

# Be your own president

Use of the univrsal laws and scientific methods  
to get wealth and whatever you want

**part one**



**Mehran Fasahat**

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### **Preface**

If until a year ago, someone told me that all I saw in my life, all good or bad events I experienced, the amount of money I earned, whether I liked the job I was doing or not, the people whom I met in my life and even the way I was treated by my relatives, were all due to me and what I had attracted in my life and no one and nothing, such as the government, the family, the country, talents, etc. had nothing to do with it and I was the sole responsible one, I would definitely consider him or her mad, even if he or she held a high academic degree.

Although I understood by experience that in order to succeed in a certain field, a person had to do his best, this fact that the government and others had nothing to do with it was not comprehensible.

But a book and a film changed my whole life.

### **My Story**

As a teenager, I had lots of wishes, like my peers. But my greatest one was to become a president, not because I wanted to obtain wealth or power, but because I thought it was the best way through which I could help solve the problems of my fellow human beings and my country, and to establish some sort of justice in society – I thought so because I did not have an understanding of the real meaning of justice. Having this dream in mind, I decided to graduate in the highest degree. Since I was interested in biology and human genetics, I chose medical laboratory sciences for my B. S. and after seeing the low payment, I continued my studies and entered the interesting field of medical biotechnology with its goal of manipulating the genes and cells, for my M.S. at one of the top universities in Tehran. However, the working conditions and low payment were not satisfactory and even some of my friends, Ph.D. students, complained about the working conditions and payment. Additionally, I was so busy all those years that I had forgotten my goal of presidency completely.

How could I, who have not managed my life in the way I should have, administer a country?

I was leading a life of despair when a friend of mine invited me to a network company and there I got introduced to the movie *The Secret*, and some books on success as the result of which I gradually experienced nice changes in my life. After conducting research on the law of attraction, studying lots of books in this field, attending various seminars on this law and

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learning from the great masters (all of whom I had attracted), I found out the important universal laws, hidden from the people for centuries, and after having wonderful results, I noticed that I had chosen a wrong goal because the only one who can help you achieve what you want, is you and the beliefs you have in each field, neither me, nor someone else. No president can bring any changes in your personal life unless you want it.

My dear friend, who is reading this book, you must have been in the orbit to have received this book, as I was put in the orbit after so many years.

Maybe this book and its laws are my ways to achieve my dream ...

My dream of presidency

But not a president for others, but to make others president of themselves

## **Part one**

### **Chapter One: Everything is Energy**

I try to explain everything in a simple way.

All things you see in your surroundings, such as your hands, your cell phone, desk and chair, weather and all gas, liquid and solids in the world are made of atoms. And an atom is composed of three units; an electron, a proton and a neutron – which you have known from the high school.

With the progress of sciences, the scientists found out that the protons and neutrons are made of units called quarks which are divided into two classes of up-type quarks (U quarks) and down-type ones (D quarks) and these quarks are made of energy.

Simply put, the quarks get connected to each other in order to make nucleons (combination of neutrons and protons) which will attach to each other to make atomic nuclei. The nuclei and electrons make up the atoms and these atoms make small and big molecules such as water or egg white.

Our bodies are made up of billions of cells, with a nucleus in each cell in which there is a DNA molecule to adjust the cellular functions. And this molecule is composed of billions of atoms such as carbon and phosphorus and therefore atoms are made of energy too.

In fact, albeit all differences among human beings, animals, plants, planets and even stars, they are all made of one thing, which provides a basis for everything, even our thoughts and feelings; ENERGY

energy  quark  nucleus  atom  molecule : human, animals ,  
etc.

## Chapter Two: What is the Law of Frequency?

As it was mentioned, all things in the world, including our thoughts and feelings, are made up of energy, which is vibrating or moving gently, though invisible to a naked eye (the same as the cellular movement in our bodies which cannot be seen by eyes).

Frequency refers to the amount and intensity of each vibration and everything has a specific frequency or a specific amount of vibration.

There is a law called the Law of Frequency which states that each person will be put in a specific frequency via the thoughts he sends to the world.

Each thought has a frequency and every thought which you send will be put in its specific frequency, for example, if your thought has a frequency of 60 Hz, you will experience the conditions existing on that frequency while having no access to the conditions in higher or lower frequencies.

You send frequencies to the world via your thoughts and the universe presents frequencies similar to your thoughts, i.e., a man whose mindset is poor, cannot have ideas which will make him rich or cannot be put in a wealthy situation since these ideas and conditions are not in his current frequency but at a higher one.

Let me use statements by two great scientists of the world, Albert Einstein and Thomas Edison. These two scientists declared that everything in the universe was made of energy and reflected a variety of frequencies. Even a human cell reflects a different frequency. These frequencies pass through everything, like the radio waves and then scatter across the universe.

*Why can these waves pass through everything?*

Because the component particles of these waves are too much smaller than the particles making up the items, even smaller than electrons and protons within the atoms

These two scientists have proven that our minds are vibration transceivers, or to put it in a better way, they are transceivers of energy in the form of vibration.

Now, if the human energy and thoughts focus on something, the energy and frequency pass through everything and scatter in the world, to be received by others' minds and to have an effect on physical items.

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These mind waves function like radio waves, yet smaller than the radio waves and faster than the light speed. Moreover, radio waves move in a direct line while the mind waves move in all directions.

These two scientists have also proven that our mind is the most powerful and the fastest vibration transceiver in the world.

There is a law in the world, called the law of attraction, which states that everything that is made up of energy has a specific frequency and that all things of the same frequencies attract each other.

Now, this law applies to us since we are made up of energy. In fact, we, humans, are the strongest and the fastest frequency transceiver stations, sending these frequencies and in fact energy to the universe at any moment. And the universe changes this energy into material items, recreating them in form of people, ideas, events and situations adjusted to these frequencies



**We, human beings, are the most powerful frequency transceivers.**

### **Note:**

Energy Stability Law; the energy cannot be created or destroyed. It can only be changed from one form to another.

In other words, the law of attraction states that you will get as much energy and frequency as you send – and the quote saying "you reap what you sow" exists in all religions, and therefore whatever you send, will come back to you or, in scientific terms, you will receive as much energy as you send.

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The important point is that the law of attraction is more powerful than all laws in the world. In order to make it more comprehensible, let's give a simple example.

For example some people ask how we could fly while we have the law of gravitation. The reason is that we have laws more powerful than the laws of the physics; the quantum physics which can overcome the laws of physics. Of course it does not mean that there is no law of gravitation; however, it means that we have overcome the earth's gravity with the help of more powerful laws and the strongest law in the quantum physics is the law of attraction.

All energy you send out will pass through all laws of physics and will finally come back to you and the laws of physics cannot prevent it. That's why when you use the law of attraction in order to achieve your goals, you must not care about how to achieve them since you will analyze the way of achieving them with the help of the laws of physics you see around yourselves, while the law of attraction, more powerful than the laws of the physics, will make those wishes come true in thousands of ways which you cannot even imagine.

In fact, 99 percent of the ways to achieve your goals are not present in the space and orbits of your present thinking. Yet as you use this law, you will see the ways one after the other.



### Chapter Three: Paying Attention, the Most Important Universal Law

Why don't most people get any results from the law of attraction?

After watching the movie Secret, many people began to think about what they wanted, but they did not get any results because some parts of the original movie were clipped.

The important note in the law of attraction is that whatever we **pay attention** to enters our lives and not whatever you think about and this is the Achilles' heels for many people who not only didn't get any results from this law, but also used it against themselves.

As it was said earlier, we are sending frequencies at any moment, but these frequencies are not sent based on our thoughts. In fact there are beliefs within us, or to put it in a better way, in our unconscious, that create a sort of specific feeling in us, and it is these feelings that send frequencies to the universe, and the universe replies to them.

#### **It's better to define belief at first.**

Belief simply means too much repetition of a thought.

Belief is an idea which has been repeated several times via different ways such as hearing, seeing and experiencing, generally repeated through our attentions and formed in our mind and unconscious. This belief, which is in fact our dominant thought and a form of energy, is always sending frequencies, which according to the law, changes into material items and will be returned to you in the form of people, conditions and ideas with the same frequency.

With paying attention to a specific issue, it makes roots in our unconscious (which records everything like an audio recorder) and then, after repetition of these attentions, they will change into belief and this belief sends frequency and accordingly the world will provide all conditions.

Everything you hear, see or experience a lot, will turn into your belief.

In short:

Attentions → belief → frequency → the universe receives it → answer in form of people, conditions, and situations adjusted to that frequency

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Paying attention is formed through four ways

1. Seeing
2. Hearing
3. Speaking
4. Thinking and imagining

A very important note: **it is impossible for you to hear or speak about everything during the day, and then sit somewhere, imagine and meditate and then expect to achieve your wishes. This is totally impractical.**

For example, if you always speak or think about what you don't want such as poverty, debt, disease, etc. you are sending this frequency declaring that you need such things and [the universe acts as a mirror](#) and adjusts situations for you in which you will experience more poverty, debt, and disease.

Therefore take more care of the points of attention and whatever enters your mind, since such simple, yet important things shape your life.

Our feelings are our compass.

The important point concerning this subject is that in order to know on what desires (such as money, or health) we should concentrate, we need to get help from our feelings. For example, if you don't feel good when you are thinking about money, you are actually paying attention to its lack.

For example, when shopping for something, when you want to make the payment, if your feelings are not good, then you are paying attention to losing it and this bad feeling sends the frequency to the universe, declaring that you want to lose more money and the universe will provide conditions in which you will lose more money, but if at that time, you thank God for having the money to buy that stuff, then you will feel good and this good frequency will provide conditions for you in order to get more money.

[In fact, it is enough for you to pay attention to your feelings in order to understand whether you are paying attention to what you like or what you dislike.](#)

### Chapter Four: Where are our beliefs formed?

Our beliefs are shaped by our attention and these beliefs and feelings result from the fact that we send frequency to the universe and conditions, people and situations of the same frequency are shown back to us.

The main reason why most people don't achieve what they want is that their wants do not have the same frequency as their beliefs. For example, you want to get a lot of money, but your belief or better to say, your predominant thought in your unconscious is that wealthy people are not good or the wealth makes you a bad or cruel person; [such attitudes about wealth in your unconscious will send a frequency to the universe that will go contrary to your wants, which will not let you reach your goal.](#)

But when you begin to make new thoughts or, better to say, new beliefs about your wants such as money, your frequencies to the universe will change and the universe will put you in the way of achieving much money.

In the following part, there are some necessary exercises to get at what you want;

*How are the beliefs shaped?*

- Family
- Environment
- Culture
- Media
- All things you hear or see

**Family**, Our father, mother, grandfather and grandmother are the first place to form our beliefs. Here I provide examples which are only related to the material issues; for example, if you are born in a family in which making money is considered a hard job, then you will believe that it is very hard to get money, or if according to your family, being a simple employee is a good job, then you consider such a job very suitable. But if your father or a relative makes money easily, then getting rich will be easy for you. Of course, there are more examples.

The second place to shape our beliefs is the **school and community**. If you grow up in a society in which gaining wealth is considered something bad and the affluent people are considered evil, then you will think of obtaining wealth and getting rich as something

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improper, as something which makes you go astray from God. **Please remember that you cannot become someone whom you do not feel good about and you cannot get rich when you believe that wealth is bad – 95% of the people in the world think so.**

But the most important reason for the anti-wealth beliefs in you and your society, and in fact in the whole world, lies in **films, news and TV**.

*What do you think of the effects that TV, news and films can have on your life?*

Have you ever seen the films in which rich people are good, and have achieved their wealth lawfully? Have you ever seen a rich person praying to God? And if they are good people, they do still have big problems, sick children or they are criminals or looking after another wife or their children are kidnapped, etc.

Look at the best-selling films in the world, for example *Godfather* is about a rich person who is the worst person in your life, or *Titanic*, apparently a romantic movie, has some rich characters who are cold-hearted people who, at the time of sinking, are ready to kidnap the children of the poor people or save their own lives by giving bribe, but the poor people are happy and, while the ship is sinking, are waiting for their death and praying. In *Spiderman*, we have the same story; the rich are evil and there is a need for a savior to save people from their hands. The cartoon *Robin Hood*, with the devastating idea of the evilness of the rich, is the worst kind of cartoon, which can be given as an example. Paying attention to such films, programs your mind and beliefs for poverty.

The same is true about the news. Pay more attention to it. 99 percent of all news all over the world is about the events and issues that we don't want.

War, theft, murder, accidents, embezzlement, inflation are not the things that give you a good feeling.

If you have a glance at the lives of those who watch the news from dusk to dark, such as TV or radio, newspapers or websites (no matter which party you support) – there are quite a lot of such people around us –, you can easily notice that they are leading disorderly lives, are anxious and worried and, in a nutshell, they do not feel great.

Now the important question is what causes it? Why don't such people feel good? And the answer is just one sentence: whatever you focus on will spread in your life.

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We must take much care of the things we focus on. When you concentrate on unsuitable things, or what you don't want, they will expand, whether you like or not.

*Do good things not happen in the world?*

We have only heard that a specific disease broke out in a part of the world, but do we hear any news on the development of health and hygiene in the world? Or they speak about the accidents on the roads and streets and the casualties, but they do not mention the journey's being safe in other parts of the same road. Have you ever heard any news on the safety and comfort in countries like Sweden or Finland, etc.?

*"The news, in fact, is not reflection of whatever happens in the world, but reflection of something wrong happening in the world".*

John Summerville, a member of the U.S. Academy in 1999

The news you hear focuses on the human mistakes, bad things, evil stuff, wars, diseases and whatever people don't want.

We want to change our views. No one has to accept these things and the only people who can use them are the ones who are in the same orbit and frequency as us, are after personal development, and search for calmness and happiness. I want to remind you, my friend! who is reading this topic, and is possibly in the orbit, which has made you read this essay, that whatever you pay attention to, will happen more in your life.

*"Exposition to bad news for a long time can have harmful effects on moods, attitudes, comprehension and mental health."*

Jack Haskins in the *Newspaper Research Journal* in 1981

I suggest you, dear friend, to put away the TV for a few months and see the results. The results are so clear that there will remain no reason for an argument against it. Then you can compare your morale, income, health and relationship with others.

I want you to filter your mind entrances since if we don't care for them, and do not program our minds, others will do it to their own benefits. You have to remember this important law in

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the universe that whatever you pay attention to, you will attract it and that one will expand in your life.

*"Those who control the media, control the mind."*

Jim Morrison, the singer for the Rock group The Doors

Some people say that "You expect us not to see the realities by not watching the news" but the critical question is that if it is the reality? Does the world not have goodness in it? Are not many countries in peace? Is there more disease than health? Are there more anger, hatred, and war than love, peace and friendship in the world?

If you want to be happy, if you want to be in a good mood, give it a try. I want you to be on alert, hear good things, and see beautiful stuff. The world has too much beauty. There are healthy people thousand times more than the sick people. There are peaceful areas thousand times more than the war-torn countries.

We have to choose. Do we want to move towards the good or the bad? Poverty or wealth? Health or sickness?

Our choices and decisions make up our lives. Do you decide to wipe the TV and radio off your life? Do you decide to pay attention to what you like, rather than what you do not?

Make such a decision now; decide to be happy, decide to think for yourself.

Finally, if we want to help the world, if we want to help the humanity, we have to focus on positive things, on things we want.

The more we pay attention to the unwanted things, the more prevalent they become. Paying attention to the wars and misery will just make them more. The mankind has developed things they have never wanted, by focusing on what they didn't want, being unaware of what they did.

If you and I pay attention to the good and the valuable, we can make positive things increase in the world, and reduce wars, conflicts, and diseases, and make the world a better place to live.

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I hope that you, my good friend, can achieve what you want, make your dreams come true so that, with the help of each other, we make a very beautiful world for us.

## Chapter Five: How to Change Our Beliefs

As it was told from the very beginning, this is our beliefs that send frequencies to the universe and determine the conditions of our lives, and if we change our beliefs, then we will be sending a different sort of frequencies to the universe and then we will get what we want.

But the main point is that changing our beliefs is not something to be done in a couple of days, or a couple of months and it needs exercises which need to be done regularly in order to prevent the previous beliefs from returning back.

There are three ways to change our beliefs:

1. Finding real examples, based on what you believe
2. Focusing on and using previous successes
3. Using Positive Affirmations

In order to use this stable law correctly, i.e. changing beliefs and adjusting frequencies, there are very powerful exercises in the next chapter, which helped me and thousands of others to reach at wonderful results and I'm certain that you will achieve what you like, if follow these laws.

I want you, my friend, to read this book and each paragraph several times – which is necessary – in order to understand the main points better and have a more exact understanding of these stable laws.

This is easy and enjoyable to live in a universe governed by stable laws. Let's distribute goodness so that it would happen to us too.

### Complementary Notes:

It seems necessary to provide some explanations about the story of orbits and the ones to which we belong.

As the earth revolves around the sun in a specific orbit and as electrons turn around nucleus in the same manner, each of us- who are not different from the earth and the electrons, and are made up of energy- is in a specific orbit regarding a subject (wealth, health, relationships, etc.) and then meet different people, conditions and ideas existing in the same orbit and frequency. The difference is that we can change our orbits and put ourselves in an orbit where our wants lie.



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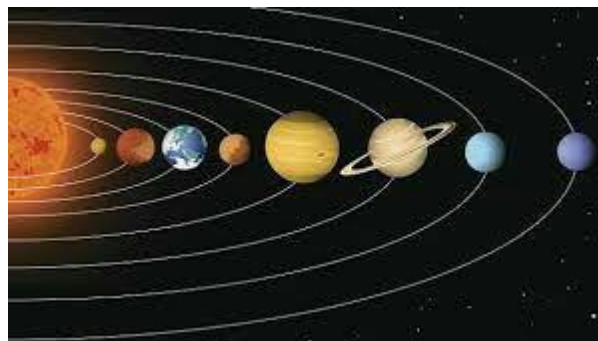
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In order to have a more concrete explanation, suppose that you have a radio in your hand, and radio is set at the wave length of, e.g. 250 Hz, and then you find a radio channel and listen to it (such as Radio Javan), but if you change the wave length and frequency (e.g. at the wave length of 400 Hz), you get another radio signal (e.g. Sports Radio) and listen to that one.

In case of income, each person is in a certain orbit. For example, if you earn about 500\$ a month, you are in the 500\$ a-month orbit and if you get 5000\$, then you are in the respective orbit, being unable to find ideas and methods which will help you achieve higher income, e.g. from 500\$, to 1000\$, or from 5000\$ to 25000\$. Maybe you want them, but your desire is not important. It's your orbit which matters.

In order to have more income, you have to change your orbit and such a change in orbit happens through the change of beliefs. The important point is that you cannot change your orbit overnight, and move from 500\$ per month to 5000\$. You have to move step by step, and for example, you can move from 500\$ a month to 700\$ a month, \$ 1000, 2000\$, 5000\$ and finally more income.

Therefore whatever you see in your life at present is due to the frequencies you have sent to the universe and being put in an orbit where the conditions, ideas and people with the same frequency exist. So with changing your beliefs and your point of attention, you will change your frequencies and be put in another orbit where you will meet ideas, people and conditions which will help you achieve your goals.



**We, like planets, are in specific orbits, but, with changing our beliefs, we can change our orbits too.**

## Chapter Six: Exercises

### *Part One: Control your mind entrances*

1. Turn off the radio, TV and put away the newspapers.
2. Don't believe every speech or every topic in different fields; do not read any kinds of books and do not take the viewpoint of a book as a principle, and it is better not to read too much. When faced with a text, consult your feelings. If that text gives you a good feeling and a powerful belief, accept it and repeat it several times.

As an example, suppose that someone has satisfactory income in a field and says that no one can make more money (e.g. 40000\$) – even if that person is a master at that field – never accept his words as a principle, since this has resulted from his personal beliefs. And you can have better results, via changing your beliefs. I will later talk about the way to change the beliefs.

### ***Part Two: Ask***

The first rule in the law of attraction is to ask.

The main point is that you must tell what you want exactly. Unless you know what you want, how can you expect the universe to make the dream, which does not exist, come true? You can clarify and express your desires, using the following exercises.

#### **First Exercise**

Make a list of 107 wishes.

Imagine that all things are free in the world and that there is no limitation in what you want. They can be anything, taken from a romantic relationship and a favorite spouse to your favorite car and house, from a journey to the moon to owning a soccer club.

Try to write each wish in a detailed way.

Definitely you cannot write more than 20 items at the first try. This exercise shows that the main problem lies with us since we do not know what we want.

I ask you, my friend, to complete all of the 107 wishes.

#### **Note:**

In case of a romantic relationship, do not mention a person's name since this goes against the law. Just write the characteristics you have in your mind.

After writing the list, think which one you could achieve now and then you can notice how easily you can get at your wishes.

1. ....
2. ....
3. ....
- ...
- ...
- ...
107. ....

#### **Second Exercise**

Each day, you have requests from others which you do not express due to fear, shyness, etc.

In order to get powerful in demanding, answer the following questions

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Answer these questions for 21 days;

1. Write the imaginary fears which had bothered you and you could defeat them.
2. What happens if I don't make a request?
3. Would I demand others for a request if I had more self-respect?
4. What happens if I overcome my fears?
5. What happens if I ignore my most important dreams?
6. Would I demand, if I consider whatever I asked, would be answered definitely?
7. What requests have I had recently, which I have not demanded?

(Try to begin with small requests so that your self-confidence will increase and your fears fade away. Then go for higher demands)

### Third Exercise

Before sleeping at night, answer the following questions,

1. What was my request which I didn't express?
2. Who would help me if I asked someone?
3. Where could I get what I wanted?
4. How could I demand more strongly?

### A Few Points on Requests

1. Your requests must be clear and obvious.
2. You must ask passionately.
3. Ask face to face.
4. Ask what you want (for example, do not say you don't want disease, but say that you want health all over your body)

### **Part Three: Frequency Adjustment**

You have to know that a human mind has several vibrations, including;

1. Beta ( $\beta$ ) waves: in a normal condition, you have waves called beta with the frequency of 14 – 21 Hz, which change as you get calm or angry.
2. Alpha ( $\alpha$ ) waves; when you are in complete relaxation, your mind vibrates at 7 – 14 Hz. This phenomenon happens during your resting and sleeping time. However it can be told that 10 minutes before and after your sleep, you are in the alpha status. And what you think and what you induce during this phase determine your prosperity or misery.  
You can get at the alpha phase with the help of self-hypnotizing methods, explained in different books.
3. Theta ( $\theta$ ) waves; waves of frequency of 4 – 7 Hz which are related to the deepest experiences of meditation and creativity, achieving of which is usually possible during your sleep or a time close to it.
4. Delta ( $\Delta$ ) waves; they have the longest domain and lowest frequency (4 – 5 Hz) and when you get at these waves, you go to sleep.

#### **First Exercise**

Here is an exercise to help you adjust your frequencies before sleeping and after wakening (alpha phase) in order to make the universe ready to let you meet your desires, via sending correct frequencies.

Make a print of these questions. The first thing to do in the morning will be to answer all these questions and you have to answer the specific questions at night as well. The very important point in this exercise, and of course, all exercises, is to do them when you are feeling great, and if you don't have such a feeling, please don't do it.

In answering the questions, write the first thing which comes to your mind and avoid giving cliché and repetitive answers. You can even be thankful for having a blanket.

(I repeat again that in order to know if we are paying attention to our wants or not, we must get help from our feelings)

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### *Morning at wake-up*

1. What am I thankful for?
2. What is my main goal for this year and what can I do to achieve it today?
3. What experiences would I like to go through today?
4. What are the three things I can do today?
5. What I would like God to do for me today?

### *At night, before sleep*

1. What did I do for this year's goal today?
2. What will I have to do tomorrow?
3. How would I score myself today on the scale of 1 – 10?
4. How can I get a better score tomorrow?
5. What were the interesting issues today?
6. What new idea or attitude did I find out today?
7. For what or whom am I thankful in my life?

## **Second Exercise**

### *A Notebook for Positive Points*

Provide a notebook and write down all events which make you feel great for 21 days

For example, you get up and you are alive, you take a shower, and you have hot water, you drink cold water, you come to a crossroad and the traffic light is green, you have the taxi fare, etc. and anything that makes you feel great.

After two or three days, you will witness surprising results, if you write down and put away your laziness. This 21-day exercise will make it a habit for you to control your mind and focus your unconscious on the positive events and then you will have wonderful results.

### *A very important note:*

At the beginning of these exercises, remember that you have been changed into a negative magnetic globe due to your previous beliefs and paying attention to what you don't want. In order to make the good events enter your life, you have to lessen the magnetics and change it into the positive magnetic globe. When you get at this phase, the good things will happen gradually in your life. Writing positive points does this for you. If it is hard in the first few

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days, it is not bad since this negative globe is a bit strong and will resist against you, however, as you continue the exercise and write your positive points, your positive magnetic globe gets bigger and then wonderful positive events will happen in your life easily.

### **Part Four: Imagination**

One way of paying attention is to think and imagine; most people unconsciously think about what they don't want such as argument with spouse, debts, diseases, etc.

But you can use this very powerful technique to achieve your dreams, the same thing which was pointed out in the movie *The Secret*.

You can imagine the car you want, the house, the job and whatever you desire but this technique has some points which must be paid attention to;

1. While imagining, think of the moment of achieving that goal and never ever dream of the ways to get them;
2. Imagine them when you feel great and if you are not okay, don't do it.
3. Imagine them passionately. In order to achieve a goal, you have to be passionate about it.
4. In order to strengthen your mind in imagination, begin by imagining the details of the stuff around you (pen, cell phone, etc.) so that your mind gets strong in doing it.
5. The best time to imagine is the alpha time and you can sleep, while imagining about your goals.
6. When you get at the feeling that you have it completely (i.e. it's a part of you), don't continue and stop imagining.
7. Use dream boards.

### **Dream Board**

This exercise is the most powerful technique in achieving your goals and I don't know how to explain it. The Dream Board is a poster where you attach all your dreams and goals and put it somewhere you see it very often.

As there is a big relationship between the eyes and the mind, and your logical and conscious mind can see these images, it will gradually believe that these goals are real and achievable.

Using this technique, you will even have more real and more obvious imagination, and repeating it will be acceptable, and according to the law, you get what you believe.

To make this Board, first write your goals and then find pictures on the Google and then print and stick them to the Board. You can draw your wishes and put them on the board as well.

It's that simple.





### **A Very important note in this part:**

After writing your wishes, give them a score on the scale of 1 to 10.

In this way, you can see which one you will achieve within the next 6 months. If a wish has a high possibility of being achieved, give it 9 or 10 and if the possibility is low, then give it 1 or 2.

Now it's better to choose the most believable ones with marks of 9 or 10, and send vibration or frequency about them and then, after achieving this goal, go for the others.

### **Part Five: Three Main Techniques to Change the Beliefs**

Again I repeat that you attract what you believe to your life and therefore, by changing the beliefs, the results would change in your lives too.

In addition to the above-mentioned exercises which will help you focus on what you want, there are three simple, yet very important, techniques in changing your beliefs.

#### **1. Write down your previous successes**

Using this technique, you will break the mind resistance against achieving new goals.

Write down successes such as passing an exam or an entrance exam, winning a game, getting and buying a wonderful thing, and whatever you count as a success.

This simple, yet powerful, technique breaks the mind resistance in the way of achieving new goals to help you find the ways to achieve them. Discover as many successes as you can, so that you will have less and less resistance.

Write down as much as you can.

#### **2. Use the Positive Affirmations**

Positive Affirmations are the positive statements that are expressed in the present tense, i.e. in a way that as if you have already achieved your goals.

Belief is the idea that is repeated many times; when you repeat a sentence time and time again, it will change into a belief and this belief sends frequency to the universe which will be replied in response.

In order to use this wonderful technique, it is better to record them in your own voice, and then listen to it by your left ear at low tone to let it enter the unconscious.

It is better to be busy doing something else when listening, and let the statements do their job.

One of the best quotes that apply to all aspects of life belongs to Emile Coué, the famous physician;

*Every day, in every way, I'm getting better and better.*

You can use this model and make purposeful statements based on it;

My income is getting higher and higher every day.

I am getting healthier and more handsome every day, etc.

In addition, you can use the Positive Affirmations provided at the end of the book.

### 3. Finding real examples

But the most powerful technique in changing the beliefs is to find real examples, unlike what you believe.

There is a law in the universe. The human nerve systems work like each other; therefore, if someone has achieved something, you can achieve the same if you follow his example and believe like him.

For example, if you think you are too young to be rich and you cannot become a rich person at this age, you have to search and see if there is someone who could have had an income of billion dollars, such as Mark Zuckerberg, the Facebook founder, who became one of the five richest people in the world at 26. And then you will see the statement the you cannot become rich at a young age is not a law.

If you think you have to study and get rich, search for those who have become a billionaire without having any studies. Of course, you must remember that many of the uneducated are not rich and then you will learn that having a degree is not a factor for being rich.

If you believe that people do not get wealth lawfully –99 percent of the world population think so – you have to search for those rich people who could make fortunes by offering great services to the mankind and humanity, solving a problem, etc. Using this technique, try to change this belief.

If you have a certain job or you are to start one, and think that this job will not make you rich, you can change this belief by finding some people who have been able to obtain high income in your field.

In fact, all these examples mean that you, by research in any field, must be after some example that will give you powerful beliefs. Finding real examples is the most powerful technique in changing the beliefs, which will result in changes in life.

In the past, since I believed that the rich people are not good ones, the world showed me all those who have come to riches in an unlawful way to prove me right.

However, after learning laws and practicing, and paying attention to wants and good news, I gradually got to know people who had become rich by providing good services to the humanity or via simple and creative methods. These people were moral and well-behaved and then I came to believe that there are thousands of ways to be happy and have a good life and reach at our dreams, without stepping on a wrong road.

One of my wonderful exercises is that I search for good news and events in the world, in websites giving good news, every day. I have become a member in such websites and I start the day with good news every day and I sleep after learning about good events. It has made me one

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of the happiest people in Iran and the world and this good feeling, according to the universal laws, make good things happen.

Paying attention to good news and events is the best way to change the beliefs since it will show ideas and ways that will help you get at what you want. Additionally, it will remove your stress and put you in the health orbit.

### Summary

The exercises are divided into two parts;

- The parts that you do when you are awake, such as writing positive notes
- The parts that you do in the alpha phase near bedtime or after waking up, such as answering the questions

I suggest you to do the exercises in each part for a week and then go for the next exercises and then do them regularly for at least three months.

### ***Part Six: Reception Stage***

The last part of the law of attraction is the reception stage. In order to receive what you want, you have to keep your feelings great. The more you stay in a good mood, the faster you achieve your goals.

You must not stick to your wants i.e. if you don't have them, don't be sad and always try to be in a good mood.

The sad feeling in fact sends the frequency that you don't want that thing. That's why you must be in a good mood. Simply use the technique of writing down the positive points and feel great all day and let the universe do the job.

Maybe the most important question is how long it takes to get at our goals. This depends on the beliefs and the amount of frequency and the vibration you send. The more frequency we send, the faster we achieve our goals. The stronger beliefs and the better feelings you have towards that goal, the faster you achieve it.

It's very important not to think about how to get or when to achieve our goals.

As it was told, your mind frequencies work more powerfully than all the laws and will present thousands of ways – not visible for you now – so that you can get at your destination. What you see is similar to a **radar screen**, which is a limited one. Most people decide according to what they see in the radar screen. You can't see what lies beyond the screen. When you send a frequency, thousands of events happen beyond your radar screen to bring the same frequency back to you.

When you think on how to achieve, you face a limitation and feel bad since you can't see the thousand ways and this bad feeling makes an obstacle on your way of achieving a goal.

**A good feeling is the most important principle in reaching to what you want.** It is important to have a great feeling **now**, not when you get at your goals. You have to keep your feelings as great as possible.

Having a great feeling means to be happy

Sense of satisfaction

Sense of calmness

Sense of thankfulness

Sense of love

Sense of relaxation

Etc.

The main point is to have a great feeling at the moment.

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Feel great as much as you can and always try to use the feeling at hand better and batter. The above-mentioned exercises such as writing positive points are the exact way to get a good feeling.

### Law of Contrast

Dear friend, it is necessary to speak of a law which will answer many of your questions.

The fact is that the universe is always expanding and can't stop and this is the **first** law.

The **second** point is that our wants are the reasons for the world expansion. Whatever you see in the universe, is because of our wants and needs.

For example, if we have a car or a cell phone, or even clothes, it is because we needed them and we have made that stuff for meeting the needs.

The **third** point is that the reason for these wants to make us advance is to confront the problems and contrasts of the life.

If there is no contrast and unwanted, we will not have any requests.

And if we do not have a request, the universe will not expand.

And since the universe is always expanding, we have definitely got some requests and therefore we have to face contrasts and the unwanted.

Therefore a successful person is not someone without problems, but someone who is made stronger by contrasts and problems. Therefore do not pray for the elimination of your problems. Pray for your being stronger than your problems.

I insist again that the problems cause our success and that of the universe.

For example we have shoes since we have confronted the contrast between bare feet and harm to the feet, which made us make shoes. All things we see (cars, cell phones, roads, houses, etc.) are due to the fact that we have confronted a problem and made these tools to overcome it.

Therefor when you face a contrast and an unwanted, you must know that it has come to help you recognize your wants.

At this time, you must not focus on the unwanted and keep the bad feeling, but you must know that the contrast and the unwanted are here to make us notice what we want and to focus on them and send a frequency for asking them from the universe. If you focus on the unwanted, you will sour your feelings, and you will have more of that bad thing in your life.

Finally, you must know that there will be no problem that you won't be able to solve.

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And know that this is the law that you have the capacity of solving the problems you face. It is just you who may ignore your abilities and don't believe in them and think the problems are too great.

Don't forget that there is an answer at the heart of any problem and it's these unwanted things that help you recognize your wants.

### *Specific beliefs wealth*

Dear friend

As mentioned until this part of the book, you must first have the right beliefs and thoughts on the subject in order to attain any desire, so you can get it at the fastest time, and if you do not change your beliefs, you may even don't attain that desire.

The financial and monetary issues are also the demands that many people are looking to achieve them, but as you see, more than 90% of people in the world, despite much effort, do not get it.

The largest and Certainly the only reason for this subject is that the majority of people in the world don't have the correct beliefs about wealth and money and that's why despite the enormous efforts are still involved in financial matters.

I'll give you an example.

It's very hard to open a screw with your hand and you can easily open the screw using a wrench, and this wrench is actually a lever that makes your work easy. Beliefs also act like a lever and make you quickly and easily reach whatever you want...whatever you want.

My friend

In order to achieve wealth and financial independence, you also need to have the right beliefs about money, which I have prepared thoroughly and specifically with the teachings of the secret groups, that you can get it in the [complete version \(part two\)](#) of the "Be your own president" ebook .

Exercises that have put thousands of people in the orbit of wealth so far surly give you wealth and financial independence.



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You can get complete version (part two) of the "Be your own president" ebook from the following sites

[www.itunes.apple.com](http://www.itunes.apple.com) (click now)

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or directly and easily from our site to address [www.Be-yourownpresident.com](http://www.Be-yourownpresident.com).

The site has been created to maintain the full content and exercises of the ebook in order to be available to all people in the world with full confidence.

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Wishing you the best in the protection of the Sole Sovereign of the Universe

Mehran Fasahat

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