

The Greatest Thing You'll Ever Learn

A special report on the secrets of reaching your full potential

In this report you will...

- Learn the secrets to living a happy, successful, and fulfilling life!
- Not only learn the secrets but learn how to apply them today!
- Learn a simple technique to become more charismatic...instantly!
- Find the tools you need to reach your full potential!
- And Much More!

By: Bob Griswold
Founder, [Effective Learning Systems, Inc.](http://www.efflearn.com)

Table of Contents

1. **Introduction**
 2. **Nature Boy's Message**
 3. **Is Matter an Illusion?**
 4. **What is Love Energy?**
 5. **You Better Think...Better**
 6. **A Practical Application – Projecting Love**
 7. **A Mental Housecleaning**
 - Identifying Negativity
 - Rejecting Negativity
 - Replacing Negativity with Positivity
 8. **Harnessing Love Energy Through Visualization**
 9. **Obstacles, Commitment, and Persistence**
 10. **You Have What You Need...Now Use It!**
- Appendix A: Affirmations**
- Appendix B: Tools**

1. Introduction

If you're like most people, you want to get more out of your life. While you may be very successful in many ways, there are probably several things in your life that you'd like to improve or change. In fact, there are probably a few things on this list that are on your mind every day:

- Improve your health
- Make more money
- Build better relationships
- Enhance your memory
- Increase your energy level
- Achieve success in business
- Manage stress better
- Learn to relax more
- Eliminate bad habits
- Etc.

While we all share a common desire to improve our lives and become better people, we also share a common frustration: *We lack the knowledge and the tools to actually make these changes happen.*

Well, what you are about to read will change all that. This report holds the secrets of how to make real changes in your life! The concepts and techniques explained in this report are simple yet *profound*. You'll be amazed at what a difference it will make in your life.

Now, if you're like me, you've read many self-improvement books. In fact, you've probably found yourself reading a great book, agreeing with the author, and getting excited about changing your life for the better. But once you put the book down, you continued to do things the way you always have. You went back to your old habits and behaviors and your life remained the same as it always has been. All you learned from the book was that things *can* be different. Unfortunately, the book didn't help you *make* things different.

Don't worry, you're not alone. It seems there are some things we don't get from books. For example: We don't read a book to learn to ride a bicycle and then jump on a bike and start riding. For most things, we have to experience or internalize whatever we want to learn and make it a part of our thinking, our feelings, and our behavior.

What's particularly special about this report is that not only does it explain how you can access your unlimited capacity for building your personal potential; it provides you with the [tools](#) you need to actually make these changes a reality. This report gives you what you need to experience and internalize the changes you want to make. You'll not only

learn the techniques, you'll learn how to practice them and make them a natural, permanent part of your daily life.

Here's what you have to look forward to:

- You'll learn about the enormous supply of personal energy available to you.
- You'll learn how to control this energy and direct it to improve whatever you choose.
- You'll learn a quick and easy technique that will make you more charismatic and likable...instantly!
- You'll learn how to break out of the shackles of misconception and self-doubt and reconnect with the inner child you lost touch with long ago.
- You'll learn how to do a "mental housecleaning." You'll learn how to sweep up and dump all the negativity in your life and replace it with positive, constructive thoughts.

So, please enjoy this report. I know it'll make a big difference in your life.

2. Nature Boy's Message

As a child I was deeply moved by a song called "Nature Boy," recorded by Nat King Cole. You may remember these beautiful lyrics describing the nature boy:

"There was a boy, a very strange, enchanted boy. They say he wandered very far, very far over land and sea. A little shy, and sad of eye, but very wise was he."

But do you remember the nature boy's message?

"And as we spoke of many things, fools and kings, this he said to me: "The greatest thing you'll ever learn is just to love and be loved in return."

Although I've remembered these intriguing words since childhood, I didn't fully appreciate their significance for many years.

I've spent over 30 years working in the field of human development and have personally worked with over 50,000 people from all walks of life, teaching them how to maximize their potential. Through my research and personal experience, I've discovered that the single most essential ingredient for success in any area of life is contained in this simple lyric. The key is learning how to tap the powerful form of energy we know as "Love." And I have developed techniques and [programs](#) to apply this "Love Energy" to manage stress, control weight, improve relationships, become more prosperous, and improve in countless other ways.

Now you may be thinking, "That's it? That's the greatest thing I'll ever learn?" Well, actually it's just the start. As you'll soon discover, the *greatest* thing is actually learning what this Love Energy is and how to apply it in a constructive way to make your life better and better. Read on.

3. Is Matter an Illusion?

Before we get into the concept of Love Energy, it makes sense to first discuss the concept of energy itself and how it relates to our physical world.

Molecular physics and relativity have changed our entire perception of the physical world. We now know that everyone has a tremendous amount of untapped or misdirected energy. In fact your body as well as everything else in the universe is nothing but energy waves. We are energy!

You may be thinking, “How can that be? We must be more than just energy. What about all this solid stuff all around me?” The truth is that solid matter is an illusion created by electrons traveling around the nucleus of atoms at a speed of 600 miles per second. This tremendous energy is what creates what we see as matter.

Think about it this way: how many times do you think an electron would have to go around a nucleus of an atom to travel only one mile? Well, the answer is about 1 trillion. That means in just one second an electron makes about 600 trillion trips around the nucleus. While this number is too large for our minds to truly comprehend, it helps us begin to understand how this would create the illusion of solid matter.

Here is another way to look at it: If you take a flashlight and use the beam of light to make circles very quickly on the wall of a dark room, you will create the illusion of a complete, solid circle of light. And if you are good you might get up to 6-8 revolutions per second. Of course electrons are moving infinitely faster than that flashlight beam. So you can understand how the illusion of solid matter is created.

So, all physical matter is made up of these subatomic particles speeding around making themselves look a lot more solid than they really are. On top of this, many scientists, including Dr. Deepak Chopra, say that even these sub atomic particles are not matter at all. They are merely made up of energy and information. So, you see, what we consider to be physical reality is actually something else. The physical world is an illusion. Energy and information is all that there is.

Now this doesn't mean we should start trying to walk through walls just yet. While matter is really made up of energy, this energy does a pretty good job of behaving as a solid. So it would be wise for now to keep opening doors before walking through them.

What this does tell us is that energy is all around us. It *is* us. Each of us is loaded with energy of many forms. Not only are our physical bodies all energy, more importantly *our thoughts are energy* too and they generate energy for us. Let me say that again: **our thoughts are energy and they create energy for us.** That's very important to remember and understand. Therefore a big part of this report is to learn to direct our thoughts to supply us with enough positive energy to do whatever we choose to do.

4. What is Love Energy?

Now that we understand that energy is all around us, it is critical to understand that this energy is available to us and can be controlled and directed by us to create positive changes in our lives. Intangible as it may be, what we know of as “Love” is among the most powerful forms of energy. Sometimes Love Energy is so subtle you barely notice it. At other times you experience it as a sudden, powerful charge...a transforming energy that provides the needed strength and endurance for completing a critical task.

Love Energy is all around us. It's the energy children have to play and learn joyously, day after day. It's the energy great athletes use to achieve peak performances. It's the compelling energy displayed by Einstein, Edison, Schweitzer, Mother Teresa, and others who loved their work. It's the energy, spark, or glow lovers have that seems to make time stand still when they're together. It's the strength a mother suddenly finds to miraculously lift a car or heavy object that is crushing her child.

Think about your own experiences where you seem to have a limitless supply of energy. Perhaps you've found yourself absorbed in a particular task or activity and you feel you can go for days without eating or sleeping. Think about how you feel when you are pursuing your hobbies and passions. That enhanced strength, endurance, mental clarity, and overall sense of well-being is the Love Energy flowing through you. When you reflect on moments when you've experienced these feelings, you get a hint at the power it can have.

But Love Energy is available to you not only when you're doing something you naturally enjoy. You have the power to access this energy whenever you choose. While it may be hard to imagine feeling “energized” when you are paying bills or doing your taxes, it can be done. You can find something to like or love about any tedious chore, even if it's just anticipating the satisfaction you'll have when it's done. Finding something to like or love about unpleasant tasks will always give you a boost of energy.

Where it will really begin to make a difference in your life is when you begin to *control* this energy, not only to help you complete tedious tasks, but to use it to help you achieve larger goals. For example, you can learn to harness Love Energy to help you lose weight, improve your marriage and other relationships, make more money, quit smoking, overcome fears, improve your self-esteem, and more.

So how do you harness and control Love Energy? How do you begin to use this knowledge to make real, tangible changes in your life? Well, it all begins with your thoughts. I said before that thoughts were energy and they generate energy for us. Well all change begins as just thoughts. Therefore, in order to tap the power of Love Energy, you first need to learn to use your thoughts in a positive and productive way.

In the next section you'll learn more about the power of your thoughts. But before that, I want to briefly introduce you to the concept of Mental Programming.

Your mind is a very powerful tool. It's much more powerful than you realize. Einstein estimated that we only use 5% of our minds. Some scientists estimate we use much less. Mental Programming is the process of learning to use more of your mind and to change your thinking – at both the conscious and subconscious levels. Through this process you learn to use your thoughts to channel Love Energy and achieve the changes you desire.

The [audio programs](#) I have developed over that past 30 years are designed to do just that. They're based on current brain/mind research, sound psychological principles, effective mind development techniques and many years of experience with hundreds of thousands of people. These individuals report they have used the [audio programs](#) to:

- [improve your relationships](#)
- [improve your self-image](#)
- [improve your memory](#)
- [manage stress](#)
- [stop smoking](#)
- [control weight](#)

...and much more. They are the ideal tools to help you learn to make Love Energy work for you and to help you create a new reality for yourself.

Whether Love Energy is subtle or transforming, its positive influence in your life is profound. When you learn to harness Love Energy, over time it will permanently affect you physically, mentally and spiritually. Love Energy will empower you to accomplish whatever goals you choose. Using it, you will discover and develop your potential for creating interesting and enjoyable relationships with friends, relatives, co-workers, and lovers.

5. You Better Think...Better

It's worthwhile to spend some time contemplating the awesome power of your own thoughts. To state it mildly, your thoughts are the key to your success in anything you do. Think about it. Every single thing you do - big or small - happens because your mind generates a thought to initiate that action.

- What makes one person active and physically fit while another person can't seem to pull himself or herself away from the TV?
- What makes one person choose to work on something while another chooses to procrastinate?
- What makes one person interesting and funny and another person boring and mean?
- What makes one person disciplined enough to set goals and commit to achieving those goals while another person does nothing to improve his or her life?

You can say that these people have different personalities, different experiences, different cultures, different tastes, etc. But the bottom line is that their minds work differently. The decisions you make and the activities you choose are the net result of what's going on in your own mind. And, as Anthony Robbins has said, "It is in your moments of decision that your destiny is shaped."

Since our own thinking is the key to what we can accomplish in life, we are truly in control of our destiny. But while we are in control of everything we do, we are not always in *conscious* control of what we do or what we feel. Many of our choices are driven by the complex workings of our subconscious. For example, in spite of your desire to change, you may not be able to control how much you smoke, eat, drink, etc. Perhaps because of some previous experiences you are afraid to try new things. Or maybe you find yourself unwittingly sabotaging your relationships.

The bottom line is that every thought we have, conscious or subconscious, drives our behavior and dictates our reality.

Interestingly, many of our thoughts didn't even originate with us. We were programmed with them in childhood and throughout our lives. In a sense we were "hypnotized" to believe certain things about ourselves that eventually became our reality. For example, many children are told that they are not very smart. If they accept such programming - and children usually do - they create a negative inner-image of themselves and stop believing in their own intellectual capabilities.

These negative thoughts are recorded in the brain like audio and video tapes coupled with emotions and deep feelings. And they replay automatically throughout our lives. Each time they replay, they reinforce the negative inner-image we have of ourselves which, in turn, influences our behavior. In the case of a child who is told he is not smart, in most cases he performs poorly in school. This is mainly because, as someone who isn't smart,

he doesn't expect to do well in school. He's happy with C's and D's. And eventually his career and opportunities become greatly limited.

But here's the good news! One of the greatest discoveries of the past century is that we can change our subconscious thinking. In doing so, we can automatically change our lives for the better. We can neutralize past negative programming and replace it with positive thoughts, images and feelings. Once these new inner-images are in place, the outward, physical changes are inevitable.

How do you do this? How do you overcome many, many years of negative programming? How do you change your subconscious thinking? How do you remove negative thoughts and replace them with positive thoughts, images, and feelings?

There are several techniques you can use to take control of your thoughts and emotions and reprogram your inner mind. A few of these concepts are described in this report. While it is possible to reprogram your subconscious mind on your own; in practice nearly everyone benefits greatly from outside guidance and support.

Well-directed hypnosis and/or therapy can be effective approaches but can be quite expensive. The most cost-effective approach available today is the use of [audio programs](#) designed to guide you and help you harness the power of your mind to change your life.

[Effective Learning Systems, Inc.](#) has been the leader in this field for over 30 years. As pioneers in the development of human potential, we have worked with thousands of people and have perfected powerful techniques to help you use your mind to realize positive changes in your life. Please browse our broad offering of excellent programs at your leisure.

Now, let's jump into a practical technique you can start using immediately! With this technique you'll learn how to use your thoughts to direct Love Energy. As a result you'll instantly become more charismatic and likable.

6. A Practical Application – Projecting Love

Let's begin with a simple but very powerful technique of projecting love that you can start using right now. This easy application of Love Energy will provide you with many instant and long term benefits. To implement this technique, here is all you have to do:

Whenever you encounter people, whether it's a stranger or someone you know well, say whatever you would normally say but occasionally – particularly in the beginning – mentally project “I love you.” Just say the words in your head and project them to the person to whom you are speaking. Your silent projection of love will cause your consciousness to access the unlimited universal source of energy. This simple act will instantly change the energy that you project and it will have an enormous impact on you and the people you are with.

When you project love, you will notice first that you feel more natural and, as a result, more relaxed, more comfortable, and more spontaneous. You will be able to express yourself more easily and effectively. Your words will flow more smoothly, and you will be less self-conscious. This happens because you are in touch with your higher self. You are being your true self. Your personality shines when you relax and be yourself. It is when you put on a façade and try to be something you are not, that you distort your personality and make a less favorable impression on others.

You may also notice a change in your attitude as you dwell on the positive thought of projecting love. You'll be in a more positive frame of mind. The lines of communication between you and the other person will burst wide open. Because of your heightened sense of caring, you'll listen more carefully and express more interest and empathy. You'll feel yourself sending out positive vibrations that will make an enormous difference in your relationship with that person.

When you use this love projection technique, not only will your attitude become more positive, your body-language and your other non-verbal communication will also improve. You are likely to have an unconscious change in your tone of voice as you silently project love. Your body movements will become more natural and graceful, and you will smile more easily. These unconscious actions will affect how the other person perceives you and accepts you. These unconscious actions, by definition, are not things you must try to do. They are just natural by-products of projecting “I love you.” Unless you are really looking for these changes, you'll probably not notice any change at all in your behavior. Everything will seem perfectly natural because you are just being yourself.

Surely, you've met people for whom this all comes naturally. These are the “natural leaders” that we know or the people with great “charisma.” But the key to leadership and charisma is *the ability to make others feel good about themselves*. And nothing makes people feel better about themselves than feeling that they are loved by someone else.

People will subconsciously sense your positive projection and feel better about themselves. They won't know that you are projecting love, but they will feel more positive and comfortable being with you. Of course, people enjoy being in the company of those with whom they are comfortable. They also enjoy doing business with people with whom they are comfortable.

You will also find that by mentally projecting love, you are not giving up your individuality or becoming submissive. On the contrary, it is enabling you to be more assertive. By establishing this type of friendly rapport with other people, it is easier and much more effective for you to let them know when you disagree with them. You will be able to simultaneously communicate your respect for the person while expressing your own views. In essence, it is like saying, "I like you, but I do not agree with what you just said or I do not like what you did."

When you project love, you surround yourself with an energy field of love. This energy field protects you from negativity. It dissolves all useless, irrational fears, and creates an environment that is healthy, positive, harmonious and enjoyable.

You might expect it to be more difficult to use this technique when you are with someone with whom you don't usually get along. While this is often true, I say: "Do it anyway! Do it for yourself! Do it for your soul!" In fact, it becomes more important to project love when you are around those who rub you the wrong way. To love one another is probably the most repeated directive in the great spiritual traditions. It is a big part of Christianity, Judaism, Buddhism, Taoism, Confucianism, and Brahmanism, to name a few. When you surround yourself with loving energy, you protect yourself from the stress and negativity that you usually encounter when you are with difficult and negative people. And in many cases, your projection of love will change their attitude as well.

I urge you to use this technique often, because I know it works. Project love to at least three people every day for the next three weeks. Do it in job interviews, sales presentations, public speaking, or any situation where you may be anxious or fearful. Love dissolves fear. Fear cannot exist in the presence of love. Do it to improve any relationship. Teilhard de Chardin, in his great work "The Phenomenon of Man," said it so well: "Love alone is capable of uniting living beings in such a way as to complete and fulfill them, for it alone takes them and joins them by what is deepest in themselves."

If you use it in a job interview it could easily make the difference between getting the position you are seeking and losing the opportunity. If you use it in sales calls it could raise your income considerably as well as making those calls much less stressful and much more enjoyable. This is a very practical technique. It doesn't take any extra time or effort, and as I said, it will provide you with many immediate and long-term benefits. Please, please use it!

Speaking of practicality, a little later we'll go into some other techniques for managing stress, controlling weight, improving relationships, and becoming more prosperous. But first we'll examine our thoughts and learn how to neutralize negativity.

7. A Mental Housecleaning

As I explained before, your thoughts are very powerful and greatly influence your energy and how that energy is directed and applied. Every thought you have produces chemical changes in your body. Negative thoughts drain your energy. Positive thoughts raise your energy. Studies have shown that when we are in a positive frame of mind our white blood cell count is up, which helps us to fight disease. So physiologically, psychologically, and in terms of energy, we are better off when we are in a positive frame of mind. Therefore our next step is to become aware of negativity, delete it, and replace it with positive thoughts, images and feelings.

Identifying Negativity

To some degree, negativity has influenced every phase of our lives. Negative thinking results in unhappiness, worry, anxiety, performance inefficiency, fears, depression, illness, and poverty. Most people use negatives automatically – never realizing what a devastating effect negatives are having on their lives.

The word “*can’t*,” for example, has a permanent negative connotation. It’s like saying, “This is the way it is and this is the way it always will be.” And it will be, if you continue to say it. To borrow a thought from Zig Ziglar, “Most of us could use good kick in the can’ts.”

Negative thoughts result in negative feelings or emotions – you become depressed. Whenever you feel “down” or moody, stop and ask yourself what you were thinking about just prior to your depressed mood. Invariably, you’ll find it will have been a negative thought.

Buckminster Fuller, a dear friend of mine and for years a member of Effective Learning Systems’ board of advisors, once told me that every child is born a genius but is enslaved by the misconceptions and self-doubt of the adult world and spends much of his or her life having to unlearn that perspective. Because I believe that is true, I have dedicated my career to helping people free themselves from the misconceptions and self-doubt that entrap them. The negativity that we have learned, or been programmed to accept, has blinded us from the positive loving energy dwelling within us. The word *can’t* is one of the culprits, but there are others.

The word *don’t* is overused, especially when talking to children. If you say to a child, “Don’t slam the door!” what is the next sound you are likely to hear? That’s right----the door slamming. It is as if the child didn’t hear the “don’t.” The result we get is from the positive part of the statement, “slam the door.”

To illustrate this, I am going to ask you to do something. For the next thirty seconds, *don’t think of a big red apple!* If you are like most people, you did think of an apple. The “don’t” did not seem to count.

Here are a few more examples of negative thoughts that create false limitations:

- I'll never be rich
- I can't lose weight
- I'll never understand
- Life is hard [compared to what?]
- Money is the root of all evil
- I can't remember names
- If something can go wrong, it will
- I can never get ahead
- All good things must come to an end
- I never get any breaks

Of course there are countless others, but you get the idea.

Rejecting Negativity

Now that we are more aware of this negativity, whether it is coming from you or someone else, we can neutralize the negatives and replace them with positive thoughts, images and feelings. From now on when you are talking or thinking in negative terms, or receiving it from another person (for example words such as “can’t,” “never,” or “impossible”) you will let these words be like a flashing warning light or a bell ringing. Let them serve as a reminder that this is programming for your mental computer.

If you choose to not allow this negativity to become a harmful influence on your life, imagine that programming as a tape or CD and press the “eject” button. If you were playing a tape or CD that you didn’t want to hear you could eject it and replace it with something you do want to hear. You can do the same with negative programming, regardless of the source.

Pressing the “eject” button on negativity will be a big help in preventing the creation of false limitations in your mind. It will help you get in touch with the Love Energy inside you so you can use it to develop your full potential.

Replacing Negativity with Positivity

When you’re able to identify and reject negativity on a regular basis, you create an opportunity to replace those thoughts with positive thoughts – thoughts that will help you get what you want out of life. The best way to do this is through the consistent use of Affirmations.

Affirmations are powerful positive statements that are used to build a positive internal dialog. By consistently repeating affirmations to yourself, you create positive subconscious thoughts. These new, positive, productive thoughts will replay automatically throughout your life. Each time they replay, they’ll reinforce the new positive inner-image you have of yourself. It will help you access the endless resources of positive energy to help you create a new positive reality for yourself.

At the [end of this report](#) I've provided dozens of carefully chosen, time-tested affirmations. Select those that you think will be most helpful, write them down, carry them with you, and use them often. Get into the habit of saying them when you are doing routine things such as brushing your teeth or washing your hands.

When you use them, let yourself really feel them. Fully experience each one. Enjoy them. Assume each affirmation to be true in your physical reality. Feel the positive emotions that are appropriate for this positive reality. This will help you make positive changes more quickly and automatically.

The following two nuggets of advice will help ensure you maximize the benefits of using Affirmations:

1. Use the affirmations frequently. It's one thing to know about affirmations and use them occasionally. It's quite another thing to use those that you believe will be most helpful everyday for at least 30 days. Dr. Maxwell Maltz in his book "Psycho Cybernetics" asserted that it usually takes 21 days to make any perceptible change in one's mental image. For some people it takes a bit longer. That is why I urge you to use them for at least 30 days.
2. You must continue to actively "eject" the negatives you experience daily. If you use affirmations occasionally, but allow negatives to dominate your thoughts throughout the day, you are going to make little or no progress.

Using affirmations correctly is one important step to changing your subconscious thoughts and changing your life for the better. But most of us need assistance in doing this properly and consistently. This is why we have [audio tapes and CD's](#) on a wide variety of topics. I created these programs to be your "personal assistant" and "support system" to help you program yourself for success in any area you choose.

Another advantage of the [audio programs](#) is that they are recorded with a background of music and nature sounds. So in addition to helping you program regularly and consistently, they help you activate the right hemisphere of the brain. This Whole-Brain learning effect helps you internalize the programming more quickly and completely.

Order some for yourself today. They are guaranteed to help you make positive changes in your life.

8. Harnessing Love Energy Through Visualization

Another fantastic way to apply Love Energy to achieve your goals is through the proper use of Visualization. For centuries, humans have used visualization in many ways to achieve their goals. In spite of this fact, most people do not know how to visualize correctly and thus get frustrated and discouraged with this practice. Used properly, however, there is practically no limit to what you can achieve.

You will find it extremely helpful to visualize, or vividly imagine, the achievement of your goals and to see yourself the way you choose to be---as a healthy, happy, prosperous person. Visualization is a very powerful tool for changing your reality. Your future is greatly influenced by the images you hold in your mind. When you choose positive images – and see them in your mind’s eye and feel the emotions that go along with them – you will automatically have a more positive future.

A good way to use visualization is to calm your mind by sitting comfortably somewhere where there are no distractions. Then use what I call “The Three Loves” to relax mentally and physically. You begin by closing your eyes and taking a slow deep breath. Hold it for just a second or two, and then while exhaling, say you yourself the word “Love.” Let yourself feel completely carefree and relaxed. Just let go. Repeat this two more times. Each time let yourself feel the sincere emotions that the word “Love” represents.

Then imagine you are standing in front of a very big screen television with a video player. This is a special, ultra modern piece of electronic equipment. You have a remote control device in your hand with four buttons for projecting into the future. They are labeled 6 months, 1 year, 2 years, 5 years, etc. By pressing a button you can run a three-dimensional video of yourself and the health, happiness and success you desire for yourself, and others, at any point in the future. Then by pressing a fifth button, instead of watching yourself in the video, you can actually be inside your video image body and be completely within that future environment---feeling the total reality of that future.

Start by selecting a point in time that you want to experience. Press the appropriate button and enjoy a bit of your future. Observe yourself and your life as you choose it to be at that point in time. See yourself doing what you choose to do and having what you choose to have. Enjoy seeing yourself as you choose to be. You completely surround yourself with the future reality you have chosen and you are filled with positive feelings. You can feel the joy, the confidence, the satisfaction, the fulfillment. Allow yourself to experience these and other positive emotions. Feel the Love Energy. Feel yourself surrounded by an energy field of love. Enjoy being able to help yourself and others. See and feel yourself walking, talking, thinking and feeling as a happy, healthy, successful person.

If you are programming for weight control, see yourself as having achieved your ideal weight and shape. If you are programming for a car or a house, see yourself driving that car, or living in that house. The more positive emotions you let yourself feel, the more

real it will seem and the more you will assure that your inner reality will soon become your outer reality.

By doing this, you are setting up patterns in your mind to enjoy the present and prepare for even greater success in the future. You are choosing your future physical reality. Enjoy it and enjoy taking control of your life.

This short instruction will help you get started with this very powerful technique. But as I've said before, most people greatly benefit by having **some assistance** with visualization. That's what makes guided visualization and guided meditation such useful tools. They guide you to the relaxed state of mind ideal for mental programming, and they help you build positive visual images and consistently reinforce these images. My audio series, appropriately named [The Love Tapes](#)®, has programs on over 80 different specific topics. Surely you'll find several that are just right for you.

9. Obstacles, Commitment, and Persistence

Life is filled with challenges. Often things happen that we would prefer not to see happen, but they do. These challenges, in one form or another, are experienced by everyone. Although they may seem terrible when they first appear, they always present an opportunity for us to learn and grow. Actually, they are nearly always a blessing in disguise. We may not see the blessing at first, but later we discover that what we originally perceived as the *worst* thing that could have happen was, in fact, the *best* thing that could have happened.

Richard Bach, in his book “Illusions” says: “There is no such thing as a problem without a gift in its hands.” The Chinese word for “crisis” is written with two characters. One of them means “opportunity.” So make up your mind right now to look for that gift whenever an obstacle or problem comes your way. Look for that opportunity. You will find it! By turning that negative into a positive, you will activate your Love Energy and your self-confidence to deal with obstacles will grow stronger each time.

I know many people who have learned this lesson so well that whenever an obstacle or problem arises, they automatically think, “Oh good!” Then they immediately begin looking for the hidden blessing or opportunity. And they find it! In the words of Booker T. Washington: “Success is to be measured not so much by the positions that we have reached in life, as by the obstacles which we have overcome while trying to succeed.”

So keep this in mind as you endeavor to achieve your potential. The key is to understand that there will always be obstacles and to have the confidence that you can overcome anything that stands in the way of your dreams. Then you can commit to your goals knowing ahead of time that you will succeed.

When you make a commitment to your goals, something always seems to come to your assistance. The act of making a strong commitment and the willingness to persevere is like an invitation to the positive forces of the universe to rush in and help you. The right people, the opportunities, and the financial assistance seem to magically appear to support your efforts. And once you have made a truly strong commitment, persistence seems to follow automatically. Persistence is important because some things take more time than others. If you look for something to learn from each experience, especially from any obstacles or setbacks, and you keep going toward your goal, the Love Energy will kick in and you will succeed!

10. You Have What You Need...Now Use It!

This report has provided some powerful techniques and ideas that can change your life. They will put you in touch with what you already have, what you already are, and what you can easily do to make your life filled with greater happiness, better relationships, fulfillment, good health, and prosperity. You have been introduced to the greatest thing you'll ever learn, but this is just the beginning. You will experience a much deeper understanding of this eternal truth and the power it gives you as you continue to use these tools that are now yours.

I wish you the best of health, happiness, and success.

Appendix A: Affirmations

Here are dozens of powerful, time-tested affirmations to help you overcome negativity in many areas of life. These are just a sample of the excellent programming that is available in each of the respective audio programs from Effective Learning Systems.

[Total Relaxation](#)

[How to Attract Money](#)

[Super Strength Weight Loss](#)

[Super Strength Self-Esteem](#)

[Becoming Totally Positive...Auto-matically](#)

[Develop a Super Memory...Auto-matically](#)

Read more about using affirmations in “Replacing Negativity with Positivity” in section 7 of this report.

TOTAL RELAXATION

- I feel calm and relaxed.
- I breathe slowly and deeply.
- With each breath I become more relaxed.
- I breathe as a calm relaxed person.
- I feel completely carefree.
- I am free of worldly cares.
- I am free of unwanted stress.
- It is healthy and wise to let go and relax.
- I choose to enjoy this moment.
- I feel very positive and confident.
- I feel so peaceful and calm.
- I feel so comfortable.
- I feel like smiling.
- I am smiling.
- I am happy and content – and so relaxed.

HOW TO ATTRACT MONEY

- I project wealth and good fortune to each person I meet.
- Large amounts of money are coming to me.
- Money flows to me easily and naturally, just as the waves flow into the shore.
- I deserve great sums of money and use it to help myself and others.
- I am putting more loving energy into my work and this is providing me with a larger and larger income.
- The more money I have the more money I have to give.
- I am like a magnet to money.
- It is attracted to me.
- My financial worth increases everyday regardless of what I do.
- I am learning and growing everyday which makes me more valuable to the world.
- Money is always circulating freely in my life and there is always a surplus.
- Every dollar I spend circulates, enriches the economy and comes back to me multiplied.
- I see money as a useful tool.
- The more money I have the more money I can use to help myself and others.

SUPER STRENGTH WEIGHT LOSS

- I love myself as I am, regardless of weight.
- I eject negative thoughts.
- I choose to be slim and healthy.
- I now see myself as being slim and healthy.
- Everyday I get more control of my weight.
- My thoughts influence my body.
- I eject any negative thoughts about my body.
- I choose to think positively about my body.
- My beliefs create my physical reality.
- I now believe and I know that I control my weight.
- My new reality includes my ideal weight and shape.
- In my mind I am now slim, healthy and attractive.

- My physical reality is quick to follow.
- I shall attain and maintain my ideal weight.

SUPER STRENGTH SELF-ESTEEM

- I am at peace with myself.
- I accept myself.
- My self-esteem is growing daily.
- I love the real me.
- I'm happy being who I am.
- All I have to be is me.
- My life is meaningful.
- My life is important.
- I now make good use of my life.
- I'll now be the best me I can be.
- I don't have to be perfect, I just choose to be perfectly me.
- I now recognize my talents and skills.
- I feel good about myself.
- I feel better each moment.
- I'm happy being me.
- The more I accept and love myself, the more I can accept and love others.

BECOMING TOTALLY POSITIVE...AUTO-MATICALLY

- I now eject negativity.
- I now control my thoughts.
- I now control my feelings.
- I'm building a storehouse of positivity.
- I'm storing positive thoughts.
- I'm storing positive images.
- I am in charge of my mind.
- I am in charge of my life.

- I choose to be positive.
- I am positive.
- I have great potential and I'm going to use it.
- Every day life gets better & better.
- I expect good things to happen.
- I see something positive in all situations.
- I turn negatives into positives.
- I am totally positive.

DEVELOP A SUPER MEMORY...AUTO-MATICALLY

- Each day I tell myself I have a great memory.
- I have confidence in my memory.
- My memory improves every day.
- I replace negatives with positives.
- I easily remember anything of importance.
- My memory is well organized.
- I record information easily and naturally.
- My memory retrieval system is excellent.
- I am now good with names.
- I learn and recall names easily.
- I can remember names
- I do remember names.
- I am now proud of my memory.
- My mind is sharp.
- My memory for names is great.
- I enjoy remembering names.

Appendix B: Tools

Throughout this special report I mentioned how important it is to have the tools you need to initiate change in your life. Some of the most effective tools in the world are the audio programs we've developed at [Effective Learning Systems](#). They are designed to help you harness the unlimited power of your own mind to change your life permanently and easily.

Over the last few decades they've helped many hundreds of thousands improve their lives and many have shared [their stories](#) with us.

Each program offers a unique combination of powerful techniques that are guaranteed to help you achieve your goals. Our positive, goal-oriented approach is very relaxing and extremely enjoyable. With hundreds of titles available, you're sure to find several that are just right for you.

To learn more about our audio programs and browse our titles, please visit us at www.efflearn.com. We look forward to hearing from you.