

# CLIFF NOTES

## Secrets Revealed

Powerful truths that will reset your Mindset and offer you freedom, peace, and joy.

# Road Map to Success

*When we learn valuable life changing truths (knowledge) and then begin to apply these truths into your daily thoughts and life (action), then you will see your Personal Power increase and your life transform.*

01

**Read** and **meditate** upon powerful words of truth. Many ideas may be new to you, but do not discard them. Allow yourself to consider, ponder and question the concepts as possibility. Have a mind open to everything, attached to nothing. Thus allowing yourself the possibility of a higher consciousness.

02

**Pray** and Ask for divine guidance as you begin to accept new possibilities and potentials into your life. Don't just take my word for it. Using the power of your Word backed by your intention to know Truth, Ask for a higher guidance system to help assist you in your growth.

03

**Action**. If there are areas in your life where you need to be an action taker, apply aligned action that feels true to you. You will begin to see the results manifest into your reality. Consistency and Repetition is key. This means you will have to apply daily consistent action to rewire your subconscious mind and produce new neural pathways in the Mind.

04

**Remember** the pathway, as above (mind), so below (body/form).
Thoughts (mind) leads to Feeling (body)
Feeling leads to action
Action leads to results (form, experiences, events, relationships, etc)

The great secret of life is the law of attraction or also commonly called the Law of Love. The law of attraction says that like attracts like, so when you think a thought, you are also attracting like thoughts to you Thoughts are energy and have a magnetic charge. All energy resonates at a vibrational frequency. As you think thoughts, they are sent out into the universe like a rocket ship, and they magnetically attract like things that ARE ON THE SAME FREQUENCY. Everything sent out RETURNS TO IT'S SOURCE, you! So, You will reap what you sow. Your thoughts and feelings are the seeds that you sow in this life. If you have positive, high vibrating thoughts you will ultimately harvest positive plants. If you are negative....you will bring this back into your life experiences! You are like a human transmission tower, transmitting a frequency with your thoughts and feelings. If you want to change anything in your life, change the frequency by altering the makeup of your thoughts . Your current thoughts are creating your future life. What you think about the most or focus on the most will appear as your life Your thoughts become things.

What you think about you bring about (in the material form world).
What you focus on expands. Getting really clear on what you want your mind to begin focusing more on is key to bringing good into your life. Do you want more problems? Or more solutions? Switch your Mindset to possibilities, not problems! Law of Attraction is a Universal law, meaning it applies to ALL. Our thoughts about it do not change its acting power over our lives. Nothing can come into your experience unless you summon it through persistent and emotionally charged thoughts matched with the same vibrational feelings! It is NOT enough to think something, we must believe it in our being so strongly that there is a corresponding Feeling that vibrates in our very being as well.

Work backwards, to tap into thoughts, just ask yourself how you are feeling. Emotions are body feedback from our thoughts! Asking yourself and checking in, is a valuable tool that instantly tell us what we are thinking! The body never lies, it is either good or bad, positive, negative! It is impossible to feel bad and at the same time have good thoughts! Our goal In life should be to feel good!

Your thoughts determine your frequency, and your feelings tell you immediately what frequency you are on. When you feel bad, you are on the frequency of drawing more bad things. When you feel good, you are powerfully attracting more good things to you. Secret shifters, such as pleasant memories, nature, or uplifting music can change your feelings and shift your frequency in an instant....reframing...redirecting both mind and body.

The feeling of love is the highest frequency you can emit, the greater the love you feel and emit, the greater the power you are emanating. So bathe in what you love. Think it, feel it, mental picture it, talk about it, and look at it.
Use all your senses.

This gap of love is where all the power you will ever need lives!
Love is your true essence! And in this vibrational frequency of love you can draw all things which you desire and love into your life!

The creative process helps you create what you want in three simple steps – ask, believe, and be open to receive (by your faith that it this or something better and it is already on its way to you). You mustn't add thoughts/feelings of doubt for you will cancel out and restrict the very thing you wish to attract just by living in a place where you doubt its arrival! Conscious awake thinking is your opportunity to get clear about what you want. As you get clear in your mind about your inner desires, you can then begin to Ask and bring them specifically into physical manifestation and form. Believing involves acting, speaking, and thinking as though you have already received what you've asked for. When you emit the frequency of having received it, the law moves people, events, and circumstances for you to begin to receive that which you most dominantly desire . Receiving involves feeling the way you would feel once your desire has manifested. Feeling good now puts you on the frequency of what you want, even though you don't possess it in form yet, you must act and feel as though you already do!

Living in a place of surrender and acceptance to what is good coming your way at the appointed time is the gateway to receiving sooner! To lose weight, don't focus on losing weight. Instead focus on your perfect weight. Feel the feeling of your perfect weight and you will summon it to you and move yourself into action to do the things required of you to achieve your desired healthy self. It takes no time for the Universal Source of All to manifest what you want. It already exists! It is as easy to manifest one dollar as it is to manifest one million dollars. God flows constantly in a state of unlimited abundance and energy. Opportunities and synchronicities will begin to occur, which in turn will create financial opportunity for us. SHe gives abundance in many different ways though, like non material forms like health and relationships- money is only one form of energy that we can receive should we desire more of it.

Starting with something small is a great place to begin. Powerfully intend to attract something small. As you experience the power you have to attract, you will move on to creating much bigger things. Ex. "I love this beautiful small gift I was given unexpectedly." (Something will be given to you if you look for it!). Look for miracle with a heightened expectation and belief! Create your day in advance by thinking the way you want it to go. And you will begin to create your day intentionally by design. Expectation is powerful attractive force. Expect the things you want, for what you expect (believe) tend to be realized. I expect miracles everywhere I go, and therefore I see them!

You get just what you are looking for. Be thankful in advance for what you desire....before you even have it! Gratitude is a powerful process from shifting your energy and bringing more of what you want into your life. Be grateful for what you already have and you will attract more of those very good things. Giving thanks for what you want in advance turbo charges your desires and send a more powerful signal out into the universe that you are ready to receive!!

Visualization is the process of creating mental pictures in your mind of yourself enjoying what you want. When you visualize, you generate powerful thoughts and feeling of having it now. The Law returns your mental pictures to you similarly how you saw it in your mind. The key is to remain patient but persistent and never stop using your imagination and daydreaming on the things you wish to bring into your reality!

To use the Law to your advantage, make it a habitual way of being, not a one time event – repetition and consistency of these positive creating thoughts is necessary to produce results in form. Repetition is the mother of all skill and will be successful at eventually swinging the pendulum of your thoughts in your subconscious mind to more of what you desire and love! At the end of the day before you sleep, go back through the events of the day. Any event that was not what you wanted, replay them in your mind the way you want it to go! To attract money, focus on wealth and abundance in all areas of your life. It is impossible to bring more money into your life when you focus on the lack of it in your life and the bills piling up. Focus on what you want, not what you don't want.

It is helpful to use your imagination and make believe you already have the money you want. Play games of having wealth and you will feel better about money as you feel better about it more will flow into your life. Feeling happy now and is the fastest way to bring money into you life Make it your intention to look at everything you like and say to yourself, I can afford that, I can buy that. You will shift your thinking and begin to feel better about money Give money in order to bring more of it into you life. When you are generous with money and feel good about sharing it, you are saying I in effect, I have plenty to share and more will come your way, by gift or opportunity. Visualize checks coming to you in your mind. They are already sitting in your mailbox...now walk out to the mail and go get them..and say thank-you. When you want to attract a relationship, make sure your thoughts, words, actions and surroundings don't contradict your desire because doubt is a powerful neutralizer to your faith.

Your first responsibility is to take care of you!! Unless you fill yourself up first, you have nothing to give anybody else. You can not serve from an empty vessel! You must get your cup so that it is overflowing and you serve

others with all of the amazing run off that flows abundantly!
Treat yourself with love and respect, and you will attract people who will show you love and respect When you feel bad about yourself, you block the love and instead you attract more people and situations into your life that will continue to make you feel bad about you. Focus on the qualities you love about yourself and and the Law will show you more great things about you!
To make a relationship work, focus on what you appreciate about the other person, not your complaints. When you focus on the strengths, you will get more of them.

The placebo effect is the an example of the Law in action. When someone truly believes the tablet is a cure, he receives what he believes and is cured more often than not! For in his belief he cancels out all doubt and creates his desires manifested into his reality. Focusing on perfect health is something we can do within ourselves, despite what may be happening on the outside. Laughter attracts joy, releases negativity, and leads to miraculous cures Disease is held in the body by thought, by observation of the illness, and by the attention given to the illness. If you are feeling a little unwell, don't' talk about it unless you want more of it. If you listen to people talk about their illness, you add energy to theirs. Instead change the conversation to good things, and give powerful thoughts to seeing those people in good health. Beliefs about aging are all in our minds, so release those thoughts from your consciousness. Focus on health and eternal youth. Do not listen or buy into society's messages about diseases and aging. Deny drug commercials as the cure, but rather lean on the Power of your Mind to believe that all good health and healing belong to you now.

What you resist, will persist, because you are focused on it with strong emotion, albeit negative, the Law responds.. To change anything, go within and emit a new signal with your thoughts and feelings. Let the Magnetic charge be positive. You cannot help the world by focusing on the negative things. As you focus on the worlds negative events, you not only add to them, but you also bring more of these things into your life. Instead of focusing on the world's problems, give your attention to trust, love, abundance, education and peace. We will never run out of good things because there is more than enough to go around for everyone.

Life is meant to be ABUNDANT and ever expanding! You have the ability to tap into the unlimited supply through your thoughts and feelings and bring more of it into your field of experiences. Praise and bless everything in the world, and you will dissolve negativity and discord and align yourself with the highest frequency...LOVE.

Everything is energy. You are an energy magnet, so you electrically energize everything to you and electrically energize yourself to everything you want. You are energy, and energy cannot be created or destroyed, it just changes form. The pure essence of you has always been and always will be. It is important to note that this Universal Truth is true for everyone, we are the same. Understanding this helps us know that even if someone else is not acting in alignment with love they are not exempt from this truth and are in fact, forever, eternal as well.

Your universe emerges from your thought. We are the creators not only of our own destiny but also of the universe in which we continue to live in. An unlimited supply of ideas are available to you. All knowledge, discoveries, and inventions are in the universal mind already as possibilities, waiting for the human mind to draw them forth.

You hold everything in your consciousness, you must just choose to connect to it. We are all connected, we are all one. We all are individual parts that make up the Whole. Without one part, the ONE would not be complete! Unity, or Oneness is the great secret to life that feeds our soul peace. When we rest in this place, all is well with our soul for the mass lie of separation is never feared again, we live in connection!

Let go of the difficulties from your past, cultural codes, and social beliefs. You are the only one who can create the life you deserve. You needn't cling to the inherited beliefs that you were given as a child.

A shortcut to manifesting your desires is to SEE and FEEL what you want as an absolute fact. Your power is in your thoughts, so stay aware and awake. As you think so shall you be. So begin to ask and think about, what you are thinking about? If it's not positive, no worries, move on and consciously choose to think about a positive version instead! You get to fill the blackboard of your life with whatever you want, consciously contemplate over the things in which you desire and love and begin to script your life out from these things!

The only thing you need to do is feel good now! God is Good. When you feel good, you feel God! God is Life. The more life we feel expanding in our consciousness the greater our experience will be in this dimension of things! The more you use the power within you, the more power you will draw out of you! You must cultivate and call on this power as if were a muscle, getting stronger and stronger! The time to embrace your magnificence is now.

You are a divine spiritual being, and your birthright is joy and love! Do what you love. If you don't know what brings you joy , ask, "what brings me joy?" As you commit to your joy you will attract an avalanche of joyful things because you are radiating joy!

You are a Vibrational being of light and when you KNOW this you will begin to radiate it out into the Universe, and all light filled things will reflect back to you! This is freedom, joy, peace and total bliss! Love is more than romance. It is a powerful attractor and when you learn how to turn it on in your life, you will begin to magnify all things in which you love.

We are-in the midst of a glorious era. As we let go of limiting thoughts and beliefs that we were imprinted with and conditioned with as a child, and release these shackles, we will experience humanities true magnificence which is our Divinity! The truth that Beauty is around us and in us and we have enormous potential that lies dormant in our soul that is waiting to be remembered and full self realized.

It is time to break free, and live an abundant and powerful life!

You are already Peace and Love!
Claim it now!

In Truth and Love, de day