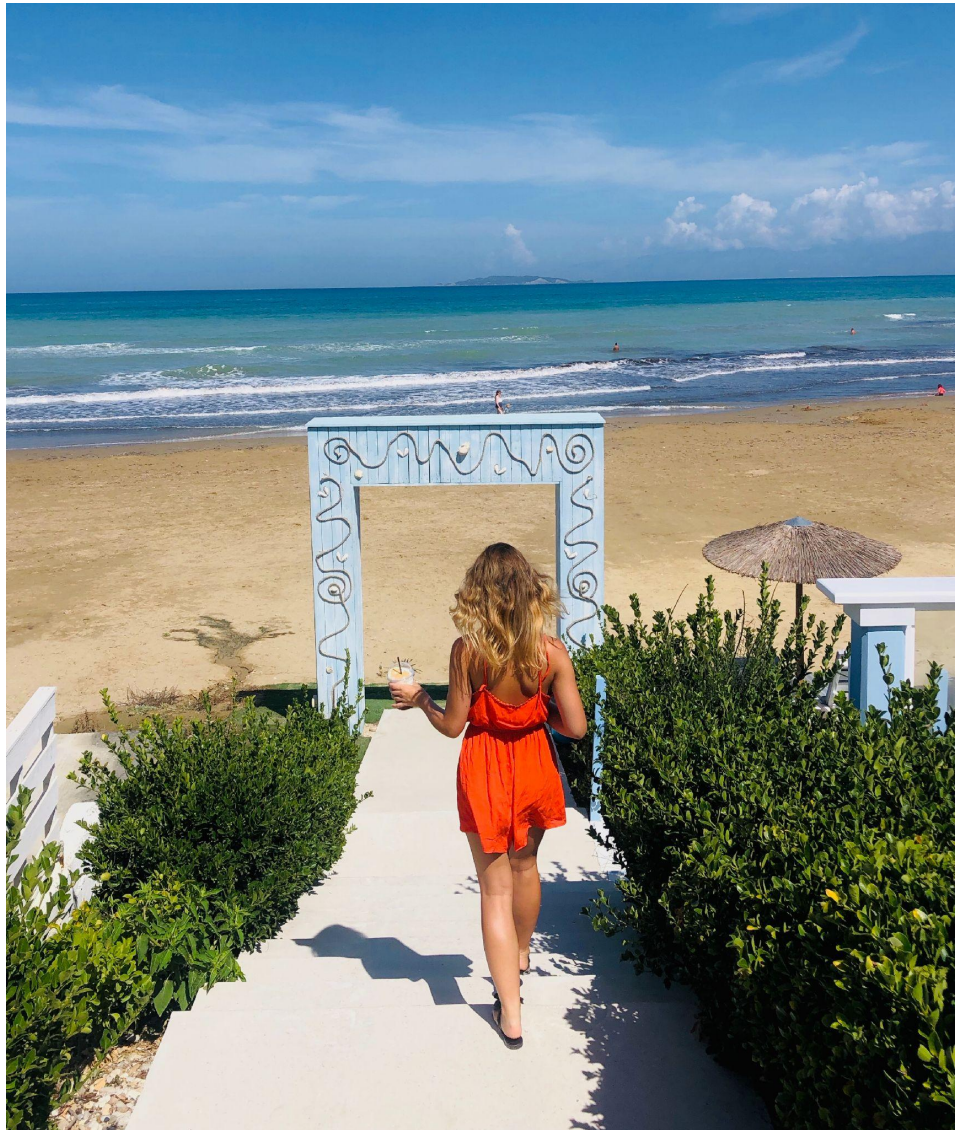


Hack Your Dream

Hackyourdream.com



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Preface

You say you want to live to your full potential. You say you want a life where money is no longer an obstacle to achieving your dreams. You say you want to see the world, wake up when you want, eat delicious, healthy food, swim in the Mediterranean, rock climb the Alps, cycle throughout Amsterdam, cliff dive in Mexico, taste the Moroccan sun in an orange. You say you want all these things and more, but what are you – YOU – doing to make these dreams a reality?

What I'm going to teach you in this book are seven concrete steps that will change how you think, how you react, how you project yourself to others, and how you can become the person you wish to be. You will doubt the book when we begin. You will think this is just another self-help book that may have a few good tips for better living. This is not the case. What you are reading is more than that. This is your blueprint for very real fundamental changes to your life. If you believe this, which you must for this to work, you will find everything you are seeking in this lifetime, and, more importantly, what to seek that will truly bring you fulfillment.

If you are not ready for this – not ready to completely dismiss the negativity and pessimism in your life, share this with someone else and go on saying what you want your life to be, instead of making it happen. This book is not for you, right now. Perhaps there will come a time when you are ready for it, and it will be here waiting when you want to start a new life that was always possible. The secrets contained within this book are for those that are ready. Are you ready?

Step One: “The Opening”

Imagine with me for a moment, a new reality. In this reality, everything you can imagine, you can have. You want a new car, a lover, money, travel, a great community of friends – ANYTHING - and it comes to you. What would you ask for? What would you create? What would you like the universe to bring you? Be careful with this wish, because we are going to make it come true, and this may be more than you expect it to be. Think very carefully about it. Take your time. Think about everything that could go wrong if this wish is fulfilled. Choose something that comes from kindness, not from a place of greed. You will understand why when your wish becomes true.

Now comes the hard part: believing in yourself – believing you have the power to make anything you want to happen. Do you think you can do this? You can't just pretend. You must authentically believe it as a fundamental truth. If you can do this, I will now show you how. Find a place where you are alone. A place no one can hear you. If you have a special place you go to ponder your life, all the better, but even a washroom will work if that is all you have. When you are there, in your chosen seclusion, begin by taking several deep, long, breaths. Hold them in and then exhale. Take in optimism and hope and breathe out negativity and mistrust in yourself. Make sure all the darkness is gone and you are filled with light.

This next part is tricky and has to be done exactly like I tell you to do it. There can be no hesitation and the words must be exact. Form them in your mind perfectly before you speak them, and you are about to speak them – loud and confidently. You should know that this step is only the beginning. You will need to do and know so much more for this to work, but it is a crucial step that cannot be missed. Let's do this.

The sentence you are going to speak will be slightly different for everyone, but the structure will be the same. It will be in the present tense. You are saying something IS, not what will be. You are not going to ask for something; you will say it is real. You will be describing reality, not a dream you wish to come true. I will show you an example:

“I have found love. This love is the greatest intimate connection I have ever known. My partner loves me for everything I am and is there beside me when I succeed and when I fail. We are happy together and I feel complete in my love life.”

I chose this example for a few reasons. First, to explain that you can never use particular names of any other individual. It is not in your power to demand the reality of others, only yourself. Who comes to you to fulfill your actualization is not up to you. Second, you are going to be actualizing a moment in time, not for extended periods of time. What you create may continue to be your reality after it is conjured, but that is not always the case. That's not how this works.

Lastly, I used this example to show what can go wrong. Let's say this example comes true. The lover you connect with more deeply than any other comes along and you find yourself in a beautiful relationship with a partner that sticks beside you no matter what. The problem lies in what happens when a different lover comes along that you want even more – you have an even deeper connection than the last. You try to leave the actualized lover, but they will not leave you. They see this as your failure, and they won't accept the end of the relationship. This undermines and destroys the new relationship you were trying to start, leaving you with nothing. You now wish you had never spoken the words that made your dream come true. Get used to things like this happening with what I am teaching you how to do. This is a skill that requires practice. You will fail. There is a learning curve. Know that.

Now you know step one. Think of your phrase and choose it carefully. Execute it. Only do this once, with one reality being actualized. Be clear. Don't ask for too much – just keep it simple. Got it? Good. You're now ready for Step Two.

