

....ROBIN BANKS PRESENTS....

SUSTAINING THE

MAGIC

....MIND POWER FOR LIFE....

2018 and beyond



Week 5
MIND POWER MADE EASY!



WORKBOOK FOR WEEK 5: SUSTAINING THE MAGIC

With only two weeks left of the Sustaining the Magic Audio program you are now well on the way to completing the process.

I trust that you've been cognoscente of the power of your words and that you are consciously choosing your vocabulary. Even if you haven't managed to create your ideal Personal Mission Statement, know that you are doing good work and that you are in the process of creating a powerful and exciting future for yourself.

As we've discussed, creating a Grand Vision for your life takes time and deliberate effort. I invite you to keep working on your Personal Mission Statement until you feel, motivated, inspired and elated when you speak it out loud. Remember these are the words that will move and inspire you to take action and keep moving towards your ultimate vision.

Let's do a recap of this weeks content, "VISUALIZE AND MATERIALIZE" and "CLARITY IS POWER".

VISUALIZE AND MATERIALIZE

It always inspires me when I think about the incredible gift we've been given as human beings, the astonishing ability to see things, which may not be our current reality. How awesome is it that we can create images and feelings of what it is that we want and the universe delivers it to us. The creative faculty of the human mind is extremely powerful, there is *no limit* to what we can imagine, therefore there is no limit to what we can have and achieve.

We live in a world made up of energy and vibration and it surrounds and imbues every single thing. Science calls it the Quantum Vacuum but I much prefer John Kehoe's term, *The Energy Web*, because the term "Vacuum" implies that it is empty, when in fact it is the exact opposite, it is thick and full and alive. It literally is a living breathing organism and we are a part of it. We interact, with it every single moment of every single day, sending out our frequencies into the web and receiving responses.

The world is plastic and pliable and we are the creators of our realities, the manifesters of our destinies and every single morning we wake up with unlimited power, the power to think whatever thoughts we want and those thoughts, vibrating frequencies of energy, are transported throughout the energy web pulsating and attracting the people, the places, the circumstances to match the frequencies we are emanating.

Your ***thoughts are Real Forces*** and every time you think a thought, you are setting a cause in motion, materializing whatever it is that you are focusing on.

The dictionary definition of the word **Materialize** is: **To Bring into Being, to Make Happen, to Actualize.**

The dictionary definition of the word **Imagination** is: ***"the faculty or action of forming new ideas, images or concepts of external objects not present to the senses"***.

The dictionary definition of the word **Visualization** is: ***"To form a mental image of or to make visible to the minds eye."***

With the gift of your imagination you have the power and the ability to form a mental picture of absolutely anything, there are **NO Limits**, only the limits you give yourself and with this ability we can choose to **Visualize and Imprint** whatever it is that we desire into the subconscious mind **and thereby draw it into our reality.**

With the **Power of Vision** and the tools and techniques you are mastering with Mind Power, we can choose the reality you wish to create for, ourselves and the world at large. A vision, which inspires, you to take action every day and is in alignment with your **Higher Purpose**.

There are numerous examples of men and women who changed the course of history and reshaped the world because they had a clear vision of what they wanted to happen. Are you crazy enough to believe that you can also change the world? If not the world at large, perhaps just your world, or even an aspect of it? Are you prepared to be “unreasonable” with yourself and do whatever it takes in order to Bring into Being your Grandest and Most extraordinary Vision for your life?

I'd like to reemphasize that Living with Purpose is not about being on the world stage, although it may include that for some. It's about living a life that has meaning and value to you. It is unique and different for each of us.

I invite you to go beyond your comfort zone in order to reach new levels of excellence and live an inspiring and fulfilling life by creating a Grand Vison that has heart and meaning for you

CLARITY IS POWER RECAP:

*"Talk about something, it's a dream
Envision it, it gets exciting
Plan it, it becomes, possible
Schedule it and it becomes real!"*

By Anthony Robbins

The vast majority of people talk about their dreams and how they wish they had more meaningful and significant lives. They complain about their circumstances and live in reaction hoping that things will improve and that the outer world will magically transform itself.

But the Mind Power you know, that is all law. Nothing is being done to you and all things are created by you. There are no victims there are no villains, only outcomes of your thoughts. By consciously choosing your thoughts you create your life and you have the power and ability to insert any thought of any type into your mind.

Every time you consciously and deliberately think thoughts about something that hasn't happened yet, you are taking control. To consciously create your life, takes work, it takes discipline and consistency. It also brings personal power, success, abundance and whatever it is that you desire.

It is important to recognize that you don't plant a seed today and expect a tree to grow tomorrow. You've got to nourish and care for that seed regularly and consistently in order to reap the rewards of your harvest.

The Power of Visualization comes from clarity and repetition. In the beginning, the images may be vague and uncertain, however as you progress these images will become stronger and more powerful for you.

Play around with it and use all your senses, make it colorful, keep adding to the movie, what does it feel like to be there, what are you wearing, what can you hear, add as much detail as you can. Step into the movie, become the star and relish in every aspect of your visualization. Make it Real NOW!

EXERCISES FOR WEEK 4

Exercise number 1:

Create a vision board, which inspires you to take action and manifest it into reality. There are numerous apps you can use which can assist you to do this digitally and quickly. Collect visual representations of what it is that you wish to experience in your life. You can go to Google images and search for whatever you want and then import those images onto your vision board in order to form a collage of your grand vision. Another great idea is to use images from your own photo library. Enjoy this process, make it fun be sure to include images of everything you'd like to manifest in every area of your life.

Exercise number 2:

Create a list of at least 20 personal and professional goals that you would like to achieve in the next 5-10 years. Naturally these goals will be in alignment with your vision board. Be sure to write them on a large A3 board, and most importantly put them somewhere you can see them every day.

Exercise number 3:

Spend 5 minutes every day Contemplating how these goals are in alignment with your mission statement and your life's purpose and most importantly how you will go about achieving them.

Exercise No. 4:

For 5 minutes every day Visualise, you having achieved these goals, vibrate with the feeling of success and make it real now.

Exercise number 5:

Find a mirror, stand strong and tall, while looking yourself in the eyes repeat the declaration on the next page. Feel free to change it in whatever way you desire so that it speaks to you and is in alignment with your Vision. Repeat it at least 3 times in order to ingrain it into your being:

That brings us to the end of week 5. Clarity is Power! You are in the process of creating a powerful and inspiring life and you now have the tools to bring this vision into reality. You will look back on this process as one of the most important and powerful experiences of your life.

I look forward to being with you next week when we will be discussing Mind Power for Life. Have a good week, have a great week, have an outstanding week and have fun with your exercises!

DECLARATION

I _____

Hereby commit to making my Vision a Reality

I declare that I will do whatever it takes

That I am prepared to be Unreasonable with myself

In order to Shape My Destiny & create the future out of the now

I vow to be the custodian of my thoughts

And allow only the highest vibrational frequencies to resonate

inside me

I choose to inhabit my days, to be present and accountable in all my

ways

To live my life until it becomes a wing, a torch, and a promise

I choose to risk my significance

So that which comes to me as seed, goes to the next as blossom

And that which comes to me as blossom goes on as fruit

So Be IT!

The Invitation

It doesn't interest me what you do for a living. I want to know what you ache for and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the center of your own sorrow, if you have been opened by life's betrayals or have become shriveled and closed from fear of further pain.

I want to know if you can sit with pain, mine or your own, without moving to hide it, or fade it, or fix it.

I want to know if you can be with joy, mine or your own; if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, be realistic, remember the limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself. If you can bear the accusation of betrayal and not betray your own soul. If you can be faithless and therefore trustworthy.

I want to know if you can see Beauty even when it is not pretty every day. And if you can source your own life from its presence.

I want to know if you can live with failure, yours and mine, and still stand at the edge of the lake and shout to the silver of the full moon, 'Yes.'

It doesn't interest me to know where you live or how much money you have. I want to know if you can get up after the night of grief and despair, weary and bruised to the bone and do what needs to be done to feed the children.

It doesn't interest me who you know or how you came to be here. I want to know if you will stand in the centre of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away.

I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.