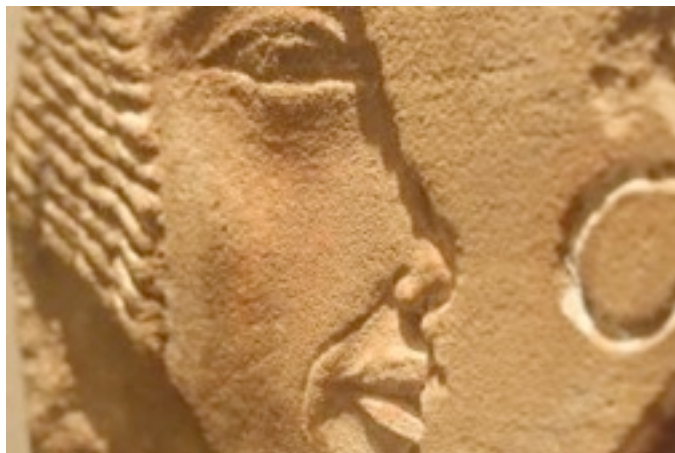
You created it.

The way you look, the way you feel, these are the habitual residuals that stay the way they are (or deteriorate) unless you *actively* change them.

RAS, he's a hardass bouncer. He doesn't let strangers in, unless they are specifically on the guest list. And once they are in, they don't leave easy.

All of your security is on the outside of the party; on the inside, you can have the same negative thoughts dominating your conscious mind for years, and your reactions to everything that happens in your life can be tainted by just one bad party guest.

How do you get these poisons out of your mind, your party, the seat of your manifestation and magic?



By communicating to RAS in the language of the subconscious.



“The subconscious mind cannot argue controversially. Hence, if it has accepted wrong suggestions, the sure method of overcoming them is by the use of a strong countersuggestion, frequently repeated, which the mind must accept, thus eventually forming new and healthy habits of thought and life, for the subconscious mind is the seat of Habit.” Charles Haanel, The Master Key System





YOUR DOPEY MIND



The subconscious mind isn't stupid; but, compared to how the conscious mind thinks, it is downright dopey.

You can't just *talk* to your subconscious bouncer. You have to communicate with it in a language that it understands.

When a perception spends a long time in your solar plexus, your subconscious mind, it creates a paradigm that cannot be easily undone. (Seriously, you've been perceiving gravity non-stop for decades now. It's no surprise that you can't fly.)

RAS does not hear you if you speak a sentence once. But he will hear you if you say it forcefully, and with intention, three times a day, for an entire month. Because that's how he thinks.

I. REPETITION

Your bouncer wants to invite the best guests into the exclusive party of your conscious mind. If he doesn't see them on the guest list, though, he won't let them in.

The first time.

Anyone who comes back to the same velvet rope, day after day, week after week, is eventually going to find a way into the party. Whether it is over your bouncer's back, or because RAS finally relents, repetition can get any thought deeply implanted in your mind.



2. EMOTION

The secret fuel of manifestation, Emotion is felt in the solar plexus, which is often called the 'second brain' due to its role as a hub for your nervous system. The things you feel most strongly about, especially things you feel in your gut, they keep happening, don't they?

"The more intensely we feel about an idea or a goal, the more assuredly the idea, buried deep in our subconscious, will direct us along the path to its fulfillment."
~ Earl Nightingale

3. VISUALIZATION

The subconscious mind understands pictures. Our conscious mind can mistake end results for 'what I want,' when really, you want yourself in a new situation. The more vividly you can describe that situation, the clearer the subconscious mind understands what it is really trying to manifest.



ACTION BREAK: QUIET YOUR CONSCIOUS MIND, AND TRY TO FEEL YOUR SUBCONSCIOUS MIND. LISTEN TO ITS SONG.



EXERCISE 2.1

SELECT A MORNING AFFIRMATION

During the first few minutes after waking, the velvet rope separating your conscious and subconscious mind is not enough to keep them apart.

Wake up on the wrong side of the bed, and it sticks with you all day.

Or,

you can intentionally decide how your day will go.

The momentum from these first few moments of your day can catapult you to either extreme of the emotional spectrum.

For every morning that you wake this month, *choose what you will think*.

Pick something short. Simple. Easy to remember.

Something that makes you feel good.

Pick one from this list, or make up your own, and write it below:

- I am so happy and grateful for my life.
- I believe something wonderful will happen to me today.
- This world is friendly to me.
- All around me is love.
- Things are going great.
- This will be a great day.
- _____



THE LENGTH OF A HABIT

NASA performed a study to see how long it would take the brain to completely acclimatize to new sensory input, and create an ingrained habit.

Astronauts would wear goggles that inverted their vision, so up was down and down was up. After getting over the initial disorientation, they were able to move about normally and re-learned how to do most tasks.

After 28 days, their vision **flipped**.

Up was up, and down was down. While still wearing the inversion goggles.

If they took off the goggles at any time during the 28 days, the inner 'flip' in their brain would not take place. Only after **28 consecutive days of sustained effort** was the new habit fully incorporated into the brain.

28 days. That's how long it takes to make a habit.

If you want to change the way you think, you must commit to an initial 4 weeks where you diligently use your will to keep your new habit in place. After this month of struggle, the new habit will be a part of your subconscious programming.

.....
"Any thought that is passed on to the subconscious often enough and convincingly enough is finally accepted." ~ Robert Collier
.....

After ending the experiment, the astronauts waited another 30 days until their vision returned to normal.



EXERCISE 2.2

CHANGE A HABIT

Your habits are what need to change to change your reality. So start small.

Put your keys in a different pocket of your pants. Or your wallet. Get a different bag or purse. Change something minor and fundamental, so you have to mentally re-adjust to the new habit.

HABITUAL THOUGHTS

Pick: money, body, or family, and fill in the blank.

List three emotions below it.

The way I feel about my _____ is:

-
-
-

The way I would like to feel about this is: _____

The person who feels this way is different than me. I can emulate their behavior by taking on any of these five habits:

-
-
-
-
-

Write down five habits. From this list, pick one to start, right now.



EXERCISE 2.3

THE WORLD'S GREATEST COCKTAIL PARTY

Your heroes, your mentors, and your favorite fictional characters all meet for a party in your honor.

Who do you invite? Circumstance and history are not limitations.

_____	_____
_____	_____
_____	_____

All of these people are genuinely interested in you, and want to help you. Why is that? What is it about you that captivates them?

What are the habits of these people you admire, that you would like to incorporate into your own daily life?



YOUR FIRST PHOENIX FORMULA MP3

I'm going to give you one of the most potent manifestation tools that I have ever used. This is how I loaded my subconscious with specific instructions.

Download it from this link - Music by Air - Moon Safari

<http://www.phoeniX-Formula.com/affirmations7>

You will learn how to create one of these for yourself after Module 4. (Hopefully, you will create a bunch of them.) This 7 minute mp3 contains a series of affirmations recorded over one of my favorite songs.

I listen to this track all the time.

- ◉ When I'm doing dishes
- ◉ When I'm falling asleep
- ◉ When I'm walking from one place to another
- ◉ When I notice my emotional state falling

I plug this song into my head, and it changes my mind, from the inside out.

Try it. It will work well for you, but it is most potent for me, since it is my voice speaking the affirmations. You will need to create your own track, with your own voice, reciting affirmations that you have chosen, over music that is personally meaningful to you.

(A step-by-step guide is coming later in the program. Get ready.)

.....

***“The possibilities of creative effort
connected with the subconscious mind are
stupendous and imponderable. They inspire
one with awe.” ~Napoleon Hill***

.....

THE PHOENIX FLAME

☼ I RELEASE ALL NEGATIVE THOUGHTS FROM MY MIND AS THEY ARISE.

☼ I AMPLIFY ANY THOUGHTS I CHOOSE TO THINK THROUGH MY SUBCONSCIOUS MIND.

ACTION BREAK: SAY THIS AFFIRMATION OUT LOUD. RIGHT NOW.

ADVANCED TRAINING: THE GREATEST SALESMAN IN THE WORLD

THE TWELVE SCROLLS

In 1968, Og Mandino was not yet the editor of *Success Magazine*. He was a struggling salesman who was trying to change his mind.

He created a parable titled *The Greatest Salesman in the World*, a book about twelve scrolls, and the salesman living in Biblical times who put their knowledge to use.

This book changed my life.

The key to using these scrolls was to read one aloud, three times every day, for thirty days, before moving on to the next scroll.

The content of the scrolls themselves are whole chapters of the book. You can see [my favorite one here](#). Their titles include:

- I Greet This Day with Love In My Heart
- I Will Persist Until I Succeed
- I Am a Master of My Emotions

These passages are long affirmations that speak directly to the subconscious in a language that it understands.

ACTION BREAK: READ THE SCROLL MARKED II



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A 9-Module Self-Guided Study Course

on Hacking your Subconscious Mind to

Live Another Life

BY

CAELAN HUNTRESS



MODULE 3

AFFIRMATIONS

- THE SEEDS OF POWER -

Every thought vibrates. Every thought radiates a signal. And every thought attracts a matching signal back. We call that process the Law of Attraction. ~ Abraham

☀ I CHOOSE TO THINK THOSE THOUGHTS THAT LEAD ME TO A NEW AND BETTER LIFE.

Your mind is made to think.

In Module 1, we learned some techniques for removing negative thoughts from your mind. *How is that going for you?* Are you still encountering moments of irritation, or fretting about your problems continually?

You may be leaving a grasping hand empty.

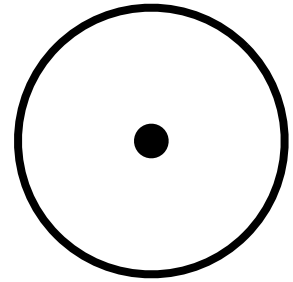
See, your mind always needs something to actively work on and to process - even if it's nothing. Unless you are meditating, we need to replace your negative thoughts with something else, **anything else**, in order to keep your mind occupied.

Once you've identified the negative thoughts you want to let go of, you need to replace them with positive thoughts. Affirmations.



QUIET IN THERE

In India, spiritual devotees use **mantras** to quiet the mind during meditation, yoga, and daily life. The “monkey mind,” as it is sometimes called, will flit around from subject to subject, always looking at something shiny (or creating something shiny) to keep itself occupied.



- ◉ *You know what's really neat about that light? It shines in different colors. I can perceive that spectrum of colors because my eyes see only this band of light, and the light is moving from there into my brain, and wow the brain is really complicated! Like math. Susie Barnes said that math was complicated to keep stupid people in fraternities. Fraternities started in Greece...*

Your mind can keep this up indefinitely! But instead of telling your monkey mind to sit in a corner and stay still (which it won't do), you can give it a *mantra*, to keep it occupied and busy. During mantra work you can attain surprisingly cohesive communication with your subconscious mind.

The affirmations you use don't have to be lengthy and complicated. Longer affirmations work best if you have a highly active mind, and need to keep multiple parts of it occupied in order fully quiet it down.

If you are not intellectually agitated, you can use simpler affirmations as a mantra, to set a proper background for your manifestations. Try this one:

I love my life.

Say that to yourself, slowly, and quietly. Repeatedly.

ACTION BREAK: SAY “I LOVE MY LIFE” 10 TIMES SLOWLY.



GIVE ME HEAT, AND THEN I'LL ADD THE FLAME.

Have you ever said this to a pile of wood? Of course not.

Happiness does not come about because you received an external thing, or achieved a set of circumstances.

You become happy when you allow yourself to be happy.



By giving yourself permission to be happy, you create happy thoughts, and this alerts RAS to be on the lookout for more circumstances that will keep you happy. *Momentum builds.*

But it has to start with a significant change of direction from where you are.

You have to feel the emotions you want to feel, *independent of your circumstances*, in order to manifest them.

I don't care if you don't feel like it now. It is precisely *because* you don't feel like it now that your life has stayed the way it has.

If you want to really remake your life into something incredible, you need to pay the price, and the coin is your effort.

Have you been actively participating in the Action Breaks? Have you done all of the Exercises?

Give yourself the chance to be reborn, would ya?

ACTION BREAK: DO THAT EXERCISE YOU WANTED TO DO, BUT YOU PUT OFF UNTIL LATER. LATER IS RIGHT NOW.



CHANGING SELF TALK

It is very common in American culture to endure a background feeling of discontent. We are problem solvers, and if we are not careful, we can spiral into a negative vortex where we are trying to analyze and correct everything that is wrong around us, instead of enjoying the bounty of all that is around us.

As you saw in Module 2: *Your Subconscious Bouncer*, the self-talk that comprises your running monologue about your own experience can feed the perceptions that are available to your Reticular Activating System.

This, in turn, colors what you can manifest.

You can change the members of the guest list that is enforced by RAS, your subconscious bouncer. You just have to do it strategically.

HOW TO FEED YOUR SUBCONSCIOUS MIND

1. **Speak your Affirmations. Out Loud.**

Reading engages the mind on a conscious level; but we have little difficulty telling the conscious mind what to think. Our challenge is communicating with the subconscious.

The subconscious mind hears your voice as well as your thoughts. (This is an important point, which will be the underpinning of future modules, so I will say it again.) *The subconscious mind hears your voice as well as your thoughts.*

Reading affirmations is not nearly as powerful as **speaking them out loud**. If you have performance anxiety, find a **private place** where you can read your affirmations aloud to yourself.



Listen to the words you want to use to program your subconscious mind.

Listen to them.

"We cannot always control our thoughts, but we can control our words, and repetition impresses the subconscious, and we are then master of the situation." ~ Jane Fonda

2. Repeat your Affirmations. Every day.

The subconscious mind responds extremely well to repetition. This is an important point, so I will say it again. *The subconscious mind responds extremely well to repetition.*

When I read *The Greatest Salesman in the World*, by Og Mandino, I didn't just read the book. **I applied the process.** I read each scroll for thirty days.

I used these affirmations as a daily declaration to myself, and to my world. However, I recognized that any habit does not stick successfully without a plan and momentum, so I made sure to give myself both.

- I printed the Scroll Marked II and I put a copy in my glove compartment, because I was in my car every day during this period. (You could keep one in your bathroom, your kitchen, or your purse, if that works better.)
- I made a chart on the back that had 3 columns, 'Morning,' 'Noon', and 'Night.'
- I made 30 rows, 1-30.
- Every time I read it out loud, I put in a checkmark. I was able to track my progress.



ACTION BREAK: PRINT [THE SCROLL MARKED II](#) DOUBLE SIDED AND PUT IT SOMEWHERE YOU CAN READ IT ONCE A DAY FOR 30 DAYS.

"Only one thing registers on the subconscious mind: repetitive application - practice. What you practice is what you manifest." ~ Fay Weldon

3. Write your affirmations down, on paper.

If this particular affirmation doesn't resonate with you, review the other affirmations available on my website.

www.phoenix-formula.com/affirmations

You can print these affirmations, or use an even more powerful technique.

Rewrite them for yourself.

Review the lists. Pick out the ones that are applicable to you. And then, **write them down.** Reword them to make them more applicable to you.

Were you ever punished in grade school, and made to write a sentence on the chalkboard a hundred times? This is actually a very effective manifestation technique. By writing a statement over and over again, you are using repetition to communicate with your subconscious.

ACTION BREAK: WRITE DOWN A POWERFUL AFFIRMATION THIRTY TIMES, ON EXERCISE 3.1.

[illegible]



EARLY MORNING AFFIRMATIONS

“Start every morning by saying: 'I believe something wonderful will happen to me today.' Then, throughout the day, expect the best.” ~ Brian Tracy

Catch the first thoughts you have in the morning, and you will have an accurate predictor of how your day will go.

The first guests to the party set the tone, don't they? If your first guests are loud and boisterous, as other people filter in, they accept the general tone of the party and match it.

If your first few guests are dour and quiet, it is possible your party will eventually turn into a rocking good time, but somebody needs to break out the Twister mat and turn up the music.

Momentum can be set easily, or changed with effort.

Make your day exciting by starting with this simple affirmation:

- *I believe something wonderful will happen to me today.*

Say it *once*, and it might happen.

Say it *every day*, just as you arise, and RAS will hear you. Your subconscious mind will be on the lookout, all day, for something amazing that can happen to you.



VALIDATION WITH SUCCESS AND GRATITUDE

Someone lets you go in traffic. Your kid stops crying unexpectedly.
You find a dollar in an old jacket.

At first, these small acts of serendipity will seem inane to you. But if you **stop and give thanks** when they do occur, then RAS will create a wider pathway for serendipitous things to occur to you.

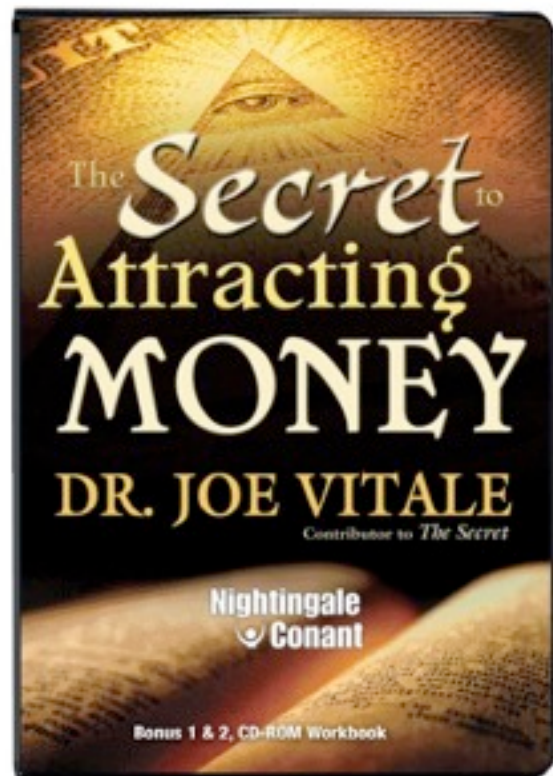
400,000 PIECES OF INFORMATION PER SECOND.

Support your subconscious mind in doing its great work. Applaud it for successfully achieving your goals, and you will widen the neural pathway that allows great things to happen to you.

4 PHRASE MANTRA

I first came across this story in Joe Vitale's audio course, [The Secret to Attracting Money](#). He tells the story of Dr. Ihaleakala Hew Len in Hawaii, who miraculously cured an asylum of criminally insane patients - *without ever being in their presence*.

This facility had no success with curing their patients, or with keeping doctors working there. They came to this Huna-trained doctor as a last resort, and when he told them his terms, they agreed, because nothing else was working.





Every day, he would come into his office on the premises. Instead of seeing patients, he would look through their files, and read about the horrific things they had done.

Then he would say, over and over, these four phrases:

- ***I'm sorry***
- ***I love you***
- ***Please forgive me***
- ***Thank you***

Over time the patients became less violent and made progress. Some went to other facilities for less violent people, or were set free. Eventually the facility closed because it was no longer necessary.

This story illustrates the profound power that positive thoughts can have over negative thoughts. When people are tormented by their past, and others who interact with them think of them only in terms of their negative past, the introduction of profoundly positive thoughts can change the momentum of negative manifestation.

As a mantra, this is one of the most powerful ways you can use to set your subconscious mind's paradigm to align with True Will.

.....

***"Great are they who see that spiritual is
stronger than any material force, that
thoughts rule the world." ~ Ralph Waldo
Emerson***

.....



THE PHOENIX FLAME

☼ I RELEASE ALL NEGATIVE THOUGHTS FROM MY MIND AS THEY ARISE.

☼ I AMPLIFY ANY THOUGHTS I CHOOSE TO THINK THROUGH MY SUBCONSCIOUS MIND.

☼ I CHOOSE TO THINK THOSE THOUGHTS THAT LEAD ME TO A NEW AND BETTER LIFE.

ACTION BREAK: SAY THIS AFFIRMATION OUT LOUD. RIGHT NOW.



EXERCISE 3.2

WRITE YOUR LIFE MISSION STATEMENT

Bruce Lee was broke at 28 years old, and had 2 children to support. Using the principles laid out in Chapter 2 of Napoleon Hill's Think and Grow Rich, he wrote:

My Definite Chief Aim

I, Bruce Lee, will be the first highest paid Oriental super star in the United States. In return I will give the most exciting performances and render the best of quality in the capacity of an actor. Starting 1970 I will achieve world fame and from then onward till the end of 1980 I will have in my possession \$10,000,000. I will live the way I please and achieve inner harmony and happiness.

Bruce Lee

1969

Get a special piece of paper or journal. Set the space for your writing time; put on your favorite music, make a cup of tea, and read some affirmations before you start. Be sure to include:

- What you want to manifest
- The deadline by which you will have it
- What you will give in exchange for manifesting it

As you read this, imagine yourself already in possession of your goal. Ready it daily. And nightly. Keep this feeling in the forefront of your thoughts, all the time.



EXERCISE 3.3

THE POST-IT MENTALITY

For this exercise, you will need a small stack of Post-its.

Write an affirmation on every Post-it note in the stack.

You can repeat the same affirmation (completing Exercises 3.1 and 3.3 at the same time, efficiency maximization FTW!) or, you can write different affirmations on each one.

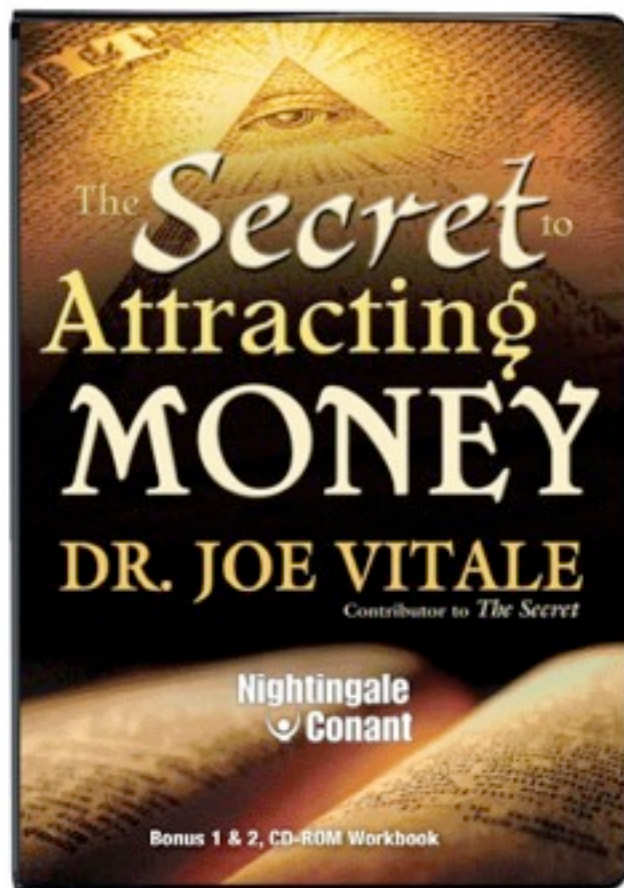
Put these notes around your house, in your office, between the pages of books, inside cabinet drawers, everywhere that you will see the message, or be surprised by it one day in the future.

Or, you could go really crazy with it.





ADVANCED TRAINING - THE SECRET TO ATTRACTING MONEY





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CAELAN HUNTRESS



MODULE 4

- TECHNOLOGICAL TOOLS -

***"You can render to Humanity no greater service than to make the most of yourself."
~ Wallace Wattles***

☼ I UNDERSTAND THE TENDENCIES OF MY MIND AND CREATE THE ENVIRONMENT FOR CHANGE.

The gondola is a perfect example of accommodating for *tendency*.



Standing in a gondola, belting out operatic arias, the Gondolier pushes his narrow boat through the canals of Venice with a pole.

He does not turn from side to side. He pushes always on the same side, and he never goes in a circle, for his boat is curved.

The gondola is constructed to accommodate the tendency of always pushing in the same direction; the curve of the boat turns back slightly with every stroke.



We can use the accommodation of tendency with regards to our mind, as well. We must not fight against the tendency of our mind, but rather, build our lives to accommodate the tendencies that would otherwise leave us spinning in circles.

WHAT IS YOUR LEARNING STYLE?

First, we need to ascertain how you learn. I will be introducing three different tools in this module, and while I recommend you use all of them, I also recognize that you have a busy life, and you may not be diligent about accomplishing every single piece of homework included in this course.

If so, pick the one exercise that matches your learning style, and please, please at least create that tool for yourself. Three is better than one, but one is better than none.

Visual learners

You learn by looking. By seeing. You are a good reader, and you can study in books with no pictures as easily as you can study books with nothing but pictures. You understand diagrams, You sketch your ideas out on paper in order to think through them. When you can see something laid out in front of you, there is a deeper layer that you can perceive.



50% of all people are visual learners.



Auditory Learners

You learn by talking, and by listening. In conversations you frequently have revelations about material you had read about or seen, but never had understood until you were able to talk it out with someone. You have close friends you talk with all the time. You pay attention in lectures.



40% of all people are auditory learners.

Tactile Learners

You love to get your hands into an idea, in order to mess about with it and understand how it works. To process your thoughts you have to write them out, because the physical act of writing interprets them for you in a new way. You love the feel of books on your fingers. You often touch countertops as you pass them by, and you pick up and caress items on a shelf when browsing in a store.



10% of all people are tactile learners. Including the author.



THE SECRET REASON I WROTE THE PHOENIX FORMULA

It's plain to see, I did something right to land myself in Costa Rica.

My story is kind of charmed. I turned my life around completely, almost catastrophically.

After years working in a good job that was unfulfilling to me, fighting the depression brought on by the climate of rainy Portland, I devoured personal development material, and somehow implemented the right sequence of steps to rebirth myself, again, this time living in Costa Rica, supporting my family from my laptop.

I recognize: **this is a very special turn of events in my life.**

And I am a tactile learner. *I learn by writing.*



The entire reason I created this course was to review all of the material and exercises that led me to this magnificent stage of my life, so I could re-learn what worked to manifest this set of circumstances.

Right now, *I am living my dream.*

Right now, I am codifying *how I did it*, so I will always have access to these tools.

It gives me an extra kick of pleasure that I am able to share them with you, and we can learn on this journey together.

ACTION BREAK: SPEND SOME TIME WITH EXERCISE 4.1 AND JOURNAL ABOUT THE WAY THAT YOU LEARN.



EXERCISE 4.1

HOW DO YOU LEARN?

Think about three things you learned really quickly, or that you do really well.

How did you learn how to do these things? What specific activities enabled you to master these new things?

Go back and circle any words in the description above that are sense related. Are these words mostly *visual*, *auditory*, or *tactile*?

.....

***“The most pathetic person in the world is
someone who has sight, but has no vision.”
~ Helen Keller***

.....



VISION BOARDING

If you've seen *The Secret*, or read any of the works by John Assaraf, you know his story. (If not, [read it here](#). It's incredible.)

A vision board is a powerful tool that brings together images that trigger your mind into thinking the thoughts you want to think.

What goes on a vision board?

- Photos of your dreams, your gratitudes, and your inspirations.
- Affirmations that describe the way you want to be feeling.
- Pictures of your goals when they are manifest and complete.

How do I make a vision board?

Analog Vision Boards are made by cutting photographs out of magazines, and pasting them on posterboard.

Your computer has a multitude of capabilities, and as long as you are connected to the internet, you can make a Digital Vision Board easily and quickly.

The easiest and quickest is the **screenshot method**.

SCREENSHOT VISION BOARD

To take a screenshot of your computer screen varies depending on your operating system and type of computer. Google 'screenshot [your OS] [your computer]' and you will get the answer immediately. Or, here's a table.

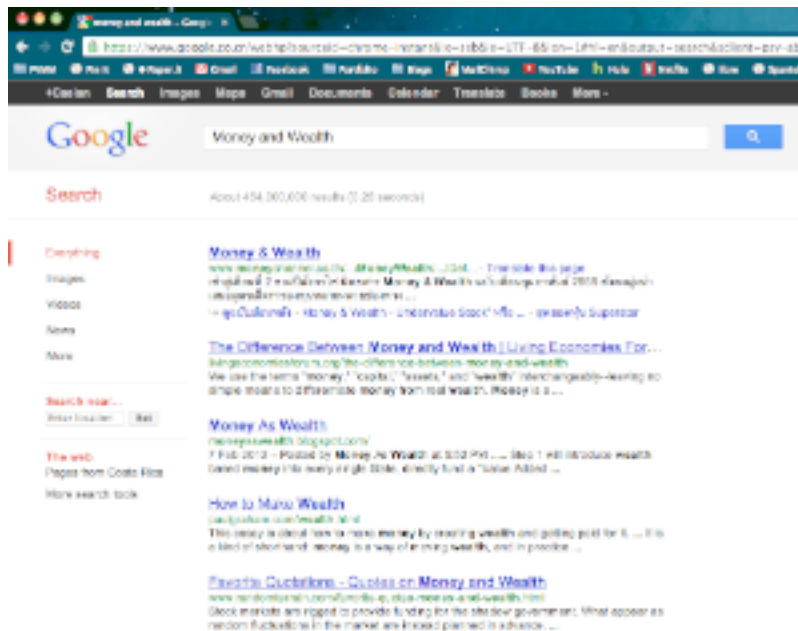
Step	MAC	PC
1 - Hit Hotkey	Ctrl + Cmd + Shift + 4	PrtScr
2 - Open Image Viewer	Preview	Paint
3 - Copy Screenshot	Cmd + N	Ctrl + V



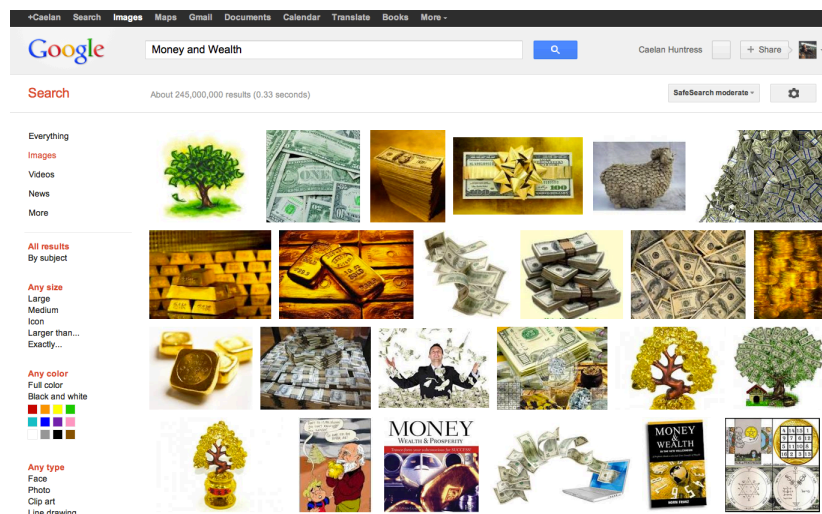
Multiple Tabs

For a couple of the upcoming exercises, we will be using Google searches to find media, and open them in multiple tabs. To start, we will be looking for images that you want to include in your vision board.

Let's say you run a search for 'money and wealth.' This is the results page.

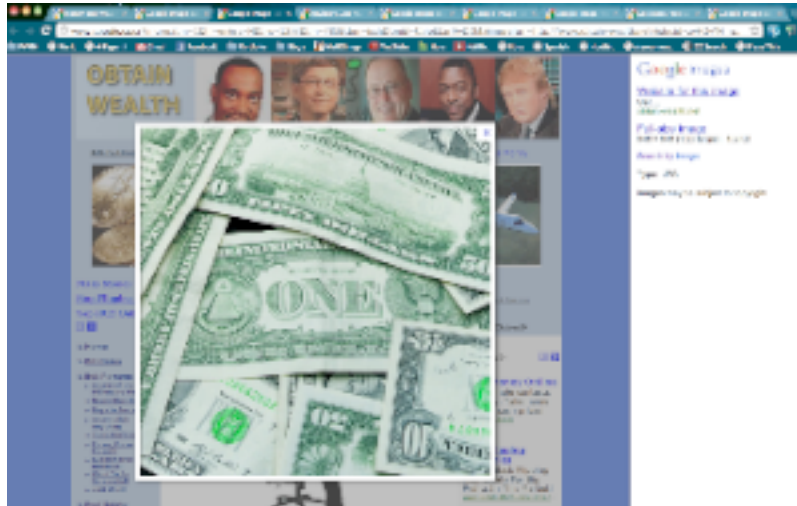


Click on 'Images' in the top bar.

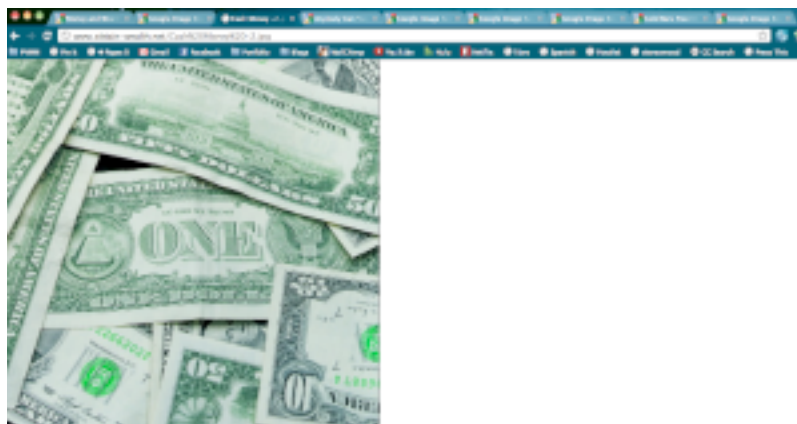




Hit Command+Click (on a Mac) or Ctrl+Click (on a PC) to open each image you like *in a separate tab*. Scroll through and open as many as you feel necessary.



Then, go to each tab, and click on the link to show the *entire image*. Sometimes it will be the same size, other times it will be larger. What we want to do is get multiple tabs with ONLY images within them.





Next, *detach* all your tabs, by dragging the tab *out* of the browser window.

Shrink the size of your browser windows so they are only as large as the images. Then, rearrange them on the screen, to array them in an order that you find pleasing.

Take a screenshot.



Boom! Quick and easy Digital Vision Board, accomplished.

“Vision without action is a dream. Action without vision is simply passing the time. Action with Vision is making a positive difference.” ~ Joel Barker



VISION BOARD FROM SAVED PHOTOS

Collecting Photos

On your computer, create a folder in your Documents folder and title it 'Vision Board.' Move any and all photos that you want to include in your vision board into this folder, and then go on the search for more.



If you download all the images you find, and put them into your Vision Board folder, you can then use them in an image editing program to create a cleaner, more customizable vision board. You can also write text on them.

Personally, I use [iWork's Pages](#). It turns out to be a dynamite visual editor for multiple digital assets. If you're not on a Mac, you could use Word, but this will have you tearing your hair out in no time.

(Not recommended for people trying to maintain a positive emotional state.)

.....
"Microsoft Word is where graphic design goes to lay down and die." ~ Marco Kaye
.....

You can also create a Prezi. Sign up for a free account at www.prezi.com (you can login with your Facebook account) and create a new



prezi. This is an incredible presentation tool, but we won't be using the slideshow features of the prezi - for now. We will only be using the Canvas.

From your new prezi, go to 'Insert,' then 'Images.' You can upload all of the contents of your Vision Board folder at once.



Prezi makes it super easy for you to resize and rearrange your photos into an arrangement you like.

Then, you can write on them.

The text tool in Prezi is very versatile; you can write out an affirmation, or a power word you want to inspire in your subconscious, and complete your Vision Board Layout.

Then, **screenshot that baby.**

The final way to create a vision board involves using image editing programs like Adobe Photoshop or Illustrator. If you've got the know-how to create a canvas of the proper pixel size, populate it with digital assets, and export as a PNG or JPG, then go for it. If you don't already know this, I would recommend using one of the Screenshot methods above.

I go through all three methods in my How to Make a Vision Board Screencast: www.amazinglifeformula.com/vision-board-screencast



BONUS TIP: SET YOUR DIGITAL VISION BOARD AS YOUR DESKTOP WALLPAPER, SO IT IS ALWAYS ON YOUR COMPUTER.



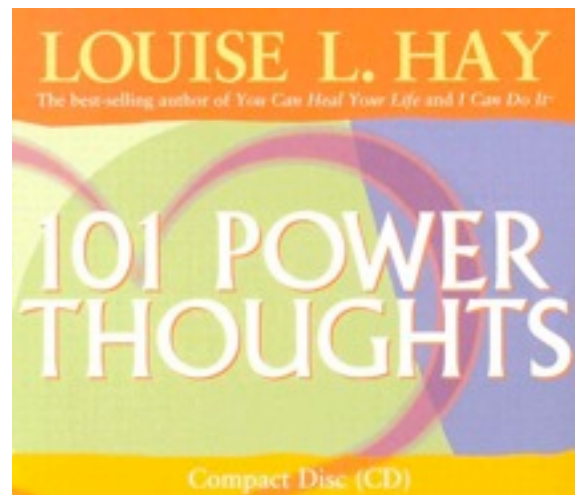
***“Vision looks inward and becomes duty.
Vision looks outward and becomes aspiration.
Vision looks upward and becomes faith.”
Stephen S Wise***

AFFIRMATION AUDIO

This was the **most powerful tool** that I have ever used, in manifestation or magic. It could be the most powerful for you, as well.

I got myself a copy of [101 Power Thoughts by Louise Hay](#). I listened to this mp3 as often as I could. With its gentle background music, and broad range of positive affirmations, I felt comfortable falling asleep with this audio file on repeat.

I was programming my subconscious mind with this rich, positive material.



To do this regularly takes some setup.

- You need an mp3 player (or cell phone) and a pair of headphones. And,
- You need easy access to them at all times.

In our busy lives nowadays, the moment the inspiration strikes that you *could* be listening to some powerful guided affirmative thoughts must *immediately* be followed by action, or you can put it off indefinitely.

Accommodate your tendency.



To make things happen, *be ready for them to happen.*

Get your mp3 device. Load up the files you want. Get your headphones ready. Have them on you *at all times.*

Practice this with Louise Hay's mp3 first, before you make your own mp3. (Seriously, this is something you can setup right now.)

ACTION BREAK: GET LOUISE HAY'S MP3 ON YOUR PLAYER, AND PUT IT WITH YOUR HEADPHONES, IN YOUR POCKET.

MAKE YOUR OWN AFFIRMATION AUDIO

For this section, I am going to recommend the freeware program Audacity, since it is cross-platform compatible. It's easy to use, but it does have it's peculiarities. (It's freeware. The quirks are the cost.)

First, [download Audacity from this link.](#)

Because of somebody's software patents, Audacity can only save files as .wav files. It's kinda lame.



So, you also have to [download this encoder.](#)

(Coincidentally, it's called Lame.)

This will allow you to export your recording as mp3s. (Make sure to hit the Stop button after recording is complete, and highlight all your recording, then go to File -> Export as MP3.) Watch this screencast on creating your own Affirmation Audio.

www.amazinglifeformula.com/affirmation-audio-screencast





“Dream lofty dreams, and as you dream, so you shall become. Your vision is the promise of what you shall one day be; your ideal is the prophecy of what you shall at last unveil.” ~ James Allen

MULTIPLE DRAFTS

When defining our life dreams, and deciding on the seeds to plant in our subconscious mind, it is easy to paralyze yourself with indecision.

By selecting an image for your vision board, or an affirmation set for your audio recording, your subconscious mind may rebel if it intuitively feels that this is not just perfect.

Hardwire a workaround into your brain.

Settle on the number of drafts you will accomplish before you are done.

Make your audio recording five times, or fifteen times, and browse the recordings at your leisure to pick the best one. Don't worry if your vision board isn't perfect; make a dozen of them.

After doing something a few times, you get the hang of it, don't you? There are improvements you make, with your process and artistic sensibilities, as you repeat any action.

Be generous with yourself, as you create these digital works. Schedule a few hours sometime this month to devote to your creation of them.

Making a number of different drafts means you may have an Affirmation Audio Playlist, if you use different music and scripts for each one.



EXERCISE 4.2

PLANNING YOUR TOOLS

Where can you put a vision board?

What will be the theme of your first new vision board?

Once you have created your Affirmation Audios, where will you repeatedly listen to them? Where and when can you *commit* to doing this work?

What kind of music do you want in your Affirmation Audio?

What will you say to yourself in your Affirmation Audio?

When will you have it complete? (Name a date.)



PREPARING FOR YOUR RECORDING SESSION

Set aside a couple of hours, when you are fed, focused, and optimistic.

Make sure it is quiet and you will be undisturbed.

Use Exercise 4.2 to answer these questions for yourself:



- What is the subject for this recording? What, specifically, do I want to manifest more of in my life?
- What are the affirmations I want to use to retrain my brain?
- Will these be repeated, or continuous affirmations?

Repeated vs. Continuous Affirmations

Some recordings work really well by repeating a small number of affirmations. You can record them once or twice, and replicate them over the length of the recording. (See the Screencast above.)

Volume

If you mix the audio from your microphone to be at a very low noise level, you have basically made a subliminal recording. Even if you can't hear your voice in the music, RAS can still pick it up, and he will listen to your affirmations.

Frequency

Repetition within one track is partly a matter of style, and partly a matter of strategy.



I've got a very effective Affirmation Audio track that is the 4 phrases mentioned earlier (thank you, I love you, please forgive me, & thank you) repeated for six minutes.

My favorite Affirmation Audio (the Affirmations 7 track I provided to you in the last module) is a long string of affirmations that do not repeat. Instead, I repeat this track, over and over again.

Storyboarding

Do you want to have music that's great for working out, or for going to sleep? How will you use this mp3 when it is complete?

Remember, you're going to be making lots of drafts, so you can make different kinds of tracks. If, however, you know that a workout track would serve you well, plan for it.

You may want to start your Workout-themed Audio Affirmation with a couple minutes of plain music, so you have time to stretch and get focused before the affirmations begin.



Music Selection

Generally, I recommend music without words to serve as the background for your Audio Affirmations. This enables your mind to focus exclusively on your own voice.

Tailor the type of music (fast, slow, energized, dreamy) to the activities you will do while you are listening.



- Is it in the gym?
- In the car?
- As you lay down and fall asleep?
- Doing dishes?

If you have a 20 minute commute, aim for 20 minutes of affirmations. Put on your favorite driving music. For exercise playlists, use Electronica. For general use, I recommend the Chill genre.

If you don't own music that would be suitable, go into iTunes (another free program) and open iTunes Radio. Select 'Ambient.' Run through a few stations until you find some music you like.

You can also [use the royalty-free music here](#).

Try different types of music, for different affirmation sets, until you find what is most right for you.

“Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.” ~ Gail Dever





GUIDED VISUALIZATIONS

If you are intimidated by the techie-ness of making an Affirmation Audio, then [try a guided visualization instead](#).

If you have never been to a hypnotherapist, I will give you the basic outline of a guided visualization:



1. You relax your body completely, in order to open the channel of communication between your conscious and unconscious mind.
2. A hypnotherapist describes things for you to visualize, feelings for you to have, and sensations to imagine.
3. These guided thoughts go directly to the front of the line and RAS sees their names on the VIP list. *They get into the party.*

You can easily find guided visualizations on the internet; [here are some I recommend](#). Or, you can make your own.

DESCRIBE YOUR JOURNEY

To make an effective hypnotherapy script, you should describe yourself going on a journey to the goals you wish to attain. Include the feelings you will feel when you have attained your goal, and describe the world around you using all five of your senses.

Next, read this script aloud into your recording program, over music that is soothing and peaceful.

ACTION BREAK: WRITE YOUR SCRIPT IN EXERCISE 4.3



EXERCISE 4.4

SNOOZE ALARM MEDITATION

When you first wake up, the boundaries between your subconscious and your conscious mind are at their thinnest.



Use this opportunity, this gateway into your subconscious mind, to plant the seeds of thought you wish to grow.

Step 1: Put your mp3 player and headphones next to your bed.

Step 2: Set your alarm for 20 minutes earlier than you wish to rise.

Step 3: When your alarm goes off in the morning, hit the Snooze button, and listen to your Affirmation Audios.

It is a great way to start your day.



NEXT UP: VISUALIZATION

Now that you know *how* to make these tools, *what* goes in them is something we will discuss in the next module: Visualization.

"Our job as humans is to hold on to the thoughts of what we want, make it absolutely clear in our minds what we want, and from that we start to invoke one of the greatest laws in the Universe, and that's the Law of Attraction. You become what you think about most, but you also attract what you think about most." ~ John Assaraf





THE PHOENIX FLAME

- ☼ I RELEASE ALL NEGATIVE THOUGHTS FROM MY MIND AS THEY ARISE.
- ☼ I AMPLIFY ANY THOUGHTS I CHOOSE TO THINK THROUGH MY SUBCONSCIOUS MIND.
- ☼ I CHOOSE TO THINK THOSE THOUGHTS THAT LEAD ME TO A NEW AND BETTER LIFE.
- ☼ I UNDERSTAND THE TENDENCIES OF MY MIND AND CREATE THE ENVIRONMENT FOR CHANGE.

ACTION BREAK: SAY THIS AFFIRMATION OUT LOUD. RIGHT NOW.



PHOENIX
FORMULA



A 9-Module Self-Guided Study Course

on Hacking your Subconscious Mind to

Live Another Life

BY

CAELAN HUNTRESS



MODULE 5

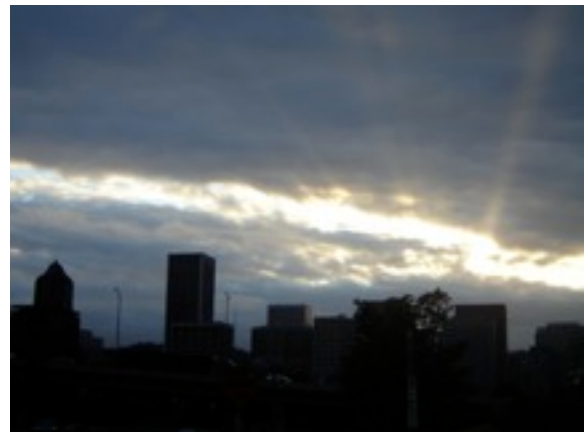
- VISUALIZATION -

☼ I ALLOW THE GREATEST LIFE POSSIBLE TO BE CREATED WITHIN MY IMAGINATION AND MY WORLD.

“Hold in mind the condition desired; affirm it as an already existing fact. Character is not a thing of chance, but it is the result of continued effort.” ~ Charles Haanel

I looked around one day, and realized I was in the midst of a full-blown depression.

In Portland, winters are gray and dreary. The summers are glorious, perhaps more so than other summers, because the residents of Portlandia are so sun-deprived that we frolick more readily in the rays of rare sunlight.



After two particularly dim winters, I developed a condition known as Seasonal Affective Disorder (S.A.D.) Due to the lack of sunlight on my retinas, my brain more readily entered states of depression.

Luckily, **I have control over my brain**, so I changed that.



I changed the screen saver on my computer to a rotation of tropical beach pictures. (This was before we had any inkling of moving to Costa Rica, so consider the side effect that I have to endure because of this choice.) Whenever I saw my screensaver, before I would wipe it away, I took twenty seconds to enjoy the photos, and imagine myself lying on the beach.

The visceral experience of lying on a hot beach involves lots of sensations. The sharp tang of salt on the wind; the grittiness of sand between your toes; the contracting feeling of your hot skin tanning.

By imagining these sensations, while feasting my eyes on images of tropical paradise, I tapped into one of the most potent manifestation techniques ever discovered by man: **visualization**.

THE MECHANICS OF VISUALIZATION

The straight definition of visualization is “*to form a mental visual image.*”

We all visualize. Think about your refrigerator, right now, and opening it up to reach inside and pull out something cold. You just visualized.

The brain function that we use to visualize is our imagination.

This is what allows us to participate in creation.

We can imagine **that which is not**.

And through these visualization techniques, you can turn your imaginings into that which *is*.

Visualizing without the keys, however, is like sitting in a car that doesn't work. It can be comfy, but it doesn't get you anywhere.

There are three keys to making visualization effective.



- 1-Your visualization must be as detailed as possible.
- 2-You must incorporate motion.
- 3-You must use all five senses.

Now, let's practice using these keys. I want you to visualize the last time that you gave someone cash to buy something. Something you enjoyed buying. Shut your eyes if you need to, and breathe deeply. Remember the moment of the transaction.



You are buying something, and you receive something in return. Notice your fingers. What are they doing at this moment? What details can you notice in your environment? What does the air feel like? What objects are surrounding you? What are you wearing? How do you feel? What sounds do you hear?

“Imagination gives you the picture. Vision gives you the impulse to make the picture your own.” ~ Robert Collier



VISUALIZING ATHLETES

There is a specific type of person who plays golf.

Physically and psychologically, they fit a certain profile. They tend to be good socializers with a moderate interest in athletics and fitness, and a great propensity for **visualization**.



The sport of golf doesn't take any specific physical attributes, other than balance and control. Tall, short, fat, thin, old, young, anyone can be good at golf.

If they can visualize.

Aiming a long fast club against a tiny ball takes such a minute amount of control that we cannot *consciously* control the subtlety.

In all truth, you have your subconscious mind to thank for the subtle adjustments necessary to angle the ball a half a degree to the left. Your conscious mind just doesn't have the processing power to control that.

What we *can* control is the picture we develop in our heads of how the shot will go. The more accurately we can visualize a successful shot, and the more we can relax our bodies in such a way that we actually let RAS manipulate all the tiny muscles and tendons as they leap into a mighty swing, the better we will become at manifesting our visualizations.

.....

***“You must see your goals clearly and
specifically before you can set out for them.
Hold them in your mind until they become
second nature.” ~ Les Brown***

.....



RELAXATION

We'll get more into relaxation in Module 6: *Meditation and Intuition*, but it deserves a special mention here.

If your shoulders are tense while you swing a golf club, or shoot a basketball, or throw a dart, or toss a frisbee, you will be unable to accurately translate your visualization into



manifestation, *because you are getting in the way.*

Relaxing your body and your mind is absolutely essential if you want that massive supercomputer in your head to step in and take control of the subtle bits that your conscious mind can't comprehend.

"Visualize this thing that you want, see it, feel it, believe in it. Make your mental blue print, and begin to build." ~ Robert Collier

FOCUS ON FEELINGS

Once you have the visualization complete, don't focus on *what* you want. Focus on how it will make you *feel* to have those things.

Feel those feelings, regardless of what you have currently, and you will prime RAS to allow more conditions that cultivate that emotional state.



Gratitude. Joy. Love. Excitement. There are plenty of good emotions to use for manifestation. Any emotion that makes you feel strongly.

Notice, I didn't say good. Anything that makes you feel *strongly*. You can use negative emotions as fuel for the fire; think of people who are obsessed with revenge. Their feelings still fuel their manifestations.

But negative emotions are unstable, and can prevent you from controlling what you manifest. Besides, we want to do this to make our lives better, and more amazing, right? *You become what you continually think about.*
Use positive emotions.

EMOTIONAL CREATION



This is not a thinking universe. I wish it were, it would have made things easier for me to learn how to manifest. If you're like me, and you think with your **head** before your **heart**, this step is crucial for you. If you're the opposite, and you think with your **heart** before your **head**, you probably

accidentally manifest all the time, don't you?

The reason why unintended manifestations happen is that this is a *feeling* universe. For those who are spiritually inclined, **angels are not made of well constructed arguments**. They are made from *emotions*. Pure, powerful emotions. That's what creates this universe. And we are all co-creators in it. The way we participate in creation is through our feelings.



THE PRESENT TENSE

Feeling strongly about a clear visualization, sometimes that's not enough. Have you ever tried to manifest something, using the techniques in the Law of Attraction, and had it not work? This is usually due to the very common misstep of visualizing something happening in the future.

That keeps your visualization in the future, and out of the present tense. Don't do that.

You feel it now.

The universe is happening *right now*. This present moment, it's the only one. Its all there is. This is where Eternity exists. If you feel so strongly about something you want to achieve, someday, and you put all your emotions into feeling that you'll get it, *someday*, sometime in the future, and *someday* you really want this thing to happen...when does someday happen?

Someday is in a different realm. It is theoretical. It is a function of our thinking, and not our feeling.

Emotions don't go to the future. Emotions, the secret fuel of visualization, they happen right now.

Remove this roadblock. Play with the angels. Feel it happening *now*.

.....
***“See things as you would have them be
instead of as they are.” – Robert Collier***
.....

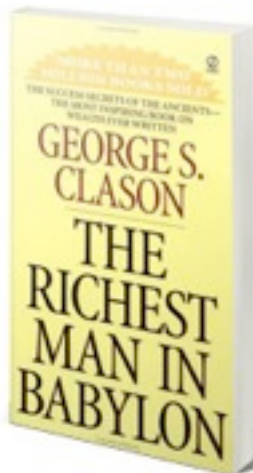


THE RAFFLE GAME

I was teaching a seminar about using the Law of Attraction to make more sales when we had an amazing discussion during an exercise called the Raffle Game.

This exercise has everyone participate, and there is one winner. Everyone puts their business card in a bowl and visualizes winning the prize.

This exercise gives us an opportunity to discuss why one person won, and why other's didn't. We compare notes on our visualization techniques, so we can provide feedback to one another.



We were playing the Raffle Game with the book “The Richest Man in Babylon” by George S Clason as the prize. I had everyone use the techniques we had discussed and practiced through the seminar, many of which I’ve gone over here. Everyone closed their eyes and imagined me reaching into the bowl to draw out their own business card.

The winner, Charlie, did something different. He visualized himself lying in bed, reading the last two pages.

The last two pages.

He got specific. He got detailed. He used all five of his senses. He used the mechanics of visualization to manifest something, by understanding how this works, and by applying those rules to his structured thought.



My method is different. I do not rush into actual work. When I get a new idea, I start at once building it up in my imagination, and make improvements and operate the device in my mind. When I have gone so far as to embody everything in my invention, every possible improvement I can think of, and when I see no fault anywhere, I put into concrete form the final product of my brain.”~ Nikola Tesla

In another seminar, I was raffling off ‘Secrets of the Millionaire Mind’ by T. Harv Eker. After I drew Lester’s name out of the bowl, he started laughing uproariously. I let him have some time to catch his breath, and then first asked everyone else in the group, ‘How come you *didn’t* win?’

A girl in the front said that she *really* wanted the book, because she had always wanted to read it, someday.

(There’s that word again!)

She was focusing on her **want** so strongly that she was not using the exercises we had worked on during the seminar: feeling joy, visualizing the goal in your possession, feeling it in the present tense. She was so focused on wanting something that she did not have, she continued not having it! She knew, she said, she would have it, *someday*.





Lester, the winner, had owned the book before, and had given it away to friends, a couple of times. He had once attended Eker's seminar, and enjoyed it so much that he decided to focus on that feeling of joy, the emotions he felt while he was at the seminar. *He imagined giving the book to someone*, and the satisfaction he would have in doing so. It was at that moment that I said, "Good job, Lester," and he broke out into laughter.

After telling us this story, he walked over to the girl who wanted the book some time in the future, and he gave it to her, expressing his gratitude that he was able to give this book away again. She got what she visualized, and so did he.

"Visualization is daydreaming with a purpose." ~ Bo Bennett

OTHERS VISUALIZE YOUR LIFE

When others are having thoughts about you, they co-create your experience.

The way you present your life to them will be reflected back at you, not only through their interactions with you (by inviting you to keep being the person they perceive you to be) but also through their own manifestation channels.





If everyone you know thinks you are obsessively interested in shoes, they will provide you with multiple opportunities to fulfill that expectation. The presents they give you will all be shoes. The cards you get will have shoes on them. Your conversations will revolve heavily around footwear.

Because you are **participating** in this visualization, you are **validating** their preconception of you as the shoe-person, and ensuring more opportunities for you to fulfill that preconception.

In related news: quit complaining about your life on your Facebook page. Every complaint is an opportunity for someone else to agree that your life stinks. Help people agree that your life is amazing.

"I've discovered that peak performers use the skill of mental rehearsal of visualization. They mentally run through important events before they happen." ~ Charles A. Garfield



DEFINE YOUR NEW AND AMAZING LIFE.

Visualize it in detail. Share your dream with everyone you know. Feel the joy of having been reborn as someone new, someone better.



DON'T BE LIMITED BY POSSIBILITY

You have **no idea** how good your life can get.

Unless, of course, you decide there is a limit to the goodness that is available to you. Often, when crafting visualizations, we continue to use the boundaries that have become convenient for us to use in daily life.

These boundaries of possibility serve a purpose in the physical world, but in the realm of the imagination, they cripple us.

“Shoot for the moon. Even if you miss it, you will land among the stars.” ~ Les Brown

Your imagination is private. Nobody else can know how grand you visualize, so take advantage of this privacy, and **dream big**.

What if there were no limits on your life? What if you had the perfect body, infinite financial resources, a fulfilling career that made a difference in the world, and a family that loved and supported you? Start from the top when you craft your visualizations. Don't invite your current limitations along for the ride.

“When confronted with a situation that appears fragmented or impossible, step back, close your eyes, and envision perfection where you saw brokenness. Go to the inner place where there is no problem, and abide in the consciousness of well-being.” ~ Alan Cohen



PRACTICE MAKES PERFECT

Athletes do not visualize winning a gold medal once or twice. They visualize their goal continually, unceasingly.

If your goals mean enough to you that you wish to really see them manifest in your life, then you need to devote time, energy, and effort to visualizing.\



“Ordinary people believe only in the possible. Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by visualizing the impossible, they begin to see it as possible.” ~ Cherie Carter-Scott



ACTION IS THE SPARK OF THE PHOENIX FLAME

Where is the best place for you to visualize?

When is the best time of day? What day of the week?

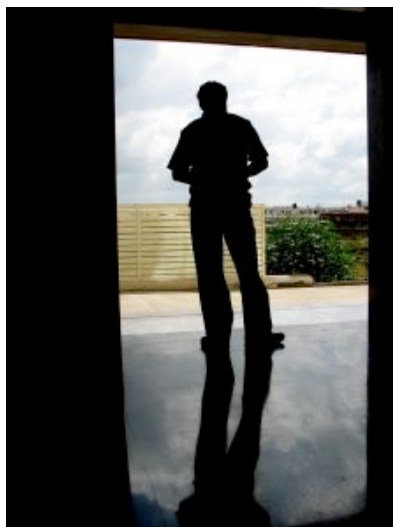
Identify the optimal times for you to dedicate to working on the rest of the Phoenix Formula exercises. Print out the 8 exercise worksheets at the end of this module, and use them during the best time and at the best place.

Commit to a regular schedule of visualization.

Is an amazing life worth your time?

ACTION BREAK: DECIDE ON THE NEXT TIME YOU WILL SPEND 15 MINUTES IN VISUALIZATION. SCHEDULE IT. COMMIT TO IT.

“This power is from within, but we cannot receive it unless we give it. Use is the condition upon which we hold this inheritance.” ~ Charles Haanel





THE PHOENIX FLAME

- ☼ I RELEASE ALL NEGATIVE THOUGHTS FROM MY MIND AS THEY ARISE.
- ☼ I AMPLIFY ANY THOUGHTS I CHOOSE TO THINK THROUGH MY SUBCONSCIOUS MIND.
- ☼ I CHOOSE TO THINK THOSE THOUGHTS THAT LEAD ME TO A NEW AND BETTER LIFE.
- ☼ I UNDERSTAND THE TENDENCIES OF MY MIND AND CREATE THE ENVIRONMENT FOR CHANGE.
- ☼ I ALLOW THE GREATEST LIFE POSSIBLE TO BE CREATED WITHIN MY IMAGINATION AND MY WORLD.

ACTION BREAK: SAY THIS AFFIRMATION OUT LOUD. RIGHT NOW.



EXERCISE 5.3

PRACTICE VISUALIZING

For this exercise, you will not be writing. You will be visualizing.

Please print this page for reference. Or, if you're lazy, gifted, or both, just remember what these pictures look like.



For 3 days straight, imagine the first picture three times per day. Morning, noon, and night, for one solid minute. Drop into a meditative state, and visualize a circle. Completely. Exclusively.

For the next 3 days, visualize a sphere. Details. Motion.

For three days after that, imagine an apple. Get to know it well. Imagine the bumps and imperfections, the colors and textures.

Then, spend 3 days visualizing biting into an apple. Taste it. Smell it. Feel it in your fingers. Three times per day.

Practice.



EXERCISE 5.5

POWER MANIFESTATION EXERCISE

Write down a goal. It must be Big, Believable, and in the Present Tense.

What are the feelings you will have when you have attained this goal?
Write them on the left side.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

You have felt these feelings in the past. On the right side, write down a memory or experience when you actually had this feeling.

Feel these emotions again, while thinking about your goal, *happening now*.
Write on the first line of this page, "I am so happy and grateful now that..."

(If you did this exercise in Module 0, congratulations! Now you get to do it again. If you missed it the first time, NOW IS YOUR CHANCE.)



EXERCISE 5.6

PINK BUBBLE

This is an exercise you can do anywhere.

Create a detailed visualization based on your goal in Exercise 5.5. Picture one aspect of it in precise detail, using the 3 Keys of Visualization:

- Focus on the details
- Incorporate motion
- Use all five of your senses

Smell things changing. Hear sounds coming in and out. See things moving.

Once you have constructed this multimedia panorama in your imagination, encase it in a pink bubble.

See this bubble floating off into the Universe, with no connections or ties to you. **Let it go.**



By relinquishing possession of the image, you allow any unexpected method of manifestation to surprise you.



EXERCISE 5.7

GOALS IN AREAS OF YOUR LIFE

If you're encountering writer's block with previous exercises, this will help.

List some things you would like to have, to achieve, or to be in these areas.

CAREER	RELATIONSHIPS	ADVENTURE

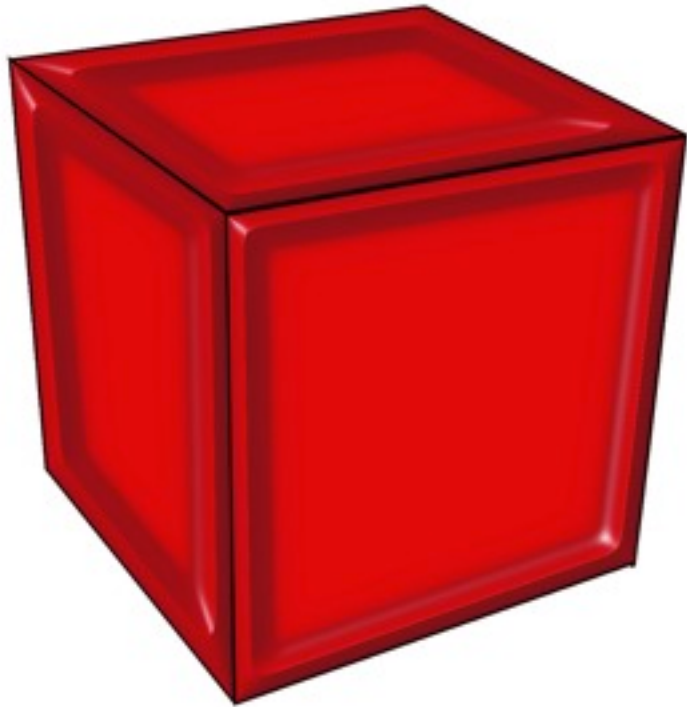
POSSESSIONS	SPIRITUALITY	EXPERIENCES



EXERCISE 5.8

CUBIC PERSPECTIVE

Think of an area of your life you would like to work on. Your challenge will be to look at this from six different perspectives; like six sides of a cube.



A cube has three pairs of opposites. So, if you look at your situation from one perspective, look at it from the opposite perspective, as well. Writing down all the reasons why each perspective is valid will shake up everything you know about the situation, and give RAS an additional opportunity to sift through everything and find a solution.

Often, in doing this exercise, the revelation comes from an unexpected source; only after examining your issue from opposite perspectives, that you would normally never consider (or that you prefer not to think about), do these ideas rub up against one another in such a way that a solution is magically provided.



First, write the issue you would like to work on:

One way you could look at this is:

The reasons supporting this perspective are:

A completely opposite perspective is:

The reasons supporting this perspective are:



A new way to look at the situation is:

The reasons supporting this perspective are:

A completely opposite perspective is:

The reasons supporting this perspective are:



A new way to look at the situation is:

The reasons supporting this perspective are:

A completely opposite perspective is:

The reasons supporting this perspective are:



ADVANCED TRAINING

If you want to **seriously devote** yourself to the study of visualization, then I heartily recommend the Quantum Jumping course by Burt Goldman.

A protege of Jose Silva, Burt Goldman has been one of the world's leading hypnotherapists for decades. He has devised an ingenious method for encountering *alternate versions* of yourself in your imagination, and incorporating their habits, beliefs, and emotional states into your own self.

His course is called Quantum Jumping, and you can read about it here:

WWW.PHOENIX-FORMULA.COM/QUANTUM-JUMPING





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A 9-Module Self-Guided Study Course

on Hacking your Subconscious Mind to

Live Another Life

BY

CAELAN HUNTRESS



MODULE 6

- MEDITATION & INTUITION -

☼ I SURRENDER MY WILL TO MY INTUITION AND EMBRACE ALL UNEXPECTED BLESSINGS.

“Meditation brings wisdom; lack of mediation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom.” ~ Buddha

Your thoughts guide so much of your life. Your opinions, your will, your limits, even your manifestations...all of these aspects of yourself are harbored in your thoughts.

If you are the master of your thoughts, then you are the master of everything guided by your thoughts.

You could be:

- The Master of your Opinions
- The Master of your Will
- The Master of your Limits
- The Master of your Manifestations

But first, you must become the master of your thoughts.





The first module in this course is “*Eliminate All Negative Thought*,” because without this prerequisite, any of the subsequent steps will be poisoned by the negative opinions, beliefs, and reactions that habitually guide us.

Now is a good time to check in:

HOW ARE YOU THINKING?

Observe yourself, impartially and without judgment.

Have you been able to successfully implement exercises from Module 1, and **eliminate all of your negative thought**?

Or are you still finding yourself frequently ambushed by negative emotions and reactions?

If so, it might be time to declare your mastery over your own mind. The easiest way to control your thoughts, all of them, is to clear them out.

HOBOS TRASHING THE PARTY

Remember, your conscious mind is this exclusive cocktail party, and your bouncer RAS has screened every guest to meet your standards. But you remember what we talked about earlier, about changing his marching orders? That means his criteria for admitting the guests *into* this party has changed, but some bad influences from the old guest list are still inside, and they are ruining your party.

After upgrading your invitations, you invite the most noble thoughts and virtues to come into your mental home and discuss the finer things





in life, and there's this tramp in the corner moaning about how bad a week he's having. Incessantly.

Get him out of there!

Your negative thoughts will remain in your mind out of habit, unless you consistently and repeatedly kick them out and make it known they are not welcome anymore.

The best and most efficient way to do this is to **meditate**, clear all thoughts from your conscious mind, and spend time with an empty space.

After ten minutes of this, you ask RAS to re-open the velvet rope, and the guests on your list are allowed to re-enter. Your conscious mind has been swept clean.



This is how we want it to work, at first. In practice, though, some of these old tramps look so familiar to RAS that they are let in without being checked on the list first to make sure they are still invited. That's why you need to practice your affirmations regularly, meditate every day, and establish this new series of patterns in your life.

***“I deepen my experience of God through
prayer, meditation, and forgiveness.”***

~ Marianne Williamson



MENTAL VOCABULARY

Okay, this module gets into the woo. You've been warned.

Meditation, as I use the term here, goes by many names. Prayer, trance, disciplined consciousness, ecstasy, yoga.

Many religious and spiritual traditions describe the human mystical experience using different terms.

Different traditions all have useful vocabularies for expressing spiritual ideas in particular ways.

Please keep this in mind, if you should have any strong opinion about the origin of a spiritual concept, this bias could be interfering with your ability to glean the wisdom ensconced therein. Put on your open mind. Honor your questions and doubts, but save them for later.

If we know the divine art of concentration, if we know the divine art of meditation, if we know the divine art of contemplation, easily and consciously we can unite the inner world and the outer world." ~ Sri Chinmoy





DOORWAYS TO TRANCE

- *Dance.*
- *Yoga.*
- *Prayer.*
- *Drugs.*
- *Mantra.*

There are many different methods to achieve a meditative state of mind.

- You can start with the body, and work it to exhaustion, to find a clarity and solitude beyond your bodily limits.
- You can begin with the mind, thinking the thoughts that will guide you into a trance.
- You can contemplate the cosmos, focusing on something infinitely higher than yourself, and attain a trance through prayer.

The meditative trance, regardless of the doorway used to achieve it, has some general qualities that define the experience:

- You feel a connection to something greater than your own individuality
- You are not preoccupied with thoughts about survival and comfort
- Your mind is empty of typical thought
- You are not impressing your will outwards, you are receptive





THE MEDITATIVE STATE

All the great masters of life and of living have some form of daily meditation practice, and if you want to get better at living your own life, you should have one too.

It is no accident that some of the most incredible people in history have been those who cultivated the habit of meditating, and devoted their time to introspection. Through prayer, meditation, or dance, those who spent a prescribed amount of time every day working on a reset mindset had the ability to gauge when they were living the life they wanted, and when they were living the wrong life.

ACTION BREAK: REVIEW EXERCISE 6.1, AND DEFINE THE SPACE AND TIME FOR YOUR MEDITATION PRACTICE. COMMIT TO IT.

WHAT MEDITATION DOES FOR YOU

Meditation cleanses and resets your mind.

All of your habitual thoughts and emotions accumulate, and start guiding the decisions you make and the thoughts that you have. These old thoughts are partially responsible for the way your life is turning out.

Meditating releases you from the grip of your past, and allows you to fully experience the majesty of the present moment.



By disciplining your mind to obey your will (or, specifically, your temporary lack of will), you free yourself from the grip of those thoughts that have been subconsciously guiding you for your whole life.



THE PRACTICE

Daily practice brings momentum, and brings results.

If you want to reap the benefits of meditation, you must commit to a daily practice, where you return regularly to the same exercises. As your mind grows stronger and more disciplined, you will need a mental yardstick against which you can measure your progress; the regular activity of a repeatable practice allows you to do observe your own mental growth.

To establish a daily practice, you need: **a space, a time, and a crutch.**

Having a space where you meditate, reserved for that purpose, greatly aids in the ability to keep a regular practice. It doesn't have to be much; a cushion on the floor by your mp3 player, with candle and matches ready.

Dedicating a regular, easily repeatable time reserves the space in the day, before any other obligations can tempt you into procrastination.

.....

“Meditation practice is like piano scales, basketball drills, ballroom dance class. Practice requires discipline; it can be tedious; it is necessary. After you have practiced enough, you become more skilled at the art form itself. You do not practice to become a great scale player or drill champion. You practice to become a musician or athlete. Likewise, one does not practice meditation to become a great meditator. We meditate to wake up and live, to become skilled at the art of living.” ~ Elizabeth Lesser

.....



THE CRUTCH

The trappings of ritual are useful, in their way.

Lighting a candle, burning incense,
playing music with lots of big
Tibetan gongs, none of these are
sufficient to transport an individual to
a full meditative state by
themselves.

But they serve as **crutches**.

When we repeat two actions
together, we neurologically wire their
experiences together in our
memories.



By repeating the action of lighting a candle, saying a prayer, and rolling
fingers over rosary beads, thousands of times, you trigger to your mind that
you are going into the same state of mind as all the other times you
performed those actions.

Regularly attaining a deep meditative state after a ritualized action creates
a strong neural link between the action (the crutch) and the state of mind.

Develop crutches to carry you to the states of mind you wish to attain.

***The timeless in you is aware of life's
timelessness; and knows that yesterday is but
today's memory and tomorrow is today's
dream. ~ Khalil Gibran***



PICK A SENSE

Which sense is best for your meditation crutch? Try a few. Light a candle, burn some incense, listen to some music.

When you find the crutch that works for you, acknowledge it as a useful tool. It will retain this acknowledgment when you return to use it again, and you will be more effective at meditating because of this.

Sometimes, caught in the clutches of living in the modern world, we find difficulty in returning to a state of meditation.

Use your crutch. It's there to help you, once you define it.



My crutches are: a hot shower, East Indian Trip Hop music in my Bose headphones, and Nag Champa incense. I have repeated these rituals so often before meditation, if I want to artificially create a meditative state, I use my crutches, and I'm there.

“The possibilities of attention when properly directed are so startling that they would hardly appear credible to the uninitiated. The cultivation of attention is the distinguishing characteristic of every successful man or woman.” ~ Charles Haanel



BREATHING

Our connection with the world around us is most truly symbolized by the act of breath. Through breathing, we absorb the space surrounding our bodies, and take it into ourselves, nourishing ourselves upon it.

Breathing centers the mind, calms the heart rate, regulates blood flow, brings oxygen to your cells, and increases your vitality and overall health.

Breathing can serve as an anchor for your focus. One of the simplest (and most useful) meditations I have learned is called the **Fourfold Breath**.

BREATHE IN, SILENTLY COUNTING TO FOUR.

THEN HOLD YOUR BREATH, COUNTING TO FOUR.

EXHALE, COUNTING SILENTLY TO FOUR.

HOLD YOUR BREATH OUT, AND COUNT TO FOUR.

REPEAT.

The simplicity of this exercise is its greatest strength. If you practice it regularly, you have a place of balance and stability you can return to from any meditation. If your thoughts are spinning out of control, the Fourfold Breath can bring you back to center.



If you feel lethargic and listless, the Fourfold Breath will revitalize you.

If you can't relax your body, the Fourfold Breath can remove your attention from your muscles.

Sometimes, during meditation, energy flows through you. Sometimes it is unexpected, and overwhelming. The Fourfold Breath can serve as a decelerator, bringing you back to a stable, low calmness.



CLEARING YOUR MIND



Emptying out your mental space involves letting go of every thought, every perception, and every opinion.

You don't need to do it permanently, but even this brief separation is enough to make your mind frantically search for something to focus upon.

The disciplined ability to clear your mind, regularly, at a moment's notice, is the best illustration of having a firm control over your thoughts.

Surprisingly, I first found this clarity through task management.

See, I've got an extremely active mind. Keeping track of all the ideas rolling around between my ears used to preoccupy a large portion of my thinking capacity.

(My RAS party was full of all these stenographers trying to remember all the ideas that I forgot to write down or that I misplaced.)

Then I found an amazing book called *Getting Things Done*, by David Allen.

The GTD System gives a priority system that allocates every thought, idea, and action, and puts it into a workflow that is easy to manage.

The entire point behind the philosophy is to make your mind more efficient.

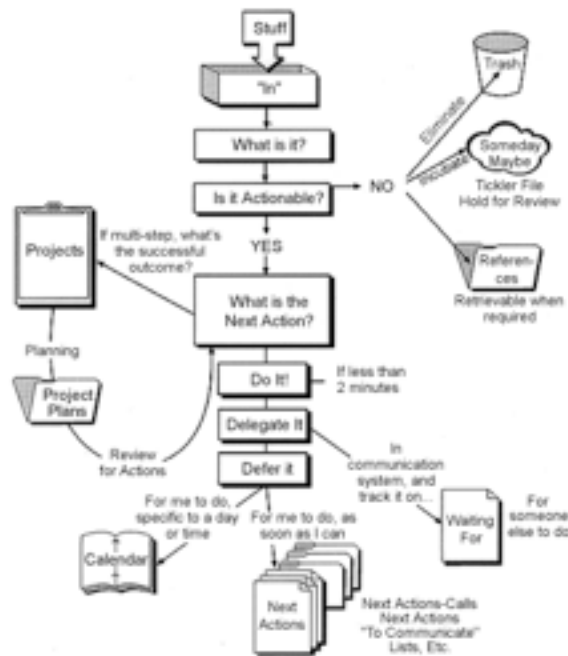
If you are working on a project, or talking to a client, and the thought comes in your mind that you have to remember to pick up milk on the way home,



your brain is focusing on things it shouldn't be in order to remain efficient and effective.

If you had a system in place so you could retrieve the thoughts you need exactly when you need them, your mind would be free to focus on the things you want to focus on, and not on the urgent tasks you're struggling not to forget.

After spending six months with this task management philosophy, I got more accomplished than I ever had before, and my mind was clearer and more relaxed, because I knew I had all my thoughts, in my system. I was under no obligation to think about them when I didn't need to. My mind was clear.



DISTRACTIONS

Part of mastering your thoughts is taming your mind's obsession with distractions.

Judging your distraction will further increase your ego's hold over your consciousness, and prevent you from attaining the emptiness that sets the meditative space.

When you are distracted, do not get frustrated. Simply acknowledge the distraction, and lovingly let it go from your attention.

I've had great success with this affirmation:



ANY THOUGHT THAT DISTRACTS ME ANCHORS ME FIRMLY IN THE PRESENT MOMENT.

This affirmation is a **mindhack**. You can use it to acknowledge your distraction, and use it to **pivot** you into the place where you would have been without the distraction.

"Concentrate all your thoughts upon the work at hand. The sun's rays do not burn until brought to a focus." ~Alexander Graham Bell

Sometimes, we are distracted kinesthetically; which is why relaxation is such a powerful tool to remove old, unwanted thoughts and feelings.

IT'S TOUGH WORK, HAVING A BODY.



You have to keep your body fed at regular intervals, or it starts to interfere with all of your emotional states. You can't bang it around too much, or it doesn't move right. If you don't spend enough time resting, or having fun, or bathing, your body becomes an unpleasant place to live.

Even in the best of times, when our bodies are doing just great, our consciousness automatically reverts to analyzing what's happening with the body, and how to arrange events in the near future to best serve the body's needs and whims.

One of the only ways you can fully detach from that endless chain of mind-body communication is complete and total relaxation.



When your body relaxes, all of your muscles lose their tension, and your mind is not shackled by the continual sensations coming from every muscle that it can perceive.

“The intention governs the attention. Power comes through repose.” ~ Charles Haanel

Your mind can step out of being the ‘pilot of the body,’ and contemplate it’s own position *as your mind*.

The deep contemplation of the relationship between your mind and the infinite around it - this is where intuition is to be found.

INTUITION MECHANICS

I will now ask you to believe a few axioms:

1. We live in a created universe.
2. An infinite consciousness is responsible for all of creation.
3. As created beings, we are a part of the infinite.
4. As members of the infinite, we are involved, however infinitesimally, in participating in the infinite consciousness.



Consider, you don’t have to believe any of these statements for the rest of your life. I would like you to **momentarily** accept these axioms as truth in order to convey a deeper proposition.



5. By examining our connection to infinite consciousness (God, Krishna, et.al.), we gain glimpses of the rest of creation through this connection, and understand how it interacts with us.

This is **intuition**. This is where it comes from, and how it works.

Somewhere in the aether, there is a higher version of you (your Higher Self, your Holy Guardian Angel, etc.) which has a different perspective on everything that happens to you.



While this higher entity is...still *you*, this difference of perspective is all that separates you from fully being this higher version of yourself.

Acknowledge this difference in perspective by

stepping around it (mindhack), and thinking and acting as the Higher You would do things. This is how your intuition guides your will; the other you, the lower you, has to get out of the way.

“Your ability to cooperate with this Omnipotence will indicate the degree of success with which you meet.” ~ Charles Haanel, The Master Key System



INTERPRET YOUR LIFE SYMBOLICALLY

Intuition is, by its very nature, a subtle art. It involves interpretation of the symbolic, whether that symbol be a similarity, a coincidence, or a hunch.

We receive symbols about our life and our future all of the time. Our ability to interpret them as divinatory symbols depends on how closely we are paying attention, and how willing we are to examine things from the higher perspective.

A shaman will watch two dogs cross his path, and stop to contemplate who or what these two dogs could represent, and how their actions could be interpreted as a symbolic message of something in his life.

It may mean nothing, that day. Or it may provide curious insight on a relationship he has with another, and provide him with the means to understand it in a new perspective.

This continual questioning of the workings of the world around you, and curiosity about the path you are on, can provide intriguing glimpses into your own future, and into the most amazing possibilities of your life.

It is along this path you will cultivate the use of your intuition, and use it to guide you along the path of True Will.

.....

***"Thus meditating you will no longer strive to
build yourself up in your prejudices, but
forgetting self, you will remember only that
you are seeking the Truth." ~ James Allen***

.....



ALIGNING WITH TRUE WILL

Over on one end of the predestination spectrum, True Will would be called destiny.

Coming from the standpoint of free will, we would instead call it authenticity.

Being more authentic to who and what you really are. (Maybe only what you have decided you are, but you get my point.)

However you view the divine plan (whether everything that happens is fated to happen, or, it's all chance and no future is written in stone), you can identify a higher purpose for your life from either side of this spectrum.

For those who believe in Fate, True Will is

- the life you were born to lead
- the great act you were meant to do
- the destiny you came here to fulfill.

Free Will provides us with a different vocabulary choice describing the same thing: This version of True Will would be

- your authentic reactions
- based on who you and you alone define you to be
- free of any influence from society, culture, or other people.

Either way, when we deviate from our true will, our intuition tells us clearly.

"Place yourself in the middle of the stream of power and wisdom, which flows through your life. Then, without effort, you are impelled to truth and to perfect contentment." ~ Ralph Waldo Emerson



An intuition could be coming from the angel guarding our destiny, or from our own subconscious mind noting an internal inconsistency.

We have the option of ignoring our intuition, which is what allows us to

- become the wrong person
- fulfill a different destiny
- live a lesser life.

Your intuition is the barometer by which you can measure your effectiveness in living your life. Follow your intuition successfully, and you will be reborn into the realm of serendipity.

SERENDIPITY AND SYNCHRONICITY

Inexplicably good luck can, and does, happen in people's lives.

Maybe you've felt it in your own.

I love it when serendipity happens, because it validates that I am on the right path, and my alignment with True Will is successful.

Most synchronicities that I observe are small. An inconsequential thought urges me to take my iPod out of my pocket and put it in my backpack, and days later, I find myself in a situation where having an iPod in my backpack fills a perfect hole in my day.

I tuck a few dollars into a book, for no reason; and the next time I'm reading that book, I'm at a cafe without my wallet.





This sort of thing happens to me *all the time*. But it didn't used to.

We often visualize serendipity happening in the future, or daydream about synchronous events coming together easily and fluently. This is a useful exercise for visualization, but it is much different than the actual occurrence.

Serendipity does not occur in our imagination.

It happens now.

Say thank you and feel grateful for the synchronicities and serendipities that appear in the **now**. When circumstances work out so well you could not have planned them so good, emotionally feel the victory that you are on the right path.

Feel them **now**, and expect them **now**, for these phenomenon only happen **in the present tense**.





NOW - IT'S THE ONLY MOMENT THERE IS

Meditation's true effect on your life is to place you, with no distractions, firmly within the present moment.

The present moment is the place of power.

Throughout all of eternity, there has only been one present moment.

one.

That's all there is.

This singular moment is **simultaneously existing** in every moment at once.

You are here right now.

ACTION BREAK: NOTICE THE PRESENT
MOMENT

We tend to look beyond the present moment, to the future and the past, and abide in those theoretical realms, severing us from our true home.

This present moment. It's the only one there is.



"There are three words that convey the secret of the art of living, the secret of all success and happiness: One With Life. Being one with life is being one with Now. You then realize that you don't live your life, but life lives you. Life is the dancer, and you are the dance." ~ Eckhart Tolle



SINGULAR INFINITE



There is a single infinite. By definition, infinity encompasses all, and therefore is only one. If there is any one energy which is infinite, it is in everything, and it is everywhere.

Whatever we call this energy - God, Source, Light, The Great Spirit, Ohm, Kether... whatever we call it, it is One, and these different names are different ways to perceive it, in our attempt to understand it.

By accepting this unity, you are able to participate in it, because you are, by definition, a part of it.

MEDITATION EXERCISES

The study of meditation is something that can take a lifetime to master, but even the novice student can partake of the benefits with only a few solid exercises. One of the following exercises may be useful for you, others may not. You are not required to do any of these, in any order; review them, imagine them, and if your intuition recognizes a flash of your future in one exercise, *practice that exercise*.

If you tried every exercise once, you would not get nearly the benefit of working with one exercise, one meditation, reliably, over a period of weeks.

Choose one of these exercises, and repeat it regularly until the end of the course.



THE PHOENIX FLAME

- ☼ I RELEASE ALL NEGATIVE THOUGHTS FROM MY MIND AS THEY ARISE.
- ☼ I AMPLIFY ANY THOUGHTS I CHOOSE TO THINK THROUGH MY SUBCONSCIOUS MIND.
- ☼ I CHOOSE TO THINK THOSE THOUGHTS THAT LEAD ME TO A NEW AND BETTER LIFE.
- ☼ I UNDERSTAND THE TENDENCIES OF MY MIND AND CREATE THE ENVIRONMENT FOR CHANGE.
- ☼ I ALLOW THE GREATEST LIFE POSSIBLE TO BE CREATED WITHIN MY IMAGINATION AND MY WORLD.
- ☼ I SURRENDER MY WILL TO MY INTUITION AND EMBRACE ALL UNEXPECTED BLESSINGS.

ACTION BREAK: SAY THIS AFFIRMATION OUT LOUD. RIGHT NOW.



EXERCISE 6.1

YOUR MEDITATION TOOLS

Everyone has the tools that empower them to enter a new state of mind.

A piece of clothing you wear to feel a certain emotion, like pride, or comfort.

A favorite song you listen to when you want to lift your spirits, and another song for when you want to wallow in the dumps.

Decide on a few tools that will help you enter the meditative state of mind.
Incense, music, clothing, activities...

- How will it smell? (incense, perfume, essential oils)
- How will it sound? (what music is playing?)
- How will it feel? (your skin, your clothes?)
- How will it look? (candles, lights, curtains?)

Where will you be? Decide the place you will sit and meditate. Prepare this space. If you need a cushion, a chair, or a yoga mat available, set them up. Get your music ready to play. Matches ready for candles and incense.

Prepare your space so that when the urge strikes you to meditate, you have a sanctuary fully set up and ready.

Time to meditate: _____

Space to meditate: _____

Crutch used: _____



EXERCISE 6.2

CLEARING YOUR SPACE

You begin any meditation by integrating a level of oneness with your space.

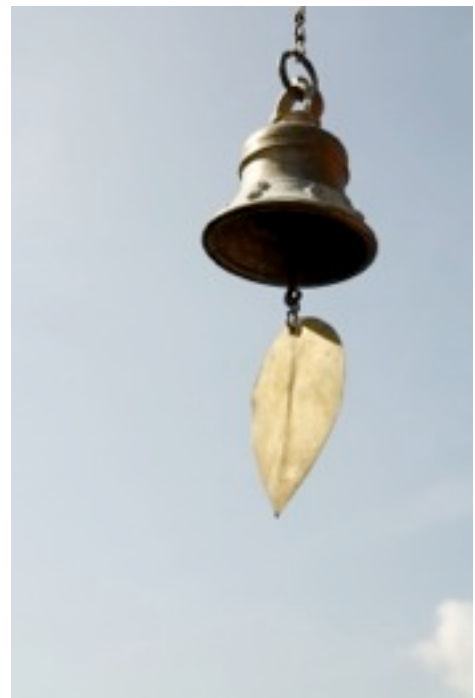
Sometimes it is helpful, as a crutch, to symbolically clear your space before you begin a meditation. Energetically, this removes (or dislodges) stagnant energy near you that could exert a gravitation-like pull on your own energy field as you meditate.

Methods of space clearing vary by culture, philosophy, and style. The basic tools remain similar enough to categorize them here:

Incense. Burning fine pieces of earth to spill fragrant smoke into the air, incense changes the electrical charge of the air by interacting with it at a cellular level. When you change the composition of the air in any given space, the space is changed.

Bells. The vibration of a bell, bowl, or cymbal will also interact with the air holistically, all at once, everywhere in a room.

Salt. Placing salt in the corners of a room will draw excess energy into it, preventing stray energy from influencing the space.





EXERCISE 6.3

GROUNDING YOURSELF

While seated in a comfortable position, feel the extremities of your spine stretch away from one another. Reach high with the crown of your head, and sink low with your tailbone.

Imagine a root growing out of your pelvic girdle, reaching far down into the earth. This root structure grows, spreading out wide in all directions. The strongest root reaches down into the very center of the earth.

Visualize a golden ball of light glowing in the center of the earth, and your root grows down and anchors itself into the center of mother earth.

You are safe. You are stable. You are grounded.





EXERCISE 6.4

OPENING YOUR CHAKRAS

There are seven chakras in the human energy system.

Each of these chakras has a whole host of qualities, and capabilities for use in mediation, energy work, and introspection.

With this exercise, we will just open them, one by one.

Starting at your root chakra, breathe deeply into this place, five times.

Visualize a bright spinning light, in this color, at this position on your body.

For the next five breaths, focus on your second chakra.

Then five breaths on your third chakra.

And so on. Up your spine.





EXERCISE 6.5

THE BRANCHES OF THE HEAVENS

Imagine energy coming up out of your spine, erupting from your crown chakra, and erupting across the sky.

Then, pull this energy back in, through your spine, and down through your roots, all the way to the center of the earth. Back to your anchor.

Feel energy from the center of the earth coming back up through your spine, energizing your chakras, and up through the crown of your head.

As this energy goes up and down through your spine, it opens the energy channels, allowing them to serve as greater conduits for energy in the future.





EXERCISE 6.6

CREATING YOUR SANCTUARY

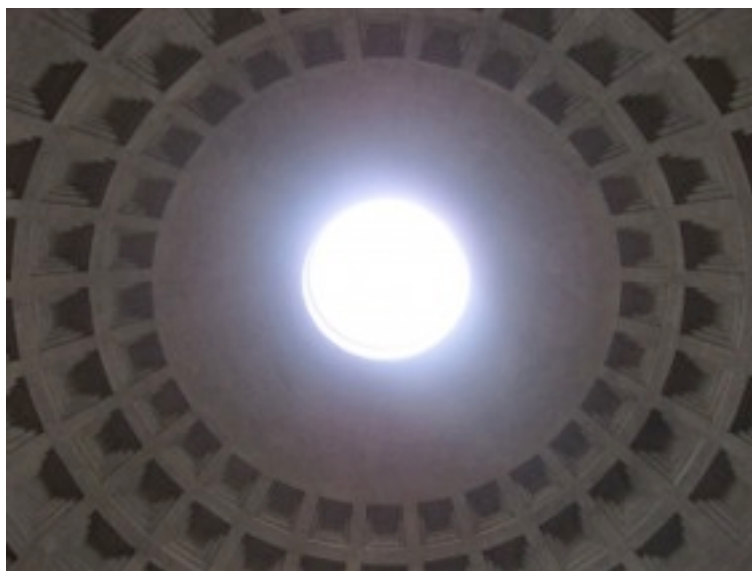
While in a meditative state, visualize a sanctuary for your meditation to take place within. Remember: use details, see things moving, use all 5 senses.

Imagine this sanctuary as vividly as you can. Is this a place of repose? A sacred mountaintop? A tropical beach? Is there a temple, or an altar, or a hammock?

Imagine all the details of your sanctuary. Move around, touching everything, feeling it, defining it. Make it yours.

Visit this inner sanctuary whenever you meditate.

Over time, it will become a strong inner sanctum that is available for you to retreat within, and immediately gain the cumulative effect of putting your mind in that place repeatedly.



As your visualization of your sanctuary evolves, you will be able to access the cumulative energies you store there over time.

This is like a meditation battery. Charge your sanctuary by visiting it regularly, and it will become a strong inner component of your spiritual makeup.



EXERCISE 6.7

MEETING YOUR GUIDE

While in a meditative state, visit your Sanctuary.

When the time is right, and you feel the urge to go beyond your sanctuary, follow your intuition to a path that leads away from your sanctuary, and around a bend, or behind a ridge; you are going somewhere else. Somewhere nearby, somewhere different.



Ahead of you is a presence. It can be an animal, or a person you know and recognize, or an archetype of a person. This is your inner guide.

Your guide is here to protect you, and to reveal to you. Your guide always has your best interests at heart, and will always serve you as best it can.

Ask your guide any questions you have.

Listen attentively, and try not to guide the answers of your guide.

You can ask your guide for a name, and for permission to visit again.

When you repeat this exercise, your guide may be different; that's okay. Your inner guide may take shapes or guises to impart different meanings to you. Notice how your relationship to this inner presence evolves over time.



EXERCISE 6.8

INVOCATION

Higher Powers. Archetypes. Bodhisattvas.

Leaving aside the question of whether or not any higher powers actually do exist, we can still invoke *our idea* of any higher power into ourselves during a meditation session.

In Mahayana Buddhism, there is a type of enlightened master called a *bodhisattva*. This is a person who embodies the qualities of a characteristic so much that they actually **define** this characteristic.

The Dalai Lama, for example, is the bodhisattva of compassion.

Alive or dead, real or imagined, there are bodhisattvas for any quality or emotion you can conceive of - and you can invoke them.

During meditation, contemplate the bodhisattva of one quality. Let's use Joy as an example.

Meditate upon the qualities and characteristics of experiencing joy in every fiber of your being, continually, unceasingly.

Don't just think about that bodhisattva. *BE* that bodhisattva, for the length of your meditation.





EXERCISE 6.9

INTUITION WALK

Take a walk sometime with the express purpose of following your aimlessness, and cultivating your intuition.

This can be a walk in a new environment, or in a place you know very well. There should be lots of options for places you can go; city streets with small blocks work great for this.

As you walk, *listen to your gut*.

Take turns when you feel it's the right time to do so.

Give your intuition complete control over where you go, and what you do, for just one hour.

If you find yourself unexpectedly in a good situation, give thanks and gratitude that your own inner intuition has led you there.

This will strengthen the confidence of your intuition to guide you into further beneficial circumstances.





EXERCISE 6.10

ALTERNATE BREATHING

This is a *pranayama* exercise that vigorously increases your oxygen intake, and provides enough stimulus to keep the monkey mind occupied.

Use the thumb and pinky finger of one hand to plug your nostrils, one at a time. Alternate on the inhale.

PLUG YOUR RIGHT NOSTRIL.

BREATHE OUT AS FAR AS YOU CAN.

HOLD THE EXHALE.

BREATHE IN AS MUCH AS YOU CAN.

HOLD THE INHALE.

RELEASE YOUR RIGHT NOSTRIL.

PLUG YOUR LEFT NOSTRIL.

BREATHE OUT AS FAR AS YOU CAN.

HOLD THE EXHALE.

BREATHE IN AS MUCH AS YOU CAN.

HOLD THE INHALE.

SWITCH. AND REPEAT.





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MODULE 7

- LETTING GO -

☼ I RENOUNCE ALL THAT DOES NOT SERVE MY FATE, MY DESTINY,
MY HIGHEST GOOD.

***“All great changes are preceded by chaos.”
~ Deepak Chopra***

THE DUALITY OF YOU

There are two versions of your you.

You, the higher you that is reading this, the beautiful, angelic version of you that can step back and consider the grandeur of your own destiny, this is the Higher Self that guides you to your greatness.

Then, there is the lower version of you.

The Ego.

The little you that reacts, that is petty, that abhors change just because it's difficult, this is also you. This lower you is not your enemy. But its existence makes a rebirth of your life very difficult.





SURVIVAL MECHANISM

The human ego served a very good role during a large portion of our evolution.



Separating our identity from the world around us, we gained the ability to focus on survival. (Run from tiger, stay away from cliff, store food for winter, etc.)

Since then, we have evolved beyond this base ego need, but our reptilian brain still

guides many of our actions - and most importantly - our reactions.

Letting go of your ego is the challenge that has been addressed by spiritual, philosophic, and religious traditions for centuries.

After all, holding on to what you already have is all that's keeping you where you already are.

If you really want to change your life, you've got to *let go of it*.

***"If we don't change, we don't really grow.
If we don't grow, we aren't really living."
~ Gail Sheehy***



THE ANCHORS OF THE PAST

Our opinions about our lives are the anchors that keep us dull.

“It’s just the way I am” is the most damaging thing you could say about yourself.

If you want to create catastrophic change in your life, change on the magnitude that would be a permanent shift for the better, you must cultivate the ability to identify those habitual reactions that define you, that make up your personality, and actively question whether or not they *deserve* to remain a part of who you are.



After all, the life you already have, it could be the only thing keeping you from having the life you want.

***“He who rejects change is the architect of decay. The only human institution which rejects progress is the cemetery.”
~ Harold Wilson***



BECOMING SOMEONE ELSE

The advantage to traveling is that everyone you meet is a stranger. Every one of them is ready to hear a different story. And I told a lot of them.

My life had been weighted down by all of the crosses that I had to bear. All of the misfortunes from an abusive childhood piled upon one another to create my identity, and I was trapped beneath them.

So I let them all go.

I didn't like who I was, and I didn't like my life, so I took a guitar and a few clothes and hitchhiked across the country for a year, supporting myself as a street musician.

During this time, I let go of everything I thought I was.



I shed my identity.

I shed my past.

I shed my history.

I shed all of my pain, all of my miseries, and all of my discontent with life.

By fully letting go of everything that I had allowed to define me, I created a clean slate, a *tabula rasa*, upon which I could begin the work of identifying myself the way I *wanted* to be defined.

So, I redefined myself.

Regularly.



One day, I'd be a trust fund kid experimenting with living in poverty, so that when I returned to my family's millions I would understand humanity better than my rich family.

The next day, I'd be a drug addict escaping from rehab.

When I was nineteen, broke, homeless, and unemployed, I had nothing better to do with my time, so I made it into a yearlong personal development exercise.

What I learned was, the more often you let go of your old identity, the less power it has to keep you being who you were.

Your ego **likes** who you are. It has a vested interest in keeping you as this person. It will not let go easily.

So you have to trick it.

“It may be hard for an egg to turn into a bird: it would be a jolly sight harder for it to learn to fly while remaining an egg. We are like eggs at present. And you cannot go on indefinitely being just an ordinary, decent egg. We must be hatched or go bad.”

~ C.S. Lewis



WEAR ANOTHER FACE

Go out to a cafe and start a conversation with someone. Tell lots of lies.

Make up a background and a history. It doesn't have to be extraordinarily different than your actual history; it just needs to be different enough that you can try on the *idea* of being someone else.



The purpose of this exercise is not to practice being someone else, (although this practice can be fruitful in many other areas). The true purpose is to create a layer of distance *between* you and your life.

We identify so strongly with our life, with our past, with our history, that we become entangled with it. You need to be able to **see yourself from the outside**, in order to work your way out of it.

Tell stories about your friend, who has your real name, and describe yourself to strangers. Talk about yourself in the third person; examine yourself as someone else. Get their perspective.

You may find there are very obvious things in your life that you don't like, things that are obvious to two strangers talking about you.

Without completely leaving your life, like I did, you can still reinvent yourself temporarily, and make an experiment of being someone else, for the length of a conversation. This will provide the detachment that you need from your current persona to see what's holding you down.



LOOK AT WHAT YOU ARE HOLDING.

You cannot let go of something that you do not know you are grasping.

- Identify what makes you you
- Ask yourself if it is in your best interests to be this way.

You can be whoever you want, if you let go of the person you used to be.

Letting go of your entire identity may not be practicable (or desirable) for you right now. (Count yourself lucky - it's a painful, jarring process.)

Instead, look at the component pieces of your personality, and discover your anchors. They are in there, and they are all your fault.



“When you live in complete acceptance of what is, that is the end of all drama in your life.” ~ Eckhart Tolle



TAKE RESPONSIBILITY

You will continue manifesting your fears and worries, instead of your hopes and dreams, until you take this very difficult step.

When you look around you at the life you are living, acknowledging every aspect of it as the result of your own true desires is counter-intuitive. We can easily blame others, or circumstances over which we have no control, in order to avoid responsibility.

Yet this responsibility is the only way to take control of your own power as a manifestor; because it is only when you acknowledge that you are capable of creating EVERYTHING around you (and, therefore, you have created all that is around you now) that you gain the power to consciously **select** what you wish to manifest.



With great responsibility comes great power. Accept more responsibility for your own happiness, and unhappiness, and you will gain more power.

.....
***“Everyone takes the limits of his own vision
for the limits of the world.”
~ Arthur Schopenhauer***
.....



OWN IT.

There is a level of success, luxury, and happiness that makes you uncomfortable.

At this point in the process, we're not going to dig into *why* you have this discomfort, or even try to fix it. For now, I only want you to acknowledge that this is the case.

I know this is the case, because if you are reading this material, then your life is not as amazing as you want it to be.

So, let's begin with the question: *why isn't your life amazing right now?*

There are plenty of reasons you could think of, external and internal, to justify a substandard life. However, none of these reasons matter, if you *admit there is something else holding you back.*

This something is not a person in your life, an event that happened in your past, or a circumstance within which you were born.

Each of these is irrelevant. Any problem you have can be overcome. You can manifest the best possible life for yourself, using the tools and opportunities that are available to anyone on this planet.

There is only one reason you cannot; there is one thing holding you back.

It's you.

Your mindset, your understanding of how big you can grow in this world, of how much you can achieve, that is all defined by one person:

you.



As one of the co-creators of this universe, you bear ultimate responsibility for your life. And until you accept this premise, you will be unable to advance in the rest of this work.

This touches on Faith (or, as I like to call it, Fearlessness), which we will cover in depth in the next module. If you disagree with my assertion, that you (and you alone) are ultimately responsible for the circumstances of your life, I would ask you to put that disagreement aside for the moment. For the length of this reading, I want you to fully and completely accept responsibility for who you are.

- Your weight? That's your fault.
- Your relationships? You want them and need them just like they are.
- Your finances? The direct result of choices you have made.

You don't need to admit this to anyone else, anyone in the world; only admit it to yourself, now, privately, between you and me.

I want you to take this responsibility without blame, without judgment, and without offense. There is no punishment you deserve for this responsibility, nor are there any repercussions that will come of it...if, that is, you truly CAN accept total responsibility for your life, without reservation.

No tiny portion of culpability belongs to anyone, or to anything, else.

It is all you.

Even if you are taking this on faith, just for a moment, hold yourself as completely responsible for the life you have manifested thus far.\

This step will give you power.

After all, how can you let go of something over which you have no control?



Once you fully accept responsibility for all of your life, you will be able to change your life into anything you want; because nobody, truly, can ever be fully responsible for how it turns out, except you.

WHAT IDENTIFIES YOU?

We hold these opinions about ourselves, and about the way we think life should go, and these opinions often trap us into the life we currently have.

“Many people are in a rut, and a rut is nothing but a grave - with both ends kicked out.” ~ Vance Havner

If you're ready to acknowledge yourself as the author of your experience, you have gained the ability to change the story.



So let's look at this story.

On Exercise 7.1, I want you to list the particular beliefs you hold that make you who you are. Write them all down. The person you were when you woke up this morning - that's who is answering these questions.

The person you wake up as tomorrow, this new person gets to choose if any of these character traits are allowed to stay around.



EXERCISE 7.1

THIS IS WHO I AM

Write down ten habits and opinions that uniquely define you.

In a game of personality charades, where the players could not say your name, they would use these descriptions of your personality to get other people to guess that it's you.

Now rank these, in order of importance in your life. The one trait that you most closely identify with gets a '1' in the right column, and the rest are ranked in ascending order.



LETTING GO OF FAMILY ISSUES

Oftentimes our family relationships are the most difficult to change, and the most difficult to deal with.

You can either let go of the person, or let go of your relationship with the person, who causes you so much difficulty.

AFFIRMATION: I AM SO GRATEFUL THAT I HAVE SOMEONE DIFFICULT IN MY LIFE, AND I CAN MAINTAIN MY EQUILIBRIUM IN THEIR PRESENCE



I am living proof that you can turn your back on your entire family and survive. I have spent more than half of my life completely disconnected from my biological family, because I made the painful decision that I was unable to evolve in a healthy way in their environment.

I don't recommend anyone else follow my extreme course of action, but I welcome you to examine the lessons I have learned from it.

- What your family thinks of you irrevocably colors your own self-perception.
- There is nobody better at getting under your skin, or pushing your buttons, than people who have known you your entire life.
- Our need to change the behavior of our family members is rooted in our own inability to accept them as they are.



MOVE YOUR BEDROCK.

The most quintessentially American thing I could have done was to leave my homeland for a better place.

Looking around in Costa Rica, it's sunny, it's easy, the people are happy, and things work so much easier here.

In retrospect, it made plenty of sense. But it was a crazy move at the time that I planned it.

There were a lot of people telling me why it was crazy. A lot of my own emotions and reactions rebelled against the idea of changing my life so completely.

Using these exercises, I have let go of all of these anchors, and living in tropical paradise is my reward.

As you progress in doing this work, the things that you don't need will start exiting your life naturally. You may be tempted to keep things from changing, but every change represents an open door.

.....
“The only way to make sense out of change is to plunge into it, move with it, and join the dance.” ~ Alan Watts
.....

Put any change into your affirmations list and repeat it. MAKE YOURSELF BELIEVE IT. You have the tools, now, to CREATE your beliefs. What are the best beliefs for you to carry, in order to meet your highest goal?



DO NOT BE AFRAID; MAKE IT GRAND

This will not be easy.

Changing your life can be very difficult, and very scary.

That is natural.

Your task will be to anticipate the fear, and the discomfort, and the effort, and accept them with grace.

“Resistance happens. Whether it's good or bad is how we choose to talk about it.”
~ Matthew Koren



Feeling these emotions is a good indication that you are on the right path to change, because these are the emotions that your ego will present you with in order to preserve its own state, unchanged.

Accept the resistance, acknowledge it, and honor it.

Work through it, as a diligent creator who is dedicated to making an incredible experience in your life.

“Because things are the way they are, things will not stay the way they are.”
~ Bertolt Brecht



LETTING GO OF YOUR ENVIRONMENT

Where you are now is only one place.

It is (very likely) not the only place you have ever lived.

It is (very likely) not the only place you will ever live.

What would it be like to pick up and go somewhere else? Tomorrow?

Think of one place in the world you would like to live. This exercise is totally fantastical, so pick anywhere in the world. Pick something extravagant.

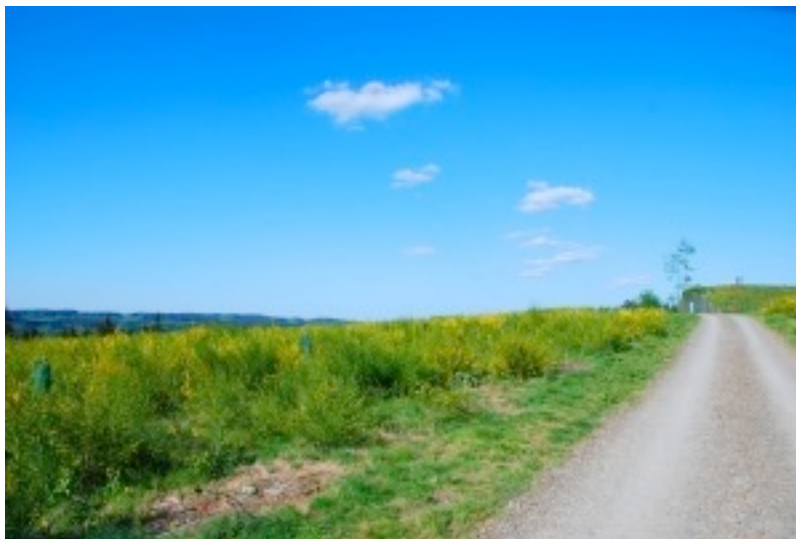
Make it an outlandish dream.

What specific things are keeping you from living there...tomorrow?

List all of these obstacles in Exercise 7.2. We will not be judging any of these obstacles; we will only by acknowledging them.

Write down all the reasons why you cannot attain this dream.

And then ask yourself, are any of these permanent and irrevocable?





LETTING GO OF YOUR WORLD

Review this list from the perspective of someone else, who has a benevolent interest in you. A counselor, a pastor, a parole officer, a psychiatrist, an advisor, a mentor. Take on this persona as you read back through this list, and place a checkmark next to the items that are serving your Amazing Life...and cross out the ones that are holding you back.

Remember, we are not doing anything in your life, we are only evaluating what you can potentially let go. Be honest with what is truly unnecessary.

“Things alter for the worse spontaneously, if they be not altered for the better designedly.” ~ Francis Bacon

LETTING GO OF YOUR IDENTITY

Now, keeping the items that are checked, and removing the items that are crossed out, imagine yourself as this new person.

You have let go. Write your new story. See yourself in this new life.

Nobody needs to know about it but you.

Are there still things in your life that don't feel right? Things you left on the list that don't serve your Amazing Life?

Let them go.

You don't have to do this for real, not right now. First, just imagine what it would be like to let them all go. Write a draft of your new story.



I have let go of all that does not serve me. This is my life:

MODULE 7 ~ PAGE 19 OF 37



RELEASE YOUR SHOULD

Letting go also involves letting go of how you THINK things should go.

Detachment from the details can open doors.

*I want this particular job, or this particular car, these details are good for visualization, but when bridging into manifestation, details can hinder you by being too specific; specifics can hold you back, if you are insisting on manifesting *one* particular thing, when the universe has something even greater waiting for you held in reserve. The net result is: you get nothing, until you get out of the way.*

"He saw that a Mind which knew more than he knew had prevented him from losing the greater good by entangling him with the lesser." ~ Wallace Wattles

We get the habit of diminishing our destiny through opinions. Our **shoulds**.

When I was living in Portland, there were incredible parks and playgrounds throughout the entire city.



I appreciated the playgrounds as a safe place for my children to play.

The climbing structures were all thoughtfully built, with no sharp edges. There were soft pads on the ground, anywhere a child might fall. The way a safe playground should be built.



If I held on to the idea that my children needed a manicured environment to be safe, I would never have come to Costa Rica. Here, the playgrounds have splinters and sharp metal edges. The swings at our house are over gravel and concrete.

Without letting go, I would have lost the opportunity to let my children develop their own sense of safety. The only price for this was a couple hard bonks on my children's heads; they may end up being more cautious people for it, because I let go.



***“Everyone thinks of changing the world, but
no one thinks of changing himself.”
~ Leo Tolstoy***



SHEDDING STUFF

I used to have a lot of possessions.

When we lived in the United States, we had a big house, and we filled it with stuff. Lots of it.

Some of this stuff we needed, for running our lives and raising our family.

Some of this stuff, we had it because we *might* need it someday.

It turns out this maybe-useful stuff constituted most of our possessions, and after selling all of it, we achieved a clarity of purpose and possession that is easily paralleled in the workings of the human mind.

By letting go of the stuff we 'might' need someday, we accepted and trusted that if there was something we really, truly needed, we would be able to acquire it in the future.

Holding onto an Altman wrench set, or a headphone adapter, was based in a worry that I wouldn't have it when I needed it, so I should hold onto it now while I had it.



Ever notice how the poorest people have houses that are full of junk? This is why. They are worried about not having enough, so they hoard.

Ironically, when you let go of things, you open a door for greater things to come to you.



LET GO OF YOUR WORRIES

All a worry does is prepare you for a bad turn of events in the future, which may or may not come to pass.

If you can put together a backup plan that takes care of your worst-case scenario and put it out of your mind, great, you're done.

If you are reviewing this plan (which you may never need) in case things go wrong (which they may or may not) you are investing your mental energy in co-creating mistakes.

By hoarding all of this semi-useful stuff, my family and I were preparing for the worst, and expecting the worst, and ready for it.

And you know what? *It happened.*



We got to implement all of those backup plans, partially because we had invested so much mental energy into them.

Now that I have let go of all of the stuff which *could* be useful someday, and I have pared my possessions down to the strictly essential.

If I need something, I end up getting it right when I need it.

I'm not reminded of what could go wrong every time I examine a possession I never use. I let go.



“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.” ~ Maria Robinson

ALLOW IN THE AIKIDO WAY

Once you let go of things, they will continue to come to you. Be sure to never pick them up, and let them go at the moment you recognize them.

Be like water. When something unexpected happens, do not confront it as an obstacle that you need to fight against, look at it as an energy that needs to be redirected.



In Aikido, the art is not to win a direct conflict with an opponent; it is to redirect the energy that is coming at you, and gracefully turn it away so it does no harm.

Using this philosophy, you can recognize that everything that is being done could be to your highest advantage - if you allow it to be.

Anticipating these unexpected turns of events, and recognizing setbacks as opportunities first, will have the added effect of increasing your intuition.

After all, intuition is only the carefully cultivated art of listening, and acting in accordance with what you hear.



INTUITION VS EGO

The hardest time to listen to your intuition is when your ego is in control. Your intuition will put roadblocks into your way, and if you are listening, you can identify these roadblocks as a signal that you are on the wrong path.

This will allow you to discard your ego's choices in order to remain in alignment with your higher goals.

Your higher self is the one continually trying to direct you on the correct path.

Your ego reacts from a lower perspective. You know how that works, but when you are in the state of being derailed, it takes a level of distance from your own life and experience in order to recognize that the derailment is happening, and change your behavior to do something about it.



DETACHMENT VIA MEDITATION

Acquiring that detachment is something that meditation uniquely qualifies you to do. In meditation, you are stepping outside of what it is to be you, and you are observing the act of being you.

Have you implemented the meditation exercises from the last module? If not, and you've got some issues you're holding on to, it's time to practice letting them go.

ACTION BREAK: MEDITATE FOR THIRTY SECONDS. RIGHT NOW.



That level of detachment is only practicable if you detach from your ego regularly. That's really what meditation is for.

It gets you in the habit of observing yourself from the outside, impartially.

There is no reason for you to be partial about your own life, except where matters of survival are concerned. If your body has a 100% chance of survival for the day (which, normally, it does) you can, at any moment, tap into that eternal, infinite wisdom that exists and become one with that persona that is watching continually from the outside.

And you get the added bonus of dropping all of your opinions for a moment. Just by detaching yourself from your life.

Letting go.





LETTING GO OF OPINIONS



As it turns out, I hate putting away clothes.

It took me a long time to realize this. I hated this chore, and often had a messy pile of clean laundry to sort through if I wanted to wear something. (Most days, btw, I like wearing clothes. So this was often.)

I acknowledged that I had resistance, discontent, and irritation in this weekly chore, so I gave myself two options:

- I could find a way to eliminate the discontent, and do the chore happily every week
- I could hire someone else to do it

Part of me couldn't justify hiring a housekeeper because it didn't 'feel' right. But then I read a line in Loral Langmeier's book *The Millionaire Maker* that changed my perspective forever.

.....
“Millionaires don't do their own laundry.”
~ Loral Langmeier
.....

They pay others to do it for them, so they can focus on the unique tasks that millionaires focus upon.

I found a housekeeper who was happy to have the work, and my life got easier, for a few bucks a week.



I let go of two things:

- I let go of the chore of doing laundry
- I let go of my preconception that there was something wrong with hiring someone else to do it for me

At first, I didn't even realize there was anything for me to let go. I thought, "This is just the way I am. I would feel bad about paying someone else to clean my house. That's it."

I could have held on to that idea for the rest of my life. But then, I would have *two hours out of every week of my life* taken up by doing something I didn't like, a chore that has a high likelihood of putting me in a bad mood, and keeping me from being productive in the areas where I really excel.

It wasn't easy to let this idea go. But my life is better, less irritating, and more efficient because I was willing to let go of this idea.

.....
***"Change is the only constant. Hanging on is
the only sin." ~ Dennis McCluggage***
.....



LETTING GO OF VICES

“Our faith comes in moments; our vice is habitual.” ~ William Ellery Channing

Chances are, you’ve got some vices that you know are bad for you.

They may be habits so prevalent they are addictions.

However, they are only habits.

Habits can be changed; especially if you decide that they belong to someone else.

The secret to letting go is becoming the newer version of you. The next You that you will become only needs to have those vices that you decide you want to continue to have.

List all of your vices on the next page. Anything you enjoy more than is good for you, or things that are bad for you but you can’t quite stop.



Pick three vices that you will let go, for one month.

(Or pick one. Take it slow, but do it right.)

Every time you have the urge to indulge in your vice, remind yourself:

☼ I RENOUNCE ALL THAT DOES NOT SERVE MY FATE, MY DESTINY,
MY HIGHEST GOOD.



EXERCISE 7.4

MY FAVORITE VICES

Write down the bad habits that you have. It could be a vice, or a habitual reaction that you know is working against your Amazing Life.

You may choose to keep all of them, or none of them, when you finish this course. For an experiment, select one bad habit, and give it up for one month. Advanced students, select three.

☼ I RENOUNCE ALL THAT DOES NOT SERVE MY FATE, MY DESTINY,
MY HIGHEST GOOD..



THE PHOENIX FLAME

- ☼ I RELEASE ALL NEGATIVE THOUGHTS FROM MY MIND AS THEY ARISE.
- ☼ I AMPLIFY ANY THOUGHTS I CHOOSE TO THINK THROUGH MY SUBCONSCIOUS MIND.
- ☼ I CHOOSE TO THINK THOSE THOUGHTS THAT LEAD ME TO A NEW AND BETTER LIFE.
- ☼ I UNDERSTAND THE TENDENCIES OF MY MIND AND CREATE THE ENVIRONMENT FOR CHANGE.
- ☼ I ALLOW THE GREATEST LIFE POSSIBLE TO BE CREATED WITHIN MY IMAGINATION AND MY WORLD.
- ☼ I SURRENDER MY WILL TO MY INTUITION AND EMBRACE ALL UNEXPECTED BLESSINGS.
- ☼ I RENOUNCE ALL THAT DOES NOT SERVE MY FATE, MY DESTINY, MY HIGHEST GOOD.

ACTION BREAK: SAY THIS OUT LOUD. RIGHT NOW.



EXERCISE 7.5

ALTERNATE PRESENT

Let's fantasize.

10 years ago, you found the Amazing Life Formula, and you implemented all of these exercises.

Today, right now, you are living your ideal life.

Close your eyes, take three deep breaths, and spend a few minutes living in this alternate present.

What is different?

What changes did you make over the last few years that made you a different person?

Write these down.



EXERCISE 7.6

CAN YOU LEAVE IT ALL?

What would it be like, to live in someone else's life?

After all, this is really what you're contemplating, when you consider changing your life.

Changing your life means leaving the life you have, instead of living it.

Can you leave this life?

What are you afraid to change?

Who could prevent you from changing everything?

How can you grow beyond the bounds of what other people think you are?



EXERCISE 7.8

CHANGING POCKETS

Our habits define our selves.

Changing minor habits puts a crack in the armor that our ego creates to protect it from change.

Do you always put your keys in the same pocket? Or your wallet?

Try using a different pocket for a week.

Change a minor habit that is so systemic that it defines you.

The habit I will change is:



“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” ~ Aristotle



EXERCISE 7.9

HOW'S THAT WORKING FOR YOU?

List 5 daily/weekly activities that make you feel negative.

Ask yourself if they are really worth it. Stop doing one of them, for good.

List 5 activities that you know will make you feel good, and your life would be better if you did them regularly (once a day or week)

Pick one of these activities and commit to it.

I pledge to _____ every_____.



ADVANCED TRAINING

NO EXCUSES

Do you think you've been dealt a raw hand in life?

Are your circumstances difficult to overcome?

Trust me, you've got nothing on this guy.

Sean Stephenson was born with a rare bone disorder. He was originally given 24 hours to live. Despite fracturing 200 bones by the time he was 18, and being only 3 feet tall, he has let go of all of his excuses, and has become a titan in the personal development industry.

Get 4 free videos about his process of letting go by clicking below.

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A 9-Module Self-Guided Study Course

on Hacking your Subconscious Mind to

Live Another Life

BY

CAELAN HUNTRESS



MODULE 8

- FEARLESSNESS, FAILURE, & FAITH -

***“Man cannot discover new oceans unless he has the courage to lose sight of the shore.”
~ Andre Gide***

☼ I ADVANCE UPON THE PATH LAID OUT BEFORE ME, UPON WHICH I FEEL NO FEAR.

Now that you’ve explored the idea of letting go of your current life, it’s time to prepare you to move forward through the ashes into your new life.

Human beings are adventurous creatures. We are more adaptable to changing circumstances than any other species on the planet.

Yet we also become accustomed to our routines, and changing them is difficult to initiate.

One of the ways we preserve our current standing in life is through fear.





FEAR AND STAGNATION

It takes effort, and struggle, and work, to create a lifestyle for yourself. Changing your life, subconsciously, means that all of that effort is lost.

You will decay so long as you remain within your comfort zone. Ironically, our egos would have us believe that changing our lives could result in perilous disaster, so we fear the change that prevents decay.



We have a reptilian-brain failsafe in place, so that when fear occurs, we stop and go back.

You can continue living your life that way forever.

Or, you can **choose** to be fearless.

Being fearless does not mean that you have no fear. It means that when fear occurs, you calmly take its advice, and choose to make your decision *without the fear*.

All your fears can be described in one way: your ego is cautioning you against changing your life.

***"Your wealth is hiding under the very thing
you are afraid to do." ~ Joe Vitale***



SABOTAGE AGAINST SUCCESS

Remember the prime directive of your ego: keep things as they are.

If you have a belief that you can never find your perfect mate (because of [insert excuse here]) then you will sabotage yourself from getting too close to anyone. Your dates will go badly, your relationships will lose their passion, and your perfect soulmate would even be uninteresting to you, if your ego believes you can never be happy in a relationship.

Remember, your ego is on your side. It just has a different idea of what you want, and how you want things to go.

The ego assumes that all change is bad, and offers delusions of failure to counter any plans that would change your life.

Don't ignore these fears.

Acknowledge them. Honor them. And invite them to leave.

***“The best thing you can do is the right thing;
the next best thing you can do is the wrong
thing; the worst thing you can do is nothing.”
~Theodore Roosevelt***





THE WORST THAT CAN HAPPEN

Your uncertainty about what a complete and utter failure would mean about your day to day life is what is frightening you. Not the failure itself, nor its repercussions; it is the *uncertainty itself* that is fueling your fear.

So, get certain.

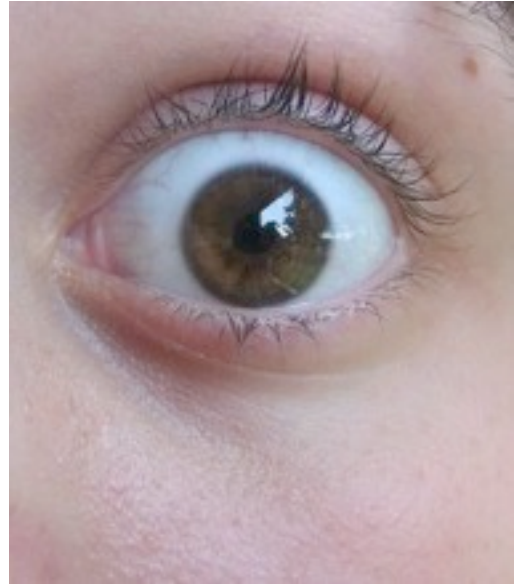
The worst that can happen, when we look right at it, is not that monstrous.

What scares us is the vague notion that things won't work, or you'll lose something, or someone, that you want to keep.

Seriously, what's the worst that can happen?

Pick an outlandish goal. Absurdly huge. If you dropped everything else in your life, and you tried to single-mindedly achieve this goal, what is the worst that could happen?

Write down all of the effects of your failure on Exercise 8.2



"20 years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." ~ Mark Twain



EXERCISE 8.1

THE WORST CASE SCENARIO, EXPLICITLY

My incredibly outlandish goal for my life:

If I tried to attain this, and I failed completely, the worst that could happen:

Okay. Now let's pretend all of these things came to pass.

Would you survive? _____

Would you still be able to enjoy being you? _____

Would people still love you? Would you still have food tomorrow? _____

Many times, we fear failing, because the effects of failure are unknown.
And it's easy to fear the unknown.

But when you get to know your failure, it turns out that it's not so bad.



THE VIRTUES OF FAILURE

Some of my greatest successes in life have come only after my greatest failures. By investigating a failure, you can learn the lessons that are unavailable to anyone without the courage to fail.

Consider:

- Failing is a fast way to learn new things.
- Failing is the most certain method to discover what does not work.
- Without failure, there is typically no change.

“Success is the ability to go from failure to failure with no loss of enthusiasm.”

~ Winston Churchill



For our next exercise, we are going to practice failing. Gleefully.



EXERCISE 8.2

FAILURE PRACTICE

List five things you have never been able to do well:

Find a master of one of these, and ask them to **help you fail** for an hour.
(A bottle of wine makes this even more fun.)

You will not be learning this discipline, whether it be cooking a soufflé, singing soprano, or painting a portrait. Improvement is not the goal.

You will be failing gleefully.

Your purpose in this exercise is to accept the failure as wholesome, joyous, and successful.

Laugh at yourself. Enjoy the failure. Talk with your partner about **what it is like to fail** at something; in this structured exercise, there is no *need* for you to succeed.

If you can fail gleefully, why is that? And if not, why not?



LEFT WITH NOTHING

Trust me, even if your failure means that you have no money, no home, no food, no family, and no job, you can still enjoy your life.

When I was hitchhiking across America for a year, I had none of those things. Yet it was one of the most pleasant years I have ever had.

I met new people, saw new places, and spent my time doing anything I felt like doing. I could stare at the sky, play music all day long, travel anywhere. I was free, because I could fail no further.



Sure, there were nights when I was cold, and lonely, and uncertain.

Yet I survived, and was even happy most of the time, despite living in abject poverty. My happiness was not contingent upon my things; it was a decision I could make, to be happy regardless of my circumstances, possessions, or community.

This removed my fear of resources, my fear of loss, and my fear of judgment. I have always known that, if I lost everything, I could pick up a guitar and go back to that life, and be content.

***"Sometimes what we believe is anxiety or fear
is actually excitement. When it's labeled
correctly, everything changes."
~ Gabrielle Cinder***



OPTIMIST ZEN

Of course, it's easy to be an optimist from the bottom. There's nowhere to go but up. There is nothing that can threaten the man who has nothing.

An old Zen story tells of a monk who was quietly meditating in his simple hut. A robber broke in, and was unable to find anything to steal. The monk had no possessions. He startled the robber by greeting him courteously, and asking if he needed anything.

"I came to steal your things," the robber replied, "but you have nothing!"

"Oh, I'm sorry," the monk said. He then took off his tattered robe and gave it to the robber, who left quickly. As he watched him go, the monk watched the moon rise. "Oh, that's too bad," the monk said. "I wish I could have given him this wonderful moon."

***"Vision looks inward and becomes duty.
Vision looks outward and becomes aspiration.
Vision looks upward and becomes faith."
~ Stephen S Wise***





COLLECT YOUR NO

There's a story in sales training that goes like this:

Once there was a salesman, who went door-to-door selling his company's product. He was told on his first day, "You will get 100 'no's for every 'yes.' This is a tough job."

He asked, "How much do I earn when somebody says 'yes?'"

"Your commission," he was told, "is five thousand dollars on every sale."

So down the street he went, knocking on doors, collecting 'no' after 'no' after 'no.' When the day was over, he went to his office, happy as a clam.



"Did you make a sale already?" he was asked.

"Nope. But I collected a lot of 'no's."

"Why are you so happy?" he was asked.

"Those 'no's are worth fifty dollars a piece!"

Using the formula he had been given, he had to collect 100 'no's to make one \$5,000 sale. That made every 'no' worth fifty dollars, so he knocked on doors and collected his 'no's happily all day long.

Every 'no' was valuable to him, so he did not need to fear his failure.

***"The greatest mistake you can make in life is to be continually fearing you will make one."
~ Elbert Hubbard***



LEARNING TO LOVE THE SEA GOAT

I used to be embarrassed about my astrological sign.

When compared with Leo, Scorpio, and Sagittarius, having a sea-goat as one's astrological mascot isn't really exciting.

At least I always felt that way...until I read a description that went like this:

"Due to the dual nature of a Capricorn, they are the sign best adapted to not only survive, but to thrive, in any environment."

From the depths of the ocean to the heights of mountaintops, Capricorns are really good at adaptation. Being a Capricorn, and knowing many closely, we all have the ability to instantly incorporate with any set of circumstances and master them to our advantage.

It doesn't mean we like to do it.

Capricorns are notoriously stubborn and resistant to change.

Part of the resistance comes from comfort in the known. Part of it comes from fear.

Neither of these are insurmountable.



"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us."

~ Marianne Williamson



EXERCISE 8.3

EXCELLENCE IN CHALLENGE

There is some activity in which you excel. Something you do that makes you proud, maybe even a little bit smug. Something that you *know* you do better than anyone you know.

For the purposes of this exercise, it helps if this activity is challenging, and it helps much more if it is dangerous.

List five things you do exceptionally well:

Select one of these activities, and invite a friend or a stranger to watch you do it. Explain it's part of a personal development course you're working on, and you require an audience.

Are you afraid of anything? Of your audience's reaction? Of their judgment? Do not evaluate your reactions, only observe them.

VISUALIZE HAVING THESE EMOTIONS IN CONNECTION WITH THE WILDLY OUTLANDISH GOAL YOU LISTED IN EXERCISE 42.



OVERCOMING FEAR WITH PREPARATION

When I was first doing this mental work, I was exercising my body. A lot.



My sport of choice was Parkour, an athletic blend of urban acrobatics and trespassing.

Parkour involves a continual evaluation of danger.

Without danger, there is no movement, and no sport.

With too much danger, a mistake can result in an injury.

Due to the holistic nature of the Parkour athlete, one small injury can knock you out of training for months, and cripple your ability to go freerunning, because of a small tendon sprain.

Parkour athletes are not fearless; they do fear injury, for it robs them of the ability to continue practicing their art.

One of my favorite Parkour-based meditations was to climb up a building to the roof, and crouch along the precipice, with safety on one side, and death on the other.

I did not do this because of the adrenaline rush. I practiced this exercise because it reconfirmed my ownership over my own existence. With a loss of focus, or a failure of coordination, I could plummet to my death.

So I trained.



Every day, I worked out for an hour doing P90X. This is the most intense workout program available to the layman, and in 90 days it can sculpt you into elite physical form.

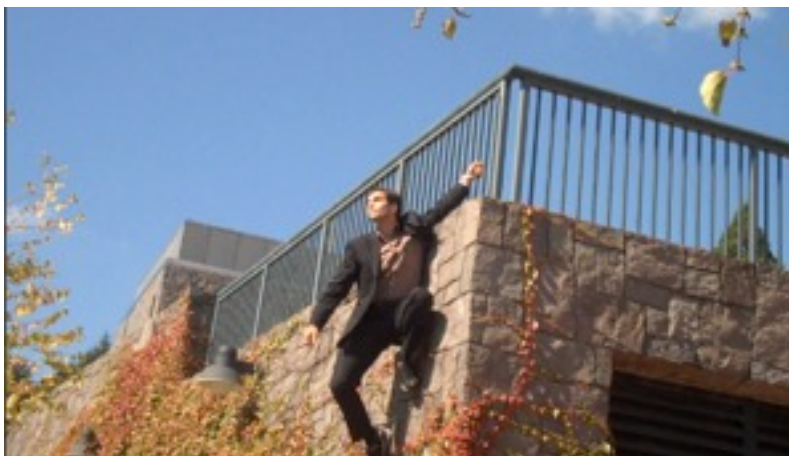
If I was not diligent in my exercise, my body would not be strong enough, or sure enough, to support me safely to the tops of the bridges and buildings that I climbed.

So I trained.

With every grunt of exertion, I was investing in my safety.

I heartily accepted the challenge that high climbs presented to me, because I knew that I had prepared myself, and I could meet the danger safely.

Nowadays, I don't do Parkour. I've retired. Without a daily training regimen, it's not safe for me to climb buildings and leap over barbed wire fences. I no longer have the faith I once did, because I am not investing in my preparation.



As a spiritual practice, my time in Parkour was valuable, because it ensured that I could meet an exceptional challenge, without fear.

So I trained.

Fifteen stories above a city street, I could look down, certain I would not fall. I was so certain, I had faith. My faith was not born of spiritual devotion; it was born of momentum.



THE ART OF MOMENTUM

It is much more difficult to initiate a movement than it is to continue it.

Even acceleration is easy.

But starting? That's what's tough.

We've gone over plenty of tools for starting a new movement in the previous modules. As you move towards burning away your old life and starting your new one, you're going to get tripped up by fears and discouraged by failures. Be sure and focus on the momentum you have created, and this will give you faith.

The faith born of momentum can, literally, take you to heights you've never dreamed of.

.....

“Nimble thought can jump both sea and land.” ~ William Shakespeare

.....

Parkour as a movement philosophy based on the conservation of momentum.

By moving swiftly in one direction, obstacles can be incorporated into your flow of movement, and can actually accelerate you to greater speeds, so long as you are willing to be completely flexible about how you interact with the obstacle.

If you are running at a wall, and you decide that you will jump on top of it, land with both feet, and jump off, that may work fine. But upon coming close to the obstacle, you notice a patch of mud. If you set your feet where you planned, you will slip, and you will be unable to clear the obstacle.



So you improvise.

By letting go of all of your preconceived notions, you can adapt and flow through the obstacles in your life with ease.

I found myself reaching the “mindshift” after my first month of training with

Parkour. The mindshift is something recognized in the Parkour community, which happens to all Traceurs (practitioners of Parkour) after training with regularity and discipline.



It is a *mental recognition that life does not move according to traditional rules*. Parkour allows you to symbolize that unorthodox improvisation with your own body, and by rising above the grid of streets and sidewalks, you can examine the world from an outside perspective.

You can see, in the rest of your life, when you are moving with the flow of the world around you, and when you have the opportunity to jump out of it.

Knowing when to take a jump comes from our proficiency with faith, which is completely outside of our intellectual mind.

"Unless you walk out into the unknown, the odds of making a profound difference in your life are pretty low." ~Tom Peters



DANTE, VIRGIL, AND BEATRICE

In Dante's Divine Comedy, the author progresses from Hell, through Purgatory, up to Heaven, and is shown around the celestial graveyards, noting the torments and paradises of each level.

His guide through the Inferno and Purgatorio was named Virgil, and he was the personification of reason itself. They had many dialogues about those ghosts from ages past, and why they occupied this level of purgatory or that level of hell.

Then, when Dante crossed over into heaven, Virgil disappeared. He was there one minute, gone the next, and Dante's new guide appeared nearby: Beatrice, the personification of faith, at the doorstep of Heaven.

Faith and reason do not conflict; *they apply to different aspects of reality.*

It is through Faith that we are able to examine the transcendent aspects of creation. The higher levels of heaven are unparsable by reason, but through faith, they can be explored and understood.

Faith is not born of blindness, or hope. It is born of **intuition.**



Our intuition works as our diagnostic tool, and our faith is what moves us along the path that our intuition provides.



A NOTE ON VOCABULARY: PLEASE RECALL THAT WE CAN BE DERAILED BY THE USE OF RELIGIOUS VOCABULARY, UNLESS WE USE THEM AS LENSES THROUGH WHICH WE CAN DISCERN A WISDOM BEYOND RELIGION ITSELF.

PETER IS THE ROCK

When Jesus faced his disciples for the last time, the story goes, he laid his hands on Peter and said, “This is the rock upon which I will build my church.”



Peter was, to put it gently, the slow disciple. He was the one at the Last Supper who, when Jesus announced someone would betray him later that evening, looked around confusedly and said, “Jesus--is it *me*?”

He was a man bereft of intellect, and as such, was able to *focus his consciousness entirely upon his faith*.

This became the rock of the millennia-spanning Christian church, this simple faith, unshackled by the fetters of the mind.

.....
“Prayer is a path where there is none.”
~ Noah Benshea
.....



PARTICIPATING IN CREATION

Faith's true purpose in human life is to propel us beyond the world as we know it, and into the majesty of the world we would create for ourselves.

The world as it is, this is stagnant. It does not change. It decays.

Yet faith, born of a vision, a certainty, or an imagining, creates everything new in this world.

You've had moments of fearless certainty in the past, when you've been so sure of something that it was easy to accomplish.

Maybe it was a race you were ready to win. Maybe it was a goal you wanted to achieve, a job you wanted to get, a song you wanted to play, or a hand you wanted to shake.

This certainty born of faith is unparalleled in its ability to manifest, for it blends fearlessness and intuition.

Using Exercise 8.4, write down three times when you have acted from a position of faith, and how that made you feel.





EXERCISE 8.4

FAITHFUL LEAPS

Your intuition is responsible when you take a leap of faith, and it works.

Think of three times you felt a strong sense of faith. This could be an action you took, or a decision you made, or a movement in a sport or game.

Visualize yourself clearly in each of these memories.

Try to feel your intuition in these memories; where is it seated? Is it a physical feeling, or an emotion?

What is guiding you during these moments?

Can you apply this to a visualization of something you want to manifest?

Write down a delicious goal for your new and amazing life:

Visualize the successful attainment of this goal clearly.

Is the feeling of intuition from the other three visualizations present?

Can you put it there?



GROWING FROM A SEED

One of the greatest joys of my life is to watch a baby sleep.

Not to see them sleep. But to watch them sleep.

There is a trust in babies that is so pure, it helps you to understand what we are trying to feel as adults.

Babies know that everything is okay. They trust that when they are tired, they can sleep, and when they are hungry, they can eat.



They don't need to try hard to make any of these things happen. They let them happen, instead.

Before birth, they live in the womb, in a place where everything is warm, and all needs are provided for.

They are like seeds, gestating in the earth. They do not need to strategize how to grow; they reach up to the sun, and down to fresh water, and lo, it is there to nourish them.

Our lives can manifest the same way, if we can return to that state of faith.

***"Faith is knowing there is an ocean because
you have seen a brook." ~ William Arthur
Ward***



GET THEE A BUCKET.

Let's say you're sitting on the side of the road, waiting for water.

A magician passes in front of you, with an ocean in his pocket.

He has a magical device, that you have never seen or heard of, that allows him to give you endless amounts of water on command.

But you? You have no bucket.

So he passes you by.

YOURS IS NOT THE HOW

This fantastical device, it doesn't matter to you how it works. What matters is whether or not you can even receive the water you want.

By focusing on how to remake the life we have into the life we want, we can easily become distracted from our true work:

Make the space for your new life.

This is the signal to the Universe that you are ready. That you have the faith necessary to accept it.

Are you ready? Find out in Exercise 8.5.





EXERCISE 8.5

GET READY FOR A NEW LIFE

If you knew with absolute certainty that your next life was going to happen in one week, what are the first ten things you would do to prepare?

Great! Now, select one of these preparations, and make it today.

.....

“Courage doesn’t always roar. Sometimes courage is the little voice at the end of the day that says I’ll try again tomorrow.” ~Mary Anne Radmacher

.....



THE PHOENIX FLAME

- ☼ I RELEASE ALL NEGATIVE THOUGHTS FROM MY MIND AS THEY ARISE.
- ☼ I AMPLIFY ANY THOUGHTS I CHOOSE TO THINK THROUGH MY SUBCONSCIOUS MIND.
- ☼ I CHOOSE TO THINK THOSE THOUGHTS THAT LEAD ME TO A NEW AND BETTER LIFE.
- ☼ I UNDERSTAND THE TENDENCIES OF MY MIND AND CREATE THE ENVIRONMENT FOR CHANGE.
- ☼ I ALLOW THE GREATEST LIFE POSSIBLE TO BE CREATED WITHIN MY IMAGINATION AND MY WORLD.
- ☼ I SURRENDER MY WILL TO MY INTUITION AND EMBRACE ALL UNEXPECTED BLESSINGS.
- ☼ I RENOUNCE ALL THAT DOES NOT SERVE MY FATE, MY DESTINY, MY HIGHEST GOOD.
- ☼ I ADVANCE UPON THE PATH LAID OUT BEFORE ME, UPON WHICH I FEEL NO FEAR.

ACTION BREAK: SAY THIS OUT LOUD. RIGHT NOW.



EXERCISE 8.6

JOURNAL OF YOUR LIFE ACCOMPLISHMENTS

You will need plenty of room in your journal for this.

Write down everything that you have accomplished in your life.

Everything.

From the profound to the mundane, write down every victory you have achieved, every hardship you have to suffer, everything that you can look back on with pride and say, 'Yep. I did that.'

This could include jobs you've had, projects you've completed, places you've visited, experiences you've had, and skills you've attained.

Add to this list over the coming weeks, as you will recall other accomplishments that deserve inclusion.

When you look back on this list, and examine the full scope of everything you have ever done, realize something true.

You are a badass.

Your life accomplishments list will help you to **own your own greatness**, and accept a level of grandeur that otherwise might escape you.

"You're braver than you believe, and stronger than you seem, and smarter than you think."
~ A.A. Milne



You've just been informed the last year of the life you've been living has been your afterlife. You've created it to get to this exact point, your current realization. What is it? Why has your afterlife been symbolically encapsulated in this last year?

MODULE 8 ~ PAGE 27 OF 29



EXERCISE 8.9

DOLLAR MANIFESTATION

Now, you will exercise your intuition, and monitor your faith.

Use your visualization techniques to manifest one dollar.

This dollar will come to you unexpectedly. Do not focus on how it will come to you; instead, focus on the feel of it in your fingers, the smell of it, the way it looks in the light as you hold it.

Remember, for a good visualization:

- Use all 5 senses
- Incorporate motion
- Feel it in the present tense



Spend one minute in this visualization, right now, and have faith that you will, in fact, encounter an unexpected dollar this week.

Feel gratitude.

And then, in the moment of discovery, repeat the feeling of gratitude. Feel it strongly when it happens. And that emotion will reach back in time to the emotional state you just had, and that magnetic connection between those two states will bring this dollar into reality with all the force of creation.

That is the secret power of faith. When it is coated in gratitude, as we will see in the next module, amazing things start happening



ADVANCED TRAINING

CULTIVATING INTUITION

The Silva Method of hypnosis was created more than 50 years ago, and is based on the premise that you can **cultivate and increase your intuition**.

A heightened intuition means you have more confidence, less anxiety, and more faith. These are all essential skills to have in controlling your thoughts and making a new life from them.

Get 4 free videos to try their system by clicking the link below.

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A 9-Module Self-Guided Study Course

on Hacking your Subconscious Mind to

Live Another Life

BY

CAELAN HUNTRESS



MODULE 9

- GRATITUDE -

***“Gratitude helps you to grow and expand;
gratitude brings joy and laughter into your
life and into the lives of all those around
you.” ~ Eileen Caddy***

☼ I THANK EVERYTHING AS A BLESSING AND FEEL GRATITUDE FOR ALL THAT IS.





Gratitude is an encompassing emotion which aligns you with the power that is underpinning the very cosmos.

Gratitude expands your soul as it fills you up. People always talk of being 'filled with gratitude,' because the emotional condition of gratitude is a state of **expansion**.

You grow beyond the bounds of what you are as a mortal, and you step lightly over into the divine.

Feeling gratitude does more than puts you into a good mood. It aligns you with the forces that have successfully created this universe that you are in, right now. This exact experience that you are having, it is due to a whole host of powers, conditions, circumstances, people, and events.

Feeling grateful that all of these influences did what they did, and made what they made, it puts you on their team.

And let's face it - these are the successful influences. The ones that made it and actually manifested.

Get on the winning team. Feel grateful for what is.



***"There are only two ways to live your life.
One is as though nothing is a miracle. The
other is as though everything is a miracle."
~ Albert Einstein***



REDIRECTING NEGATIVE THOUGHTS WITH GRATITUDE

I was speeding.

The flashing lights in my rearview brought this to my attention. I got caught.

There are two ways I could have emotionally responded:

- I could feel angry, for a multitude of reasons. Angry at myself for speeding, angry at myself for getting caught, angry at the cop for catching me, angry at the way the road was designed, angry at my speedometer, etc., etc...
- I could feel grateful, and fill my entire being with gratitude.



I've been pulled over for speeding quite a few times. Once I learned this trick, I never got another ticket.

While pulling my car over, I started feeling very grateful that the officer is doing a great job, and keeping the streets safe. This created a totally different interaction when I gave over my license and registration.

(This isn't even LOA, this is basic psychology.)

If a cop comes up to your window, and you're ready for a confrontation, guess what? They are trained in confrontation. Its a major component of a policeman's job to meet confrontation, both physical and psychological.

Don't meet them with confrontation, meet them with gratitude. Redirect.

Treat the police officer with respect and gratitude, and you may find you've been let off with a warning, like I was. Three times in a row.



Cops see grumpy and angry people all day. Someone who smiles, and actually thanks them verbally for keeping the community safe, this creates good feelings in their world.

The world gives you what you give to the world.

"Oh divine providence, I ask for not more riches, but more wisdom with which to make wiser use of the riches you gave me at birth, consisting in the power to control and direct my own mind to whatever ends I desire."
~ Napoleon hill

AN ATTITUDE OF GRATITUDE

A constant state of grace. It is the goal of monks and mystics the world over, and it brings bliss and happiness to all who achieve it.

This is the final step in the Phoenix Formula, and if you can keep this mindset, this feeling of bliss, a completely new kind of life is inevitable.

Those of us not living secluded on a mountaintop still have the opportunity to live in grace, but we are more challenged than the hermits on high. We have the daily distractions of this series of tasks we call 'life.' But these challenges are not insurmountable.

By cultivating an Attitude of Gratitude, you can bring more fulfillment and joy into your life **as it is now.**

Gratitude does not start with the things you will get tomorrow. It starts with the things you already have. If you sit back for a moment and look at everything you have been given, you will be astounded at your bounty.



YOU ARE AN INCREDIBLE MASTERPIECE



Look at your fingers. These amazing machines are so dexterous and subtle, nothing a man can make could possibly achieve the level of sensitivity and expression that you have in your two most frequently used tools. Your hands are with you, and used, every day of your life.

What we use and see continually, we tend to take for granted.

Take a moment, instead, and appreciate the beauty and strength of your hands.

How does that make you feel? (It beats worrying about your problems, doesn't it?) The Attitude of Gratitude continually brings your thoughts back into a state where you can manifest good things in your life, and for this reason, it is essential if you want to consciously use the Law of Attraction to benefit you.

We become what we continually think about.

The Attitude of Gratitude allows you to think about how much you have, and how good life is. This will, in turn, attract good things to you that will help increase your abundance.

You may feel particularly challenged if you have an issue that is very important to you, or that you perceive as difficult to overcome.



Let's say you are feeling particularly ungrateful about your body, due to your weight.

There are two things you can do.

The first is to focus on other things, and be grateful for them. Think about the intricacies of your eyes—how many cells and nerves have to work together to transform light waves into pictures that can be read by your brain. Do some research on this amazing piece of equipment you have inherited; you will be dazzled!



Feel grateful for something *other* than what you are feeling blocked about.

Or, you can find a way to feel grateful for the issue at hand.



Think about the act of eating, as our ancestors—the hunter-gatherer ancestors—thought about it. They would travel for weeks with no food, and when they would find a small bush with some berries on it, imagine how those berries tasted!

The joy that Neanderthal Man felt as he brought this sweet food into his mouth, it is a perfect example of the Attitude of Gratitude.

ACTION BREAK: EAT SOMETHING SMALL, AND SAVOR IT.

Do you think these primitive ancestors had any problems with their weight? They thought much different things than you think, when you eat.



Examine the emotions and thoughts that occur when you eat, and invite yourself to change them. Bring that incredible level of joy to your table, and you will find your weight problem slipping away.

GRATITUDE PSYCHOLOGY

Out of all of the character traits that humans possess, Gratitude is the one that has the strongest links to mental health.

Repeated studies show that people who frequently feel gratitude, whether it is authentic or manufactured, are happier and exhibit lower levels of stress.

When Dr. Martin Seligman, the Director of the Positive Psychology Center at the University of Pennsylvania, randomly assigned six therapeutic intervention conditions to study participants, he found that the greatest short-term benefit in quality of life was derived from a Gratitude Letter.

By following the instructions in Exercise 9.1, people enjoyed greatly decreased stress symptoms,

The longest lasting effects in the study came from people who wrote in Gratitude Journals every day.

A gratitude journal is a special notebook (or web program) where you consistently list three to five things for which you are grateful.

This regular practice of entering a state of gratitude for a few minutes every day is the final, crucial step in the Phoenix Formula.

.....
“You’ll never find a rainbow if you’re looking down.” ~ Charles Chaplin
.....



EXERCISE 9.1

WRITE A GRATITUDE LETTER

Think of someone from your past that made a difference in your life.

Someone that you never properly thanked.

Writing a letter expressing your gratitude can do wonders for the recipient; but most importantly, for you, it will elevate you to those lofty states of thankfulness that can create an Amazing Life.

Think of three people that you can thank with a Gratitude Letter:



Which one of these people would enjoy receiving your letter the most?

Which one of these letters would you enjoy writing the most?

GET A NICE PIECE OF PAPER. SET ASIDE HALF AN HOUR. RELIVE THE CHANGES THAT WERE MADE IN YOUR LIFE. VISUALIZE THEM IN DETAIL. WRITE YOUR GRATITUDE LETTER.

Whether or not you send it is up to you.



ALWAYS LOOK FOR OPPORTUNITIES TO BE GRATEFUL.

When you start your car, give a moment of thanks for the amazing feats of engineering that made personal transport possible.

When the sun shines, feel grateful for the warmth on your skin.

When the rain falls, feel gratitude for the cleansing of your spirit.

As your life moves on, feel grateful for the passing of time, and you will bring harmony into your life.



***"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful."
~ Buddha***



EVERYTHING'S AMAZING AND NOBODY'S HAPPY

You may have seen the viral video clip of Louis C.K. interviewed on Conan O'Brien, where he describes the incredible world we live in, and our tendency to belittle the amazing world around us.



[HTTP://WWW.YOUTUBE.COM/WATCH?V=8R1CZTLK-GK](http://www.youtube.com/watch?v=8R1CZTLK-GK)

If your ancestors could see you now, they would be astounded with how we live our lives.

"Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world." ~ John Milton



EXERCISE 9.2

TELL YOUR ANCESTORS HOW AMAZING YOUR LIFE IS

Imagine yourself speaking to an ancestor from 15 generations ago.

Your ancestors spent most of their days just working on survival. What they ate often had to be hunted or farmed by their own hand. There was no sewage treatment, minimal plumbing, and bathing happened once a month.

That's your ancestor's life. Imagine meeting them, and tell them what you did today. Tell them about a shower. Tell them about your breakfast.



Did you commute to work? You sat in a machine that drove you anywhere you wanted to go. Surrounded by other machines that are driven by fellow countrymen, on roads paved so we can quickly, safely, and swiftly go anywhere you want. You can cross a continent in a matter of days.

If you have a smartphone, try explaining this device to your ancestor.

You have a magic wand.

It provides limitless information, about anything you want to know. You can communicate with anyone in the world. With this device in your hands, your ancestors would truly think you are a wizard.

GO TO A MIRROR. PRETEND YOUR REFLECTION IS YOUR ANCESTOR. TELL YOUR REFLECTION ALL ABOUT YOUR LIFE, SHOW OFF YOUR GADGETS, AND BECOME AMAZED WITH YOUR WORLD AGAIN.



COUNT YOUR BLESSINGS

Getting in the habit of gratitude is easy. It just takes **practice**.

The best way to practice something is to do it **repeatedly**.

Counting your blessings when you go to sleep is an easy way to start a gratitude practice.

And there's an added bonus! By reviewing your gratitudes before falling asleep, you prep your subconscious mind to reflect on your gratitudes while you dream.

.....
***“Wake at dawn with a winged heart and give
thanks for another day of loving.”
~ Kahlil Gibran***
.....

LOG YOUR GRATITUDES ONLINE

Using tools like [ButterBeeHappy](#), or [Happy Rambles](#), you can get daily email reminders to hit 'reply' with a few things you are grateful for.

These services record all of your gratitudes if you want to review them. But for most people, the importance is not in reviewing your gratitudes; it is in recording them.

If you would like to join an online community of people sharing gratitude, go to [Gratitude Log](#), the self-styled 'happiest place on the internet.'

.....
***“Gratitude is not only the greatest of the
virtues, but also the parent of all others.”
~ Cicero***
.....



"Take full account of the excellencies which you possess, and in gratitude remember how you would hanker after them, if you had them not." ~ Marcus Aurelius

THANK YOU FOR THIS LACK

If you really want to viscerally feel gratitude for something, try appreciating it while it is gone.

You can take your car for granted, until it spends a week in the shop. When you're finally mobile again, every drive is incredible.

Slowly, consistently, the luster wears off, and the amazing will inevitably become mundane.

This is a natural occurrence, and you must expect it.

Anticipate it.

Hack a workaround into your mind.

"Real life isn't always going to be perfect or go our way, but the recurring acknowledgment of what is working in our lives can help us not only to survive but surmount our difficulties." ~ Sarah Ban Breathnach



EXERCISE 9.4

POST APOCALYPTIC

I'm writing this in 2012, when there's lots of speculation about what the end of the world could look like. (Mayan Calendar, and all.)

Lets assume it happens, now or someday. It involves a breakdown of the Earth's electromagnetic field, and all electricity stops working. Satellites fall from the sky. All electronic devices and appliances stop functioning permanently.

The lives of your grandchildren become very similar to your ancestors. It is 2032. Describe to young children what the world used to be like, back in 2012, when electricity still made the world go round.



THE SNOWBALL EFFECT

I've noticed something in the creation of this course. While living in tropical paradise, it is undeniably easier for me to be grateful all day, and to see every moment as something to be joyous about.



However, this isn't new for me. I've been doing this for three years.

Before I ever got to Costa Rica, I was grateful for the sunshine, behind the clouds above me in Portland, Oregon.

I simply manifested an easier way to keep these emotions of gratitude. But first, I had to manufacture them within myself, *before* the circumstances I am now grateful for came to be.

By holding these emotional feelings, spending time immersed in gratitude, the universe allowed more circumstances into my life that support my predominant emotional state.

Just like with you; right now, the universe is providing you with more circumstances that allow you to continue feeling your predominant emotional state.

It's about **momentum**.

.....
“Experiencing gratitude is one of the most effective ways of getting in touch with your soul.” ~ Deepak Chopra
.....



MANUFACTURE MOMENTUM

All of these exercises are just **practice**, to attune you to the state of mind that you want to maintain, and keep, when you are not doing these exercises.

So pay attention to the emotional and mental states that you attain while doing the exercises in this program. Let this emotional state serve as your guidepost, for how you want to feel all the time.

When you can successfully maintain this emotional state all the time, you have **completed** the Amazing Life Formula.

.....
“Gratitude is the sign of noble souls.”
~ Aesop
.....

GO TO YOUR NEW LIFE



Think of your new, reborn life as a mountain. Everything you do, every decision you make, it takes you closer to this mountain, or further away from it.

Lifelong bliss, it is said, is the ultimate goal of anyone who is living.

Find a way to feel bliss for a moment, and then mark that feeling, remember it, and return to it as often as you can. As strongly as you can. For the more you feel this feeling, the more you will be able to manifest circumstances that allow you to maintain it.



Anything that allows you to feel bliss, this takes you to the mountain.
Anything that takes you away from it, takes you away.

Make choices based on whether they take you closer to your goal, closer to your mountain, closer to your Amazing Life, or further away.

GRATITUDE IS GIVING.

So often in our lives, when we set goals, or make accomplishments, we are trying to *take* something for ourselves.

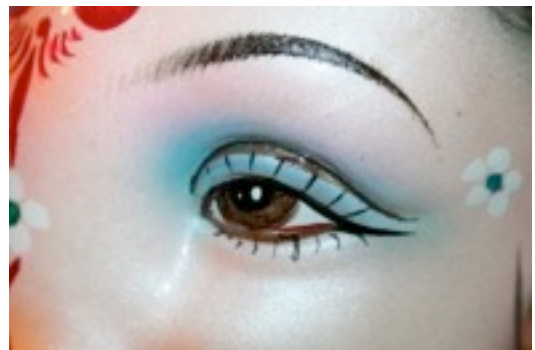
True fulfillment does not come in having, or in taking; it comes in giving.

Gratitude is a marvelous emotion because it is something that you **give**.

You give gratitude to the source of your accomplishments, to the source of your goals and your possessions, to the source of your happy emotions.

You give gratitude as recompense.

As devotion.



As an emotional tithe back to the people, the places, the circumstances, or the powers that allowed everything to happen in your life.

***"Feeling gratitude and not expressing it is
like wrapping a present and not giving it."
~ William Arthur Ward***



EXERCISE 9.5

SURROUND YOURSELF WITH LOVE

Imagine that everything around you is reaching out to you with a praise of love.

Look at any object in your field of vision, and imagine that the only reason for it to exist is in order to bask in your presence. This thing loves you. It exists to be near you.

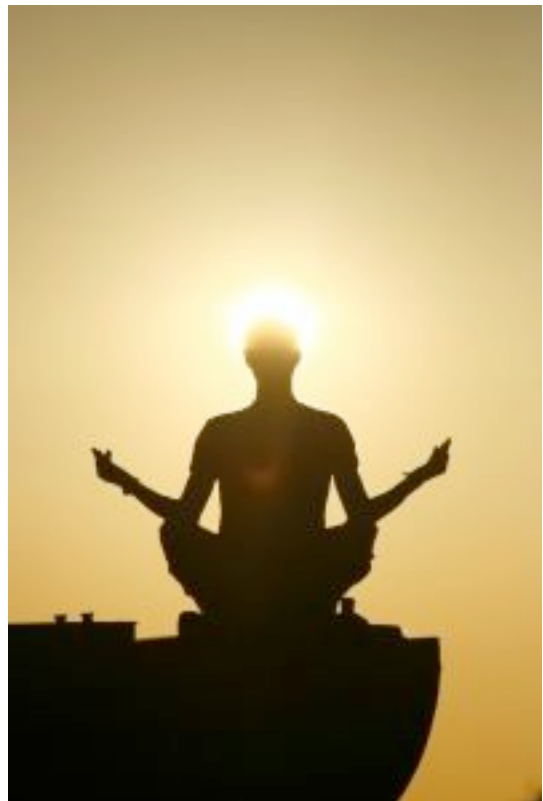
Nearby are other objects that are sending out energies of love to you, all the time.

You can become surprised that you don't feel it all the time, now that you have recognized this continual shining of love as being ever-present in your life.

It's there. And you know you will never forget it.

All your life, you will feel surrounded by love.

This exercise becomes especially powerful if done in public, while watching other people. Send out the emotion of love to strangers as they pass you by to create an incredible psychic sensation.





WHAT'S IT ALL FOR, ANYWAY?

Burning away your old life - why bother?

Do you really just want money? Because that's easy to get.

Do you want a healthy body? That comes, and it goes, no matter what kind of life you have.

Do you want a rewarding, fulfilling relationship? All relationships can be rewarding and fulfilling; our satisfaction lies in degrees.



Wealth, love, and health, these are just paths to the true goal of your life:

HAPPINESS.

You can be happy, with any level of wealth, love, and health, so long as you adjust your expectations.

Setting a baseline of gratitude enables you to be happy, **no matter what.**

“There is a calmness to a life lived in gratitude, a quiet joy.” ~ Ralph Blum



***"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow."
~ Melody Beattie***

THE FINAL INGREDIENT

The Phoenix Formula program has introduced you to tools, techniques, and exercises that can help you manifest an amazing life.

The level of dedication you put into using these tools, and your success in implementing them, all rests upon your understanding of this Final Ingredient.

YOUR LIFE IS AMAZING. RIGHT NOW.

Feel Gratitude for all of the aspects of your life, **as it is right now**, and recognize that you are **already** living your ideal life.

This final ingredient is what it takes to achieve your goal of bliss: accept that your journey is over, and you have already arrived in the stage of your life that you will forever look back upon as the happiest days of your life.

Congratulations. You have been reborn.



THE PHOENIX FLAME

- ✿ I RELEASE ALL NEGATIVE THOUGHTS FROM MY MIND AS THEY ARISE.
- ✿ I AMPLIFY ANY THOUGHTS I CHOOSE TO THINK THROUGH MY SUBCONSCIOUS MIND.
- ✿ I CHOOSE TO THINK THOSE THOUGHTS THAT LEAD ME TO A NEW AND BETTER LIFE.
- ✿ I UNDERSTAND THE TENDENCIES OF MY MIND AND CREATE THE ENVIRONMENT FOR CHANGE.
- ✿ I ALLOW THE GREATEST LIFE POSSIBLE TO BE CREATED WITHIN MY IMAGINATION AND MY WORLD.
- ✿ I SURRENDER MY WILL TO MY INTUITION AND EMBRACE ALL UNEXPECTED BLESSINGS.
- ✿ I RENOUNCE ALL THAT DOES NOT SERVE MY FATE, MY DESTINY, MY HIGHEST GOOD.
- ✿ I ADVANCE UPON THE PATH LAID OUT BEFORE ME, UPON WHICH I FEEL NO FEAR.
- ✿ I THANK EVERYTHING AS A BLESSING AND FEEL GRATITUDE FOR ALL THAT IS.

ACTION BREAK: SAY THIS OUT LOUD. RIGHT NOW.