Mind Power:

- Your Thoughts are Real Forces

- How to manifest Health, Wealth and Abundance in all areas of your life

- The 3 Secrets to Manifestation
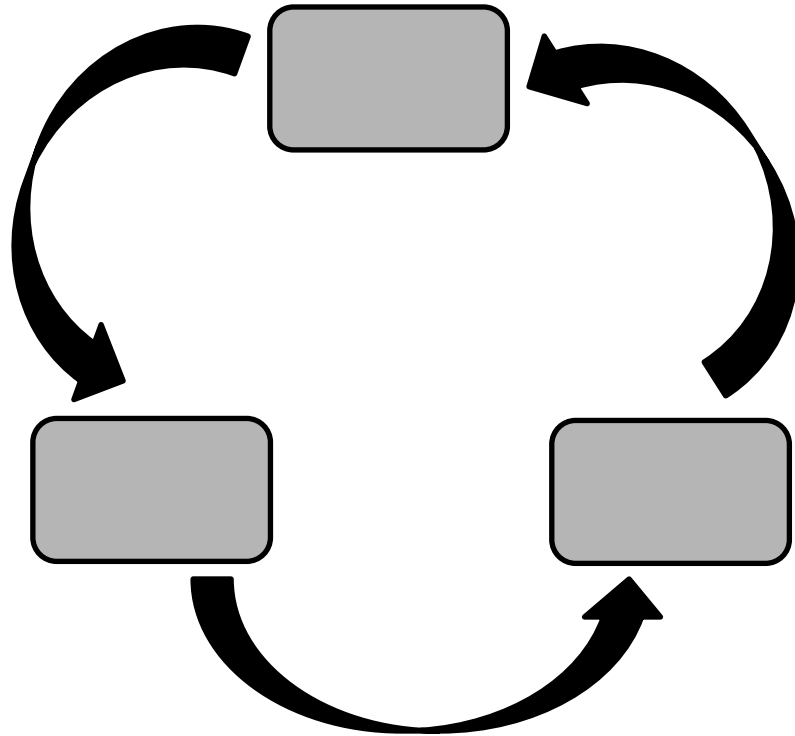
- Understanding the conscious and subconscious Mind

The 3 Secrets to MANIFESTATION!

1. You have unlimited Power:

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2. How to re-programme the mind:

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3. Become a Magnet for Success

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The Self-Talk Cycle

- Self-talk becomes a self-fulfilling prophecy. Our behaviour reinforces our thinking and beliefs which perpetuates the cycle.

- We can interrupt the cycle by reprogramming our negative thinking to think positive thoughts that lead to our success.

"Suddenly I saw things differently, because I saw differently, I thought differently, I felt differently, I behave differently."

- Oliver Wendell Holmes -

The Mind

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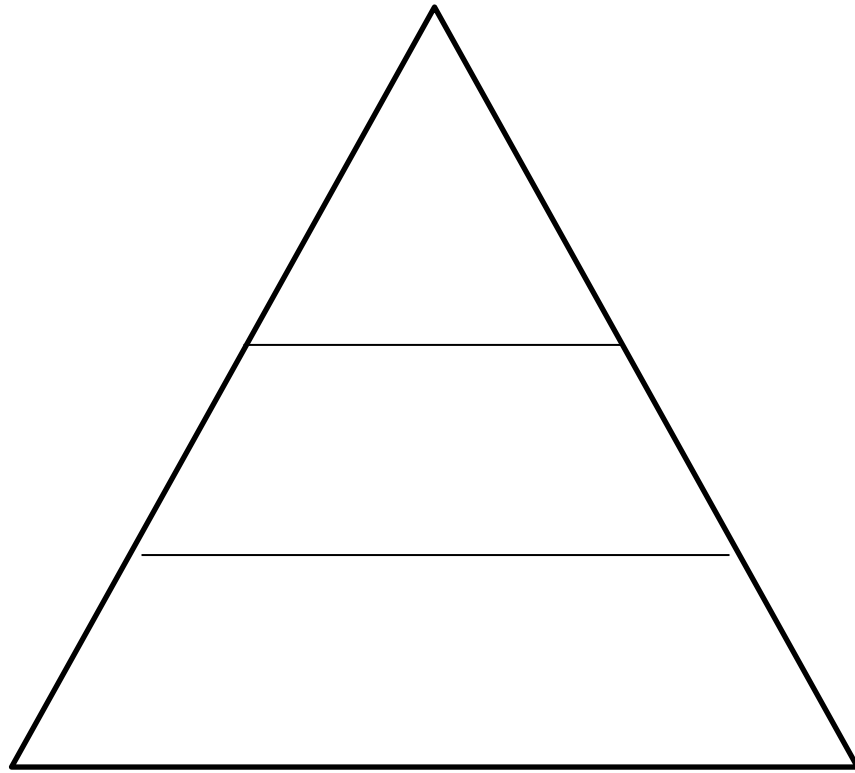
- Our subconscious mind holds the information that informs the beliefs that we hold.

- When we are aware of the negative beliefs we have about ourselves, others or the world, we can reprogram the beliefs to impact our lives in a positive manner.

"It has taught me that we must look at the lens through which we see the world, as well as the world we see, and that the lens itself shapes how we interpret the world."

- Stephen R Covey -

The Conscious Mind

Three important features of the conscious mind:
1. It is in constant motion, churning out thoughts 24 hours a day.
2. It is the Great Trickster. We cannot always believe what our mind tells us.
3. There are a lot of useless thoughts going on inside our conscious mind.

- We are living and experiencing our lives through a mechanism that is in constant motion: it is the Great Trickster and it is filled with useless thoughts.

- Every day, we react and relate to circumstances and situations through this mechanism that does not pause to allow us to figure out what is going on.

- We have lost control of the mind. It is running wildly, but because we are unaware of it, we accept it as normal. It is no wonder that we feel overwhelmed at times.

- Fortunately, we can regain control of the mind when we understand how the conscious mind works.

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WEBINAR NOTES: