

THE MILLIONAIRE MIND SECRETS

THE FASTEST, MOST EFFECTIVE
STRATEGIES FOR SUCCESS – EXPOSED



MIKE PETTIGREW

THE MILLIONAIRE MIND SECRETS

The Millionaire Mind Secrets

The Fastest, Most Effective Strategies for Success - Exposed

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The Big Picture

Would you like to be more successful, make more money, free up your time, be happy and fulfilled and get a lot more out of your life?

If so, then you're in exactly the right place and I congratulate you for finding this book.

We've all heard of the Law of Attraction and the book and movie The Secret. And The Secret was really wonderful. It helped a lot of people to understand that their dominant thoughts and emotions really do create the circumstances of their lives.

But you know what? There are many things, really important things that were missing from The Secret. Such as how to set goals and what actions you need to take to achieve them, as well as many other components that are vitally important to success and happiness. And you will discover these missing secrets and learn how to use them to create a far better life for yourself.

Everything I'm going to be sharing with you is 100% practical and I'm going to be sharing with you tools techniques and strategies that will bring you everything that you yearn for.

You see, you are the magic - you really are the magic, because you have everything within you right now that you need in order to achieve the life you have always yearned for. And you can quickly learn how to unlock and use that magic to create a far better life for yourself.

Someone once said that:

"The only thing separating us from achieving what we yearn for is a certain degree of inner change"

And this book will show you how to uncover what has been holding you back and exactly what steps you need to take to bring about that inner change - quickly and easily so that you can finally achieve success, freedom and deep happiness.

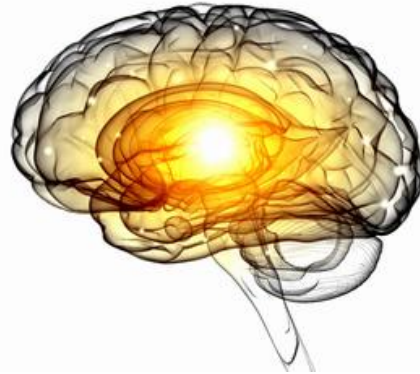


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How is Success Created?

So how is success created? Is it just due to luck or is there a secret formula that leads to success, happiness and wealth?

This is a really important question and one that most people never think about seriously and that's why they can stay stuck for many years and nothing much will change for them.



So is success a result of hard work? Sometimes, but certainly not hard work alone, because many manual labourers work very, very hard but rarely become truly successful. So hard work in and of itself definitely doesn't lead to success.

Success and happiness are both created in your mind. Every great endeavour, every new product, every new invention has always first started as an idea in the mind of a single person.

So great ideas and working smart (not necessarily hard) can lead to success and wealth and happiness. However, great ideas alone do not guarantee success. True success is achieved by having a great idea, having a clear concise goal, a sound action plan and by taking repeated (preferably daily) efforts to achieve it.

So what I'm saying here is that success and happiness always start within your own mind.

Two Aspects of Mind

And we actually have two minds, or more correctly two aspects to our mind. We have a conscious mind and a subconscious mind.

Our conscious mind is the part of our mind that we use to think and to reason and it's the part of our mind that we are most familiar with. It is the part of us that thinks and rationalises and makes decisions and it's the part that most of us think of as our unique identity.

However, the conscious mind is actually only a tiny part of our mind and it is very limited in what it can do.



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We also possess a subconscious mind and your subconscious mind makes up most of who you truly are and it really can be a true miracle worker, when you know how to access and use it correctly. Accessing and using your subconscious mind correctly is the secret to becoming truly successful and deeply fulfilled and it is actually the most direct route you can take to success and fulfilment in life.



The Subconscious Mind

So what is your subconscious mind? Your subconscious mind is actually the inner genius that controls your life and it's an incredible powerhouse that magnetically draws into your life everything that you could possibly yearn for. And it also draws into your life things that you definitely do not wish to happen!

It's the source of all your successes and all of your failures.

As Earl Nightingale once said:

“Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality”.

This is so true and is what will be looking at in depth in this book and I will be sharing with you tools, strategies and techniques that will enable you to access and use your subconscious mind very potently - to create the life you have always yearned for.

Your subconscious mind is responsible for all your body's automated processes. For example, the breathing of your lungs and the beating of your heart. You don't need to consciously will your heart to beat or will your lungs to breathe. If you did have to do this then you would be in serious trouble pretty quickly!

So your subconscious mind is in control of all your automated bodily functions. But the really amazing thing is that the subconscious mind is literally like a miracle worker because it's possible to convince your subconscious to heal your body in miraculous ways.

There have been many cases where people who were terminally ill suddenly recovered despite all the odds. And when this happens it's a result of the power of the subconscious mind and that person being able to access and powerfully influence it in all the right ways. Such states of mind as belief or gratitude strongly influence the subconscious mind as you will discover shortly.



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Your subconscious mind also affects every single aspect of your life. All your subconscious expectations and beliefs affect what happens to you and what you experience. It's almost like the subconscious acts like a beacon transmitting out into the universe.

Napoleon Hill author of the bestseller "Think and Grow Rich" described the subconscious mind as follows:

"A field of consciousness, in which every impulse of thought that reaches the objective mind through any of the five senses, is classified and recorded, and from which thoughts may be recalled or withdrawn as letters may be taken from a filing cabinet.

It receives, and files, sense impressions or thoughts, regardless of their nature.

You may VOLUNTARILY plant in your subconscious mind any plan, thought, or purpose which you desire to translate into its physical or monetary equivalent.



The subconscious acts first on the dominating desires which have been mixed with emotional feeling, such as faith. "

This is an excellent description of the subconscious mind and how it affects everything in our lives. The subconscious mind records, catalogues and files everything that happens to us. Every thought, every emotion, every event and every experience during your lifetime goes into your subconscious mind and has an affect.

Young children have total trust in the world and they believe anything is possible. Then sadly, as they grow older and by the time they become an adult they have had so many disappointments and setbacks that they have developed many very restricting beliefs.



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Thus, it' becomes very difficult to believe in the incredible power of possibility, and this is often the very reason for failure and lack of confidence. It's due to our past experiences - our painful experiences - the hardships we have gone through - all these experiences go to form a belief-set of limitation.

So our painful experiences gradually close us down to all sorts of wonderful possibilities for our life, and as I say this is the reason for failure and lack of confidence. However, I assure you that failure can easily be transformed into success, and you will soon discover how you can draw upon your subconscious mind to find solutions to all your life's problems and to access unlimited wisdom.



Wisdom on Tap

I do realise that this sounds incredible, but many inventors and scientists have used the subconscious mind in this way.

For example, Thomas Edison used to dwell on a problem to which he couldn't find a solution with this conscious mind, and he would then hand over that problem to his subconscious to work on. Then he'd fall asleep for an hour or so and on awakening he would often have the exact answer he was seeking lodged firmly in his thoughts.

I know that this sounds amazing, but we all have this ability within ourselves - to access incredible wisdom and the answers to all our life's problems. And I've experiences this myself on many occasions, and all I can say is that the wisdom that we have within our lives right now is truly incredible.

When you learn how to access your subconscious mind and start using it to give you the answers to your problems in life, then your life will never ever be the same again!

Your Subconscious Mind Creates Your Circumstances

Your subconscious beliefs always create circumstances that support those beliefs - even if they are wrong. Your dominant thoughts and emotions are like a powerful beacon transmitting out into the universe and your dominant thoughts and emotions create the events and circumstances of your life.



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Your subconscious really doesn't know the difference between positive and negative thoughts and it acts on all of them, especially if strong emotions are present.

This is a very important point - when you have thoughts and those thoughts are backed with strong emotions - then they have a very powerful effect on your subconscious mind. And whether your thoughts are positive or negative, providing there is emotion behind them then they will always affect your subconscious potentially. So this is why it's important to gradually become the master of your own mind, instead of allowing your mind to master you.

But you know what? There is really good news, because your subconscious mind is easy to influence when you know how. And this can enable you to become truly successful and deeply happy providing you use the tools and techniques that I will be sharing with you.



Rags to Riches

Let me give you some background about my own story; I had asthma when I was a child. From the age of five until I was twelve years old I couldn't take much exercise. This was because even if I ran only a very short distance I would cough and splutter and wheeze and fight for breath. It was an awful condition to have and as a result I was really bad at sports.

I was always the last to be picked for football or rugby teams and my fellow classmates would say "no we don't want Pettigrew. We had him last week and he's useless". And when you hear that you are useless again and again and again, then you really start believing it. I started believing that I was useless and because I believed this with emotion it became true for most areas of my life. As a result I had very low self-esteem.

However, I did start my first business when I was only 15 years old, despite these strong feelings of self-doubt. It was the late 1970s, and in Ireland very few people had colour TV. Most had black and white TV, but very few had colour.

So I started this business when I was still at school and I started buying and selling ex-rental colour TVs. I simply bought the TVs and doubled the price and there was very little work involved.



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It was my first experience of business and I did really great for a school kid. And for a school kid I made quite a lot of money - lot more than I used to make by doing gardening for people!

Later on I did electronic engineering at college which I really enjoyed. Then a couple of years after college, when I was 25 years old I started my first real business and it was an office plant business. We supplied tropical plants to offices and we also provided a maintenance service. And gradually I became very, very successful in business.

However, the first few years were really tough and very painful because it was literally a financial rollercoaster from one week to the next. I would have plenty of money for a while and then a few weeks later it would all be gone.

This really started bothering me and I also started having a series of experiences that were showing me really clearly that it was my low self-worth that was to blame for this financial rollercoaster.

Self-Worth

It was my poor self-worth that was preventing me from becoming wealthy and successful in my business. Fortunately, I started reading a lot of self-help books and I gradually built my self-confidence and self-worth. And as my self-esteem and my confidence and self-worth grew - so did my profits.

So, I really started using the power of positive thinking in my life and for many, many years I got really incredible results from being a positive thinker. Gradually I moved from someone with very little self-confidence and very little self-worth to someone who had a lot of self-confidence and a lot of self-worth.

In fact I reached the point where I was a millionaire and for several years I only had to work a day and a half each week. I spent most my time doing voluntary work and I had a really wonderful lifestyle.

I used to travel all over the world frequently and I was very privileged to be able to do everything that I truly wanted to. I also spent most of my time giving back to society in ways that I believed were truly meaningful.



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Then in 2001 I sold my business to a multinational and at that point I thought that had taken a very early retirement, but how little did I know what lay ahead for me!

The next year, 2002 was also a wonderful year where I founded an organisation called the Institute for Afterlife Research and I was interviewed on radio and TV 78 times during that year. I shared with very large numbers of people the scientific evidence for life after death, which is a subject that is very close to my heart.

Then disaster happened! I trusted the wrong people and made bad investments and I lost every single cent in a very short period of time. In fact it got so bad that I reach the point where I couldn't even feed my wife or our baby son who had just been born.

I can't even begin to describe to you how frightening that experience was and every morning I would waken up wanting to literally vomit with the fear. It was terrible and I was paralysed with fear. One year we lost a quarter of a million euros - in a single year! But there were a few years like that. Eventually we lost every single cent that we possessed.

When you're constantly losing money you can gradually become quite pessimistic. So I went from someone who had lots of self-confidence, and plenty of self-esteem, and great self-worth and from being very optimistic and positive to becoming a person who expected more bad stuff to happen. And when you expect more bad stuff to happen and you are fuelling that expectation with fear then that's exactly what happens to you.



Everything became unbelievably painful, until the point where I rediscovered the power of gratitude and I started reprogramming my mind for success. Everything started to change really rapidly from that point, and coincidences started happening again! I had not seen any positive coincidences happen for quite some time.

So, in a way it's like I had already learnt the power of positive thinking and for a time I had to also learn about the power of negative thinking, and how to overcome it.

Now, as you can imagine, for a long time I couldn't say this, but I can say this with my hand on my heart - I am so grateful for that experience. Although, I certainly never want to have an experience like that ever again! However, I'm so grateful for what I learnt from that experience, because now I can help many other people to do exactly the same and become truly successful and deeply happy no matter how difficult their current circumstances may be.



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Science Verifies Your Thoughts Affect Your Environment

Now, as I explained earlier your mind creates your experiences. Your dominant thoughts and your dominant emotions and your dominant beliefs create your experiences. Your dominant thoughts, your dominant emotions and your dominant beliefs create all your



failures. Your dominant thoughts and emotions and beliefs also create all of your successes.

And I assure you that this is not just theory, because science actually validates that this is true. You see, scientists have observed that the outcome of sensitive experiments can actually be influenced by the observer. In other words the mind of the scientist and their emotions can actually affect physical matter itself.

I know this sounds incredible but it's true. There have been experiments conducted by several laboratories around the world where the effect of the mind on plant growth has been observed.

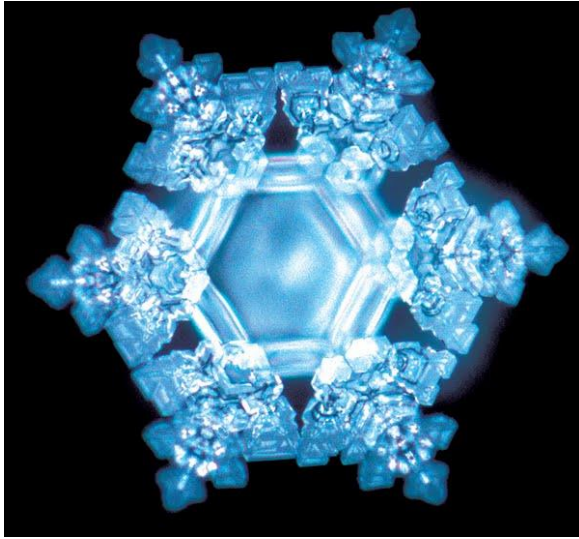
The effect of people's thoughts and emotions on the rate of plant growth has been observed and in this experiment two identical plants that have exactly the same nutrients, heat and light are put into a controlled setting. And one the plants is focused on by a person and certain thoughts and emotions are sent to that plant only. And in cases where negative thoughts and emotions have been focussed on the plant, then the plant grows more slowly and is not as strong as the control plant which is not focused on at all.

This experiment has been replicated many, many times and scientists have found exactly the same sort of affect with positive thoughts. In other words, when focusing on a plant with positive thoughts and emotions the plant grows much more quickly than the control plant. The amazing thing is it doesn't seem to matter whether the person sending the thoughts and feelings to plant is in the same room as the plant, or if they are hundreds or even thousands of miles away.

It's incredible but this is one way that demonstrates that our thoughts and emotions really can affect our physical environment.



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Thoughts Affect Crystal Growth

Dr Masaru Emoto, the late Japanese scientist also discovered that our mind affects physical matter. He conducted lots of experiments on the growth of crystals in freezing water. And Dr Emoto discovered that the growth of ice crystals in water is affected by thoughts and feelings directed towards them.

His experiments were conducted in a very cold room with a powerful microscope and high-speed photography, but the most important thing is that crystals forming in frozen water revealed very definite changes

when specific concentrated thoughts and emotions were directed towards them.

I know that it sounds incredible - that our mind really can affect the growth of crystals and the growth of plants, but this is what science has shown to be true.

These experiments demonstrate that our thoughts and emotions really do affect physical matter and there have been many other scientific experiments that have been conducted along similar lines which also have shown clear evidence of this fact - that our mind and emotions do affect our physical environment.

However, what's most important is to use this understanding to your advantage, instead of drawing more negative experiences towards yourself from your environment.

Henry Ford once said:

“Whether you think you can, or you think you can't - you're right”

I think that a wonderful saying, because even if we believe we cannot to do something and yet we still try to do it - then most likely we will not be able to do it.

We have set ourselves up for failure based on what we believe is possible for us. And what you believe determines what happens to you and what you can achieve.

Throughout your life your beliefs are responsible for all of your successes and all of your failures and there are ancient Eastern texts that confirm that this is true.

These texts say that you actually affect your environment in 3,000 different ways at every single moment of your life. So, what you think and believe moulds your reality and your experiences.



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How Your Outlook on Life is Created

This is why it's so important to weed out and overcome self-limiting beliefs, and also to start increasing positive empowering beliefs. And I will be sharing with you powerful tools techniques and strategies that will enable you to do exactly this.

As I said a moment ago, your beliefs determine the outcome of everything that you set out to achieve. And they create all your successes and your failures.

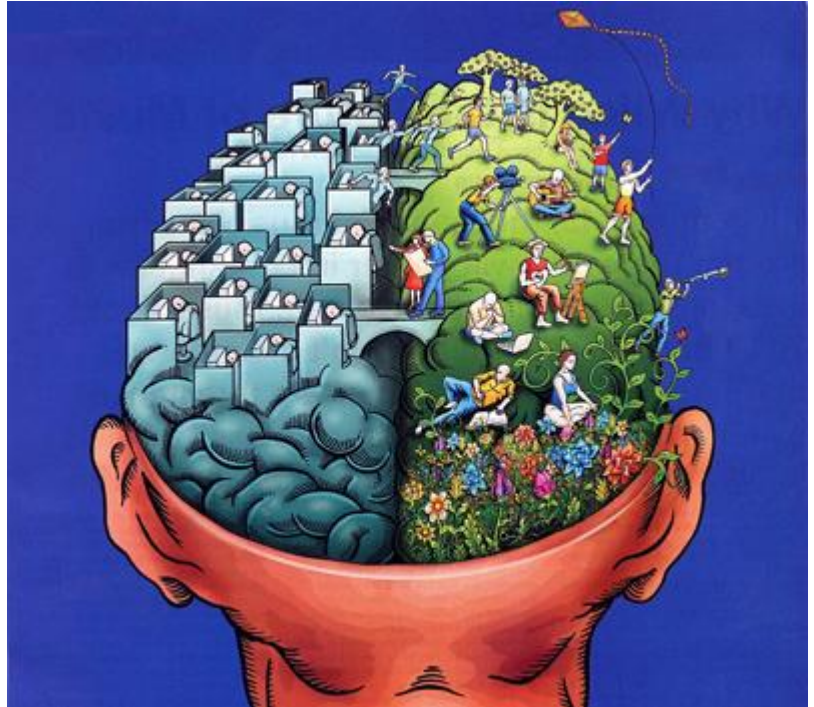
We have positive beliefs, and negative beliefs. And we all have at least some positive beliefs about ourselves and what is possible for us and when we strengthen those positive empowering beliefs about ourselves then we can achieve far more and much more quickly.

The fact is, it's possible to gradually develop all sorts of constructive beliefs that can totally change your circumstances and it's even possible to go from rags to riches when you use this fully in your life. The key here is repetition - because repetition has a powerful influence on your subconscious mind. When you repeat positive thoughts, especially if those thoughts have emotion behind them, then positive effects are guaranteed.

It's your positive beliefs that enable you to break through all sorts of limitations that have been holding you back. Realising this is so important, because strengthening and adding to your positive empowering beliefs is your key to becoming wealthy happy and achieving everything that you truly yearn for.

Now, we also have negative beliefs. We all have a mix of positive beliefs and negative beliefs. Fortunately, a single negative thought doesn't have much effect. However, repeated negative thoughts especially if you have emotion behind can be very serious. And they can become ingrained negative beliefs about what you can and what you cannot achieve.

Repeated negative thoughts literally program your subconscious mind. Whatever you repeatedly feed your subconscious mind - that will have an effect on your life and what you can achieve. And these repeated negative thoughts will definitely bring you negative affects - this is guaranteed.



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Your negative beliefs actually continually sabotage everything that you set out to achieve. Realising this and understanding it is vital to your success, and starting to do something about it is your key to becoming wealthy, and happy and achieving all that desire.



Repeated thoughts originating from both happy and painful experiences form your deep seated beliefs and they form the core of your outlook on life.

Your positive or constructive beliefs have been formed by happy and empowering experiences as a child and later on as an adult.

Your constructive beliefs are what make you happy and your constructive beliefs

are what enable you to become wealthy and successful.

Even if you had lots of disappointments and failures and don't yet have many positive beliefs you can still start creating them using the methods I will be sharing with you shortly.

Whatever positive subconscious beliefs you may have - you can strengthen them through repetition. This is really important - your subconscious mind is very suggestible and it can be very easily influenced using the correct methods.

So, how can you create positive beliefs in your subconscious and also reinforce positive beliefs that you already possess?

Well, the great news is that it's really easy to do and we will now look at some of these methods that work really, really effectively.

Affirmations Can Overcome Self-Limiting Beliefs

Muhammad Ali, the world famous boxer once said:

"It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen"

This is so true!



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So, what is an affirmation? Every thought that you think and every word that you say is an affirmation. And you can create affirmations that can work literal miracles in your life. The type of affirmations that we will be discussing during in this book, are carefully formatted statements that you need to repeat to yourself, preferably aloud and which you should also write down frequently.

They are an excellent and very easy way to powerfully influence your subconscious mind and are very simple to create. This is great news, I think you will agree!

Most people have probably heard the well-known example from the 19th-century French psychologist Emile Coue.

Emile Coue said:

“Every day in every way I am getting better and better”

This is a good example of an affirmation and he got his patients to repeat this phrase throughout the day and he observed the results, which turned out to be impressive.

When creating your own affirmations, you need to write them down in the present tense. They also need to be positive, they need to be personal and they need to be specific.

Later on, will examine the most effective ways to construct affirmations that can reprogram your mind for success. And we will also look at the ways in which you can use those affirmations for maximum effect.

Subliminal Technology Works

Another great way to affect your subconscious mind is to use computer software. Software is available that can flash affirmations on your computer screen so quickly that you can barely even notice them.

However, your subconscious does notice these affirmations and they are a powerful way to influence your subconscious.



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They can help to counteract negative thoughts and beliefs that may currently be preventing you from becoming truly successful.

Just imagine for a moment the effect of thousands of positive, empowering affirmations constantly flashing on your computer screen while you're working. It's an effective way to program your mind for success and happiness while you are working. And as I say you probably won't even notice these affirmations flashing on your computer monitor.

There are also subliminal audio recordings available and these recordings are of music with subliminal suggestions embedded in the music. Even though you may not be able to clearly hear what the suggestions are, they can still have an effect on your subconscious mind.

Hypnosis is Very Powerful!

Another highly effective way of communicating with and influencing your subconscious mind is hypnosis.

Hypnosis is a way of guiding you into a very relaxed yet suggestible state and it's a state where you can influence your subconscious mind very powerfully and without any conscious resistance getting in the way.

Hypnosis is used by most highly successful people.

It's important to always mirror highly successful people, if you wish to achieve success yourself - it's important to start doing the same sort of things that highly successful people do. So, this is why I strongly suggest that you consider self-hypnosis for reprogramming your mind.

The great thing is that self-hypnosis can help you to overcome any really stubborn subconscious beliefs that you may have, and you can do this really, really quickly.

It's even possible to overcome a lifetime of negative conditioning that could otherwise take years of psychotherapy to unravel. And you can do this with only a few self-hypnosis sessions – it's that powerful!



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Light and Sound Technology

Another form of technology that I particularly like using myself is Light and Sound Technology.

Light and Sound machines have only been around for about 25 years and I've been experimenting with them since they started appearing on the market.

To give you some sort of idea of how Light and Sound machines actually work, it might help if I give you an example. Back in the 1980s I was studying at college and every day I'd commute by train to the city of Dublin where I was attending college. And I noticed that on very sunny days, while travelling in the train at a certain speed - the sunlight flashing through the trees and bushes at the side of the railway track had a deeply hypnotic effect on me.

I found myself struggling to stay awake - because whenever this happened I would become very, very drowsy. And it always happened whenever the train was travelling at a certain speed, when there was a certain distance between the bushes, and when the sun was shining through those bushes. The flash, flash, flash, flash, flash effect was extremely relaxing and literally pulled me into sleep really quickly. So, whenever this happened, I found it very hard to stay awake.

For many years, scientists and researchers have known that flashing lights can literally put you to sleep, wake you up, give you greater focus, put you into a meditative state, and bring you into very deep relaxation - all depending on the rate of speed of those flashes.



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Binaural Beats

Also, binaural beats can do the same. Binaural beats are a type sound pulse that can have a profound effect on your brain. It might help you to understand this better if I give you an example of binaural beats - if you get a tuning fork and you bang the tuning fork on the table and then you put it up to one of your ears you hear the pitch of that tuning fork.

But then, if you get another tuning fork of ALMOST the same pitch and strike it on the table and put it up to your other ear, then you will hear a wawa effect going between your two ears. This wawa sound has a very profound influence on your brain and it produces a very similar effect to flashing lights. It too can also trigger various different brain states depending on the frequency of the sound beats.

When you combine flashing lights and binaural beats (and other types of sound pulses like isochronic tones and monaural beats) then it's possible to profoundly affect the mind of the person using this technology.

Flashing light on their own can be very powerful, but combined with sound pulses or beats is enhances the experience greatly. A Light and Sound session can be a wonderful experience and very pleasant and inspiring.

Unfortunately people who suffer from photosensitive epilepsy should never use Light and Sound technology because flashing lights could trigger a seizure. On the other hand, for most people Light and Sound machines have no dangerous side-effects and as I say they can even be very enjoyable to use.



A Light and Sound machine is made up of a little small box like a mobile phone with headphones and light frames attached. And the light frames are literally a pair of sunglasses with LEDs embedded into the lenses. You put on the light frames and the headphones and you close your eyes and you keep your eyes closed.

You then select a program and even though your eyes are closed, you can very quickly start seeing often stunningly beautiful geometric patterns.

You also hear relaxing, soothing sounds through the headphones. These machines can have a very powerful effect on your brain.

It's also possible to combine a Light and Sound relaxation or meditation session with a self-hypnosis recording - so, you're listening to a hypnosis recording at the very same time.



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It can be incredibly potent and can be a very powerful way of reprogramming your subconscious and embedding new empowering suggestions that will have a very powerful affect.

However, as I mentioned earlier if you suffer from photosensitive epilepsy you should not use Light and Sound technology. Although, you could still use binaural beats on its own or combine it with self-hypnosis.

For most people this technology is completely safe to use and very enjoyable. It can be a truly beautiful experience and the geometric shapes that you see and the pleasant sounds that you hear are quite incredible. In a way, you can use a Light and Sound machine to “dial up” any state of consciousness that you wish, so it’s really well worth looking into this technology for yourself.

Creative Visualisation

Another method of reprogramming your subconscious is to use creative visualisation - it's another great way to influence your subconscious mind.

What you need to do is visualise as clearly as you can what you will see and hear and feel when you have achieved your goal.

So, it's really a way of daydreaming about what it's going to be like when you become very successful and deeply fulfilled - what your life will be like.

The more you can visualise your future in this way, the more potent the effect will be on your subconscious mind.

Your subconscious mind will literally take your visualisations to be a command and will start putting synchronicities in your path and events will start taking place that will lead you towards your goal.

Creative visualisation along with subliminal software, self-hypnosis, Light and Sound technology, and affirmations can dramatically speed up the process.

The key is to really immerse yourself in these thoughts, feelings and emotions as though they had already happened.



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I know it probably sounds crazy, but daydreaming is a way to success when you use it correctly. When you use creative visualisation correctly it injects raw power into your goals.

So, when you're looking at your list of goals (and we will be going into goalsetting later) and when you are reading your affirmations - if you can bring up a feeling of excitement and visualise what it will be like when you have achieved your goal, then it just magnifies the whole experience 100 fold and as I say it injects raw power into your subconscious mind and dramatically speeds up the process of reaching your objectives.

Many people also like to create a vision board which includes pictures of all the things that they wish to achieve. And by looking at this vision board – it can have a very powerful effect in assisting you to achieve your goals. So, vision boards are well worth considering too.

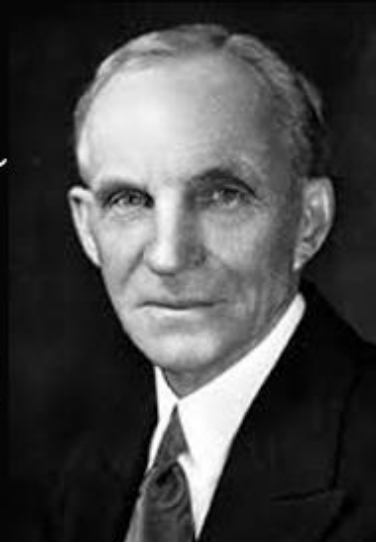
Overcoming Negative Beliefs

Now, as I mentioned earlier Henry Ford once said:

“Whether you think you can, or you think you can't - you're right”

“Whether you think you can, or you think you can't - you're right.”

Henry Ford



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Even if you consciously believe you can achieve something you still may subconsciously believe that it's not yet possible for you. And in the battle between your conscious and subconscious beliefs - your subconscious beliefs always win out.

This is a hard fact, but it's true.

It's important that you start stretching the realm of your beliefs

so that you can achieve far more in your life. This is the core of what I'm sharing with you.

Sadly negative beliefs continually sabotage all your goals. Negative beliefs try to keep you small and powerless and shackled to your painful past. Negative beliefs actually stop you from becoming self-confident and empowered. And negative beliefs can wreak havoc in your life - if you allow them to.

So, the most important thing here is to gradually change negative beliefs so that you can create the life that you truly yearn for. You see it's not possible to suddenly go from being a very negative person and a pessimists to becoming an optimist overnight.

If you're currently rather pessimistic about life then it's important to gradually change - so that you can create a far better life for yourself. Most people cannot do this in an instant, especially if they think negative thoughts a lot of the time.

Right now you may have all sorts of self-imposed limitations, so it may be difficult to suddenly become very positive and optimistic. Rather, you need to gradually stretch your realm of possibilities - you need to gradually become more positive.

The most important thing is to start working at overcoming your negative beliefs as quickly as possible. And by using the tools techniques and strategies that I'm sharing with you, you will definitely have great success.

Again you can overcome your conscious and subconscious beliefs using affirmations, subliminal software, self-hypnosis, Light and Sound technology and creative visualisation.

There are other techniques, but these five are really potent and I urge you to test them for yourself.

Now, you could just decide to do nothing at all about this, but not changing your negative beliefs means that your circumstances may not change either. And if you don't overcome



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your conscious and subconscious negative beliefs then you will definitely experience more loss and suffering - this is guaranteed.

This is why it's important to start overcoming these negative restricting beliefs as quickly as you can and the great thing is that when you start reprogramming your mind with affirmations, self-hypnosis and the other technologies I mentioned - it will start having an immediate and noticeable effect.

And another great thing is that it's a bit like tipping a balance - even if right now you are 52% negative in only 48% positive, then all you need to do is tip the balance by more than 2% to win over your inner negativity.

As you start to reprogram your mind, your positive beliefs become reinforced and your negative beliefs are weakened. Then, after some time you may need to reprogram your mind less often to maintain the same effect of heightened positivity. So, you can reach a threshold point where everything becomes a lot easier for you.

Self-Worth and Money

Did you know that your self-worth has a direct effect on your ability to make money?

It really is true - having low self-value and very little self-confidence hampers your ability to make a lot of money, whereas highly self-worth can literally make you rich.

This was my own experience - I went from somebody with very low self-esteem and who had very little money to someone who had great self-esteem and great confidence - and my wealth grew at exactly the same rate as my self-worth.



So high self-esteem really can make you very rich and as I mentioned earlier when I was in my mid-20s I had very little self-worth and I had a constant stream of very big money problems which really wore me down continually.

I even started having experiences that showed me clearly that my self-worth was the root cause of this and that my attitude to money was all wrong. I used to waste money on things that were not even important to me and that gave me no fulfilment at all.



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And by doing this, I really was devaluing myself and I even reached the stage where it got so bad that I was preparing to fold up the business, because I was struggling so much.

When a crisis occurs in your life it is often at that very moment that you can completely change your circumstances, and this is exactly what happened to me. I reached the stage where I had to make a big decision - to either fold up the business or do something radically different.

As I explained a moment ago, my lack of self-worth and my low self-esteem was the core of this problem. However, I made very big efforts to improve my self-worth and I even doubled my price to all my clients.

I expected to lose half of those clients, but I didn't lose a single one. The effect was immediate, and I started making a lot more profit from my business, and without any additional work.

In fact some of my clients told me that they had thought that our service was far too cheap for what they were receiving from us.

So, totally transforming your self-worth can take some time, especially if you've a lot of negative beliefs.

However, the powerful techniques, tools and strategies you are learning here will allow you to make rapid changes in your life and totally transform your earning potential. And as your mind changes so will your ability to make a lot of money.



Uncovering Your Own Subconscious Negative Beliefs

Now, here's a simple technique that will help you to uncover your subconscious beliefs about money and business. And this technique is composed of five different steps. I urge you to do each one of these, because they are all very important!

You need to write down the very first things that comes into your mind, when completing the following sentences, no matter what they may be.

You definitely don't want to consciously think about these. The goal here is to discover your subconscious beliefs, so that's why you need to complete these sentences really quickly without thinking.



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Step 1:

Write down and complete the following sentence

- 1) The worst thing about money is _____
- 2) In the area of money I feel afraid because _____
- 3) In the area of money I feel angry because _____
- 4) In the area of money I feel sad because _____

Next you need to write out the exact opposite beliefs and why they are true. This will loosen the hold each one of these has on your subconscious mind.

For example for step one above you could write as follows:

- 1) The great thing about money is _____
- 2) In the area of money I feel courageous because _____
- 3) In the area of money I feel confident because _____
- 4) In the area of money I feel happy because _____

So these are the exact opposites of the first sentences that you originally wrote

Step 2:

Write down 10 different things that wealthy people “are”, but please write the very first things that comes to your mind, no matter what they may be. Again, you need to write as quickly as possible and without thinking.

Wealthy people are:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____



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This exercise can reveal to you what your subconscious attitudes and beliefs are about wealth.

Next, you need to write out the exact opposite beliefs and why they are true. For example instead of “*wealthy people are selfish*” you could write something like “*wealthy people are generous because they have more free time to help others*”.

Wealthy people are:

- 1) _____ because _____
- 2) _____ because _____
- 3) _____ because _____
- 4) _____ because _____
- 5) _____ because _____
- 6) _____ because _____
- 7) _____ because _____
- 8) _____ because _____
- 9) _____ because _____
- 10) _____ because _____

Step 3:

Next, write down 10 reasons why you must become highly successful.

I must become highly successful because:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____



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And also write out 10 reasons why you need to make a lot of money doing so.

I must make a lot of money because:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

Step 4:

Write out each of the following sentences. Also, **add 10 reasons for each of them** as quickly as you can without thinking – again write down the first things that come into your mind.

1) I can't make millions now because:

2) The worst thing about having a business is:



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3) You can't trust people in business because:

Next, write out the exact opposite beliefs and why they are true. This literally loosens the holds that each one of these negative beliefs has on your subconscious mind.

1) I CAN make millions now because

2) The BEST thing about having a business is

3) You CAN trust people in business because



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Step 5:

Next, write out 100 reasons why you need to make a specific amount of money each month - or why you need to be a millionaire.

Finally write out 100 ways that could enable you to make that amount of money each month - or allow you to become a millionaire.

I know that this may take time for you to do, especially writing out 100 reasons and 100 ways, but doing this exercise is really, really, really important and it could be one of the most valuable hours you have ever spent in your life.

These exercises can be very revealing to you and can show you what beliefs you currently have about money, and about business that could be holding you back right now. Also, having lots of really strong reasons why you must become successful will have a very powerful effect on your subconscious mind. And that's exactly what we want to do here - have a very powerful effect on your subconscious mind.

I also suggest that you frequently look at what you have written and observe your progress.

You Can Improve Your Earning Potential

As I have already mentioned, when I was in my early to mid 20s I had very little self-worth and very little money, but as my confidence grew and my self-worth increased so did my success, my wealth and my happiness. Over a period of years I went from being someone who believed they couldn't achieve much into someone who absolutely knew that they could achieve everything that they set their heart on.

I became a millionaire and for many years I only had to work a day and a half each week and I spent most my time giving back to society through various types of voluntary work and I also travelled the world and had more than enough money to do everything I wanted.



I had freedom, I had wealth and I had happiness and I had these for a very long time. All of this became possible for me only after I started improving my self-image, becoming more confident and working on transforming myself. As I changed, so did my circumstances. And as you improve your self-worth and as you overcome your own inner negativity, your wealth can also dramatically increase.



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After all, your circumstances can only change when you change inside, and in this book you have all the tools that you need for rapid change.

Even if you already have a lot of self-worth and are already quite successful, then you can still definitely improve your self-worth and your earnings potential.

You see, we never really reach a plateau where everything becomes permanent. Life gives us a lot of challenges all of the time and it's very possible to backslide and lose your confidence. This happened to me and gradually as I lost everything, I started doubting my ability and my self-confidence was shaken very badly again and I needed to start all over again.

As I changed, so did our circumstances. You too can quickly reinforce your self-confidence, your self-worth and experience a big positive changes in your finances. And again, you can do this by reprogramming your mind using affirmations, subliminal software, hypnosis, Light and Sound technology and creative visualisation.



What About Luck?

So what about luck? Can luck lead to success?

Well, you could wait and hopefully become lucky or you could create your own luck through your own actions, and it's always far better to have control over what happens to you, instead of just hoping for some positive change to eventually occur.

Taking 100% responsibility for your own life and what happens to you is the key to everything that we are exploring here. And it's always far better to have control over what happens to you instead of just hoping for some positive

change to eventually come your way.

Providing that you take action on what I'm sharing with you, and that you use it fully in your own life then you will become a very lucky person – that is for certain!

Also, great satisfaction comes from making lots of efforts that turn into wonderful results in your life. So, I honestly believe that you can and do create your own luck.



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The Easy Way to Achieve Anything

The easy way to achieve anything in life is to apply ourselves 100% to what we are doing.

Often people like to take the easy way out and when I was a teenager I was quite lazy and I always liked to take the easy way. And if something took a lot of effort I always tried to avoid doing it.

This was mainly due to my own lack of self-confidence, because I thought that if I had to make lots of efforts I would fail - so what would be the point of trying anyway?

Gradually, I discovered that the easy way is actually to take action and to apply ourselves 100% to what we are doing. On the other hand, the hard way - the desperately hard way is to procrastinate.

To always put off until tomorrow (or even next year!) what we could be doing right now. And if we procrastinate constantly, then all we can experience is frustration, and loss, and suffering and disillusionment.

So, the important thing is to get started right away and to expect resistance and be determined enough to overcome it whenever it arises, rather than being frightened by it.

Running away is always the difficult way. As I say, putting off until tomorrow things that may seem boring, or things are difficult, or things that we really don't want to do right now is the hard way – the really hard way.

When we do this, all we are doing is giving in to our own inner negativity and we will actively keep our own life small and disempowered, and this in turn actually prevents us from achieving anything really worthwhile. And this can lead to disappointment, bitterness, and resentment.

Sadly, most people fall at the first hurdle, and very few go on to the second or third. So, please do build up great resilience within yourself and face your challenges head-on. Then, you can never be defeated. You will truly win in everything that you do!





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whenever you wish and it can also change your external circumstances. Please don't take my word of this - test this for yourself! Please test it for yourself.

Gratitude also saves lives. I've heard several instances where people have been on the point of taking their own life, yet gratitude is something that has transformed their situation completely and saved their life.

I once heard a story of a young guy in Japan who was about to take his own life and he confided in a friend who thankfully was a very wise person. She asked him to do her a favour before he died. Of course, he agreed. She asked him if he had ever been helped during his life by anyone and he answered that yes many people had helped him.

So, she asked him if he would write a short thank you letter to each one of those people who had helped his life in some way, and he agreed to this. As he started writing these thank you letters, deep gratitude started to well up within his life and the desire to continue going on living grew strongly within him. This is a wonderful story about how gratitude really can save lives.

Gratitude can also transform your life and gratitude can actually transform every difficult situation you experience in your life, when you use this incredibly potent tool.

Gratitude really can transform every situation you experience and it can attract all sorts of riches into your life, and I had to lose everything in order to rediscover this incredibly important truth for myself.

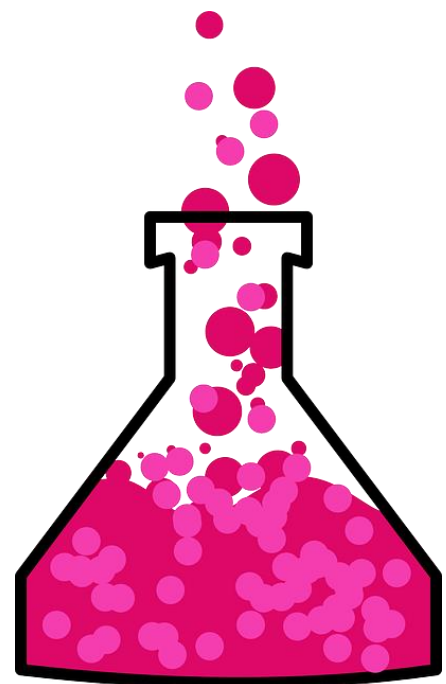
A Crazy Gratitude Experiment

After losing everything and not being able to feed my wife or our baby, I picked up an old book that change everything.

This was really at the worst point of my entire life and everything was really awful. I couldn't even feed my loved ones and there was no hope of money coming in in the next few months.

It was dire and I picked up this amazing book that was written over 100 years ago and it was all about the power of gratitude.

And I assure you that I was not feeling grateful for anything at the time! But, I decided to create what I today call my "crazy gratitude experiment".



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I had nothing to lose by doing this, so I decided that every 30 minutes of the day I would ask myself what had been my dominant thought and emotion during the previous 30 minutes and then replace them with gratitude.

So, every 30 minutes of the day I replaced negative thoughts and emotions with gratitude and the amazing thing is that within three days positive synchronicities started happening again. I had not seen any positive coincidences for a very long time!

Now, you might wonder how was able to do this when life was so awful; how was I able to bring up gratitude. But, as I mentioned a moment ago - if you want to return to any state you have experienced in the past, then all you have to do is remember what it felt like.

So for me, what I did was - I thought of a time in the past where I felt sincere gratitude, and I thought and focussed on that event for a few minutes.

Then, eventually a glimmer of gratitude started to emerge and I started to feel the same gratitude that I did the day I experienced it for real. And by doing this every 30 minutes of the day, I became much better and proficient at tapping into this power of gratitude.



So, quite quickly, even after few days, things started to happen for us. Even though our circumstances didn't change overnight, I started to feel different and coincidences started happening within as little as three days.

Everything started changing from the point where I did this crazy gratitude experiment and as I started to reprogram my mind for success. And one of those synchronicities that I just mentioned affect us powerfully to this very day – many years later.

The important thing here is that gratitude really works. So, if you ever find yourself in a difficult situation and need an urgent improvement in your circumstances, then please do try this crazy gratitude experiment for yourself.

Please also consider what I have said about how gratitude can attracts all sorts of things into your life - because it really is fundamental to what you are learning in this program. It also represents a very significant key for your future.



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Automated Gratitude

Around 100 years ago a Russian scientist by the name of Ivan Pavlov noticed a rather interesting phenomenon.

He was doing research with dogs and he was able to get dogs to associate the ringing of a bell with feeding time. Whenever it was feeding time he would ring a bell and he would feed the dogs, and after only a short time all he had to do was ring the bell and the dogs started jumping and salivating and barking, expecting their food.

He was able to get the dogs to associate food with the ringing of a bell. So, whenever he rang the bell the dogs would believe that they were about to be fed and started salivating and getting excited.

The amazing thing is that human beings and dogs are quite similar in this respect.

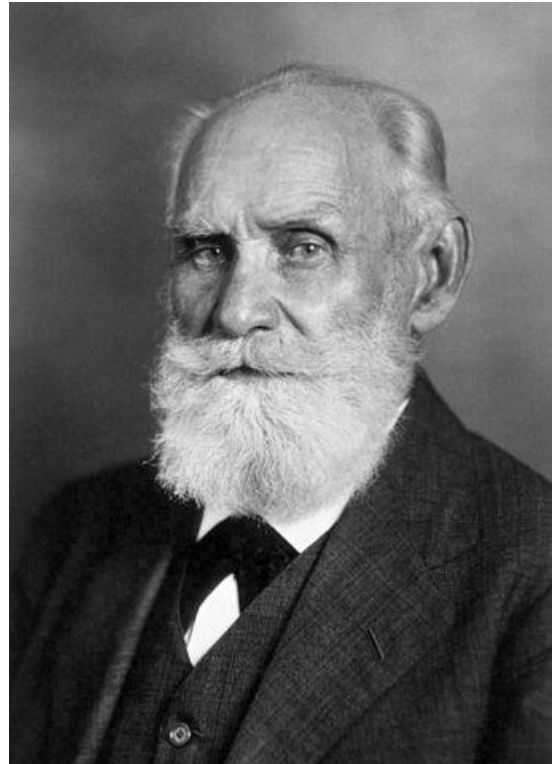
We can also be conditioned to expect certain things and to feel certain emotions and even believe certain things when we are exposed to an external trigger, which we call an anchor.

anchors have been used in advertising for many years, so this is a phenomenon that works really well and it is a very effective way of influencing people. It's very easy to program a person's mind in such a way that whenever that person sees or hears something they immediately think in a certain way.

For example, in advertising; logos, taglines and images are used together in a very powerful way that make people instantly recognise a brand and feel a certain way towards that brand.

It's also possible to create your own anchors that can help you in very powerful and beneficial ways. It's very easy to create your own gratitude anchor and you can use this technique to bring up very powerful feelings of gratitude whenever you wish.

Creating your gratitude anchor is very straight forwards and simple to do. All you need to do is remember a time in the past when you felt sincere gratitude and you need to focus on that feeling and let it build and build. You let it build to the point where you're almost overflowing with gratitude. At this point you then move the first finger and thumb of your right hand together and squeeze them gently together.



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You have now created your gratitude anchor! Any time in the future that you want to bring up a powerful feeling of gratitude, all you need to do is trigger your anchor by squeezing your thumb and forefinger together gently. It's that simple, yet highly effective.

It's quite amazing that your mind associates powerful feelings of gratitude with this finger and thumb squeeze, but it really does work. So please do test this for yourself. It is a wonderful yet very simple tool that you can use to bring up gratitude whenever you wish.



How to Overcome Negativity

Now let's discuss a very important subject. This is battling our inner negativity - because battling your inner negativity can lead to massive results. And whenever you do anything that is really beneficial for your life you will always experience internal (and also possibly external) resistance that will try to prevent you from succeeding.

You can imagine that this is a bit like an aeroplane rolling along a runway. The air resistance pushing against the plane is what actually enables it to rise into the air. It simply cannot get into the sky without the air resistance pushing against it.

As human beings we really do need some resistance in order to achieve anything worthwhile in life. However, this negativity does everything in its power to stop you and tries to keep you disempowered. Also, it will do this in every way that you can possibly imagine.

It always works through your areas of weakness or your Achilles' heel or more accurately Achilles heels, because you have many areas of weakness.

Although, this negativity may appear quite subtle it is actually very powerful in keeping otherwise potent individuals from achieving remarkable things during their lives. I honestly believe that the only thing stopping an ordinary person from becoming an extraordinary person is whether or not they can recognise and overcome this inner negativity.

The good thing about this inner resistance or negativity is that it actually shows us our weaknesses and it shows us what things we need to change in our life.

After all, only by overcoming negativity can we reach our goals. Negativity is actually essential to our growth and to achieving our goals. We cannot do this without experiencing some form of negativity.



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Now, it is a fact that without challenges your life can become very stale, because challenges force you to stretch your life and develop new abilities that you did not possess before.

It's almost like a ship in a tranquil harbour. When the captain set a destination (or goal) then the ship leaves the harbour and moves out into the stormy seas.

It is only by moving forwards despite the waves crashing against his ship, that the captain and crew can reach their destination.

Just like a ship or aeroplane every clear destination you set for yourself can only be achieved when you encounter and overcome resistance within yourself and in your environment.

So, as soon as you set a big goal for yourself, you will definitely encounter challenges that will make you grow. Without growing as a result of these challenges, then you will not be able to achieve your goals unless of course those goals are very, very small goals.

The question is then, how can you overcome this inner negativity?



Well, if you study the lives of great people, then in every case they were people who encountered all sorts of big challenges. And when they encountered those challenges, instead of giving up at the first hurdle they picked themselves up, dusted themselves down and tried again.

In most cases they failed several times before succeeding in a truly big way. When you study the lives of highly successful people you will discover that they are always people who have failed far more times than most people, but the fact that they



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had great resilience and that they always picked themselves up and tried again is always their true secret to success. Having this spirit of always trying again, always leads to success.

For example Thomas Edison the great inventor failed 10,000 times while trying to invent the incandescent lightbulb. That was an incredible number of failures!

Now the fact is that most people just give up at the first or second hurdle, but all highly successful people have refused to give up.

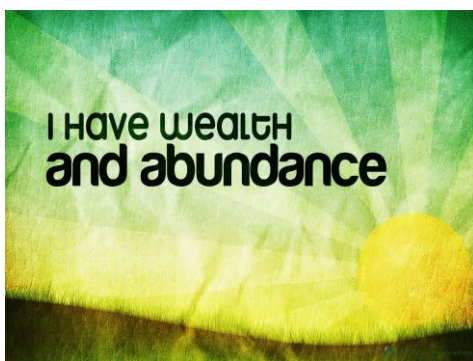
They have failed far more times than ordinary people but did not give up.

True success only comes to those who are persistent and refuse to give in to temporary challenges. So, if you want to become outrageously successful then you must refuse to give up and you must keep trying until you succeed!



Persistence, overcoming negative beliefs, and programming your mind for success - these are the true keys to your long-term success and happiness. Programming your mind for success and reprogramming and eliminating negative beliefs that sabotage your success really is vital.

This is the core of all great success and without doing these things nothing remarkable can really change for you. But when you use these techniques and technologies your life can change in the most wonderful ways imaginable. So please make it your absolute top priority to start using these tools immediately and just see for yourself how your life transforms!



The Power of Affirmations

Earlier, we talked a bit about affirmations and I mentioned how every thought that you think and every word that you say is an affirmation and how you can create affirmations to reprogram your mind to achieve whatever you want including success and happiness.



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For example if you have very low self-worth this could be the very reason why you are prevented from achieving great things in your life.

So by creating a positive affirmation that counteracts that negative belief you can literally rewrite the programming or wiring of your brain. And affirmations are an excellent and a very easy way to powerfully influence your subconscious mind. They are also really simple to create and use.



I mentioned earlier the affirmation from Emile Coue the 19th-century French psychologist:

“Every day in every way I’m getting better and better”.

Also, as I explained earlier; when creating affirmations, they should be in the present tense, they should be positive, they should be personal and they need to be specific.

So now let's look at how to create your affirmations, so that they are really effective and so that they can powerfully affect your subconscious mind and bring you great success and happiness.



Affirmation Construction

Again, your affirmations need to be written in the present tense, be positive, be personal and be specific.

So, for example if you have a rather negative outlook on life and if you are low on energy and if you feel really miserable then an affirmation like the following could help reprogram your thoughts and make you feel better and even give you a better outlook on life.

So this is an affirmation that can help you to overcome pessimism, low energy, and get you unstuck.

“Today I am full of energy and overflowing with joy”.



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So, even though you may be feeling the opposite right now, by repeating this affirmation each morning, afternoon and evening you will start to feel different and experience positive changes in your life.

Now, I do realise that this sounds very simplistic, almost like it's a magic bullet, and you have every right to be sceptical. However, it really does work and it is possible to reprogram your thoughts using affirmations like this. It's a highly effective technique and it effects your subconscious mind very potently.

Here are some affirmations that could help you to overcome the tendency to constantly worry about the future:

“I am confident and I can overcome every challenge”

“I understand that the only constant in life is change and I welcome it”

“My mind is relaxed and I'm thinking clearly”

Here is an affirmation to increase focus and productivity:

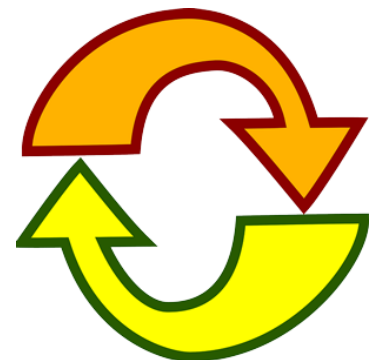
“I am energised focused and productive”

So, affirmations are very easy to create and for more examples of affirmation construction please read the affirmation worksheet that is included with this book.

How to Use Affirmations

When you have created your affirmations, you need to read them when you wake up in the morning and also again before going to sleep at night.

Very soon we will go on to look at how to set goals, because when you create you goals you then need to rewrite those goals as affirmations. And it will be these affirmations that you will be repeating to yourself morning and evening. So, as a say when you wake up in the morning and also before going to bed at night you need to read your affirmations preferably aloud.



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Also, you can repeat them during the day whenever you wish. And of course when you're reading your affirmations, please try to put as much emotional energy as you can into them. So, as you read each affirmation imagine that it has already happened; that you've already reached your goal. Try to see, hear, and feel what it will be like when you have achieved each goal.

Emotional energy is extremely powerful and when you do this it powerfully affects your subconscious mind and motivates it in all the ways that you need.

So, really try to infuse your affirmations with feelings like gratitude and excitement and the effect is that your subconscious mind will start working on these instructions that you have given it and you can even start seeing results really, really quickly. And the more impressions you make on your subconscious mind the better and the more effective the process will be.

Subliminal Technology

Subliminal technology has been used in advertising for many years to influence people to buy products and services. In fact, subliminal messages can be so powerful that in several countries it has been banned with serious consequences for advertisers that use it.

However, you can use it safely and it is a powerful way of influencing your subconscious mind in all the ways that you need.



There are two main types of subliminal programs that you can use to influence your subconscious mind.

These are computer programs that flash affirmations onto your computer screen so quickly you don't even notice them.

These can be very potent and your subconscious notices them even if you don't consciously see them. Your subconscious goes to work on the subliminal messages that you've selected.

The other type of subliminal messages use audio recordings that have affirmations and suggestions embedded in them.



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You can listen to relaxing music and the subliminal messages are barely noticeable behind the music, but they are there and again even though you may not even notice the subliminal voices, they can still be picked up by your subconscious mind, which can then go to act on the suggestions.

For an even more potent combination you can use subliminal software and subliminal audio programs together.

Self-Hypnosis

One of the most effective ways of influencing your subconscious mind is by using hypnosis.

Self-hypnosis can help you to overcome any conscious or subconsciously limiting beliefs that you may have about yourself and what is possible for you.

And it's easy to use hypnosis to overcome all sorts of problems and difficulties that could normally take years of psychotherapy to unravel.



This can often be achieved in only a few sessions and it is a very efficient way of reprogramming your subconscious mind.

As you are already aware, most highly successful people use self-hypnosis on a regular basis to reprogram themselves for success and they do this because it's so effective. They understand that self-hypnosis is one of the most direct routes to success because it is such a powerful way to reprogram negative restricting beliefs.

We all have these beliefs - no matter what how positive we may currently be, we all have at least some negative restricting beliefs from our upbringing and our background and from our experiences.

Hypnosis is simply a way of guiding you into a very relaxed yet suggestible state and the hypnotherapist often starts by asking you to imagine each part of your body relaxing deeply starting with the toes and gradually working up to the top of your head. And by asking you to imagine each part of your body relaxing the hypnotherapist can gradually help you to enter a very relaxed state, which is very pleasant and refreshing.



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In this very relaxed state the hypnotist can suggest to you various positive affirming statements that can be implanted into your mind. You see, in this very relaxed state your critical conscious mind is bypassed and your subconscious mind can be influenced very easily and the suggestions you introduce to it can bring about positive and lasting change.

You don't actually need to visit a hypnotist, because self-hypnosis audio recordings have exactly the same effect. They gradually bring you into a state of great relaxation and it is a very pleasant experience and also very powerful.

Light and Sound Machines

Earlier, I mentioned about Light and Sound technology and how this type of technology also has a profound effect on your brain. It can bring you into a hypnotic state very quickly. A Light and Sound machine is a small electronic box with a set of headphones and light frames which look like ordinary sunglasses with LEDs.

You can get a Light and Sound machine on Amazon and many other websites.

They are no longer expensive and can cost from about \$150 for the cheapest versions. However, even the cheapest Light and Sound machines will do a fantastic job for you. These wonderful new machines modify your brainwaves in all sorts of ways and are really good for your brain.



As you probably already know, brain waves can be displayed on an ordinary EEG machine. When you are connected up to an EEG machine in a hospital or a research laboratory the scientist or medical practitioner can see your brainwave activity on the monitor.

When you're asleep your brain is predominantly producing nice slow sine waves or oscillations on the screen. Then, when you're awake your brain is mainly producing much faster oscillations. So by connecting someone up to an EEG machine it's very easy to see what brain state they are currently in.

So, for example if a person is in a meditative state and they've practiced meditation for several years, then a scientist or researcher can instantly recognise that state by looking at the patterns on the EEG's monitor.

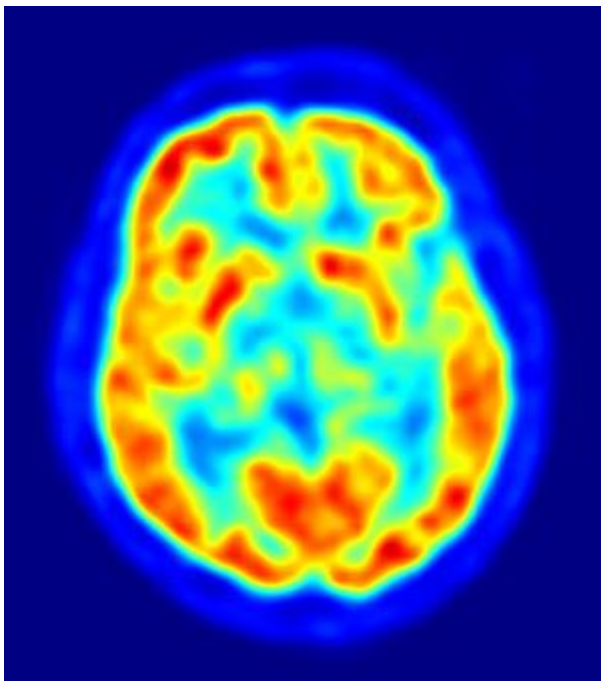


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Now, when you use a Light and Sound machine, the machine can flash light at a very low rate with nice slow tones in the through the headphones and this will put you to sleep very quickly.

So, it's very easy to make the brain produce whatever state that you wish based on the speed of flashes and the speed of the tones through the headphones.

I use these Light and Sound machines myself; for reprogramming my mind and also for increased alertness and focus. For example if you find that you're getting a bit tired during the day or if you're finding it hard to focus on your work, then a quick 10-15 minute Light and Sound session can really perk you up and give you renewed focus and some additional energy.



So, they really are very practical machines that have great uses in all areas of your life.

For example, if you want to learn a new skill - and you're watching an online video or if you're studying a book and you really need to retain what you're studying, then there are light and sound programs that you can use for accelerated learning and for information recall.

These are very potent tools and many researchers are now even saying that they have the ability to make you more intelligent! This is an incredible thing, and the understanding here is that the more you stimulate your brain the more intelligent you can become.

Brain stimulation does increase intelligence and these machines can stimulate the brain very effectively. Some researchers and scientists are even saying that these Light and Sound machines have the ability to evolve the human species more quickly. If this is true, then we can expect these machines to become even more popular in the future.

You can find a lot of information about Light and Sound technology on the Internet and it's a fascinating subject to study.

It's even more fun to experience and I'm confident that you will find this a highly effective technology for your life and that it can help bring about self-transformation very quickly.



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Creative Visualisation

Several times throughout this book I have repeated specific concepts and ideas more than once. Your subconscious mind is influenced by repetition and this is why I have intentionally repeated the most important aspects on several occasions.

Again, it's important to remember that when you are repeating your affirmations you should try to visualise as clearly as you can, what you will see, hear, and feel when you reach your goal. This is because by doing so, you will have an even more powerful effect on your subconscious to create for you what you desire.

Also, frequent daydreaming about what it will be like when you've achieved your goal can help a lot. Even though we may have been told at school that people who daydream may amount to nothing, it turns out that many highly effective and very successful people were daydreamers while at school.

Now, I'm not by any means promoting daydreaming for kids at school, or saying that they should not focus on their work - that's not what I'm saying here.

What I am saying is that as an adult we can use controlled daydreaming as a very powerful creative visualisation tool to bring about the changes that we are seeking, and to attract into our lives the goals that we have set for ourselves.

When you carry out creative visualisation, it injects raw power into your goals and will dramatically speed up the process of reaching your objectives.

Many people find it very helpful to create a vision board and this could include pictures and photographs and statements that support the goals you set for yourself. These might include photographs of the things that you wish to achieve and everything that you can imagine that will support you in achieving your goals.

For example if you want to become a bestselling author, you might create a picture that shows your book in the bestseller section of Amazon, and you could write a cheque to yourself for the royalties that you will receive.



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You could also include a photo of famous radio and TV hosts with your own photo pasted beside them - as though they were interviewing you.

Looking at and adding to your vision board frequently can help you to visualise really clearly what you will see, hear and feel when you achieve your goals and this powerfully influences your subconscious mind and will be enormously helpful to you in speeding up the entire process.

So, now you know how to create your own affirmations, and how to powerfully influence your subconscious mind by using those affirmations, while also using creative visualisation to make the process even more effective.

The Most Effective Way to Set Goals

Now let's look at how to put everything into action in a way where you are guaranteed really great results.

Affirmations are a very powerful way of creating truly amazing success and happiness in your life.

However, before you can create affirmations that will allow you to reach your goals, we first need to look at how to set goals, and what you need to do to ensure that you really do reach those goals.

This is because, affirmations without clear goals or action steps are not enough on their own.

Once you have a crystal clear set of goals and a list of action steps that everything else follows from this.

Firstly, you need to gradually transform your subconscious beliefs about yourself before you start to set really big goals. You see, it's really important to gradually stretch your realm of possibility. This is especially true if you have a lot of negative beliefs about yourself and what's actually possible for you.

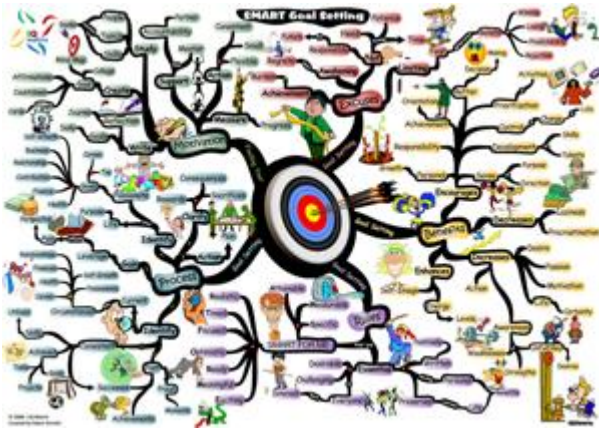
So, by setting small short-term goals for yourself and by achieving those goals, then slowly and surely your belief in your ability will definitely start to increase. And as this happens you



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can go on to create even bigger goals for yourself. You see, it's really important that you get direct feedback that the process works before creating goals that are truly outrageous.

So, you first need to start with a clear list of goals and you need to create short-term, medium-term, and long-term goals.



For your short term goals, you need to write down a list of about five goals that you want to achieve in the next three months. These should be realistic goals, and they should not be outrageously big goals. However, they should still be goals that stretch your life a bit. Goals that are not very easy to achieve but at the same time realistic.

goals that you wish to achieve in the next year.

For your medium-term goals, write out a list of between five and ten goals. These are

goals that you wish to achieve in the next year. These goals should be bigger than your short-term goals and should also stretch your life and be less easy to achieve than your short-term goals.

Next, for your long-term again write down between five and ten goals for the next five years. These should be even bigger than your short and medium-term goals.

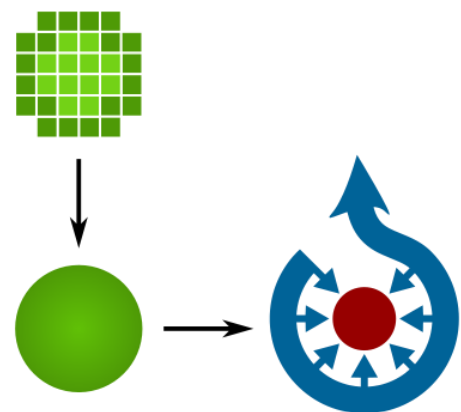
In this process, you need to make your goals as clear and concise as possible. You might need to write them out several times and reword them. Try and concentrate as much meaning into as few words as possible.

Also, write down the reason why you need to achieve each goal. This is because having a strong reason why is very important, as it gives your subconscious a great motivation to start working towards your goals.

Convert Your Goals into Affirmations

Now, the next step after you've written down your short-term, medium-term and long term goals is to convert each of your goals into affirmations.

Please, really take time and care to convert each of your goals into concise affirmations. This is very important because you be using these affirmations to program your subconscious. So, please don't rush this part.



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It may even be possible to combine some of your goals into a single affirmation. For example, if one of your goals is to become a bestselling author and another goal is to have lots of media attention then one of your affirmations could be something like this:

“I am deeply grateful for being a bestselling author and for being interviewed on radio and TV frequently”.

So, when creating your affirmations it's important to remember that they should be in the present tense, they should be positive, they should be personal, and they should be specific.

Remember to read your affirmations aloud with emotion each morning and evening and put real feeling into this.

Bring up feelings of excitement and belief as strongly as you can and visualise what it will be like when you have achieved your goals. The more you do this visualisation the more powerful it will affect your subconscious to create what you desire.

Try to work yourself into a state of excitement and belief and then just let it go and move on to your next affirmation and visualisation. What you definitely don't want to do is to introduce any doubts or fears while you are doing this. Your subconscious does not distinguish between good and bad, right or wrong or between what you desire and what you fear.

Whatever your dominant thoughts and emotions are, will become your reality. So, by bringing up excitement and really visualising what it will be like when you achieve your goals, you will be feeding your subconscious with exactly what it needs to bring your goals to fruition.



Your Action Plan

Someone once said: *“failing to plan is planning to fail”.*

Now that you've converted your goals into affirmations, there is also another thing you need to do with your goals. You must now start creating an action plan for each one of those

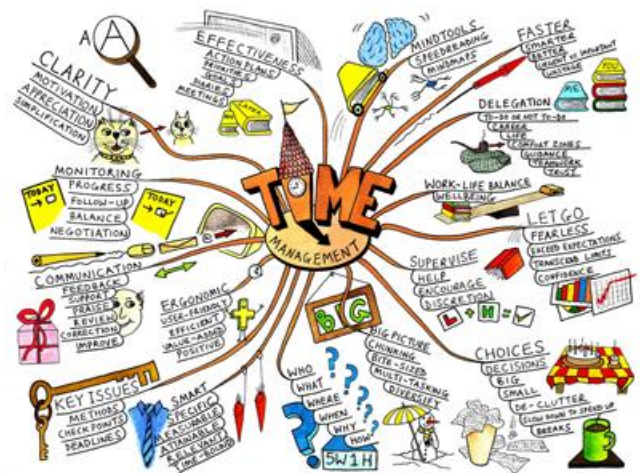


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goals. This is a list of actions that you need to take to achieve each goal.

Even though you may not yet know every single step at this point, it's still important to start by writing down everything that comes to mind. Later on you can add more action steps as they become more obvious to you.

It's important to also regularly tick off actions as you implement them, and also add to your list of action steps frequently.



The ancient Chinese philosopher Lao-Tzu once said:

“a journey of 1000 miles begins with a single step”.

You need to take that first step, and then another step and then another.

So, it's vitally important that you take consistent actions towards each of your goals, even if it's only a tiny step. Small consistent daily actions over time mounts up to truly massive results in your life.

How to Overcome Challenges

When you set clear goals and start taking action steps towards their achievement and start reprogramming your mind for success - then you are guaranteed to meet challenges!

After all, the only thing that is separating you from achieving any goal right now, is a certain



degree of inner change. When you start making these changes, then you literally invoke from your environment challenges.

So many people make great goals for their lives but stumble at the first hurdle and then just give up.

Few people, very few people pick themselves up and dust themselves down and keep moving forwards.



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As I mentioned earlier, Thomas Edison made 10,000 attempts before he successfully invented the incandescent lightbulb.

Likewise, true winners in life are people who keep trying no matter how many setbacks or challenges they encounter. They go far beyond what ordinary people attempt and therefore they always win.

Every highly successful person has had more setbacks than most people, but they have refused to give up. This is your master key to truly massive success.

Now, challenges are vital for your growth and when you set a clear goal and start taking action towards its achievement, then you will definitely experience setbacks.

However, it is these challenges that you invoke from your environment that literally *qualify you* to achieve your goal. Or to put it another way, your challenges are the very things that you need to encounter in order to achieve your goals.

So, the truth is that your challenges actually *enable you to develop new skills* and your challenges stretch your life, and they enable you to develop new abilities and new understanding. When you develop these, then achieving your goals literally happen as a matter of course.

Not having any clear goals in life is a bit like a ship in a sheltered harbour, but when the captain sets a clear destination and moves out of the harbour towards that destination, he will definitely encounter stormy seas.

Only by continuing forwards will that captain reach his destination.



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Now, these difficulties that you experience as you move towards your goal, come from within you as well as external challenges. They always show you your current areas of weakness and are actually really helpful.

So, please do not be in the least bit frightened by this, but rather see it as *proof* that you are making great progress. After all the difference between an ordinary person and an extraordinary person is whether or not they can successfully overcome internal and external negativity.

So, your challenges are the very things that *you need to encounter* in order to achieve your goals. They are an essential part of been able to reach your goals, and are actually your best friend even though it may not appear this way! So please do start viewing them as such and expect to experience them.



Your Daily Routine

Now, let's look at creating a daily routine, because if you look at the world's most highly effective people, then in every case they have a daily routine. This is really important!



Highly effective and successful people always create new habits that they use continually to achieve sustained levels of high performance. And high performers always do things in a different way from poor performers. So, by creating new habits and also by creating new habits that counteract old bad habits is fundamental to your sustained success.

After all we only get 24 hours in a day, so if you want to achieve far more than most people, then you really must start doing things differently. And the only way you can get more done each day without experiencing additional stress, is to create a daily routine which you almost religiously stick to.



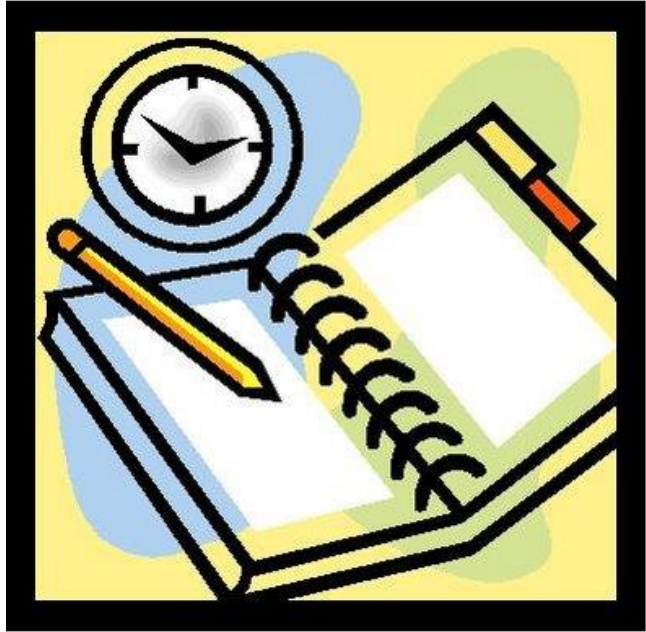
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For example, most people are at their most creative first thing in the morning.

Therefore, normally the morning should be reserved for making rapid progress towards your goals.

Blocking out time before you have any other distractions, is a key to great success. So, by just switching off your phone and avoiding checking your email as well as social media, will help you greatly in progressing towards your goals.

It's really important that you to make consistent steady progress towards your goals each day. And even just avoiding looking at email before 11am means that you can make huge progress every single day of the week.



For example, if you are a writer and if you just spend two hours each morning writing, then you could easily write a book within a single month. This is absolutely possible. So, creating a daily routine which includes your main priorities for the day is really, really important.

Your Daily Planner

Let's look at how to create a daily productivity plan that will have a big impact on your life.

It's very important to block out time for specific important activities like I mentioned, and a great way to make sure that you are consistently taking action towards your goals is to create a daily productivity plan.

You can create this plan at the beginning of each day, or at the end of the day for the next day. So, to create your daily productivity plan, just get a piece of paper and along the top of the paper write down the names of the three most important goals or projects that you are currently working towards.

Under each project name write out up to five things that you need to get done today, that will progress you towards that goal.

And you need to write out the names of the people that you need to contact today that will help you to progress towards your 3 projects. These are the people that you absolutely must contact no matter.



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Next, you also need to write out a list of the people from whom you need something today so that you can make progress.

Finally, at the bottom of the page you need to write out your top priorities for today - those things that you absolutely must get done today.

Now, by creating a daily productivity plan like this you will definitely make a lot more progress in all your projects and very quickly.

You will also feel better about yourself and be energised and empowered, because you will start seeing real progress and this will be really, really encouraging for you. Please never underestimate the power of this very simple and straightforward strategy. It enable me to write a bestseller within only a few months.

So, if you're not already creating a daily productivity plan, then this can definitely enable you to become far more successful than you have ever been before. It can help you to make quick progress towards all your goals.

Staying Focussed, Alert and Energised

Now, let's talk about exercise - because it is really important to set some time aside each day to take exercise. This will help you become more productive in every way. Even just getting up from your desk for a couple of minutes every hour to stretch your muscles can have great effect on your focus and your energy levels. It can increase your energy and you can get a lot more done, a lot more quickly, and far more easily.

This is because when your mind is crystal clear amazing things will become possible for you. On the other hand if you generally feel quite sluggish a lot of the time, then you will probably achieve a lot less each day. How we feel has a dramatic effect on what we can do. So, even just getting up from your desk every hour and taking gentle exercises like Qigong (Chi Kung) as well as more strenuous exercises a few



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times a week can have enormous effects on how quickly and how easily you become empowered, happy and successful.

Also, what you eat is really important, and how much water you drink. Are you eating foods that give you high energy, life-force and a crystal clear ability to think, or are you poisoning your body with all sorts of food and drink that literally saps your energy and makes you feel groggy?



Only you can answer this but it's something to consider very, very deeply.

After all, we only get 24 hours each day and if you want to become outrageously successful and achieve everything you truly yearn for in life, then it is really important that you seriously consider improving your overall energy and vitality, and clarity of mind in every way that you can.

And when you do this, you will make more progress than you could ever imagine. What was difficult before, now becomes easy. Also, you will have a renewed energy and enthusiasm for life.

Exercise gives you clarity of mind, it gives you an ability to think faster, and it gives you more energy and far greater efficiency.

A moment ago, I mentioned the importance of regular 2 to 3 minute breaks from your work throughout your workday. Ideally you should take a break every 45 to 90 minutes.

You can either walk around for a couple of minutes or do some gentle exercises. This will mean that you can return to your work with more energy, more clarity of mind, and even greater focus.

Science tells us that for most people, the ability to focus on a task only lasts about 90 minutes, so try not to go beyond the 90 minute focus window if at all possible. A great way to remind yourself to do this, is to set a reminder on your phone to ring every 90 minutes.



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Simple Qigong Exercises for Energy and Focus

A routine that will really invigorate you is to do simple Qigong exercises. These exercises are very easy to do. There are six phases to this specific group of exercises, but they are really easy to understand and very fast to complete.

Phase 1:

Firstly, you need to make both of your hands into cup shapes and you need to lift your left leg off the ground.

And you need to tap with both cupped hands on each side of your ankle at the same time.

Gradually keep tapping your way up on both sides of your left leg, up to your knee and then right the way up your leg to the very top.



The whole process should take only around 10 to 15 seconds so you don't need to go too slowly. Next you need to swap over and do exactly the same for your right leg.

Phase 2:

When you have completed phase one, cup your right hand and hold your left arm straight out in front of you with your palm pointing downwards.

Now, start tapping with your right cupped hand starting at the fingers of your left hand and working your way up your arm to your shoulder and also the back of your shoulder. You can do this over approximately a 20 second period.

Then, you swap over and do exactly the same with your right arm - you hold it out straight in front of you with your palm facing down and with your left hand cupped start tapping at your fingers and over a 20 second period gradually make your way up your arm to your right shoulder and the back of your right shoulder.



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Phase 3:

In phase 3 you need to stretch your left arm out again in front of you with your left palm facing down. Now, with your right hand cup gradually tap the left hand side of your torso from your waist up to your left under your arm. You can do this over a 15 to 20 seconds period.

Next, swap over and do exactly the same for the right hand side of your body - you hold your right arm stretched outward with your right palm facing down. And you need to start tapping from the waist gradually up to your right underarm over a 15 to 20 second period.

Phase 4:

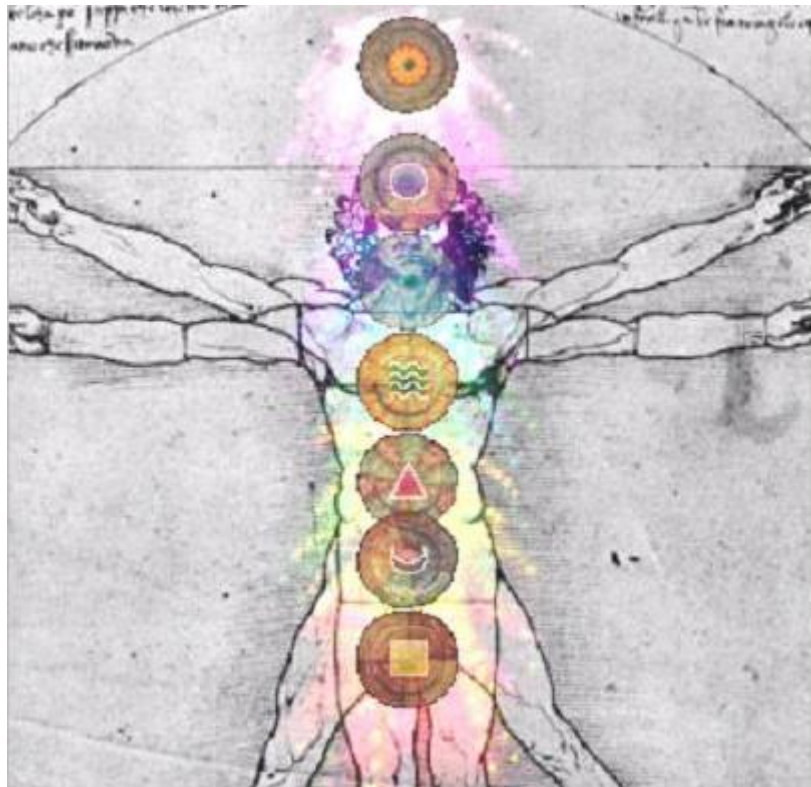
Now, cup both your hands once again and tap them over both your kidneys in your lower back area at the same time for about 10 seconds.

Phase 5:

Next, bounce up and down on your toes for about 10 seconds becoming aware of the new additional energy in your body.

Phase 6:

Finally stand straight with your legs gently apart, and breathe in and out rapidly through your nose for about 20 seconds.



This whole series of Qigong exercises really does only take about 2 to 3 minutes of your time, but it gives you a lot more energy and renewed focus and even greater clarity of mind.

When you keep this up every 90 minutes throughout the day it can have enormous effects on your productivity, your enjoyment of your work, and how quickly you reach all of your goals.



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Warning: One of these exercises involves standing on one leg, which may not be suitable for you if you have poor balance or if you're overweight, or if you suffer from any condition that could make this exercise a risk for you.

Likewise the breathing exercise I have just shared with you, may make you feel a bit dizzy or lightheaded, so it should also be practised with caution and done very gently at first.

I am not a doctor and you should always consult a medical professional when considering any new exercise routines.

Avoiding Distractions

Now, let's look at strategies for avoiding distractions.

I have already said this before, but it's important that it's repeated again because it's so important to your success; if you want to operate at a higher level of performance than you have ever done before, then you absolutely need to manage the distractions that go on around you.

For example, if you work from home then this may include locking your office door for the first part of each day, so you aren't disturbed by your kids or loved ones.



Of course if you are going to do this, then it is important that you tell them why you are going to be doing this from now on!

Probably the most important thing of all is to completely eliminate all distractions until mid-morning, or until you have completed at least two hours of productive work.

So, please do make sure you achieve this by turning off your phone, closing down social media and don't even consider looking at your email until the creative part of your day has been completed.



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Attracting Riches into Your Life

Earlier, I explained how gratitude acts like a magnet, drawing into our lives the things that we desire, whereas resentment and complaint prevent us from benefiting in so many different ways.

What we do in life and why we do it has a direct effect on what happens to us. Everybody wants to be successful and live a happy life of meaning and purpose, but those who are just looking for quick money, without caring about others are only just fooling themselves.

Your motive in creating wealth is extremely important and we really need to ask ourselves why we want to be wealthy and successful.

Is it just to satisfy our cravings, or is there a bigger purpose to what we desire? Is it to help the lives of our customers, our family and society, or is just to satisfy our own ego, our insecurities and our need for more?



When you look at the lives of highly successful people, in most cases there are actually very giving people, and they really do care about others. It is almost a written law of the universe, that in order to benefit we must first help other people.

So, if you want to be highly successful in all that you do, then it's really important that you develop the desire to give more than you receive. Those that do this always attract truckloads of raving fans who really want to follow their advice and also to buy from them.

When you develop the desire to really care about your customers, then you have a far greater chance of becoming really successful yourself, so always try to give your customers more in value than they paid you in money.

Many years ago I heard the expression *“giving all, is gaining all”*. I completely agree with this because it's really true. If we want to receive, then we must first give.

At the beginning of this book I mentioned the movie *The Secret* and the core message of *The Secret* was *“Ask, and you will receive”*.

However, more correctly it should have been *“Give first, and you will receive”*.



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Now, this is not just giving in order to receive. That in effect is a way of trying to trick the universe into giving you what you want and it won't work so well!

What I'm saying here is that it is important to gradually develop a greater caring spirit in order to be really successful. And that the way to develop such a caring spirit is to start taking action immediately.



You can add this development of a deeper caring spirit to your goals and affirmations, although it's even better to also start doing things right now that bring about that caring spirit. In other words starting taking actions in your work to go the extra mile - to give more than you have given before.

When you do this - gradually what you will experience is that your actions will start to bring about the true desire in you for other people's happiness. And you will automatically start to give people more than they expect. It's just another new habit that you can cultivate and one from which you can benefit enormously.

Even if you're already doing this, then it's still important to frequently return to basics by asking yourself if you could be doing even more for your customers.

So, what I'm saying here is that you need to make "over deliver" your mantra and your motto from now on. And when you develop real care for the people that you're helping, and give them more than they expect, then it attracts all sorts of beneficial coincidences, partnerships and joint ventures and lots of loyal customers into your life.

When you start acting as a powerful catalyst in the lives of the people whom you're serving, then life always supports you too.

When you are continually doing things that are significant to the happiness of others, it's almost like the universe says:

"This person is making a real difference. I better help him, so that he can do his job better, so that he can help even more people".



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It's a universal principle that when you care more for your clients and go the extra mile, then those whom you support will also help you, and this always means far greater success, fulfilment, happiness and money.

So please do start developing the spirit of "Giving all is gaining all" and start over delivering in everything that you do. Then, the universe really will over deliver to you too.

I believe the book and the movie The Secret was wrong when it said "Ask, and you will receive". This couldn't be further from the truth, and it is actually a kind of statement that can only keep you in poverty.

It also ignores the fundamentals of what we have explored in detail in this book. In other words - the importance of programming your mind for success, overcoming negative conditioning, creating clear goals and affirmations, creating action lists, taking consistent daily actions, becoming more productive, and giving to others more than they expect.



This book is revealing to you the powerful "Missing Secrets" that can totally transform your life.

So, instead of "Ask, and you will receive" the truth really is "Give first, and then you will receive".

There is also another wonderful reason why you need to create real value for your customers.

When you start to over deliver it will have a really positive effect on your own mind and your subconscious. It will enhance your self-worth.

Just the act of giving more than people expect will make you feel a lot better. You will feel proud of yourself and more generous – which you certainly will be. And as your feelings of self-worth increase, so do your financial wealth and happiness.

This is a fundamental law of the universe and there are no exceptions. Not only will this mean that you will be more financially successful, it will also attract into your life all sorts of new opportunities that you would never have encountered before.

So, again please make "Giving All is Gaining All" and "Over Deliver" your mantras and your mottos.



THE MILLIONAIRE MIND SECRETS

Finding Your Own Unique Purpose

When I was 15 years old my cousin died in a road accident. And this had a massive impact on my life and it led me to start questioning everything. I wanted to know what life was really about, why are we here, and what should we be doing while we are here. For almost 40 years I have studied the scientific evidence for life after death in great depth.

Now, it's important to understand that I'm a sceptic and very scientifically minded and in this area there really is a lot of BS - a lot of trash, and a lot of confusion.

However, amongst the muck there are also nuggets of gold, and during my studies and research into this fascinating topic I discovered lots of irrefutable evidence that life does indeed continue after physical death.



There has also been lots of scientific research conducted into the evidence for life after death in recent years, and the findings of that research have been truly astounding.

Back in 2002 I appeared on radio and TV 78 times sharing this predominantly scientific evidence for life after death. Now, although this book is definitely not about life after death, I can assure you that if you research the subject for yourself. And dig really deep and sceptically - sifting through all the trash that is out there, then you will definitely find nuggets of irrefutable evidence that will show you that life does indeed continue after physical death.

You will also discover that what we do during our life and how we live our life really is very important. When you know this for certain, then it can affect everything that you do from this point forwards. And by studying the evidence for life after death it's highly likely that you will also discover your own unique purpose in life.

We all have different talents, abilities, interests, and desires and we can all contribute something different to the world around us. However, my own research for the past 40 years has led me to conclude that the purpose of life is to: learn through experience and help others in any way that we can.



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I believe this is a universal truth - the purpose of all human life is to grow and help others to grow in any way that we can. And when we really are learning from our experiences and growing from them, and becoming wiser and more compassionate human beings, while at the same time assisting others in their own unique path, then we are truly fulfilling our mission as a human being.

Becoming aware of your own unique purpose and taking action to carry it through will lead to the very deepest fulfilment in your life.

How to Become Truly Happy

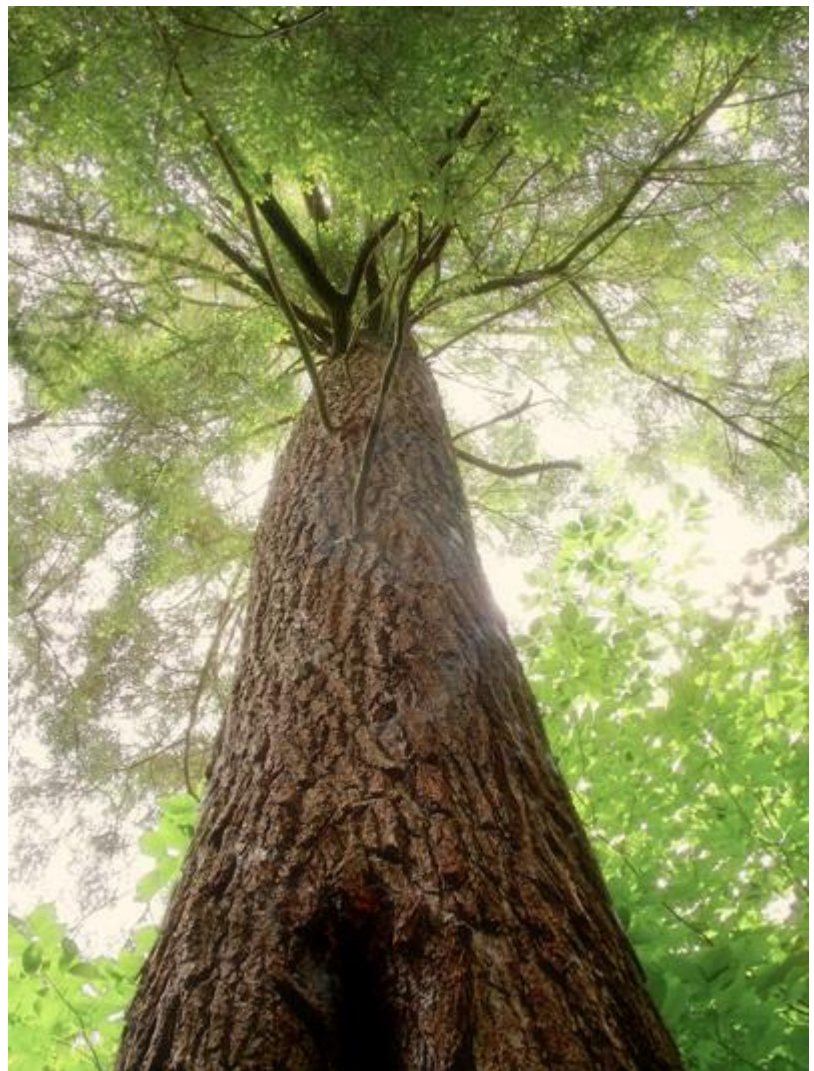
Developing a life that is really happy and fulfilled is extremely important. Becoming happy is actually the most important thing we can achieve during our life.

However, becoming happy is not something that comes about by chance. Most people don't seem to understand this, but becoming truly happy is something that we have total control over.

There are really two kinds of happiness - superficial happiness and true happiness. Superficial happiness is what most people understand as happiness.

It is very unstable and can change in a moment and it is the sort of happiness we experience when something wonderful happens to us.

It's is very dependent on something great happening and we don't have much control over it.



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The truth is that it is very often short lived even though it's very pleasant. One example of this might be when we become financially wealthy and more successful. Please don't get me wrong here, I'm not saying that wealth and success are not important for happiness.

Everything that contributes to your well-being, your freedom, and your ability to do what you want, is really important.

However, what I'm saying here is that there have been innumerable cases of people becoming incredibly wealthy, deeply successful but who inside feel miserable and desolate. So, superficial happiness is based on external circumstances which can and do change over time and often in an instant.

On the other hand true success and true happiness only comes to those who take full responsibility for their own lives.

Also, becoming deeply happy and fulfilled is not reliant on external circumstances or things that we have or don't have in our lives right now.



Deep happiness comes from our way of life. It comes from having a strong purpose in life. True happiness is something that every single one of us can achieve, providing we make the effort to do so. It's not something that we automatically possess. It takes consistent action in doing the right things to achieve this state of happiness within us.

True happiness is something we actually create for ourselves, if we choose to do so - if we choose to do so.

Just like we explored earlier, when we give to others more than they expect then it is us who benefit the most.

Likewise when you start to make efforts to support those around you more fully than before, then you plant the seeds in your own life to long term happiness.

It's not possible to be happy in a vacuum - human beings need each other and we need to support each other.



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In other words it's a basic human desire. Developing an outward looking attitude and contributing to those around us in any way that we can, will always have a very powerful long-term effect on our own happiness levels, especially when we are helping people who are having a rough time.

Taking the time to support them, to encourage them and hopefully empower them; this has an immediate effect on our own mind.

Also, when you get into the habit of helping those around you more than you did before, then it enables you to tap into a reservoir of wisdom that lies within your own life.

When life is difficult for you, then that is the very moment that you need to take action for the happiness of others. And when you do this, amazingly it jump starts your own inner wisdom and allows you to access solutions to your own problems a lot more effectively. It also enhances your consciousness in a way that may truly surprise you.

Your Life's Ultimate Purpose

I believe that it is also really important to gradually develop a much bigger picture for our life. When we are living our lives contributing to something that is far bigger than just ourselves, then this can be the source of deep fulfilment and true happiness.

So, by developing a very big vision for your life and what you leave behind for others after you die, is actually really important.

So, I would urge you to deeply consider what it is that you want as your ultimate purpose – your very reason for living. What is it that you want to work towards that can continue to help many people after you are gone?

Now, I do realise that for many people who are just starting out, this may seem a very lofty and far-off goal. However, when you put into practice what you have learnt in this program, then you will start to see really amazing results in your life. You can then go on to create even bigger goals for your life, having the full confidence that you really can achieve great things.



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Gradually as you increase your realm of possibility and as your confidence and your success grows, then you will definitely benefit from attaching all that you do to an even bigger purpose that is bigger than yourself.

Ultimately, most highly successful people reach the point where they wish to give back to society in a very powerful way. And your long-term happiness and fulfilment is directly linked to you having such a long term goal and purpose for your life.

So, please do take the time to consider this, and when you're ready add that purpose to your goals and affirmations and to your action list.

Now, the last thing I'd like to say about happiness - and again this is really important, is that becoming happy is a choice. You need to make a choice.

For example, it's possible for some people to be totally blown away and deeply upset for days on end, simply because someone has said something to them that appeared hurtful.



The truth is that we all wear “tinted glasses” and we can all perceive everything that happens to us according to our past experiences of hurt, our past experiences of loss, and deep conditioning.

After all, two people can often perceive the very same event in totally different ways.

So, we all have perceptions that are faulty or inaccurate.

Also, we have an amazing ability to *choose* how we react, how we feel and what we do.

Everything is a choice - we either choose to remain stuck, or we choose to change. We choose to remain unhappy or we choose to do something to change it.

Now I'm not talking about positive thinking here, that's not at all what I'm saying. Rather, whether you experience happiness or disappointment as your dominant condition is your choice, and is your choice alone.

You have the choice of right here and right now to change your life in truly amazing ways - ways that could bring you everything that you could ever wish for.

Or you can choose to just continue doing things the way you have always done them. Which you choose will determine whether you become deeply happy, highly successful, wealthy,



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healthy, wise, and compassionate and a role model for others. Or you could remain at your current level for as long as you wish. Which are you going to choose?

The Importance of Mentors

There is only so much that you can learn during your lifetime, through your own direct experiences. And if you want to become deeply happy and achieve something truly remarkable in your life, then you really need to learn from other people who have already travelled the same road before you.

There is absolutely no point in trying to reinvent the wheel. Simply seek out people who have already done what you are trying to do and learn from them and copy their success.

When you seek out and learn from truly great mentors then you can go a lot further and much more quickly than if you did everything through trial and error alone.

When you learn from others who have been very successful, then you will avoid so much unnecessary hardship and pain.

I had to learn this the hard way when I lost everything, before I really understood the importance of taking on mentors for my life.

My first business was a great success but I didn't read many books about business. I didn't have any mentors and I believed that books about business were boring - so I had this mental block and it stopped me from growing and learning as much as I could have done.

I sometimes wonder how much bigger I could have grown that business, and how much more money I could have made when I sold it to a multinational - had I learnt from mentors from the very start. And I didn't, but a few years later after selling the business I lost everything through trusting the wrong people and by making bad investments.

Therefore, I urgently needed to learn new skills and I started learning from the world's best teachers as much as I could. It made a vast difference in my life, and I now have several mentors for different areas of my life.



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The effect is that I can make more progress in a couple of months, than I would previously have done in an entire year.

So please do seek out and learn from great teachers. These days due to the intranet it's very easy to find outstanding mentors and learn new skills really, really quickly.

Mastermind Groups

You might also like to consider joining a mastermind group.

A mastermind group is a group of people who are all working in the same area of business or trying to achieve similar goals.

You can either create your own group of like-minded people, or join an existing mastermind group.



The idea is that you all help support and encourage each other in your goals. It's like a support network with lots of wisdom thrown in. It is also an ideal way of brainstorming any new ideas that you may have and get feedback from other members of the group.

It also keeps you accountable and moving forwards towards your goals, instead of giving up on them.

When you are part of a mastermind group you will also benefit enormously from the experiences of everyone in the group and you can also learn new skills far more quickly when there are others there to share with you what they have discovered for themselves.

Ideally you want at least one person in the mastermind to have more experience than yourself.

I have found my own mastermind group to be really motivating, very inspiring and empowering and it allows us all to keep moving forwards.

We get together on Skype video calls on a Friday morning for an hour and a half or more, and we are spread across three different time zones with up to a nine hour time difference, yet it works really, really well for all of us.



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Group Coaching

Group coaching is another excellent way of progressing your goals, your success and your happiness by learning valuable new skills very quickly.

Group coaching can take the form of weekly, biweekly or even monthly group coaching calls where a mentor is giving you training and also answering your questions.



This can take the form of webinars, conference calls or actually meeting together in person - for example at seminars.

Lifelong Learning

Whichever ways you use to increase your knowledge, your understanding and your experience, please do commit to yourself to lifelong learning from this point forward - because people who constantly learn new skills, can do all sorts of new things and achieve incredible success and happiness for themselves.



Whereas people who learn nothing new generally stay at their current state, and nothing much changes for them.

Most of my own mentors read at least one new book each week and this is something I do myself. It also keeps you fresh and enthusiastic about life and business.

Please do commit to yourself right now to constantly learn

new skills and also put into practice what you learn.



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Congratulations!

Now, I really want to take this opportunity to congratulate you for finding this book and for going through it fully. You have now learnt all the most important factors that go into creating a life of continual successes and deep happiness. You also have a crystal-clear roadmap for creating massive success in your life.

You have seen how your subconscious beliefs create the circumstances of your life and how it also acts as a gateway to limitless wisdom and answers to all your life's problems.

You also discovered how easy it is to access your subconscious and influence it with powerful suggestions that can bring about rapid changes in your circumstances.

You have also learnt that it is the negative conditioning that you've received while growing up that holds you back from achieving happiness and success and how you can finally remove the effects of the conditioning using simple easy-to-use tools, techniques and strategies.

We've also seen how your own inner negativity works through your areas of weakness and how it tries to sabotage everything that you set out to achieve, and how you can now finally recognise it.

You also discovered how to reprogram your mind to overcome all the self-imposed limitations that have been holding you back and how you can do this using affirmations, audible and visual subliminal suggestions, hypnosis, Light and Sound machines, and creative visualisation.

You then learnt the most effective ways to create goals, convert them into affirmations and break down those goals to action steps you can take to achieve them.

You also discovered that when you start taking action towards your goals, you will experience challenges that stretch your life, and how those challenges are actually 100% necessary in order for you to be able to achieve those goals.



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You then learnt how to create new daily habits that will allow you to achieve your goals a lot more quickly, and these included using a daily productivity planner, taking exercise breaks, how to give yourself more energy and greater focus, and how to avoid distractions - so that you can reach your goals a lot more quickly.

You then found out about the importance of over delivering to your customers, how this increases your self-worth, attracts business partners, new opportunities and brings you greater wealth and satisfaction.

Finally, you discovered the difference between superficial happiness and true happiness how to create deep long-term happiness by creating a big long term goal for your life, a goal that also helps many other people.

Again, many congratulations for finding this book and for starting to put into action all that we have covered.

What You Must Do Right Now

Please do get started right away and if there is anything that you are not totally clear about, yet then please go through the relevant section again. All parts of the process are very important to your success.

Also, please don't delay writing down your goals and converting them into affirmations because this is also a vitally important part.

You see, many people read a book or take a course and have every intention of putting what they have learnt into practice, but time passes and they often do nothing. As a result, their life really doesn't really change. Everything we have covered here is practical. It is not just theory and it needs to be put into action immediately.

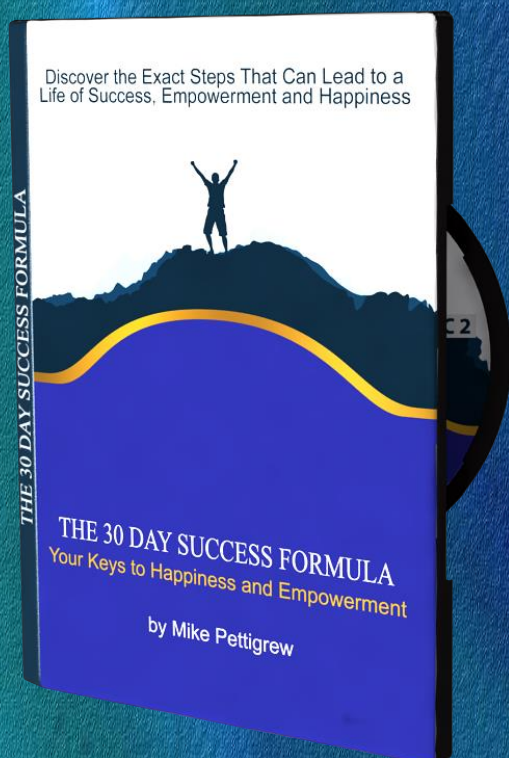
Thank you so much for sharing your time with me and I very much look forward to hearing about your own great successes using the tools, techniques and strategies in this program.

Best Wishes,

Mike Pettigrew



The 30 Day Success Formula – Audio Program



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With this 6 CD program you will learn the exact formula that enables you to create a life of happiness and success.

Create a life where you feel empowered most of the time and where you experience success after success for the rest of your life.

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Praise for This Program:

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Dr Linda Mallory, Educational Psychologist and parent coach

"I highly recommend the 30 Day Success Formula if you are at that stage in your life where you know you have it in you, but don't know which way to go."

Pauline McCarthy, Akranes, Iceland

"I never thought I could change but it's been a huge help to me both personally and professionally."

Tony Mulville, Business Owner

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