

Becoming a Goal Achiever

Session 13 (16)

Autosuggestions on steroids



Do you wish you had a genie of your own?

Becoming a Goal Achiever – Session 13(16)

Does this remind you of someone?

Time and time again I hear from good people who are fed up, frustrated, and just plain discouraged about their ability to reliably manifest what they want in life. Most of the time, it is because they lack discipline and/or good ideas of how to automate the reprogramming of their subconscious minds. I hear all these arguments...

Some have made some effort to practice visualizations for a few days—but nothing happens. So they decide it's a waste of time and stop. And guess what? Nothing happens.

Some think you have to spend hours every day intensely focused on the things you want most. They settle down in the Lazy Boy and have at it—and either fall asleep, get a pounding headache, or start thinking about a problem at work. What a hassle—no wonder they've given up!



And some have painstakingly glued a vision board together, like yours, and they have stared at it every day. They don't want anyone to know this, but they are plainly bored. The whole activity is dull as dust to them and they don't feel much of anything except distracted.

Finally some are not completely sure visualization will work—so they figure it's not worth trying unless they are 100% certain something wonderful will happen.

They would all love to have a genie working for them.

You have a genie, hidden in the core of you

You DO have access to a genie!

I am of course talking about your paradigm in your subconscious mind. It is actually more or less a genie working for you, once you learn how to “rub the lamp” to call it forward and how to communicate with it efficiently.

It is true that you need to communicate with it, and not only once in a while. Cause, if you do not do it consciously, there are at least 60 000 thoughts going through your head daily. They are all fed down to you genie, day in and day out.

“What signals are you sending yourself”, is a common question I ask myself, my family members and friends.



Becoming a Goal Achiever – Session 13(16)

Would you be interested in upgrading your genie, your subconscious mind, basically without any effort on your part at all? I sure am! Using autosuggestions on steroids is one very good answer.

*It's the repetition
of affirmations
that leads to belief.*

*And once that belief
becomes a deep conviction,
things begin to happen.*

Claude M. Bristol, 1891-1951, Author

First of all, there is a precondition about autosuggestions you need to be aware of. Émile Coué, who coined the autosuggestion method, noticed himself that the main obstacle to autosuggestion was willpower. For the autosuggestion method to work you must refrain from making any independent judgment, meaning that you must not let your will impose its own views on positive ideas. Everything must thus be done to ensure that the positive "auto suggestive" idea is consciously and truly *accepted* by you; otherwise you may end up getting the opposite effect of what is desired.



By putting the autosuggestions on steroids as I call it, you help bypass the willpower, located in your conscious mind. This is achieved because your conscious mind is occupied doing something else and thus it does not pay attention. Meanwhile, you can undisturbed "force feed" your intentions into your subconscious.

Any mother that hums to calm a restless sleeping child knows this by intuition or has been taught that it works. It works by the same principle. The soothing, calming sounds are force-fed to the baby's unconscious mind, while the conscious mind is sleeping and completely unaware of what is going on.



You need to know how to communicate with your subconscious mind, since the subconscious is defenseless. As my ex-boyfriend Per Ödling told me, Repetition makes permanent, not perfect.

Becoming a Goal Achiever – Session 13(16)

Repetition makes permanent, not perfect.

Per Ödling

Your subconscious mind is just as defenseless as you would be if someone would have inserted ultra fast advertisements in between film scenes. Inserting ads within films this way is a technique that is now banned in many countries. Simply because it was so effective and it made people yearn for things that they were not even consciously aware of. So it was banned because it was considered undue influence of the individual.

With autosuggestions on steroids it is another matter altogether. Fully lawful and even recommended! You choose what you want your own subconscious to receive. Then you just choose the most efficient and convenient way to get it down there as often as possible.

So in the previous modules you have learned how to communicate with your genie on a conscious level, using autosuggestions. It works. It really does! You need to be disciplined, though. Let us explore some more automatic ways of accomplishing the same thing with a minimum of effort.

Autosuggestions on steroids

Autosuggestion on steroids is another expression for making the repetition of affirmations to your subconscious mind more automatic so you do not consciously have to work on it with your will power. In order to choose the most efficient method, it is wise to consider which orientation you have. Secondly you need to think of what is practical and convenient for you.

Orientation

We all have different preferred mode of operation. Are we more visually oriented, more auditory or more kinesthetically oriented? You can hear that by the natural choice of words in regular conversation.

Visually people say things like: “It looks like”, “It appears” or “As I see it”.

Auditory people say things like: “I hear what you are saying”, “It sounds like”, whereas kinesthetical people tend to use words like “feeling” and “I sense that...”. Kinesthetical people are more interested in the physical aspect of things, than how they look and sound.

Most of us are primarily visually oriented and second most common is auditory oriented. Therefore I will concentrate this module on these first two orientations. I will give suggestions on how to put

What do you think is your preferred way of working, your “mode of operation”?

- Visually oriented
- Auditory oriented
- Kinesthetically oriented

Becoming a Goal Achiever – Session 13(16)

autosuggestions on steroids for both orientations. Both methods may also well complement each other.

Convenience

The second parameter, perhaps the ruling parameter is convenience. If it does not easily fit into your present routines, it will require major change of habit to accommodate it. And that was the whole point of having the autosuggestion on steroids in the first place... So initially, it is very important that it easily fits into your present activities.

So consider: **If you** would **listen** to, or **watch** something in the background, what would fit into your days most easily? Take help of the following questions:

At what times could you use the autosuggestions on steroids?

What are you doing at those times?

What devices do you have easy access to at that time?

- Computer
- IPAD
- Mobile phone
- CD player
- MP3 player
- or something else:

Putting autosuggestions on steroids

MINDMOVIE: To put autosuggestions on steroids for visual people I seriously recommend creating a mindmovie. In essence you are enabling action, emotion and sound into your vision board.

Becoming a Goal Achiever – Session 13(16)

SUBLIMINAL AUDIOS: To put autosuggestions on steroids for auditory people I seriously recommend audios with so called subliminal messages. A subliminal message is a signal or message embedded in another object, designed to pass below the normal human limits of perception.

Author Claude M. Bristol¹ says: "The person with a fixed goal, a clear picture of his desire, or an ideal always before him, causes it, through repetition, to be buried deeply in his subconscious mind and is thus enabled, thanks to its generative and sustaining power, to realize his goal in a minimum of time and with a minimum of physical effort. **Just pursue the thought unceasingly.** Step by step you will achieve realization, for all your faculties and powers become directed to that end."

Well, the unceasingly is helped by automating things, let us examine how it can be achieved for you.

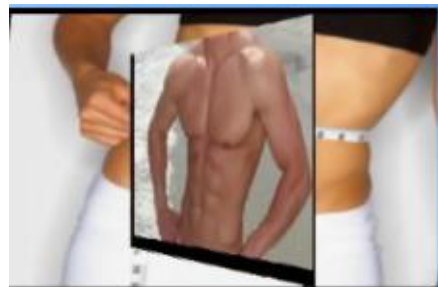
Keep in mind the words of W.H. Auden:

- The ear tends to be lazy, craves the familiar and is shocked by the unexpected;
- the eye, on the other hand, tends to be impatient, craves the novel and is bored by repetition.

MindMovie

The Mind Movie is an invention of Natalie & Glen Ledwell and Ryan Higgins, combining pictures, short affirmations and music in an engaging visualization slideshow.

You can make your own MindMovie, by using an easy and comprehensive tool for the purpose. You can grab a copy at: <http://www.mindmovies.com/mm21/order.php?16712>



My teacher Bob Proctor says in an interview about daily visualizations: "Even if you don't believe in it—do it anyway. My attitude is: if your way isn't working, try mine. I'm doing alright. I'm healthy, happy, and I'm wealthy. I earn more money in one hour than I used to in twenty years. So I must know something. And I know that this works."

Read this and marvel: I personally listened to a testimonial from John Pait, a sales person and also a master manifestor, as he told John Higgins and the world about his experience up to 2009 using MindMovies:

- **REGULAR USE:** After using his first 93 slides MindMovie 2 times a day for 5 months:
 - ✓ 56% of the slides came true! A lot of the slides were about money, unexpected checks in the mail etc.
- **FREQUENT USE:** After using his 73 slides MindMovie as often as possible for 2 months:

¹ Author of The Magic of Believing.

Becoming a Goal Achiever – Session 13(16)

- ✓ 52% of the slides came true. BIG slides came true, e.g. moving into the house exactly as described and with an income going through the roof, 6 figures a month. Having 8 different companies he had much time at the computer daily.
- **CONTINUOUS SUBLIMINAL USE:** After using his 69 slides MindMovie with the subliminal accelerator for merely 3 weeks:
 - ✓ When starting this, John said to himself that; “If 10 of these would come true I will be sold beyond belief, the affirmations where simply so incredible. “
 - ✓ 81 %, i.e. 56 slides came true within 3 weeks with the subliminal accelerator.
 - ✓ Some of the results where:
 - His stock went up with 27% in a time when everyone else was taken (by recession and their stocks going down.)
 - One slide stated he wanted 7000 dollars cash 3 days before Christmas, and 9000 dollars came at the date ordered.
 - Over 4600 dollars came unexpected from 3 different places
 - Unexpected and fantastic gifts
 - Unexpected heirloom from very distant relatives



I strongly suggest using the mindmovie creation kit since it is so effective.

In its simplest form, a mindmovie can also be made as a powerpoint slideshow, with complementing sound. The slideshow includes:

- Your goal pictures
- Relevant short affirmations, up to 5 words in big letters per slide.
- Music that lifts your spirit to the level you want to be at when reaching your goal.
- Automatic transitions and movements in order to trigger your subconscious mind better.



The affirmations can be on separate slides in between slides with photos. They can also be on top of pictures. They are however more easily captured by the subconscious if they are made in light bold font on separate black slides.

You shall then see to that you view your MindMovie at least 2 times as day, while at the same time listening to music of your choice. Embed² music that matches the feeling you want to have when having reached your goal.

I do recommend utilizing the MindMovie creation kit, since it is affordable, easy to use, and most important, it can be put on steroids. With the additional Subliminal Accelerator subscription, you can

² Google on “embed music in powerpoint slideshow” and scroll to find instructions on how to “play across multiple slides”. I have chosen not to give detailed instructions here in order to get the correct instructions for how to do it on your version of SW. Otherwise I would have to have a whole range of instructions that would soon be outdated anyhow.

Becoming a Goal Achiever – Session 13(16)

run your MindMovie in the background, while you carry on with your day. You normally get a trial subscription for a month to try it out for free as you purchase the MindMovie creation kit. .

Subliminal audios

Subliminal recordings are a wonderful way to deliver a positive message to your subconscious mind without being aware of the actual words spoken. All you will hear is relaxing music and occasional parts of words.

Subliminal audios are basically audios with messages embedded, so that the conscious mind does not get the suggestions, for example by:

- Other audio masking the suggestions
- Using high speed suggestions
- Playing the suggestions backwards
- Frequency outside the conscious spectra



Your subconscious mind is clever and will get the message anyhow. It quickly computes what you are sending down, even though it is scrambled or inaudible for the normal hearing.

You can use subliminal audios while you are relaxing or doing others things. Refrain from using them while driving or operating a motor driven machine or vehicle though.

I regularly use subliminals for myself and my clients. I get mine from two respected and reliable sources: Morry Zelcowich, Certified Brainwave Entrainment Engineer and Steve G. Jones, board certified Clinical Hypnotherapist:

1. Morry Zelcowich, creator of The Morry Method™ (TMM).

I get his subliminals through my MindMovies subscription on a monthly basis. Those subliminals are created on various themes by Morry Zelcowich, with 15-year of research into the field of brainwave entrainment.

After studying at the feet of the world's foremost expert in the field of brainwave entrainment, Morry learned invaluable information that he could not get anywhere else. Morry is now the only one in the world who actually can claim to be a Certified Brainwave Entrainment Engineer and have the education to back it up. His Morry Method has unbiased independent research confirming the effectiveness of its technology.



- a. Secure your MindMovie subscription here:

<http://www.mindmovies.com/mm21/order.php?16712>

Becoming a Goal Achiever – Session 13(16)

2. My other source of subliminals is **Steve G. Jones**.



Steve is a board certified Clinical Hypnotherapist. He is a member of the National Guild of Hypnotists, American Board of Hypnotherapy, president of the American Alliance of Hypnotists, on the board of directors of the Los Angeles chapter of the American Lung Association, and director of the California state registered Steve G. Jones School of Hypnotherapy.

Another way of reaching similar effect is to put on suggestions as you go to sleep. As your body and your conscious mind are sleeping, your subconscious mind will absorb every word and make sense of it.



1% - Start planning your day

I will now introduce an extremely effective daily planning tool , the 1% tool. Trust me, by investing merely 1% of your day, planning it in this somewhat unusual way, I assure you will gain a **lot** more than 1% time it took to get pen on paper, and you will have a lot more fun in the process.

The main components of the 1% planning tool is as follows:

- GRATITUDE:**
 - Set your vibration right from the beginning
- PURPOSE:**
 - What is most important in the long run? What is your no 1 goal now!
- FOCUS:**
 - Given the above, what shall you have as guiding stars in selecting activities when you can choose? What are your big stones?

As you have reminded yourself about this, you are a lot better off to prioritize your day's activities in:

- I Will Do**
- I Want To Do**
- I Would Also Like To Do**

You have 24 hours a day, just like the rest of us. That time is not manageable. The only thing you can manage is which activities you choose to spend your time on.

Becoming a Goal Achiever – Session 13(16)

It may on paper look like this:

1% Today (Date): _____		
Today I am grateful for:		
 My Purpose is:		
 My Focus is (Big stones):		
I Will Do	I Want To Do	I Would Also Like To Do

If you are a “paper planner”, I suggest that you make 20 copies of the full size 1% planner I have provided in the end of the workbook, for use every workday. Staple them together and place them in a suitable place, either for use at home before going to work, or at your desk at work so you start every day there, **before** entering into the computer.

If you are a more electronic person I suggest you set a reminder with this document to pop up every morning.

Becoming a Goal Achiever – Session 13(16)

Retrospective at the end of each day

At the end of the day it is very important and rewarding, to make a short retrospective assessment of your day:

- ✓ Review your 1% action list.
- ✓ Tick off the ready items.
- ✓ Most important: Pat yourself on the shoulder for a good day's work. Do this physically; it strengthens the emotional impact considerably.

Pat yourself even when you haven't been able to complete all the items on the Will do list. Celebrate what has been accomplished. In time, you will learn to plan so that you can safely tick off all Will do items, and quite a lot on the other columns (*I Want To Do and I Would Like To Do*) as well.

Becoming a Goal Achiever – Session 13(16)

Homefun until next time

You maximize your investment in this course by doing the homework in between sessions. This time I encourage you to:

- 1) Read in the workbook and finish the exercises in this workbook!
- 2) Find out if you are primarily visually or auditory oriented.
- 3) Secure a form of autosuggestion on steroids that suit you. Whether MindMovie or subliminal, it is up to you. You choose below:
 - a) **MindMovie:**
 - i) Think of which affirmations could accompany which pictures in a mindmovie of your own.
 - ii) Make a mindmovie (using powerpoint, or purchasing the MindMovie SW to make a mindmovie, or hire someone to do it for you.)
 - b) **Subliminal audio:**
 - i) Use the autosuggestion audio previously made, when you fall a sleep. Do it daily for at least 2-3 weeks. Alternatively you may want to use subliminal to eradicate a habit that blocks you on your way forwards. If so, follow the instructions below:
 - (1) What limiting habit would you like to reduce or eliminate?
 - (2) Make or purchase a subliminal audio of at least 40 minutes to support you. Use it daily for at least 2-3 weeks before changing subject. And combine it with deliberate actions to exchange the limiting habit for a more productive one.
- 4) Start using the 1% daily planning tool to get your daily priorities right.
- 5) Watch this video or listen to it again.

Becoming a Goal Achiever – Session 13(16)

1%

Today (Date): _____

Today I am grateful for:

My Purpose is:

My Focus is (Big stones):

I Will Do	I Want To Do	I Would Also Like To Do